

Amana Elementary

Newsletter

Friday, September 20, 2019



Integrating Health and Wellness into Schools

First off, please know I LOVE candy. Butterfingers, Reese's anything, Jolly Rancher (apple and watermelon only) and the list goes on. That's just the beginning. I would also add pop, pie and cake with a ton of icing are hard to pass on. THAT SAID! I have recently (within the last three years) have had an awakening for a better lifestyle through nutrition and exercise. One of the many reasons why CCA is such an amazing place to be a part of, is our resolve to help support the whole child.

Academically, socially, mentally and physically. CCA understands none of these factors work in isolation of each other. Physically (and for our purposes today I do mean physical activity and nutrition), we as a district take very seriously. There are many positive outcomes that come from a comprehensive physical education program in kindergarten through 12th grade. Our Nutrition services follow strict dietary guidelines and for many years now, offer fresh fruit and fresh vegetables among many other nutritious and delicious foods. Now my 20th year in the district, these two aspects of physical wellbeing were not always the case.

We as a society and as a community need NOT over think positive changes to our physical activity and nutrition. Nurse Kathy Campbell (both an amazing district nurse and person) has made healthy life choices a passion of hers for our district (students and staff alike). She shared a very simple handout with some really great ideas that all of us can follow and then model for our young people (hard to tell a young person to eat healthy while eating a candy bar). A healthy lifestyle has hugely positive implications on the present and future success of a student.

Implications:

- Children who are overweight have a tendency to produce lower tests scores
- Brain activity significantly increases with as few as 20 minutes of activity. Active brains increase a student's ability to learn.

- Participation in PE support academic, social and positive behavior (NO data supports cutting PE, or the arts leading to more academic success).
- High quality diets boost short term memory and poor diets high in cholesterol diminish short term memory
- Hydration improves mood, reduces sleepiness, aids in weight loss, and helps alleviate headaches (most are due to lack of hydration). Water is a necessity not a luxury.

Stay active, eat healthy (reward yourself too in moderation!) and help promote a healthy lifestyle for yourself and family! What a great way to help our students continue on their road to a successful life!

Have a great weekend.
Ben Macumber, Principal

Upcoming Events

- Friday, Oct. 11 - Picture Day
- Thursday, Oct. 17 and Friday, Oct. 18 - No School
- Wednesday, Nov. 27 - Friday, Nov. 29 - No School
- Monday, Dec. 16 - K-2 Concert, 6:30 PM; 3-5 Concert, 7:30 pm

The Backpack Program

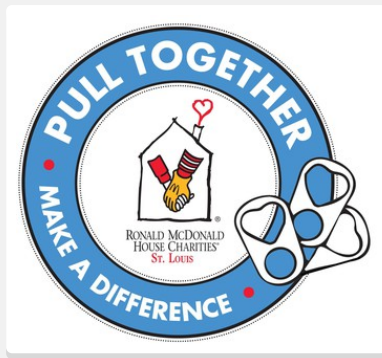
We participate in a program called The **BackPack Program**. This is a partnership between HACAP and the CCA Community Schools. The **BackPack Program** provides a food pack of kid-friendly, non-perishable food for children on the weekends and during school breaks. This is a **FREE** program, without cost to families. It is also kept completely **confidential** – only the counselor will be aware of participating families. If this would be helpful for you and your children, please contact Kelsey Koffend by phone at (319) 622-3255 or by email at kelseykoffend@ccaschools.org. There is a limited number of spots available, so it is important that you call or email to get your child's name on the list.

Shoes That Fit

Shoes That Fit is a program that provides shoes to children in need. **If your child needs new shoes this year and this program would be helpful to you, please contact Kelsey Koffend** by phone at (319) 622-3255 or by email at kelseykoffend@ccaschools.org.

Help Support Our School

Please keep collecting, cutting and turning in..... Box Tops for Education and Pop Tabs for Ronald McDonald House and Register Tapes from the Big G dated 9/1/19 - 3/31/20!



**Ronal McDonald
House Tabs**



**Box Tops for
Education**



**Register Tapes for
Education**

Register Tapes for Education

We are excited to inform you that we are participating in an incredible program that allows us to earn FREE classroom equipment and supplies! Here's How You Can Help! • Shop at Big G Foods, Marengo from September 1, 2019 - March 31, 2020 • Save your receipts and send them to school with your child • Your receipts will earn us points for free classroom equipment, donated by the store!

InTouch

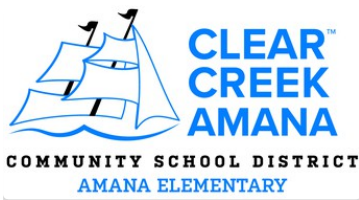
Lunch accounts and other payments.

Volunteering

We appreciate volunteers, please go this volunteer link for more information.

Digital Backpack

Your connection to CCA and community events, camps, fundraisers and more.




Amana Elementaty

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Non-discrimination Statement

It is the policy of the Clear Creek Amana Community School District not to discriminate on the basis of race, color, national origin, sex, disability, religion, creed, age (for employment), marital status (for programs), sexual orientation, gender identity and socioeconomic status (for programs) in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy please contact the district's Equity Coordinator, Lori Robertson, 327 S. Augusta Avenue, Oxford, IA 52322, 319-828-4510.