



# Olympian

PARENT BULLETIN #5  
DECEMBER 21, 2017

Dear Parents,

**END OF SEMESTER/WINTER BREAK** – The students do not have school on Friday, December 22<sup>nd</sup>, due to the end of the first semester.

Winter Break begins on Monday, December 25<sup>th</sup>, and goes thru Friday, January 5<sup>th</sup>. Students return to school on Monday, January 8<sup>th</sup>, 2018.

We hope you are able to spend some good quality time with your children during Winter Break!

**THANK YOU!** – Waynedale School received a letter from the Allen County Christmas Bureau –

The Allen County Christmas Bureau would like to take this opportunity to express our sincere gratitude for the tremendous donation of food from everyone at Waynedale Elementary.

We are truly grateful to our community members for making dreams of our less fortunate friends and neighbors come true during the Christmas season. Your kindness is very important to our mission.

Thank you once again for caring, and may all good things be yours in return for your generosity.

**ATTENDANCE NOTES** – If your child is going to be absent, please call the school at 260-467-8820. You may call at any time and leave a message,

even if it is not during regular office hours. Also, please call if your child is going to be late due to an appointment or is just running late. Both of these will save us from having to make calls to see why a student is not at school.

Make sure your child is at school on time and ready to learn for the day.

**GOLD MEDAL WINNERS** – The following students received a prize for being respectful, responsible, or safe in our Gold Medal drawings. The winners for the week of November 20<sup>th</sup> are: Ayvah, Jumaidah, Kuraishah, Bronson, Summer, Taraji, Jordyn, San San, Shaelynne, Mykalan, Rabiullah, Le’Andre, Trevian, Natalia, Annabella, Maryna, Isabella, Chase, Aaliyah, Elzihya, JuRiah, and Morgan.

The Gold Medal winners for the week of December 4<sup>th</sup> are: Brody, July, Landon, Carter, Jayden, Lovaeh, Moe Moe, Jodi, Alex, Ah Sui Ma, Elijah, Royce, Nur Aisyah, Landon, Nicholas, Mohamed, Chandler, Dylan, Lanya, Damion, and Ke’Vontae.

The Gold Medal winners for the week of December 11<sup>th</sup> are: Ava, Par Ta Zar, Tegan, Joshua, Jadiss, Kellen, Omay, Marielle, Zin Ma, Jacoby, Ke’Vontae, Jordyn, Jaidah, Auston, Olivia, Alana, Mat, Adrian, Kolten, Mohamed, Ashton, Hozaifah, Madison, and Derrion.

### **UPCOMING EVENTS –**

- A. **NO SCHOOL** – End of First Semester – Friday, Dec. 22
- B. **NO SCHOOL** – Winter Break – Monday, Dec. 25 thru Friday, Jan. 5
- C. School Resumes – Monday, Jan. 8
- D. Young Authors’ Kick-Off – Tuesday, Jan. 9
- E. **NO SCHOOL** – Dr. Martin Luther King, Jr. Day – Monday, Jan. 15
- F. Fourth Grades Visit History Center & Courthouse – Friday, Jan. 19
- G. Learn Not to Burn Assemblies – Thursday, Jan. 25
- H. Book Fair – Monday – Thursday, Jan.29 – Feb. 1
- I. Parent-Teacher Conferences – Wednesday & Thursday, Jan. 31 & Feb. 1
- J. **NO SCHOOL** – Friday, Feb. 2

### **FORT WAYNE COMMUNITY SCHOOLS**

Dr. Wendy Robinson, Superintendent

Waynedale Elementary School  
Justin Arkkelin, Principal  
7201 Elzey Street  
Fort Wayne, Indiana 46809

Phone: (260) 467-8820 Fax: (260) 467-8852



#### **MISSION**

Fort Wayne Community Schools educates all students to high standards, enabling them to become productive, responsible citizens.

#### **VISION**

Fort Wayne Community Schools will be the school system of choice and a source of community pride.



# Fort Wayne Community Schools January 2018 Elementary Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
8 Beef & Bean Burrito Baby Carrots Tropical Twist Juice Applesauce Oats & Honey Goldfish Grahams Milk	9 Chicken Tenders Whole Wheat Roll Baked Potato Baby Carrots Chilled Peaches Milk	10 Cheese Pizza Chop Saled Baby Carrots Raisins Applesauce Muffin Milk	11 Hot Dog Baked Beans Cheez-It-Crackers Baby Carrots Fruit Cocktail Milk	12 Chicken & Rice Steamed Broccoli Baby Carrots Chilled Pears Chocolate Chip Cookie Milk
15 HOLIDAY MLK DAY	16 Black Bean Dip Tortilla Chips Baby Carrots Chilled Apricots Orange Cranberry Cookie Milk	17 Sausage Pizza Fresh Celery Baby Carrots Fresh Orange Sugar Cookie Milk	18 Chicken Drumstick Whole Wheat Roll Cucumber Coins Baby Carrots Sweet Strawberries Milk	19 Cheese Omelet Whole Grain Pancakes Fresh Broccoli Baby Carrots Spiced Apples Milk
22 Chicken Nuggets Potato Wedges Baby Carrots Tropical Fruit Butterscotch Cookie Milk	23 Cheese Lasagna Whole Wheat Roll Green Beans Baby Carrots Chilled Pears Milk	24 Tenyaki Beef Steamed Rice Midori Blend Vegetable Baby Carrots Red Apple Wedges Blueberry Muffin	25 Mexican Cheese Sauce Breadsticks Fresh Broccoli Baby Carrots Fruit Cocktail Milk	26 Beef Hamburger Baked Beans Baby Carrots Sweet Blueberries Milk
29 Galaxy Pepperoni Pizza Steamed Broccoli Baby Carrots Chilled Peaches Banana Bread Milk	30 Chicken Dippers Whole Wheat Roll Fresh Celery Baby Carrots Fresh Kiwi Milk	31 Zesty Orange Chicken Steamed Rice Cucumber Coins Hummus Baby Carrots Applesauce Milk		

For more information, visit our website at:

<http://fbt.mil/foodservices/fwcst.k12.in.us/>

This menu is pork free.

Menus are subject to change without notice.

## Do you have to eat meat to obtain protein?

When thinking of protein sources, meat is the first thing many call to mind; however, legumes, nuts, seeds, eggs, quinoa, and dairy products contain protein as well. The protein found in meat and eggs contain all nine essential amino acids (protein building blocks), which build and repair tissue, make hormones, and are necessary for bone, muscle, and skin development. To obtain the same nine amino acids via plant proteins, it is important to eat a variety of plant protein foods each day.



1c Cooked, Unsalted Chicken  
38g Protein



1c Canned, Split Green Peas  
16g Protein

## Protein Myth Busted

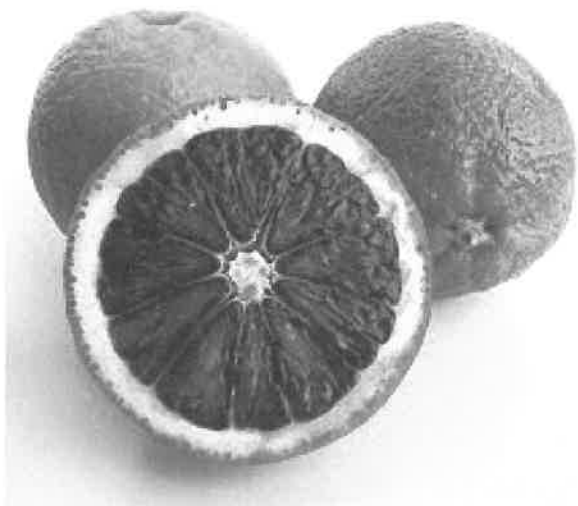
Protein needs are the same throughout your life...

False, as we age it is recommended to slightly increase protein intake to minimize the loss of muscle mass and strength.

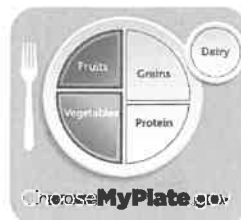
# F&V Snack Menu

## January 2018

8 <b>Apple</b>	9 <b>Carrots with Dip</b>	10 <b>Blood Orange</b>	11 <b>Cucumber with dip</b>	12 <b>Clementine</b>
15 <b>Holiday</b>	16 <b>Orange Wedges</b>	17 <b>Celery with Sun Butter</b>	18 <b>Lemon Slices</b>	19 <b>Grape Tomatoes with dip</b>
22 <b>Blood Orange</b>	23 <b>Carrots with Dip</b>	24 <b>Kumquats</b>	25 <b>Sugar Snap Peas with dip</b>	26 <b>Banana</b>
29 <b>Pear</b>	30 <b>Celery with Sunbutter</b>	31 <b>Clementine</b>	Feb 1 <b>Broccoli with Dip</b>	2 <b>No School Today</b>



Anthocyanins, an antioxidant that give these oranges their distinct color, will only develop when temperatures are low at night and warm during the day. The dark color of this orange makes it taste similar to a raspberry.



**Make half your plate  
 fruits & veggies!**