

P.A.W.S. NEWSLETTER

(P.A.W.S. = PARENTS ARE WONDERFUL SUPPORT)

HAPPY NEW YEAR!
2017

Glenwood Elementary

Oak Ridge, TN

January 2017 Issue

"Glenwood is a learning place where everyone can be their best!"

Healthy After School Snacks Kids Can Make Themselves

Key Dates for January

- 1/2 - Teacher Professional Day - No Students
- 1/2 - Board of Education Meeting, 6 pm
- 1/3 - Students report back
- 1/16 - MLK Day, school closed
- 1/23 - Board of Education Meeting 6pm
- 1/31 - Box Tops due

DINE AND DONATE

Take a night off from cooking and come out to help us raise money for our school!!

Chipotle - Tuesday, January 10 from 4 - 8pm. 50% of sales during that time will go to Glenwood! Be sure to mention Glenwood when you make your purchase.

Pizza Inn - Thursday, January 26 from 5 - 8pm at Pizza Inn. 10% of sales and 100% of tips during that time will go to Glenwood.

Box Top Drawing Deadline: Jan 31

Turn in your completed collection sheets by January 31 to be included in our drawing to win \$15 in Cubbie Cash to be used at the February Scholastic Book Fair.

Excerpted from "10 Healthy After School Snacks Kids Can Make Themselves!" by Renee Kohley, posted in superhealthykids.com

My biggest goal in after school snack time is *simple*. I don't want to cook...and better yet – **I want my 6-year-old to be able to fix it herself** (and for her 4-year-old sister!). If the kids are old enough to be in school, they are old enough to learn how to fix themselves a simple snack! The key word being **learn**. If you set the guideline and expectations clearly, this can be super easy!

Here are a few tips:

- Sit down with the kids and a list and let them decide on 5 snack ideas that sound great to them.
- **Let them help you prep things on the weekend for snack time.** For instance, older kids can help cut veggie sticks and younger ones can stir up the Ranch dressing. The container of veggie sticks and jar of dip can be ready to go and in a kid reach-able spot in the fridge so they can help themselves with mom hands free.
- **Label/guide the serving size they can take.** Put a 1/2 cup measure or equivalent cup size in the container of trail mix. Have 1/2 cup or so containers or bowls at their reach for yogurt. You could even make a simple, short list to keep on the fridge for them to follow.
- **Practice.** I know it sounds so odd, but especially when it comes to younger ones who are still learning how to follow step by step instructions correctly, this is important so you don't end up pulling your hair out over a big mess in the kitchen.
- **Don't forget clean up.** The last thing you need is more crumbs, silverware, and bowls to put away and/or wash. Show them where you expect the empty containers to go or how they should be washed. Show them how to wipe the counter too.

So here are 10 snack ideas to get you started!

1. **One scoop from the "Trail Mix" container.** A quick mix of nuts, seeds, dried fruit, and coconut flakes into an airtight container and done! Throw a 1/2 cup scoop or so in there for them to measure out their own too!
2. **Fruit On the Bottom Yogurt Cups.** I keep some small Ball jelly jars for these – they work great for fruit on the bottom yogurt! Just plunk a few frozen fruit pieces into the bottom, whole yogurt over top, put the lid on and it thaws in the fridge to make fruit on the bottom!

Yearbook

Remember, we are looking for pictures you take at school events or field trips. Please send to glenwoodyearbookpics@yahoo.com or send to our Dropbox: [glenwoodyearbookpics](#). The deadline to submit pictures is March 31

Would you like to send a personal message to your child in the yearbook? In February we will again be offering you the opportunity to place a personal message to your child in the Glenwood yearbook. The cost will be \$25. Look for more info about this coming home in your child's folder soon!

Ongoing Volunteer Opportunities

- **Help Teachers:** For those interested in helping do some copying, gluing, laminating, etc. for the teachers, we will meet in the teacher workroom (2nd floor) every Monday beginning at 8:15am. Don't forget to check in at the office first!

3. **Healthy Snack Bars.** I like Larabars – I know there must be others with ok ingredients. Just keep them in a spot the kids can reach without your help. I don't usually like to pay for store bought bars, so I make my own! I batch up snack bars like these **energy bars** super quick once a month for the freezer. (You can also search my blog for Larabar DIY, protein bars, snack bars, etc!)
4. **Ants on a Log.** Classic! Just celery sticks with natural peanut butter (or sunbutter!) and raisins up top for the ants! I have non-sharp butter knives for spreading in a spot the girls can get to so they can spread their own.
5. **Hard Boiled Egg from the Fridge Stash & a Piece of Fruit.** Hard boiled eggs keep for 5 days in their shell! Many weeks I hard boil an entire dozen eggs, pop them back in the egg carton in their shell, and use them before the end of the week for quick breakfast, lunch, or snacks. Show the kids how to peel them! They can do it!
6. **Fruit & Cheese.** There are some pretty great non-sharp cheese cutters that just have a wire across that are safe for even kindergarteners. You can teach them how much to cut and they can pick a piece of fruit to go with it!
7. **Veggie Sticks & 5 Minute Ranch.** Cut up a load of veggie variety, toss it into a bag or container with a lid and they can serve themselves at snack time. I make a jar of 5-minute homemade Ranch every Sunday for the week and it works out great for salads and dipping.
8. **Fruit & Nuts.** Teach them how much to scoop out – or I usually just teach them a palm-full is enough, and grab a piece of fruit!
9. **Guacamole & Tortilla Chips.** If you have a taco night every week, make a little extra guac to save for snack time! Show them how much to scoop out and how many tortilla chips (or crackers) they can have with it.
10. **Cheese & Crackers.** Again show them how to cut the cheese (my recommendation is staying away from pre-shredded or pre-sliced cheese – take a peek at the ingredients on those!) and how many crackers they can have.

Next PTO Meeting

The next PTO Meeting is Thursday, February 2nd at 6:00 PM, in the School Library. Refreshments and childcare will be provided. Hope you will plan to attend!



Your PTO Board Members

President: Sandy Pelletier

Vice President: Jennifer Menefee

Treasurer: Jenna Miller-Rejman

Secretary: Molly Morrill

Keep in touch!

- **Email:** ptoglenwood@yahoo.com
- **Facebook:** Join us on Facebook/GlenwoodPTO!
- **Text:** Sign Up for the PTO's new text service so you can stay up to date on events, deadlines and volunteer opportunities. Text @spellet to 81010 to join.