



Marvin Elementary School

News from the Principal,
Mrs. O'Shea
November 2017 Edition

Eat Better as a Family

With long work days, family dinners are becoming a thing of the past. It's a lot easier to grab fast food. Even if you cook a meal at home, it's hard to get everyone to the table at the same time. But more and more research shows that family dinners are worth the extra effort.

Eating dinner as a family makes everyone healthier. When families eat together, kids eat more fruits and veggies and less fried food and soda. They're also less likely to have eating disorders and more likely to keep a healthy weight. You'll also save money – eating out costs about twice as much as a home cooked meal.

Having family meals isn't always easy. But you can make it easier. Don't put pressure on yourself – or your kids - to make the perfect family time. Go slowly. If you usually eat one meal a week together, try for two.

Make a meal plan when the week starts, and make sure you have all the food you need. Do any prep work – chopping veggies, marinating meat, or even cooking and freezing casseroles – before, so your weeknights are more relaxed. Or use a crock pot when you can, so dinner is ready when you walk in the door.

Try to make dinner a happy time when everyone feels supported. Don't bring up serious stuff. Turn off the TV and put away phones. Find out about what happened that day with your kids, and laugh together.

Monday	Tuesday	Wednesday	Thursday	Friday
NOVEMBER		1 D	2 A	3 B Marvin Spirit Day
6 C	7 No School	8 D	9 A	10 B Marvin Spirit Day
13 C	14 D	15 A	16 B Family Game Night	17 C Marvin Spirit Day
20 D	21 A	22 B 2 HR EARLY DISMISSAL	26 No School	27 No School
27 C	28 D	29 A	30 B PTO MEETING	← Conferences start

Information:

1. **Drills.** Throughout the year your children are involved in a variety of drills to prepare them in case of emergency. They include: fire drills, evacuation drills, shelter in place, and lock down drills.

The teachers provide students with age appropriate explanations of the drills. We had our first evacuation drill on Friday, October 27th and the students did a great job!!

2. **Parent teacher conferences** begin on November 30th and run through December 15th.

Meeting with your child's teacher should help build strong parent – teacher partnerships. Partnerships that are needed if you and their teacher are to reach your common goal: helping your child get the best education possible