



Tiger Times

Ringgold
Elementary School

Volume 6, Issue 8

March 13, 2018

From the Desk of Mrs. Erwin

Happy March!

I hope this newsletter finds you and your family enjoying the warm days and ready for Spring. Unfortunately, March is well-known for some "wishy-washy" weather so we may experience a plethora of temps this month!

The GA Milestones Assessments will be given in April beginning the 23rd. All grades will test Monday, Tuesday, and Wednesday. Fifth graders will also test on Thursday and Friday for Science and Social Studies. Please, please, please make sure your student(s) are at school on time and not absent, if at all possible.

An information meeting will be offered Tuesday,

March 20th at 6:30 p.m. in the school conference room for parents to learn more about the Ga Milestone Assessments. I hope to see you there!

RES needs your help! We will once again host the Apex Fun Run this month. This is not only a great fundraiser but, more importantly, a great way to help our students learn about the importance of character traits. Beginning Monday, March 19, Apex Team Members will be visiting classes each day to highlight and talk about various character words and their meanings. When your child comes home from school each day, ask him/her what the topic of discussion was that day for the Apex member. This will be a great opportunity for a

family discussion. The actual Fun Run will be Wednesday, March 28th, during your child's Connections time.

Please join us for the STEAM night on March 27th from 6:30 -8:00 p.m. This is one of the favorite nights for our students as they get to perform lots of experiments!

Spring Break begins on Friday, March 30 (Good Friday) and students return to school on Monday, April 9th. I hope you and your family have a great week together with time to read, play, rest, and get ready for the last leg of this school year. If you go out of town, have a safe trip. If you stay home, enjoy!

Mrs. Erwin

Set the Date!

- ☺ 03/19 APEX Fundraiser Starts
- ☺ 03/20 Milestone Testing Parent Meeting
- ☺ 03/23 Report Cards
- ☺ 03/27 STEAM Night
- ☺ 03/28 APEX Fun Run
- ☺ 03/30 Good Friday Holiday
- ☺ 04/02-04/06 SPRING BREAK
- ☺ 04/23-04/27 GA Milestones Testing

Moreland Minute

A Balanced Diet

I expect you all know the 6 food groups. What are they? Bread & Grain, Vegetables, Fruits, Dairy, Meat, Sugar & Fat

Great! And we all know it's important to include a mix of foods from all those groups in our diets. Why? So we have a well-rounded diet that keeps our bodies healthy.

I believe the same sort of thing is true for our lives, not just our bodies. I can think of 6 'life groups' kind of like the 'food groups' - Academics,

Athletics, Family, Music, Religion, and Social.

If you spent all your time just doing schoolwork, but no social or religious activities, you might get very good at science. But, you wouldn't have the skills to share your knowledge with others.

If you just hang around with friends and listen to music, but no athletics, you might be a fun guy but you couldn't throw a ball or swim in a lake.

If you look at famous figures that have had personal problems plastered on the front page, maybe you can see

what I'm getting at. Some of them have invested all their effort into one activity and neglected the other areas of life. When they make it big, they are not prepared for the rest of life and it all falls apart.

So, mix it up. Take a big helping of Academics, a side-dish of Athletics, pour some Family time on top, garnish with Music, have a big glass of Religion, and finish with a Social dessert. Now, THAT's a balanced diet that will give you a healthy body AND life.

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Paws for Partners

St. Patrick's Day will soon be upon us, so are you feeling lucky? Well, at RES, we certainly do because we have some of the most dedicated business and community partners! For instance, Webb Dentistry has been our business partner for many years. Dr. Webb and

Emma Robinson are always eager to help our students, staff, and families however they can. This month, they donated \$150 to support field trips for our students who have exceptional needs. They are wonderful to us, and we greatly appreciate their service! Also, Promise Pediatrics surprised all

teachers with a tray of lovely, Valentine cookies to help us feel loved on Valentine's Day. :-
) This was such a "sweet" treat for all staff members, and we send our sincere thanks to Dr. Baughman and his staff at Promise Pediatrics!

RES Dazzlers

The Dazzlers will perform on March 15th during the Ringgold Singers musical and again the next night at the Heritage High School Spring Showcase at 7:00. Come out and support these amazing young ladies!



The Dazzlers will be sponsoring a Father Daughter Dance Saturday April 28th. More info will be sent home after Spring Break.

STEAM Night
Provided by
Creative Discovery Museum
Tuesday, March 27
6:30-8:00

PTO

For the month of March we are having a Box Tops collection contest to see who can turn in the most Box Tops for Education! We will have one winner from each grade level. Each winner will get to attend a pizza party at the school. Each winner may choose 3 friends to bring with them to the party!

Remember:

- Check the expiration date
- Turn in on the official forms, in an envelope **or Ziploc bag**
- Box tops must be whole
- A list of participating products is available at www.boxtops4education.com/earn/participating-products

Lines from the Library

Thank you to all who volunteered during our spring book fair! We had a great turnout for our Night of Wonder. We would like to thank Waffle House for once again providing us with hot chocolate and cups. We still have a few illustrations donated by Michael P. White that we will auction off during STEAM Night.

Georgia Milestones Information Meeting
Tuesday,
3/20
6:30 pm

Ringgold Singers

We are excited to announce our spring concert is quickly approaching! March 15 at 9:00 AM, all of the students of RES will travel to RHS theater to watch their chorus friends perform music from popular movies we

all love. Look for a permission slip to come home soon and make plans to join us for a fun day at the "movies!" We will perform the concert again that night for our friends and family to

PE With Mrs. G

I have been administering the FitnessGram in February and will continue throughout March. The FitnessGram is a comprehensive health-related fitness and activity assessment. I like it because the use of health-related criteria helps to minimize comparisons between children and emphasizes personal fitness for health rather than goals based on performance. The children are setting healthy goals and working hard to reach them. I have been very pleased with the effort the kids have put forth throughout the year as they work toward being healthy and fit!

You can set a good example for your child by eating right and making physical activity a priority for your family.

Here are a few ideas from the Academy of Nutrition and Dietetics:

- Fit activities to your child's interests. If your child loves reading, walk or ride bikes to the library.
- Engage your child in planning active family outings. Explore new places together.
- Involve your child in both inside and outside household tasks, and praise them for helping out.
- While adding more physical activity into your family's routine, consider ways to decrease screen time, such as limiting TV and other screen time to 2 hours a day or less and not allowing TV watching in their bedrooms.

Thanks for all you do at home to encourage your children to make healthy choices.

Happy March!! We are cruising right along on Code.org. Students are starting to complete course C and receive their certificates! The herbs that third grade classes planted are starting to sprout! We are hoping to have our aquaponics system up and running by the end of the month!!

~ Mrs. Shadwick



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Our Mission

Ringgold Elementary School believes each child is a unique individual capable of reaching his or her full potential in a safe, positive environment

CATOOSA COUNTY SCHOOLS

Vision Statement

Catoosa County Public Schools will be a nationally recognized learning community whose graduates are prepared for tomorrow's challenges.

REMEMBER-

You can always view a copy of our County and School Title I Policies information in the Family Resource Center, Room 408. We welcome your input with any comments or changes you suggest regarding the above policies. We also welcome your input on our Title I spending.

Hello Spring, Hello Allergy Season!!!

Seasonal allergies are tough for school age children but students should be able to attend school during this time of year. Many doctors will recommend over the counter medication to treat and help with allergy symptoms. If your child needs to take medications at school a parent or guardian can come to the school office and sign the proper paperwork for permission to administer at school. Some physicians do prescribe prescription medications to treat allergies if your child has symptoms that they deal with most of the year.

Good tips to help students are to watch the pollen counts during this season and limit outside time during peak pollen days. Do not open the window in the bedroom of allergy sufferers. Children with allergies to pollens should always take a shower in the evening before bed to wash any pollen/allergens from their hair and skin. Keep dirty clothes in a hamper away from the area where your child sleeps.

Healthy Wishes and Love,

Nurse Denise