

THE HOLZ NEWS CONNECTION
(304)348-1906 (304)345-0387 Fax

<http://holz.kana.k12.wv.us/>

MARK YOUR CALENDAR

High Expectations for Success for Every Student

December	6th	COSI, Popcorn
December	7th	Parent Night Out
December	11th	Canada/Walter holiday performance @ Town Center Mall
December	12th	Last Jump Rope Club
December	13th	Popcorn
December	14th	Early Out 11:50am
December	17th-21st	Holiday Shop
December	21st	December Birthday Lunch
December	24th to Jan. 1st	Winter Break
January	2nd	Back to school

A NOTE FROM YOUR PRINCIPAL:

A NOTE FROM HOLZ PTA:

COSI on Wheels December 6th – Calling all parents, retired teachers, college students home on break! We need 15 volunteers to work COSI on Wheels the Incredible Human Machine on Thursday December 6th, 7:15AM-1:30PM. This program is an amazing experience for our kids (Kindergarten-5th grade) but we cannot do it without fully staffed volunteers. A catered lunch of sandwiches, soups, and salads will be provided by Swiftwater Café for all volunteers (Yep – bribery here). If you have any questions or trouble signing up, please contact Stacy Christian.

<https://www.signupgenius.com/go/4090549A92CA3FB6-cosi2>

A NOTE FROM MRS. CLARKE COUNSELORS CORNER:

In 3rd-5th grades, I am teaching the core components of Mindfulness. Research shows mindfulness has a positive effect on a student's emotional control, academics, stress, and even empathy. Ask your child about the mindfulness techniques they are learning. Practicing mindfulness with your child helps tremendously! A few exercises you can try with your child are on this website:

<http://annakaharris.com/mindfulness>

In K-2nd grades, we will be continuing the "Too Good For Drugs" Curriculum. We have been focusing on healthy behaviors, goal setting, and healthy ways to reduce frustration.

I want to give a huge thanks to everyone who sent in food for our canned food drive. Congratulations to Mrs. Boggs class who won the competition!

A NOTE FROM MRS. RICE:

The last Jump Rope Club will be on December 12th. Thanks to all who attended!

A NOTE FROM YOUR SCHOOL NURSE:

WVU Extension Service/Family Nutrition Program will be offering a food of the month to Holz Students. For November, a variety of greens including kale, broccoli, chard and spinach were served. Posters of WVU athletes decorate the cafeteria and send a healthy message.

Thank you to Katie Potter (Beau's mom) for providing Flu Fighter booklets to K-1st graders!

HOLZ HUSSON'S PIZZA NIGHT

Order dinner from the Bridge Road Husson's Pizza after 4pm on the first and third Tuesday of every month and our school will receive 25% of what you spend!!!

Holz Elementary PTA now has an Amazon Smile Account.

Earn money for your school while shopping. If you currently have an Amazon.com account you can create your Smile account very easily. You will have to log out of your current Amazon account and go to smile.amazon.com. Login in using your existing account information. Do a search for your charity - Holz Elementary PTA - start shopping. Remember you must be on the smile.amazon.com page to ensure your purchases count for Smile rewards. The Smile site is the same as the regular Amazon account with Prime membership benefits, etc. You can easily make it a bookmark so you are always on the Smile account for shopping. If you don't have an Amazon account, you will have to create one at smile.amazon.com and follow the same steps. If you have any questions please contact Stacy Christian

stacyfchristian@gmail.com

If you wish to come to lunch notify the office in advance. Adults pay \$4.25 per lunch ticket. Children who do not attend Holz pay \$2.10 . Breakfast for adults \$3.25 and for children \$1.65. Fresh Salad Bar will be available daily.

MENU-SUBJECT TO CHANGE DUE TO AVAILABILITY

<u>Date</u>	<u>Breakfast</u>	<u>Lunch</u>
December 3rd Monday	Breakfast Pizza Asst. Cereals Fruit, Juice, Milk	Scrambled Eggs Sausage Link, Diced Potatoes Biscuit, Cinnamon Apples Garden/Fruit Bar Milk & Water
December 4th Tuesday	Pancake on a Stick Asst. Cereals Fruit, Juice, Milk	Soft Taco Nacho Chips & Cheese Salsa, Peaches Garden/Fruit Bar Milk & Water
December 5th Wednesday	Cinnamon Roll Asst. Cereals Fruit, Juice, Milk	Fish Sticks Green Beans, Cole Slaw Strawberries Garden/Fruit Bar Milk & Water
December 6th Thursday	MVP Donut Asst. Cereals Fruit, Juice, Milk	COSI – Bag lunch in rooms Turkey & Cheese Sandwich Chips, Apple Carrots and Dip Garden/Fruit Bar Milk & Water
December 7th Friday	Egg Patty, Toast Apple Sauce, Asst. Cereals Fruit, Juice, Milk	Chicken Nuggets Mashed Potatoes Spinach, Mixed Fruit Garden/Fruit Bar Milk & Water

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