



## PRINCIPAL'S MESSAGE

Happy Spring! Please join us in reminding our students that our fourth and final quarter of this school year is extremely important. Teachers are busy planning engaging and motivating lessons to cover the remaining skills and concepts for this year. Homework will be given, and teachers will continue to assess your child's progress. It is very important for students to continue to come to school each day ready to learn. We will hold high expectations for our students in the areas of learning and behavior. We expect the children to work hard and always try their best; we know that our students are ready for the challenge. Your support and encouragement will surely help our efforts to make this 4<sup>th</sup> quarter a tremendous success for all of our students. Please talk to your child about making good choices throughout their day. This includes the bus, recess and the bathroom.

As we open up our school more each month, we would like to thank everyone for following our guidelines for events. If you have any questions about events, please call our school. We will hold our kindergarten Easter parade on April 14<sup>th</sup>. Our Easter Holidays will begin on Friday, April 15<sup>th</sup>, and classes will resume on Wednesday, April 20<sup>th</sup>. We wish you and your families a most enjoyable Spring Break.

Lisa Perrin  
Principal

## MISSION

Allemands Elementary School is committed to building the foundation of lifelong learning for all students in a safe, respectful environment.

## VISION

The faculty of Allemands Elementary School embraces the education of all students as a top priority by providing a positive foundation for success to prepare students to meet the challenges within the changing society of the 21<sup>st</sup> century. There is a commitment from stakeholders to help all students to become college and career ready creating lifelong learners. Our school provides a safe, stimulating, atmosphere that is created through respect for self, others, and our environment. Actively engaged students aspire to reach their full potential, reflecting the high expectations among our faculty, family and community.



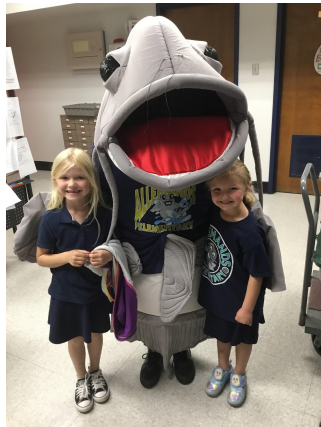
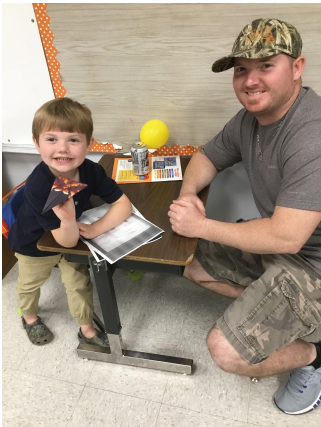
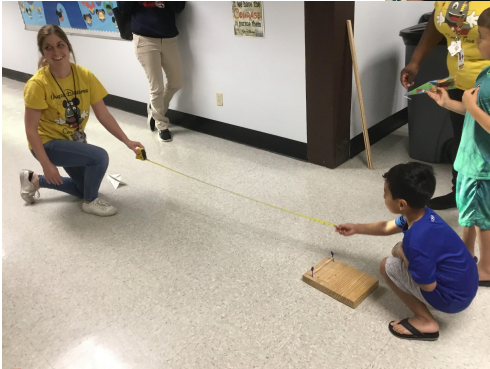
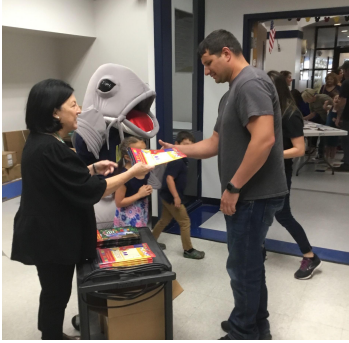


# LET'S MAKE DREAMS COME TRUE



## STEAM Night

We are thankful to everyone who participated in STEAM Night at AES; we are especially grateful to the HHSTigerbots for supporting us and participating in our event.





# UPCOMING EVENTS

## April

1st	Prekindergarten & Kindergarten Artsperience Trip
4th	Report Cards are sent home
5th	Parent Visitation
6th	Playgroup at 10:00 in Family Center PTA Board Meeting at 1:00 in Family Center
8th	Community Morning Meeting at 9:15
11th	Spring Pictures
13th	Playgroup at 10:00 @ the Westbank Bridge Park
14th	Wear spring colors or a spring shirt Easter Parade at 2:00
15th-19th	Spring Break
20th	Classes resume
21st	1st grade Field Trip
26th	Class Pictures SIP Stakeholder Meeting at 8:45 in Family Center All are welcome Contact <a href="mailto:ckillian@stcharles.k12.la.us">ckillian@stcharles.k12.la.us</a> to attend
27th	Playgroup at 10:00 in Family Center
28th	Progress Reports are sent home 2nd grade Field Trip General PTA Meeting at 5:30 in library Young Authors' Night 6:00
29th	Kindergarten Field Trip



## Newsletter Delivery

As part of our efforts to embrace technology, take care of our environment, and monitor spending, we will have an electronic newsletter delivery. Allemands Elementary will deliver the monthly school newsletters via email. Additionally, the school newsletter will be posted to the school's web page. If you would like a printed copy of the school newsletter, please notify Lakia Butler at [lbutler@stcharles.k12.la.us](mailto:lbutler@stcharles.k12.la.us) and a copy will be sent home each month with your child. Thank you.

## Calendar Revisions

The district calendar has been revised due to Hurricane Ida. You can find the updated calendar at <https://www.stcharles.k12.la.us/domain/2866>

## SIP Stakeholder Group

We are looking for parents, grandparents, and community members to work with us! Our School Improvement Team wants to hear your voice in regards to making improvements to our school. Each month we will hold a meeting with the group of stakeholders to talk about activities and initiatives as well as hear concerns. These meetings are in-person and will last 30-45 minutes. We recommend wearing a mask for the meeting. Our next meeting is on April 26, 2022 at 8:45. At the last meeting, we reviewed our plan for the spring events. If you are interested in being a part of this group, please contact Chellie Killian at [ckillian@stcharles.k12.la.us](mailto:ckillian@stcharles.k12.la.us).

## Family Literacy Teacher

Please help us welcome Ms. Joan Gaudet, our Family Center Teacher. Ms. Gaudet has taught in St. Charles Parish previously and is returning from her retirement to support our students and families. She will be in the Family Center on most Tuesdays and Wednesdays until May. You can contact her by calling AES at 758-7427 or through email, [jgaudet@stcharles.k12.la.us](mailto:jgaudet@stcharles.k12.la.us)



## Parent Visitation for Next Year's Grade

We will host a parent visitation session in the Family Center on April 5, 2022. Parents will virtually visit a class in the next grade level. Ms. Joan Gaudet and a grade level teacher will talk about the expectations for the next year. We hope to see you there!

## Easter Parade Banners

Our kindergarteners will participate in the Easter parade on April 14, 2022 at 2:00. We are in need of kindergarten parents to decorate a parade banner for the class. Please contact Ms. Joan Gaudet if you have any questions or would like to volunteer to help make this banner.

## Young Author State Winner

**Congratulations Aaron Swaim**



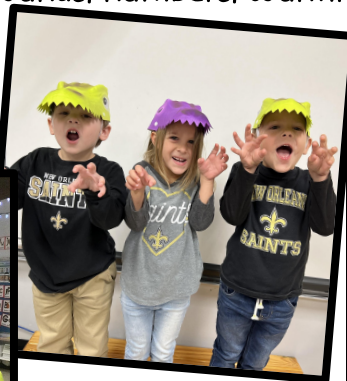
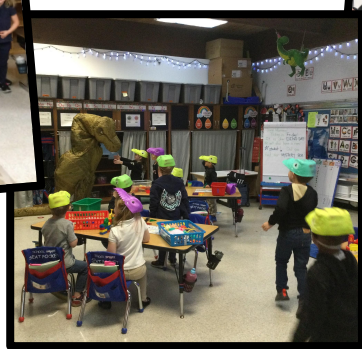


# OUR LEARNING



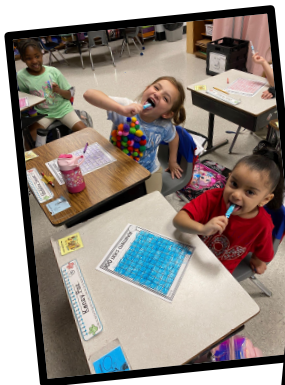
## pre-k

- During our unit "Giants," Pre-K has been learning all about measurement, using comparative language, and categorizing. We have enjoyed reading about dinosaurs, nature's giants, and man-made giants. At the end of our dinosaur week, we dressed as dinosaurs and enjoyed a virtual field trip to the Smithsonian Museum of Natural History where we participated in a webinar with a real paleontologist. A T-Rex also showed up to class!
- We are continuing to work on developing all the essential skills needed before Kindergarten like letter identification, sounds, numbers, counting, and much more.



## kindergarten

- During our Skills Strand, we introduced our first story, Kit. We worked on reading decodable and tricky words. Then, answered questions about the text. Now, we are reading our next story, Seth.
- In writing, we are working on writing the sounds that we hear in words to tell a complete sentence. Our sentences match our pictures and tell about a topic.
- In our Knowledge Strand, we have learned all about the seasons and weather. Ask your child to tell you about the weather each day!
- In Math, we are decomposing numbers to 10 and adding and subtracting to 10. We are writing number bonds and number sentences.
- We are so excited to go on our field trips this month to see performances at the Lafon Performing Arts Center.







# OUR LEARNING



## first grade

In the month of April, our first graders are continuing to build their knowledge in all subjects. In Skills, we are learning to read and write words multi-syllabic words and words that end in -ed. We will begin a new reader, *Grace*. This is a fiction reader. Have your child discuss the story read in class with you. You can help by asking about the characters, setting, and major events. In Knowledge, we have enjoyed learning about Animals and Habitats. We will move into learning about A New Nation. To learn more, check out a book at your local library and add it to your reading log. Your student is learning about shapes, halves and quarters, and time to the hour and half hour. Please continue to complete the nightly homework to support your child with the skills we are learning. Please continue to remind your child of the importance in showing CARES throughout our learning day!

## second grade

In reading, second graders are using reading strategies to help them apply phonics, comprehension, and fluency skills. When readers read fluently, comprehension increases. When your child reads, the reading should sound like natural speech. Encourage your child to practice reading carefully and with expression. Second graders will continue reading fiction books. Have conversations with your child about the characters, setting, plot, central message, and any connections. We wrapped up our Human Body Knowledge Domain. Ask your child what they learned.

In writing, students are writing compositions using grammar rules. By the end of the year, second graders should know all basic facts to 20. You can also study facts with math games and various activities in our Google Classrooms. Ask your child to try applying one of the math strategies-Make a Ten and Take from Ten. Working together, we'll have an "Egg Sighting" April of teaching and learning!

# ENRICHMENT

## Librarian's

## Letter

***Thank you for helping us to have a successful book fair! Money raised from the sale will go towards buying new books for the library and purchasing reading program prizes.***

**Remember to participate in our school wide reading program:**

**Finley's Fin-tastic Fishies!**

**Please read the letter on the back of the reading log to learn how the reading program works.**

**Blank reading logs can be found online at:**

**<https://www.stcharles.k12.la.us/Page/15936>**

**PreK and Kindergarten students who read 100 books, 1st graders who read 200 books, and 2nd graders who read 300 books will be recognized on a bulletin board.**

**Happy Reading! Love,  
Ms. Lacey, librarian**

## COUNSELOR'S corner

Let's be bucket fillers!

"A bucket filler is a caring, loving person that does or says nice things.

You feel a bucket when you show love to someone, when you say or do something kind, or even when you give someone a smile. When you're a bucket filler, you make your home, your school, and your neighborhood better places to be. Bucket feeling makes everyone feel good."

Have You Filled a Bucket Today?

By Carol McCloud

Lori Hogan, School Counselor

## French FUN

Bonjour! Happy Spring! April will be a busy month. April Fool's Day in France is celebrated very differently from America. They call that day le poissons d'avril which means "April Fish."

Children color and decorate paper fish and sneak them onto the backs of parents, teachers and friends. At the end of the day everyone is walking around with many cute paper fish taped to their backs. It is a lot of fun! We will also be learning some French spring vocabulary. In addition, we will be learning some Earth Day vocabulary at the end of the month.



# A Note from the Family Center



Playgroups will be held weekly on Wednesdays at 10:00.

Please contact Annie Francioni, [afrancio1@stcharles.k12.la.us](mailto:afrancio1@stcharles.k12.la.us) if you have any questions!

## How Can You Get Involved and Be An Advocate For Your Child:

- **Ask questions.**

If something concerns you about your child's learning or behavior, ask the teacher or principal about it and seek their advice. Your questions may be like these – What specific problem is my child having with reading? What can I do to help my child with this problem? How can I stop that bully from picking on my son? How can I get my child to do homework? Which reading group is my child in?

- **Learn about your rights.**

It's important to know what your rights are as the parent regarding special services, English instruction, immigration status, and more.

- **Let the school know your concerns.**

Is your child doing well in school? Is he or she having trouble learning, behaving, or studying? Is there a problem with another student, teacher, or administrator?

## Manténgase informado y apoye a su hijo

- **Haga preguntas.** Si algo le preocupa acerca del aprendizaje o comportamiento de su hijo, pregúntele a la maestra o al director sobre dicho comportamiento y busque asesoría. Sus preguntas pueden ser como las siguientes: ¿Qué problemas específicos tiene mi hijo con la lectura? ¿Qué puedo hacer para ayudar a mi hijo con este problema? ¿Cómo puedo evitar que otros niños intimiden a mi hijo? ¿Cómo le puedo ayudar a mi hijo a hacer las tareas? y ¿A qué grupo de lectura pertenece mi hijo?
- **Aprende sobre sus derechos como.** Es importante saber que sus derechos como padre son con respeto a la inmigración, servicios especiales, la instrucción de inglés, y más.
- **Informarle a la escuela lo que le preocupa.** Si su hijo tiene un problema con los estudios, el comportamiento, o con otro estudiante, maestro o administrador.

# Kindergarten Registration

Kindergarten will be mandatory starting the 2022-23 school year for children who are 5 years old by September 30th. Please call AES if you have any questions.



**WHO:** Children who will be five (5) years old by September 30, 2022.

**INFORMATION:** Parents/guardians can register their child for kindergarten either online or in-person.

Both are not needed, unless unable to upload required documentation online.

Registering online & then bringing required documentation to school in-person is allowed.

If your child is currently enrolled in a St. Charles Parish Public Schools' Pre-K or Head Start Program, you do not need to register your child for kindergarten.

Parent/guardian should be prepared to upload online or bring to registration the following documents:

1. Copy of driver's license or state ID of enrolling parent/guardian
2. Proof of Custody (If child is not living with both biological parents, the custody document must be signed by a judge and have a court seal. The document must name the applicant as the physical, custodial, or domiciliary parent.
3. Proof of residency (Two utility bills showing physical address. Only gas, water, and/or electricity bills accepted. Telephone and cable television bills are not acceptable proofs of residency. If renting, one current utility bill and a copy of the lease with all children listed as occupants must be provided. Landlord's full name and phone number must be on lease.)
4. Certified birth certificate for the child
5. Home address, mailing address, and telephone number
6. Social Security card for the child
7. Immunization record for the child

**\*Students registering online or in-person by March 11th will be administered the Kindergarten Screener at an assigned time later in the spring.**

## ONLINE REGISTRATION

Parent/guardian can register and submit documents online at any time. If you are able to upload all required documentation online prior to clicking submit, you do not have to go in-person to school to provide documents.

**WHEN:** Opens Monday, February 14th

**WHERE:** <https://registration.powerschool.com/family/gosnap.aspx?host=StCharlesParishPSD>

Or by scanning this QR code

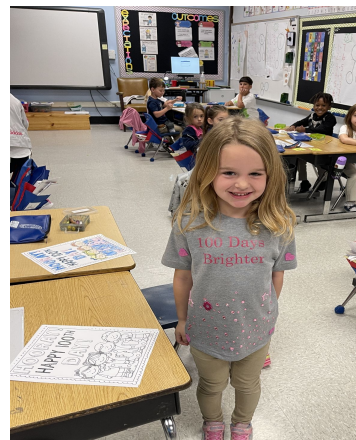




# STEAM Night



**100  
DAYS OF  
SCHOOL!**





# PTA NEWS

Don't forget to send your teamwork flowers to help our garden grow!!



Please welcome our updated PTA Board. They meet once a month and would love to have your participation.

President, Amanda Martin  
Vice President, Laura Brown  
Secretary, Celeste Matherne  
Treasurer, Erica Dufrene  
School Liaison, TBA

Grade Representatives:  
Vanessa Camarata  
Danielle Berthelot  
Kelli Finstad  
Tongla Turner  
Megan Hammett  
Jodie Matherne  
Krissy Hebert  
Chelsea Sassin  
Kelly Madere  
Katie Foster



## Catfish Character Traits

- Our School Improvement Team has designated a character trait each month to teach the Essential 11 Traits each week. In addition, the PTA will support our school by sending home a family activity to practice this trait. In April, we will focus on Empathy. Our teachers will read the book, "We are all Wonders" by R.J. Palacio and review the following topics during the month. Please help us to reinforce the character trait at home and in the community.
- We will focus each week on:
  - Empathy-"You, Me, and Empathy" by Jayneen Sanders
  - Self Management
- "Hello" Greet faculty and staff, especially if you are greeted first by any faculty and/or staff member. It is such a nice gesture to greet your peers and visitors to our school.

Let us know if your child shows this character trait at home or the community by returning the information below. We will read it during the announcements to celebrate your child!

Student Name: \_\_\_\_\_

What did he/she do to show empathy in your home or the community?

---

---

---



# Nurse Notes

## 7 Habits of Heart-Healthy Kids

In a culture that is inundated with unhealthy habits and foods, it can be an enormous challenge for parents to instill in their children a good sense of healthy habits. Although it may be impossible to completely avoid fast food, there are plenty of choices that you can make as a family to promote better heart health in your kids.

To teach your children positive habits that will protect them from many forms of heart disease, try adopting some of the following habits.

### 1. Turn off the TV.

Don't let your kids fall into the pattern of endlessly watching TV. If they spend all their time watching TV and sitting in front of the computer now, they'll do the same thing as adults. Set a time limit for the TV or the computer for each day, and then encourage kids to play outside or engage in other activities.

### 2. Develop a dinnertime routine.

If dinner is a family event each evening, kids are less likely to snack throughout the afternoon on less healthy foods. Make a habit of sitting down to eat together so that kids expect a hearty meal at the end of the day.

### 3. Get some exercise as a family.

Instead of going to see a movie, take a hike! Go on a bike ride around the neighborhood or play a game of soccer. Group activities are a great way to make sure that kids get plenty of exercise so that they have strong hearts.

4. Assign active chores.

If you’re having trouble thinking of ways to get your kids off the couch, ask them to attend to chores that require activity. Send them out to wash the car, rake leaves, or mow the lawn.

a healthy-heart not only now, but also as adults.

\*information obtained from [greenhillspeds.com](http://greenhillspeds.com)

5. Serve heart-healthy foods.

Offer your kids meals that include some of the best heart-healthy foods, such as salmon, whole grains, fresh veggies, and nuts. If they become used to eating these foods as children, they’ll be much more likely to make good diet choices as adults.

6. Avoid fried, fatty foods.

This one is a no-brainer. Whenever possible, keep your children from eating any kind of fast food, especially if it has the word “fried” in the name.

7. Teach kids to read labels.

Train your kids to learn about their food before they buy it so that they know what to look for and what to avoid. Reading labels will make them much more conscious of their diet for the rest of their lives.

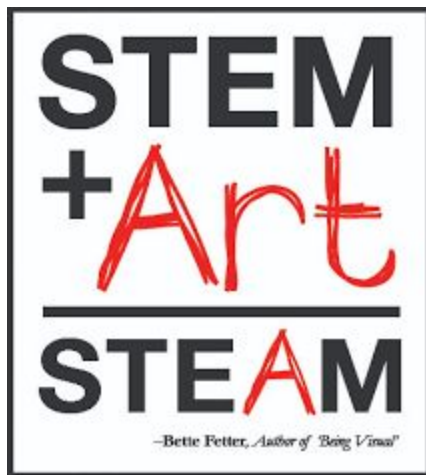
Following these easy tips will help your children keep a healthy-heart not only now, but also as adults.

\*information obtained from [greenhillspeds.com](http://greenhillspeds.com)



Melissa Schexnaydre, RN  
School Nurse  
RJ Vial  
Allemands Elementary

# STEAM Article of the Month



**ART** is the **A** in STEAM!!

The "Art" in STEAM represents visual arts, social studies, history, physical arts, fine arts, and music.

Here are fun **ART** STEAM activities to do at home:

Make your own paint

<https://littlebinsforlittlehands.com/how-to-make-paint/>

Salt painting

<https://littlebinsforlittlehands.com/salt-painting/>

Tissue paper art

<https://www.ssw.com/blog/tissue-paper-painting-bleeding-color-art-activity/>

## Growing With A Tiger

Another great day at Allemands!! "Growing With A Tiger" mentor program is changing lives for both groups of guys in this picture!!  
[#WeAreSCPPS!!](#)







**FUTURE  
READY**

**\$35 MILLION  
BOND ISSUE  
NO TAX INCREASE**

**SATURDAY,  
APRIL 30 | 2022**

 **VOTE**

# **Bond Issue Election**

**Saturday, April 30, 2022**

On Saturday, April 30, 2022, the school system will ask the citizens of St. Charles Parish to consider the funding necessary to continue providing high-quality educational opportunities and prepare our students to be future-ready. Voter approval of this \$35 million bond issue with **NO increase in the current tax rate** will help accomplish this goal.

The purpose of this bond issue is to help improve and expand career and technical education opportunities, improve and upgrade technology, and allow for school and center renovations and additions.

As a parent of a student in our school system we wish to keep you informed on the details of this bond issue. To understand how these improvements and opportunities will affect your child as he or she progresses through the school system, please visit the district's website at [www.stcharles.k12.la.us/April30BondIssue](http://www.stcharles.k12.la.us/April30BondIssue). The webpage contains an informational brochure and a short video outlining the projects that will be made possible through the passage of this bond issue.

## **EARLY VOTING:**

**April 16 - 23**

**8:30 a.m. – 6:00 p.m.**

## **EARLY VOTING LOCATIONS:**

**-Registrar of Voters Office in the Courthouse (Westbank)**

**-Arterbury Bldg. in New Sarpy, 14564 River Road (Eastbank)**

**ELECTION DAY IS SATURDAY, APRIL 30**





## Elementary Menus

# April 2022

# APRIL FOOLS DAYS

### St. Charles Parish Public Schools

This institution is an equal opportunity provider. Menus are subject to change.

**Available Daily**  
**With all meals:**  
**Low Fat White Milk**  
**Fat Free Flavored Milk**

**At Lunch:**  
**Sandwich Choice**

**Don't get too juiced about your juice!**

Juice boxes invaded America around 1980 and have since become required equipment for kids and parents everywhere. Juice is fine for kids, but many of the most popular juice boxes are mostly sugar,

with very little juice. So

make sure any juice kids (and adults, for that

matter) drink is 100% fruit juice, and limit

kids to 6-8 ounces a day. Kids should get most of their orange juice by eating an orange and should mostly drink water or milk.



Learn more at [WWW.CHOOSEMYPLATE.GOV](http://WWW.CHOOSEMYPLATE.GOV) or [fda.gov/food/foodsafety/healthyfoodpyramid.html](http://fda.gov/food/foodsafety/healthyfoodpyramid.html)

**Monday, April 4**

#### Breakfast

French Toast Sticks  
 Cereal w/Cheese Stick  
 Yogurt w/Gripz  
 Fruit or Juice Choice

#### Lunch

Red Beans w/Ham  
 Steamed Rice  
 Seasoned Mustard Greens  
 Steamed Carrots  
 Cornbread, Applesauce

**Tuesday, April 5**

#### Breakfast

Chicken Biscuit  
 Cereal w/Cheese Stick  
 Yogurt w/Gripz  
 Fruit or Juice Choice

#### Lunch

St. Charley's Chili w/Cheese  
 Tortilla Chips  
 Garden Salad  
 Steamed Corn  
 Apple Wedges

**Wednesday, April 6**

#### Breakfast

St. Charley Cinnamon Roll  
 Cereal w/Cheese Stick  
 Yogurt w/Gripz  
 Fruit or Juice Choice

#### Lunch

Chicken & Sausage  
 Jambalaya  
 Broccoli Florets  
 Garden Salad  
 Garlic Bread, Banana

**Thursday, April 7**

#### Breakfast

Sausage Biscuit  
 Cereal w/Cheese Stick  
 Yogurt w/Gripz  
 Fruit or Juice Choice

#### Lunch

Roasted Chicken  
 Mashed Potatoes  
 Green Beans  
 WW Roll  
 Pineapple Tidbits w/Cherries

**Friday, April 8**

#### Breakfast

Donuts  
 Cereal w/Cheese Stick  
 Yogurt w/Gripz  
 Fruit or Juice Choice

#### Lunch

Cheese Pizza  
 Baked Beans  
 Celery & Carrot w/Ranch Dip  
 Orange Wedges

**Monday, April 11**

#### Breakfast

Grits & Sausage  
 Cereal w/Cheese Stick  
 Yogurt w/Gripz  
 Fruit or Juice Choice

#### Lunch

Chicken Alfredo Casserole  
 Broccoli Florets  
 Carrots  
 Mixed Fruit

**Tuesday, April 12**

#### Breakfast

Chicken Biscuit  
 Cereal w/Cheese Stick  
 Yogurt w/Gripz  
 Fruit or Juice Choice

#### Lunch

Orange Chicken  
 Fried Rice  
 Broccoli Florets  
 Asian Chopped Salad  
 Tropical Fruit

**Wednesday, April 13**

#### Breakfast

St. Charley Cinnamon Roll  
 Cereal w/Cheese Stick  
 Yogurt w/Gripz  
 Fruit or Juice Choice

#### Easter Brunch

for Lunch  
 Scrambled Eggs w/Sausage  
 Grits, Biscuit  
 Potato Coins, Fruit  
 Tomato/Cucumber Salad

**Thursday, April 14**

#### Breakfast

Sausage Biscuit  
 Cereal w/Cheese Stick  
 Yogurt w/Gripz  
 Fruit or Juice Choice

#### Lunch

Mini Corn Dogs  
 Baked Beans  
 Carrot & Celery Sticks w/  
 Ranch Dressing  
 Fruit

**Friday, April 15**





# Easter Break



Break begins on:

Friday, April 15

Classes resume:

Wednesday, April 20

Wednesday, April 20

## Breakfast

Breakfast Breaks  
Cereal w/Cheese Stick  
Yogurt w/Gripz  
Fruit or Juice Choice

## Lunch

Chicken Waffle Bites w/Syrup  
Potato Coins  
Green Beans  
Mixed Fruit

Thursday, April 21

## Breakfast

Sausage Biscuit  
Cereal w/Cheese Stick  
Yogurt w/Gripz  
Fruit or Juice Choice

## Lunch

Ranchero Pizza  
Corn  
Salsa  
Sliced Peaches

Friday, April 22

## Breakfast

Breakfast Bun  
Cereal w/Cheese Stick  
Yogurt w/Gripz  
Fruit or Juice Choice

## Lunch

BBQ Loaded Fries  
Baked Beans  
Pears  
Grandma Cookies

Monday, April 25

## Breakfast

Pop Tarts or Cereal Bars  
Cereal w/Cheese Stick  
Yogurt w/Gripz  
Fruit or Juice Choice

## Lunch

Chicken Tenders  
Waffles w/Syrup  
Green Beans  
Carrots  
Sliced Peaches

Tuesday, April 26

## Breakfast

Chicken Biscuit  
Cereal w/Cheese Stick  
Yogurt w/Gripz  
Fruit or Juice Choice

## Lunch

Sweet Chili Thai  
Lo Mein Noodles  
Stir Fry Veggies  
Asian Chopped Salad  
Mandarin Oranges

Wednesday, April 27

## Breakfast

St. Charley Cinnamon Roll  
Cereal w/Cheese Stick  
Yogurt w/Gripz  
Fruit or Juice Choice

## Lunch

Fish Sticks  
Macaroni & Cheese  
Baked Beans  
Cucumber & Tomato Salad  
Banana

Thursday, April 28

## Breakfast

Sausage Biscuit  
Cereal w/Cheese Stick  
Yogurt w/Gripz  
Fruit or Juice Choice

## Lunch

Gumbo w/Rice  
Potato Salad  
Garden Salad  
Crackers  
Pineapple Tidbits w/Cherries

Friday, April 29

## Breakfast

Muffin Choice  
Cereal w/Cheese Stick  
Yogurt w/Gripz  
Fruit or Juice Choice

## Lunch

Hamburger/Cheesburger  
Crispie Cut Fries  
Lettuce/Tomato/Pickle  
Orange Wedges  
Cookie



## SPORTS HER WAY

Girls' participation in high school sports continues to grow -- and girls begin to form the habits of playing sports and staying fit in elementary school! Girls now make up 43% of all high school athletes, and girls who play high school sports are 73% more likely to graduate from college than girls who don't play a sport. The fastest growing high school sport in the U.S. is girls' lacrosse, which showed a 53% jump in the number of participants during the 2010s.

# Attail SHOWERS BRING May FLOWERS

## DIVIDE AND PROSPER.

There's a simple way to make sure you're eating good proportions of the various foods you put on your dinner plate: half should be veggies and fruit, a quarter lean protein, and a quarter starch, which should mostly be from whole grains.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**