

# September News

Hello JFK Family!

In September a full moon is known as the corn moon or harvest moon. Corn is at its highest and the harvest is set to begin. Plants ready to harvest in September include apples, raspberries, onions, and green beans.

## Kitchen News to Know:

Why does Mrs. Ash only let us have so much ranch or ketchup?

The answer to that is JFK participates in the National School Lunch Program. While participating in the program we have to follow guidelines set by the government. Those guidelines include strict calorie and sodium requirements. Every aspect of your student's lunch is calculated to meet these guidelines. By meeting these guidelines, the government gives an amount of money per student lunch which makes the cost lower for all our families. Our student lunches, for example are \$2.85 with the reimbursement from the government. Our adult meals are \$4.15. Without the reimbursement, all lunches would be at the higher price.



## Healthy Recipes:

Oatmeal contains fiber that will keep your youngster feeling full and satisfied through a morning of school. Help her make her own

“instant oatmeal” with this easy recipe:

Combine 1 - 3 cups quick oats, 2 tbsp. golden raisins or dried cherries, and 2 tbsp. nuts (any kind). Add 2 - 3 cups boiling water, cover, and let sit for 3 minutes.

## Activity Corner:

Let's go outside! Start the school year off with a healthy routine: Go outside every day. Being outside naturally gets kids moving. Your child is likely to run around, explore new places, ride a scooter, or toss a ball around. Whatever they do, they will be working toward the 60 minutes of daily physical activity that's recommended for good health. Here is an active game to play: *Ball toss*. Turn an old sheet or tarp into a giant tossing game. With scissors, cut out four shapes, and reinforce the edges of the holes with duct tape. Let your child use a marker to write a point value (10, 25, 50, 100) by each cutout. Punch holes in the top corners, and string the target between two trees. Stand back, and take turns aiming a ball toward the holes. If the ball goes through, score the points marked.



## Just for Fun

Q: What is an elephant's favorite vegetable?

A: Squash

