



March 2010

Core Value of the Month— Leadership

The core value of the month—Leadership is represented by the color purple. The definition of Leadership that Fit Kids will be teaching this month is: “to lend guidance down the right path”. Students are able to display and develop their leadership skills in so many ways here, at school, and at home. Taking initiative to do things that they know are expected of them without being asked or reminded and encouraging others to do the same. Take a look at the Fit Kids Value Board and you will see that many of the students are doing a wonderful job of being good leaders already!

March is sure to bring warmer weather which means the students will be getting outside more again (YAY!!). Visits to the library will be resuming shortly as well on the third Wednesday of the month.

If you missed the first deadline for ordering Fit Kids t-shirts or hoodies, Ms. Misty will be placing another order at the end of this month. Please fill out an order form with the amount due attached to any of the Fit Kids counselors.



When driving to the shopping center, find the parking spot farthest from the entrance and have a speed walking race to the door (just be sure to watch for other cars)!
<http://www.ymca.net/healthyfamilyhome/welcome.html>

NOTICE

Please check the lost and found box—it is overflowing with missing goodies.

Dates to Remember

March 12th: School’s Out Fun Day
8am-5:30pm (swimming 2-4)
Early drop-off can be arranged by calling Misty or Deb 641-752-8658.
March 19th: School’s Out Fun 1/2 Day
12-5:30pm (swimming 2-4)

President’s Physical Fitness Testing

The results of the third round of the PPFT were very good. Most students showed improvement in their running times and were able to perform more sit-ups and push-ups. Fit Kids will be performing the final round of the PPFT in mid-May so keep active!

Fruit and Veggie Race

From the tracking counselors have done so far, it is a close race between the second grade and the third and higher grades. Keep encouraging the students to eat their fruits and veggies and to let the counselors know each day so they can mark it down.

March Birthdays

- Rogelio Ceren 3/03
- Lucas Wymore 3/05
- Paul Nash 3/23
- Brayden Burke 3/27
- Spencer Snyder 3/27
- Elena Torrez 3/29
- &
- Miss Tila 3/30



March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	1 <i>Celery sticks (3-4 2" sticks) with Peanut butter (1TBSP) and raisin (1/4c)</i>	2 <i>1/2 orange and Animal crackers (approx 12)</i>	3 <i>Banana (1 small or 1/2 large) and graham cracker sticks (approx 8)</i>	4 <i>Popcorn (100 calorie snack bag) with parmesan cheese</i>	5 <i>PBJ and applesauce</i>	6
7	8 <i>Fruit Kabobs: Sliced bananas, strawberries, grapes, star-fruit on pretzels</i>	9 <i>Baby carrots (8 carrots) and ranch dressing (1TBSP)</i>	10 <i>Nutri-Grain cereal bar and applesauce (1/4c)</i>	11 <i>Pears and Cottage Cheese (1/4 cup)</i>	12 S.O.F.D 8am-5:30pm	13
14	15 <i>Grapes and String cheese</i>	16 <i>Apple slices (1 small or 1/2 large) w/ peanut butter (1Tbsp)</i>	17 <i>Frozen Banana Pops</i>	18 <i>Baked Nachos and salsa</i>	19 S.O.F.1/2D. 12-5:30pm	20
21	22 <i>Tube yogurt and Grapes (approx 20)</i>	23 <i>Baked Nachos (approx 14 chips) and salsa (1/4c)</i>	24 <i>Pudding cup and graham cracker sticks (approx 8)</i>	25 <i>Tuna salad in pita pocket</i>	26 <i>Yogurt (3oz) Berries (1/4c) And granola (1/4c)</i>	27
28	29 <i>Baby carrots (8 carrots) and ranch dressing (1TBSP)</i>	30 <i>Turkey and cheese On a bun</i>	31 <i>Apple slices (1 small or 1/2 large) w/ peanut butter (1Tbsp)</i>	1 S.O.F.D 8am-5:30pm	2 S.O.F.D. 8am-5:30pm	3

All snacks have been dietitian approved for serving sizes and nutritional content. Snacks are subject to change based on availability of produce.
Thank you to Fareway and Hy-Vee —partnering with the Fit Kids After-School Program to bring nutrition to your Fit Kid!