



# Lake Placid Elementary School Newsletter

For the weeks of Sept 6- Sept 13, 2019

**There are no clubs currently scheduled until the 17th**

## Important Dates:



- Sept 27: 11:30am dismissal

## Reminders:

<http://www.lpcsd.org/es-breakfast-lunch-menu/>

The breakfast and lunch menus can be found on our website. Contact Mr. Sean Bavis with any comments or suggestions related to cafeteria services.



shutterstock-161123954

The lunch card is not a credit card. Please be sure to keep monies on your child's account if they will be purchasing meals. Let's work together to teach them financial responsibility.

The office closes once the late buses have left. Please be sure to pick up your student from clubs by 3:30pm and if there are any transportation issues, call the bus garage at 518-523-4277.

Please remember to send your child in each day with their after school notes. Emergency changes only after 1:30pm.

## Please Note:

There is a gate at the loop entrance that will be closed and locked during recess hours. This gate is to ensure our students' safety as they play on both the playground and in the parking lot.

By keeping out cars and potential strangers from the lot our students can play hopscotch, use sidewalk chalk, jump rope, etc knowing they are safe. Thank you for your understanding as the gate will be opened at 2:30 in time for afternoon pickup.

### **Student Drop-Off and Pick-up:**

Please use the Student Drop-Off entrance (playground loop) for:

Morning drop-off: (**7:25am** through **8:15am**) Please enter the loop driveway. Allow the students to exit the vehicle at the sidewalk leading up the hill. Students will walk up the sidewalk, away from all cars, and enter through the main entrance. If you

need to assist your student, be sure to use the parking area next to the loop. Please do NOT park in the roadway.



## Attendance Tips:

Let Children Know that Good Attendance Is Important: • Attendance is a parent and student responsibility. Let your child know that you think attending school daily is important. Show them you are interested in their school activities and tell them that you want them to do well in school. • Good attendance habits start at an early age. Make sure your child goes to school regularly and on time. This helps them develop a positive view of school and the importance of attendance. • Discuss with your student that arriving to school on time and to report to class when dropped off. • Become involved in your child’s school life and school activities. • Take an interest in your child’s school work. Check homework for accuracy and completeness. • Read the school newsletter. Post the school calendar and notes on the refrigerator, or other prominent location to highlight school activities and important student information. • Do not provide inappropriate excuses for your child to miss school. Do not let them take time off from school for minor ailments – particularly those which would not prevent you from going to work. • Don’t expect or let older children stay home from

school to babysit younger siblings. • Set good examples and enforce rules. Speak well of the school and support school staff. • Make a contract with your child to improve his/her attendance. Reward positive improvements.

## BOARD OF EDUCATION MEETING DATES

September 17, 2019 April 21, 2020 – BOCES Budget Vote

October 1, 2019 Wilmington May 5, 2020 Budget Hearing Wilmington

October 15, 2019 May 12, 2020 Budget Hearing Lake Placid

May 19, 2020 Budget Vote

November 5, 2019 June 2, 2020

November 19, 2019 June 16, 2020

December 3, 2019 July 7, 2020

December 17, 2019

January 7, 2020

January 21, 2020



**Harvest of the Month**  
EAT SMART NY  
The Harvest of the Month featured vegetable is **green beans**

**Healthy Serving Ideas**  
Sauté green beans with sliced bell peppers, chopped tomatoes, and chopped celery. Add a pinch of cayenne pepper for a spicy side dish.

**Shopper's Tips**  
• Look for green beans that have a bright green color. Pick beans that are slender, feel firm, and have no brown or soft spots.  
• Put green beans in a plastic bag with small holes. Keep in the refrigerator for up to one week.  
• Wash green beans and then snap off both ends just before using.

**Let's Get Physical!**  
Be active by playing with your children. Play hide-and-seek in the house or jump rope in the yard. You can even take them to a local park to kick a soccer ball or play tag. Teach your children how fun physical activity can be.

**How Much Do I Need?**  
The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. A good tip to follow is:  
• Make half your plate fruits and vegetables to reach your total daily needs!

**Health and Nutrition Go Hand-in-Hand**  
Make half your plate fruits and vegetables and be active every day. Drink water instead of sugary drinks. (Sugary drinks are the largest single source of added sugar in the American diet.) Doing these things may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and some types of cancer.

A ½ cup of green beans is a good source\* of vitamin C and vitamin K. A ½ cup of green beans is about 10 medium green beans. Vitamin C helps your body heal cuts and wounds and helps lower your risk of infection. Vitamin K helps stop cuts and scrapes from bleeding too much and starts the healing process.

\*Good sources provide 10-19% Daily Value.

**Choose MyPlate.gov**  
For more recipes and tips, visit: [www.northcountystartny.org](http://www.northcountystartny.org)

**SNAP** Supplemental Nutrition Assistance Program  
Putting Healthy Food Within Reach

**Cornell Cooperative Extension | Oneida County**  
This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). An equal opportunity provider and employer.



# You Can Help Simply While Grocery Shopping

## TOOLS for SCHOOLS



Help your school **EARN** educational equipment!

Chopper card number and link it to LPES. Every time you shop, LPES earns points towards free school equipment. In the past we have purchased playground balls, sidewalk chalk, etc.

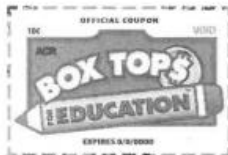
<https://www.pricechopper.com/savings/tools-schools/tool-for-schools-enrollment/>



Dear Families,

The Box Tops for Education program is changing the way we can earn cash for our school!

Over the summer, participating brands have begun to change their packaging from the traditional Box Tops clip to the new Box Tops label.



SEE THIS...  
**CLIP IT**



SEE THIS...  
**SCAN  
YOUR RECEIPT**

Going forward, instead of clipping from packages and checking expiration dates, all Box Tops will be earned digitally by scanning your receipt. The Box Tops for Education team has worked hard to build a NEW-and-improved, user-friendly Box Tops mobile app, available now.

The new app features state-of-the-art technology that allows you to scan your store receipt, find participating products and instantly add Box Tops to our school's earnings online.

BE SURE TO DOWNLOAD THE NEW APP  
OR UPDATE YOUR EXISTING APP:



If you still have traditional Box Tops clips at home, make sure to send them to school. We will still earn cash for all clipped Box Tops until they expire. Better yet, you can "double dip" during the packaging transition by clipping traditional Box Tops AND scanning your store receipt containing participating products.

Thanks for helping our school get what it needs!

**Don't feel like downloading another app to your phone? Save your shopping receipts, send them to school, and we'll scan them for you!**



Homework/Adventure Hour for 3<sup>rd</sup>-5<sup>th</sup> Graders  
After School on TUESDAYS from 3:15-4:15  
at the Lake Placid Public Library

**Homework Help, Reading, Projects, Games, & Snacks for Grades 3 – 5, Beginning TUESDAY, September 17<sup>th</sup>!** Students can be dropped off or ride the CAT bus to the library after school (please provide a note to school **each TUESDAY** your child will be attending). **Permission letter required on or before student's first day of attendance.** Questions? Contact Bambi Pedu or Karen Armstrong at 518-523-3200 or [librarian@lakeplacidlibrary.org](mailto:librarian@lakeplacidlibrary.org).

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**Lake Placid Public Library Homework/Adventure Hour  
Permission and Emergency Contact (Please Return to the Library)**

Student's Name(s): \_\_\_\_\_ Grade (s): \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ Phone & Email: \_\_\_\_\_

\_\_\_\_\_

Emergency Contact Name and Phone #: \_\_\_\_\_

Alternate person(s) allowed to pick up your child(ren) and phone #(s): \_\_\_\_\_

\_\_\_\_\_

Allergy Information: \_\_\_\_\_

My child(ren) has permission to walk home: YES NO

I give my child(ren) permission to participate in the Lake Placid Public Library's Homework/Book Adventure Hour on TUESDAYS after school and understand that they must be picked up between 4:15 and 4:30 p.m.

\_\_\_\_\_, 2019-2020 School Year

Signature of Parent/Guardian

I give permission for the Lake Placid Public Library to photograph events/activities in which my child(ren) is participating for the purpose of promoting library programs and/or services.

\_\_\_\_\_, 2019-2020 School Year

Signature of Parent/Guardian