# COUNCIL GROVE ELEMENTARY SCHOOL NEWSLETTER – JANUARY 2019

**CGES January 2019 Activity Calendar**

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|---|---|
| 1/2/2019 | Professional Development |
| 1/3/2019 | Classes resume after break |
| 1/4/2019 | Report cards sent home with students |
| 1/7/2019 | KRR Spring Reading Ranch begins |
| 1/7/2019 | PTO/Site Council – 6:00 pm-Conference room |
| 1/14/2019 | Board of Education Meeting – 6:30 pm |
| 1/16/2019 | CGES Spelling Bee – 9:15 am |
| 1/21/2019 | NO SCHOOL/Martin Luther King Day |
| 1/30/2019 | Morris County Spelling Bee – 10:00 am |

**SCHOOL CLOSINGS**

Announcements regarding school closings will be broadcast frequently on WIBW-AM 580, WIBW-TV-13, and their website www.wibw.com. In addition, a power announcement phone call will be sent out if the school closing happens before school. For this reason, please contact the office if you have updated phone numbers.

*****If there is no school or if school is closed early due to weather, there will be no Reading Ranch that day. If you have any questions, please contact Christy Buchman.*

Parents,

It is that time of the year when we start to see more illness in our classrooms. Whether it be influenza, strep, gastroenteritis, or just a cold, those germs can take a toll on the children. Please remind your child to do the following to avoid illness and missing school:

- Wash hands often with soap and water or use alcohol-based hand sanitizer
- Avoid touching eyes, nose, or mouth
- Avoid close contact with those who are already sick
- Get plenty of sleep
- Eat healthy food and drink plenty of fluids
- Cover your nose and mouth when coughing or sneezing with a tissue or the crook of your arm
- Stay home if ill for at least 24 hours after fever/vomiting/diarrhea is gone (without the aid of medication)

Feel free to call us if you ever have any questions. Thank you and Happy New Year!

CGES Health Office

# SPELLING BEES

The Council Grove Elementary 2019 Spelling Bee will be held at 9:15 A.M. on January 16th in the Council Grove Elementary School lunchroom.

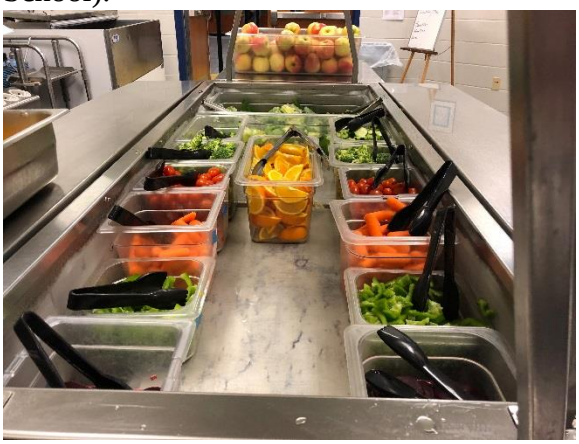
The Council Grove Junior High 2019 Spelling Bee will be held at 1:00 P. M. on January 16th in the Council Grove High School Auditorium.

The Prairie Heights Elementary 2019 Spelling Bee will be held at 9:30 A.M. on January 17th in the Prairie Heights Elementary School gymnasium.

The 2019 Morris County Spelling Bee will be held at 10:00 A.M. on January 30 at the Council Grove High School Auditorium.

**Lunchroom Update**

Happy New Year!
I wanted to start out the New Year by giving parents a preview of what we are feeding your children on a daily basis. Every day your child sees something like this in the lunchroom (this picture is from the Jr./Sr. High School).



There is of course the main meal and a grain, or if your child has elected the alternative meal, PB&J uncrustable and cheese stick. Regardless of their main meal choice, kids can choose among multiple fresh fruit and veggie options, a canned fruit, and a hot vegetable as well. On occasion we also add a treat such as ice cream, cookies, or brownies.
So what's required in order to meet State/Federal guidelines? Three of the five options: Meat, Grain, Fruit, Veggie, and Milk. One of the three MUST be a ½ cup of fruit or vegetable. Students are encouraged to take all five if they wish, if they can eat that much, as we do discourage wastefulness. Kids are welcome to take unlimited fruits and veggies; we love to see colorful trays!
Thank you again for your support of the USD 417 Food Service Program. We strive to provide your children with healthy and tasty options that they look forward to, as well as provide parents with a value for the lunch money you spend. As always, please let me know if you have any questions or concerns.
See you in the lunchroom,
Becky Shearer
District Food Service Director
USD 417