What’s for Breakfast?

The alarm clock goes off and the scramble begins. The scramble to get the kids up and out the door for school that is. But scramble of the egg variety? Not soo much. Despite most of us recognizing the importance of a good breakfast, we often allow time constraints to dictate the menu – and the results are usually less than inspiring. Some occasionally skip breakfast themselves while others rely on overly sweetened cereal or toaster pastries as quick fixes.

Stop! More nutritious options exist that are surprisingly easy to prepare. With little planning, a dash of imagination, and some parental know-how, it is possible to deliver a healthy breakfast amidst the morning rush – and yes, your kids will eat it.

Tons of research has been done demonstrating how children who eat breakfast are more alert at school and perform better than those who don’t. Exactly WHAT they eat matters as well. A 2005 study involving 6 – 11 year olds confirmed previous findings that breakfast intake enhances cognitive performance. More significantly, it showed increased performance in children who consumed instant oatmeal versus a breakfast that was low in fiber and high in sugar. The oatmeal-eaters exhibited improved short-term memory and were clearly better listeners and problem-solvers.

So what does a healthy breakfast consist of? Whenever possible, it should include items from each of the five food groups that are building blocks for a healthy diet. Basically, you need a grain to fuel kids’ brains and muscles. Add a protein like eggs or nut butter to keep them full and focused. Be sure to include some dairy, and don’t forget crucial fruits and veggies for vitamins, minerals, and fiber.

Maybe you’re thinking, well, it sounds good in theory, but my kids won’t eat that. It comes down to what’s available in the home. Kids will eat what’s there. So if all that’s there are healthier options, that’s what kids are going to eat. Kids love habit and even thrive on it.

Try the ‘bridging’ technique to widen a child’s taste spectrum. The idea is to start with something a child likes and then bridge them to something in similar taste or texture. Once they warm up to that item, bridge further. For example, a child who likes apple pie, may be more willing to try baked apples with cinnamon. From there they’ll try a raw apple slice, then a pear….

Retrain the habits, clean out the pantry, and make healthy quick options for those rushed mornings!
HAPPY NEW YEAR!! With all of the parties, festivities and gatherings that have taken place over the past few months, your kitchen drawers must be bursting with Box Tops! Gather up those Box Tops and place them in envelopes or Ziploc bags (which I will recycle) and send them to school with your child/ren.

Box Tops can be found on General Mills, Pillsbury and Old El Paso products, just to name a few (for a complete list of Box Tops’ sponsored products please go to BTFE.com). For every 10 Box Tops your child brings to school, his/her name will be entered into a drawing for one of three Original Rainbow Looms! Please be sure to include your child’s name on the envelope/bag. Expired Box Tops cannot be accepted and do not count towards a grouping of ten. There is no need to count the Box Tops before submitting them. I count them as I check the expiry dates.

The contest will run until Monday, February 24th. Late submissions from our last contest have been counted and added to this contest. Nash has been participating in the Box Tops for Education program since 2007. Since then, friends and family have submitted over 100,000 Box Tops, earning almost $11,000 in cash for our school! One Box Top by itself isn’t worth much (10 cents, to be exact). But when they are put together with hundreds, if not thousands of others, they can help us do great things for our school!

Thank you for your participation and GOOD LUCK!

Questions? Contact:

Carla Wilson
Box Tops Coordinator
nwilson21@wi.rr.com
Nash-tional News

(Left) Meet Melanie!!
~Melanie is in the 3rd grade
~Melanie said she wants to travel to the Bahamas
~She wants to play in the water and do lots of arts and crafts
~I imagine Melanie has some great artwork hung up around the school and at home 😊

~Coming to you from their playground and their halls, the students of Nash speak out!
~Nash-tional news will be brought to you monthly bringing to you the latest news straight from the hearts and minds of our children.
~Each month will be new questions, different students, and new...news.
~Question of the month: If you could travel anywhere, where would you go?

(Below) Meet Gauge!!
~Gauge is in the 2nd grade
~Gauge said he would travel to Florida if he could travel anywhere.
~When asked why, Gauge smiled and said, 'Because it’s warm.'
~We’re all definitely hoping for some warmer weather in Wisconsin!

(Above) Meet Corbin!!
~Corbin is in the 1st grade
~When asked where he would like to travel, Corbin said he would travel to the ocean.
~Corbin’s classmates tried steering him to say a submarine, but he was sure about the ocean because it has a lot of cool sea creatures 😊
~Great answer Corbin!

(Right) Meet Rowen!!
~Rowen is in the 4th grade
~Rowen said she would travel to the Caribbean Islands
~She said she likes the islands because it’s warm and sunny and has nice oceans.
~With all these cold days, perhaps we can all travel to the islands with Rowen 😊
Have You Ordered YOUR Nash Yearbook Yet?

Yearbook order forms have been sent home and are at the final price, $11

Now is the time to submit Yearbook Covers for this year’s contest. All submissions due by the end of January

You may order yearbooks via order form or online
Family Reading Nights
Thank you to everyone who attended another fun Family Reading Night! Our largest audience night last month with 67 children!

Our special guest reader was Mrs. Rizzo. She read stories and provided a special craft for the attendees. We appreciate Ms. Lindstrom also for spending the evening with us to help! Also, thank you to all the people who shopped the Scholastic Fair during this event! We were able to boost sales with your generosity!

Please save the date for our next Family Reading Night:

February 6th, 2014 (Thursday) 6-7:30 pm

Kindness            Respect            Hard Work

You are cordially invited to attend an all original presentation of

We are the World

Brought to you by the talented children of Nash Elementary

Travel the world with them on February 16th, 2014 at 3:00 pm at Indian Trail High School as they travel through Africa, China, Italy, Russia and many other fabulous countries all in the warm seats you’ve purchased to support Nash Elementary.

100% of ticket sales go directly back to Nash to fund supplies to enrich our student’s education.

See ticket order form at the back of newsletter.
Milk Top Collections

Prairie farms milk caps can be donated to our school. Look for both plain and flavored milk, gallon and half gallon sizes. Each cap earns our school 5 cents!

Also remember to send in all Milk Moola milk tops, caps and labels from ‘Natures Touch’, ‘Kwik Quenchers’, and ‘Glazers’ Donuts. These can all be found at all Kwik Trip stores. Be sure to family and friends for help! Any questions, please contact Lesa Vigesurier @ lesa_vigesurier@yahoo.com

GFS Pie Sales

Thank you for all of the participation in the GFS Pie Sale.

Together we earned a $500 profit which will help with additional new technology for our school!

My Coke Rewards

CONGRATULATIONS TO SAWYER CAMARATO! HIS GRANDMOTHER DONATED 4064 POINTS TO OUR SCHOOL! WAY TO GO SAWYER AND ENJOY YOUR TARGET GIFT CARD!

Look for details of the next competition early this year! Start collecting now and ask friends, family, even neighbors to help you!

Get your favorite Coca-Cola beverages and get My Coke Rewards codes. Codes can be found on 14 Coca-Cola brands: Coca-Cola, Coke Zero, Diet Coke, Sprite, DASANI, POWERADE, Minute Maid, Fanta, Barq’s, Fresca, Pibb, Mello Yello, FUZE and Seagram’s.

Where to find codes: *Under caps *Inside tear-off on 12-pks *On multi-pack wraps

Any questions? Email Lesa Vigesurier at: lesa_vigesurier@yahoo.com

DON’T FORGET NASH ALSO COLLECTS SODA CAN RING PULL TABS!!
OUT TO EAT EVENT

Grab the family and join us at:

El Sarape & La Hacienda
Mexican Restaurants

See attached flyer!!! Please fill in your child’s name and room number, hand it to your server to be entered into a fantastic competition!

January 16th  11am - 9pm

Gift cards purchased on the day will also go towards our school.

Contact Information
Nash Elementary School
6801 99th Avenue
Kenosha, WI 53142
Tel: 262-359-3500
Fax: 262-359-3550
Email: mpitts@kusd.edu
Website: www.nash.kusd.edu

Classroom Hours:
8:10-3:10pm Monday through Thursday
Fridays 8:10-11:55am

Reflections
Judging will be the first week in January.
Winners announced mid-month

Celebration will take place early February.
Details to come soon.
January/February Calendar

January 16..............................Out to Eat Event (La Hacienda and El Sarape 11am-9pm
January 20 ...........................................Martin Luther King Jr. Day: No School
January 24...........................................Staff Work Day (No Students)
February 1.................................Father Daughter Dance @ Parkway Chateau
February 4.................................PTA Meeting in Nash Library @ 6:30pm
February 6...........................................Family Reading Night @ 6pm in Nash Library

February newsletter
Have something you’d like to submit for the February newsletter?
Submit to: daniel1978@gmail.com

Charles W. Nash PTA
Meetings are the first Tuesday of each month in the Nash Library at 6:30 P.M.
President- Lynda Bogdala
Vice Pres.- Angela Konicki
Secretary-Lacy Lindstrom
Treasurer- Steve Retherford

Wisconsin State PTA
4797 Hayes Road, Suite 102
Madison, WI 53704
Phone: (608) 244-1455
Fax: (608) 244-4785
Email: info@wisconsinpta.org
Website: www.wisconsinpta.org

National PTA
National PTA Headquarters
1250 N. Pitt Street
Alexandria, VA. 22314
Toll Free (800) 307-4PTA
Fax: (703) 836-0942
Email: info@pta.org
Website: www.pta.org