

SECOND DISTRICT NEWS

DECEMBER UPDATES AND PARENT INFORMATION

PRINCIPAL'S CORNER

DECEMBER 1, 2022

I am hopeful that all of you had a wonderful Thanksgiving Holiday and that you were able to spend time with your friends and family. Several reminders I would like to give all the parents as we get closer to the colder months of the school year. First and foremost, the PTO is always looking for more members to help run activities for the school year. Please mark your calendar for the next meeting on January 11, 2022, at 6:00 pm. Have a great Winter Holiday!



DECEMBER DATES TO REMEMBER:

December

- 2- Team Grinch vs. Santa
- 5 - Holiday Raffle Ticket orders due
- 6 - Allegheny Robotics Demo
- 9 - Family Holiday Night 6:30 - 8:00 pm
- 16 - Ugly Christmas Sweater Day
- 20 - Kindergarten Field Trip Juniper Village.
- 20 - Winter Concert 9:00 am. (This will be filmed for parents) K - 6
- 20 - Winter Concert 6:30 pm (Chorus and Choir parents and families only)
- 23 - Jan. 1st Winter Break - No School
- January 2nd - Return to school



Fresh Food Grant

THE FRESH FRUIT AND VEGETABLE PROGRAM CONTINUES AT SECOND DISTRICT BY PROVIDING A NUTRITIONAL FRUIT OR VEGETABLE FOR EVERY STUDENT 3 DAYS PER WEEK. DID YOU KNOW THAT AMERICANS CONSUME TWICE AS MANY CALORIES IN THE WINTER MONTHS THAN AT ANY OTHER TIME THROUGHOUT THE YEAR? RESEARCH SHOWS THAT AMERICANS BUY 40% LESS FRESH FRUIT AND VEGETABLES DURING THE WINTER MONTHS RESULTING IN EATING FOOD THAT IS HIGHER IN CALORIES AND HAS FEWER NUTRITIONAL BENEFITS. WITH THE WINTER MONTHS APPROACHING, THE FRESH FRUIT AND VEGETABLE PROGRAM STRIVES TO PROVIDE NUTRITIONAL SNACKS EVEN WHEN IT IS NOT PLENTIFUL AND BOUNTIFUL. HERE ARE A FEW TIPS TO REAP ALL OF THE HEALTH BENEFITS OF PRODUCE, EVEN WHEN IT IS DREARY AND COLDER OUTSIDE.

- PLEASE BE SURE TO LOOK FOR SEASONAL PRODUCE.
- BUYING FRUITS AND VEGETABLES CAN BE COSTLIER IN THE WINTER MONTHS. TRY BUYING SMALLER AMOUNTS AND USING THEM WITH OTHER FOODS.
- CHOOSE FROM ALL FORMS – SUCH AS FROZEN, CANNED, AND DRIED.

MRS. HARDING

