



CEDARVILLE CONNECTION

March 20, 2013

Visit us on the web at www.EACS.k12.in.us

Our mission at Cedarville Elementary School is:
To build a solid academic foundation and develop fundamental skills that will lead our students into a lifetime of success.

From the desk of the Principal...

According to *Games for Educators* contributing author, Mary Couzin, "One of the things we've learned over the years is that the brain is like a muscle. The more it exercises, the more it can do. In fact, in this study, researchers found that playing board games twice a week increased the brain speed scores of elementary students by a staggering 27 - 32%!"

For more information about the benefits of playing board games for people of all ages, visit <http://www.gamesforeducators.com/>.



Tip of the Week:

I don't know about you, but lately I have been seeing a lot of information about kale. It seems kale is the hot new veggie, and with good reason. Kale is called a "super food" because of its high level of vitamins. Kale has more calcium than milk and more iron than lean red meat! Frankly, I didn't think kale looked so appetizing, but I gave it a try and loved it. I first tried kale chips, which are just kale tossed in a little olive oil and sea salt and baked. The kids loved these super healthy "chips". I then started putting kale into salads, soups and pasta sauces. Kale can substitute for spinach, holds up to cooking much better than spinach, and has a milder flavor.

On our McMillen Center Pinterest page we've pinned several recipes which feature kale. On Sunday evenings I have started making a big batch of stir fried veggies which we eat throughout the week. I sautéed chopped kale, onions, a bag of broccoli slaw, green peppers, and zucchini or yellow squash. While the veggies are cooking I put a sweet potato in the microwave and when the veggies are done I stir in the chopped baked sweet potato. I season with sea salt and cumin, my husband seasons with low-sodium soy sauce. It's a time saver to have this big batch of veggies done as a side dish so I can put together a very quick weekday dinner by sautéing chicken breasts or broiling fish - in about 15 minutes dinner is done!

Purchase your Vitality Awards tickets yet? Tickets are available for the McMillen Center Vitality Awards at mcmillencenter.org/vitalityawards. For more information on Family Meals, visit www.FamilyTableOnline.org



Eat Right with Color!

March is National Nutrition Month. Families are encouraged to pack more nutrition into each day with colorful foods.

Research is uncovering the benefits of pigment-related phytonutrients — and the colorful fruits and vegetables that supply them. Different foods add a variety of color, texture, shape and flavor to meals and snacks, as well as different nutrients and phytonutrients. Vary the color on your plate to provide a festive and nutritious meal.

Green: avocados, apples, grapes, honeydew, melons, kiwi, limes, artichokes, asparagus, broccoli, green beans, green peppers and leafy greens such as spinach or kale

Orange and deep yellow: apricots, cantaloupe, grapefruits, mangos, papayas, peaches, pineapples, carrots, yellow peppers, yellow corn and sweet potatoes

Purple and blue: blackberries, blueberries, plums, raisins, eggplant, purple cabbage and purple-fleshed potatoes

Red: cherries, cranberries, pomegranate, red/pink grape fruit, red grapes, watermelon, beets, red onions, red peppers, rhubarb and tomatoes

White, tan and brown: bananas, brown pears, dates, white peaches, cauliflower, mushrooms, onions, parsnips, turnips, white-fleshed potatoes and white corn

For videos, tips, games and other resources to help you eat healthfully this National Nutrition Month, visit www.eatright.org/nnm. (Source: www.eatright.org)



Food for Thought...

You have brains in your head. You have feet in your shoes. You can steer yourself, any direction you choose.

— Dr. Seuss

Teacher Feature

**Spotlighting
Mrs. Roberts,
Second Grade Teacher...**

I'm Julie Roberts. Although I am somewhat new to Cedarville Elementary School, I have been teaching longer than I'd like to admit...Not because I am not proud of our profession, but my years teaching would certainly date me! Let's just say that I am to the point in my career where some of my former students have come back to visit me with THEIR own children!


My previous stomping ground was at Harlan Elementary. Although it was very difficult to see that "door close", I am so thankful that the CEEL door opened for me! Our family here is a strong one, and I love the relationships that have already developed.

I have two boys of my own. Zach is in his third year at Ball State. My "baby," Alex, is a senior at Snider. I have lived in or near Fort Wayne all my life. I grew up in a large family in a rural surrounding, which I loved! For as long as I can remember, I never dreamed of doing anything other than teaching. It is a profession which is forever changing with no two days being the same. While teaching can be frustrating and exhausting, there are frequent extraordinary moments! For me, the magic is witnessing the children develop and learn and grow! It is also so interesting to develop relationships with each child, to meet the families and see family commonalities and differences.

I am grateful that I was lead on this path of educating our younger crew. The children keep me grounded and teach ME every day!



Market Day Pick-up for Leo High School Band...

Pick up for the Leo High School Market Day will be  **Market Day** Friday, March 22nd, 4:30pm at Leo High School, door 4. Profits from Market Day will benefit the Leo Band.



Final call for photos...



Don't forget to send your digital pictures for the yearbook to Melissa Bratten at Cedyear10@gmail.com marked "Pictures for Yearbook". Please remember to send pictures that do not have the date on the front.

Don't miss out on YOUR yearbook...

If you would like to order a copy of the yearbook for your child, you must order now! *Make checks payable to "Cedarville Elementary"*. Send your check for \$13.00 in an envelope marked "Yearbook Order" and be sure to write your student's name, teacher's name, and quantity ordered on the envelope. **All orders must be turned in by March 22nd!**



More food for thought...

One's philosophy is not best expressed in words; it is expressed in the choices one makes . . . and the choices we make are ultimately our responsibility.

– Eleanor Roosevelt



Mark Your Calendar...

- Mar. 22: Last day to order CEEL Yearbooks
- Mar. 22: Popcorn/Pretzel Friday and SPIRIT DAY
- Mar. 25: Rooms 109 and 113 to Safety Village 9:20-12:30
- Mar. 25: Last day of Good News Club
- Mar. 26: Grade 3 to LEEL @ 9:40-11:15 for school musical
- Mar. 26: Rooms 111 and 115 to Safety Village 11:20-2:30
- Mar. 27: Collaboration day
- Mar. 28: Rooms 108 and 110 to Safety Village 11:20-2:30
- Mar. 29: GOOD FRIDAY – **NO SCHOOL**
- Apr. 1-5: SPRING BREAK – **NO SCHOOL**
- Apr. 10: PTO meeting @ LEEL 9:30 a.m.
- Apr. 10: Collaboration day
- Apr. 16: Spring Music Program for K @ 6:00 p.m. and 1st @ 7:30 p.m. (rescheduled from Mar. 26)
- Apr. 17: CEEL Marcos Pizza Night 5:00-8:00 p.m.
- Apr. 17: Collaboration day
- Apr. 18: Earthquake Drill and Fire Drill a.m.
- Apr. 22: American Red Cross Blood Drive 3:30-7:30 in cafeteria
- Apr. 23: Spring Music Program for grades 2 and 3: 2nd @ 6:00 and 3rd @ 7:30
- Apr. 24: Collaboration day
- Apr. 26: Popcorn/Pretzel Friday and SPIRIT DAY
- May 1: Collaboration day

