

Roadrunner News

Preparation Respect
Integrity
Discipline Excellence

Show Rex Pride!

Rex Patron Bulletin

Literacy First

Spring is just around the corner and that means students will be out for spring break soon. The last thing any of the kids want to think about is doing homework, but it is so important that kids keep reading during their time off. Kids need to be exposed to and learn between 3,000-4,000 words a year to help them understand grade level material. Teachers do a great job incorporating vocabulary in their daily lessons in all subject areas. They consistently have those vocabulary-rich conversations in the classroom to help expose your child to a variety of words.

So what can you do at home to help your child keep up? There are plenty of ways to make reading fun:

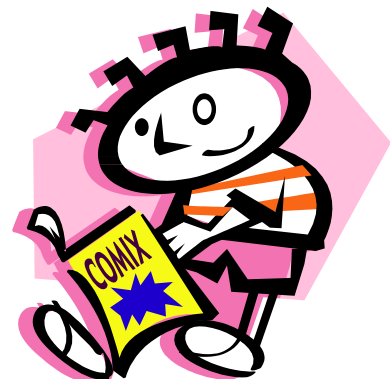
Go to the library and check out a variety of things to read; kids magazines, nonfiction and fiction books, newspapers from years past, journals about an interesting topic. Have kids read joke books, the cereal box, poems, a grocery list, a play and song lyrics. Read while wearing silly glasses using funny voices (robot, queen/king, mouse, giant).

If your child is not reading yet, practice saying the letter sounds of the alphabet. Put basic sight words on notecards and post them around the house. Label everything. Read to them and be their biggest supporter. Encourage them. Praise them. The key here is to find things that interest your child and have fun while reading.

The staff at Rex encourages your child to read over the weekends and holiday breaks. Our goal for your child is to instill a life-long love of reading and learning.

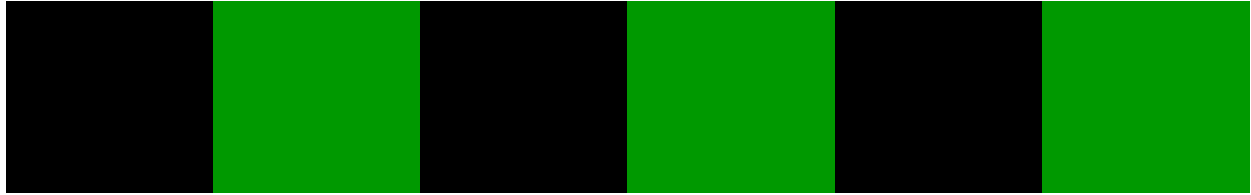
If you have any questions about Literacy First please feel free to contact your child's teacher, myself or check out the official website: www.catapultlearning.com

Brenda Lolling
Learning Facilitator



March 2019

Mon	Tue	Wed	Thu	Fri
				1
4	5 3:55PM-5:15PM Campus Kids Bible Club	6 9:00AM-9:45AM Kdg-2nd Grade 3rd Nine Weeks Awards Assembly 10:00AM-10:45AM 3rd-5th Grades 3rd Nine Weeks Awards Assembly	7 9:00AM-12:00PM 4th Grade to Roller City	8 End of 3rd Nine Weeks NO SCHOOL COLLABORATION/ WORK DAY
11 No School/ Offices Closed 	12 No School/ Offices Closed 	13 No School/ Offices Closed 	14 No School/ Offices Closed 	15 No School/ Offices Closed 
18	19 3:55PM-5:15PM Campus Kids Bible Club	20 8:35AM-12:25PM 2nd Grade to Carousel Skate Center	21	22
25	26 3:55PM-5:15PM Campus Kids Bible Club	27 4:10-5:10PM PTO Meeting	28	29 



Student of the Week

Each week teachers are asked to choose one student who has shown Rex P.R.I.D.E. and has been an example to others. These students have been chosen as Student of the Week and we congratulate them!



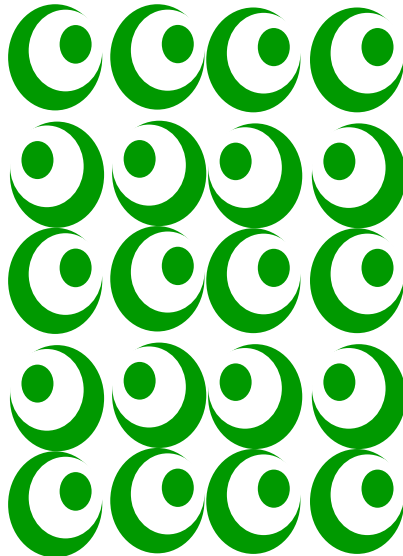
Week of Jan 28th

- Parker Sanders
- Jadon Zirkel
- Hayden Durham
- Isaac Warrington
- Liam McCollum
- Kaeley Harris
- Hudson Todd
- Randym Jeanneret
- Braxden Johnson
- Abigail Butler
- Lucas Wilnot
- Sebastian Hack-Schoenecker
- Asher Merrell
- Gunnar Davis
- Autumn Clay
- Brayla Griffin
- Braylon Lamb
- Jax Reece
- Morgan Martin
- Alexis Holloway
- Kaleb Stackley
- Blake Tilson
- Wyatt Gregory
- Annaliese Reinstatler
- Alexis Edgar
- Carter Hobbs
- Haley Fletcher
- Christian Burleigh



Week of Feb 4th

- Skarlett Brock
- Tayleanna Herriage
- Avery Bayless
- Jaedyn Turner
- Loel Ritchie
- Aiden Pincoski
- Blaise Greene
- Hazel Stansbury
- Camden Johnson
- Henry Conine
- Avyn Herriage
- Caleb Bieler
- Cooper Behrns
- Makenzie Miller
- Brylee Roberts
- Mackenzie Garrigus
- Madelyn Welch
- Hayden Whitmer
- Jackson Dorsey
- Ruby Greene
- Owen Walker
- Andrea Blomberg
- Elijah Easterby
- Aiden Warrington
- Tayla Herriage
- Gabriel Pike
- Dylan Wells
- Dayton Ingram



Healthy Habits

How to Choose Healthy

Don't Eat This!

White Bread

White Rice

Fried Fish Sticks

Spare Ribs

Sausage

Double Cheeseburger

Pepperoni Pizza

Low in Fiber

Oily!

Lots of Fat

Full of Sugar!

Soda

Juice

Eat This!

Green Beans

Orange

Apple

Carrots

Grilled Beef

Baked Fish

Low-fat Yogurt

Low-fat or Natural Peanut Butter

Cheese

Egg

Yams

Corn

Whole Wheat Veggie Pizza

Beans

Spinach

Banana

Water

Fat-Free Milk

Oatmeal

Whole Wheat Bread

Full of Vitamins

Helps You Grow

1/2 vegetable

Full of Fiber

1/4 protein

1/4 starch

Calcium for Your Bones

Palm of Hand
Amount of Lean Meat

A Fist
Amount of Rice, Cooked Pasta or Cereal

Your hand can help you measure the right amount of food to eat.

Note to adults preparing meals for children: Use your child's hand to measure portion sizes.

A Thumb
Amount of Cheese

Thumb Tip
Amount of Peanut Butter

Adapted with permission from Learning About Diabetes, Inc., Bedminster, NJ.