The Cheyenne SUN

Sunny Days Bright Futures

47600 Heydenreich, Macomb MI 48044
Office (586)723-5000 – FAX (586) 723-5001—Childcare (586) 723-5038

Mark W. Johnson, Principal **Heather Batko, Assistant Principal**

The mission of Cheyenne Elementary is to develop independent learners by providing support and encouragement in meeting the educational needs of our children within a safe environment.

2015 ***February – March***

A Message from Mr. Johnson

It's amazing to think that we are more than half way through the school year. Where has the time gone? With many events planned for February and March, the second half of the year will go buy just as fast. Please read through the newsletter, as Valentine's party dates/times, mid-winter break dates, and conference dates are published.

We are in the midst of the cold season, but that only means that spring is not too far behind. Until we experience that warm-up, please continue to send your children to school with gloves, hats and warm coats that protect them from the unpleasant cold weather. We will do our best to give our students some outdoor time after lunch when the temperature is tolerable.

Cheyenne is such a great place to be, with wonderful teachers, an excellent support staff, and of course, a fantastic group of students and parents! Cheyenne's children are precious to us, so we are very cognizant of keeping students safe on a daily basis. Keeping children safe involves a multitude of duties that we take very seriously. I am asking for your support to help us maintain a safe environment both inside and outside of the school. You can help us in the following ways:

- Dismissal procedures are put in place to keep Cheyenne students, parents and staff safe. With a school population of over 700 students, parking lot procedures must be followed to ensure the safety of our students. Adults are role models for our children, so following school rules will teach our students to adhere to school rules as well.

- Parking lots can be a frustrating place, whether it's a mall, restaurant or school. Everyone wants to pick up their child and exit the parking lot safely. Please remember to take your time when traveling through our parking lot. Watch for students and parents walking and continue to be patient with others.

- If you park in the Seneca Lot and walk over to pick up your child, please use the sidewalk provided to walk your child back. **Students should not be crossing Cougar Drive without a parent. Please cross where we have Crossing Guards by the Seneca entrance/exit near the Seneca football field.** Walkers are not permitted to walk in the Cheyenne entrance and/or exit driveways. The sidewalk is there for your convenience and safety.

If we all follow the parking lot rules, the Cheyenne staff will safely get you out of the parking lot as efficiently as possible. Thank you for your continued support.

Yours in education,

Mr. Johnson

www.chippewavalleyschools.org/schools/elementary-schools/cheyenne/

Chippewa Valley Schools Board of Education
Ronald Roberts, *Superintendent*
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NOTICE OF NONDISCRIMINATION It is the policy of Chippewa Valley Schools not to discriminate on the basis of race, color, religion, national origin or ancestry, gender, genetics, age, disability, height, weight or marital status in its programs, services, activities, or employment. Inquiries related to nondiscrimination policies should be directed to: Civil Rights Coordinator, Assistant Superintendent of Human Resources, Chippewa Valley Schools Administration, 19120 Cass Avenue, Clinton Township, MI 48038 Phone: 586-723-2090 / Nondiscrimination inquiries related to disability should be directed to: Section 504 Coordinator, Director of Special Services, (same address) Phone: 586-723-2180

KINDERGARTEN

MARK YOUR CALENDAR

Our **Kindergarten Parent Orientation** has been scheduled in the Multi-Purpose Room (MPR) for **Thursday, May 7th from 6:30 PM - 8:00 PM**. You will be presented an overview of Cheyenne's Kindergarten program along with information on Child Care, immunizations, our Kindergarten BLAST Program and much more by members of our staff. This presentation is for parents only. An opportunity for children to meet their teachers will be provided in August.

ENROLLMENT CHANGES IN PLACE

In the past, Michigan public school students could enroll in kindergarten if they were 5 years old on or before the December 1st deadline. Now, according to changes in Michigan law (Public Act 0198 of 2012), the entry age for Michigan students starting school has changed. Here is a closer look at the age requirement:

- ✓ To enroll for the **2015 - 2016** school year, children should be at least five years old by September 1st, 2015.

However, it is important for parents to know that there is a waiver process in place that would allow them to enroll their child even if they do not meet these age eligibility requirements. For a waiver to be accepted the child must be 5 years of age not later than December 1st of the school year and the parent or legal guardian does the following:

…Parents and guardians may enroll the child in kindergarten for that school year if they notify the school district in writing not later than **June 1st** prior to the beginning of the school year that they intend to enroll the child. They should provide reasons as to why they feel their child is ready to start kindergarten or evidence of school readiness.

…For families who become residents of the school district after June 1st, they must notify the district in writing not later than **August 1st** prior to the beginning of the school year that they intend to enroll the child.

After receiving either of the above notifications, a school district may make a recommendation to the parent or legal guardian of the child that the child is not ready to enroll in kindergarten due to the child's age or other factors. However, regardless of such recommendation, the parent or legal guardian retains the sole discretion to determine whether to enroll the child in kindergarten. **Information and waiver forms can be obtained from the Cheyenne School Office on March 2nd.** Please do not hesitate to contact us with any questions you may have.

Dear Cheyenne families,

One of our goals at Cheyenne is to continuously monitor and improve student achievement. Our students in kindergarten, first and second grade are currently taking a computerized test from the Northwest Evaluation Association (NWEA) called the Measures of Academic Progress (MAP) for the second time this year. Our MAP data indicates that our students have been making great progress! The MAP testing window for students in third through fifth grade will begin in March. Teachers will be using the valuable information provided from the MAP test to monitor growth and individualize instruction for each student at Cheyenne.

At the state level, students will no longer be taking the MEAP test in the fall. Instead, students will be assessed in the spring on the knowledge and skills taught to them during the current school year. The replacement for the MEAP test is the Michigan Student Test of Educational Progress (M-STEP). Students in third through fifth grade will be assessed in the areas of language arts and math. Additionally, our fourth grade students will also be assessed on science concepts and our fifth grade students will be assessed on social studies concepts.

All third through fifth grade students in Chippewa Valley will be taking the computerized version of the M-STEP. At Cheyenne, we will be reviewing state released practice questions to help our students feel confident with the format and content of this new assessment. More information will be provided as the testing window approaches. Thank you for your continued partnership in your child's education!

Heather Batko
Assistant Principal
Cheyenne Elementary

February/March 2015

Cheyenne School Day Hours

9:02 AM - 3:50 PM

Early Release Days - Dismissal at 2:50 PM

February 25th, 2015
March 25th, 2015
April 29th, 2015
May 13th, 2015

Half Days - Dismissal at 12:14 PM

March 19th & 20th, 2015
June 9th & 10th, 2015

No School

Feb. 16th - 20th, 2015 - Mid-Winter Break

April 3rd -10th - Spring Break

May 22nd - Teacher Development

May 25th - Memorial Day

School Closing Information

School Messenger will send out a recording by phone from the administration office when a determination is made to close the school.

You can also find school closing information the following ways:

* www.chippewavalleyschools.org
* Comcast Cable Channel 20
* Local Channels 2, 4, 7 and 62
* WWJ AM 950 or
* News/Talk 760 WJR

Kindergarten Registration

Registration packets for 2015 – 2016 incoming Kindergarteners will be available beginning **March 2nd**. Please stop by the Cheyenne Office between 8:30 AM and 4:30 PM to pick up the packet. Once the forms are complete and all documentation has been gathered, please return them to the office between 9:30 AM and 3:00 PM to enroll your future Kindergartener.

We look forward to seeing your Kindergarteners next year!

Absences

You can call the attendance line (586-723-5099) ***24 hours a day*** to report your child absent from school, but please call by 9:00 AM the morning of the absence. Please call even if you have already spoken with the teacher because the official attendance is kept in the office.

PTO Upcoming Events

Feb. 11th - Market Day, 4 - 5:30 PM

Feb. 27th - Daddy Daughter Dance, 6 - 8:30 PM

March 18th - Market Day, 4 - 5:30 PM

March 18th - Book Fair, 6 - 8:00 PM

March 19th - Book Fair,10 - 4:00 PM, 6 - 8:00 PM

March 21st - Mom To Mom Sale, 9 - 1:00 PM
Early Bird, 8:30 AM with extra fee

March 27th - Spring-O!, Time TBD

March 31st - PTO Meeting, 7:00 PM

April 2nd - Bunny Hop, 7 - 9:00 PM

Music News

Third and fourth grade students will be performing:

"Pirates, the Musical"

February 26th, 2015.

3rd Grade will perform at 6:30 PM

4th Grade will perform at 7:30 PM

Childcare Registration

2015/2016 SCHOOL YEAR

Tuesday, May 12th - Thursday May 14th
4:00 - 7:00 PM

Tuesday, May 19th - Thursday, May 21st
4:00 - 7:00 PM

Thursday, August 20th
11:00 - 2:00 PM

A registration fee of $20 must be paid by check only. Please call 586-723-5031 or email clisabeth@cvs.k12.mi.us with any questions.

Physical Education Day 2015

Dear Parents:

You are invited to your child's "Physical Education Day." Your child's "Physical Education Day" will provide an opportunity for you to observe your child in our program and also give you the chance to join in the activities. Hopefully, you will gain a better understanding of our physical education program by attending and participating in the classes. Please join us in the gym!

February 24th Tuesday

Mr. Ferguson	9:02
Ms. Najor	11:08
Ms. Dane	12:41
Ms. Prideaux	1:44
Ms. Robine	2:47

March 2nd Monday

Ms. Briesmeister	9:02
Ms. Codrea	10:05
Ms. Latra	11:08
Ms. Knecht	12:41
Ms. Trzasko	1:44

March 4th Wednesday

Ms. Gianotti	9:02
Ms. Collins	10:05
Ms. Skrzynski	11:08
Ms. Sarver	12:41
Ms. Sheridan	2:47

March 5th Thursday

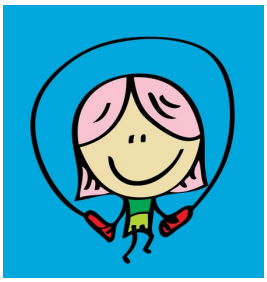
Ms. Tuttle	9:02
Ms. Vanhoosear	10:05
Ms. Carson	11:08
Ms. Taggart	1:44
Ms. Kramer	2:47

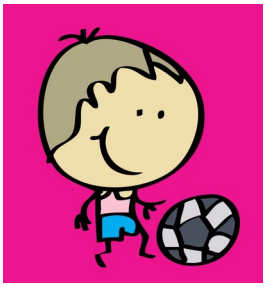
March 6th Friday

Ms. Trim	9:02
Mr. Fishwick	10:05
Ms. Blackstock	12:41
Ms. Desrosiers	1:44
Ms. Simons	2:47

I hope to see you during your child's "Physical Education Day"!

Mrs. Guitar





Count Day

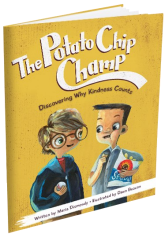
Wednesday, February 11th is our second official student county day for the school year. Our funding is directly related to the number of students enrolled and present on Count Day. Please make every effort to have your child to school for the entire school day and call the absence line (723-5099) to report if your child is going to be absent that day.

Volunteers

Please make sure that you have completed a CRC (Criminal Record Check) if you plan on volunteering at Cheyenne. All parents and relatives need to do this in order to come into the building. It just takes a moment to fill out the form and make a copy of your ID. Thank you for volunteering!

Author in Residence

Maria Dismondy, our Author-in-Residence, will be visiting Cheyenne on Tuesday, March 31st. She will be reading to the students in the afternoon.



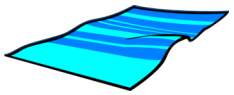
March Reading Month calendars will be coming home at the end of February.

Valentine Parties

Our traditional Valentine's day parties will take place on Friday, February 13th, 2015. Kindergarten and 2nd grade parties are scheduled from 1-1:45 PM. First, third, fourth and fifth grade parties will begin at 2:45 PM. Parents who are scheduled to assist with the set-up for the party must provide a picture identification and check in at the MPR. Also, please keep in mind that the parties are for Cheyenne students ONLY. No middle-school or high-school visitors will be permitted in the classrooms, even if accompanied by an adult. Thank you for your understanding!

Party with a Purpose

Mrs. Knecht's class is looking forward to another "Party With a Purpose" for Valentine's Day, where they will be making several no-sew fleece throw blankets and donating them to Royal Oak Beaumont Children's Hospital.

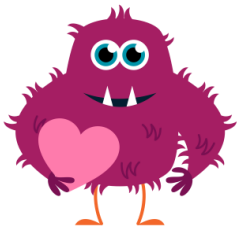


First Grade Classes Shine!

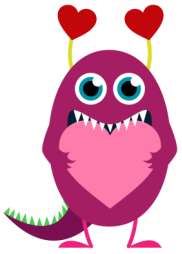
First grade is spreading their love and sunshine to the residents at the Evangelical Nursing Home for the 17th year in a row by making Valentines for them.

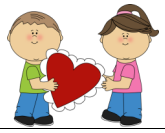
Remember to Dress for Cold Weather

Since we are in the middle of winter and the cold temperatures and snow are upon us, students are asked to dress appropriately for the weather. This means that hats, coats, mittens and boots are a must!! Students will be asked to line up outside unless the temperature and/or wind chill is below 20 degrees or inclement weather occurs at arrival time. Students will go out for recess on days when the weather permits, so hats and gloves are a must!



February 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Jump Rope Club 8:00 AM	3	4	5	6	7
8	9 Jump Rope Club 8:00 AM	10	11 Market Day 4:00-5:30 PM Count Day!	12	13 Valentine Parties Grades K & 2 1:00-1:45 PM Grades 1,3,4,5 2:45 PM 	14
15	16	17	18	19	20	21
	Mid-Winter Break - NO SCHOOL					
22	23	24 PE Day Ferguson-9:02 Najor-11:08 Dane-12:41 Prideaux-1:44 Robine-2:47	25 Early Release @ 2:50 PM	26 "Pirates, the Musical" 3rd gr.-6:30 PM 4th gr.-7:30 PM	27 PTO Daddy Daughter Dance 6:00-8:30 PM	28

March 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 **March is Reading Month!**	2 **PE Day** Briesmeister-9:02 Codrea-10:05 Latra-11:08 Knecht-12:41 Trzasko-1:44	3 D.A.R.E. Graduation 9:30 AM	4 **PE Day** Gianotti-9:02 Collins-10:05 Skrzynski-11:08 Sarver-12:41 Sheridan-2:47	5 **PE Day** Tuttle-9:02 Vanhoosear-10:05 Carson-11:08 Taggart-1:44 Kramer-2:47	6 **PE Day** Trim-9:02 Fishwick-10:05 Blackstock-12:41 Desrosiers-1:44 Simons-2:47 Lego Robotics Competition CVHS 6:00 PM	7
8	9 Jump Rope Club 8:00 AM	10	11	12	13	14
15	16 Jump Rope Club 8:00 AM	17 Happy St. Patricks Day!	18 Market Day 4:00-5:30 PM PTO Book Fair 6:00-8:00 PM Evening Conferences	19 PTO Book Fair 10:00-4:00 PM 6:00-8:00 PM Half Day - 12:14 PM Dismissal Afternoon/Evening Conferences	20	21 9:00-1:00 PM Early Bird (with extra fee) 8:30 AM
22	23	24	25 Early Release @ 2:50 PM 	26	27 PTO Spring-O! Time TBD 	28
29	30 Jump Rope Club 8:00 AM	31 Visiting Author Maria Dismondy 1:00-3:15 PM PTO Meeting 7:00 PM 5th Grade to Seneca 9:00 AM	April 1st	2 PTO Bunny Hop 7:00-9:00 PM 	3 **SPRING BREAK!** April 3rd - April 10th Classes Resume on April 13th	4

CHEYENNE POLICIES AND PROCEDURES

SCHOOL DAY TIMES

First Bell: 8:56AM
Full Day: 9:02AM –3:50PM
Childcare: 6:45AM – 6:00PM
Half-Day Dismissal: 9:02AM-12:14PM
Early Release Dismissal: 9:02AM – 2:50PM

Students are NOT to arrive before 8:50AM unless attending Childcare or Service Squad

ABSENCE LINE (586)723-5099 BY 9:00AM
If your child will not be in school, please call the school's 24-hour absence line and leave the following information: student's first and last name, grade, teacher, date, reason for absence and name of person leaving the message.

HOMEWORK REQUESTS
If you'd like to request homework for your child that is absent from school, requests need to be made by noon. You may request homework by e-mailing the teacher, leaving a voicemail for the teacher or you can leave the request on the attendance line when you report the absence.

ARRIVAL – LATE ARRIVAL & EARLY DISMISSAL
- For safety reasons, parents please walk children into the office to sign students in and out when arriving late or leaving early.
- Adults must sign students in and out from the office.
- Student will be dismissed ONLY to person(s) listed on the students EMERGENCY DATA SHEET with driver's license or picture identification as proof.
- Any changes or messages to be given to a child MUST be called in to the office no later than 3:25PM so we have time to deliver the messages.
- When releasing your child, if we do not recognize you, we will ask you for identification.
- No early dismissals will be granted after 3:35PM.

STUDENT PHONE CALLS
Students cannot receive telephone calls in their classrooms during school hours. All after-school arrangements such as Childcare plans, pick-up plans and all activities should be planned with parents at home prior to school. In the case of an emergency only, the office can get a message to your child.

EMERGENCY DATA SHEETS
In case of an emergency at school, we use your child's emergency information to reach you. If any of your phone numbers change throughout the year, **please** contact the office.

FOOD SERVICE PROGRAM
- All lunches must be ordered the day before.
- Cheyenne Pizza Day is Thursday.
- Check the district website for menus and nutrition information. (www.chippewavalleyschools.org)

CHILDCARE (586) 723-5031
Childcare program is available from 6:45AM to 6:00PM each day that school is in session. Childcare is CLOSED on snow days.

IMMUNIZATION REQUIREMENTS
The State of Michigan requires all students to be properly immunized. Failure to provide the office with proof of proper immunization documentation may result in exclusion from school. If you have any questions, please call the office at 723-5000 between 9:00AM-1:30PM and ask for Mrs. Lancaster. During the year the Macomb County Health Department visits the school and tests for hearing and vision.

MEDICATION POLICY
- Forms are available in our office or online at www.chippewavalleyschools.org
- Chippewa Valley Schools provides a form and requires written instructions from the physician before any **PRESCRIPTION MEDICATION** can be dispensed.
- A form signed by a parent is necessary for **OVER THE COUNTER medication** that will be dispensed at school (**THIS INCLUDES COUGH DROPS).**
- All medication **MUST** be in the original container or packaging and labeled with the child's name.
- Medications brought to school in other containers will **NOT** be given to the student.

ALL MEDICATIONS MUST BE TRANSPORTED TO AND FROM SCHOOL BY A PARENT ONLY AND INCLUDE PROPER FORMS.

VISITORS
- Enter through the Main North Doors only. All other doors will remain locked. At that Main Entrance, all visitors MUST press the Office button for access to the office. There is a Latchkey button to notify Child Care. Please look directly into the camera and provide your name, the name of your student and teacher's name for our employees monitoring the camera.
- Sign in at the office, present your identification, and pick up a visitor's pass which MUST be worn at all times.
- At the conclusion of your visit, please come to the office and sign out.
- The security doors will be locked at 4:30PM each day. No admittance to classrooms will be allowed after 4:30PM. There will no exception to this policy.

IT IS IMPORTANT THAT OUR VISITORS REFRAIN FROM DISRUPTING VALUABLE INSTRUCTIONAL TIME ONCE THEY ARE FINISHED WITH THEIR VOLUNTEER ACTIVITY.

PARKING LOT AND TRAFFIC
- **Do not let children out of the car in the parking lot without walking them to the sidewalk.**
- Do not leave your car unattended along the sidewalk/curbs
- All pedestrians must cross at the crosswalks.

POLICY ON PERSONAL ITEMS
- Students should NOT bring toys, game boys, Nintendo DS or any hand-held electronic games, CD players, MP3 or iPods, PDA's, memorabilia, special cards or other collectible or expensive items to school unless on specified "electronics" days.
- Cheyenne Elementary School is not responsible for personal items that are lost or damaged.
- Such items will be collected and kept in the office. A parent must come and retrieve any items they wish to have returned.
- Any cell phones must be turned off and out of view during school hours OR IT WILL BE HELD IN THE OFFICE UNTIL THE END OF THE DAY.

CONTACT CHEYENNE STAFF
You can contact the school staff one of two ways:
- Email: Type first initial of the staff member's first name and last name coupled with this suffix @cvs.k12.mi.us, or
- Call (586) 723-5000: If you know the extension, dial 723 and the extension directly.

Challenge Day for Students in Grades K-2

Wanted: Adult Volunteers with students in 1st & 2nd Grades. Please do not sign up if you have a child in Kindergarten, as Kindergarten parents will be able to accompany their child to different events. There should be 1-2 people at each event.

When: Friday, June 5, 2015 (Rain date: Monday, June 8)

Events run from 12:45 pm – 3:00 pm.

Why: Run one of 28 different events

How: It's simple - just come to the gym by 12:15 pm and check where your event is located outside on the field. Find your activity and familiarize yourself with the directions on the event card. Have a good time & be flexible! Feel free to change your event. If the activity seems too difficult, shorten the race. If it seems too easy, lengthen the event.

Students may move from event to event at will. There is no order the students must follow. It doesn't matter who wins or loses the event. Children may par ticipate in and repeat any activity.

At 3:00 pm, please bring all of your equipment back into the gym, including your chair.

BONUS: You may bring younger children with you to run an event as long as she/he won't distract you from running your activity. Bottled water will be available for all adult volunteers!

Please sign up to run an event! THANK YOU!!!!!!

Challenge Day for Students in Grades 3-5

Wanted: Adult Volunteers - there should be 1-2 people at each event.

When: Friday, June 5, 2015 (Rain date: Monday, June 8)

Events run from 9:45 am - Noon.

Why: Run one of 28 different events

How: It's simple - just pick up your chair, bag of equipment, & map in the gym at 9:10 a.m. Set up your station outside before 9:40 a.m. and wait for the fun to begin!!! The event card will describe how to run your activity. Have a good time & be flexible! Feel free to change your event. If the activity seems too difficult, shorten the race. If it seems too easy, lengthen the event.

Students may move from event to event at will. There is no order the students must follow. It doesn't matter who wins or loses each event. Children may par ticipate in and repeat any activity.

At Noon, please leave your equipment on the field for the older children.

BONUS: You may bring younger children with you to run an event as long as she/he won't distract you from running your activity. Bottled water will be available for all adult volunteers!

Please sign up to run an event! THANK YOU!!!!!!

Lego Robotics

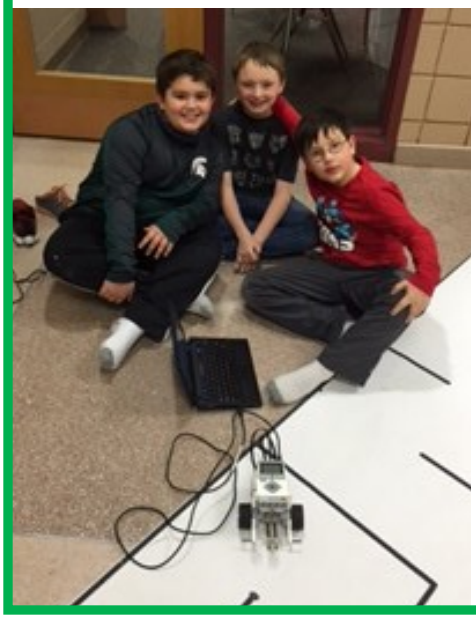
Lego Robotics is a competition in which 5th grade students build and program a robot to move through a course. There are four events and there are three students assigned to program a robot for each event. Sumo is an event where students must design a robot to withstand being hit and pushed out of a ring. The Eliminator event has students program a robot to move through a series of obstacles. The Shoot-out event is where students must build a robot to lift a ball off of the course and drop it off the table while not crossing a line in the center of the course. Finally, the Maze event is where students program their robot to complete a maze with many twists and turns without crossing any lines.

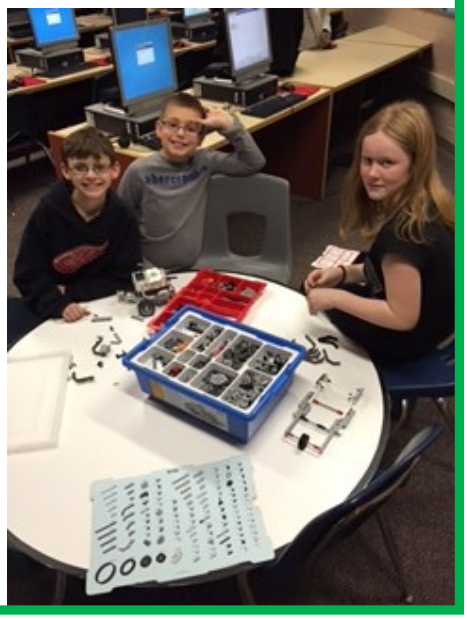
Our competition will be at 6:00pm, Friday, March 6, 2015 at Chippewa Valley High School . The competition is open to the public so please come and show your support for the Cheyenne Lego Robotics Team!! Our Lego Robotics team worked hard this year and we are very proud of the dedication and hard work they have shown.

2015 Lego Robotics Team

Coaches- Mrs. Kramer, Mrs. Collins and Ms. Gianotti

Lawrence Beal	Aidan Mata	Matthew Szlaga
Aidan Deacon	Dylan Russo	Anish Topiwala
Julianne Ferguson	Aidan Sawyer	Evan Wehler
Nick Hawkins	Carter Slancik	Jax Zielinski

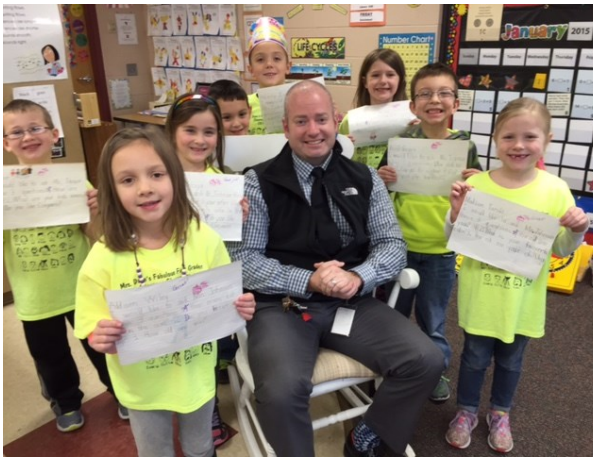


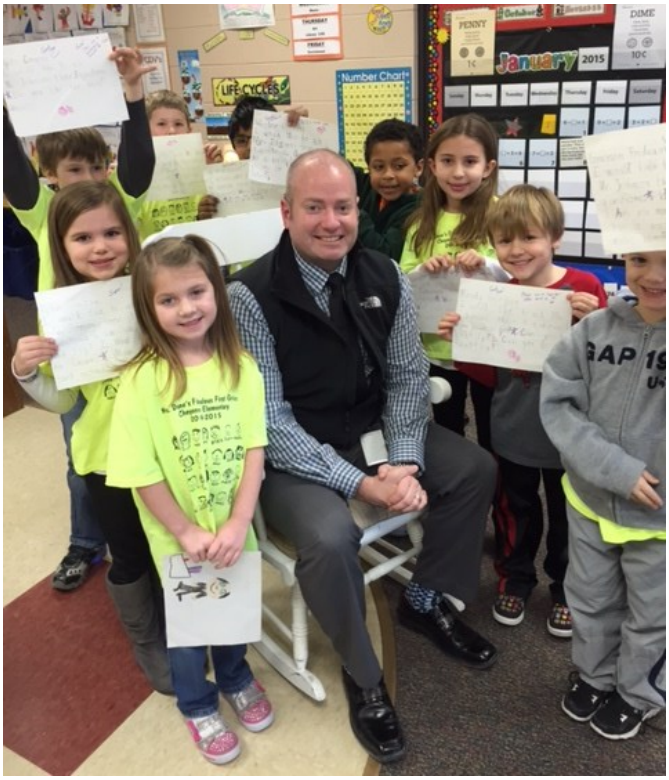


Questions for Mr. Johnson

Mrs. Dane's class learned how to correctly formulate questions. They learned to use capital letters to begin the sentence and placing a "?" at the end of the sentence. Each student wrote out three questions to ask Mr. Johnson about himself.

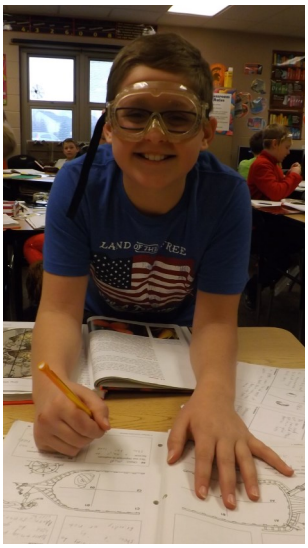
Great Job First Graders!

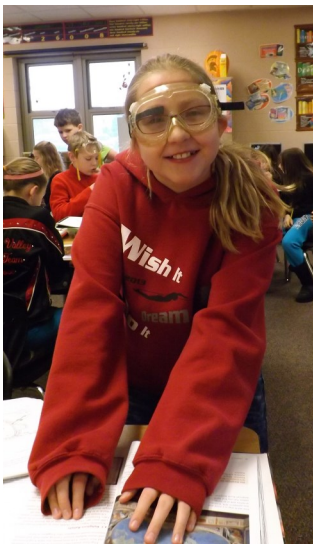




5th Grade Explorers

Mrs. Collins explorers spent time searching for objects on a sunken ship.





100's Day Celebration

First grade students painted t-shirts to celebrate the 100th day of school. Each child painted 100 dots on their own t-shirt and had lots of fun, too!

February 2015 Thursday Pizza

"Like" us on Facebook!
www.facebook.com/ChippewaValleySchoolsFoodServices

Thursday Pizza
Cherokee
Cheyenne
Erie
Fox
Mohawk
Ojibwa
Shawnee

Student: $2.75
PLUS: $4.00
(Additional serving of same entrée)
Reduced: $0.40
Milk: $0.60

Mon	Tue	Wed	Thu	Fri
2 **Bosco Sticks** CV Dip Salad Choice of Fruit	3 **Chicken Nuggets** Tater Tots Choice of Fruit **Condiments:** BBQ or Ketchup	4 **Taco in a Bag!** *Taco Meat, Lettuce, Cheese, Chips, & Salsa* Refried Beans Choice of Fruit	5 **Pizza** Carrot Sticks Choice of Fruit **Condiments:** Ranch	6 **Cheeseburger** Salad Choice of Fruit **Condiments:** Ketchup & Mustard
9 **Dutch Waffle** String Cheese Carrot Sticks w/ Ranch Choice of Fruit New!	10 **Chicken Nuggets** Mashed Potatoes w/ Gravy Green Beans Choice of Fruit **Condiments:** BBQ or Ketchup	11 **Crispy Chicken Sandwich** Baked Beans & Carrot Sticks Choice of Fruit **Condiments:** BBQ or Ranch	12 **Pizza** Carrot Sticks Choice of Fruit **Condiments:** Ranch	13 **Tangerine Chicken over Rice** Cooked Carrots Choice of Fruit **Lucky Tray!**
16	*17*	*18*	*19*	*20*
23 **Spaghetti & Meat Sauce w/ Cheese** Salad Frozen Sorbet Choice of Fruit	24 **Chicken Nuggets** Tater Tots Choice of Fruit **Condiments:** BBQ or Ketchup	25 **Beef Hot Dog** Baked Beans & Carrot Sticks Choice of Fruit **Condiments:** Ketchup & Mustard	26 **Pizza** Carrot Sticks Choice of Fruit **Condiments:** Ranch	27 **Fun Fish Nuggets!** Goldfish Graham Salad Choice of Fruit New! **Condiments:** Tartar Sauce

Mid-Winter Break!

Available daily -
Turkey Julienne Salad w/ Roll & Goldfish Crackers

SANDWICHES:
Turkey & Cheese
Ham & Cheese
PBJ & String Cheese

Includes:
Fruit and/or Vegetable & Milk

Protein
Grain
Vegetable
Fruit
Dairy

BREAKFAST is served daily at:
Cherokee
Erie
Fox
Ojibwa
Check your school for times.

Fat Free White or Chocolate Milk offered with all meals

If you have a food allergy please be aware that CVS prepares food that may contain or have come into contact with peanuts, nuts or other possible allergens.

Department policy — Students without lunch money or money on account are not allowed to charge or be given FREE food.

USDA is an equal opportunity provider and employer.

February is Heart Health Month!

Top 10 Tips to Help Children Develop Healthy Habits

1. **Be a good role model** - You don't have to be perfect all the time, but if kids see you trying to eat right and getting physi-cally active, they'll take notice of your efforts. You'll send a message that good health is impor-tant to your family.
2. **Keep things positive** - Kid's don't like to hear what they can't do, tell them what they can do instead. Keep it fun and positive. Everyone likes to be praised for a job well done. Celebrate successes and help children and teens develop a good self-image.
3. **Get the whole family moving** - Plan times for everyone to get moving together. Take walks, ride bikes, go swimming, garden or just play hide-and-seek outside. Everyone will benefit from the exercise and the time together.
4. **Be realistic -** Setting realistic goals and limits are key to adopting any new behavior. Small steps and gradual changes can make a big difference in your health over time, so start small and build up.

Limit TV, video game and computer time - These habits lead to a sedentary lifestyle and excessive snacking, which increase risks for obesity and cardiovascular disease. Limit screen time to 2 hours per day.

Encourage physical activities that they'll really enjoy - Every child is unique. Let your child experiment with different activi-ties until they find something that they really love doing. They'll stick with it longer if they love it. check out these activities for kids.

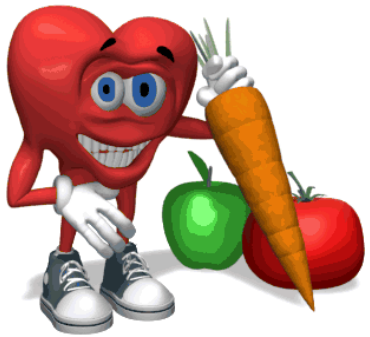
1. **Pick truly rewarding rewards -** Don't reward children with tv, video games, candy or snacks for a job well done. Find other ways to celebrate good behavior.

2. **Make dinnertime a family time -** When everyone sits down together to eat, there's less chance of children eating the wrong foods or snacking too much. Get your kids involved in cooking and planning meals. Everyone develops good eating habits together and the quality time with the family will be an added bonus.

Make a game of reading food labels - The whole family will learn what's good for their health and be more conscious of what they eat. It's a habit that helps change behavior for a lifetime. Learn more about reading nutrition labels.

1. **Stay involved -** Be an advocate for healthier children. Insist on good food choices at school. Make sure your children's healthcare providers are monitoring cardiovascular indicators like BMI, blood pressure and cholesterol. Contact public officials on matters of the heart. Make your voice heard.

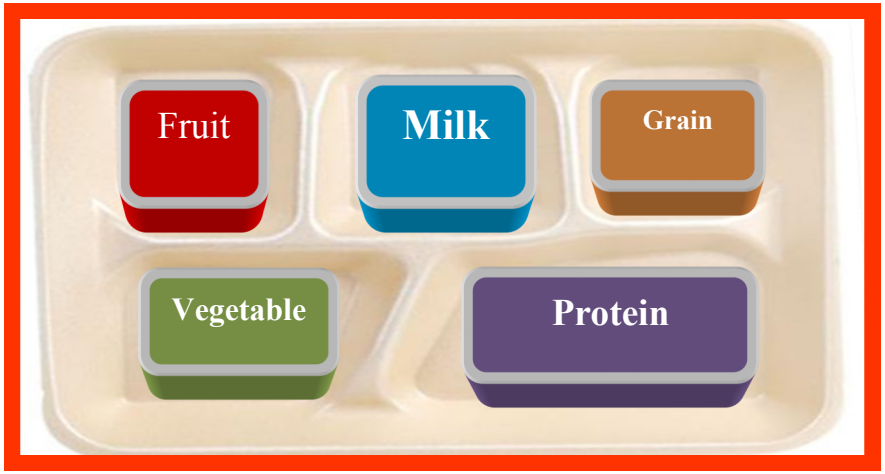
Learn more: www.heart.org



LunchApp.com
powered by Meal Magic Suite

SendMoneyToSchool.com

SendMoneytoSchool.com
Students without a lunch or lunch money are not al-lowed to charge their meal or be given a free meal. To ensure this doesn't happen, **SendMoneyToSchool.com** is a safe way to deposit money into an account and maintain an eye on the balance. K-12 students all have an account and ID number. If you're unsure of your student's ID number, please call the Food Service Of-fice at 586-723-2110



Cheyenne

SOUTH LOOP TRAFFIC PATTERN

Please carefully read the information below.

After 3:15 PM Daily

- ✓ Parents driving **west** on Cougar Drive toward Heydenreich should enter the Seneca parking lot at the west entrance just before Heydenreich. **Vehicles making right turns from Cougar Drive into the Cheyenne entrance are not permitted.**

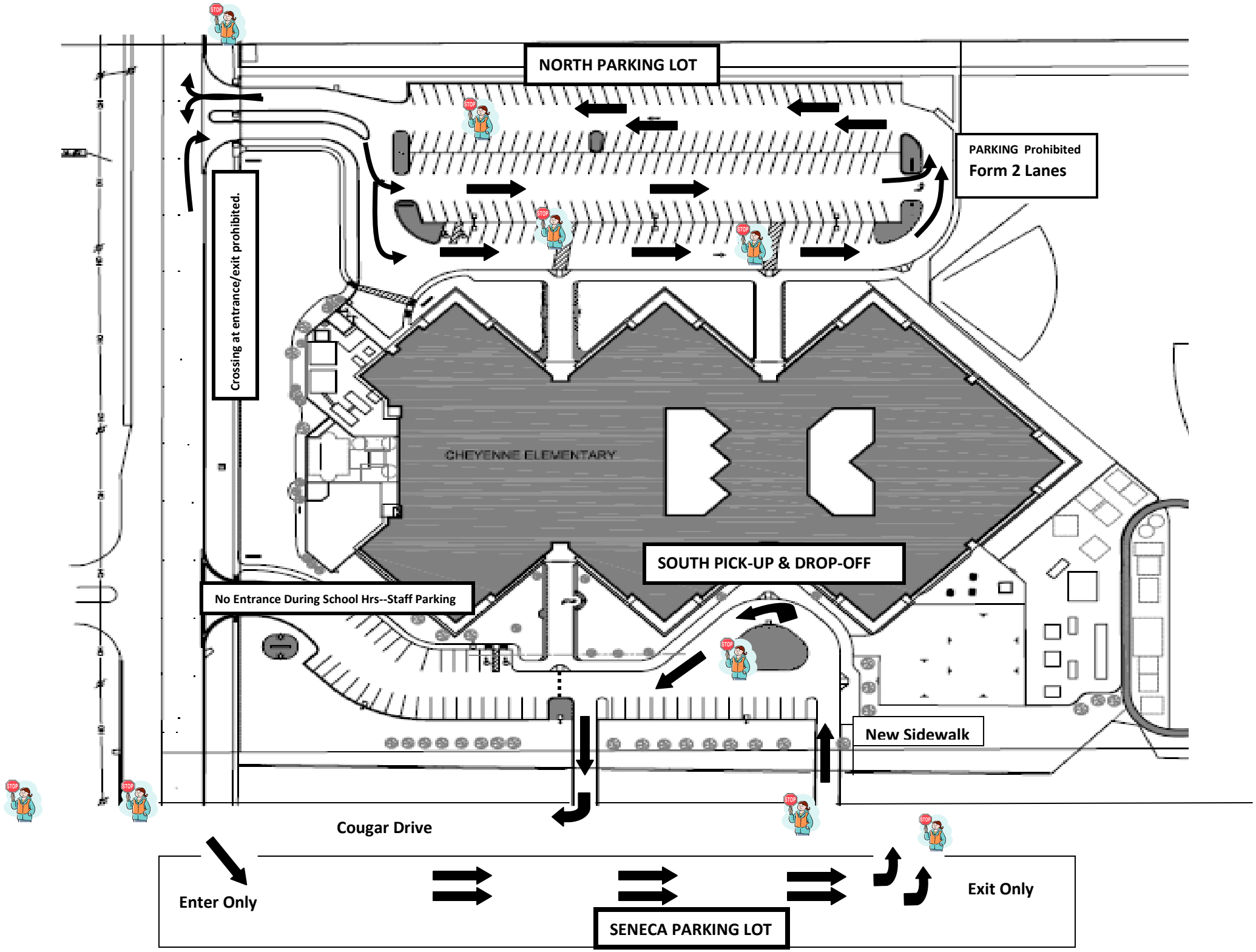
- ✓ Parents turning off Heydenreich at the light or crossing Balmoral at Heydenreich should enter the first Seneca parking lot entrance. Please form a second line next to the group described above. **Vehicles are not permitted to make left turns into the Cheyenne entrance.**

- ✓ Crossing guards will be present to keep traffic moving from the Seneca lot across Cougar Drive to the Cheyenne entrance. They will stop traffic when necessary. Please follow their directions. Please **do not** cross Cougar Drive until instructed to do so.

- ✓ If you park in the Seneca Lot and walk over to pick up your child, please use the sidewalk provided to walk your child back. Please cross where we have Crossing Guards. **Walkers ARE NOT permitted to walk in the entrance and/or exit driveways.** The sidewalk is there for your convenience and safety.

We will continue to make dismissal as quick and safe as we possibly can. You can help our students, teachers and crossing guards by pulling up as far as you can to the student "loading zone." Please do not exit your vehicle. Your children will come to you.

Thanks in advance for your cooperation.


NORTH PARKING LOT
PARKING Prohibited
Form 2 Lanes
Crossing at entrance/exit prohibited.
CHEYENNE ELEMENTARY
SOUTH PICK-UP & DROP-OFF
No Entrance During School Hrs--Staff Parking
New Sidewalk
Cougar Drive
Enter Only
SENECA PARKING LOT
Exit Only