KPBSD

Redoubt Elementary News Issue 19 February 17, 2012



Join us for the grand finale of One School, One Book . . . THE CRICKET **IN TIMES SQUARE** Friday, **FAMILY MOVIE NIGHT!** Thursday, February 23 March 2 6:30-8:00 PM We'll celebrate with guest Redoubt Gym readers and other activities! All Redoubt students and their families are invited to this free family event! Refreshments will be available. CHILD CHECK DEVELOPMENTAL. VISION, AND HEARING SCREENINGS All students attending must be accompanied by an adult. February 23, 2012 WHERE: Kenai Public Health (630 Barnacle Way - behind IGA) 9 AM-4 PM **Congratulations to Big G Box Tops** the difference Drawing Winner, Frontier Community Services ILP, Kenai Peninsula Borough School District can make. **Sydney Steadman!** Child Find Program and Kenai Public Health will be conducting FREE developmental, vision & hearing screenings for children ages birth to age five.Immunizations will be available upon request. (Please bring immunization cards.) Call 714-6647 to schedule an appointment or MARCH 12 - 16 for more information. School resumes Monday, March 19. Alaska Christian Ministries and Redoubt Elementary PTA are presenting PRACTICAL POSITIVE PARENTING **INSERVICE DAY** Seven Parenting Sessions **END OF 3RD QUARTER** Tuesdays, 6-8 PM Friday, March 9 January 24—March 6, 2012 **Redoubt Elementary School** Cost: \$30 per family NO SCHOOL FOR **STUDENTS** For information and to register call 252-9082 and leave a message and call back number for Noah, or go to AKChristianmin.org

INTRAMURAL BASKETBALL SCHEDULE

Mon, Feb 20	3:00 PM – 3:20 PM
	3:20 PM – 3:40 PM
Tue, Feb 21	3:00 PM – 3:20 PM
	3:20 PM – 3:40 PM
Wed, Feb 22	3:00 PM – 3:20 PM
	3:20 PM – 3:40 PM
Thu, Feb 23	3:00 PM – 3:20 PM
	3:20 PM – 3:40 PM
	Tue, Feb 21 Wed, Feb 22

The AASB School Climate and Connectedness Survey will be administered to students in grades 5 and 6 at Redoubt Elementary School and to certified and support staff during the weeks of February 20 – March 2, 2012. The Survey measures student and staff perceptions of school climate, how peers treat each other, observations of student behavior at school, and connections between school and the community. The survey is voluntary, anonymous, confidential, and does not ask questions about students' families. Please contact the school office if you have any questions.

Mark your calendar! We hope you'll join us for our spring musical, presented by Redoubt students in grades 4—6. Thursday, May 10 6:30 PM So Hi Auditorium





Good health starts at home ... Eat 4 fruits and vegetables at every meal.

Saucy Idea: Make applesauce from fresh apples. Let your kids stir, and add some cinnamon.

Dip In: Chop raw vegetables into bite-sized pieces. Try bell peppers, carrots, cucumbers, broccoli, cauliflower or celery, and dip your favorites into low-fat or fat-free dressing. Be sure to read the labels and make sure the dressings aren't loaded with saturated fat and salt.

Chill With Some Fruit: Put 100% fruit juice in an ice tray and freeze it overnight. Use toothpicks as "handles." Kids can eat the fruit cubes as "minipopsicles," or even put them in other juices! Frozen seedless grapes make natural minipopsicles and are a great summer treat.

Mix Them Up: Add fruits and vegetables to foods that are cooked or baked. Toss vegetables into pasta sauce, lasagna, casseroles, soups, and omelets. Mix fresh or frozen berries into pancakes, waffles or muffins.

Smooth Move: Smoothies are a great way to get more fruit—and they're really easy to make! A basic smoothie is just frozen fruit, lowfat (1%) or fat-free milk (and/or some yogurt), and 100% fruit juice. Throw it in a blender (parents only, of course), and blend until it's... you guessed it... smooth!

~ HealthierGeneration.org