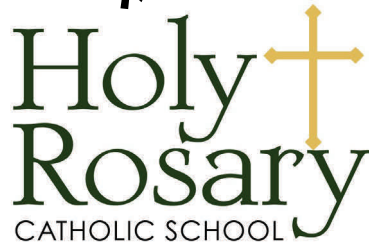




Parent Pack



January 12, 2012



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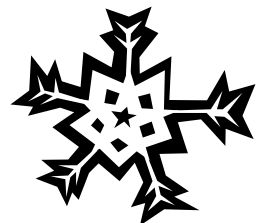
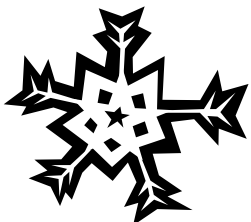
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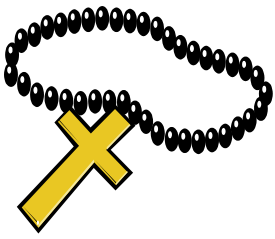
Please take a look at the important dates / activities coming up at Holy Rosary! You'll find the following at www.holyrosaryrams.org:

- * HRS Newsletter
- * Gala Information
- * Boy Scout Pancake Breakfast
- * Summer Social Chair Volunteers Needed
- * EPIC / Religious Education News
- * 1st and 2nd Grade Eastside Girls Basketball League Sign-ups
- * Nutrition Nuggets

Please remember any submissions for our next parent pack need to be submitted to Mrs. Fredrich no later than 3pm on

Wednesday, January 25, 2012!





HRS NEWS

Holy Rosary Catholic School, 1303 S. Green River Rd., Evansville, IN 47715, Ph: 477-2271, Website: www.holyrosaryrams.org

January 12, 2012

Next Newsletter: January 26, 2012

The Holy Rosary School Newsletter is published approximately twice a month and posted on our website. Deadline for articles for the Newsletter is **Tuesday by 3 p.m.**

Dear Parents, Students and Staff,



Happy New Year!

Catholic Schools Week will be celebrated January 30 through February 3 at Holy Rosary. We have so many reasons to celebrate! CSW activities will include daily prayer from Student Council with an emphasis on the **Seven Virtues** (see today's Catholic Identity Corner), a **Student/Family Service Project**, creating a **Prayer Chain**, a **Saint Museum**, **Helping Hats** to raise money for Riley Children's Hospital, opportunities to show your school spirit with **Green and Gold Day**, **CSW Mass**, opportunities to show **appreciation** throughout the week and more! Watch for more details from school!

Congratulations to eighth graders **Austin Kuhn** and **Leanne Helfrich** who will represent Holy Rosary at the **Serra Club** Luncheon on Friday, January 27th. Austin and Leanne were chosen based on the excellence of their Serra essays which they created for the Serra Club Essay Project. The Serra Club of Evansville promotes vocation awareness and education throughout the Diocese of Evansville. Each school year the Serrans sponsor this vocations project to help eighth graders learn more about vocations and hopefully their own call from God to serve. Austin and Leanne will be joined at the luncheon by their parents, Jeff and Jackie Kuhn and Joe and Jill Helfrich, Father Bernie, Carol Ann Gaddis, Bonnie Ambrose and Joan Fredrich.

Please know of our daily prayers for our students and families.

For all His children,

Joan Fredrich and Holy Rosary Staff ☺

When Email Fails...

If you email someone at Holy Rosary church or school and you don't hear back from them in a reasonable amount of time, please give us a call or contact the school office. If we know a problem exists, we will work as quickly as possible to correct the problem! Thank you!



Martin Luther King, Jr.
January 16, 2012

On January 16th we remember the birthday of martin Luther King, Jr.. He led African Americans in their struggle for civil rights. He preached Christian love and unity, and he tried to win justice without using violence.

People of all races, all countries and all religions really can love one another and work together. Let us do our part to make this happen.

God of all nations and Creator of all peoples,
heal all that divides us.
Teach us to live together in peace.
As our world is one, so our future is one.
Give us one heart and one vision.
Make us one body in Christ Jesus,
filled with the joy of your Holy Spirit.
We ask this through Christ our Lord. Amen.

Holy Rosary – the GREEN and the Gold!
Thank you for helping us to GO GREEN-ER at Holy Rosary by checking out the parent pack online! Some forms that need to be filled out and returned will still come home on paper with your child.

To find this parent pack ONLINE, go to www.holyrosaryrams.org. Click the drop down list under QUICK MENU.



NEWS FROM AROUND THE SCHOOL



Attention Parents of current 6th, 7th and 8th graders –

Learn more about the 21st Century Scholars Program – Tuition for College!

Find details by searching “21st Century Scholars” on the Internet.

Income-eligible 6th, 7th and 8th grade students that enroll in the program and fulfill a pledge of good citizenship are guaranteed the cost of four years of college tuition at any participating public college or university in Indiana.

If they attend a private or independent institution, the state will award an amount comparable to that of a public institution. If they attend a participating proprietary (private career) school, the state will award a tuition scholarship equal to that of Ivy Tech Community College of Indiana.

But first you have to apply. Students and their parents must complete and return the application by June 30 of the 8th grade year. Email us today at [SSACI/Scholars \(21stScholars@ssaci.in.gov\)](mailto:SSACI@ssaci.in.gov) .



Kindergarten Round Up and Registration for Fall 2012

Mark your calendars and tell your friends about **Kindergarten Round Up and Registration** to be held on Thursday, February 9th at 7:00pm in the Parish Hall. This night is a wonderful opportunity to learn more about Kindergarten Readiness and the special Kindergarten program at Holy Rosary! If you have an age-eligible Kindergarten (5 years old by August 1, 2012) who is in our preschool or registered in our parish data system, you'll receive an invitation to Round Up in the mail. If for any reason you do not receive an invitation the week of January 16th, please call the school office to let us know and we'll get the information to you! Also, please feel free to invite friends or family if you know someone looking for a place of joyful learning for their child! We would love to share our program with them!



CALENDAR OF EVENTS

- Jan. 16 **No School**-Martin Luther King Day
(Potential Make-up Day)
- 18 Spirit Dress
- 19 Mass (K-8) 8:15 (6-G plans)
- 26 Mass (K-8) 8:15 (6-H plans)
- 27 Free Dress
- Jan. 29-Feb. 3 Catholic Schools Week
- 31 Mass (K-8) 6:00 pm - Tuesday Evening (CSW Committee plans)
- Feb. 1 Spirit Dress
- 2 Mass (K-8) 8:15 (CSW Comm./Rel. Comm./CAG) Presentation of the Lord (Bell Choir)
- 3 First Friday Adoration
- 4 Holy Rosary Gala
- 9 Mass (K-8) 8:15 (5-D plans)
- 9 Kindergarten Round up
- 15 Spirit Dress
- 16 Mass (K-8) 8:15 (5-F plans)
- 20 **No School**-President's Day
(Potential Make-up Day)
- 22 Mass (K-8) (4-G plans) Ash Wednesday
- 24 Free Dress
- 27 Stations of the Cross
- March 1 Mass (K-8) 8:15 (4-J plans)
- 2 Last Day of Third Quarter
- 2 First Friday (Lent) Adoration/Benediction
- 5 - 14 ISTEP+ Writing Assessments for Gr. 3-8
- 7 Spirit Dress
- 8 Mass (K-8) 8:15 (3-Sch plans)
- 11 - 16 Eighth Grade Play Week
- 15 Mass (K-8) 8:15 (3-Sew plans)
- 21 Spirit Dress
- 21 Penance Services (Gr. 2-8)
- 21 Coffee House Poetry Reading-Gr. 2
- 22 Mass (K-8) 8:15 (2-A plans)
- 26 - 30 **No School - Spring Break**

Grade 5**High Honors**

Allison Compton
 Matthew Goris
 Kendyl Guzman
 Caroline Haynie
 Jake Hebebrand
 Maggie Krutchen
 Caroline Scheu
 Bryant Stofleth
 Claire Talbert
 Christian Vandever

Honors

Shaw Deters
 Max Goodwin
 Tyler Hatchett
 Izzie McCool

Honorable Mention

Ben Bersch
 Isaac Bordfeld
 Anna Borowiecki
 Claire Fox
 Allie Hildebrandt
 Landon McBride
 Summer McIntyre
 Sophie Schulz
 Zach Woods

Grade 6**High Honors**

Drew Alexander
 Carson Becker
 Ian Bennett
 Amy Goris
 Lukas Greif
 Max Haynie
 Jake Helfrich
 Aiden Krutchen
 Emily Lachmann
 Alex Maxfield
 Max Meuth
 Mary Schiff
 Michael Schiff

Honors

Jennifer Beckman
 Matthew Burkart
 Jack Cameron
 Hannah Girten
 Jacob Girten
 John Helmerich
 Audrey Hodgson
 Shelby Jones
 Lauren Koch
 Scott Lu
 Kampbell Newcomb
 Lydia Parkinson
 Noah Viner
 Olivia Wheatley

Honorable Mention

Anna Alexander
 Emma DiNardo
 Joe Howard
 Crystal Killian
 Billy Kinkel
 Dalton Kumar
 Payton Kumar
 Daniel Lloyd
 Olivia Payton
 Allie Rehl
 Olivia Shakun

Grade 7**High Honors**

Holden Abshier
 Grace Abushalback
 Abby Alexander
 Chris Basinski
 Lauren Basinski
 Katherine Compton
 Sophie Funke
 Michael Koch
 Sydney Lattner
 Hannah Nichols
 Alex Schaefer
 Cameron Schitter
 Makayla Simpson
 Will Talbert
 Maddie Wempe

Honors

Henry Kinkel
 Velvet McIntyre
 Makenzie Myers
 Lilah Redmon
 Meaghan Stratton

Honorable Mention

Colton Colbert
 Morgan Daily
 Nikki Jennings
 Mia Miller
 Elise Milligan
 Tyler Royalty
 Michael Samila
 Brice Thompson
 Tyler West

Grade 8**High Honors**

Lindsey Cameron
 Austin Kuhn
 Keagan Kumar
 Max McCool
 Chase Throop

Honors

Maddie Bitter
 Aubre Stofleth
 Sam Talbert
 Colin Throop

Honorable Mention

James Beckman
 Cori Dixon
 Adam Groves
 Leanne Helfrich
 Sidney Hildebrandt
 Brennan Jenkins
 Ellie Sander
 Max Scheu
 Kiersten Slocum
 Megan Strassweg
 Maxwell Tucker
 Robbie Zimmermann





Music News from Mrs. Nagy

Students in Grade 6 went caroling at the Protestant Home in Evansville on Wed., Dec. 14. This was done as an interdisciplinary project with the sixth grade Music and Religion classes. Holy Rosary Catholic School Students in Grades 1, 3 and 4 attended a performance of the Nutcracker Ballet on Friday, Dec. 16 at the Victory Theater.

Students in Grades 5-8 who have registered, will be participating in the ISSMA Piano/Vocal Competition at U of E on Sat., Jan. 28. The Band students will compete in the ISSMA Instrumental Competition at U of E on Sat., Feb. 11. Information will be given to students after it is received by the school.

The schoolwide Holy Rosary School Talent Showcase will be presented on Wed., May 2. Students in Grades K through Grade 8 are invited to participate. Please contact Mrs. Nagy if you have questions or need additional information at Holy Rosary School via email at annn@hrparish.org, through web grader, or by leaving a phone message at 477-2271 ext. 343.

Tuition Assistance for Reitz Memorial High School

For information about the tuition assistance that is available for Reitz Memorial High School visit www.reitzmemorial.org, click on Admissions, then Tuition Assistance.

You will be directed to the **Catholic Education Foundation (CEF)**.

You can also contact Margaret Angermeier at 402-6700, extension 302.

(CEF grants are for partial tuition assistance and awarded on the basis of financial need.)

Tax Deduction Information for Families with Students Enrolled in Non-public Schools

Private School/Home School Tax Deduction: The bill establishes an Adjusted Gross Income (AGI) Tax deduction for individual taxpayers who make unreimbursed expenditures for enrollment of a dependent child in a private school or to home school a dependent child. The deduction is equal to \$1,000 per dependent child for whom such unreimbursed education expenditures are made. The deduction is effective beginning in tax year 2011. The link below provides additional information. Contact your tax preparer for more information. (<http://www.in.gov/legislative/bills/2011/PDF/FISCAL/HB1003.008.pdf>)



Courier Press

Outstanding Educators of the Year Awards

It's that time of year when the Courier Press requests nominations for Outstanding Educators of the Year awards. All educators in Vanderburgh County are eligible for nomination. If you've been thinking about nominating a teacher from Holy Rosary, the form is now available online at

<http://www.courierpress.com/educators/>.

Congratulations to **Danielle Davis** on her nomination for
Outstanding Educator of the Year!

Catholic Identity Corner

Virtue: The habit of doing something good and pleasing to God.

Theological Virtues: Faith, Hope and Love. They are called theological virtues because they are given to us by God, and they lead us to believe, trust and love God.

Cardinal Virtues: The cardinal virtues are prudence (wisdom), justice, temperance (restraint, balance) and fortitude (courage). Christian virtue depends or hinges on these key virtues.



For more information on the virtues, check out the following website:

www.vatican.va/archive/ccc_css/archive/catechism/p3s1c1a7.htm

SCRIP ORDERS

There will be no scrip orders the week of January 16th because of Martin Luther King Holiday.



MEO Tri-State Idol Competition

For the second year in a row, MEO, Marian Educational Outreach, is sponsoring the MEO Tri-State Idol Competition. This year, the age requirement to audition for IDOL has been changed, and is open to anyone who will be seventeen by April 20, 2012. We hope this will encourage juniors and seniors to participate in this great and exciting fundraiser.

If you know of anyone who is interested in auditioning, please have them visit www.meoforkids.com and download an audition application. Audition applications must be mailed to Bev Williamson at the MEO office prior to the audition dates. Audition dates for this year's Tri-State IDOL are as follows:

IDOL First Round Auditions
Thursday, January 26, 2012
Mater Dei Auditorium 5 p.m.

Tuesday, January 30, 2012
Memorial Auditorium 6:30 p.m.

Please contact Bev Williamson at bwilliamson@evdio.org for more information.

EMAIL DELIVERY PROBLEMS

We are currently experiencing problems with emails to insightbb addresses being delivered. We are receiving them, but in replying or creating a new email to an insight address, we are receiving messages that they are undeliverable. We are working with Insight to resolve this problem as quickly as possible. Thank you for your patience! Holy Rosary Staff



FROM THE OFFICE OF RELIGIOUS EDUCATION

Vocations Awareness Week

This week we celebrate Vocations Awareness in the Church. It is so fitting that this week begins with the celebration of the Baptism of the Lord. Like in Jesus' baptism, we too are called to follow the divine plan of our God by virtue of our own baptism. All of us have a VOCATION – be it priesthood, religious life, married or the single life.

When I was in high school I remember watching an episode of Cheers in which Carla was sure of a “free ride to heaven” because her son was going to be a priest. She encouraged his choice. Fr. Alex and Fr. Bernie will tell you that this is often not the case anymore. Young people are told that priesthood or religious life is too hard of a life (like marriage is a walk in the park). As parents and educators we ought to be encouraging our young people to follow God's will, to listen to the call God has for our lives. Instead of asking, “What do you want to be when you grow up?” we could be asking, “How does God want you to serve Him throughout your life?” Just the change in the language could make a difference in how our young people make choices regarding their lifestyles and professions.

Happy Vocations Week!

Carol Ann

Catholicism Series

Fr. Robert Barron created this groundbreaking program as a thematic presentation of what Catholics believe and why, so all adults can come to a deeper understanding of the Catholic Faith. Not a video lecture, Church history or scripture study, this engaging and interesting formational program uses the art, architecture, literature, music and all the treasures of the Catholic tradition to illuminate the timeless teachings of the Church.

Holy Rosary will offer 5 weeks of this 10 week series on Catholicism during Lent. We will pick up the remaining 5 week in the fall of 2012.

Tuesday Evenings

7:00 – 9:00 p.m.

(Following Mass & Stations)

Feb. 21st – March 20th

Parish Hall & PH Conference Room

Cost is
\$30.00

Wednesday Mornings

9:00 – 11:00 a.m.

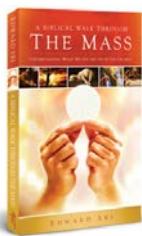
Following Ash Wednesday Mass on 2/22

Feb. 22nd – March 21st

Parish Hall

All Are
Welcome

A Biblical Walk Through the Mass



This is a 5 week DVD series that takes a look at the Mass from a Biblical perspective. Each week Edward Sri focuses on one section of the Mass and gives an enlightening and educational overview. Also, each week, participants will be asked to read from the Bible and will see the deep roots of our tradition in Scripture. Sri has a companion book for the study which is excellent.

Tuesdays beginning Jan. 17th
6:30 – 8:00 p.m.

Parish Hall Conference Room
Cost is \$20.00 for study materials
Facilitator: Eric Girten.

MARK YOUR CALENDARS

Holy Rosary is getting ready for their 3rd Annual
FAITH DAY!

Faith Day is a day for us all to learn a little more about the teaching and traditions in our faith and to grow as Christian parents and as people of faith. This year we are excited to welcome Bishop Charles Thompson as our Keynote speaker as well as a wonderful cast of other presenters. A copy of the registration form will be available soon for you to sign up.

Faith Day is Saturday Feb. 25th

9:00 a.m. – 3:30 p.m.

Childcare is even provided.

Cost is \$10. Before Feb. 22nd.

Registration Deadlines:

The Mass – Jan. 17th

Catholicism – Feb. 7th

Faith Day – Early registration Feb. 22nd (\$10.00) - after 22 = \$12.00

To register for any of the above programs, please contact the Parish Office at 477-8923 or email Carol Ann at cagaddis@evdio.org.

EPIC
MIDDLE SCHOOL
YOUTH MINISTRY

**DID YOU KNOW...Our December LOCK-
IN had a terrific turnout including 23
FABULOUS adult volunteers and 4
University of Evansville Catholic Campus
Ministry student volunteers. In addition: 64
hats/scarves/gloves & mittens were collected
for St. Vincent's Center for Families and
Children; 58 coats for Coat-A-Kid were
collected; 101 home-made Christmas cards
were delivered to nursing home residents; 21
new toys collected for the Salvation Army's
Toy Town; and dozens of cookies were
baked for the Ronald McDonald House.
Youth also assisted with the Parish Giving
Tree Project.**

PLUS, *FUN WAS HAD BY ALL!!*



H

**HR Families -
We Need
YOU!**

Volunteers needed to chair areas for the 2012 Summer Social! This is a VERY EASY task and we'd love to have as many new families involved as are interested! If you've ever thought about volunteering, now is the time!

Please contact Christine Gilles at

cgilles@hrparish.org

Or call 477-8923





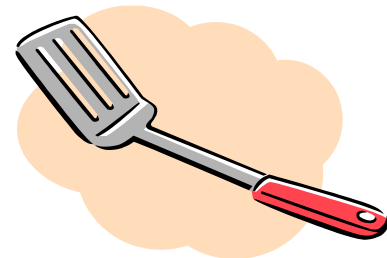
Pancake Breakfast

sponsored by
HOLY ROSARY
BOY SCOUT TROOP 312

Sunday, January 22
serving from 8:00 AM - 11:00 AM
Holy Rosary School Cafeteria

Includes pancakes (all you can eat),
2 sausage links, drink (milk,
coffee, tea or oj)

Single \$5
Family \$20
(kids 2 and under free)



Thank you for your support!

Nutrition Nuggets

Food and Fitness for a Healthy Child

January 2012



BEST BITES

Fast-food alternatives

Brainstorm a list of quick meals you could make rather than stopping for fast food. For example, make scrambled eggs or tuna fish salad (with light mayonnaise). Or stir-fry frozen shrimp and a bag of frozen vegetables in a hot skillet. By focusing on items you keep on hand, you can serve a healthier meal that is still fast.

Vigorous activity

Getting some “vigorous” physical activity every day is good for your youngster’s heart and overall health. Help her understand what vigorous activity is. After she is active (runs around outside, walks home from school, plays hockey), have her do a quick check of her body. Is she sweating? Is her heart beating fast? If the answer is yes, then she has done vigorous activity.

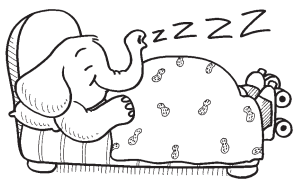
DID YOU KNOW?

Children (and adults) need to wear sunscreen in the winter, too. Even though the air is chillier, sunlight can still be strong enough to damage skin. Get your child in the habit of putting sunscreen on his face, neck, and any other exposed areas before heading out to play this winter.

Just for fun

Q: Why did the elephant put on skates before he went to bed?

A: Because he wanted to get rolling in the morning!



Fabulous fruit

Looking for a nutritious food that is ready to eat, is easily available, and comes in lots of varieties? Try fruit! Consider these ways to encourage your child to have at least 2–3 servings every day.

A color a day. Pick a color for each day of the week, and challenge family members to eat a fruit that matches (plums, grapes, or blackberries on purple day, for instance). At night, report to each other on the fruit you ate. *Idea:* Ramp up the fun by asking everyone to wear clothes that match the color, too.

Ad campaign. Suggest that your youngster design a magazine or billboard ad to persuade children to eat more fruit. She could write a catchy slogan on a poster board, add advertising copy, and illustrate it. Or she could create a script for a radio ad and record herself reading it in



an “announcer’s voice.” Coming up with reasons to eat fruit will get her thinking about why she should have more fruit.

Wheel of food. Have your child think about different ways to enjoy fruit by making a “wheel” for each of her favorites. She could draw the fruit (an apple) in the center of a sheet of paper and make 4–6 lines from it (like spokes on a wheel). At the end of each line, have her illustrate a way to eat the fruit (sliced apples with caramel dip, applesauce, apple-cinnamon muffin). 🍎

Fruity ideas

These yummy “recipes” will have your youngster asking for more fruit in no time:

- Make banana ice cream—out of nothing but bananas! Cut bananas into little pieces, place on a plate, and freeze for about two hours. Mix in a blender until the pieces turn into ice cream.
- Create a fruity smiley face in your child’s oatmeal. You could use a tangerine wedge for the mouth, a raisin for the nose, and kiwi slices for eyes.
- Freeze clusters of grapes or cut-up pieces of mangoes or peaches to eat right out of the freezer. Or thread fruit (melon chunks, strawberries) onto skewers for frozen kebabs.
- Using a blender or an electric mixer, combine low-fat cream cheese and sliced strawberries until smooth. Serve as a dip for other fruits. 🍓



This institution is an equal opportunity provider.

Money-saving tips

Serving healthier food to your family and saving money can go hand in hand. Here's how:

- Plan ahead. Sketch out your week's menus, and make a shopping list. You'll cut down on impulse buying. *Tip:* Avoid shopping when you or your children are hungry.
- Buy produce that's in season. For example, you'll spend less for cauliflower in the winter or zucchini in the summer. Also, buying items produced locally can save on shipping costs.



- Consider less expensive sources of protein. Eggs, beans, and tofu may cost less than meat, chicken, or fish. *Idea:* Make a vegetarian meal once or twice a week for regular savings.

- Get large containers of plain nonfat yogurt. To serve, stir in fresh berries, cut-up fruit, or a little honey. You'll save on sugar as well as cost, compared to buying yogurt with fruit, flavoring, granola, or candy added.

- Buy in bulk. For instance, get family packs of pork chops and freeze in meal-size portions, or get grains (brown rice, barley) in bulk and store in airtight containers.

- Avoid packaged cookies, bakery items, snack foods, processed foods, and frozen treats. They're not only high in fat and low in nutrients, they're also pricey. ●

Q & A

Count calories?



Q: My son and daughter are both overweight. Should we teach them to count their calories?

A: While it's a good idea for children to understand how calories work, it's best if they don't focus on counting them. Instead, try to help them eat a healthy, balanced diet and get enough exercise.

Teach them to eat vegetables, lean protein, fruit, and whole grains, and to stay away from "empty calories" (junk food and soda with no nutritional benefit). Also, encourage them to take small servings, and have them stop and consider whether they're full before taking more.



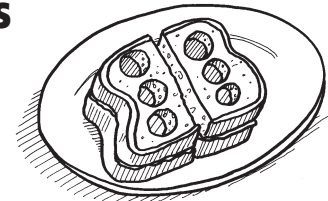
You can explain that calories measure how much energy we get from eating a certain food. Our bodies need calories for energy, but if we take in more than we use, we can gain too much weight. To burn calories, make sure your youngsters have lots of opportunities to be active rather than sitting in front of a TV, computer, or video game. ●

IN THE KITCHEN

Sandwich creations

Begin the new year with interesting new ideas for sandwiches. Here are four to start with:

1. Update your child's PB&J by pairing almond butter with dried cranberries and sliced almonds. Or try cashew butter with apricot preserves.
2. Make a fruit-and-veggie sandwich with crunchy sliced apples, cut-up cooked asparagus, shredded carrots, and pepper jack cheese. *Idea:* Make it open faced (one piece of bread only), and broil until the cheese melts.
3. Spread reduced-fat veggie cream cheese on a slice of bread. Top with



cucumber slices. Roll up tightly, and cut into pieces "sushi style."

4. Create a "stoplight sandwich." Spread hummus on one piece of bread. Then, lay tomato slices across the top third, yellow bell peppers in the middle, and spinach leaves on the bottom. Finally, poke three holes down each side of another slice of bread and lay it on top. You'll have two traffic lights! ●

ACTIVITY CORNER

An hour a day...

Trying to fit more physical activity into your child's life? Help him get the recommended 60 minutes a day by making a game of keeping track.

- Each day, have him draw a picture of a place where he might play (a playground, a football field). For every 10 minutes of physical activity he does that day, he can add a sticker. Challenge him to have six stickers by bedtime.

- Post a map (world, U.S., or state) on a wall in your kitchen or hallway. Then,

let your child pick a destination and put a pushpin in his start and finish points. Each time he exercises for 20 minutes, he can move the pin an inch closer to his destination. When he "arrives," he can pick a new place to travel to.

- Have your youngster draw footprints in a path from one end of a poster board to another. Each footprint could represent an hour of play. Let him color in, date, and label the footprint

with the activities he did that day (kick-ball, hula hoop). Can he color in a footprint for each day? ●



O U R P U R P O S E

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfeustomer@wolterskluwer.com
www.rfeonline.com

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.
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