

Tucker Elementary News

Old Newsboys

The Old Newsboys of Flint holiday program begins today and runs until Nov. 26.

To qualify for the program, a parent/guardian must go to the Old Newsboys office at 6255 Taylor Dr between US23 and Hill Road.

Parent must have a state ID and must provide birth certificates for the children. Call 744-1840 for more information.

Attendance

Attendance is a very important part of a child's learning. Being on time and here everyday is part of that. **School begins at 8:00.** Students should be here and in their seats ready to learn at 8:00. Breakfast begins at 7:30 for all children. Children who come in after 7:50 will not receive breakfast unless they are late due to bussing constraints. Please make every effort to see that your child/children are on time every day.

PTO

PTO meeting Tuesday, October 14 at 3-4PM in room 43. Student council will meet with PTO.

Tucker Sweatshirts for sale: \$10.00 each. See Mrs. Scott in room 43. There are only XL available.

PICTURES-Picture envelopes are coming home with this newsletter. If you are planning on ordering a package, the completed envelope and money must be presented at the time the photos are taken.

MEAP begins this week. Here are a few Parent Tips:

- > Be on time!
- > Eat a healthy breakfast before the school day begins
- > Get plenty of rest!
- > Bring in a couple of extra number two pencils
- > Send your children off with a positive start—give them extra love and support
- > Tell your child to remember to relax. They can do this, they are ready!

Health Tip of the Week-Does an apple a day really keep the doc away?

A weapon against cancer and cholesterol

Antioxidants are key elements in preventing cancer. Antioxidants are also considered a key step in heart health because they protect blood vessels. They also keep LDL cholesterol in a less damaging form. Along with antioxidant protection,

apples contain pectin, a soluble fiber that helps lower blood cholesterol. Higher blood cholesterol is associated with a greater incidence of heart disease. In the Women's Health Study of about 40,000 US women, researchers analyzed apple consumption and heart health. After controlling for

other fruits along with vegetables, fiber and other nutrients, the study found that **women who ate at least one apple a day developed 22 percent less heart disease than women who ate no apples.**

Spirit & Pride orders- This is not a fund raiser. This is provided to you so you can make a purchase of a spirit shirt(s). Please send the envelope back to school with or without an order. If you do not order please mark the No order box and sign it. If you want to order, complete the order form, put your check or money order in the envelope and mark the Yes order box and sign it. Return to the office no later than Friday, October 17 for processing.