



LES MISSION STATEMENT –

"Increasing Reading Comprehension & Expressive Writing Across the Curriculum"

Issue 22

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Lakenheath Elementary School

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Dates to Remember



16 Feb – President's Day – NO SCHOOL

27 FEB – EARLY DISMISSAL - 1115

27 Feb – PTO Spirit Day – see article

LUNCH MENU

(Optional choice is for 2nd / 3rd grade)



16 Feb: President's Day – NO SCHOOL

17 Feb: Cheese Pizza (or Baked Chicken Tenders w/Roll) Green Beans, Chilled Peaches, Garden Side Salad, Fruited Jell-O, and Milk

18 Feb: Chicken Alfredo w/Pasta (or Ham & Cheese Sandwich), Cauliflower & Carrots, Chilled Pears, Fruited Jell-O, Mini Pretzel, and Milk

19 Feb: Cheese Pizza Dippers (or Yogurt & ½ Grilled Cheese), Fresh Carrot Sticks w/Dip, Apple Quarters, Goldfish Pretzels, Fruited Jell-O, and Milk

20 Feb: Cheeseburger Mac (or Chef Salad), Garden Salad, Fresh Fruit Cup/Fruited Jell-O, Animal Crackers, and Milk

Check out the month's menu at:
<http://odin.aafes.com/nutrition/08/index.html>

The Principal's Column

EARLY DISMISSAL



Due to the cancelation of school Monday morning, February 2nd, many of you may be receiving a parent invitation to reschedule your child's Mid-year Parent-Teacher Conference, or a letter stating it is not necessary to meet at this time. Conferences will be scheduled in the afternoon only on Friday, February 27th, 2009 from 1230 to 1500 hrs. **An early dismissal has been scheduled for 1115 that day.**

The purpose of our mid-year conferences differs from our fall conferences as they are optional and may vary in style. Some teachers schedule group conferences for several parents at a time, others use student led conferences, and some prefer individual parent conferences for parents of new students, or for those needing additional support in preparation for next school year.

Please return the invitation to your child's teacher by Tuesday, February 24th.

If you were not invited to attend, but still wish to meet with any of your child's teachers that day, contact them via note, email, or by leaving a message at 226-3721. We look forward to seeing you!

WEATHER DELAYS



The Schools Liaison Office has asked us to inform parents when calling for weather delays or closures to call the RAF Lakenheath weather recording at: 01638-52-3541 or 226-3541.

SAFETY REMINDER



The safety of children as pedestrians is paramount. Therefore, it is important to teach and practice safe pedestrian skills with our children. Parents please remind your child/ren to look both ways before crossing the road and to obey the traffic signals. If your child is riding their bike or skateboard, ask them not to ride it across the road but to walk across the road when it is safe to do so.

We also have pedestrians who are using the other side where thorn bushes are planted on Lord's Walk as a sidewalk/footpath.



Students should use the sidewalks at all times and not cross the road at marked crossings only.

See attached if you would like to volunteer as a crosswalk monitor.

GOLDEN ROCKY'S



We had 17 students receive their Golden Rocky award today. Congratulations to all!

FROM THE HEALTH OFFICE



As long as it is not actively raining, the students will go out for recess. This can leave some of them very muddy and dirty. Unfortunately, the health office cannot provide a change of clothes to children who are muddy. It is highly recommended that children bring an extra pair of clothes for mud/dirt. Thank you for your cooperation.

RECYCLE YOUR INKJET CARTRIGES!

Host Nation Department



We recycle used inkjet cartridges in our school. There is now a green bin by our Reception Desk where they can be placed. I also have one outside my room, 252 in bldg 51, which is above the Library. The money we receive will go towards Guide Dogs for Blind. It is so easy - just put the empty cartridge in a small plastic bag or envelope and drop in the bin. We cannot, unfortunately, recycle laser toner cartridges. Thanking you in advance.

JUMP ROPE FOR THE HEART

Physical Education Department



Jump Rope for Heart is nearly here! Next Friday, February 20th is the big event! Lakenheath Elementary School will once again be joining the fight against heart disease and raising money for the American Heart Association. Don't forget to fill out your donation envelope and send it in with your child.

Brainstorm with your child people they could ask for a donation to fight

our nation's number one killer! (No door-to-door asking strangers please!) Friends and family in the States are another great way to help out.

There is a problem with using the online donation service at the moment. The website asks you to choose a state, and since our address is an APO we don't really fit in very well. I am in contact with the AHA and we are trying to fix things so friends and family can donate online. I will let you know via the Eagle Express any news as soon as I can! I will extend the donation deadline until March 1.

There are two more ways to join in: have your child make a "heart" about 6" across and fill it out "In memory of..." or "In honor of..." and bring it in to post on our special wall honoring those we love that have battled heart disease. The second way to join in will be to come and watch our culminating show, a rope skipping demonstration put on by the Blue and White Rope Skippers. They are a highly skilled rope skipping team that holds many world records. The show will begin at 2:00pm on Friday afternoon. You'll be amazed at what you see them do with a rope! Thanks for supporting our event!

VOLUNTEER DIRECTORY

School Home Partnership



There are many activities that parents make possible for our children through volunteer work here at Lakenheath Elementary School. All one has to do is walk through the halls on any given day to see how much of a contribution is made by our parents. In working with our parent volunteers, we see that there are many people with many different talents in our school community. In an effort to maximize our collaboration with parents and community members, the School Home Partnership Committee is in the process of compiling a directory of volunteers. A form will be sent home with your child within the next week asking about different areas in which we need volunteers.

Filling out the questionnaire is not mandatory, and doing so will not commit you to any specific task. We would like to ask that the questionnaires be returned by **February 25th** to your classroom teacher so that we can begin to build our directory, but you are welcome to respond at a later date as well.

Should you have any questions, please contact the School Home Partnership Committee at Lakenheath Elementary School: Janina Klimas janina.klimas@eu.dodea.edu or Harry Owens harry.owens@eu.dodea.edu Thank you!

PTSO SPIRIT DAY



Every Friday is Lakenheath Elementary School Spirit Day. However, the last Friday of every month is the PTSO Spirit Day.

The PTSO will take a count of students wearing spirit-wear during lunch. Spirit wear is any LES-related items. This includes articles purchased from the school store, Rocky runner t-shirts, walk the UK/USA t-shirts, field day t-shirts, Jump Rope for the Heart t-shirts or any item from the previous school years. The classroom with the highest percentage will be the PTSO Spirit Day winner for that month. The classroom will receive a certificate for their teacher and a "Rocky Wreath" to hang on their door.

If you are in need of spirit wear, please stop by the parent center or purchase at the school store on Rocky's Cafe Days.



LES SHOWCASE ANTHOLOGY WINNERS CORRECTION:

In our article last week, one of the names listed was incorrect. Our sincerest apologies for the error.

Learning Good Dental Care Habits!



During this past week, LES students visited with four members of the 48th Dental Squadron who presented the inside story on good preventative dental health care.

Using lots of dental floss, giant teeth and giant toothbrushes, children helped in the demonstrations.



Two of our third grade students, explained to this reporter how important fruit and vegetable snacks were for their teeth.



Such healthy snacks don't stick to one's teeth like a snack loaded with sugar would do. Veggie and fruit snacks just do not create as much tooth damage! The girls also shared that they were impressed with the people from the dental staff, and

would feel comfortable visiting the dentist for their regular checkups.

The students went home with dental handouts and new toothbrushes! Everyone wishes to thank the members of the 48th Dental Squadron who came to visit with us. Ms. Caverly, our school nurse, is also happy to answer any questions that parents might have after reading the dental handout.

