

# Palo Verde Elementary

A+ School of Excellence™

*Casa Grande's Best Kept Secret!*



March, 2021

Joanne Kramer, Principal

## We are a community of caring leaders and learners.

Welcome back to in-person learning!

Our school hours are from 8:00 a.m.-2:00 p.m. Students may begin arriving on campus at 7:15 a.m. along with our buses that will arrive beginning at that time. Students will walk through the building, pick up their breakfast (Grab and Go) and walk towards and eat in their classrooms.

Lunch will also be eaten in the classrooms. We are fortunate to have large playgrounds where our students will be able to play and use the playground structures. The structures and swings will be sanitized after each classroom and all students will clean their hands before and after they go to recess. We will practice physical distancing during the entire day, including during recesses.

All students will be dismissed at 2:00 p.m. On Monday, March 1, children whose parents pick them up will receive 2 name placards that should be placed on your dashboards. This will make it easier for staff to see which children need to be called to the gate for parent pick up. Please pull forward in the pick up lane as you drive through.

Parent/Teacher conferences are being scheduled and we hope that you will all be able to attend. Your child's teacher will offer you either a Zoom conference or an in-person meeting. If you come to campus, please be sure to wear a mask and have an appointment.

We pride ourselves in the diligence we take as a school community and will continue to do all the things that help mitigate risk and slow the spread of COVID-19. Mask-wearing, physical distancing, and keeping our hands clean continue to be pivotal in our efforts to keep us as safe as possible.

Palo Verde is a Leader in Me School and your children will be learning many leadership skills. Leaders are an important part of our school. As students identify the characteristics they share with leaders, they begin to see their own leadership potential. Identifying their individual strengths and talents helps students discover their unique leadership contributions.

### Important Dates

3/1 - Return to In-Person Learning

3/1-3/5 - Love of Reading Week

3/3 - Early Dismissal

3/4 - Kindergarten Round-Up @ 6:00 p.m.

3/8 - 3/12 Math Week

3/11 & 3/12 - Early Dismissal  
Parent/Teacher/Student Conferences

3/15-3/19 Spring Break

3/25 Partnering w/Families Part 2



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**21st Century After School Program coming in the Fall of 2021**



**AFTERSCHOOL PROGRAM**



## Nurse Notes



Welcome Back Palo Verde families - it is wonderful to have you back in school!!

Returning to in school learning is a hopeful sign that we will soon return to our normal pre-Covid lives. However, we must all keep taking Covid precautions by wearing masks, washing hands frequently, keeping a safe distance from others and avoiding large gatherings. In order to put an end to the Covid epidemic, I encourage you to consider taking the Covid vaccine when it is made available to you. Feel free to call me with any questions or concerns about the Covid vaccine.

March is **National Nutrition Month** (information from the NIH). As parents, you can do a lot to help your children learn healthy eating habits and maintain a healthy weight. Involving them in meal preparation and cooking can motivate them to try new foods – and it is a good way to spend quality time together as a family.

What is a “healthy” diet? A healthy eating plan is one that:

- Emphasizes fruits, vegetables, whole grains, and low-fat or fat-free milk products.
- Includes lean meats, poultry, fish, beans, eggs, and nuts.
- Is low in saturated fats, trans fats, cholesterol, sodium/salt, and added sugars.
- Stays within your calorie needs.

**GO** foods are the lowest in fat, sugar and calories, and can be eaten almost anytime.

**SLOW** foods are higher in fat, added sugar and calories and should only be eaten sometimes.

**WHOA** foods are the highest in fat, sugar and calories and low in vitamins, minerals, and other needed nutrients. **WHOA** foods should only be eaten once in a while.

**GO:** fresh or frozen fruits and vegetables, whole grain breads and cereal without added fat and sugar, lean cuts of meat, poultry or fish, water, fat-free or 1 percent low-fat milk and yogurt, baked chips or pretzels.

**SLOW:** pasta, biscuits, fruits and vegetables with added fat and sugar, peanut butter, nuts, avocado, white rice, 2 percent low-fat milk, sports drinks

**WHOA:** fried foods (french fries, fried chicken or fish), cakes, cookies and doughnuts, whole milk and cheeses, and regular soda.

For more information, visit these National Institutes of Health (NIH) websites:

<http://wecan.nhlbi.nih.gov> <http://hin.nhlbi.nih.gov/healthyeating>

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