

Principal's News

Hello Sims Families,

It's so good to see all of our D track students and teachers back at school. It's hard to believe that we are all entering into our second trimester of the 2008-2009 school year already. We have had a wonderful start to this school year...a lot of parent support, amazing turn outs at our school events, and very spirited Friday assemblies just to name a few positives.

We are happy to report that our sixth grade students who attended the Mission Springs field trip all returned in one piece--tired--but filled with great memories, I'm sure. A special thanks to all of our parent chaperones for "roughing it" with 70 plus students all week. I'd also like to thank our sixth grade teachers for planning this meaningful trip and for giving of their time to provide such a wonderful experience for our 6th graders. The remainder of our A trackers and D track students will be attending Mission Springs later in the school year.

As the weather cools down and the rain begins to fall, please don't forget to have your students' names written inside those jackets. It's amazing to see how many coats and jackets are left behind in the lost and found and we always would like to see stuff find its way back to its proper home. Another reminder...please be sure to have arrangements for your child to be picked up right after school gets out at 2:20 pm. We've had a number of students hanging out at school until 2:45-3:00 pm. We do understand that emergencies come up every great once in a while but would like your assistance with daily pick-up times, etc. Unfortunately, we do not have adults available to supervise beyond 15 minutes after school gets out. Your help with this would be greatly appreciated!

Thank you for all you do to support Joseph Sims Elementary School and our community.

Fondly,
Shelly J. Hughes, Principal



The V.P's Nuts and Bolts

Tips for Staying Healthy During Flu and Cold Season

Cold viruses are present year-round but the incidence of colds rise sharply in early fall, shortly after school begins. The flu typically arrives later, in November, with the peak season from late December through early March.

Fortunately, there are several things you can do to lessen your chances of getting sick.

- Wash your hands frequently. Since your hands are the most common vehicle for carrying germs into your body, you should scrub vigorously with soap and water for 10-15 seconds to keep them as germ-free as possible. Wash after using the bathroom, before handling food, before eating, and any other time you think you might have picked up germs.
- Avoid touching your nose, eyes and mouth. You can't keep all the germs off your hands all the time. So, keep your hands away from germs' most common entryway into the body.
- Cover your nose and mouth when coughing or sneezing. Don't spread your germs to others.
- Use disposable tissue. And wipe your nose in a way that keeps secretions on the tissue and doesn't contaminate your hands.
- Get a yearly flu vaccine. This is especially important for people with asthma and other respiratory diseases.

Have a great day, Chris Nugent, VP

PTO News

Join PTO for another fabulous Movie Night featuring "Kung Fu Panda" on Friday, November 14 from 6:00-8:00 p.m. Just \$2.00 admission per person includes a bag of popcorn and the chance to win PRIZES! Additional drinks and candy are available for sale at our concession stands. Students must be accompanied by an adult. We encourage you to wear your pajamas, bring your favorite blanket/pillow or low sitting chair and bring the whole family to enjoy an inexpensive night out! Ticket forms are available in the office and must be purchased by Wednesday, November 12. See you there!

Also, mark your calendars for a favorite Joseph Sims event...Friday, December 12th is Holiday Gift Night. Once again our Sims Multipurpose Room will be transformed into a store for students to purchase gifts for their friends and family. All items will be priced at \$1.00. Gift wrapping materials will also be provided so students can wrap their own gifts. Join us for this fun event...watch for flyers coming home soon!

PTO would love your participation at our next meeting on November 18 at 7pm in the Staff Lounge. Be informed and get involved!

KidsBookBlog – Kids Blogging with Other Kids about Books

The 5th and 6th graders in Mrs. Phillips and Miss Yee's classes have created a website about reading. On this website are book reviews for over 300 books. You can search by title, author or genre. Also on this site are interactive book clubs that students can join, video summaries, author podcasts and game show templates. They have worked very hard to create this and would love some visitors.

You can check out the website at:

<http://kidsbookblog.edublogs.org>



Reminders



- EGUSD begins kindergarten registration for the 2009/2010 school year on Dec. 3, 2008. Parents with children turning 5-years-old by Dec. 2, 2009 can register for kindergarten starting at 7:30 a.m. on Dec. 3, 2008. Parents with students already attending EGUSD elementary schools receive sibling priority registration for track schedules at the elementary school, so long as the packet is returned by Feb. 2nd
- NO DOGS on campus due to allergies! Please leave all animals at home or in car when dropping off or picking up students.

- Nov. 5 – Minimum Day Staff Development
- Nov. 11 – Veteran's Day NO SCHOOL
- Nov. 14 – Movie Night 6:00 – 8:00
- Nov. 18 – Family Portrait Night 4:00 – 8:00 in MP Room
- Nov. 18 – PTO Meeting @ 7 in office
- Nov. 18 – School Site Council @ 4 in office
- Nov. 19 – 1-2 Star Assembly 8:15
- Nov. 19 – 3-4 Star Assembly 8:40
- Nov. 19 - K AM @ 11:15 in K2
- Nov. 19 – K PM @ 2:05 in K2
- Nov. 25 – Track Change/Minimum Day
- Nov. 26 – 28 – Thanksgiving Break

NO Excuses Go to School

The No Excuses – Go to School Attendance Campaign is in full swing. The attendance campaign offers students the chance to earn incentives for having perfect attendance each month. Thanks to the generous donations from local businesses, each month, students with perfect attendance are eligible to win a prize.

Back by popular demand, the Kaiser Permanente Bike Giveaway will give elementary school students the chance to win a new bicycle and helmet at the end of the 2008/2009 school year. Each month a student has perfect attendance, they will earn one entry to participate in an end-of-the-year drawing for the new bike and helmet.

As the holidays approach, please keep in mind the importance of having your student(s) attend school. Many exams are given during the holiday season and each day your student is present in class, they are learning and reinforcing important concepts to help them perform well on their examinations.

The Ask Anne column featuring District Dietitians Anne Gaffney, R.D. & Lisa Vorce, R.D.

Hi Anne and Lisa,

I have 3 kids in the district - 1 in middle school and 2 in elementary schools. I just want to know is the district or dietitians like you taking active steps to make lunch healthier in schools? I'm concerned about having too much processed food or trans fat in school lunches. I'm looking at the school menu and it serves food like pizza, chicken nuggets, cheeseburger, lunchables, etc. and I know these food items have processed food and trans fat in them. I understand that it's not possible to completely eliminate processed food and trans fat in the school lunch but I'm just hoping the school district is carefully examining the amount of processed food and trans fat in the lunch they serve and keep the food more natural/healthy and the processed food and trans fat to a minimum. Please advise. Thanks. Anna

Dear Anna,

Thank you for your comments and interest regarding school lunch. Finding healthy foods that students will eat is a continual challenge and we go to great lengths to offer foods that students will choose while maintaining the nutritional integrity of the meal. Our lunches are planned to meet 1/3 of the Recommended Dietary Allowances for a given age range, contain no more than 30 percent of the calories from fat, and are computer analyzed by nutrients. The analysis is adjusted for secondary students to meet their increased calorie and nutrient needs. As for trans fats, by law, no food item can contain more than .5 grams of trans fat. Since we do not fry any foods, our meals are naturally trans fat free.

If you haven't done so already, we encourage you to visit your students' school at lunchtime. Some of the healthy options you will see are a variety of fresh fruit and vegetables every day, milk products that are nonfat and 1 percent fat, and foods that are baked, not fried (the fryers from years ago have been removed). In addition, many of the foods offered have been specially formulated for school lunch programs. They are lower in fat, higher in fiber and contain more whole grains than foods purchased in stores or restaurants. For example, the cheese sauce is not the imitation cheese made from flavored oil, but is actually made from milk. Many of the pizzas are made with whole grain crust and reduced fat cheese. Our Fiesta Pizza is made with a whole grain crust and beans. Even the recipe for our chocolate chip cookies, which are baked from scratch in the district's bakery, has been modified and applesauce is used to reduce the fat content.

Another thing that we do to encourage students to eat a healthy lunch is provide five different entrée choices daily at the elementary schools and many more choices at the secondary schools. By providing many choices at lunch, we can meet the varied taste preferences of more than 34,000 students that we feed every day. If a student skips lunch they are robbing their bodies of the energy and nutrients they need to pay attention and do their best in the classroom. A hungry child cannot learn. Thanks for Asking Anne & Lisa