

FEBRUARY 2019 NEWSLETTER

FAST Testing

Students in grades K-6th took FAST Testing the weeks of January 14th and 21st. The results of these tests will be sent home at conferences.

NO SCHOOL

There will be no school on Monday, February 18th and Friday, February 22nd.

SCHOOL CONFERENCES

Parent/Teacher conferences will be held on Tuesday, February 19th and Thursday, February 21st from 3:15-7:30 each night. You will receive an email when you are able to go online and sign up for your conference.

SPRING PICTURES

Spring pictures will be taken on March 14th by Lifetouch for all Preschool-8th grade students. No retake date will be scheduled. A form will be sent home with students to pick out the background they would like as the day gets closer. All students will get their picture taken. This form needs to be returned to the school with your child prior to picture day.

When the pictures arrive back at the school, parents will then be able to choose the pictures they wish to keep and return the rest of the pictures, along with the money, to the school. If you choose to not keep the pictures, please return the whole packet to school.

VALENTINE DAY PARTIES

Valentine parties are scheduled for grades preschool thru 6th for Wednesday, February 14th. More details will be provided by your child's teacher concerning the party.

Wildcat Leaders will be selling Lip Suckers for \$1.00 February 4th-14th. A sucker can also be purchased and sent with a message on Valentine's Day!

PTO

Scratch Cupcake Fundraiser

February 18th-March 8th: Each K-6 family will receive information and an order form to take orders for these delicious cupcakes! Cupcakes will be delivered frozen on March 27th. Scratch Cupcake has a great reputation and the fundraising margin is very generous.

PTO Bingo will be held from 2-4pm in the lunchroom on February 16th and March 16th.

The Book Fair will be held during Elementary conferences on February 19th and 21st.

SPORT O RAMA

Sport O Rama will be rescheduled and an email will be sent out.

STUDENT ABSENCES

If your student is going to be absent, please call the school offices and let the secretaries know. We need to hear from the parent and cannot have a sibling tell us.

MiEnergy Youth Tour

A GREAT opportunity for sophomores and juniors to possibly win a trip to Washington D.C.!

All expenses paid!

Trip dates are June 14-20

Apply at www.MiEnergy.coop

Deadline to apply: March 1, 2019

Motorcycle Rider Education

www.nicc.edu/solutions

\$195

Many dates!

Is Your Child's Backpack Making the Grade?

A backpack is a better way to carry life's necessities than a briefcase or shoulder bag, especially for longer periods of time. When properly worn, a backpack is supported by the strongest muscles in the body. Typically, the muscles close to the center of the body are stronger and have greater endurance than those further away from the center. But, a backpack used improperly can be dangerous to young joints and muscles that are still growing. The following guidelines will help your child avoid injury when using a backpack.

Wear both straps

Slinging a backpack over 1 shoulder causes a person to lean to 1 side to compensate for the uneven weight. This curves the spine. Over time, this can cause lower and upper back pain, strained shoulders and neck, and even scoliosis, or curvature of the spine. Teenage girls are especially susceptible to scoliosis.

Make sure the backpack is not too heavy

Students of all ages seem to be carrying heavier loads. They often carry a full days' worth of textbooks and a change of clothes for after-school activities. Laptop computers are also common features in the backpacks of high school and college students. A backpack can easily weigh 20 to 50 pounds. However, **a backpack should weigh no more than 15 to 20 percent of the student's body weight.** For example, a 75-pound child should carry no more than 15 pounds. Even when worn properly with both straps, leaning forward to compensate for this extra weight can affect the natural curve in the lumbar, or lower back, region. As a result, the student may experience back, shoulder and neck pain.

Pay attention to the type of backpack

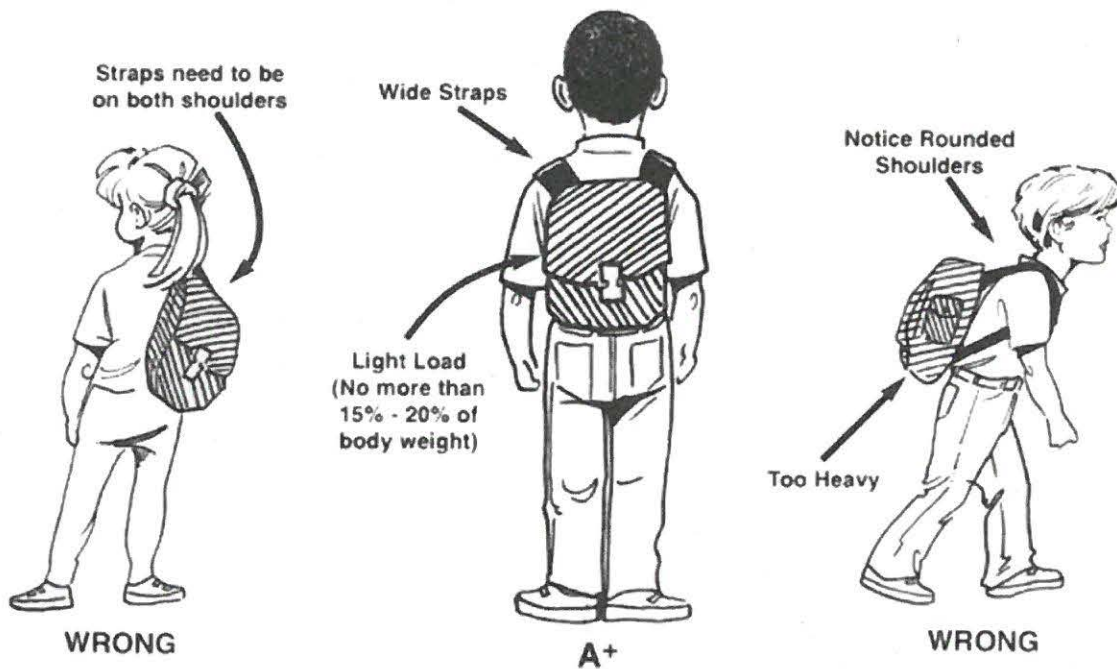
Look for backpacks with wide straps. Narrow straps can dig into the shoulders and put pressure on nerves that are close to the surface. Narrow straps can also hinder circulation, causing numbness or tingling in the arms. Over time this may cause weakness in the hands. Also, look for a backpack with a waist belt. Tightening the belt helps distribute the weight of the backpack more

evenly. Backpacks with 1 strap that runs across the body should be avoided because 1 shoulder will continually bear the entire weight of the bag. It is also wise to consider the weight of the backpack when empty. For example, a canvas or nylon backpack will be lighter weight than leather.

Additional guidelines for using backpacks

- Make frequent stops at the locker to avoid carrying all books at once.
- Leave non-essential items at home.
- Let someone know you have pain before a problem becomes serious.

Is Your Child's Backpack Making The Grade?



NOTICE OF NONDISCRIMINATION

It is the policy of the Riceville Community School District not to discriminate on the basis of race, color, national origin, sex, disability, religion, creed, age (for employment), marital status (for programs), sexual orientation, gender identity and socioeconomic status (for programs) in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy, please contact the district's Equity Coordinator, Michelle Dohlman, School Counselor, 912 Woodland Avenue, Riceville, IA 50466, (641) 985-2288, michelle.dohlman@riceville.k12.ia.us. For further guidance, visit the Iowa Department of Education website.