



Cougar News



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Greatness and nothing less!

March is National Nutrition Month

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Nurse Notes : The Importance of Eating Breakfast

People always say breakfast is the most important meal of the day and that is really true! Breakfast gives you a mental advantage. It helps you stay alert, improves memory and perform better on tests. Breakfast provides you with the energy and nutrients that lead to increased concentration.

Skipping breakfast makes you grouchy. A hungry child can be apathetic, disinterested and irritable when given problem solving tasks. Studies show that kids who skip breakfast are tardy and absent from school more often than children who eat breakfast. Young bodies need to be nourished in the morning. Their growing bodies and developing brains need regular intake of food. Think about it. They've slept through the night. They've gone for 8 hours or more without eating. If they don't eat in the morning, their bodies will not have the energy they need for the day. Your body can't run on empty until lunch. Skipping breakfast is also strongly linked to obesity. Studies show that people tend to accumulate less body fat when they eat smaller more frequent meals.

Plan ahead to eat breakfast and get up 15 minutes earlier. You can fix and eat a healthy breakfast in 15 minutes or less. Try an egg sandwich, or some fresh fruit with yogurt and granola. Avoid the packaged over processed junk foods like hot pockets, pop tarts and pastry. They contain Trans fats which is known to cause heart disease. They don't provide adequate amounts of protein, fiber, or antioxidants and have very little nutritional value.

Upcoming Events/Dates

- ☺ 13- School board mtg (6:30pm)
- ☺ 14- 3rd grading period ends
- ☺ 17-21- Spring break
- ☺ 27- PTO mtg (6:30pm)
- ☺ 25- Optimist Mtg (6:30)
- ☺ 26- Zaxby's Night (5-8)
- ☺ 28- Report cards home
- ☺ 4/1- 2nd grade field trip
- ☺ 4/3- Cap & Gown Pics for 5th grade students
- ☺ 4/8- K field trip to zoo
- ☺ 4/10- Kindergarten Round-up (8:30-11:30)
- ☺ 4/10- School board mtg (6:30pm)

Spring Break is March 17th - 21st

Hey Parents!

It's time to empty that coin jar, clean out those couch cushions and check your pockets for Pennies for Patients! Students are making change to beat cancer in this 22nd annual community service and cancer education program. Claxton students will be collecting spare change and other donations to support Pennies for Patients, a cancer education program and fundraiser benefiting The Leukemia & Lymphoma Society. We will be raising money in honor of student Heroes from Tennessee who are survivors of leukemia or lymphoma.

Along with spare change, you can also send checks payable to LLS or Pennies for Patients. Every penny counts! The top fundraising classroom wins a pizza party! We also earn banners for our classroom generosity. It is always amazing to see Claxton kids feel the satisfaction of their generous acts and compassion. Thanks so much for your support of this program which has become a meaningful tradition in our Claxton Elementary community. If you are ever in need of resources to help someone with a blood cancer, please contact The Leukemia & Lymphoma Society. They would be honored to help.



Coin Collection March 3-March 28

Cool Cougars

- Brooke Coward
- Caleb Hickman
- Lexi Cheser
- Jacob Burinda
- R'Tayvion Jones
- Kina Mountain
- Jolene Breeden
- Dallas White
- Candace Gates
- Noah Ortiz

Cougar Pledge

**I was born from greatness.
I will be nothing less.
Today, I will be my very best
and help others learn.
I will make no excuses
and always say I can.
I will be responsible, respectful, and prepared.
Today, I will achieve success.
I will strive for greatness, and nothing less.**

SAFETY TIP

Please help keep our children secure by only eating with your child when visiting for breakfast or lunch. A friend may be invited to join your child, but please keep your conversations child friendly. Children using cell phones in the cafeteria will result in the child serving the same consequence as a child who has a phone on. When children leave the cafeteria we ask all family members to leave so the child can return to the instructional environment. Thank you for your cooperation.

Reminder

As the warm weather is upon us, please be sure to review the dress code policy with your child. All clothing should be in good condition. Shirts must completely cover abdomen, back, shoulders, and chest. Parents are strongly urged to pay attention to the cleanliness, modesty, and appropriateness of their child's attire. The principal will make the final determination as to whether a student's dress or appearance is acceptable. Tennis shoes are highly recommended, each day, as student schedules change and for their protection.



the difference
can make.



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Optimist Club Recognizes Staff Members of the Year

Two staff members were recently recognized by the Optimist Club of Claxton. Stephanie Fagan and Terry Champion were selected by their colleagues as the Optimist Staff Members of the Year. To honor Ms. Fagan and Mr. Terry, the Optimist Club held a special dinner and presented them both with plaques on Tuesday, February 25th.

Ms. Fagan is a 10 year veteran at Claxton Elementary School and currently teaches in one of our 5th grade classrooms. Mr. Terry has worked at Claxton for the past 6 years as a custodian, helping to keep our school and environment safe and clean. We appreciate the expertise and talents both bring to our children.

Thank you to the Optimist Club of Claxton for continuing to recognize our staff and placing a high value on the children's education. Together we can make a better future for tomorrow and beyond.

Claxton Night at Zaxby's (Clinton exit location)

3/26 5-8pm No flyer necessary

March is Manner's Month

This month we will be looking at manner's and providing one we would like to practice each day. Each month we have been discussing different character traits that will make us strive towards our goal of GREATNESS! Manner's we will be discussing will include how to greet each other, interrupting a conversation, getting the attention of an adult, eating with a group of people, how to treat friends, opening doors and doing things for others, phone etiquette, germs, and the list goes on. Please reinforce these traits at home by asking your child what was talked about on the morning announcements. Good practice will turn into good habits. Good habits turn into great character. Great character reminds everyone else where we are from...Claxton!