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FEBRUARY/MARCH 2017



February is Dental Health Month! Help your children keep a bright, healthy smile!

- **Dental visit** New parents often ask, "When should my child first see a dentist?" Your child should see a dentist by his or her first birthday.
- Begin using toothpaste to brush your child's teeth when he (or she) is 2 years old.
- As soon as two teeth touch each other, floss between them once a day. You can use regular floss or special plastic floss holders.



**Healthy Eating Contest is back at Elementary! February 20-24—check February Frig Notes for details**



IN HONOR OF DR. SEUSS' BIRTHDAY—MARCH 2ND—GREEN EGGS & HAM WILL BE SERVED FOR BREAKFAST IN ALL SCOTT COUNTY SCHOOLS!



**NATIONAL SCHOOL BREAKFAST WEEK—MARCH 6-10—Give school breakfast a try! Favors will given on selected days**



**FUN FACTS**

- If you are struggling to stay awake in the morning, grab an apple instead of another cup of coffee. Apples are better than caffeine at keeping you awake
- Pickles: Fruit or Vegetable? Actually, they are both! According to the U.S. Supreme Court, pickles are technically a "fruit of the vine". However, because they are made from cucumbers, they are generally known as a vegetable.

**DID YOU KNOW?**

- Grape Juice is really good for your blood vessels
- A can of diet coke will float in water while a can of regular coke will sink.
- **When Dr. Seuss suffered from writer's block, he would go to a secret closet filled with hats and wear them till the words came.**

**HEALTHY HABITS ARE IMPORTANT AT HOME**

**Your children are learning eating habits that will last a lifetime.**

- **Have fun.** The more creative the meal is, the greater the variety of foods my kids eat. Make smiley-face pancakes and give foods silly names. (Broccoli florets are "baby trees" or "dinosaur food.")  
Anything mini is always a hit too.
- **Avoid being the food police.** Forcing kids to eat foods they hate is a recipe for rebellion, resentment and frustration. Instead, only stock your pantry and fridge with a variety of tasty, wholesome options — and ditch the junk. That way, every dietary choice your child makes in your home will be a good one.

**ORGANIZATION  
NAME**

Address Line 1  
Address Line 2  
Address Line 3  
Address Line 4

Tel: 555 555 5555  
Mobile: 555-555-5555  
Fax: 555 555 5555  
E-mail: someone@example.com



*Tag line goes here.*

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We're on the Web!  
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Caption describing picture or graphic.

Mailing Address Line 1

Mailing Address Line 2

Mailing Address Line 3

Mailing Address Line 4

Mailing Address Line 5

## BACK PAGE STORY HEADLINE

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those

here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.