

# King Academy

## Cougar News

November 13, 2009

*The mission of King Academy of Extended Learning and Technology is to provide a secure, nurturing environment that embraces individuality, promotes high academic achievement and develops life-long learners who will become contributing members of a global society.*

### *Vision*

*Everyone learns: Whatever it takes!*

Dear Families,

Thank you for coming to Parent-Teacher Conferences this week. It's always good to hear your child's teacher compliment your child on a job well done. It's also a good time to find out how you can assist your child if there are any areas of concern.

This week we have two special events – both on November 19<sup>th</sup>! We have our next Parent Breakfast Club meeting on Thursday, November 19<sup>th</sup> at 7:35 a.m. in our Media Center. Join with our other parents and learn all about Bone Health.

At 6:30 p.m. in our Gymnasium we will be having Title I Family Math Night. Join with us and learn some great math games that you can play at home with your child. Refreshments and a raffle will wrap up the evening at 7:30 p.m. Please return your reservation form to insure that we have sufficient snacks and materials.

Have a great week,

Mrs. Sharon Gryzenia Ed.S.  
Principal

### **Parent-Teacher Conferences**

Thank you to all parents who came to Parent-Teacher Conferences on Thursday. If your conference is on Friday – don't forget to stop by

the office and pick up your thank you gift. All parents received a thank you gift of a Splash Mug – to encourage great nutrition and physical exercise every day. Thank you for coming!

### **Early Release!**



**Wednesday, November 18<sup>th</sup>**

**is an Early Release Day. Students will be released at 1:00 p.m.** All teachers will be working on materials needed for our upcoming NCA-Advanc-Ed accreditation visitation.

### **Emergency Cards**

Thank you to parents who completed and returned their child's Emergency Card! Please remember to notify the office when you move or change your phone number. Thanks for your help!

### **Family University**

Mount Clemens Community School District and Communities in Schools Presents “*Family University Series 1 "Parenting Tips and Ideas"*”. This event will include Parenting Tips and Ideas, Student Expectations, and Family Support Services. Family University will be held on Tuesday, November 17, 2009 at 6:00pm. at the Mount Clemens High School Small Auditorium.

Guest Speakers for this event will be Dr. James Thompson and Sheriff Mark Hackel. Family University will help you find solutions to challenges your family may be facing and provide relevant information for you to help your student.

There will be refreshments and a raffle at the conclusion of the event. Babysitting is also available. For more information please call: 586-461-3749

### **Mileage Club**

Our Mileage Club is operating with many students walking daily during their recess periods. We know that walking is a great form of exercise.

Students throughout the building are walking, having their foot cards punched and are earning tokens.

So far, we have 29 students that have walked five miles, Tyrese Smith, Tristan LaMay and Mataya Thacker that have walked ten miles and three boys – Austin Will, Brandon Charlebois and Craig Elam who have already walked **Twenty-Five miles**. Congratulations to all students who are participating in our Mileage Club. Keep walking!



## Picture Retake Day

Lifetouch will be here on December 11, 2009 from 9-11 a.m. for any picture retakes. If your child was absent for our original picture day or you would like a retake, please inform the office by calling 586-461-3100 to let us know you are coming. Also, if you are coming for a re-take, please make sure to return the original package of pictures. The order forms will be available when you arrive on December 11 so that you can choose a package, background and style.

## Title I Family Math Night

On Thursday, November 19<sup>th</sup>, we will be having our first **Title I Family Math Night**. This will be a fun and educational evening where parents can learn various mathematic skills along with their children, You'll also receive activities to complete at home to continue the learning.

This evening begins at 6:30 p.m. in our gymnasium. We will be playing a number of games including: "One Number Indivisible", "Count your Pennies" and "About Time". There will be games for students of all ages – kindergarten through sixth grade.

At 7:30, we'll break for a healthy snack, and have a raffle. We will have a variety of commercially produced games that we will be raffling off.

Please complete and return the registration form that was sent to you by November 16<sup>th</sup>. That way, we'll have enough materials and food for your family. Don't forget – mark Thursday, November 19<sup>th</sup> on your calendar for Title I math night.



## Parent Breakfast Club

**The next meeting of our Parent Breakfast Club is on Thursday, November 19, 2009.** Meet us in the Media Center at 7:35 a.m. and enjoy a healthy breakfast. Our topic for November is Bone Health– and as always, we'll have prizes and giveaways for parents who attend. These classes are less than an hour in length. You get breakfast, great conversation, meet some other parents and start your day off right!

## Eat Smart, Move More... maintain, don't gain!



When faced with a variety of choices at the holiday buffet it's easy to feel overwhelmed. What do you choose to keep hunger at bay while still maintaining your weight? Rather than giving-up and giving-in to temptation, arrive at the party with a picky eating plan.

Picky eaters, or those who survey the scene before they start eating, have better portion control than those who dive into the meal without looking. With a few strategies in mind ahead of time you can enjoy the buffet and minimize the guilt that can come with holiday eating. Use these tips to help you stay on track with the Eat Smart, Move More...maintain, don't gain! Holiday Challenge.

Before party time arrives, eat a small meal or snack. When you skip meals in preparation for the party you set yourself up to overeat. Instead, fill up on foods with lean protein and fiber to fight off hunger.

While you're getting ready for the party, imagine yourself standing in front of the buffet table. Map out what foods you will choose and what foods you will avoid. When you have a plan in place ahead of time you will feel more in control. Your mind will be at ease once you're at the party and you can choose foods within your own pre-set limits.

Upon arriving at the party, stroll past the buffet table before joining the line. As you walk, take note of what foods are offered and form your food plan. Check out all the options beforehand rather than filling your plate with the first foods available in the lineup. In this case, it is okay to be picky.

Choose the foods that you really love and skip the ones that don't thrill your taste buds.

While at the buffet keep portions in check and fill up your plate with your favorite veggies. Next choose a lean protein (think chicken, lean beef, fish or shrimp) and a small side. If you want to try more than one side, take a little bit of each but make sure it isn't bigger than the size of your fist.

When choosing your dessert there are two ways you can feel satisfied while sticking to your plan. Option 1 is to enjoy one serving of your favorite dessert – for example a small slice of pie, a 2-inch by 2-inch square of cake or a small scoop of ice cream. If more than one dessert tempts your taste buds then option 2 may be your best bet – take one or two bite-sized portions of a few select desserts making sure not to take more than what would have equaled one slice of pie. The key to either option is not denying yourself the enjoyment of dessert but also not going overboard.

Once you're through the buffet line, take time to savor your food. Alternate bites of food with conversation – take time to really listen to what others are saying. This not only strengthens relationships, but also helps you feel full with less food. It takes nearly 20 minutes for your brain to recognize that you are full – use that time to savor your meal and enjoy the company of others.

For more information about the Eat Smart, Move More...maintain, don't gain! Holiday Challenge visit [www.MyEatSmartMoveMore.com](http://www.MyEatSmartMoveMore.com).

## Do What Great Readers Do!

Many parents would like some tips on assisting their children in reading. Here are what great readers do to improve their reading and comprehension.

### ***Before Reading***

**Preview** the material. Look through the pages.

**Think** about what you know about the content.

**Predict** what might happen in the story or what you will learn.

### ***During Reading***

**Visualize** what is happening

**Make** a connection

**Predict** what you expect to happen next.

**Ask yourself**, "Does it make sense?" If not, reread or use context clues.

**Pick out** the important ideas.

### **After Reading**

**Reflect** on what you've read:

What did you learn?

Did you like what you read?

Did your predictions come true?

**Retell** the story or summarize the information for someone.

*Courtesy of: Positive promotions.*

### **Calendar**

- November 18** Early Release 1:00 p.m. Teacher Collaboration Time
- November 19** Parent Breakfast Club 7:35 a.m. – Media Center  
Title I Family Math Night 6:30 – 7:30 p.m. King Gymnasium
- November 24 Thanksgiving recess begins at the end of the day
- Nov 25 – 29** No School – Thanksgiving Recess
- November 30 School Resumes
- December 3 **Holiday Concert** 6:30 p.m., King Academy Cafetorium
- December 9 **Early Release 1:00 p.m.** Teacher Collaboration Time
- December 11 **Picture Retake Day** 9-11 a.m.
- December 18 **Winter Recess** begins at the end of the day. School resumes on Monday, January 4<sup>th</sup>.

