

Raider Review

March 2018

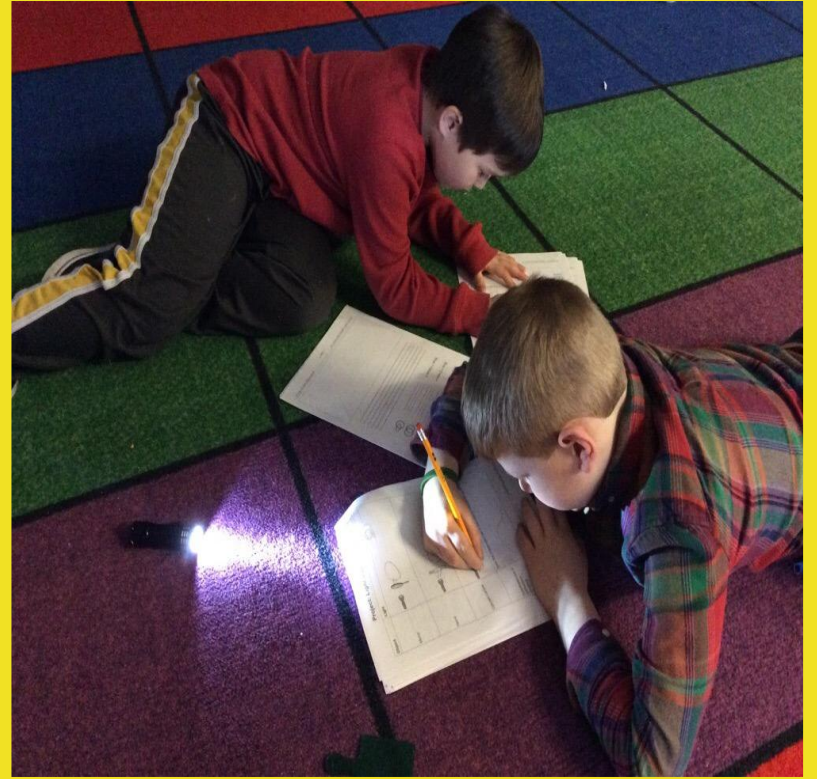
A dark blue diagonal graphic that starts from the bottom left corner and extends towards the top right corner, creating a triangular shape in the bottom right of the page.



1st Grade
News

The month of March has been busy for first grade! We have grown so much as readers and are gearing up to be prepared, second grade readers! With that being said we have learned how to understand the characters in a story at a deeper level. Also, we learned how fiction stories can teach us lessons through the characters.

During math we have been learning different measurement skills to help us be successful every day. Finally, we have explored how light and sound travel. We were able to create devices that produced light and sound in order to problem solve for characters who were lost at night in the forest!



3rd Grade News



What a wonderful few months in 3rd grade! In math, we have been studying multiplication and division. We have also been dabbling in fractions – putting them on a number line, comparing, and writing them. We just finished up our nonfiction research unit in reading. We learned to find important information in several nonfiction books, develop subtopics from that information, and finally write and illustrate books! We are gearing up to head to Discovery World when we get back from Spring Break. It will be an exciting spring in third grade!

Love and Logic Corner

Parent Tips:

- ❖ Is it true that some kids have neurological conditions that make it far more difficult for them to remain calm and self-controlled? You bet.
- ❖ Is it also true that there are many things without our control...with all types of children...that can up the odds that they will behave in ways that avoid their placement on our last nerve?
- ❖ Are you a parent who errs on the side of assuming that your child can't help but being out of control? Or are you one who assumes that with the right type of love, limits, structure, training, and expectations, they can usually remain fun to be around?
 - ❖ Below is a list of some old-fashioned yet powerful strategies:

Sleep

Unlike adults, many children get hyper when they are tired.

Downtime

Too many activities create stressed families. Stressed families create kids who act out to relieve their stress.

Limits

When kids lack solid limits, they tend to act out to get them. Be sure to set limits by describing what you are willing to do or allow...rather than telling them how they should act.

Example: *You are welcome to stay in the same room with us as long as your voice is quiet and you aren't running around.*

Love and Logic Corner

Predictable Routines

Kids thrive when these and other routines are more or less routine: Getting ready in the morning, dinnertime, bedtime, family reading time, homework time, play time, etc.

Practice

Some parents experiment with “sitting practice”. They have fun with their child and challenge them to remain seated and quiet for a small amount of time. They set the timer and make a big deal out of their child meeting a specific goal. They gradually increase the goal as time goes by.

Good food

Junk food tends to create junky behavior.

Exercise

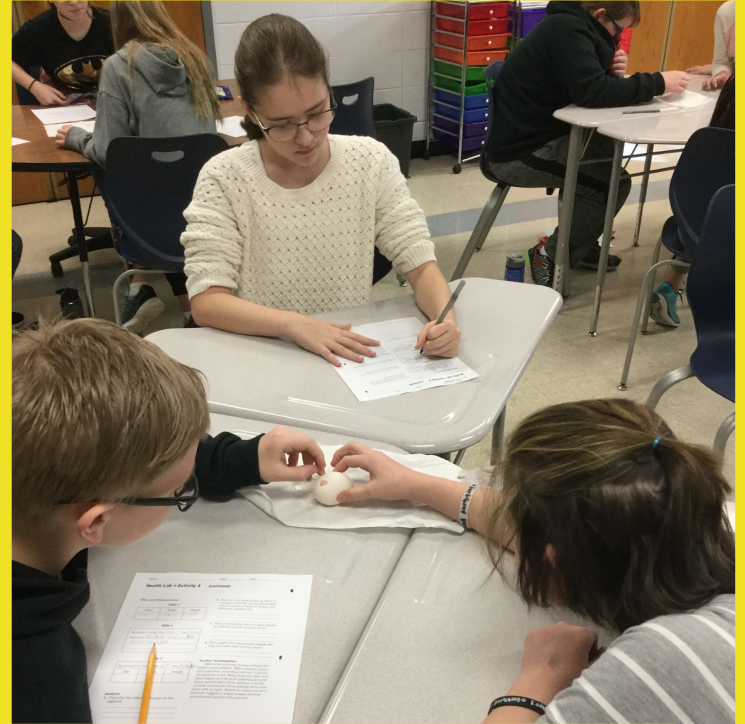
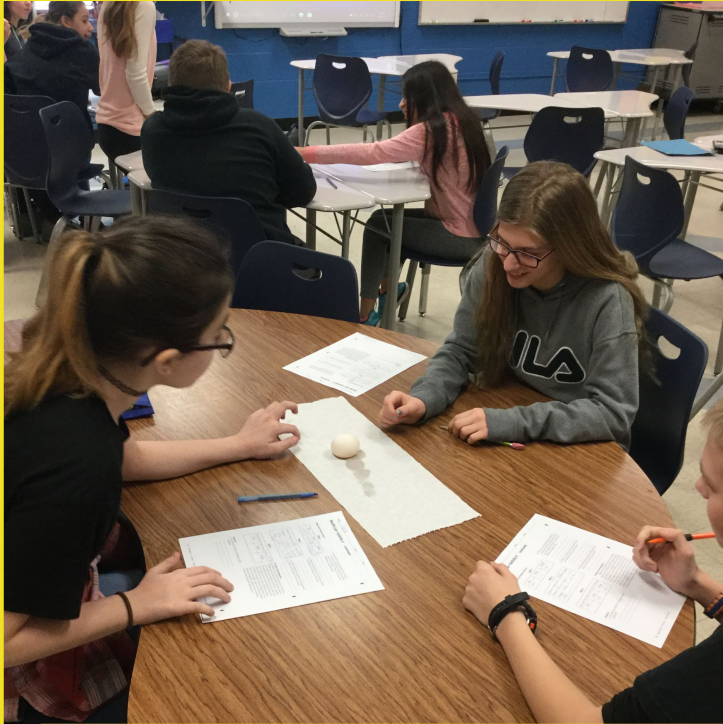
Exercise calms the brain. My mother must have known this when she'd say, “Oh...looks like you need to run around the yard and burn off some of that steam.”

Any reluctance to do as she asked, automatically created a long list of chores that served as another form of exercise.

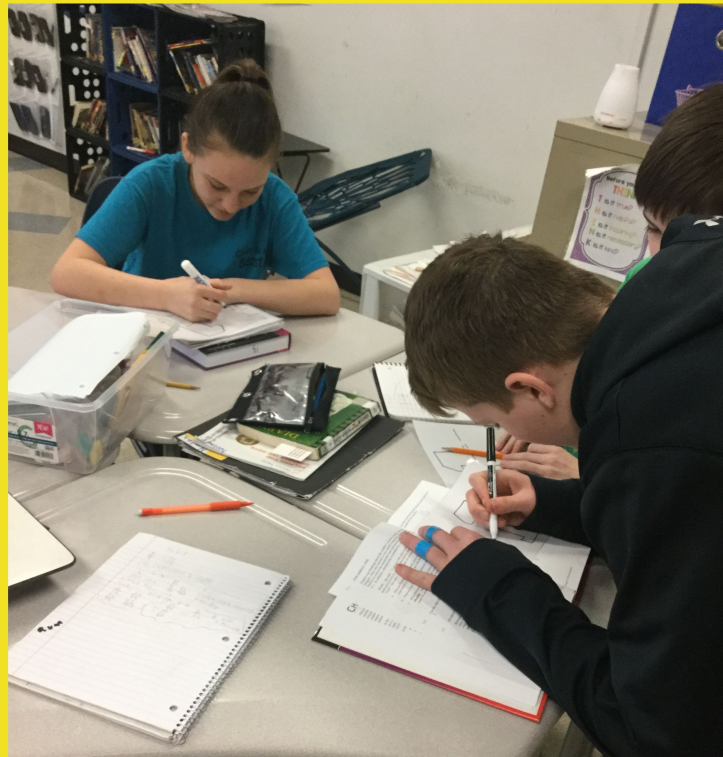
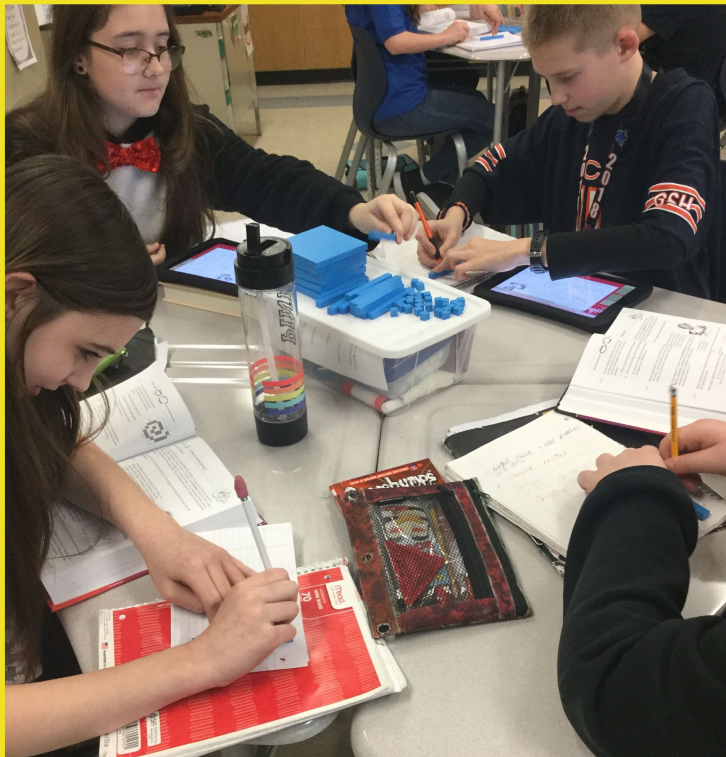
Very Limited Screen Time

The more kids interact with screens the more difficulty they have with self-regulation.

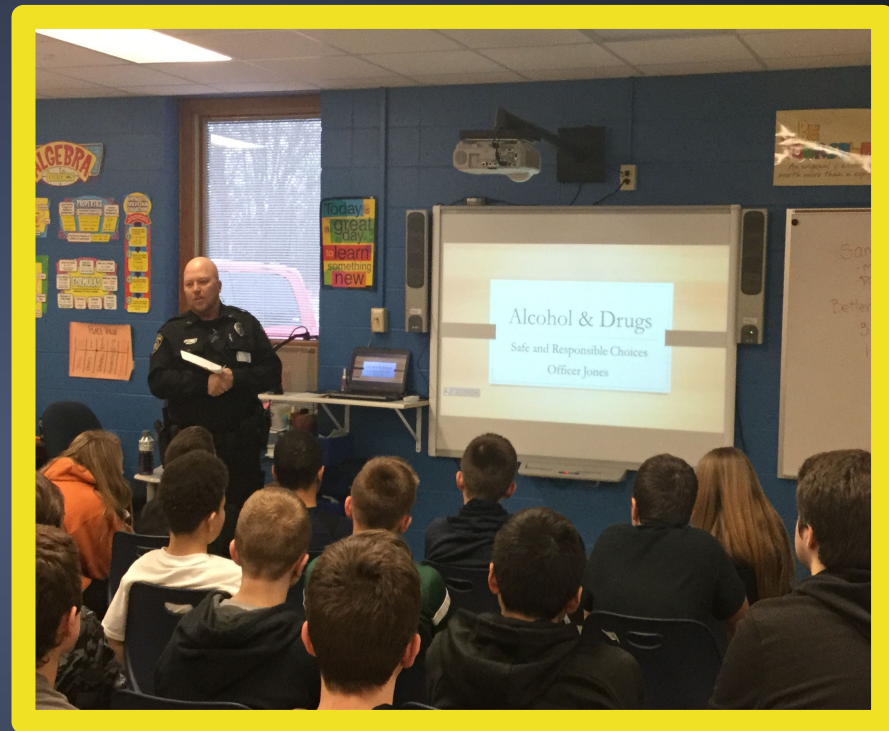
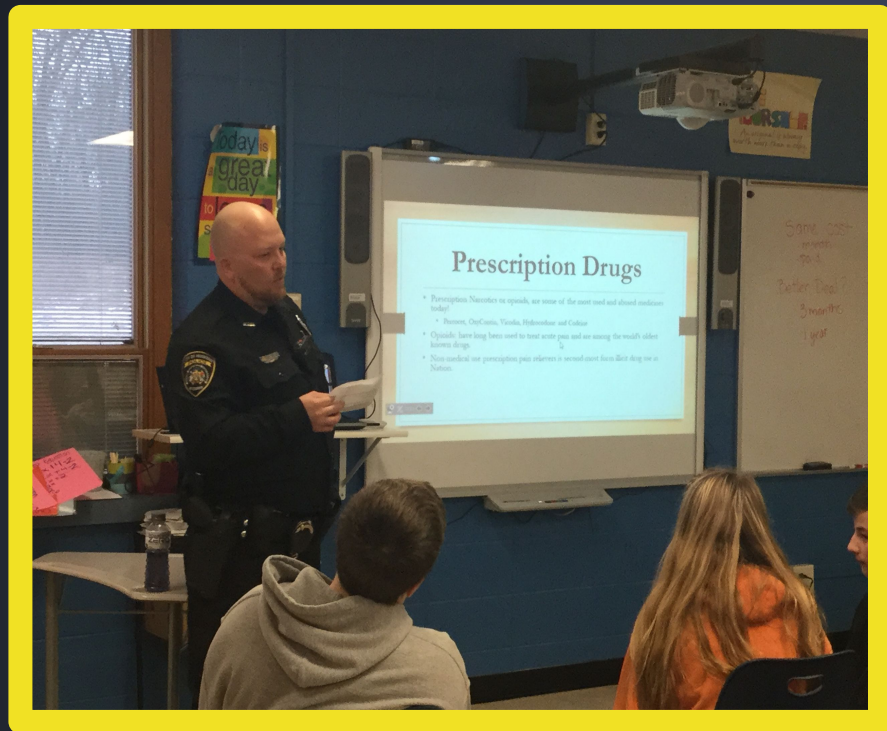
-Jim Fay



6th grade students have been learning about hygiene in health class. They are analyzing the effects acid have on tooth enamel.



6th grade students have been participating in a pilot of CPM mathematics. They are learning new math concepts by working in teams using problem based learning.



Officer Jones from the Muskego Police Department came to Lakewood in February to talk about Alcohol & Drugs to the 8th grade health class. He was able to share insights from his experiences and answer a variety of student questions.



Don't Forget
To Eat Your
Fruits and
Veggies!

Lakewood Elementary Breakfast & Lunch

Fresh Vegetables and Seasonal Fruit
are offered Daily on our Fruit & Veggie Bar

February
2018

MONDAY

29

5

BREAKFAST
Cinnamon Roll

Chicken Tender Basket
Potatoes & Gravy
Whole Grain Dinner Roll

Ham & Cheese Wrap
Turkey & Cheese Wrap
PBJ

12

BREAKFAST
Yogurt Pak with Bagel

Popcorn Chicken
Tator Tots
Whole Grain Dinner Roll

Ham & Cheese Wrap
Turkey & Cheese Wrap
PBJ

19

FILL IN SPECIAL

26

BREAKFAST
Blueberry Muffin

Hot Turkey Sandwich
OR
Pulled Pork Sandwich
Kettle Potato Chips
Ham & Cheese Wrap
Turkey & Cheese Wrap
PBJ

Breakfast Reduced	\$0.30
Breakfast	\$1.45
Lunch Reduced	\$0.40
Lunch	\$2.85
Milk	\$0.30

TUESDAY

30

6

BREAKFAST
Plain Bagel

French Toast Sticks
Sausage Patty
Hashbrown Potatoes

Ham & Cheese Wrap
Turkey & Cheese Wrap
PBJ

13

BREAKFAST
Mini Eggo Waffles

Mini Corn Dogs
Garlic Toast

Ham & Cheese Wrap
Turkey & Cheese Wrap
PBJ

20

BREAKFAST
Banana Chocolate Loaf

Cheeseburger or Hamburger
Golden French Fries

Ham & Cheese Wrap
Turkey & Cheese Wrap
PBJ

27

BREAKFAST
Long John

Chicken Patty on Whole Grain
Bun
Corn
Ham & Cheese Wrap
Turkey & Cheese Wrap
PBJ



WEDNESDAY

31

7

BREAKFAST
Banana Chocolate Loaf

Pretzel Bites w/Cheese Cubes
Mini Rice Krispie Treat

Ham & Cheese Wrap
Turkey & Cheese Wrap
PBJ

14

BREAKFAST
Blueberry Muffin

Heart-Shaped Nuggets
Macaroni & Cheese

Ham & Cheese Wrap
Turkey & Cheese Wrap
PBJ

21

BREAKFAST
Cinnamon Roll

Crispy Chicken Nuggets
Sugar Cookie

Ham & Cheese Wrap
Turkey & Cheese Wrap
PBJ

28

WACKY WEDNESDAY

BREAKFAST
Breakkie

***SPECIAL MENU**
SEE FLYERS!

Ham & Cheese Wrap
Turkey & Cheese Wrap
PBJ



THURSDAY

1

BREAKFAST
Breakkie

Roasted Hot Dog on a Bun
Smiley Fries

Ham & Cheese Wrap
Turkey & Cheese Wrap
PBJ

8

BREAKFAST
Mini Donut

Beefy Nachos with Cheese
Refined Beans

Ham & Cheese Wrap
Turkey & Cheese Wrap
PBJ

15

BREAKFAST
Breakkie

Maxx Sticks
Green Beans

Ham & Cheese Wrap
Turkey & Cheese Wrap
PBJ

22

BREAKFAST
Mini Donut

Walking Taco
Corn

Ham & Cheese Wrap
Turkey & Cheese Wrap
PBJ



EXTRA INFO

For questions or comments, please contact
the school office at 262.877.2148
Skim, 1% or skim chocolate is available
at breakfast and lunch

FRIDAY

2

National Kiwi Day

BREAKFAST
Blueberry Muffin

Pepperoni Pizza
Roasted Broccoli

Ham & Cheese Wrap
Turkey & Cheese Wrap
PBJ

9

BREAKFAST
Long John

Cheese Pizza

Ham & Cheese Wrap
Turkey & Cheese Wrap
PBJ

16

BREAKFAST
Long John

Pepperoni Pizza

Ham & Cheese Wrap
Turkey & Cheese Wrap
PBJ

23

BREAKFAST
Long John

Cheese Pizza

Ham & Cheese Wrap
Turkey & Cheese Wrap
PBJ



Menus are subject to change without notice. This institution is an equal opportunity provider.

Talk More, Tech Less

As most of you have noticed cell phone use has become second nature. Whether you are in coffee shops, libraries, restaurants, schools, etc., heads are down and cell phones are out. This technology has made many of our daily tasks easier and more streamlined, however, it has also changed how we interact as a society. Watching this phenomenon made me wonder what research is available about this shift.

(www.talkmoretechless.com)

Did you know...

Almost 50% of teens admit to texting while driving
95% of people are on technology an hour before bed
Most people check their cell phones every 10 minutes (150 times a day)

What is it doing to our mental health, our relationships and productivity?

Excessive cell phone use in students causes lower test scores, higher anxiety, and lower satisfaction with life

Studies are linking technology to ADHD and other childhood development attention and behavioral issues

7 out of 10 people report some level of anxiety when disconnected from their cell phone

Many 13 year olds check their social media accounts 100 times a day due to these pressures:

Do their online posts get “likes” or comments?

Are their friends doing things without them?

Is anyone saying mean things about them?

What can we do differently to help our children?

Model good cell phone behavior

Talk openly about social media and periodically check your child’s phone

Upcoming Dates to Remember

- **April 3**
 - School Resumes
- **April 4**
 - Spirit Day
- **April 6**
 - 3rd Grade Field Trip Discovery World 9-2:30pm
- **April 10**
 - PTO Meeting 6-7pm
- **April 11**
 - Spirit Day
 - NjHS Executive Board Meeting 3:45-4:15pm
 - Parent Info Night - Literacy Improvements and State Report Card 6:30-8pm
- **April 13**
 - Fun Days - Comfy Day
 - PTO Daddy Daughter Dance 6:30-8pm
- **April 14**
 - Band Festival (7th Annual) - All Day Wilmot High School
- **April 16**
 - NJHS Meeting 3:45-4:30pm
- **April 18**
 - Spirit Day
 - Seniors Brunch 9-9:30am
 - Musical Rehearsal (Main Cast and Backstage) 4-5:30pm
 - School Board Meeting 6-7:30pm
- **April 19**
 - Musical Rehearsal (Main Cast and Backstage) 4-5:30pm
- **April 20**
 - **NO SCHOOL - Teacher In Service**
- **April 25**
 - Spirit Day
 - Musical Rehearsal (Squirrels Chorus of Cooks, Candy Man Kids, Oompa-Loompa Chorus) 4-5:30pm
- **April 26**
 - Musical Rehearsal (Main Cast) 4-5:30pm
- **April 27**
 - Fun Days - Twin Day
- **April 30**
 - Scholastic Book Fair 8:30-4pm