

Good Happenings at School

Having a child in 4th grade this year, I became aware of a great thing the 4th grade team of teachers are doing. Each Wednesday, they are having an after-school math class, hosted by a different teacher each week. It is available to any kids who want to come and practice the math concepts that they are currently learning. Not only did my girls enjoy this smaller relaxed setting to practice their math, at pickup time, I had the opportunity to ask Ms. Bird how to explain the way my girl's are doing division right now, which is different than I had learned in school. It was really neat to realize there was a different way to solve a division problem and now I could actually understand & help my kids with their math!! Kudos to you fourth grade teachers for giving that extra time when you have so much else you could do. I encourage students to take advantage of this service and parents to ask teachers to help you understand some of these new concepts our kids are learning!

We want to publicize good things happening at our school. If you see great things in a grade level or class, please let PTA know, so we can spread the word about how great our school and teachers/staff are! You can email me at alethbridge@msn.com or send a note in for PTA. P.S. We hope to soon have a comment/suggestions/good happenings box in the office!
Angie Lethbridge - PTA president



Remember, to Vote Tuesday, November 6!!!
EVERY VOTE COUNTS!!!



We will have the opportunity this year to vote for Lehi City Councilmen and on Referendum 1 (school vouchers.) If you did not receive the Voter's Guide you can access it through the Lieutenant Governor's website at (www.utah.gov/ltgovernor). This Guide includes an impartial analysis of Referendum 1, as well as arguments for and against. The guide also includes instructions on how to vote and rules for voting. You can also find more information and other links to voting on our website at www.snowspringselementary.



Healthy Hints By Ellie Bodily RN School Nurse



Lets talk about sugar. Did you realize that the consumption of sugar in America has increased by 30% in the past 20 years, fueling our soaring obesity rate & type 2 diabetes? The average American consumes 150 pounds of sugar per year. Sugar is everywhere. It doesn't need a holiday to make a special appearance at every meal, in-between meals or stocked in every cupboard. Sugar has ventured outside of merely riding high in candy and desserts and is now living large in our breakfast cereals, high-protein snacks, fruit snacks and most beverages. It stalks us at work, feeds us at school, greets us at church and glad-hands us at every get-together.

Beverages lead the pack of sugar offenders. Just one 12-ounce can of regular soda contains 42 grams of sugar. The USDA has stated that an acceptable daily limit is 40 grams of sugar. Every 4 grams of sugar equals on teaspoon, this mean that having 10 teaspoons of sugar a day is okay. Really? Would you deliberately give your children 10 teaspoons of sugar a day? I doubt it.

Here are a fe3w simple tips to cut sugar consumption: Learn how to read good labels. Make sure that the food item you are eating doesn't have more than 4 grams of sugar per serving. Try keeping fresh fruit on hand for kids to snack on. Homemade treats are better than store bought. (Try cutting out a portion of the sugar they call for.) Most importantly, don't constantly give sugar as a treat or reward. Children can be rewarded in other ways.

Learning to cut back on your sugar intake will benefit the health of your entire family. Once you lower the level of sweetness you desire, you won't feel deprived and you will naturally eat less sugar.

going. There are 2 receptacles in the office for bag collection.

Be sure to stop by our bulletin board in the main hall to learn more about our terrific staff, teachers & students. We are currently spotlighting the staff at our school - Lunchroom, custodial and office staff - We appreciate all they do!