

# the Bulldog Newsletter

October 2016



## Homecoming 2016



~~~~Homecoming Court 2016~~~~

Megan Klenke escorted by Dakota Lueders  
Queen Brooke Baugh & King Tanner Smejdir  
Isabel Eberspacher escorted by Jay Lawver

The crowning took place after the Bulldogs defeated Exeter-Milligan  
in an exciting finish 44-40.

Friend Public Schools • 501 Main St. • PO Box 67 • Friend, NE 68359 • 402.947.2781  
Mr. David Kraus, Superintendent • Alyson Dickinson, Elem. Principal /Guidance Counselor  
Ben Dempsey, Secondary Principal • Jim Pfeiffer, AD  
www.friendbulldogs.org  @friend\_public  facebook ~~-Search "Friend Public School"

# October 2015



| Sunday | Monday                                                                                                              | Tuesday | Wednesday                                                                                                                                           | Thursday                                                                              | Friday                                                                                                        | Saturday                                                                                                                    |                                                         |    |    |    |    |    |
|--------|---------------------------------------------------------------------------------------------------------------------|---------|-----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------|----|----|----|----|----|
|        |                                                                                                                     |         |                                                                                                                                                     |                                                                                       |                                                                                                               | Marching Band - Harvest of Harmony Grand Island<br>JH VB @ Dorchester 9:00<br>1                                             |                                                         |    |    |    |    |    |
| 2      | JH VB vs. Osceola 4:00<br>JH VB vs. Heartland 4:30<br>FAFSA meeting for Juniors & Seniors & Parents 8:30 - East Gym | 3       | 12:30 Release Parent-Teacher Conferences 2-8 pm<br>FCA Lunch Meeting Mr. Hitchcock's room<br>SKIP Flu Clinic 8-10am East Gym<br>2:30 Dismissal      | 4                                                                                     | VB vs. Dorchester & Meridian 5:30/6:30/7:30<br>JH VB @ Cross County 4:00<br>Softball Districts @ Central City | NO SCHOOL<br>Softball Districts @ Central City<br>FB @ Diller-Odell (Played in Diller) 7:00pm<br>School Carnival 2-5 pm<br> | 5                                                       | 6  | 7  | 8  |    |    |
| 9      | JH FB @ Shelby/Rising City 4:30<br>JH VB @ Deshler 5:00<br>BOE Meeting 7:30                                         | 10      | VB vs Sutton 6/7<br>                                                                                                                                |                                                                                       | VB vs Diller-Odell 6/7pm<br>                                                                                  | FB vs. Weeping Water 7:00pm<br>FCA 5th Quarter                                                                              | VB @ Centennial 9:00<br>FFA EDGE - McCool Junction 9:15 | 11 | 12 | 13 | 14 | 15 |
| 16     | Pioneer VB Tournament                                                                                               | 17      | FCA Lunch Meeting Mr. Hitchcock's room<br>Young Women's Quiz Bowl - Seward Juniors - PSAT test 8:30-12:30<br>Catholic Parish Hall<br>2:30 Dismissal | 18                                                                                    | End of 1st quarter<br>FB @ Parkview Christian 4:00<br>Pioneer VB Tournament                                   | JV VB @ Shickley 10:00                                                                                                      | 19                                                      | 20 | 21 | 22 |    |    |
| 23     | VB @ Pawnee City 5:00                                                                                               | 24      | Fine Arts Night 7:00                                                                                                                                | History & Geography Quiz Bowl - Concordia<br>School Picture Retakes<br>2:30 Dismissal | FB Playoffs - 1st Round                                                                                       | JV VB @ Shickley 10:00                                                                                                      | 25                                                      | 26 | 27 | 28 | 29 |    |
|        | VB Sub-Districts - TBD<br>                                                                                          | 31      |                                                                                                                                                     |                                                                                       |                                                                                                               |                                                                                                                             |                                                         | 30 |    |    |    |    |

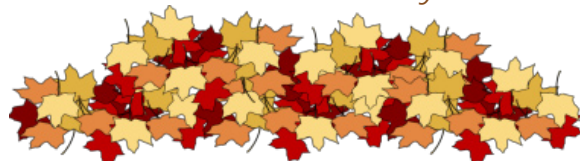
## FROM THE SUPERINTENDENT MR. KRAUS



A new season is upon us and it is evident with the cooler temperatures and shorter days. Change is one thing that is always consistent, whether it be the seasons or something in our school. I'm not sure I am ready to turn in the summertime attire for jackets and jeans, but as I mentioned, change is going to happen. However, the changes I have seen in our school have been such a positive addition this year. Our new staff are settling in well and making great strides with our students. Our new Reading program is off and running in the elementary and the feedback I have received from staff and students is great news. Our high school is going through a reVISION grant process which is focusing on our career pathways and clusters for students. This will help ensure our students are being prepared adequately with our course offerings and meeting the needs of our students. We have already received our first delivery of beef from the Purple Ribbon Meat Program and have positive feedback from our students on the quality of the beef. Our school budget was approved last month with unanimous vote by the board of education. The board has given me great support and guidance when creating a school budget and continues to offer students many opportunities for a small town. The budget is in good shape and is continually monitored to ensure our offerings remain sustainable. We recognized our sports and royalty at our last homecoming pep rally, but we also recognized several students who scored perfect scores on their statewide tests last year. We constantly are working at finding ways to meet the needs of all students and work collaborately as a staff to identify those needs.

If my last paragraph seemed to ramble on about the good things going on in Friend Public School, then I met my goal. I always look forward to change and the opportunities and positive additions they can bring to our school. "Because we have always done it that way", is not the only response when it comes to how we do business or come up answers or ideas. We value the input from our students, staff and especially our community. If you ever have an idea or concern, please know you are welcome to come in and share. We value your ideas and want to create a positive relationship.

David Kraus, Superintendent



### AT BULLDOG FOOTBALL GAMES

**A friendly reminder that elementary students need to be sitting with parents during the games and not running around. Please do not run across the bleachers in front of spectators wanting to watch the game.**



## FCS Students Benefiting from the FFA Community Garden



***Culinary students left to right; Dominique Lyewsang, Shelly Hunt, Holly Manalili, Josie Scholl, Maggie Lawver, and Josie Hulse***

The Culinary class at FHS is enjoying the benefits of the FFA garden this year. The students started the year by using zucchini and cucumbers in learning knife skills.

Additionally, tomatoes and peppers were used in a lab making Peach Salsa. Of course like many gardens, extra tomatoes were frozen for later use during the year.

Special THANKS to the FFA members for their work.

## **BULLDOGS OF THE MONTH**

October 2016

Faculty -

Lacey Franzen

Students -

William Yokel, Cooper Lofing





from Mrs. Dickinson  
Elementary Principal/Guidance Counselor

Elementary MAP testing was completed this past week. All elementary students in grades 3rd-6th were tested in the areas of reading, language, math and science. The students worked so hard and I am very proud of their efforts. Results will be shared at Parent-Teacher conferences this next Tuesday.

Conferences will be held next Tuesday October 4th from 2-8 p.m. School will be dismissed at 12:30. Please plan on attending these conferences. They are important in helping your child be successful in their educational journey. We need to work together as a TEAM to help our children achieve success!!

The long wait is over. Next Saturday October 8th from 2-5 p.m. is our Friend Elementary Carnival. A lot of time has been put forth to make this a successful event for our Friend students and families. Please plan on attending and enjoying an afternoon of good, clean fun with family and friends. Tickets are available at the door. Come and enjoy many, many new booths and games.

We are now in the season of fall. The weather is changing. The mornings and evenings are cooler. Please dress your child for the inclement weather. Flu season is also upon us. Please keep your child home if they have the flu. We do not want to spread germs and infect others. Please be courteous to others and remember you must be fever free for 24 hours before returning to school. This is policy and if it is not followed, parents will be called and students will be returned home.

Parents please discuss Bicycle Safety Rules with your child. Students need to walk on the sidewalks and not in the street to and from school. Bicycle helmets are to be worn and bicycles are to be walked on the sidewalk while on school grounds. When children are riding bicycles in the street, please stay close to the curb. Students should never ride their bikes in the middle of the road. We want all of our Bulldogs to stay safe.

All elementary students will be celebrating Fire Safety Prevention Week on October 10th-14th and Red Ribbon Week October 24th-28th.

Please help us help your child to succeed!!!

### **Some important dates to remember:**

**October 4th-Parent-Teacher Conferences &  
Book Fair in Media Center**

**October 7th-No School**

**October 8th-Friend Carnival**

**October 11th-Fire Prevention Day**

**October 14th-End of 1st Quarter**

**October 24th-Red Ribbon Week**

**October 31st-Halloween Celebrations in classrooms.**





# FRIEND SCHOOL

# CARNIVAL

PLINKO!!

SATURDAY,  
OCT. 8  
2-5 P.M.



Spin the  
Wheel  
for a  
Prize!!



Sumo Wrestling

Smash-A-Car  
(Parking Lot)



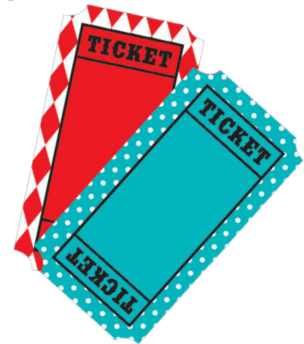
Tattoo  
Parlor

CAKE  
WALK

Cotton Candy

Inflatables

FUN!!!



## FIRE PREVENTION WEEK – OCTOBER 10-14




Tuesday, Oct. 11 the elementary students will be walking to the Fire Hall to meet with members of the Friend Volunteer Fire Department to learn about fire safety. The Fire Department will be coming to the school to give the presentation for the preschool classes.

**There will be an ALL SCHOOL fire drill at approximately 1:15 on Tuesday, Oct. 11.**



# October Lunch Menu

| Monday                                                                                                                                            | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Wednesday                                                                                                                                   | Thursday                                                                                                                           | Friday                                                                                                               |                    |        |                     |        |                            |       |                       |        |           |        |               |        |
|---------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|--------------------|--------|---------------------|--------|----------------------------|-------|-----------------------|--------|-----------|--------|---------------|--------|
| <b>Breakfast Bites</b><br>Chicken Fajita<br>Santa Fe Koos Koos<br><br><i>Fruit &amp; Veggie Bar</i><br><br>3                                      | <b>Breakfast Pizza</b><br>Stuffed Crust<br>Cheese Pizza<br><br><i>Fruit &amp; Veggie Bar</i><br>Lunch to Elementary only<br>12:30 Dismissal<br><br>4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <b>Blueberry Muffin</b><br>Hot Dog/Bun<br>Chili, Shredded Cheese<br><br><i>Fruit &amp; Veggie Bar</i><br><br><b>2:30 Dismissal</b><br><br>5 | <b>Sausage, Egg &amp; Cheese Sliders</b><br>Chicken Nuggets<br>Mashed Potatoes/Gravy<br><br><i>Fruit &amp; Veggie Bar</i><br><br>6 | <b>NO SCHOOL</b><br><br><br><br>7 |                    |        |                     |        |                            |       |                       |        |           |        |               |        |
| <b>Donuts</b><br>Cheese Calzones<br>Marinara Sauce<br>Pudding<br><br><i>Fruit &amp; Veggie Bar</i><br><br>10                                      | <b>French Toast</b><br>Taco Salad<br>Toppings<br>Bread/Butter<br><br><i>Fruit &amp; Veggie Bar</i><br><br>11                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <b>Cinnamon Roll</b><br>Tangy Chicken Parmesan<br>Potato Wedges<br><br><i>Fruit &amp; Veggie Bar</i><br><br><b>2:30 Dismissal</b><br><br>12 | <b>Egg Taco</b><br>Mini Corn Dogs<br>Mac N Cheese<br><br><i>Fruit &amp; Veggie Bar</i><br><br>13                                   | <b>Biscuits &amp; Gravy</b><br>Cheese Breadsticks<br>Frosted Cake<br><br><i>Fruit &amp; Veggie Bar</i><br><br>14     |                    |        |                     |        |                            |       |                       |        |           |        |               |        |
| <b>Breakfast Bites</b><br>K-2 Chicken Strips<br>3-12 Spicy Chicken Strips<br>Mashed Potatoes/Gravy<br><br><i>Fruit &amp; Veggie Bar</i><br><br>17 | <b>Pancakes</b><br>Cavatini<br>Shredded Cheese<br>Garlic Bread<br><br><i>Fruit &amp; Veggie Bar</i><br><br>18                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>Breakfast Burrito</b><br>BBQ Pork/Bun<br>French Fries<br><br><i>Fruit &amp; Veggie Bar</i><br><br><b>2:30 dismissal</b><br><br>19        | <b>Scrambled Eggs</b><br>Hot Beef Sandwich<br>Mashed Potatoes<br>Bread/Butter<br><br><i>Fruit &amp; Veggie Bar</i><br><br>20       | <b>Cherry Strudel</b><br>Spicy Ginger Garlic<br>Chicken<br>Rice<br><br><i>Fruit &amp; Veggie Bar</i><br><br>21       |                    |        |                     |        |                            |       |                       |        |           |        |               |        |
| <b>Donuts</b><br>Pepperoni Calzone<br>Marinara Sauce<br>Brownies<br><br><i>Fruit &amp; Veggie Bar</i><br><br>24                                   | <b>Breakfast Pizza</b><br>Meaty Nachos<br>Toppings<br>Bread/Butter<br><br><i>Fruit &amp; Veggie Bar</i><br><br>25                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>Cinnamon Roll</b><br>Sub Sandwich<br>Chips<br>Cookie<br><br><i>Fruit &amp; Veggie Bar</i><br><br><b>2:30 dismissal</b><br><br>26         | <b>Egg Patty</b><br>Hamburger/Bun<br>Seasoned French Fries<br><br><i>Fruit &amp; Veggie Bar</i><br><br>27                          | <b>Biscuits &amp; Gravy</b><br>Fiestada<br>Mexican Rice<br><br><i>Fruit &amp; Veggie Bar</i><br><br>28               |                    |        |                     |        |                            |       |                       |        |           |        |               |        |
| <b>Breakfast Bites</b><br>Breaded Chicken Patty/<br>Bun<br>Cheesy Broccoli<br>Frosted Cake<br><br><i>Fruit &amp; Veggie Bar</i><br><br>31         | <div style="border: 2px dashed black; padding: 5px;"> <p style="text-align: center;"><b>Hot Lunch Information</b></p> <p style="text-align: center;"><b>Lunch prices for the 2016-17 school year:</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 2px;">Grades K-6 lunches</td> <td style="padding: 2px;">\$2.55</td> </tr> <tr> <td style="padding: 2px;">Grades 7-12 lunches</td> <td style="padding: 2px;">\$2.80</td> </tr> <tr> <td style="padding: 2px;">Milk (extra or snack time)</td> <td style="padding: 2px;">\$.35</td> </tr> <tr> <td style="padding: 2px;">Extra entrée at lunch</td> <td style="padding: 2px;">\$1.00</td> </tr> <tr> <td style="padding: 2px;">Breakfast</td> <td style="padding: 2px;">\$1.65</td> </tr> <tr> <td style="padding: 2px;">Adult Lunches</td> <td style="padding: 2px;">\$3.40</td> </tr> </table> </div> |                                                                                                                                             |                                                                                                                                    |                                                                                                                      | Grades K-6 lunches | \$2.55 | Grades 7-12 lunches | \$2.80 | Milk (extra or snack time) | \$.35 | Extra entrée at lunch | \$1.00 | Breakfast | \$1.65 | Adult Lunches | \$3.40 |
| Grades K-6 lunches                                                                                                                                | \$2.55                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                             |                                                                                                                                    |                                                                                                                      |                    |        |                     |        |                            |       |                       |        |           |        |               |        |
| Grades 7-12 lunches                                                                                                                               | \$2.80                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                             |                                                                                                                                    |                                                                                                                      |                    |        |                     |        |                            |       |                       |        |           |        |               |        |
| Milk (extra or snack time)                                                                                                                        | \$.35                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                             |                                                                                                                                    |                                                                                                                      |                    |        |                     |        |                            |       |                       |        |           |        |               |        |
| Extra entrée at lunch                                                                                                                             | \$1.00                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                             |                                                                                                                                    |                                                                                                                      |                    |        |                     |        |                            |       |                       |        |           |        |               |        |
| Breakfast                                                                                                                                         | \$1.65                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                             |                                                                                                                                    |                                                                                                                      |                    |        |                     |        |                            |       |                       |        |           |        |               |        |
| Adult Lunches                                                                                                                                     | \$3.40                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                             |                                                                                                                                    |                                                                                                                      |                    |        |                     |        |                            |       |                       |        |           |        |               |        |

According to the policy of the Board of Education of the Friend Public School, all meals must be purchased in advance.  
 A student will be notified in writing if and when his/her account has a negative balance.

# FCCLA Fall Leadership Workshop



Attending the 2016 Fall Leadership Conference in Kearney were:

Back Row: Dominique Lyewsang, Blair Miller, Brianna Ziegler, Layla Al-Bumohamed and Josie Scholl

Front row: Hannah Manalili, Holly Manalili and Kate Houlden

On Monday, Sept. 12th, 8 Friend FCCLA members traveled to Kearney to attend the annual Leadership Workshop. Keynote speaker, Rhett Laubach's message titled #LiveToServe stressed to importance of leadership. Using his personal story about surviving a brain tumor, Rhett spoke how to overcome life's greatest challenges. As students leaders, members can make a positive difference in the lives of others in difficult times. He also encouraged students to find ways to lead and serve others throughout their lives. Friend FCCLA members attended sessions for chapter leaders and new members during the day. Afterwards, members had positive comments about their day. Favorite parts of the day included the keynote speaker and the breakout sessions, as well as meeting new people from other schools.

## Friend Music Presents...Fine Arts Night Tuesday, Oct. 25 7:00 East Gym

Featuring:

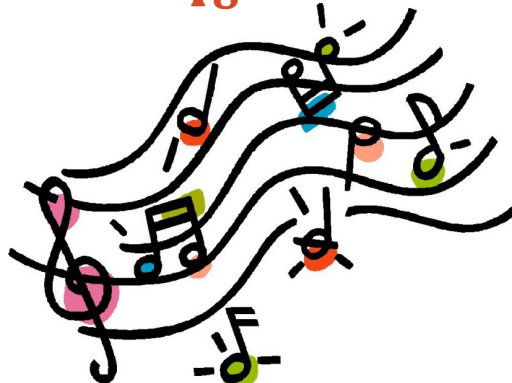
Junior High Choir

Junior High Band



High School Choir

Concert Band





# Teen Food & Fitness

Healthy Ideas for Middle and High School Students

October 2016



## FAST TAKES

### Chalkboard menu

Announcing menus ahead of time can help get your teen on board with meal prep—and keep her from asking to eat out. Solicit ideas, and then scribble the dinner menu and fun activities for the week on a chalkboard in the kitchen. She'll be excited for what's to come, especially if it's a themed night like a Caribbean menu with music and limbo dancing!



### Hit the rec center

You probably don't have an indoor swimming pool or basketball court at home, but your local rec center just might. Make the rec center a regular part of your family's routine. You can go swimming together on weekends, or your teen could join a basketball team or take karate lessons. Suggest he check the website for open gym times, class schedules, and team signups.

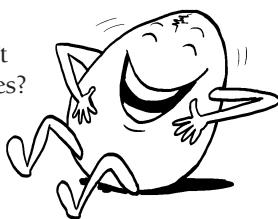
### Did You Know?

One medium sweet potato has two to three times the recommended daily intake for vitamin A, which is important for growth and the immune system. To enjoy this nutritious vegetable, wash it, poke a few times with a fork, and bake at 375° for about 45 minutes. Even quicker: Microwave for 5–8 minutes. Serve plain, or top with applesauce and cinnamon.

### Just for fun

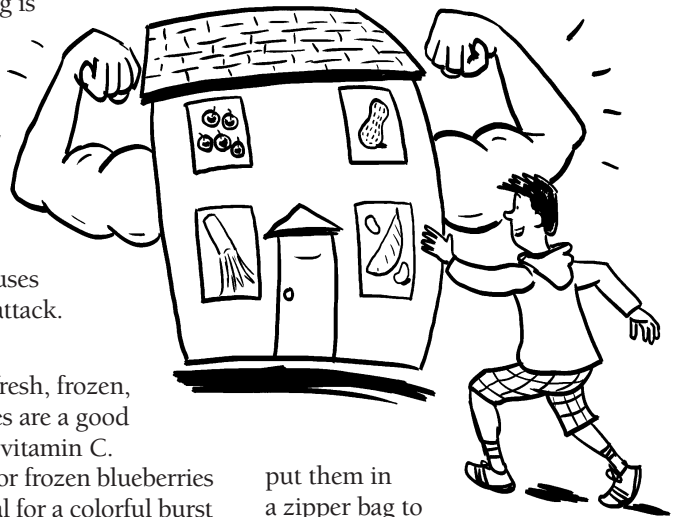
**Q:** Why don't eggs tell jokes?

**A:** They'd crack each other up!



## Powerhouse snacks

Healthy snacking is a smart way to fill nutrition gaps and keep your tween or teen energized throughout the day. Stock the kitchen with these nutrition powerhouses for his next snack attack.



### Blueberries

**Why:** Whether fresh, frozen, or dried, blueberries are a good source of fiber and vitamin C.

**How:** Add fresh or frozen blueberries to yogurt or oatmeal for a colorful burst of flavor. Mix dried blueberries into trail mix for a hint of sweetness.

put them in a zipper bag to fuel him through soccer practice.

### Edamame

**Why:** With a vibrant green color, edamame is full of protein, fiber, and iron.

**How:** Edamame is fun to eat straight from the pod—just squeeze, and the beans pop right out. Your teen can microwave frozen shelled edamame for a warm snack during a study session or

### String cheese

**Why:** Not just for young children, string cheese is both fun to eat and filled with a healthy dose of calcium and phosphorus.

**How:** Pull the strings apart, one by one. Or dip string cheese into leftover pasta sauce for a nutritious play on fried mozzarella sticks. ♥

## Yummy condiments—without the salt

Condiments add lots of flavor but can be super salty. These tasty toppings are lower in salt, yet still yummy:

- Spoon fresh tomato salsa or a fruity peach or pineapple salsa onto fish, veggie burgers, or chicken.
- If your teen likes spicy food, offer crushed pepper flakes or cayenne rather than salty hot sauce.
- Buy low-sodium or no-salt-added varieties of ketchup, mustard, and barbecue sauce. If she goes out for sushi, suggest that she ask for low-sodium soy sauce.



**Tip:** You can even show your teen how easy it is to make ketchup at home. Mix a 6-oz. can of tomato paste with 2 tbsp. white vinegar, 1 tsp. each garlic and onion powder, and a little brown sugar to taste. ♥

# Put down the screens

If your teen is often glued to a screen, she's not alone. Studies show that teens spend more time watching TV, playing video games, and looking at other screens than they do sleeping.

Unfortunately, more than two hours of screen time a day is connected to higher blood pressure and cholesterol—and a greater chance of being overweight. Here are strategies to help your child put down the screens and pick up the physical activity.



## Make it a family effort.

Instead of watching TV together, go for a family walk or bike ride after dinner.

**Get out there.** Does your tween enjoy watching hockey, soccer, or ice skating? Encourage her to *play* the sport for more hours than she watches

others play it! She could try out for a school team, join a neighborhood league, or go to a skating rink with friends.

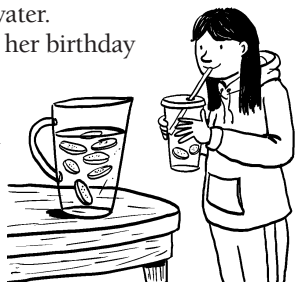
**Meet up IRL.** Suggest that your teen meet up with friends to go climbing or throw the football around rather than chatting with them by text or social media. She'll find it's more fun to be with people IRL (in real life). ♥



## PARENT TO PARENT Water is the best!

I was concerned about how much soda my 13-year-old daughter Aubrey was drinking and wanted her to switch to water. But Aubrey complained she didn't like water.

Then for her birthday treat we got manicures, and the nail salon had a pitcher of water with cucumber slices in it.



Wouldn't you know it—Aubrey thought that was great! So now we have a “spa water of the day” at home. Some days we add melon chunks, and other times we drop in frozen peach slices. We keep the pitcher in the fridge all day and set it on the table for meals.

It must be working. When we were at the store last week, Aubrey asked if she could get a refillable water bottle. She's planning to fill the bottle with water and add her own fruit combinations to take on the go. ♥

## ACTIVITY CORNER Start a running group

Running with friends is a fun—and free—way to stay active and be social. Share these ideas to get your teenager excited about starting his own running group:

- ✓ Reach out to friends who live nearby. That makes it easier to meet up regularly.
- ✓ Set a schedule. Find days and times that work best for the group, and add them to your calendars. This can create a *good* kind of peer pressure—teens won't want to let each other down by not showing up.
- ✓ Pick destinations. Running to the fountain in the park sounds more fun than tracking miles. Add variety by running a trail one day and a neighborhood loop the next.
- ✓ Step it up. For more of a challenge, add in jumping jacks or push-ups every half-mile. ♥



## In the Kitchen Pumpkin three ways

Pumpkins are not just for carving! They are packed with fiber and beta-carotene—and they're delicious, too. Try these recipes.

### 1. Pumpkin butter

Combine a 15-oz. can of pumpkin puree, 2 tbsp. maple syrup, 2 tsp. pumpkin pie spice, and 1 tsp. cinnamon in a saucepan over medium heat. Stir occasionally for 15 minutes until the flavors blend. Use it to top toast or swirl into yogurt.

### 2. Pumpkin soup

In a large pot, saute 1 tsp. oil with 1 tsp.

minced garlic and 1 chopped onion until soft. Add 3 cups pumpkin puree, 2 cups broth (vegetable or chicken), and 1 cup milk. Bring to a boil, and then simmer for 30 minutes. Pour into a blender to puree, reheat in pot, and serve.

### 3. French toast

Beat 2 eggs, 2 tbsp. pumpkin puree, ¼ cup milk, ¼ tsp. pumpkin pie spice, and 1 tsp. honey. Dip 4 slices of whole-wheat bread into the mixture. In a pan coated with nonstick spray, cook until each side is browned. ♥



## OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,  
a division of CCH Incorporated  
128 N. Royal Avenue • Front Royal, VA 22630  
540-636-4280 • rfeustomer@wolterskluwer.com  
www.rfeonline.com

Teen Food & Fitness™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.  
ISSN 1935-8865

# Nutrition Nuggets

Food and Fitness for a Healthy Child

October 2016

Friend Public Schools  
Health & Wellness Program



## BEST BITES

### Celery stuffers

Children love the ease of finger food, and stuffed celery sticks are especially fun to make and eat! Try kid-friendly spreads like chicken or tuna salad, cream cheese, and all kinds of nut butters. Let your youngster spread the filling and top with halved grapes, dried cranberries, capers, shredded carrots, or pitted olives.



### Create new games

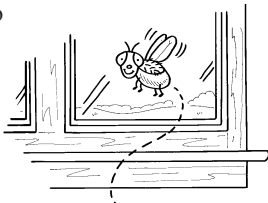
Challenge your child to make up games with vigorous activity like running and jumping. For example, she and her friends could break into teams and act out “athletic” versions of fairy tales for the other team to guess. When one team sees the other “climbing down” and running, they might guess that Jack (and the Beanstalk) is running away from the giant.

### DID YOU KNOW?

Bones are living tissues that are constantly breaking down and rebuilding. Weight-bearing exercise encourages this process by making bones work harder to overcome the pull of gravity. Help your youngster build strong bones by encouraging him to do this type of exercise, such as walking, climbing stairs, playing soccer or basketball, dancing, and hiking.

### Just for fun

**Q:** What spends the day at the window, goes to the table for meals, and hides at night?



**A:** A fly.

## Everyday veggies

Wanted: Children who happily eat their veggies!

If you're looking for ways to add vegetables to your youngster's diet, these approaches are a good place to start.

### Put vegetables first

Serving steamed broccoli alongside French fries? Broccoli may lose out. But studies show that children eat more of a food when it is served alone—so try beginning your meal with a first course of crunchy broccoli slaw. That way, the green veggie will be the focus of your child's attention.

### Get your child involved

Kids are more likely to try foods they choose and help prepare. During supermarket trips, ask your youngster to select a new vegetable. Let him decide how to cook it and what flavorings to add. As a final touch, he can bring the



finished dish to the table and introduce it to the rest of the family.

### Don't give up

Your child might need 10 or more exposures before he'll eat an unfamiliar food. Keep serving the new vegetable every few days. You could change things up by preparing it differently, perhaps grilling, steaming, or serving it raw with a healthy dip. Odds are your youngster will eventually warm up to it! ♥

## An active family

As fall's cooler temperatures set in, use these ideas to keep your kids from turning into couch potatoes.

**Pick the activity.** Together, write active ideas on craft sticks, one per stick. *Examples:* freeze tag, pillowcase race. Have your youngster put the sticks in a colorful basket or an empty can covered with wrapping paper. Each day, she could pull one out to do.

**Walk for a cause.** Help your child find a weekend charity walk that raises funds for a cause she cares about. Then, sign everyone up to participate. Both your family and your community will benefit. ♥





# Food allergies: Staying safe

For parents of children with food allergies, mealtimes can be filled with anxiety. Here are strategies that will help.

● **Always read food labels—and teach your youngster to read them, too.** Check the ingredient list, including words in parentheses, such as “whey (milk)” or “lecithin (soy).” Also, look for statements like “contains shellfish” or “may contain nuts.” And remember that labels might not always show what’s in an ingredient. For example, a hummus label may list tahini



but not say tahini is made from sesame seeds.

● **Avoid sharing food.** As hard as it may be, make sure your allergic child knows not to share food. You can role-play to help her develop strategies for responding. A simple “No thanks” may be enough to

stop (well-intentioned) friends from swapping food. Or she might say, “Thanks, but my body can’t handle eggs.”

● **Prevent cross-contact.** This occurs when allergens from one food touch and contaminate another food. Train family members to wash hands with soap and water before *and* after eating. Thoroughly clean cooking equipment, surfaces, dishes, and silverware that touch allergenic foods, again using soap and water. If necessary, have separate sets of utensils for foods that contain allergens. ♥

## ACTIVITY CORNER

### Football + fall = fun



Fall is football season! Play these non-contact games perfect for young children.

#### Step-toss

Divide into teams of two players. Each team takes a turn tossing a football from one player to the other. After each toss, both players take one step backward. The last team able to catch a toss wins.



#### Foxes and hens

The “fox” stands in the middle of the field. All the other players are “hens”—they each tuck a sock into their waistbands and stand at one end. Then, the hens start running around while the fox tries to pull out their socks. Any hen whose sock is pulled joins forces with the fox. Play continues until one hen remains. He’s the winner and becomes the fox in the next round. ♥

## PARENT TO PARENT

### Your own meal kits

I got a flyer advertising a service that delivers boxes of premeasured ingredients and recipes straight to your door. That sounded so convenient, but it was expensive.

I realized I could create my own meal kits that would be just as handy—and much cheaper. So once a month, my son and I assemble ready-to-make dinners. One time, we filled freezer bags with boneless chicken breasts, sliced bell peppers and onions, and a sauce made of honey, apple cider vinegar, chili powder, cumin, and paprika. Another day we combined pork shoulder, cranberry sauce, and chopped onion. We freeze the bags, labeled with their ingredients and the date.

Then, to use a kit, we thaw it in the refrigerator overnight. The next morning, we dump the ingredients in the slow cooker and set it at low for 6–8 hours. *Voila!* Served with a quick salad, my family gets a healthy meal—without the delivery price. ♥



## IN THE KITCHEN

### Muffin pan minis

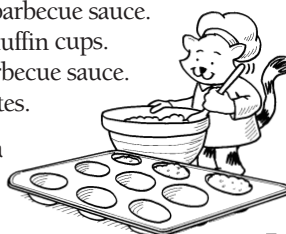
For dinners that are fun, convenient, and portion-controlled, make these three recipes using a lightly greased 12-cup muffin pan.

- 1. Turkey meatloaf.** Combine 1 lb. ground turkey, 1 chopped onion, 1 chopped carrot, 1 egg, ½ cup quick-cooking oats, and ½ cup barbecue sauce. Divide equally into the muffin cups. Brush tops with more barbecue sauce. Bake at 400° for 25 minutes.

- 2. Crustless quiche.** In a bowl, whisk together 3 eggs, 1 cup milk, and

salt and pepper to taste. Scatter 2 cups cooked chopped vegetables and 1 cup packed shredded Gruyere or Swiss cheese among the muffin cups. Then, pour the egg mixture on top. Bake at 350° for 20 minutes. Cool 10 minutes.

- 3. Zucchini fritters.** Beat 3 large eggs in a bowl. Mix in 2 grated large zucchinis, 1 chopped medium onion, 1 cup grated cheddar cheese, and ½ cup breadcrumbs. Divide into the muffin pan. Bake at 400° for 15–18 minutes. ♥



## OUR PURPOSE

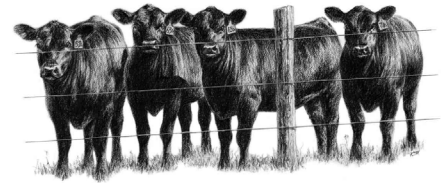
To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

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Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

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## Purple Ribbon Meat Program



**Winners of the beef during the  
Friend and Exeter-Milligan football game on Sept. 23**

**1st quarter - Mark Becker, Exeter  
2nd quarter - Ed Menke, Friend  
3rd quarter - Bruce Rocolo, Exeter  
4th quarter - Bonnie Nerud, Dorchester**

### **Be a Winner -- Don't Let the Flu Take You Out of the Game!**

Public Health Solutions doesn't want flu to take you out of the game. Every year just like you need school supplies, you also need a flu shot. As many of you have probably already heard, this year the CDC is recommending that the vaccine be given by shot only. This means no flu mist will be available.

Public Health Solutions would like to encourage you to still help to "Protect the Ones You Love" by getting immunized against the flu. Healthy school age children may not experience complications to flu, but could risk exposing a sick elderly grandparent or baby brother/sister to the virus. The elderly and infants under 6 months of age are at a greater risk to have serious complications. With flu season almost here, Public Health Solutions District Health Department will again be offering flu immunization clinics for students at your school.

Prior to the start of clinics, students will bring home consent forms and fact sheets explaining the importance of getting the flu immunization. As parents or guardians, you are encouraged to read the information carefully, complete and sign the consent form and send it back to school with your student.

One lucky student will be a double winner! Not only will they have gotten protected against the flu by getting a flu shot they will also be entered into a drawing. This year, Public Health Solutions will enter all students who return a completed permission form AND get the flu shot the day of the school clinic into a drawing for a \$25.00 gift card. One lucky name will be drawn at the end of the school clinic day.

Make your school a winner! Encourage friends to participate in getting a flu shot to help increase the school rate of participation. All schools that increase their 2015 rate of participation by 10% will also be entered into a drawing. One lucky school will receive a \$200 gift card to be used towards whatever the school wishes.

**Public Health Solutions District Health Department will be at your school on  
Wednesday, Oct. 5 8-10 am.**

For more information, contact your school health office, or Public Health Solutions at 402-826-3880.



*Red Ribbon Week*

**October 24-28, 2016**



**YOLO™ BE DRUG FREE.**  
**#YOUONLYLIVEONCE**

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*All students will be participating in Red Ribbon Week with special dress-up days and events throughout the week. Be watching for a letter to be sent home with elementary students and further information will be posted on the school web page.*

*Grades 7-12 Dress Up Days*

*Monday "Drugs are Old School" Old School dress up*

*Tuesday "Team up against Drugs" Team Dress up*

*Wednesday "Don't let Drugs get in the way of your Dreams"  
PJ day (school appropriate)*

*Thursday "Take action about Drugs"  
Favorite movie character*

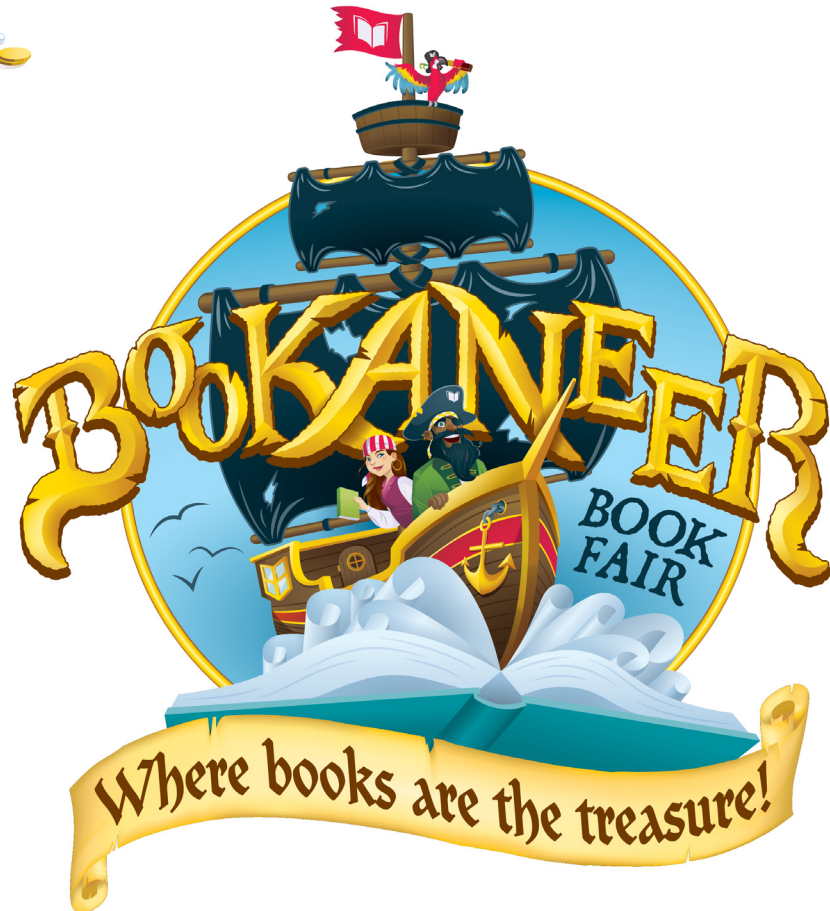
*Friday "Red out Drugs" Wear RED!!*







# SCHOLASTIC BOOK FAIR SEPT. 27-OCT. 6, 2016



**In the Media Center at the school:  
Sept. 27 - Oct. 6**

Open during Parent -Teacher Conferences  
on Tuesday, Oct. 4

Media Center will be open during volleyball  
triangular on Thurs. Oct. 6



**You may order online (Sept. 22 - Oct. 10):  
<http://www.scholastic.com/bf/friendbulldogs>**

## **ELEMENTARY STUDENT COUNCIL 2016-17**

These 3rd-6th grade students were selected based on recommendations by teachers. They have been recognized for their leadership, friendship, work-ethic and all-around positive attitude! They have earned the title "Kids With Capes" to commemorate this year's Elementary Theme of Super-heroes! The elementary Student Council will be working on various activities and service learning projects throughout the school year. The council is sponsored by Miss Wall & Mrs. Wiese.



*Front Row (left to right): Jordon Lawver (5th), Vincent Cox (3rd), Jake Leif (5th), Babe Weber (3rd), Kyler Sladek (4th)  
Back Row: Lily Ellison (5th), Chase Paulsen (4th), Avery Kraus (6th), Jack Baptista (6th), Zoey Borgman (6th)*



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