

Calais Elementary School

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January 6, 2020

Friday February 7th the PTO will be having their annual Glow Dance from 5:30-7:30 PM. There will be highlighter stations for students to write kind messages. Students should wear white t-shirts. Students are to be accompanied by their parent, this is not a drop off event. Admission is \$1 and concessions will be available for sale. IF THERE IS NO SCHOOL DUE TO THE WEATHER TOMORROW, THE DANCE WILL BE RESCHEDULED FOR NEXT THURSDAY SAME TIME, SAME PLACE.

Reminder school vacation starts next Friday February 14th. We will return, Monday February 24th.

Find info on Healthy Food for Celebrations attached.

The Bouncing Blue Devils and the Calais Mini Cheerleaders performed at the high school basketball games. They all did a great job. A big thank you to all of the students and adults who volunteered their time to work with the students.

Thank you for all of your support and if you need anything, please do not hesitate to contact me.

Sue Carter

Principal, Calais Elementary School

Letter to Families

HEALTHY FOODS FOR CELEBRATIONS

Dear Families,

We love to celebrate! Birthday parties and holiday celebrations provide a perfect opportunity to role model how fun and healthy eating go hand-in-hand! As a part of our efforts towards health and wellness, our classroom is committed to hosting healthy celebrations.

If you choose to send in food for a celebration, let's make it count with healthy choices! Fun, tasty options include:

- **Fruit and Cheese Kabobs:** Put grapes, melons, cheese cubes, and berries onto a wooden kabob stick.
- **Make Your Own Trail Mix:** Provide bags of granola or whole grain dry cereal, dried fruit, and nuts for students to make their own trail mix.
- **Fruit Smoothies:** Show up at snack time with a blender, frozen fruit, and yogurt! (Be sure to make arrangements with us first.)
- **Yogurt Parfaits:** Layer granola, fruit, and yogurt in plastic cups. Send in on a tray covered with plastic wrap; OR send in the ingredients, cups and spoons and let the kids make their own parfaits.
- **Vegetable or Fruit Platters with Dip.**

Our efforts are supported by *Let's Go!*, a program of The Barbara Bush Children's Hospital at Maine Medical Center. *Let's Go!* works where children and families live, learn, work, and play to help make the healthy choice the easy choice. *Let's Go!* encourages families to adopt the 5-2-1-0 message:

- 5** or more fruits & vegetables
- 2** hours or less recreational screen time*
- 1** hour or more of physical activity
- 0** sugary drinks, more water

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

For more information about *Let's Go!*, visit www.lets-go.org. Thank you for joining us in our commitment to healthy kids!

Sincerely,

fun +
healthy
go hand
in hand!

