

JR TROJAN WEEKLY NEWSLETTER

February 21, 2020

MARK YOUR CALENDAR

- Parent Council Meeting at 6:00 pm on February 25th.
- Late Start on February 26th. Classes start at 10:05 am.
- Science and Engineering Fair is February 27th.
- Spring Conferences are March 12th and 17th. Sign up link coming next week.



East Lansing Public Schools

Amy Martin, Principal

John Atkinson, Assistant Principal

517-333-7600, 517-337-6586 (Fax)

SPRING CONFERENCES COMING SOON

March 12th and 17th will be our spring conferences. Watch the newsletter for MyConferenceTime.com (**being set up soon**), to schedule your conferences with your child's teachers. **Please note:** These conference times do fill completely up so be sure to watch for the opening of schedules.

SCIENCE AND ENGINEERING FAIR

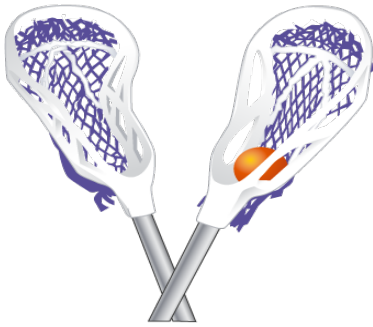
The MMS Science and Engineering Fair is February 27th from 6-8 pm in the MMS Cafeteria.

There are two categories for the competition: Scientific Experiments and Engineering Projects. See the attachment for more details on how to prepare a display in these two categories. The first 50 participants get an event t-shirt and top prizes include Apple AirPods and iTunes gift cards. Registration is open now through February 10th – use link below to sign up. Email jlathom@gmail.com with questions.

https://docs.google.com/forms/d/e/1FAIpQLSfgQNWb3FDfIQmKrVjPctgjfhUHU922TxbUsvyJT-qk5eia7Q/viewform?usp=sf_link

ATTENTION PARENTS OF 6TH GRADERS

If your 6th grade student is enrolled in a P.E. class this semester, a portion of that class includes a health lesson entitled, "Puberty, The Wonder Years." A parent meeting will be held on **March 18th in the Media Center at 6:00 p.m.** for anyone wanting more information. Please see the attached Parent Letter and Course Outline **attached**,



FREE LACROSSE CLINIC! STILL TIME TO JOIN THE FUN

Hey MMS students! Is Lacrosse something that might interest you? Well, you're in luck. MMS will be hosting Lacrosse clinics. **Please see the attached flyer for more information.** Hope to see you there.



NEW AT MMS

An overwhelming **THANK YOU** to all of the people who have donated to our Empathy and Equity Closet. Our new "closet," is becoming stocked with many needed items and we have been able to begin passing many items out to our students.

We are still accepting items. You can use either of the following links to donate. Again, thank you very much!

<https://www.signupgenius.com/go/904044baca62faa8-community>

Or, if you prefer, an Amazon wish list has been created indicating these needs as well.

https://www.amazon.com/hz/wishlist/ls/NIXY2USSLWBY?ref=cm_sw_em_r_wl_dp_A1Cg6D4Mqpf1

Please deliver all goods to the bins in the front office. Thank you so much for your support!



MSU GIFTED AND TALENTED EDUCATION OFFICE

Informational meeting for the GATE (Gifted and Talented Education) program is coming soon. Come learn more about the weekend and full week programs geared towards gifted students! For grades 2-11.

Please see the informational flyer attached.

2020 GIRLS MATH AND SCIENCE DAY REGISTRATION IS OPEN!

The Mid-Michigan chapter of Graduate Women in Science would like to invite your students at MacDonald Middle School to Girls' Math and Science Day at Michigan State University on **Saturday, February 29, 2020**. This is a fantastic opportunity for middle school-aged girls to participate in STEM demonstrations led by some of MSU's enthusiastic and knowledgeable graduate students and researchers. The day for each participant will consist of a keynote speaker talk, four individual STEM-themed activities, an afternoon snack, and an ice cream social with a gift bag giveaway and thank-you note signing. Please see the **attached flyer** for more info.

Girls must register for the event using the following link: <https://midmichigan.wixsite.com/gwis/girlsmathscienceday>
Registration is open and FREE of cost!

ATTENTION 8TH GRADE PARENTS

A planning committee is forming for planning some special events for our soon to be 9th graders. Please see the **attached flyer** for the date and time of the informational meeting coming soon!

SOCIETY OF HISPANIC PROFESSIONAL ENGINEERS

CHECK OUT THIS COOL OPPORTUNITY!

"At SHPE, we know early exposure to STEM positively influences the likelihood of a student choosing it for their career path. The Noche de Ciencias™ program is designed to introduce the profound possibilities of STEM to middle schoolers and their families.

Reasons why you and your children should attend:

- 1) Gain awareness of STEM fields and careers
- 2) Increase your children's beliefs about their ability to succeed in STEM identity.
- 3) Increase yours and your children's sense of STEM identity.

You will experience this through interactive STEM activities, networking opportunities, and knowing more about SHPE, as well as, by attending the Bilingual Parent Workshop helping to understand STEM opportunities. "

Please see the **attached flyer** for information regarding this **free event**.



Black History Month is an annual celebration of achievements by African Americans and a time for recognizing the central role of blacks in U.S. history. It is also known as African American History Month. This month was chosen because it coincided with the birthday of Abraham Lincoln on February 12 and of Frederick Douglass on February 14, both of which dates black communities had celebrated together since the late 19th century. Black History Month was first proposed by black educators and the Black United Students at Kent State University in February 1969. The first celebration of Black History Month took place at Kent State one year later, from January 2, 1970 – February 28, 1970. President Gerald Ford officially recognized Black History Month in 1976, calling upon the public to “seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history.”

Each day this month we will celebrate a person who has made a significant contribution to African Americans both historically and currently. This week, some of those we have honored include: **Crispus Attucks**, was an American hero and a martyr of the Boston Massacre. Crispus is believed to have escaped slavery in 1750. **Hiram Revels**, was the first African American senator from Mississippi. He was born a free black. During the Civil War he helped recruit two regiments of African American troops in Maryland and served as the chaplain of a black regiment. **Elijah McCoy**, son of former slaves from Kentucky who had escaped via the Underground Railroad to Canada, at 15 years of age. Elijah McCoy traveled to Scotland seeking the educational opportunities from which blacks were excluded in the Americas. **Maya Angelou**, African American writer and performer. Although she wrote poems, plays and short stories, all in lush and lyrical style, she is best known for her six autobiographical volumes (1970-2002), the first and most popular of which, *I Know Why The Caged Bird Sings*, which tells of her childhood in the segregated South.



#TRENDING

Michigan State University and MacDonald Middle School Present..... **#Trending.**

Is there something you want to change in the world? Is there something happening in your school or the world that you want more people to know about? Is there a hot new meme format you want to try? Yes? Then #Trending club is the place for you! Check out the attached flyer. **Sign up is in the main office or via the email address provided on the attached flyer.** Looks like this is going to be a pretty cool experience. **Sign up soon** and come join the fun!

Club will meet on Wednesdays and Thursdays.

DODGEBALL ANYONE? IT'S A FREE EVENT

East Lansing Police Athletic Leagues (PAL) presents a night of fun for all 6th, 7th and 8th grade MMS students. Come join us on Thursday, March 5th from 6:00 PM – 7:30 PM right here at the MMS gymnasium. Please see the **attached flyer** for more information.

GIRLS BASKETBALL NEWS 😊

Wednesday night in the MMS Student events gymnasium it was the Girls 7th grade team in a tough non-conference contest against the Lakers of Sault Ste. Marie. For the girls it was Nevaeh V., Leea H. and Maeve H. leading the charge. Zoe H. and Maddox G. were outstanding rebounders and Kinsey M., Reena N. and Jess M. played well. Also having a solid night was Maddie H. along with Ciera A. and Charlotte W. The girls play at Mason on Monday. Great job Ladies!

The 8th grade girl's basketball team pulled out an exciting victory over Sault Ste Marie on Wednesday night. Carmel E. recorded a steal and an assist to Anika M. who laid in the winning basket as time expired in the game. Carmel led the scoring with 10 points, Anika and Ayla B. had 6 each, and Janell B. and Winnie J. added 4 points apiece. Zariah R., Aniyah T. and Zoe S. led a strong defensive effort with multiple steals and blocked shots. The girls are back in action Monday night at home against Mason. Great job ladies!

SEVENTH GRADE JAZZ BAND INFO

1. Future concerts: April 22nd and May 13th

YEARBOOK INFORMATION

The yearbook club is busy working on the 2019-2020 MMS Yearbook. ***We need your help! We need your photos.***

Anyone with photos that could be used in the MMS yearbook (especially fall activities that have already passed) please send them to: mms2020yearbook@gmail.com. Our club will now begin meeting weekly on Wednesdays.

Want to pre-order your yearbook? Cost is \$20

Go to: ybpay.lifetouch.com, use code: 11190920

TRACK AND FIELD

Attention 6th, 7th and 8th grade Boys and Girls!

Please check out the attached flyer for information about MacDonald Middle School/East Lansing Track and Field. Open to all of our students. **Parent meeting on Wednesday, March 18 @ 5:30 p.m.**

GIRLS ON THE RUN ☺ BE A FORCE OF NATURE

Get ready to become part of a unique team of girls! Join Heart & Sole, an after school program for 6th to 8th grade girls. Club starts next week on February 25th. Meetings will be held on Tuesdays and Thursdays from 3:30 until 5 pm. The coaches are Erin Pierce and George McFetters. Please use the attached link to register: <https://www.raceplanner.com/register/index/program-spring-2020?sid=2e610a86e81e479fb65781234f55f915>

Check out the **attached flyer** for more information.

MORE BASKETBALL OPPORTUNITIES

Youth Athletic Association will host a basketball league for boys and girls K-6. Check out the **attached flyer** for registration and more information

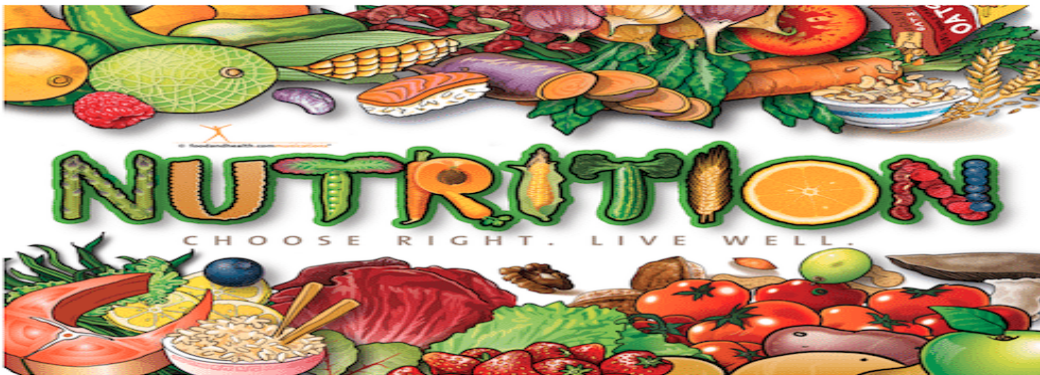
MEDIA CENTER NEWS

Some really great things have been happening at MacDonald Middle Schools Media Center. Mrs. Cosner and Mrs. Crowe have been working hard creating fun and exciting activities for all of our students. Check out the **attached flyer** to see some of the fun that is happening here at our own Media Center ☺



PROJECT HEALTHY SCHOOLS

Check out the new information from Project Health Schools. It is filled with fantastic tips and ideas all geared toward better health and fitness for you and your family. Please see the **attached flyer** for all of the information.





MACDONALD MIDDLE SCHOOL/ CITY OF EAST LANSING Track and Field



East Lansing
Public Schools

6th, 7th and 8th Grade Boys and Girls

Dates: **Open Practice-** March 9 & 10 @ 3:10- 5:30pm at MacDonald M.S.
Meet in the New Gym- wear running shoes, t-shirt, shorts and sweats.

Parent Meeting- Wednesday March 18 @ 5:30pm
MacDonald Middle School Cafeteria
*\$160 Participation fee will be collected at this
meeting and must be paid in order to participate.

Practice – Monday through Thursday
Before Spring Break: 3:10-5:30pm at MacDonald MS
After Spring Break: 4:30 to 6:30pm at EL High School Track

Participation Fee: \$160.00 (Athletes may not travel to all meets)

*Families needing financial assistance- in order to determine available funds,
application forms will only be accepted through March 13. Please email
Jim Jennings with questions and for a scholarship form.

*All participants must have a physical on file before they compete.
Physical information must be on the MHSAA Medical History form.



*Academic eligibility: In order to attend the open practice, potential
participants must register in the school office between March 2 and no
later than March 6th. A student athlete must have no "E's" in any classes
to be eligible and must maintain this academic standard throughout the season.

Track/Field- 2020 Schedule

Day	Date	Opponent	Home	Away
Wednesday	22-Apr	St. Johns		Yes
Wednesday	29-Apr	Charlotte		Yes
Thursday	6-May	Williamston	Yes	
Wednesday	13-May	Okemos		Yes
Wednesday	20-May	Holt	Yes	

*Home meets are at the East Lansing High School

If you have any questions prior to the meeting, please contact
Athletic Coordinator Jim Jennings at JLJennings@cityofeastlansing.com or 319-6954.



School Newsletter Clips and Tips

Healthy Living


- Do you ever get overwhelmed thinking about how to start leading a healthy lifestyle? Well don't! Resolve instead to make just one healthy new step each week. Think small. One week you might try a new vegetable. Another week you might resolve to be active for 10 minutes each day or to add 10 minutes a week to your routine if you are already active. Set challenging but realistic goals for yourself. By the end of the year, you will have done 52 new healthy things for yourself! Now that's something to be proud of!
- Did you know that February is American Heart Month? It's a time for learning about cardiovascular health, risk factors, and warning signs of heart attack and stroke. It's a time to look at your lifestyle choices and determine whether you need to make any changes for your own heart health. Visit www.heart.org to get helpful information about heart health.
- Did you know that almost all nutrition information for chain restaurants can be found online? Look at the options before you go out so you can make a healthy choice! Just check out the restaurant's website to find this information.

Food Labels

- How often do you check the food labels on the foods you eat? These labels make it much easier for you to compare foods and make healthier choices about the foods that you buy. Labels can help you limit the amount of fat, sugar and cholesterol in your diet by comparing foods and choosing the one with the lower amounts. You can also use food labels to find food items high in vitamins, fiber and protein.
- Aim to make at least half of the grains you eat everyday whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

Physical Activity

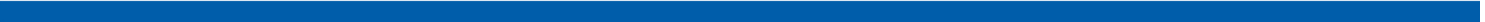
- Get in more physical activity as a family! The key to being active as a family involves finding activities that are fun. When children are having fun, time passes easily and they learn to love being active. Start by making a list of activities you enjoy as a family and encourage everyone to give their suggestions and look for new activities you could all try together. Plan one activity a week- it can be as simple as a 30-minute bike ride or family walk.
- Join a walking group in the neighborhood or at the local mall. Recruit a partner for support and encouragement!
- Do stretches, exercises, or pedal a stationary bike while watching TV.
- Aim for at least 30 minutes of physical activity every day...and have fun while doing it! Do the activities that you enjoy, make you feel good, and help relieve stress.
- Make a conscious effort to take the stairs instead of riding the elevator.

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- Make physical activity a regular part of your family's daily or weekly schedule and write it on a family activity calendar. Physical activity is a key element in living a longer, healthier, happier life. Physical activity simply means movement of the body that uses energy. Even before you see the difference, you'll feel the difference! After just 10 minutes of brisk walking, you're likely to feel more energy and less tension for as long as 2 hours!
 - Think you have no time for exercise? Monitor your daily activities for one week and then identify at least three 30-minute time slots you could use for physical activity. Then, identify two of them that work as family active time.
 - Develop a set of regular physical activities for you and your family that are always available regardless of weather, such as indoor cycling, aerobic dance, indoor swimming, stretching and strengthening movements, stair climbing, rope skipping, mall walking, dancing, and gymnasium games.

Cooking

- Kids are all about the fun factor. So, it's simple: to get your kids to eat healthy, make food fun to eat! Have kids help make the meals. Kids will be proud of their hard work and be more likely to eat whatever they helped make. Plus, it is a great opportunity to spend quality time with your child.
- Sneak in the veggies! There are many ways in which you can hide healthy ingredients into meals if your family doesn't have a taste for vegetables quite yet. Try adding a couple handfuls of spinach to a fruit smoothie, mixing shredded zucchini into your brownies, or blending vegetables into your tomato sauce. Farmers Markets are a great way for the whole family to get involved in picking fresh, healthy food choices! Visit your nearby Farmers Market and support your local community! [insert local link]
- To create a healthier family, turn mealtime into family time! During mealtime, children learn about foods and their parents' food likes/dislikes. Parents and older siblings can be great role models for forming healthy eating habits. Set a time for family meals and eat together at the table. During the meal, turn off all electronics and focus on one another's stories from their individual days. Try to introduce one new healthy food item at least three times per week.
- Do you want to eat more vegetables but don't know how to cook them? Visit www.fruitsandveggiesmorematters.org to find many recipes. You can search by keywords, food category and even color. There are also recipes that take 30 minutes or less.
- Involve the kids when cooking. Let them help prepare, serve, and clean up after the meal. For example, kids can help by measuring, adding ingredients, stirring, washing veggies, etc. Kids learn by doing, and being involved helps them be more confident and develop motor skills.

Portion/Serving Size

- Helping children learn about healthy portion sizes is a key component of healthy eating. Here are some tips:
 - Use a salad plate for dinner. The portion will look larger when on a salad plate rather than on a dinner plate.
 - Use smaller serving spoons to serve your food.
 - Encourage your child to eat their food, but if they say they are full, that's okay. Kids don't have to eat all their food to have a healthy meal. Listening to their internal hunger clock is part of learning proper portion control.
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- Where do you see food and drink portions that are just TOO BIG? Are there restaurants that you often go to where you know that you will be served too much food? Here are some tips to help keep your portions in control:
 - Split your food with someone you are dining with
 - Ask for a “to go” container right away so you can save at least half of your meal for later
 - Order a kid’s meal or appetizer instead of a full entrée
- One common mistake people make when reading food labels is that they do not pay attention to the food’s serving size. The nutritional information may say that the product contains 100 calories and only 5 grams of sugar, but there may be three or four servings in the entire bag/box. Don’t be fooled! Always look how many servings are in the package.
- Do you ever wonder how to judge the serving sizes on your plate? Here are some visual clues from the American Cancer Society on how to eyeball portion sizes:
 - 1 oz. meat: size of a matchbox
 - 3 oz. meat: size of a deck of cards or bar of soap—the recommended portion for a meal
 - 8 oz. meat: size of a thin paperback book
 - 3 oz. fish: size of a checkbook
 - 1 oz. cheese: size of 4 dice
 - Medium potato: size of a computer mouse
 - 2 Tbs. peanut butter: size of a ping pong ball
 - 1/2 cup pasta: size of a tennis ball
 - Average bagel: size of a hockey puck

Grocery Shopping

- Involve your children in shopping for healthier food choices. Make a grocery store scavenger hunt out of finding the foods that are high in nutrients and low in sugar, fat, and additives. Some ideas include:
 - Find the canned fruits with the lowest amount of sugar
 - Find the frozen vegetable highest in Vitamin A
 - Find a cereal high in fiber
 - Select a juice that is 100% fruit and low in sugar
- Did you know that a single serving of a fruit or vegetable usually costs less than 25 cents? Even a small food budget can have big health benefits! It is also best to buy fresh fruits and vegetables that are in season. They cost less and taste great! Visit a farmers’ market for in-season, local produce.
- Give children a specific task to complete while grocery shopping and let them choose the healthy items they want. For example, “pick out three pieces of fruit you will eat for snacks this week.”
- Remember that frozen and canned fruits and vegetables count! They are quick, easy, and still offer plenty of health benefits. Look for products without added fat, sugar, or salt. You can do this by checking the ingredient list. Also note that fruit drinks and punches do not have much real fruit juice. The label will tell you the percentage of juice. Buy only 100% juice, and serve whole and cut-up fruits and vegetables more often.
- Healthy eating doesn’t have to be expensive. Some tips for spending less on healthy items include: plan meals around weekly specials, buy items that are less processed (for example, chicken with bone and skin instead of boneless, skinless chicken), choose lower cost protein sources such as eggs, nut butters or beans, and make a shopping list and stick to it!



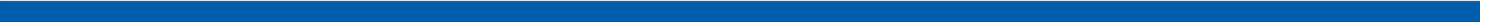
Healthy Celebrations

- Make healthy habits part of your celebrations! Food and beverages are a part of an event, but they do not have to be the center of the occasion. Focus on activities to get people moving and enjoying being together.

Reducing Screen Time

- Have you ever tried turning off the screen for a night? Screen time includes TV, computer, videos/DVDs, video games and even texting! Turning off the screen gives us time to think, read, create, and do the things we never have time for. It also allows us to connect with our families and engage in our communities. Give it a try for a night.

Healthy Snacks

- Looking for a healthy, tasty after-school snack? Try making a “sundae!” Put low-fat yogurt in a bowl, add sliced bananas and crumble a graham cracker sheet on top. You can also layer the items in a clear glass to make a parfait! Enjoy!
 - Bruschetta! Toss together some diced tomatoes, peppers, basil, and olive oil. Toast a slice of baguette bread, and place tomato mixture on top.
 - Banana with almond butter! Cut banana in half, length-wise. Spread almond butter on both sides, add raisins, and put one half on top of the other, like a sandwich.
 - Sugar-snap peas and hummus! This sweet, crunchy vegetable goes great when dipped into creamy hummus.
 - Crackers with apple and cheese! Cut up slices of cheese and cut apple into small pieces. Place cheese and apple bits on crackers.
 - Looking for a healthy, tasty after-school snack? Try making a “sundae!” Put low-fat yogurt in a bowl, add sliced bananas and crumble a graham cracker sheet on top. You can also layer the items in a clear glass to make a parfait! Enjoy!
 - Peel a banana and dip it in yogurt. Roll it in crushed cereal and freeze for a yummy frozen treat!
 - Stuff a whole-grain pita pocket with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.
 - Mix together ready-to-eat cereal, dried fruit and nuts in a sandwich bag for an on-the-go snack.
 - Smear a scoop of frozen yogurt on two graham crackers and add sliced banana to make a yummy sandwich treat.
 - Microwave a small baked potato. Top with reduced-fat cheddar cheese and salsa.
 - Plan for snacks. Keep your fridge, freezer, and cupboards stocked with nutritious foods that you won’t mind your kids eating, and loosely schedule snacks about two hours before the next meal.
 - Shake it up. If you offer your kids the same snacks over and over, they’re likely to get bored. They may start making requests for foods like cookies and chips rather than the same old thing.
 - Set a good example. Kids learn eating habits in the same way they learn just about everything else: by watching their parents. Choose nutritious snacks for yourself, and encourage your kids to join you.
 - Take a “hands on” approach. Kids like to eat what they make. Have them search for snack recipes in a cookbook or on the Internet. Help them make a grocery list and shop for the necessary ingredients. They’ll have fun preparing new recipes, and they’ll have even more fun eating their own creations
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Healthy Breakfasts


- Did you know that breakfast can be helpful by providing energy, improving alertness, increasing the ability to remember and learn, managing weight, and increasing your overall vitamin and mineral intake? Don't forgo the benefits of breakfast!
- Create an easy and quick balanced breakfast by choosing 2 or 3 of the following food groups: whole grains, fruits and vegetables, low-fat dairy, protein. A great breakfast example is a whole wheat English muffin with 1 Tablespoon of peanut butter and a banana.
- One of the best breakfasts you can give to your kids is....oatmeal. Not the instant kind. The old fashioned oats you make on the stove. It take 5 minutes to make, but is loaded with healthy goodness. It is a whole-grain, contains soluble fiber, protein, iron, and antioxidants. Research has also shown that it helps lower cholesterol, reduces risk of heart disease, and can help with weight management.
- Looking for quick and healthy breakfast ideas? Try stirring low-fat or fat-free granola into a bowl of low-fat or fat-free yogurt and top with sliced apples or berries. For a grab-and-go breakfast, try a high fiber granola bar, unsweetened fruit (1/2 cup) and light string cheese.
- Make omelets more flavorful by adding chopped vegetables. Try combining different vegetables, such as mushrooms, spinach, onions, or bell peppers.
- Add more fruit to your diet! At breakfast, top your cereal with bananas, peaches, or strawberries. Add blueberries to pancakes. Drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt. You can also blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice
- Add vegetables to breakfast by making a breakfast burrito using a 6-inch tortilla, 2 scrambled eggs, sautéed onions and peppers and 2 Tablespoons of reduced-fat cheese.

Healthy Lunches

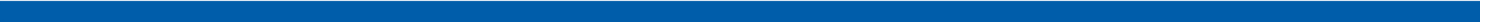
- Keep lunch simple. Don't try to be fancy or gourmet. Chances are that your child prefers simple foods. Try tuna or cheese sandwich squares accompanied by rice cakes and peanut butter, as well as fresh fruit (such as an apple or strawberries). Not only are these simple lunch ideas, but they also add protein into lunch.
- Ask your child to help with their lunch. If you bring your child to the store, she or he can help you plan the lunches and therefore be more likely to eat them. Ask your child specific questions: Do you want a salad in your lunch this week? How many times? Do you want baby carrots? As your child talks to you about their choices, you'll figure out ways to satisfy your desire for a simple, healthy lunch as well as her desire for something tasty.
- At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.
- Looking for healthy a lunch under \$2? Try 2 pieces of whole wheat bread, 3 oz. tuna with 1 Tablespoon light mayonnaise, 1 oz. whole grain crackers, 1 cup of grapes and ½ of a cucumber.

Healthy Dinners

- Ask for more vegetable toppings (like mushrooms, peppers, and onions) and less cheese on your pizza.
- Add some cooked dry beans to your salad. Or, if you have a sweet tooth, add chopped apples, pears, or raisins.
- Add broccoli, green beans, corn, or peas to a casserole or pasta.

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- Have soup! You can stick with the basics like tomato or vegetable soup or mix up some minestrone or veggie chili to cut winter's chill. When possible, choose soups with less sodium.
 - Add veggies like lettuce, tomato, onion, and cucumber to sandwiches.
 - Dining out? Order salads, vegetable soups, or stir-fried vegetables. Substitute beans, corn on the cob, or a side salad with low-calorie salad dressing instead of French fries.
 - Try eating at least 2 vegetables with dinner. Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.
 - Canned, dried, and frozen fruits and vegetables are also good options. Look for fruit without added sugar or syrups and vegetables without added salt, butter, or cream sauces.
 - Make fruit your dessert. Slice a banana lengthwise and top with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.
 - Water is usually easy on the wallet! You can save money by drinking water from the tap at home or when eating out

Better Beverages

- How much water is enough? Let thirst be your guide. Water is an important nutrient for the body, but everyone's needs are different. Most of us get enough water from the food we eat and the beverages we drink. Drink plenty of water if you are very active!
 - When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soymilk. Each type of milk offers the same key nutrients such as calcium, vitamin D, and potassium, but the number of calories are very different. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need 2 ½ cups and children 2 to 3 years old need 2 cups.
 - Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have ready-to-go containers filled with water or healthy drinks available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink ½ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice each day (note: 100% juice is part of the MyPlate Fruit or Vegetable Group. Juice should make up half or less of total recommended fruit or vegetable intake).
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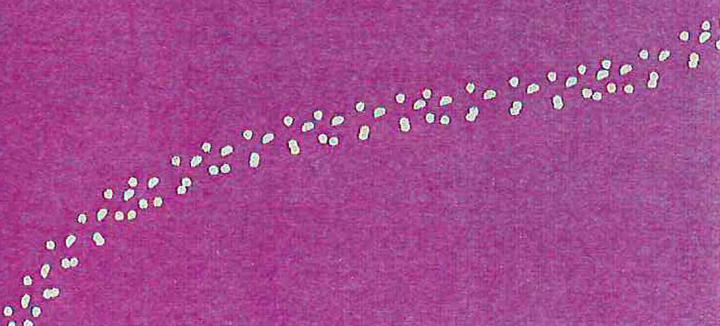
BE A

FORCE

OF NATURE



Come as you are. Become part of a unique team of girls.
And unlock your amazing potential. Join Heart & Sole, an after school program for 6th to 8th graders, where you can cultivate your strengths and be your best self.

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BE A FORCE OF NATURE

How it Works

At Heart & Sole, we provide you with the tools and the space you need to help you learn more about yourself, explore new ideas, meet other girls as unique as you, and develop skills that will help you now and in the future.

Our club lasts for 10 weeks. Our team size is 8-15 girls. By the end of the season, you'll gain new skills and the confidence you need to write your own story.

*If you'd like to join Heart & Sole,
register today at*

GOTRMidMichigan.org/Our-Programs

What to Expect

Our club focuses on the five key parts of who you are: your **body, brain, heart, spirit, and how you connect with others**. Learn more about yourself as you work on communicating your goals through exercises and discussions that help you reflect on who you want to be and where you want to go. As a team, you'll all look inward before applying what you learn to your friends, family, school, and broader community.

So, Do I Really Have to Run?

Well, kinda. At Heart & Sole, you can run, walk, skip, jump, push, or roll ... as long as you're moving forward. And while physical activity is a core element of our program, you don't have to be a track and field superstar to participate in our simple and fun exercises. The season concludes with the Girls on the Run 5K, an event that celebrates everything that you've accomplished. It's the cherry on top of a season of goal setting.

Club start date: Feb. 24, 2020

Meeting times/days per week: varies by site

Where to sign up for Heart & Sole: GOTRMidMichigan.org/Our-Programs

Please contact: stephanie.mcclintock@girlsontherun.org

P R O G R A M

AGENDA

VOLUME 2

2020

FEBRUARY

LAST MONTH MARKED THE OFFICIAL OPENING OF OUR MAKER STUDIO. STUDENTS HAD A GREAT TIME LEARNING HOW TO USE GARAGEBAND AND WE ARE LOOKING FORWARD TO 3-D PENS THIS MONTH. WE ARE GRATEFUL TO AN ELEF GRANT FOR FUNDING NEW MAKER ACTIVITIES AND TOOLS!

FEATURED DISPLAYS

OUR SMALL SHELF DISPLAY IS A COLLECTION OF ROMANCE NOVELS FOR VALENTINES DAY. OUR LARGE SHELF DISPLAY CELEBRATES BLACK HISTORY MONTH WITH A COLLECTION OF BIOGRAPHIES AND AN INTERACTIVE CHALLENGE.

6TH GRADE ORIENTATION FEB.

THE 6TH GRADE LEARNED HOW TO USE OUR NEW LIBRARY CATALOG THROUGH DESTINY DISCOVER. THEY PRACTICED NAVIGATING THE WEBSITE AND DID A VIRTUAL SCAVENGER HUNT TO TEST THEIR SKILLS.

FRIENDSHIP BRACELETS

OUR CRAFT CHALLENGE THIS MONTH IS FRIENDSHIP BRACELETS OR OTHER WOVEN ART.

3-D PENS IN THE MAKER SPACE

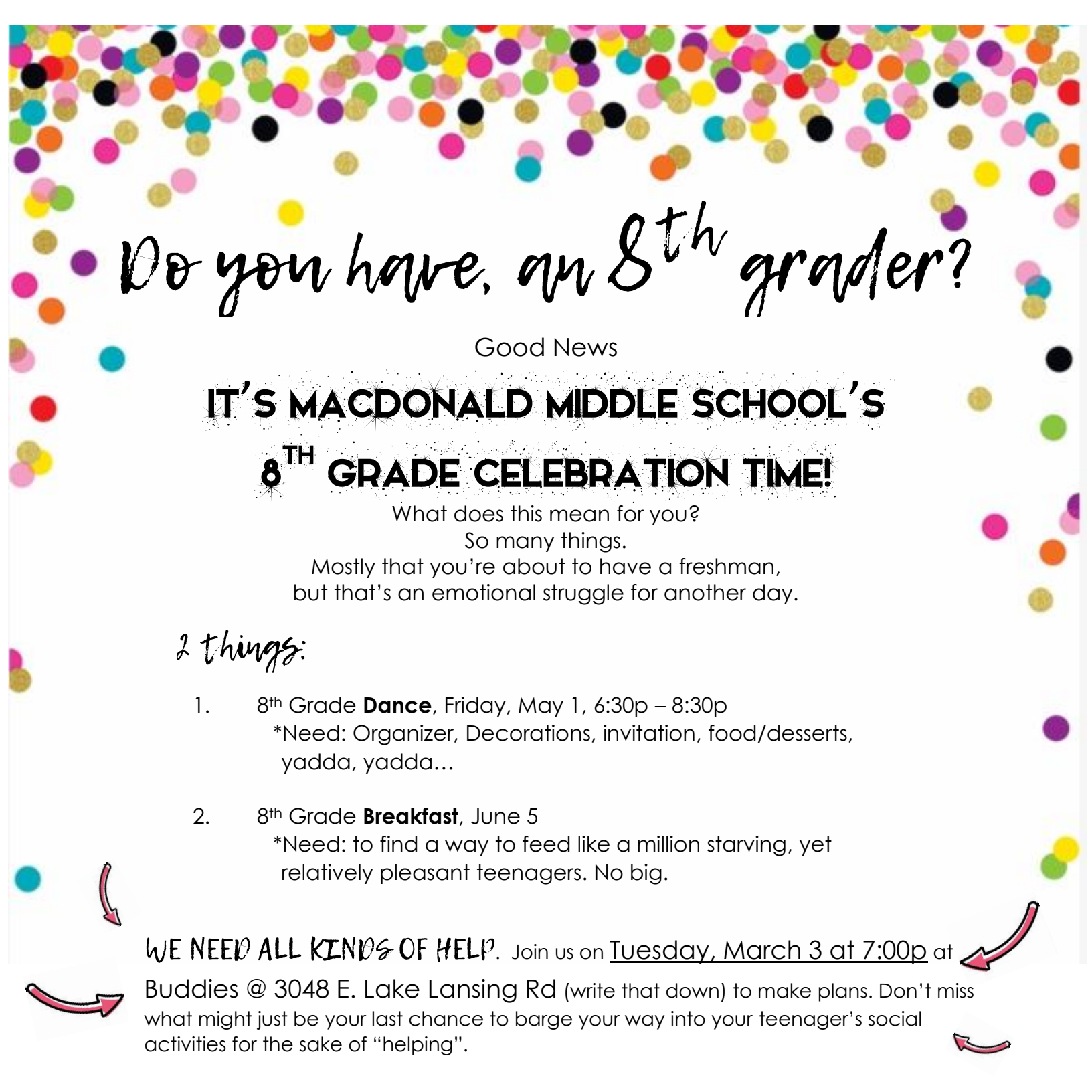
OUR MAKER ACTIVITY THIS MONTH CHALLENGES STUDENTS TO LEARN HOW TO USE 3-D PENS. CREATIVITY ABOUNDS WITH OPTIONS TO USE A VARIETY OF TEMPLATES OR COME UP WITH THEIR OWN DESIGN. TAKE HOME ACTIVITIES MAKING 3-D GEMS ARE ALSO AVAILABLE.

SCRABBLE CHALLENGE

STUDENTS WILL RANDOMLY CHOOSE 7 LETTERS AND PLACE A WORD ON THE BULLETIN BOARD SCRABBLE BOARD. AT THE END OF THE DAY THE HIGH SCORE WILL BE ENTERED INTO THE RAFFLE AND THE BOARD CLEARED.



WHAT IS GOING ON THIS MONTH IN THE
MMS MEDIA CENTER



Do you have, an 8th grader?

Good News

IT'S MACDONALD MIDDLE SCHOOL'S 8TH GRADE CELEBRATION TIME!

What does this mean for you?

So many things.


Mostly that you're about to have a freshman,
but that's an emotional struggle for another day.

2 things:


1. 8th Grade **Dance**, Friday, May 1, 6:30p – 8:30p
*Need: Organizer, Decorations, invitation, food/desserts,
yadda, yadda...
2. 8th Grade **Breakfast**, June 5
*Need: to find a way to feed like a million starving, yet
relatively pleasant teenagers. No big.



WE NEED ALL KINDS OF HELP. Join us on Tuesday, March 3 at 7:00p at



Buddies @ 3048 E. Lake Lansing Rd (write that down) to make plans. Don't miss what might just be your last chance to barge your way into your teenager's social activities for the sake of "helping".





East Lansing
Public Schools
February 21, 2020

Dear Parent:

EAST LANSING HEALTH EDUCATION

Puberty: The Wonder Years

Grade 6, "I Wonder What Happens Next"

Your child is about to begin, or may have already begun, a period of rapid growth called puberty. Many children wonder if they are normal as they notice themselves and their friends going through physical, emotional, and social changes that prepare them for adulthood.

By teaching children about the wonderful ways they are maturing, adults can promote a positive attitude toward sexuality that helps children grow into healthy, responsible adults. Children who have talked to their parents and other trusted adults are more likely to understand the changes they are going through and are able to avoid risky behavior. Too many young people get involved in premature sexual activity that can result in serious problems, such as heartbreak, sexually transmitted infections, HIV infection, or pregnancy.

As your partners in education, your Board of Education has approved a curriculum called *Puberty: The Wonder Years*, as part of our health program. These lessons were selected after careful scrutiny by parents, teachers, students, clergy, and medical personnel from our community. These lessons will be taught beginning the week of **March 23, 2020**

Your child will be encouraged to talk to you about growing up and to ask you questions. Interviews with a parent or another trusted adult will be assigned as homework in order to promote open communication. You will receive two Family Partnership Flyers that contain helpful information and resources.

The main focus of *Puberty: The Wonder Years* is two-fold:

- Promote appreciation and respect for the amazing changes experienced by self and others.
- Equip children with the skills they need to postpone sexual intercourse.

Please read the attached information:

- Outline of the 6th grade *Puberty: The Wonder Years* and Optional Lessons 6A, B, and C.
NOTE: Optional Lesson 6D appears in the outline, however this lesson has not been approved and will not be taught this year.
- Passive consent form to be returned if you decide your child should not participate fully.

Parent preview of the curriculum and materials will take place at MMS Media Center, 3/18/20 from 6-7 p.m. Please contact me, if you would like to preview the curriculum, but are unable to come to this meeting.

Please contact me if you have any questions or would like to discuss this information further. I may be reached by phone at **517-333-7600** or e-mail at **amy.martin@elps.us**.

Sincerely, Amy Martin

“I Wonder What Happens Next” OUTLINE

LESSON 1: Growing Together

Objectives
Students will:
• Recall prior knowledge about puberty.
• Compose guidelines for discussions during the puberty lessons.
• Develop a plan for improving communication with parents or other trusted adults regarding growing up.

LESSON 2: Fetal Development

Objectives
Students will:
• Explain how heredity and environment impact fetal development.
• Describe the developmental milestones of a developing fetus.
• List factors that increase the likelihood of being able to bear healthy children in the future.
• Recommend lifestyle choices that will favorably affect a developing fetus.

LESSON 3: How My Body Works

Objectives
Students will:
• Explain the anatomy and physiology of the male and female reproductive systems.
• Practice communicating with parents and other caring adults about sexual behavior and relationships.

LESSON 4: Emotions and Relationships

Objectives
Students will:
• Explain typical social and emotional changes that occur during puberty.
• Analyze the similarities and differences between friendships and romantic relationships.
• Compare and contrast the characteristics of healthy and unhealthy relationships
• Describe ways to show affection that demonstrate respect.

LESSON 5: Relationship Challenges

Objectives
Students will:
• Practice ways to demonstrate respect in relationships.
• Identify what to do in disrespectful situations.
• Discuss disrespectful behaviors that target gender and sexual orientation.
• Describe bullying and cyber bullying and practice appropriate responses to bullying behaviors.

"I Wonder What Happens Next" OUTLINE PG 2

LESSON 6: Making Responsible Decisions

Objectives
Students will:
• Identify reasons some young people might have sexual intercourse and recommend alternatives.
• List the risks of having sexual intercourse and reasons to delay sexual intercourse as adolescents.
• Identify the benefits of abstaining from sexual intercourse as adolescents.
• Advocate for peers to delay sex until adulthood.

LESSON 7: Growing Strong

Objectives
Students will:
• Practice peer refusal skills and how to avoid trouble in situations involving sexual risk.
• Deduce that parenthood should be reserved for adults who are able to make a life-long commitment to raising a child.

www.PubertyCurriculum.com

Optional Lessons

These lessons are optional because they are not critical to the primary goals of *Puberty: The Wonder Years*. Some have been included because the topics are often included in puberty education; others address issues that some, but not all, schools want to address. They extend the learning in the core lessons. Access these lessons online at www.PubertyCurriculum.com.

LESSON 6-A: Building Blocks of Life (Teach following Lesson 6-2)

Objectives
Students will:
• Describe prenatal development from a single cell to a complex organism.
• Review the anatomy of human body cells and the roles of chromosomes, DNA, and genes as the basic units of heredity.
• Compare and contrast human body cells with reproductive cells.
• Explain how sex is determined by the X and Y chromosomes received from the egg and sperm cells.
• Assess themselves for the presence of inherited traits.

LESSON 6-B: Dominant or Recessive? Identical or Fraternal? (Teach following Lesson 6-2)

Objectives
Students will:
• Explain the difference between dominant and recessive traits.
• Draw diagrams that illustrate possible combinations of dominant and recessive traits in offspring.
• Compare and contrast identical twins and fraternal twins.
• Distinguish between the roles of heredity, environment, and lifestyle on their health by making a personal commitment to a healthy lifestyle choice.

LESSON 6-C: Skill Development: Identify Trouble and Refusal (Teach prior to Lesson 6-7)

Objectives
Students will:
• Learn and practice the steps for avoiding trouble.
• Learn and practice effective refusal skills.

LESSON 6-D: Preventing Pregnancy and STIs (Teach following Lesson 6-7)

Objectives
Students will:
• Describe the potential negative consequences of having sexual intercourse.
• Explain ways to eliminate or reduce the risks of unintended pregnancy and sexually transmitted infections.
• Demonstrate ways to locate accurate information and assistance related to sexual behavior and its consequences.

www.PubertyCurriculum.com



Michigan State
University

SHPE

NOCHE de
CIENCIAS

ENGAGING COMMUNITIES IN STEM

Saturday, March 14, 2020

REGISTRATION:

11:00 AM - 11:40 AM
Room 1145

EVENT TIME:

12:00 PM - 3:00 PM

LOCATION:

ENGINEERING BUILDING MSU
428 S Shaw Ln # 3115, East Lansing,
MI 48824

FOR MORE INFORMATION:

SHPEATMSU@GMAIL.COM

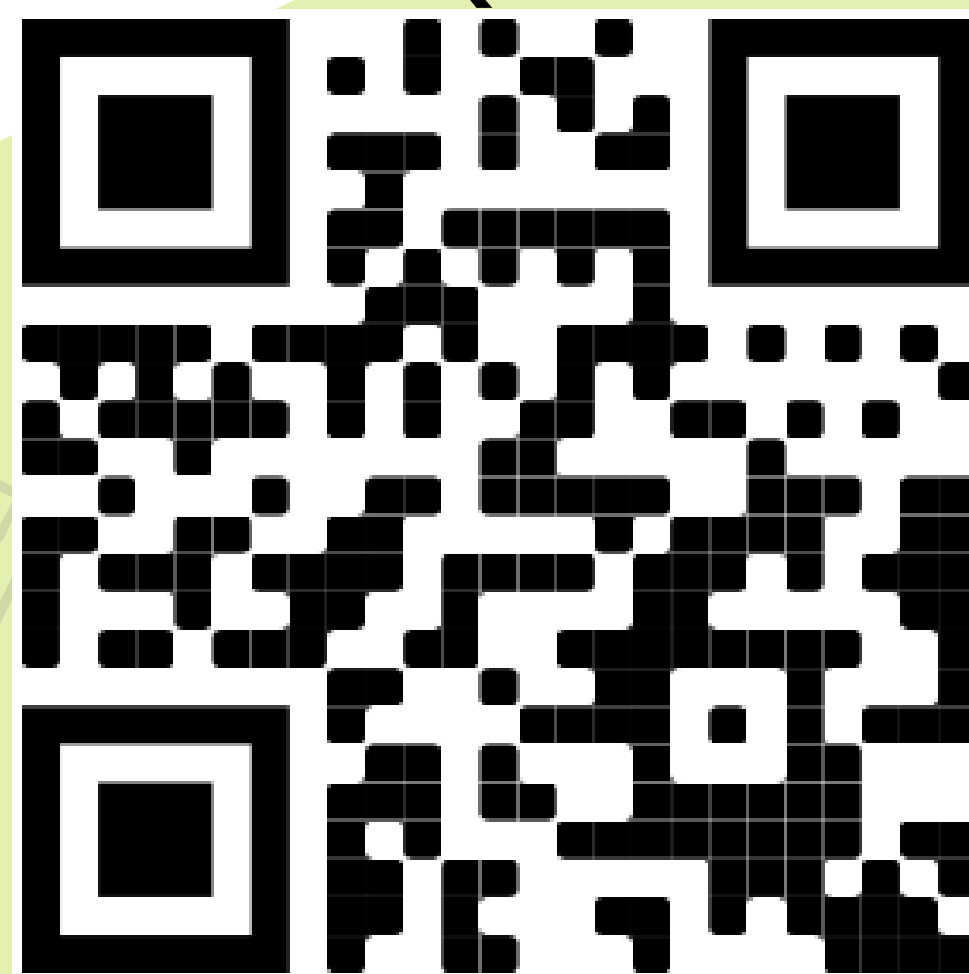
NOCHE DE CIENCIAS EVENT
SHOWCASE SCIENCE, TECHNOLOGY,
ENGINEERING AND MATH (STEM). WE
CREATE AWARENESS AND INTEREST IN
STEM, WHILE ENCOURAGING PARTICIPANTS
TO SEE THEIR OWN STEM FUTURE.

- Fun hands-on STEM activities
- Use full college information
- Bilingual parent workshops
- Refreshments provided

RSVP BY MARCH 1ST 2020

FREE EVENT

For RSVP please visit <http://bit.ly/shpendc>
or scan QR code





YOUTH BASKETBALL

Youth Athletic Association will host a basketball league for Boys and Girls K-6th grade at Court One Training Center-7868 Old M-78 East Lansing, MI.

This 5-week season first game is Saturday April 11th. All Practices will be on Monday's starting March 30, 2020.

Sign up NOW Online Only

@ www.yaasports.org

Deadline is Friday March 20th

Fee is Due at time of Sign up

Basketball

\$60 per Athlete* includes Jersey



Boys and Girls

Divisions

2nd Grade/Under

4th Grade/Under

6th Grade/Under

(NHSF/MHSSA Rules)

****No Refunds after placed on Team****

We accept Credit or Debit Cards.

ATHLETE INFO	PARENT INFO
First Name: _____	First Name: _____
Last Name: _____	Last Name: _____
Date of Birth: _____	Address: _____
Age: _____ Grade: _____	Cell Phone #: _____
School: _____	E-mail: _____
Jersey Size: Youth S M L Adult Size: S M L XL (Circle one)	

Any question or comments can be directed to YAA Sports at 517-410-4611 or emailed to yaasports@gmail.com

We are dedicated to the children in our communities and offer an experience unlike any other. YAA Sports is a competitive league which means not all teams have a winning season, not all kids are MVPs. We teach real life Sports. YAA Sports is designed to educate our children on the importance of following rules: the Team mentality and having fun!!! We teach our kids how to win and lose with dignity; we help them through losing, and teach them how to be humble when they win. We believe in life lessons and holding our heads high no matter what... We will take the time to involve, educate, and excite your kid. We are born with a competitive spirit and we all want to win so come on out and win with the best... YAA SPORTS.

Participation Waiver & Permission to use photographs and video for promotional purposes

I agree to release Youth Athletic Association (YAA Sports) and its employees and agents from all claims, damages and actions of the above named player or their parents/guardian. I assume full responsibility for any bodily injury that may occur as a result of the inherent risk of participation. I understand that any participant who causes damage or intentional injury will be suspended from the programs without refund. I authorize Youth Athletic Association (YAA Sports) to use all photos or video taken of me/my child during any /all programs for advertising or promotional material. I have read these terms and conditions and I agree to them.

Parent/Guardian

Signature _____

Date _____

Youth Athletic Association (YAA Sports) is an affiliated of the Amateur Athletic Union (AAU) and the proud Sponsor of this Program

"Sports for Kids, Forever"

*****Do not Return form to School*****

Spring 2020