

December 2021

ROBERT ASP ELEMENTARY NEWSLETTER

SCHOOL HOURS 7:55AM-2:40PM

Office Hours: 7:30-3:45

Fill the Dome was a huge success! We collected 3,591 items! Our 4th grade student leaders did a wonderful job of organizing the event. They created a theme week and flyers to be hung around the school. Our PTAC will be purchasing pizza for each class that collected the most items! Congrats to these classes for collecting the most items:

Kindergarten- Ms. Johnston's class

1st Grade- Mrs. Brand's class

2nd Grade- Mrs. Carney's class

3rd Grade- Mr. Appel's class

4th Grade- Mrs. Gaard's class

ABOUT US

Serving Students in
Grades K-4

Principal:
Chris Triggs



Assistant Principal:
Erika Engelking



Office Staff:
Sarah Gerads
Nancy Corbid



 910 11th St. N, Moorhead, MN

 218-284-6300

 info@moorheadschoools.org

 moorheadschoools.org/schools

 Robert Asp PTAC

FILL THE DOME
YOUTH LED FOOD DRIVE



Nutrition

A nutritious lunch and breakfast will be served every day. Some exciting news again for this year, the U.S. Department of Agriculture issued a broad range of flexibilities that allow school districts to offer breakfast and lunch for free! This program will run through June 30, 2022. School breakfast is available from 7:30 a.m. to 7:55 a.m.

Families may apply for **free/reduced-price** meal benefits anytime during the school year.

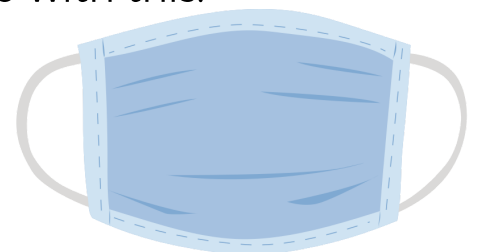


The free/reduced lunch application can be completed when you do your 2021/2022 information update in PowerSchool or, through your PowerSchool app, using the link under Balance/M meal Menu!

Milk and snack will be available for purchase during snack breaks (milk is free of charge for kindergarten students). If you are interested in purchasing the school provided snack, you must choose this option when completing your information update in PowerSchool. Snack is \$50 per semester.

Masks

Please make sure your student brings a clean mask to school every day. Our mask supply is quickly diminishing. We appreciate your help with this.



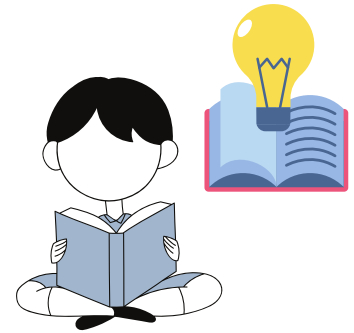
Visitor Policy

Sharing school experiences is so important to us at Robert Asp. This year, due to the risk of COVID exposure, we are unfortunately not able to allow visitors to enter the building. Once the risk of COVID exposure is limited, we will be inviting you back in!

Excel

The after school Excel program will be starting Tuesday, January 4th. The Excel program provides academic support, designed to be a time to help review skills and work on areas of academic need in literacy and math.

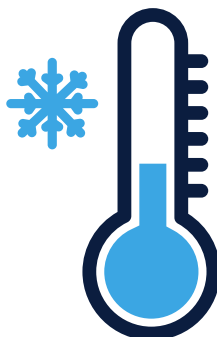
This year's program will be held after school on Tuesdays and Thursdays. Students are registered via a referral process. If your student is referred, please complete the paperwork and return to school. We encourage ALL forms to be returned, either accepted or declined.



Cold Weather

Our weather is changing quickly. Students will go outside for recess unless the temperature drops to 0 or windchill to -10 degrees. Please remember that students go outside for recess and should be dressed appropriately for the weather.

Please also label hats, gloves and coats. Our lost and found is filling up again!



Parent Teacher Advisory Council (PTAC)

We have active elementary Parent Teacher Advisory Councils made up of staff representatives, parents, and principals. PTAC serves to increase communication between parents/guardians and the school, support parent involvement, increase awareness of the school by parents and the community, aid in securing funds for equipment and activities that support education and the school environment, and assist at school functions.

Any parent or staff member is welcome to contact PTAC officers or attend PTAC meetings. Meetings are announced in the calendar and on the outdoor school signs.

Please join us every month for PTAC meetings! The meetings will be held through Google Hangout.

Robert Asp PTAC Meeting
Tuesday, December 14th · 6:30 – 7:30pm
Google Meet joining info
Video call link:
<https://meet.google.com/vog-nyeb-icv>
Or dial: (US) +1 484-546-4241 PIN: 198 185 171#

Please welcome
Jill Waslaski to
PTAC! Jill will be
in charge of
organizing PTAC
events

PTAC Movie Night

12/30/21

6:30pm

@Armory



Order coffee or treats from Rally Beans to raise funds for Robert Asp! When ordering, make sure you select Robert Asp as the fundraiser.

<https://rallybeans.com/>

Follow us on
Facebook
to stay current on
upcoming events
@robertaspptac

Wellness

Administrative Procedure: 536.4



Healthy Snacks

Making the Healthy Choice the Easy Choice
Snacks – 150-200 Calories or Less

A healthy eating plan:

- ∞ Emphasizes fruits, vegetables, whole grains and fat free or low fat milk products. (Combine them in your snacks for interesting variety!)
- ∞ Includes lean meats, poultry, fish, beans, eggs and nuts. (Add these to your whole grains and veggies for a mini meal.)
- ∞ Is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

Try these tasty and easy snacks to satisfy your hunger between meals. They fit right into a healthy eating plan. Each has 150-200 or fewer calories. The key is to pay attention to portion sizes. Larger portions mean more calories.

Amount	Fruit	Calories
1 medium	Orange	74
1 small	Banana	90
1/2 cup	Orange juice	54
1 cup	Whole strawberries	46
1/2 cup	Pineapple (in own juice)	75
1 cup	Red seedless grapes	104
1/2 cup	Blueberries	42

Amount	Meat, Fish, Beans, Eggs	Calories
3 tbsp	Hummus	69
2 oz	Turkey breast, home-cooked	105
1 large	Hardcooked egg	78
1/4 cup	Black beans	50
1.5 oz	Water-packed tuna	50

Moorhead Area Public Schools Nutrition Philosophy during students' school day

School meals are the main source of nutrition.

Snacks are to:

1. supplement the meal;
2. help, not hinder, students' nutrition;
3. provide serving size and calories based on age/activity;
4. be consumed infrequently.

Parents can decide on use of discretionary calories at home.

* See Administrative Procedure 536.6 on discretionary calories.

To view the full Healthy Snacks policy click here:
<https://5il.co/zwg5>

Birthday Celebrations

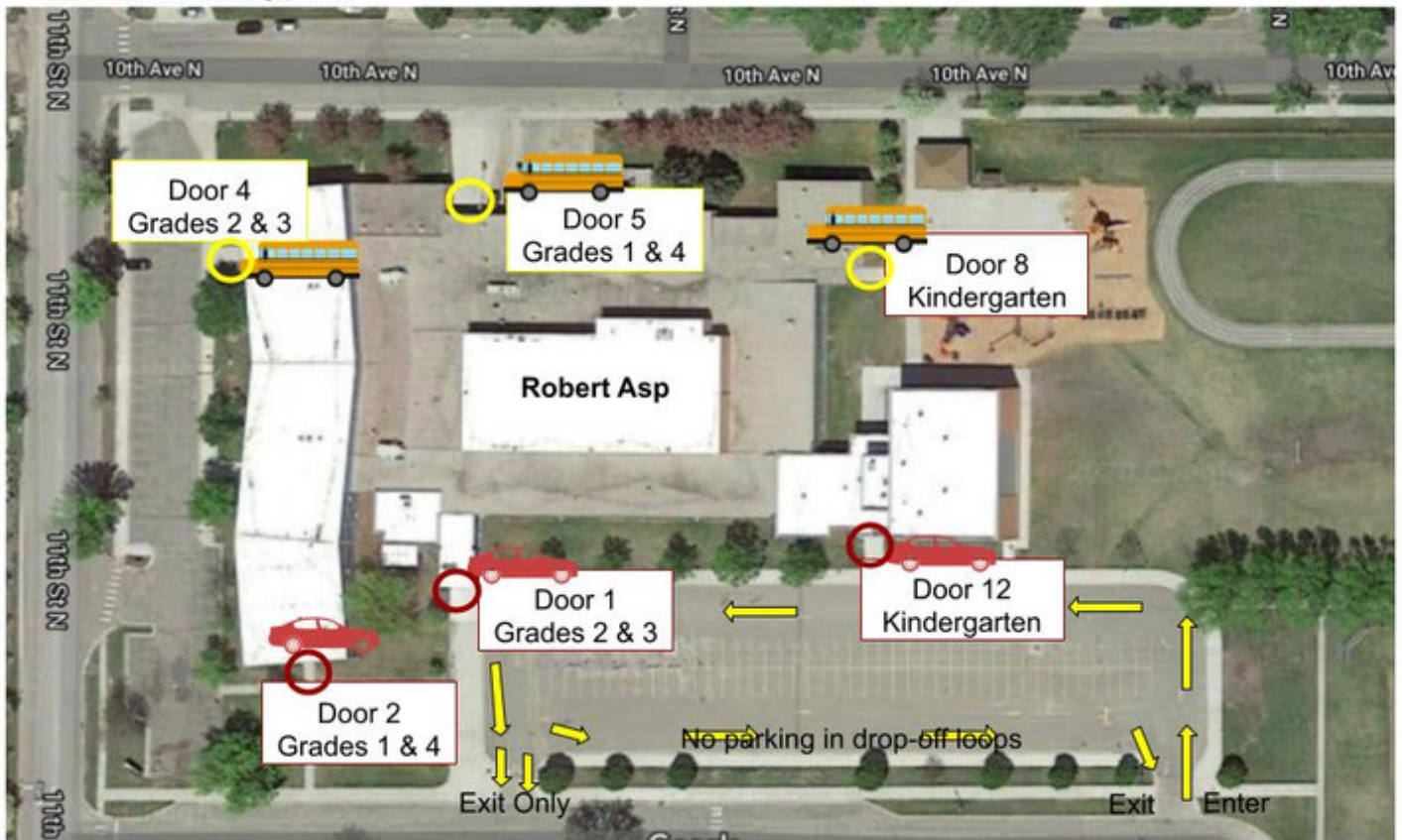
Moorhead Public Schools has a Healthy Snack Policy that all schools and families must follow. If you are thinking of celebrating your student's birthday by sending snacks to school, please check with your classroom teacher first. Some grade levels/teachers celebrate birthdays with non-food items. We also have student with food sensitivities and allergies so certain food may not be allowed.

For those that allow birthday snacks, they must be pre-packed AND follow the Healthy Snack Policy. Cupcakes and cookies will not be allowed. Some examples of food that is allowed: Goldfish, Cheez-It crackers, individual Skinny Pop bags...
"Healthy Celebrations" Policy 536.5

Robert Asp 2021-22

Please use this map to show your student(s) how to enter the building in the morning and exit the building after school. Please note, there are 3 **bus** entry/exit locations and 3 **drop-off/walker** entry/exit locations. We need students to use their assigned door in order to ensure **social distancing**. For those picking up- no one will be allowed to wait inside the school building during pick-up. **Please wait in your vehicle** or in a designated spot outside.

*If you would like your younger student to meet with an older student to ride the bus or walk, please create an outside meeting point.



All doors will remain locked until 7:30am. Students will not be able to enter the building prior to that time.

Due to the COVID pandemic, no one will be allowed to enter the building when dropping off or picking up students.



2021-22 District Calendar

August 23-26	PD/Workshop
August 25, 26	K-8 Back to School
August 30	E-12 Classes Begin
September 6	Labor Day
September 15	Late start; PLC Day
October 8	No School; Professional Development
October 18, 19	K-12 Parent-Teacher Conferences
October 20	No School; K-8 Parent-Teacher Conferences
October 21-22	No School
October 29	End of 1st Quarter
November 8	No School; Professional Development
November 25-26	No School
December 7	9-12 Parent-Teacher Conferences
December 8	Late start; PLC Day
December 23	Winter Break Begins
January 3	E-12 Classes Resume
January 14	End of 2nd Quarter/1st Semester
January 17	No School; Professional Development
February 9	Late start; PLC Day
February 21	No School
March 9	Late start; PLC Day
March 14, 15	K-12 Parent-Teacher Conferences
March 16	No School; K-8 Parent-Teacher Conferences
March 17-18	No School
March 25	End of 3rd Quarter
April 6	Late start; PLC Day
April 15, 18	No School
April 26	9-12 Parent-Teacher Conferences
May 2	No School
May 3	No School; Professional Development
May 27	Last day for E-12 Students
May 29	Graduation
May 30	Memorial Day
May 31	PLC Flex Day

JULY 2021							AUGUST						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28
25	26	27	28	29	30	31	29	30	31				
SEPTEMBER							OCTOBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3						1	2
5	6	7	8	9	10	11	3	4	5	6	7	8	9
12	13	14	15	16	17	18	10	11	12	13	14	15	16
19	20	21	22	23	24	25	17	18	19	20	21	22	23
26	27	28	29	30			24	25	26	27	28	29	30
							31						
NOVEMBER							DECEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6				1	2	3	4
7	8	9	10	11	12	13	5	6	7	8	9	10	11
14	15	16	17	18	19	20	12	13	14	15	16	17	18
21	22	23	24	25	26	27	19	20	21	22	23	24	25
28	29	30					26	27	28	29	30	31	
JANUARY 2022							FEBRUARY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1			1	2	3	4	5
2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28					
30	31												
MARCH							APRIL						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4						1	2
6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28	29	30
MAY							JUNE						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7				1	2	3	4
8	9	10	11	12	13	14	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25
29	30	31					26	27	28	29	30		

KEY		No School
		No School, all schools and district offices closed
		No School for Students / Professional Development

	End of Quarter / Semester
	Parent-Teacher Conference (varies by school)
	Professional Learning Community (PLC) Late Start Days: Sept. 15, Dec. 8, Feb. 9, Mar. 9, Apr. 6
	Payroll Date: July 30, Aug. 31, Sept. 30, Oct. 29, Nov. 30, Dec. 29, Jan. 31, Feb. 28, March 31, April 29, May 31, June 30



At Home COVID-19 Symptom Screening



Step 1:

Do you or your child:

- have a fever of 100.4°F or higher?
- have a new or worsening cough?
- have shortness of breath?
- have a new loss of sense of taste or smell?
- Is anyone in your home currently positive for COVID-19?
- Is anyone in your home waiting for the results of a COVID-19 test?

**Yes to any
of Step 1
Questions?**

SOLUTION

Stay home

Contact

healthservices@moorheadschoools.org

**No to all of
Step 1 questions?**

**PROCEED
TO STEP 2**

Step 2:

Do you or your child have:

- chills?
- muscle pains?
- a sore throat?
- diarrhea?
- nausea?
- vomiting?
- new onset severe headache?
- new onset of runny nose?
- extreme fatigue?

**Yes to two or
more Step 2
questions?**

SOLUTIONS:

- Student/staff stays home and monitors symptoms for at least 24 hours. If completely resolved, return to school.
- Obtain a negative COVID-19 test and email Health Services

**No to one or all
questions?**

SOLUTION

Student/staff
attends school.

Click here to view this resource on our website:
<https://5il.co/xr7n>



SPUD NEWS

wherever you choose

NEW
Your APP for MAPS

Moorhead Schools



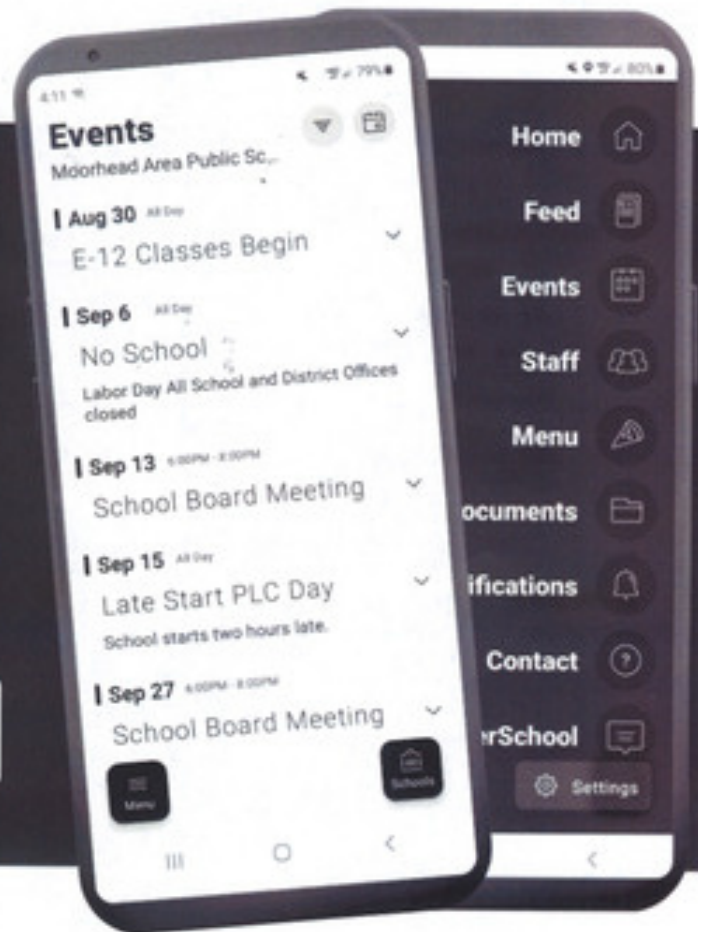
Download for **FREE** today!



Download on the
App Store



GET IT ON
Google Play



SCAN TO DOWNLOAD

APPLE



ANDROID

