



HILLIARD STATION SIXTH GRADE

DECEMBER SCHOOL NEWS!

Season's Greetings! It's hard to believe that the school year is passing so quickly! Because our students are constantly engaged in so many fascinating learning activities, the days just seem to fly by us. I hope that your children are sharing stories with you about how much they are participating and learning, because they truly are involved in some great educational endeavors! As we march closer towards a well-deserved December holiday break, I would like to recognize and thank all members of our Hilliard Station community, for the commitment to our school they demonstrate each day. Our teachers, tutors, aides, secretarial, and custodial staff prove tireless in their efforts to keep our school running smoothly. Their willingness to help us with all school events, both big and small, is commendable. Similarly, our kitchen staff labors, from early in the morning into the late afternoon, to ensure that all of our daily needs are met and students receive a delicious lunch.

Growth and Development: Please plan to attend on Tuesday, December 6, at 7:00 p.m. Scott Foster, Guidance Counselor, and Mindy Eagle, School Nurse, will be sharing information about the upcoming Growth and Development classes. You will have an opportunity to view the video and to ask questions. Team dates for instruction are as follows:

- Team 1: January 24 & 27
- Team 2: January 10 & 13
- Team 3: December 9 & 16
- Team 4: January 17 & 20
- Team 5: January 3 & 6

Cookie Dough Events: The students did a tremendous job with our PTO fundraiser. The following special events will take place for students who have qualified: Scheduled first is the Limo Lunch (25+ orders) at Hometown Buffet. A tentative date, of Wednesday, December 14, has been scheduled. (Due to so many qualifiers, we may have to go two days.) Additionally, the Junk Food Movie Party (10+ orders), has been scheduled for Friday, December 16, in the gymnasium, from 12:00 to 2:00 p.m. Permission slips will be sent home for both events.

Food Drive: Student Council is sponsoring a collection for area needy families. The collection will run, from Monday, November 28, through Friday, December 9. Items of need include canned fruit, vegetables, soup, meat, along with boxed grains, cereal, and soup. Also needed are personal items such as bath soap, laundry soap, shampoo, deodorant, band-aids, toothbrushes, paste, etc... All items are donated to the Hilliard Welfare and Hilliard United Methodist Church.

Candy Cane Sale: Monday, December 5, through Friday, December 16. All candy canes are 25 cents and are sold during the lunch periods. All proceeds go towards adopting a family for the holidays.

Gift Basket Raffle: Friday, December 9, through Thursday, December 15. Tickets are 25 cents or 5 for \$1. Winners will be drawn on Friday, December 16. Some of the gift baskets this year include the following: Bath and Body Works, Columbus Crew, Barnes and Noble, Movie, Columbus Clippers, and many more! All proceeds go towards adopting a family for the holidays.

School Spirit Wear: Spirit wear is still on sale. You may stop in the office, during school hours. Orders will be processed immediately. Station spirit wear makes a great holiday gift!

School Closing Information: As we head into the winter season, there is always the possibility of a delayed start or school closing, due to inclement weather. School officials attempt to make that decision as early as possible, to help parents make alternate plans for the day. Information is communicated via the district web site and a variety of Central Ohio media outlets. Please remember that our primary consideration, in deciding to close or delay school, is the safety of our students.

Extracurricular Activities: This winter, Hilliard Station will once again offer students the opportunity to participate in after school extracurricular or enrichment activities. A variety of courses are offered, on different dates and times. There are two necessary requirements that parents need to keep in mind before registering a student: First, it is absolutely imperative that you arrange transportation, so that your child can return home safely after each session. Secondly, it will be necessary for instructors to work free of disciplinary problems. Should any student present a persistent problem, during the activity period, he or she will be excluded from the remaining activity dates and will forfeit the fee payment. Additionally, Science Olympiad activities will be offered this winter. These events may include the following: Egg Drop, Bottle Music, Starry Starry Night, Bones, Mystery Powders and Name the Scientist. These events are free of charge. It is our hope that many students will be able to take advantage of these winter activities.

Where is your coat? As the weather becomes colder, you may be wondering what has happened to your son or daughter's coat. Our lost and found is growing by leaps and bounds. The three weeks before winter break will be clean-out week. We will be encouraging students to check the lost and found, in the cafeteria, during lunch, for any lost items. You are welcome to come and sift through as well. After school, on Friday, December 16, the left over items will be delivered to a local shelter, to make room for additional lost and found items. An additional note for parents and students: We will go outside for recess, as long as the temperature and wind chill is above 20 degrees

Nurse Notes - Milk Matters: Good nutrition is important for good health. Proper food choices improve brainpower, increase energy levels, and help protect against injury and illness. One important nutrient many kids and teens don't get enough of is calcium, found primarily in milk and dairy products, green, leafy vegetables, and in foods with added calcium. Calcium is necessary for building bone mass, which reduces the risk of bone fractures now and in adulthood. Calcium needs are highest during childhood and adolescence. Nutrition guidelines for ages 9-18 recommend 1300 mg of calcium per day, or about 4 daily servings from the milk group. Fat-free (skim) and low-fat (1%) milk are excellent choices because they provide calcium without adding extra fat and saturated fat to the diet. An 8-oz glass of any variety of milk contains about 300 mg of calcium. Calcium fortified foods include some breads, cereals, and orange juice. Calcium supplements are also available for children with allergies or intolerance to milk.

Learning to read food labels is helpful in determining how much calcium your student is getting. Foods that list a 20% or more Daily Value for calcium are good sources. Foods with less than 5% DV for calcium provide only a small amount of what is needed each day. Encourage your child to read food labels and perhaps calculate his or her daily intake of calcium for a week or so. It would be a good learning opportunity and may encourage them to reach for the chocolate milk instead of a can of pop.

There are many ways to incorporate more calcium into your child's diet. Add milk instead of water to oatmeal and hot cereal. Drink calcium fortified orange juice and try calcium-fortified bread. Add broccoli or spinach to

soups, salads, and casseroles. Encourage your kids to taste different flavors of yogurt, and add cheese to sandwiches. Fruit smoothies, flavored milk, frozen yogurt, and low-fat dips are good snack ideas. Serving milk routinely at meals is the best way to assure adequate calcium intake. Make sure calcium rich foods are available to your kids, and help them to develop good eating habits that will last a lifetime.

Upcoming Events

Tuesday, December 6	Growth/Development Presentation	Station Media Center 7:00 p.m.
Wednesday, December 7	Late Start Day	Two hour delay
Wednesday, December 14	Cookie Dough Limo Lunch	(Tentative date)
Friday, December 16	Student Holiday Assembly	Memorial Auditorium 8:30 a.m.
Friday, December 16	Junk Food Movie Party	12:00-2:00 p.m.
Saturday, December 17	Start of Holiday Break	
Monday, January 2	Return from Holiday Break	
Monday, January 2	Second Nine Weeks Ends	

*On behalf of our entire faculty and staff,
have a wonderful holiday season!*