Please have your student check LOST & FOUND

All items left over Thanksgiving break will be donated.

UPCOMING EVENTS

Fri. 11/1

- Begin bringing in your unwanted Halloween candy to donate to "Treats for Troops"
- RSE gets a $1 per every pound collected!
- Candy buy back will run from Nov. 1-7th

- D.S. Tiger Football Game
  @ Northeast HS (Nelson field) 7:30 pm

Last Day

RED RIBBON WEEK
- RSE Follett Book Fair - OPEN UNTIL NOON

Tues. 11/5

- Fall Picture Retake Day
  (if you are retaking, please bring your original photo packet to the photographer.
  If you have not taken a school picture you may take a photo & order.)

- Elementary Early Release Day @ 12:00 pm

Mon. 11/11

- Veteran's Day Assemblies
  7:30 am - Veteran's Hospitality Room
  8:30 am - First Assembly, Grades PK-2nd
  9:30 am - Second Assembly Grades 3-5

Coming Soon

Thanksgiving "Gobble Day’s" RSVP Here - 11/14 Last names beginning with A-L
11/15 Last names beginning with M-Z
3rd Annual
Halloween Candy Buy Back

Cunningham Orthodontics, P.C. and Wildey Pediatric Dentistry are partnering with Soldiers’ Angels - Treats for Troops and our local DSISD elementary school PTA’s.

Halloween falls on Thursday, October 31st so kids can bring their unopened candy to school Friday, November 1st – Thursday, November 7th. For all the candy donated we will pay $1 per pound to your school’s PTA and the generous candy donations will be sent in care packages to our troops overseas.

Our Soldiers love getting letters. If you would like to include a thank you for your service letter with your candy donation, we will make sure it gets to the Soldiers Angels Volunteers who ship the boxes overseas to our troops.

Thank you for your support!

Dr. Carly Cunningham and Dr. Sarah Wildey
HONORING ALL WHO SERVED
VETERANS DAY
NOVEMBER 11TH, 2019

Rooster Springs would like to honor our Veterans with a reception and two assemblies on Monday, November 11th

7:45 - 10:30am: Veterans Reception
8:30am Assembly One: Pre-K - 2nd Grade
9:30am Assembly Two: 3rd - 5th Grade

STUDENTS: PLEASE DRESS IN RED, WHITE, AND BLUE TO HONOR OUR VETERANS

If you are a Veteran, have a parent, grandparent, or a relative that is a Veteran, we would like to invite you all to attend the reception and assembly.
Rooster Springs Elementary PTA
Music Recorder Order Form
3rd & 4th Grade Students

As a special service to parents, RSE PTA is coordinating the order, purchase, and distribution of music recorders necessary for 3rd and 4th grade students. **Each student in 3rd – 4th grade needs a recorder for music class.** By offering this service, we ensure that each student has the same, quality instrument (as selected by the music teacher) and parents avoid having to locate and purchase this item themselves.

*If your child has a recorder from a previous year or you have already purchased one, your child may use it and you do not need to purchase this recorder.*

Please return the completed order form (with payment attached) to your child’s teacher by November 21st.

Recorders will be delivered directly to music class.

LATE ORDERS WILL NOT BE ACCEPTED and it is the responsibility of the parent or guardian to purchase a recorder for each student. For more information about the recorders, you may contact your child’s music teacher, Beth Shuman.

____________________________________________________________________________

* * * PLEASE PRINT * * *

Student Name:__________________________ Teacher: _____________________Grade:_____
Parent/Guardian Name:_______________________ Phone Number:_____________________

Peripole Angel Baroque Soprano Music Recorder with Zippered Case @ $7.00 each
Please complete separate form for each student.

Method of Payment (please check one):

☐ CHECK #_________ (attached) in the amount of $__________
Please make check payable to RSE PTA, Inc and paperclip or staple to this form.

☐ CASH (attached) in the amount of $__________
Please seal cash in an envelope and paperclip or staple to this form.

Questions? Contact: Laura Metcalf - supplies@rsespta.org
The yearbooks are on sale for $25 through April 30th. Get yours today!

YEARBOOKS WILL ONLY BE SOLD ONLINE

Go to www.balfour.com
Type Rooster Springs Elementary School and select your school. Purchase a yearbook online using a credit or debit card. The last day to purchase online is April 30th.

The price will increase to $30 on May 1st. Books will be sold first come, first served after all pre-ordered yearbooks are passed out. Order now to make sure you get a yearbook!

QUESTIONS? Please contact the yearbook team:
yearbook@rsespta.org

Add your name to the front cover of your yearbook for $5.00

THE 2019-2020 Rooster Springs Elementary Yearbook!

ORDER THE 2019-2020 Rooster Springs Elementary Yearbook!
PTA Membership Drive & Popsicle Party Contest

JOIN THE PTA AND HELP YOUR CHILD’S CLASS EARN A POPSICLE PARTY!

IT'S GOING TO BE A SWEET YEAR!

http://www.joinpta.org

The Popsicle Party Contest ends on November 1st so please join soon and help your class earn a party!
PTA Membership Drive and Popsicle Party Contest

How many more PTA Memberships does your class need to earn a popsicle party?

**Pre-K**
- Landry – 2 members
- Larson – 4 members
- Danzeiser – WINNER!

**Kinder**
- Bates – WINNER!
- Clark – WINNER!
- Drillette – WINNER!
- Lindig – WINNER!
- Maenius – WINNER!
- Norton – WINNER!

**1st Grade**
- Chappell – 5 members
- Nall – 7 members
- Danz – WINNER!
- Galus – WINNER!
- Pavlinsky – WINNER!
- Shackelford – WINNER!

**2nd Grade**
- Northrup – 1 member
- Culberson – 5 members
- Danaher – 8 members
- Cruz – 9 members
- Cagle – WINNER!
- Gee – WINNER!
- Rowen – WINNER!

**3rd Grade**
- Kenton – 8 members
- O’Brien – 11 members
- Laws – 13 members
- Baucum – WINNER!
- Mahany – WINNER!
- Narayan – WINNER!
- Wilson – WINNER!

**4th Grade**
- Brayton: 2 members
- Doyle – 7 members
- Hack – 7 members
- Heintz – 8 members
- Johnson – 9 members
- Graham – WINNER!

**5th Grade**
- Amrine – 2 members
- Wright – 3 members
- Dunn – 7 members
- Reincke – 8 members
- Pesek – 9 members
- Meyette – WINNER!

http://www.joinpta.org
RSES PTA
General Meeting
Wednesday, November 20th
8:00 am
ART SALE

DEADLINE EXTENDED!

PACKETS AND PAYMENT DUE BY NOVEMBER 1!
the Tempest
by William Shakespeare

October 26 & 27
November 1-3

DSHSTHEATRE.COM
TICKETS & INFORMATION
Bus Drivers Needed

$17.34 Starting Pay

Apply today.

$500 Hiring Incentive

No Experience Necessary
Paid Training
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(512) 858-3004
HAPPY Thanksgiving!

RSE Gobble Day Thanksgiving Feast!
November 14th & 15th

RSVP by returning this form to Rooster Springs Elementary School Cafeteria by Monday, Nov. 4, 2019, or RSVP via Google form.
(Tickets at the door or pay from student’s account.)

☐ Yes, I plan to attend “Gobble Day”   ☐ Yes, I will be bringing a guest
Nov. 14th total # attending ________________  Nov. 15th total # attending ________________

Parent(s) Name Attending: ____________________________________________________________
(Please Print)

TIME: During your Child’s lunch period

COST: $5.00
Adults and Visiting Children (NOT students)
*We encourage participation in this event and discourage bringing in outside fast food. Thank you!

Traditional turkey & trimmings will be served as well as chicken nuggets as an option for students and visitors.

Please check in at the front desk for your visitor’s badge. A valid ID is required! Tickets available for purchase at the door.

RSE Gobble Day Thanksgiving Feast!
November 14th & 15th

Thursday
Nov. 14th
Last Name A-L

Friday
Nov. 15th
Last Name M-Z

Please check in at the front desk for your visitor’s badge. A valid ID is required! Tickets available for purchase at the door.

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Nov. 14th total # attending ________________  Nov. 15th total # attending ________________

Parent(s) Name Attending: ____________________________________________________________
(Please Print)
Fall for healthy outings

With cooler temperatures and a bounty of fruits and vegetables, fall is a great season for healthy family outings. Here are a few to try.

**Go apple picking**
Pick ripe, juicy apples at an orchard or the grocery store. Your child can choose different varieties, such as Red Delicious, Granny Smith, and Macintosh. Afterward, hold a tasting party to see which kind everyone likes best. Then, incorporate the apples into meals. For instance, add thin slices to turkey sandwiches or dice into oatmeal.

**Visit a market**
Stop by a farmers’ market or produce stand, and let your youngster pick out colorful fall vegetables. Depending on where you live, she might find acorn squash, parsnips, broccoli, pumpkins, or cabbage. At home, she can play farm stand with your veggies. Pretend to be her customer, and talk about each food’s taste and texture. Then, serve your healthy “purchases” for dinner.

**Take a “bingo” hike**
Go for a hike to get some exercise and appreciate fall scenery. First, have your child make a bingo card filled with things you normally see in your area this time of year. Examples: red leaf, acorn, squirrel, pinecone, flock of geese. Family members can check off each item as they spot it. Get five in a row and call out “Bingo!”

**Build character with sports**
Playing a sport not only helps your youngster stay fit and learn new skills—it can also be a great character builder. Help him succeed physically and mentally with these three tips.

1. Praise him for effort, a positive attitude, and good sportsmanship, rather than focusing on winning.
2. Encourage responsibility. Have him keep track of his equipment and wash his own uniform and practice clothes.
3. Set a good example by being respectful of players, coaches, and referees.

*Tip:* Make sure your youngster carries healthy snacks and a water bottle in his gym bag.

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**Meal prep + math**
Make busy school nights easier—and give your child math practice—with this idea. On weekends, ask him to double recipes for whatever you plan to cook, such as the baked beans for Saturday’s picnic or egg casserole for Sunday’s breakfast. Then, freeze half to save for a weeknight.

**Heart-healthy exercise**
Getting vigorous physical activity every day is good for your youngster’s heart and overall health. Right after she’s active (runs around outside, walks home from school, plays hockey), have her do a quick check of her body. Is she sweating? Is her heart beating fast? If the answer is yes, then she has exercised vigorously.

**Did you know?**
Dark leafy greens have more nutrients than iceberg lettuce. For your child’s next salad, choose spinach, baby kale, arugula, or romaine lettuce. If he’ll only eat iceberg, introduce other greens by gradually adding more of them to each salad he eats.

**Just for fun**
**Q:** What has a big mouth but never speaks?
**A:** A jar.
Microwave “magic”

Give the microwave a starring role in your kitchen, and you and your child can prepare healthy foods in almost no time! Consider these ideas.

**Potatoes.** Pierce two russet or sweet potatoes several times with a fork to let steam escape (and avoid exploding spuds). Then, microwave 7–10 minutes.

**Bread.** Freshen up bagels and bread. Wrap in a dry paper towel, and zap 10–15 seconds until soft.

**Veggies.** Steam fresh or frozen vegetables such as broccoli, cauliflower, and green beans. Put in a covered microwave-safe bowl with 1 tbsp. water per cup of veggies. Heat on high 3 minutes, until tender-crisp.

**Corn.** Microwave corn on the cob in the husks! Cook two ears 4–5 minutes, and easily slide off the husks and silk.

**Bananas.** Ripen a banana quickly. Leave the peel on, and poke holes all the way through with a fork. Heat 30–90 seconds, until slightly softened.

**Citrus fruits.** Get more juice out of your lemons or limes. Place a whole fruit in the microwave, and heat 20 seconds. When it cools, slice in half and squeeze.

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**Activity Corner**

**Frisbee toss**

Playing with a Frisbee boosts your youngster’s hand-eye coordination and keeps her active. Mix things up with these challenges:

- Stand a few feet apart, and throw the Frisbee to each other. Every time it is caught, you each take one step back. See how far apart you can get before a miss. Then, move back to the starting positions and play again.

- Hang a hula hoop from a tree. Players stand on opposite sides of the hoop and toss the Frisbee back and forth through the hoop. Count how many catches you make without missing.

- Who can throw the Frisbee the farthest? Take turns tossing it, and use a rock to mark the spot where it lands.

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**Parent to Parent**

**Cooking with a friend**

My son Garrett loves to cook, so I wasn’t surprised when he wanted to invite a friend over to cook together. We looked online for healthy, kid-friendly recipes and came up with a great idea: ice cube–tray “sushi.”

When Garrett’s friend arrived, they began by making the rice. (I had them use short-grain rice because it’s sticky.) I let them measure and pour, and I handled the stove. While the rice cooked, they micro-waved asparagus, green beans, and baby carrots to use for toppings. I chopped the vegetables and helped the boys make scrambled eggs.

After everything cooled, the kids sprayed an ice cube tray with nonstick cooking spray, put veggies and egg in each section, and packed rice over them. They refrigerated the tray for five minutes, then popped out their sushi and ate. Garrett’s friend had so much fun that he has already invited my son to cook at his house!

---

**In the Kitchen**

**Dip it in yogurt**

Yogurt makes a nutritious breakfast—and it’s also great for dipping as a snack or side dish. Using 1 cup plain nonfat Greek yogurt, your child can whip up these quick recipes for a tasty treat.

**Dill dipper**

Stir 1–2 tbsp. each fresh dill and chives into yogurt. Serve with whole-wheat crackers or baked pita chips.

**Cinnamon twist**

Mix 1–4 tsp. cinnamon and 1–8 tsp. each nutmeg and vanilla extract into yogurt. Dunk whole-grain pretzel sticks or fresh strawberries into the dip for a cool after-school snack.

**Maple almond**

Add 1 tsp. maple syrup and 1/3 tsp. almond extract to yogurt. Mix in 1/3 cup slivered almonds. This is perfect for eating with fruit or low-fat graham crackers.

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Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

ISSN 1935-4630

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

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www.rfeonline.com

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Best Recipes 2019 Edition

Make cooking together as fun as eating together! Choose a recipe from the easy ones below, and have your youngster help from start to finish.

Butternut squash soup
- 2 tsp. olive oil
- 1 medium onion, chopped
- ½ tsp. ground allspice
- ½ tsp. ground ginger
- 4 cups cubed butternut squash (precut or frozen)
- 4 cups low-sodium broth (chicken or vegetable)

Heat the oil in a stockpot, add onion, and cook until soft. Stir in spices, squash, and broth. Simmer until the squash is tender, about 15 minutes. Cool slightly, and puree in a blender until smooth. Serves 4–6.

Watermelon salsa
- 3 cups diced seedless watermelon
- ⅓ cup chopped cilantro
- ⅓ cup lime juice
- ⅓ cup diced red onion
- ⅛ jalapeno, minced (optional)

Toss together all ingredients. Spoon over tacos, chicken, or fish. Serves 3.

Zucchini boats
- 1 zucchini or yellow squash
- 2 tbsp. salsa
- ⅓ cup cooked ground turkey (or use ⅓ cup black beans, drained and rinsed)
- 1 tbsp. shredded low-fat Monterey Jack cheese

Slice squash in half lengthwise, and microwave until tender (2–4 minutes). Then, top each half with salsa, meat or beans, and cheese. Microwave or broil until the cheese melts. Makes 2 servings.

Cauliflower pizza crust
- 1 head cauliflower
- 2 eggs, beaten
- 1 cup shredded skim mozzarella cheese
- 1 tsp. oregano

Cut off the core and leaves of cauliflower and break it into florets (small pieces). Microwave the florets until tender, and puree in a blender or food processor. Combine pureed cauliflower with eggs, cheese, and oregano. Press the mixture onto a greased cookie sheet or pizza pan. Bake at 450° for 12–15 minutes. Note: To make a pizza, add your favorite sauce and toppings. Broil until hot. Cut into 8 slices.

Apricot chicken
- 1 tbsp. olive oil
- 1 lb. boneless, skinless chicken breasts
- Salt and pepper to taste
- 2 tbsp. reduced-sugar apricot preserves
- 2 tbsp. balsamic vinegar
- ½ cup low-sodium chicken broth

Heat oil in a skillet. Season both sides of chicken with salt and pepper, and cook in hot oil for 5 minutes on each side (until cooked through). Whisk together remaining ingredients, and pour over the chicken. Saute another 4 minutes until sauce is thickened. Makes 4 servings. Idea: Serve over brown rice or whole-wheat couscous.

continued
Editor's Note: Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.
Texas Grown Produce
Please unscramble the words below

1. pesalp
2. aroekticsh
3. ssgupaara
4. seetb
5. ebll reppe
6. beseakrclbri
7. lsrebierbu
8. oicrcblo
9. bcabaeg
10. ucnpleato
11. srotacr
12. eeyrcl
13. ronc
14. mceubruc
15. efdil aeps
16. agfpeuritr