

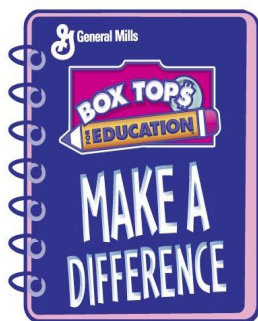


The Gladiator Arena Newsletter

Week of: October 8st- 12th , 2018

SCHOOL'S MISSION STATEMENT

The mission of the Ontonagon Area School District in concert with the community is to educate all students to reach their highest potential, and be productive members of society.



We are still collecting Box Tops for Education. You can drop them off at Harbor Towne Pharmacy, Forever Flowers, the school and Northern Roots Salon by Page Marie (in White Pine). You can also mail them to the school!

REMINDER: THERE WILL BE *NO* SCHOOL OCTOBER 12, 2018.

What is the Recommended Caloric Intake for Children?

School-age Children

School-age children need about 1,600 to 2,500 calories per day. Children between the ages of 5 and 6 need 41 calories per pound of body weight, and those between 7 and 11 need 32 calories per pound. Don't worry too much about your child not eating enough, since children this age usually eat when they are hungry. Serve healthy foods and encourage your child not to eat too many calories if they start to gain extra weight.

The calorie ranges are just general guidelines, since calorie needs vary a lot based on size, activity level and whether or not kids have been sick recently. Calories aren't the only thing you need to be aware of if you want your child to be healthy. You also need to make sure your child is eating a mix of foods from all of the food groups and getting plenty of exercise.

Make sure those calories come from a healthy mix of carbs, protein and fats. Fill up your child's diet with fruits, vegetables, whole grains, lean proteins, legumes, beans and nuts for a balanced mix of nutrients. And limit fast and processed foods — while these foods tend to be very high in calories, they offer little nutritional value for growing children (or their parents!).



- *Girls JV/Varsity Volleyball*
 - Oct. 9th Ewen Home 5:45pm(Pink OUT game EVERYONE wear pink) Oct.11th Wakefield Home 5:45pm
- *Boys Varsity Football*
 - Oct. 12th Crystal Falls Away 7:00pm
- *Girls Jr. High Basketball*
 - Oct. 8th Baraga Home 6:00pm Oct. 11th Lanse Away 4:30pm
- *Jr. High Football*
 - Oct. 11th Lake Linden Away 4:00pm



Q: Did you hear about the mathematician who's afraid of negative numbers?

A: He'll stop at nothing to avoid them.

Q: What do you call a fish with no tail?

A: A one-eyed grape.



Elementary student of the week:

Brayden Buzzo 2nd Grade

If you could plan a field trip anywhere for next year, where would you want to go?

-The beach

What's your favorite school snack? -Cool ranch doritos

If you could choose any animal for a class pet, what would it be? -A little dog

Favorite Sports team? - The Detroit Lions

Middle school student of the week:

Shayna Stites 7th Grade

What was the most enjoyable book you had to read in school? -Shipwreck

What's your favorite snapchat filter? -Dog face filter

Do high schoolers scare you? Why? -No, because they are just people

Favorite class and least favorite? Why? -Gym because I like to play sports and I don't like band because I don't like playing instruments

High school student of the week:

Brandon Westie 11th Grade

What do you want to do after High school? - Conservation Officer

Do you think your smart? -No

Do you have senioritis? - Not really

If you could only use one emoji for the rest of high school, which would you choose? - The frowny face because that's how I feel.



Senior Spotlight Student Of The week

Noah Kaarto

"I will always remember." -Breaking my foot

Where do you see yourself in 10 years? -Having a house, job and family

Favorite school meal? -Tangerine Chicken

What is the worst thing about being a senior? -Preparing for adulthood





TEACHER OF THE WEEK

Teacher Of The Week

Mr. Stafford Math Teacher

Why did you decide to become a teacher? -To help students learn math

What kinds of qualities do students look for in teachers? -Fair,

Understanding, Compassionate, Builds a community in the classroom

What do you think of technology in the classroom? - Great as long as it doesn't become a distraction in class

What interests you about our school? -Size, everyone knows everyone and everyone looks out for each other



RECIPE OF THE WEEK

Ingredients 4 servings

16 fish sticks (about 8 ounces)

¼ cup Mayonnaise

3 cups coleslaw mix or shredded cabbage

2 teaspoons lime juice

2 tablespoons rice vinegar

½ teaspoon hot sauce

⅛ teaspoon salt

8 corn tortillas, warmed

½ ripe avocado

garnish with cilantro

Preparation

Active
15 m

Ready In
30 m

Prepare fish sticks according to package directions.

Meanwhile, toss coleslaw mix (or cabbage) with vinegar and salt.

Mash avocado in a small bowl, then mix in mayonnaise, lime juice and hot sauce.

Serve the fish sticks in tortillas topped with the slaw, avocado crema and cilantro, if desired.

Fish Sticks: Most are made with pollock, which is a sustainable choice if it's Marine Stewardship Council certified (look for the blue label or contact the manufacturer). Try to avoid added sugar (or make sure it's as close to the end of the ingredient list as possible). Go for one with 300 mg or less of sodium per serving. Our Favorites: Kidfresh Fun-tastic and Dr. Praeger's Lightly Breaded



Plan a Treasure Hunt

On your own, plant little dime-store jewels and treasures in the garden. Then draw up a map with directions. (For an ancient look, let some coffee soak into the map to brown it with age; while the paper is wet, rip it around the edges). You can even hide the map somewhere in the house and let the kids find it while making the bed or putting away [toys](#).

Let's Get Crafty

Dalmatian Bowl Craft

Crafts
Fire Safety Crafts
[Dalmatian Bowl Craft](#)

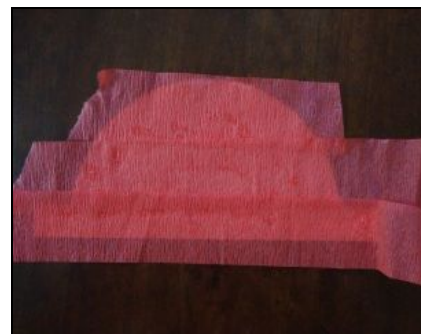
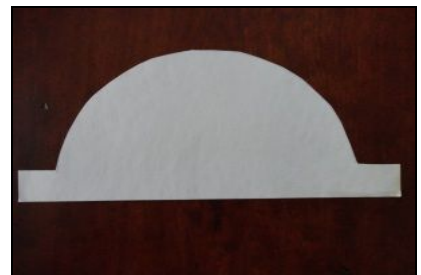
Make your own firehouse mascot with the Sparky the Dalmatian Bowl Craft. Constructed from a paper bowl, colored paper, markers, and glue, this adorable craft is sure to be a hit with the toddler crowd. You better stock up on paper bowls because after making one of these cute puppies, your toddler may be so excited that he or she decides to make all 101 Dalmatians!

What you'll need:

- 1 paper bowl
- Black Marker
- 2 wiggly eyes
- Black, white, and yellow cardstock
- Red streamers
- Large hole punch
- Glue
- Scissors
- [Sparky the Dalmatian Bowl Craft template](#)

How to make your dalmatian craft:

1. Print the Sparky the Dalmatian Bowl Craft template onto white cardstock. Cut out the ears. (see photos)
2. Trace the top of the bowl one inch from the bottom of a piece of white cardstock. This will be the fire hat. When cutting out leave a one inch margin on the bottom of either side for the brim of the hat. (see photos)
3. Glue strips of red streamers to the hat. Cut any streamers that hang over. (see photos)



4. If desired, draw a fire badge on yellow cardstock and cut out. Write the name "Sparky" on it or come up with your own name for your Dalmatian! (see photos) Glue the badge to the front of the fire hat.
5. Glue the ears to the side of the bowl towards the top. Glue the fire hat on top of the ears, at the top of the bowl. Allow the glue to dry. (see photos)
6. Glue the wiggly eyes to the side of the bowl facing the fire hat. Allow the glue to dry. (see photos)
7. Using the large hole punch, punch several circles out of the white paper and glue to the black ears. Allow the glue to dry (see photos)
8. Using a black marker, draw a mouth and nose on the top of the bowl. Draw black spots around the bowl for the Dalmatian's spots. (see photos)
9. Sparky is ready to ride the fire engine! Schedule a visit to your local fire station and bring him along to meet a real Dalmatian! For additional fire safety reinforcement, brainstorm fire safety tips with your toddler and write them along the rim of the bowl.





This week's Newsletter was prepared by Wendy Collins-Gouin, Katelynn Laingren and Michelle LaBine