



IDEA CARVER ACADEMY PARENT WEEKLY



Monday, February 19, 2018 is a regular scheduled school day. Please ensure your scholar is present.

UPCOMING EVENTS

February 17 11am - 2pm	Parents Day Out RSVP Only
February 19 7:00am - 8:00am	Dream Walk Parents are encouraged to attend
February 28	Live School Incentive



Presidents Day

In honor of President's Day, on Monday, February 19th, K-5 scholars may come to school dressed as their favorite president or dressed in red, white, and blue. Scholars that come dressed in red, white, and blue may wear jeans and regular shoes. **Scholars that do not participate must come in full uniform.**

Dream Walk

This month, IDEA Carver Academy honors and recognizes the significant role of African Americans in U.S. History. On Monday, February 19th, at 7:30am, students will engage in a **Dream Walk** on the field proudly marching and displaying their dream projects created in class. Parents and families are welcome to join our Dream Walk as spectators. **Please ensure your scholars are here before 7:30am, scholars that arrive late will not be allowed to participate.** Parents are welcomed in through the playground gate at 7AM to sit on the bleachers and wait for program to begin.

Box Tops

If you have not turned in your Box Tops yet, it is not too late. Box Tops are due Monday, February 26th. Send any Box Tops to school with your scholar or feel free to drop off at the front office, just drop in our Box Top mailbox.

Parents Day out

Parents Day Out has finally arrived, this Saturday, February 17th, 2018 from 11 am-2 pm. If your scholar had PERFECT ATTENDANCE from 2/1/18-2/15/18. **If you did not RSVP by Friday at noon, your scholar will not be able to participate. RSVP IS MANDATORY!** Drop off will begin at 10:50 am at the front gate. ONLY CARVER Academy siblings that qualify may attend. Scholars must be picked up by 2:00 pm. Lunch will be provided for scholars. Enjoy, your day out.



IDEA Carver

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Visit our Website:

<https://www.ideapublicscho>

Grade	ADA Weekly
Kinder	97.01%
1 st	94.13%
2 ND	97.30%
3 rd	97.76%
4 TH	97.59%
5 th	98.03%
Average	96.99%



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Message from our Health aide

Dear Parents,

Here are a few tips in order to build better eating habits and healthier choices.....

Tips for Parents – Ideas to Help Children and Maintain a Healthy Weight

You've probably read about it in newspapers and seen it on the news: in the United States, the number of children with obesity has continued to rise over the past two decades. You may wonder: Why are doctors and scientists troubled by this trend? And as parents or other concerned adults, you may ask: What steps can we take to prevent obesity in our children? This page provides answers to some of the questions you may have, as well as resources to help you keep your family healthy.

Why is Childhood Obesity Considered a Health Problem?

Children with obesity can be bullied and teased more than their normal weight peers. They are also more likely to suffer from social isolation, depression, and lower self-esteem. The effects of this can last into adulthood. Children with obesity are at higher risk for having other chronic health conditions and diseases, such as asthma, sleep apnea, bone and joint problems, and type 2 diabetes.

Type 2 diabetes is increasingly being reported among children who are overweight. Onset of diabetes in children can lead to heart disease and kidney failure. Children with obesity also have more risk factors for heart disease like high blood pressure and high cholesterol than their normal weight peers. In a population-based sample of 5- to 17-year-olds, almost 60% of children who were overweight had at least one risk factor for cardiovascular disease (CVD), and 25% had two or more CVD risk factors.

Children with obesity are more likely to have obesity as adults. This can lead to lifelong physical and mental health problems. Adult obesity is associated with a higher risk of type 2 diabetes, heart disease, and many types of cancers.

What Can I Do as a Parent or Guardian to Help Prevent Childhood Overweight and Obesity?

To help your child maintain a healthy weight, balance the calories your child consumes from foods and beverages with the calories your child uses through physical activity and normal growth.

Remember that the goal for children who are overweight is to reduce the rate of weight gain while allowing normal growth and development. Children should NOT be placed on a weight reduction diet without the consultation of a health care provider.

Balancing Calories: Help Kids Develop Healthy Eating Habits

One part of balancing calories is to eat foods that provide adequate nutrition and an appropriate number of calories. You can help children learn to be aware of what they eat by developing healthy eating habits, looking for ways to make favorite dishes healthier, and reducing calorie-rich temptations.

Provide plenty of vegetables, fruits, and whole-grain products.

Include low-fat or non-fat milk or dairy products.

Choose lean meats, poultry, fish, lentils, and beans for protein.

Serve reasonably-sized portions.

Encourage your family to drink lots of water.

Limit sugar-sweetened beverages.

Limit consumption of sugar and saturated fat.

Remember that small changes every day can lead to a recipe for success!

A medium-size apple

A medium-size banana

1 cup blueberries

1 cup grapes

1 cup carrots, broccoli, or bell peppers with 2 tbsp. hummus

Balancing Calories: Help Kids Stay Active

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Another part of balancing calories is to engage in an appropriate amount of physical activity and avoid too much sedentary time. In addition to being fun for children, regular physical activity has many health benefits, including:

Strengthening bones

Decreasing blood pressure

Reducing stress and anxiety

Increasing self-esteem

Helping with weight management

Help kids stay active.

Children should participate in at least 60 minutes of moderate intensity physical activity most days of the week, preferably daily. Remember that children imitate adults. Start adding physical activity to your own daily routine and encourage your child to join you.