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Ooops, They Did it Again....

The Campbell Ridge Elementary Comets are the 2013 Regional 18 KY Governor's Cup Champions for the fourth year straight. The quick recall team consisting of Jayden Coleman, capt., Nick McDaniel, Sam Jones, Mallory Holbrook, Jackson Morris, Derek Ramsey, Haley Dixon, Raychel Kool, and Abby Clark are the 2013 Regional 18 Quick Recall Champions for the fourth straight year also. Campbell Ridge Elem. has been the District 69 Champions for the last 8 years.

Individual written assessment medal winners were:

Ben Dietz--3rd place math
Nick McDaniel--3rd place science
Abby Clark--2nd place language arts
Raychel Kool--4th place composition
Mallory Holbrook--5th place composition



Go
Comets!

Stay in Touch

Make it a daily habit,
find Campbell Ridge:

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Cut That Hair! Cut That Hair! Cut That Hair!

Our Walk-a-Thon takes place on Friday, April 26th. Students are being asked to walk 1 mile (11 laps around the bus loop) and to find sponsors that will donate \$2.00/lap for a total of \$22.00. It will be a fun and physically active day as we collect to finish our walking trail that will circle the CRES campus. After this event, we will have the funds we need to begin construction this summer. Any additional funds raised this year will be used to buy iPads for the classrooms. Students can earn fun prizes while collecting and walking:

\$22.00—Students get a sno-cone party!

\$50.00—Students get a CRES bracelet!

\$100—Students get a party and are entered in a drawing for one of 10 iPod shuffles!

Top 10 fundraisers—Students get a limo ride and lunch with Mr. Mazzei!

\$12,000—if the school raises \$12,000, Mr. Mazzei will CUT THAT HAIR! So get out there and start collecting those sponsors!

Parents are welcome to come to school on the 26th and walk with their children! A schedule will be sent home.



Take the Screen-Free Challenge!
April 29—May 3 is Screen-Free Week

"Screen time" is any time that is spent in front of a screen, such as a TV, computer, or video game player. Screen time involves being inactive while sitting down; very little energy is used during screen time. Most children spend about 3 hours a day watching TV. When you add in other screen time activities, it is closer to 5-7 hours a day.

Too much screen time can increase your child's risk of becoming obese, make it harder to get your child to go to bed and fall asleep at night, and increase the chance that your child will develop attention problems, anxiety, and depression.

Screen time increases your child's risk of **obesity** because:

- Sitting and watching a screen is time that is not spent being physically active.
- TV commercials and other screen ads can teach children to make less healthy food choices. Most of the time, the food in ads aimed at kids is high in sugar, salt, or fats. It is not nutritious.
- Children eat more when they are watching TV, especially if they see ads for food.
- Computers can be helpful when kids are using them to do schoolwork. But surfing the internet, spending time on Facebook, or watching YouTube videos is considered unhealthy screen time.

Current Screen Time Guidelines

- Children under age 2 should have no screen time.
- Limit screen to **1-2 hours** a day for children over age 2.
- Videos aimed at very young children do not improve their development, in spite of what ads that promote them say.

How to Decrease Screen Time

For some children, reducing screen time to 2 hours a day can be difficult because watching TV is part of their daily routine. Efforts to reduce screen time work better when children understand how sedentary activity is affecting their health and they learn they can do things to get healthier.

Ways to decrease screen time:

- Remove the television or computer from your child's bedroom.
- Do not allow TV watching during meals or homework.
- Do not let your child eat while watching TV or using the computer.
- Do not leave the TV on for background noise. Turn on the radio instead, or have no background noise.
- Decide which programs to watch ahead of time, and turn off the TV when the program is over.
- Suggest other activities, such as a family board game, puzzle, or going for a walk.
- Keep a record of how much time is spent in front of a screen and spend the same time being active.
- Be a good role model as a parent. Decrease your own screen time to 2 hours a day.
- If it is hard not having the TV on, try using the sleep function so it turns off automatically.
- Challenge your family to go 1 week without watching TV or doing other screen-time activity.
- Find things to do with your time that get you moving and burning energy.

PTO News...

Next Meeting—May 14, 5:00pm

PTO Officers:

President - Chris Couch

Vice President - Christy Eby

Secretary - Donna Cox

Treasure - Laura Brown

Events/Volunteer Coordinator Michelle

Raney

Teacher - Melissa Clark

The PTO Muffins with Mom will take place on Friday, April 12th, 7-8:30am.

Nurse Notes

As we approach the end of the year, I would like to stress that students are not permitted to bring medicine to school on the bus or to bring them into the building from the car line. Parents must deliver all medicine to the school nurse's office. I cannot give medication to your child unless I have a note from a Doctor. Over-the-counter medication also cannot be given without a Doctor's order.

If you find that your child has contracted head lice, please call the school and let us know. The matter is kept confidential but we need to know. If you find your child with head lice, they need to be live lice and nit free before returning to school. They cannot ride the bus until they have been cleared by me. If they are nit free I can clear them to reenter school.

Fifth grade parents remember that after your student turns 11, they are due for more vaccinations. The new state requirements are that students need a Tetanus booster, a second Varicella (Chicken Pox) booster, and a Meningococcal vaccination before they enter middle school. They are also required to get a new Physical exam. If you get these requirements finished before the end of the year, you can return the documents to me and I will enter the information into the computer to transfer to the middle school.

Kindergarten and Preschool students must have a total of 2 Varicella vaccinations before they return to school in the fall. Please remember that Immunizations are required and must be on file at school no later than 2 weeks after school starts. Physical exams are due 30 days after school starts. Dental and vision exams are also a state requirement and must be completed and on file by January 1. If your child takes medication at school, I will be sending forms home in mid- May. These also are due at the beginning of school.

If you have any questions regarding students taking medication, health paperwork, or lice/nits or bedbugs you can reach me at school 859-488-4870 or email me at linda.hardy@campbell.kyschools.us.

Nurse Linda

Field Day

Field Day will take place this year on the last day of school, May 28th. The PTO makes the last day of school a truly fun and memorable day for all of our Comets, but they can't pull this off without you!

If you can help, please mark and save this date! The PTO will send home volunteer sign-up forms soon.

Field Day = May 28th!

*Save those BoxTops!
CRES collects 3x/year.*



www.BTFE.com



The Back Page....

Shorts Weather

Yes! Spring break brings the return of shorts! Students can wear shorts to school beginning on April 8th. Skirts and shorts should fall below the student's fingertips when arms are



Campbell Ridge
Spring Book Fair
April 15th-19th

Family Literacy Night is
April 18th, 6:30pm. Join
us for family fun and games!

Accelerated Reader

Do you know your child's AR level? How many AR points they have this trimester? Check it all out at:
<https://hosted177.renlearn.com/96650/>

Thank You PTO

Thank you PTO for helping to bring the Children's Theater to CRES this month. Our kids love these shows and having them here saves parents the bus cost and field trip money. That's YOUR PTO at work, for YOU and your kids, THANKS!

Testing Update

State testing for grades 3, 4 and 5 will take place on May 15-17 and 20-21. Please do not make plans for trips or appointments during these days.

C R E S

April Theme and Character Word



Each month Campbell Ridge focuses our attention on a theme and a character word. The theme for April is "Celebrate My Literacy" and the character word is "Enthusiasm"

Enthusiasm is defined as expressing joy in each task as I give my best effort.

The 5 "I Will" statements for Enthusiasm are:

1. I will be an energy-giver
2. I will smile
3. I will treat every job as important
4. I will put my whole heart into what I do
5. I will not be discouraged by failure



April 2013

Celebrate My Literacy!

Enthusiasm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Spring Break	2	3	4	5	6
7	8 CCBE, 7pm	9 PTO, 5pm	10 5/3 Student Bank	11	12 Morning with Mom, 7am	13
14	15	16	17	18 Literacy Night, 6:30	19 Children's Theater - 2 shows, 10am & 1:30pm	20
21	22 Earth Day lunch	23	24	25	26 GRES Walk-a-thon!	27
28	29 Screen-free Week - Can You Do It?	30 SBDM Council, 5:30			Spring Concert	

At Campbell Ridge, we will Cooperate, Respect, Engage, and Be Safe with our friends and our teachers.

CRES Family Resource Center

Coordinator: Amber Evans, LSW/MSW 859-448-4789

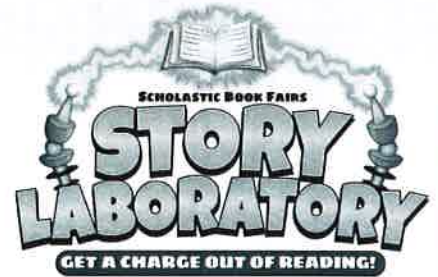
APRIL 2013

Join us for a night full of reading and fun at this years Family Literacy Night!

When: Thursday. April 18th

Time: 6:30-8:00

All CRES families are encouraged to attend! This year's theme is Story Laboratory. Each CRES student will go home with a new book to share with their family. Please RSVP for this event by the attachment on the flyer or by calling Amber Evans @ 859-448-4789. Hope to see you there!



The book fair will be open for shopping before and after the event! Don't forget to stop in

WALK-A-THON

Don't forget your walk-a-thon money is due the day of the walk , April 26th! Will you win the limo ride and lunch out with Mr. Mazzei? Will you help raise money for our school? Start getting your sponsors!

Watch DOGS

- * Ready to spend a day at school with your student?
- * Haven't completed your day yet?
- * We only have a month of school left. So call Ms. Evans to sign up today!

RESOURCE INFORMATION

April is National Child Abuse Prevention Month, a time to raise awareness about child abuse and neglect and encourage individuals and communities to support children and families.

The Family Nurturing Center offers FREE programs and services to serve the families of the tri-state area. Programs include Kids on the Block, Nurturing Parenting groups, SOAR, counseling, Tic Toc program, and

much more. To find out more visit:
www.familynurturing.org or call
859-525-3200

April

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<i>Spring Break</i>				
<i>Breakfast</i>				
8	9	10	11	12
HAM, EGG & CHEESE BAGEL POTATO WEDGES KETCHUP CUP MADRIN ORANGES GRAPE JUICE OJ MILK VARIETY	MINI BISCUITS SAUSAGE GRAVY PEACH CUPS OJ GRAPE JUICE MILK VARIETY	BREAKFAST PIZZA CHILLED PEARS OJ MILK VARIETY	WAFFLES MAPLE WAFFLES BLBRY APRICOTS GRAPE JUICE OJ MILK VARIETY	PILLS MINI CINNI FRUIT COCKTAIL OJ MILK VARIETY
15	16	17	18	19
String Cheese BAGEL WG LT CREAM CHEESE OJ GRAPE JUICE RAISINS MILK VARIETY	MINI BISCUITS SAUSAGE GRAVY PEACH CUPS OJ GRAPE JUICE MILK VARIETY	PILS/FRENCH TST PEACH CUPS OJ GRAPE JUICE MILK VARIETY	RASP YOGURT STRAW YOGURT CEREAL VARIETY CHILLED PEARS OJ GRAPE JUICE MILK VARIETY	PILS/PANCKS MAPLE PILS/PANCKS STRW GRAPES OJ MILK VARIETY
22	23	24	25	26
<u>EARTH DAY</u> Muffin Yogurt milk, juice *Low Energy Breakfast	MINI BISCUITS SAUSAGE GRAVY PEACH CUPS OJ MILK VARIETY	APPLE FRUDEL CHERRY FRUDEL MADRIN ORANGES OJ GRAPE JUICE MILK VARIETY	EGG PATTY CHEESE SLICE MINI BISCUITS CHILLED PEARS GRAPE JUICE OJ MILK VARIETY	PILLS MINI CINNI GRAPES OJ GRAPE JUICE MILK VARIETY
29	30			
PILS/PANCKS MAPLE PILS/PANCKS STRW YELLOW DELICIOUS APPLE GRAPE JUICE MILK VARIETY	MINI BISCUITS SAUSAGE GRAVY PEACH CUPS GRAPE JUICE OJ MILK VARIETY			

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April

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Spring Break Lunch				
8	9	10	11	12
SALISBURY STEAK BROWN GRAVY NOODLES ROLL CARROT STICKS FRUIT COCKTAIL FROZEN FRUIT CUP SKIM MILK FF STRWBRY MILK 1% White Milk FF CHOC MILK RANCH DRESSING FF PROMISE MARGARINE CINNAMON SPREAD	Chicken Rings ROLL KETCHUP CUP Honey Mustard BBQ DIP CUP SWEET POTATO, BAKED CINNAMON SPREAD ORANGE FF STRWBRY MILK 1% White Milk SKIM MILK FF CHOC MILK	BBQ Pork BUN PICKLE RELISH COLESLAW BAKED BEANS PINEAPPLE TIDBITS FF CHOC MILK FF STRWBRY MILK 1% White Milk SKIM MILK	HAMBURGER CHEESE SLICE BUN POTATO WEDGES ROMAINE SHREDDED PEACH CUPS OJ Mayo pkt KETCHUP CUP MUSTARD FF STRWBRY MILK 1% White Milk SKIM MILK FF CHOC MILK	WG CHEESE PIZZA WGPEPPERONI PIZZA CORN FRESH SPINACH CHERRY TOMATOES FAT FREE SALAD DRESSING RED DELICIOUS APPLE OJ FF CHOC MILK FF STRWBRY MILK SKIM MILK 1% White Milk
15	16	17	18	19
CHICKEN FAJITA STRIPS TACO MEAT SHREDDED CHEESE SALSA ROMAINE SHREDDED DICED TOMATOES BLACK BEANS SOUR CREAM PKT. WG SOFT TORTILLA BAKED SCOOPS ORANGE FF CHOC MILK 1% White Milk SKIM MILK FF STRWBRY MILK	ROASTED CHICKEN MASHED POTATOES GRAVY COOKED CARROTS GREEN BEANS ROLL PROMISE MARGARINE FRUIT COCKTAIL FROZEN FRUIT CUP FF CHOC MILK SKIM MILK 1% White Milk FF STRWBRY MILK	MINI CORN DOGS PINTO BEANS FRESH BROCCOLI FLORETS FAT FREE SALAD DRESSING PINEAPPLE TIDBITS MUSTARD KETCHUP CUP BBQ DIP CUP FF CHOC MILK SKIM MILK 1% White Milk FF STRWBRY MILK	CHICKEN NUGGETS OVEN FRIES ROLL PROMISE MARGARINE BROCCOLI RED DELICIOUS APPLE BBQ DIP CUP KETCHUP CUP FF STRWBRY MILK SKIM MILK 1% White Milk FF CHOC MILK	SLOPPY JOE ON A BUN PICKLE RELISH CORN FRESH SPINACH CHERRY TOMATOES PEACHES IN JUICE FAT FREE SALAD DRESSING FF CHOC MILK FF STRWBRY MILK SKIM MILK 1% WHITE MILK
22 <u>EARTH DAY</u>	23	24	25	26
Sandwich Bag of Carrots Bag of chips Banana Milk and Juice * Low Energy Lunch	BBQ Pork BUN PICKLE RELISH COLESLAW BAKED BEANS Orange OJ FF CHOC MILK FF STRWBRY MILK 1% White Milk SKIM MILK	SALISBURY STEAK BROWN GRAVY NOODLES ROLL CELREY STICKS CARROT STICKS .5 CUP GRAPES SKIM MILK 1% White Milk FF CHOC MILK RANCH DRESSING FF PROMISE MARGARINE CINNAMON SPREAD	HAMBURGER CHEESE SLICE BUN POTATO WEDGES PICKLE SLICES ROMAINE SHREDDED TOMATOES OJ PEACH CUPS Mayo pkt KETCHUP CUP MUSTARD FF STRWBRY MILK 1% White Milk SKIM MILK FF CHOC MILK	WG CHEESE PIZZA WGPEPPERONI PIZZA CORN FRESH SPINACH CHERRY TOMATOES OJ FAT FREE SALAD DRESSING RED DELICIOUS APPLE FF CHOC MILK FF STRWBRY MILK SKIM MILK 1% White Milk
29	30	Non-Discrimination Statement: This explains what to do if you believe you have been treated unfairly. "In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll-free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer"		
CHICKEN FAJITA STRIPS TACO MEAT SHREDDED CHEESE SALSA ROMAINE SHREDDED DICED TOMATOES BLACK BEANS SOUR CREAM PKT. WG SOFT TORTILLA BAKED SCOOPS ORANGE OJ FF CHOC MILK 1% White Milk SKIM MILK FF STRWBRY MILK	ROASTED CHICKEN MASHED POTATOES GRAVY COOKED CARROTS GREEN BEANS ROLL PROMISE MARGARINE FRUIT COCKTAIL FROZEN FRUIT CUP OJ FF CHOC MILK SKIM MILK 1% White Milk FF STRWBRY MILK			

All nutritional facts for the month can be found at:
www.campbellcountyschools.org