



# Casey Paw Prints

Friday 8 February 2013

CASEY ELEMENTARY SCHOOL

Unit 15792

APO AP 96224-5792

DSN 730-6444

*Mrs. Shelly Kennedy,  
Principal*

## Important Dates for your calendar

**February 11 – Lunar New Year: No School for Students**

**February 14 – Area 1 Town Hall Meeting**

**February 15 – Student of the Month Assembly**

**February 15 – Middle School Valentine's Day Dance**

**February 18 – No School: President's Day, Federal Holiday**

## A Note from the Nurse

Parents,

If you have received a note/email from me stating your child needs a Tdap (Diphtheria, tetanus and pertussis) and/or Meningococcal vaccine (AKA 11 year old shots), please note that you need to make an appointment with your child's primary care provider. As of now, the appointments are going into March. Please get the vaccines as soon as you can and return the updated immunization record to the school nurse.

February is Children's Dental Health Month!

What to Eat for Healthy Teeth and Gums

Tooth decay and gum disease occur when bacteria consistently deposit plaque on the teeth. If plaque is not cleaned away, the bacteria can break down the starches and sugars in foods to create acids that erode tooth enamel. A healthy diet can provide vitamins, minerals and other nutrients important for healthy teeth and gums.

Fresh Fruits

Fresh fruits, such as apples, are good choices for healthy teeth and gums. Fresh fruit is both acidic and sweet. However, while chewing food, the production of saliva helps reduce the resulting acidity and wash away food particles. According to Dental Health Magazine, apples may help increase saliva production and reduce the production of cavity-causing bacteria. Fruits contain natural sugars that are less harmful than the sucrose found in other food sources, such as granulated sugar. The sugar found in foods such as cookies, sodas and candies increase the production of bacteria and acidity and may lead to teeth decay. This sugar is refined and unhealthy, while the fruit in sugar is naturally occurring and more gentle on the teeth.

**Foods Rich in Vitamin C**

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Foods rich in vitamin C can be helpful in maintaining healthy teeth and gums. Vitamin C is an antioxidant that protects the body from free-radical damage. It can clear bad bacteria from the body and mouth and help build healthy teeth. Bleeding gums may be a sign of low vitamin C intake since the body is missing the role this vitamin plays in defending against infection and disease. Foods rich in vitamin C include citrus foods, such as melons, oranges, limes and lemons. Other good choices include broccoli, peppers and tomatoes.

## Calcium-rich Foods

Adding foods rich in calcium to the diet can help protect the teeth from decay. It can also treat gum disease. Calcium is an essential element in the production of strong and healthy teeth. Because of this, it is important to eat calcium-rich foods to build and maintain strength and density in the teeth. Food sources of calcium include dairy products, such as milk, yogurt and cheese. Other sources include shellfish, sardines and canned salmon with bones.

## Free and Reduced Lunch Applications

Applications for reduced price and free school meals are accepted throughout the year. Families must reapply annually to receive these benefits. Area 1 applications can be obtained from the Camp Casey ACS Financial Readiness Program located in Building 2451 right next to Casey Elementary School.

## Student Contact Info NEW FORMS

Parents, you can now use the **Information Update Request** form to submit student contact changes. These forms will be available in the main office, or you can email your Request form to the school registrar, [Amanda.Graves@pac.dodea.edu](mailto:Amanda.Graves@pac.dodea.edu). Use for new or additional phone numbers, emails, and emergency contact changes (*please note this form does not apply for transportation changes*).

## STUDENT SAFETY NOTICE "Kiss and Drop" Zone

The designated "kiss and drop" zone is inside the U horseshoe area by the school marquee, across from the back of the PX entrance. This area is clearly marked. Please do NOT drop off your students in the main road by the Youth/School Age center or in the ACS/Red Cross parking lot. Thank you for your prompt attention to this vital safety issue for our students



## Lunch Menu choice of one (1)

Monday - **Sure Start - 1<sup>st</sup> Grade:** Meatball Sub  
**2<sup>nd</sup> - 5<sup>th</sup> Grade:** Meatball Sub, Baked Chicken & Whole Grain Roll, Bean & Rice Burrito  
**Middle School:** Meatball Sub, Chicken & Veggie Alfredo, Vegetable Alfredo, Turkey Salad

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- Tuesday – **Sure Start – 1<sup>st</sup> Grade:** Chicken Parmesan  
**2<sup>nd</sup> – 5<sup>th</sup> Grade:** Chicken Parmesan, Mexican Chicken Salad, Beef or Black Bean Tacos  
**Middle School:** Southwest Taco Bowl, Chicken Parmesan, Beef or Black Bean Tacos, Mexican Chicken Salad
- Wednesday– **Sure Start – 1<sup>st</sup> Grade:** Chicken Fryz & Whole Grain Roll  
**2<sup>nd</sup> – 5<sup>th</sup> Grade:** Chicken Fryz, Buffalo Chicken Wrap, Cheese Salad  
**Middle School:** Chicken Fryz, Philly Cheese Steak Sub, Buffalo Chicken Wrap, Cheese Salad
- Thursday– **Sure Start – 1<sup>st</sup> Grade:** Hamburger  
**2<sup>nd</sup> – 5<sup>th</sup> Grade:** Hamburger, Chicken or Chik’N Patty Sandwich, Craisy Turkey Apple Salad  
**Middle School:** Hamburger, Grilled Ham & Cheese, Chicken or Chik’N Patty Sandwich, Craisy Turkey Apple Salad
- Friday - **Sure Start – 1<sup>st</sup> Grade:** Cheese or Pepperoni Pizza  
**2<sup>nd</sup> – 5<sup>th</sup> Grade:** Cheese or Pepperoni Pizza, Chicken & Mini Dumplings, Ham Salad  
**Middle School:** Cheese or Pepperoni Pizza, Chicken & Mini Dumplings, Ham Salad

## ***PUPIL PERSONNEL SERVICES (PPS) DEPARTMENT***

*Health & Wellness Provided by School Counseling, Nursing, and Psychology Services*

Casey School has a zero-tolerance policy towards bullying and promotes **Peaceful** behaviors in all students. Character counts!

### Casey Pledge – No Bullying!

“I am a Casey Wolf. This means that I will always be nice to others at school and will never bully them. I will use kind words and agree to keep my hands and feet to myself. I will always remember that everyone deserves respect.”

### **A Note from the Safety Officer**

Security and Safety TIP of the Week: Hypothermia is a potentially life-threatening condition that involves cooling of the body’s core temperature below 95 degrees Fahrenheit. Dress warm, but wear layers so you can take items off if the temperature changes to avoid excessive moisture accumulating in your clothing.

Explanation of Tip: Hypothermia occurs when body heat loss exceeds heat production due to prolonged cold exposure. Although hypothermia usually is associated with cold climates, it can occur at temperatures well above freezing, especially when a person is exposed to wet conditions for an extended period of time.

Mr. Thomas Janey  
Casey Elementary Safety & Security Officer

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## The Bus Lane

*Casey Student Transportation  
Office*

### FAQ

**Q: Who do I call if I have a concern about the bus?**

**A:** Parents should not expect to have conferences with the school bus driver, security attendant, or other contract personnel at the bus stop. All inquiries pertaining to DoDDS bus services should be addressed to the Student Transportation Office by emailing [CaseySTO@pac.dodea.edu](mailto:CaseySTO@pac.dodea.edu) or calling DSN 730-6411. **Feel free to contact us with any questions or concerns you may have.**

**Did you know...**that when road conditions are **BLACK**, all U.S. government vehicles are prohibited from any movement? Only commanders O-6 and above may authorize the use of emergency vehicles and then only after the appropriate risk assessment and mitigation actions are taken. No waivers will be authorized. Senior Army leaders will not permit anyone to drive in road conditions that could potentially put drivers and their passengers in danger.

### From the Counselor



## TerraNova Tips for Students

- ❖ Get a good night's sleep. You'll be able to think better if you are well rested.
- ❖ Eat a healthy breakfast to fuel your brain.
- ❖ Make sure you drink plenty of water daily. It's important for your brain!
- ❖ Relax. It's normal to be a little anxious before a big test. Don't worry.

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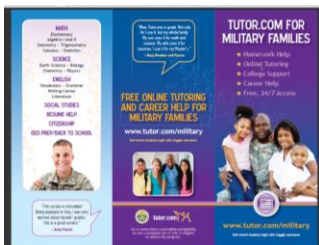
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- ❖ Be sure you can hear and understand the directions. If not, raise your hand.
- ❖ Listen to and read directions carefully. Be sure you understand the question first, and then answer it completely.
- ❖ Plan your time and pace yourself. Don't spend too much time on any one question. You can come back to it when you finish the easier questions. First answer the questions you are sure of.
- ❖ If you are using an answer sheet, be sure your answers are all recorded there. Be sure your question and answer numbers match up. If you realize you've been marking in the wrong spaces, let your teacher know immediately.
- ❖ Trust your instincts. Use the process of elimination to choose your answers.
- ❖ Keep a positive attitude about your ability. You are not expected to know all the answers on the test.
- ❖ Concentrate on doing your personal best.
- ❖ You will be given a chance to discuss the results of the test when they are received.
- ❖ This test is important, but it is only one measure of what you know.



## TUTOR.COM

Tutor.com is a DoD-funded effort that provides military families with **free, unlimited access** to tutoring and career services. Service members and their families can work with certified, professional tutor online 24 hours a day, seven days a week to get help with homework, studying, and projects. Tutoring is available in more than 20 subjects at all skill levels, from elementary to advanced placement. To access the program, visit the website at [www.tutor.com/military](http://www.tutor.com/military) and click on the button that says "for DoD Schools"



## Help us earn money for our school!

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## FROM THE OFFICE

\* If you wish to have a transportation message relayed to your child, please contact the school **prior to 1330**. Often students are in specials, away from the building, etc., and it is difficult at best to get these messages to the students. Please plan appropriately. We ask for advance notice to better assist you in this process.

\*ALL Students (K-8<sup>th</sup>) tardy to school are required to have a parent or guardian escort them into the building and sign in at the main office.

\*If contact information changes (i.e., telephone number, email address, emergency contact) please notify the main office immediately of the change. If you are going out of town and you leave your child with a guardian, please notify the main office, so we may verify that the person has permission to pick up your child from school or from the bus.

\*If you are due to PCS, please notify the main office at least two weeks in advance. Adequate time is required to prepare grades and records so you may hand carry to the next duty station.

**\*If you wish to do some volunteering, please contact Jessica Foley at 730-6444 for more information.**

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