

News from Laingsburg Elementary School & E.C.E.C.



November 10, 2017

DATES TO REMEMBER

NOV. 20 ~ ECEC PICTURE RETAKE DAY
NOV. 22 – 24 ~ NO SCHOOL – THANKSGIVING BREAK
DEC. 6 – 8~
DEC. 20 – JAN. 2 ~ WINTER BREAK
JAN. 15 ~ NO SCHOOL – PROFESSIONAL
DEVELOPMENT DAY FOR TEACHERS
JAN. 19 ~ 1½ DAY FOR STUDENTS AM / RECORDS DAY
FOR TEACHERS PM; ECEC DISMISSAL @ 11:20 AM &
LES DISMISSAL @ 11:25 PM

NO SODA NOVEMBER

(A note from our P.E. Teacher, Mrs. Hagerty)



One out of three children are overweight or obese. The American Heart Association is working each day to ensure that all Americans have a long healthy life. Unfortunately, it is expected by 2035, that 44% of all Americans will have some form of cardiovascular disease. A leading cause of obesity is sugary sweetened beverages.

Join our school and the American Heart Association by having a No Soda November.

Research has shown that this generation of students is expected to live five less years than their parents. A combination of poor nutrition, the lack of physical activity and the increased consumption of sugar-sweetened beverages has caused an all-time high in childhood obesity. The American Heart Association recommends less than 8 oz. of sugar-sweetened beverages a week for children. Join our school and the American Heart Association by having a No Soda November.

Facts on Sugary-Sweetened Beverages:

- Most Americans consume nearly 20 teaspoons of added sugar each day. That's triple the recommended limit for women and double for men.
- Sugary-sweetened beverages like soda and energy/sports drinks are the #1 source of added sugars in our diet.

- A can (12 FL OZ) of regular soda has about 150 calories and 10 teaspoons of added sugar.

Website for more information: www.heart.org/sugar

YOUTH WRESTLING SIGN-UPS



Laingsburg Youth Wrestling is open to k – 8th grade students. New this year - wrestling practices will be held at the elementary school

from 3:30 pm - 5:00 pm on Mondays and Wednesdays. Practices will start after the Thanksgiving Break, beginning Monday, November 27.

Sign-ups will be at the middle school in the lobby on Saturday, November 11, from 10:00 – 11:30 am.

The cost is \$60 per athlete and is due when you sign-up (please make checks out to “Laingsburg Youth Wrestling Club”). If you are interested in gently used wrestling shoes and/or headgear, a bin of donated wrestling equipment will be available on a first come first serve basis at sign-ups. If you are unable to attend one of the wrestling sign-up dates please email the High School Wrestling Coach, Shawn Baynes at shawn.baynes@laingsburg.k12.mi.us.

GIVING TREE AT LES



We have a “Giving Tree” here at LES and we need your help to make sure all the children with ornaments on this tree have a wonderful Christmas. If you are interested in helping, please stop by the school office to select an “ornament”. Each ornament provides information on the age of a child and a gift he/she would like for Christmas. We ask that you wrap the gift you purchase and attach the ornament for identification. All gifts need to be dropped off at Mrs. Nosek’s or Mrs. Bates’ office at the elementary school by Wednesday, December 13.

2017-2018 Laingsburg Elementary School Yearbook Cover Art Contest

This year's theme is "Growing to GREATness"

(A yearbook theme is the central concept or idea around which the coverage and design of the yearbook are built upon. It is essentially a visual and verbal statement that helps highlight the memorable experiences throughout the school year as well as the many students who contribute to the character of the school.)

Requirements:

- Your entry should be done in color and should have only artwork, NO WORDS or TEXT of any kind.
- Please FILL ALL of the white space available without going beyond the black border
 - Be creative and have fun!

Your Name: _____

Teacher Name: _____

Grade Level: _____

Prizes:

First Place: Will get a FREE 2017-2018 yearbook and artwork will be the front cover of the 2017-2018 yearbook

Second Place: Will get \$2.00 off purchase of the 2017-2018 yearbook and artwork will be displayed on the back cover of the 2017-2018 yearbook

Third Place: Will get \$1.00 off purchase of the 2017-2018 yearbook and artwork will be displayed on the back cover of the 2017-2018 yearbook

Do Not place Text on this page, art only .

Top

Put your NAME, TEACHER, GRADE
on the BACK of this paper please.

No Artwork beyond this border

Extend drawing to black border

Extend drawing to black border

NO Artwork beyond this border

Bottom