



# IDEA CARVER ACADEMY PARENT WEEKLY

## UPCOMING EVENTS

### Team & Family Rally

First thing Monday morning October 23rd, will be a very special rally as we will be kicking off the start to an amazing celebration **RED RIBBON WEEK**. Parents please ensure scholars arrive on time so they do not miss out on any of the activities.

### Red Ribbon Week

Parents Red Ribbon Week is a way to take a stand and make the commitment to say "No" to Drugs and alcohol. Every student is encouraged to participate in a week of Spirit to celebrate our choice to be Drug Free.

If your scholar is participating in Red Ribbon Week, they can wear the daily item listed with jeans and shoes of their choice. If your scholar will NOT participate they should wear the full IDEA uniform.

RED RIBBON WEEK				
MONDAY OCTOBER 23	TUESDAY October 24	WEDNESDAY October 25	THURSDAY October 26	FRIDAY October 27
<b>Proud to be Drug Free:</b>	<b>Peace out to Drugs:</b>	<b>Team up against Drugs:</b>	<b>Lei off Drugs:</b>	<b>Our school Chooses to be Drug Free:</b>
Wear Red to help Kick off Red Ribbon Week	Wear Peace signs and / or Tie dye	Wear your favorite sport shirts or Jersey	Wear a Lei and/or Hawaiian Clothes	Free Dress Day!

### Halloween - Storybook Character Day

Scholars will be allowed to dress up on Halloween, costume should be based on a Storybook character. Scholars must have book associated with their character. Scholars must also complete a project about their character, please reach out to your scholar's homeroom teacher for more details on projects. You can also find more details on your scholar's grade level newsletter. Parents we also ask that you do not bring candy/ cupcakes for your scholar's classrooms.

#### Costume checklist:

- Bring book
- Project
- No gory or scary costumes
- School/ age appropriate
- No weapons or violent characters
- No mask/ face paint

10/23 /17	Team & Family Rally
10/ 23rd - 27 <sup>TH</sup> /17	Red Ribbon Week
10/31/17	Halloween Storybook Character Day
11/10/17	Early Release 12PM
11/10/17	Veteran's Breakfast 7:15 - 7:45pm
11/16/17	Movie on the Lawn 6:30-7:30
11/20/17 11/24/17	Thanksgiving Break
December	BOOK FAIR IS COMING!!!



IDEA Carver  
@IDEASchoolsCarver

Visit our Website:

<https://www.ideapublicschools.org/our-schools/idea-carver>

Grade	ADA Weekly
K	97.73%
1st	96.43%
2nd	97.41%
3rd	97.25%
4th	97.25%
5th	97.54%
Average	97.25%



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## Message from our Health Aide

Dear Carver families,

We would like to thank all parents for helping us meet our immunization deadline! Parents all new students and students going to the 7<sup>th</sup> and 12<sup>th</sup> grade next year will need updated immunization records. We will be sending notices at the end of the year as a reminder. It is a bit early but important info to know with time.

On another note, IDEA Public Schools wants to be one of the healthiest districts in the nation and we need your help! We have included a list of alternative snacks to help us achieve this. Thank you all for your assistance.

Estimadas familias de Carver,

Nos gustaría agradecer a todos los padres por ayudarnos a cumplir el plazo de inmunización! Se avisa que todos los estudiantes nuevos y estudiantes que pasaran a el grado 7<sup>o</sup> y 12<sup>o</sup> el año que viene tendrán que actualizan los registros de vacunas. Estaremos enviando avisos al final del año como un recordatorio. Es un poco pronto pero importante información para saber con tiempo.

Por otra parte, las escuelas públicas IDEA quiere ser uno de los distritos más saludables en el país y necesitamos su ayuda! Hemos incluido una lista de snacks alternativos que nos pueden ayudar a lograrlo. Gracias todos por su ayuda!

### Smart Snacks Resource

Smart Snacks Definition.

**Foods**

- Be a "whole grain-rich" grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
  - Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).
  - Calories: <200kcal for snack items
  - Sodium: <230mg
  - Total fat: <35% of calories
  - Saturated fat: <10% of calories and Trans fat: 0g.
  - Sugars: ≤ 35% of weight from total sugars in foods.

**Portion Sizes**

Limit portion sizes of foods and beverages sold individually to:

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky
- One ounce for cookie
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream
- Eight ounces for non-frozen yogurt
- Eight twelve fluid ounces for beverages, excluding water.

Not-approved snacks	Approved Smart Snacks examples
Popcorn bags  Sodium exceeds 230 mg	Popcorn 
Pretzels  Sodium exceeds 230 mg	Pretzels 
 Calories from total fat exceed 35%	