

Lansing School District News

"Field To Table" Builds Healthy Appetites

With many chronic diseases linked to lifelong dietary habits, Lansing's School Nutrition Action Program (SNAP) has teamed up with the Healthy Heart Fund and Cornell Cooperative Extension (CCE) to deliver a tasty, hands-on nutrition program to our 2nd and 4th grade students.

Food service director Shirley Cuykendall and CCE nutrition educators Sue Travis and Tracy Farrell trained Lansing teachers. They, in turn, taught our youngsters (1) how the food and agriculture system contributes to a healthy diet, and (2) how tasty healthy vegetables and grains can be.

Four units during the year focus on potatoes, oats, dried beans and greens. Children not only learn "facts" about good nutrition, but actually follow recipes, measure fresh ingredients and prepare tasty dishes using the foods they're studying.

During each unit, the lunch menu expands to include the featured foods ... and the results are clear. When the cafeteria offered a potato & toppings bar as an alternative to burgers, the 2nd and 4th graders who'd studied the tasty tubers gobbled up the offering while those who'd not studied nutri-

tion stayed with the burgers and fries.

The current unit is about oats. The kids learned about the history, varieties and nutritional value of oats. And as they prepared Friday's muffins, they applied their knowledge of wet and dry measures to prepare their own treats. Bon appetit.



MUFFIN MADNESS - Teacher Lisa Peter teaches 2nd graders Randa-Lyn Randall, Brent Stull, Brian Emerick, Rachel Strohmman & Sonya Thomas how to make tasty oatmeal muffin treats.)

Kids' Puzzle Corner

by JP

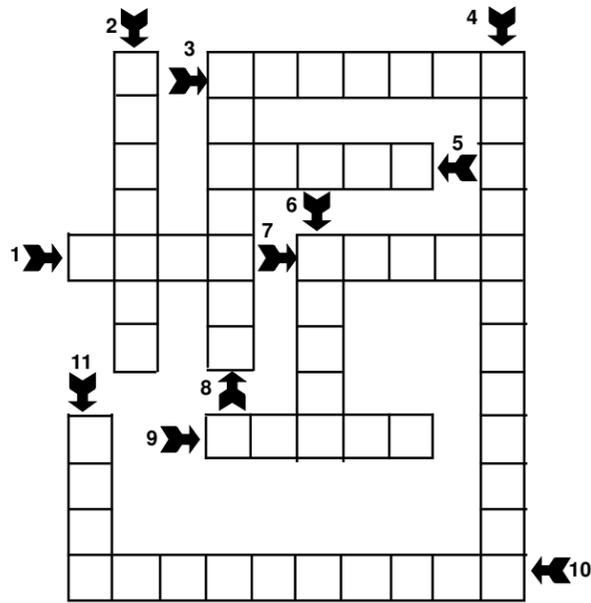
Hello everybody,

Today's puzzle is about a great civil rights leader, Martin Luther King, Jr. He's the only American born in this century who honors with a national holiday.

The puzzle is a word maze. It's almost like a crossword puzzle, but instead of words going down and across, they can go in any direction. The arrows next to the numbers tell you where and in what direction to start the word. Ready? Set. GO!

Clues:

- 1) _____ is the first name of the president who was killed when Martin Luther King, Jr. was 34 years old.
- 2) Martin Luther King, Jr. was standing on a _____ when he was shot to death.
- 3) Martin Luther King, Jr. and his wife Coretta named their first child _____.
- 4) Martin Luther King, Jr. was _____ on April 4, 1968.
- 5) In 1954, Martin Luther King, Jr. visited _____ and met Mahatma Gandhi. Gandhi used nonviolent to free his country from British rule.
- 6) In 1964, Martin Luther King, Jr. was awarded the Nobel Prize for _____.
- 7) On December 1, 1955, Mrs. Rosa _____ refused to give up her seat on a bus to a white man. Because she did this, all people now have equal rights on public transportation.
- 8) Martin Luther King, Jr. was born on _____ 15, 1929.
- 9) 500,000 people came to Washington, D.C. to hear Martin Luther King, Jr. make his most famous speech, "I have a _____."
- 10) Martin Luther King, Jr. proved that one man can make a lot of _____.
- 11) My _____ is that Martin Luther King's dream will become true.



SOLUTION:

- 1) John
- 2) balcony
- 3) Yolanda
- 4) Assassinated
- 5) India
- 6) Peace
- 7) Parks
- 8) January
- 9) Dream
- 10) Difference
- 11) Hope



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HOW TO TALK TO YOUR KIDS ABOUT DRUGS

The best thing about this subject is that you don't have to do it well. You simply have to try.

If you try, your kids will get the message.

That you care about them.

That you understand something (not everything, but something) about the conflicts and pressures that they face.

That you're there when they need you.

The alternative is to ignore the subject. Which means that YOUR kids are going to be listening to others who have strong opinions about the subject. Including those who use drugs. And those who sell them.

Understand Rebellion

At the heart of it, drugs and alcohol, wild hairstyles, trendy clothes, ear-splitting music and outrageous language are different ways of expressing teenage rebellion.

That's not all bad. A major part of growing up is to create a personal identity <apart from parents>. It's a process that ultimately leads to independence.

A step along that path is rebellion — which is to say rejecting parental values, and staking out new ones.

We did it. They're doing it. That's the way it is.

The problem comes when kids choose a path of rebellion that hurts them, destroys their self-worth, and can ultimately kill them.

That's the reality of drugs.



TALK TO US AND WE'LL TALK TO YOU

Don't Get Discouraged.

When you talk to your kids about drugs, it may seem as though nothing is getting through.

Don't you believe it.

The very fact that you say it gives special weight to whatever you say.

But whether or not your kids let on they've heard you, whether or not they play back your words weeks or months later, keep trying.

Start anywhere.

"Have you heard about any kids using drugs?"

"What kind of drugs?"

"How do you feel about that?"

"Why do you think kids get involved with drugs?"

"How do kids deal with peer pressure to use drugs? Which approaches make sense to you?"

"Have you talked about any of this in school?"

However you get into the subject, it's important to state exactly how strongly you feel about it.

Not in threatening tones. But in matter-of-fact, unmistakably clear language:

"Drugs are a way of hurting yourself."

"Drugs take all the promise of being young and destroy it."

"I love you too much to see you hurt yourself now or in the future."

Some Do's and Don'ts

The "do's" are as simple as speaking from your heart.

The biggest "don't" is don't do all the talking. If you listen to your kids — really listen — you'll learn a lot about what they think. About drugs. About themselves. About the world. And about you. They'll also feel heard and that, too, is a step along the path to self-esteem and true independence.

Don't threaten. Don't badger. Just talk to, and *with*, them.

It's okay if you don't know much about drugs.

Your kids do.

But they need to know how you feel about the subject.

And whether you care.

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