

The Dixie

Vol. 13, February 21, 2020

IT'S COLD OUTSIDE!

The weather is unpredictable but please keep in mind that students will go outside for recess with a windchill of 25 degrees or higher. If your child needs to stay in for a medical reason, a note from the doctor will need to be submitted. Please be sure to dress your children appropriately; winter coat, hat, and gloves/mittens. The recess policy is listed on page 18 of the student handbook. If you do not have a copy of the handbook, they are available in the elementary office or on our website - <http://rssc.k12.in.us/es-essentials/rse-student-handbook-2018-2019/file>

PTO CANDY SALE

Our candy sale is officially over! Please remember that we cannot accept opened boxes; if you signed for a box, you are responsible for the \$60. The money was due today, so please remit the funds on Monday, February 21st.

NEWS FROM THE NURSE

February is Heart Healthy Month



Heart Disease Prevention Tips

1. Get moving – exercise even moderate is one of the most important things you can do right now.
2. Keep your children active starting at a young age. We are now facing a new generation who have a shorter life span than their parents.
3. Stop eating processed foods.
4. Lower your sodium (salt) intake.
5. Eat more whole foods.
6. Control your daily stresses.
7. Get consistent and good quality sleep.
8. Quit smoking.
9. Limit your alcohol consumption to twice a week or less.
10. Dramatically decrease your consumption of sugar.

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POINTERS FOR PHYSICAL EDUCATION

Importance of Stretching-

Warm up stretches prepares your body for exercise.

Stretching improves flexibility of body and range of motion.

It improves body posture. It helps you to reduce and avoid injuries during exercise.

After exercise, cool down stretches help to relax your muscles and also reduces your body tension and stress.

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COUNSELOR'S CORNER

Celebrating Black History Month is a great way to educate your child about diversity and equality! Here are some recommended books that you can read with your little ones to help them understand the importance of our country's African-American history!

- *Grandmama's Pride* By Becky Birtha Recommended ages: 9 and up

Six-year-old Sarah Marie, her mother, and her little sister travel down south to visit Grandmama in the summer of 1956. Grandmama makes every effort to shield her granddaughters from the prejudice that still plagues her town. But as Sarah Marie learns to read, she notices Grandmama's town is filled with signs and rules that she's never understood before. As Sarah Marie tries to make sense of the world around her, she's left wondering if life in the South will ever change.

- *Teammates* By Peter Golenbock Recommended ages: 6 and up

This book takes us back to 1947, when Jackie Robinson became the first African-American player in Major League Baseball. He was taunted and terrorized by baseball fans, opposing players, and even his own teammates on the Brooklyn Dodgers. Historical photos and watercolor illustrations transport us to the fateful game when Pee Wee Reese, the Dodgers shortstop, embraced Robinson on the field as his teammate in front of a heckling crowd of spectators.

- *What Color Is My World?: The Lost History of African-American Inventors* By Kareem Abdul-Jabbar and Raymond Obstfeld Recommended ages: 8 and up

Did you know that African-American inventors had a hand in everything from the ice-cream scoop and the refrigerated food truck to cortisone cream and open-heart surgery? In this book co-authored by NBA star Kareem Abdul-Jabbar, kids can learn about the great minds behind important inventions, product improvements, and scientific and medical discoveries that we take for granted.

DATES TO REMEMBER

Feb. 26 - 6th Grade Girls Basketball @ Union 5:00
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Mar. 2 - Math Bowl @ Hagerstown 5:00

Mar, 7-8 - Second Annual RSE Spring Shootout Girls 3rd-6th