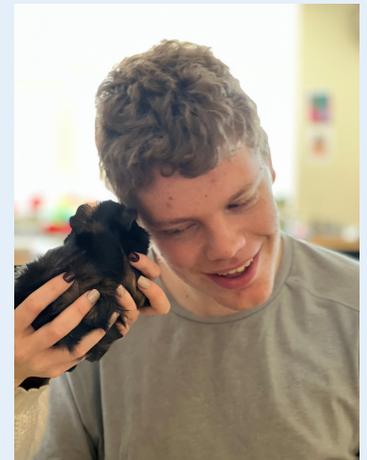


Classroom #28

The first thing people want to look at when they visit classroom 28 is our classroom pets. In our classroom, we have four different animals. We have two hamsters, David and Patrick, and two Guinea pigs, Johnny and Roland. Having pets has been wonderful for the students in our classroom. The animals in the classroom allow the students to learn about responsibility, compassion, and respect. The students learn about keeping the cages clean, which is easy to bridge into a lesson about hygiene and personal care. We are also able to incorporate the pets during lessons about eating healthy because our furry friends love veggies! As a class, we take turns feeding our animals. We are also able to go into the community to buy pet supplies which allows our students to practice those important community-based social skills. The pets have been a wonderful addition to our classroom.

Jacqueline Madden,
Classroom Teacher



To Learn More Visit: <https://www.spauldingservices.org/>

LEARNING



Popsicle Stick Bird Feeder

Materials

- Colored Popsicle Sticks
- String/Twine
- Wood Glue
- Bird Seed

Directions:

1. Start by laying out sticks next to each other, for the bottom of the bird feeder.
2. Set 2 sticks across the bottom sticks towards the end of each side and glue together. This will be what holds your base together.
3. Add glue dots to the four corners of your sticks. Place sticks on top in opposite directions and glue together.
4. For the perch, you will add glue to the middle of the stick, then glue it in the opposite direction of the last sticks you had glued, sticking half way out.
5. Continue gluing sticks around the outside.
6. Cut into four, 2 foot long pieces. Tie each piece to a corner one level down.
7. Tie the ends together by creating a loop.
8. Add bird seed, hang outside, and watch the birds!

Ask Your Child: What's your favorite kind of bird?

FUN CRAFT



Find more fun crafts visit:

<https://www.madewithhappy.com/popsicle-stick-bird-feeder/>

Here are some nutritious after school snack ideas!

- Serving of fruit or veggies with peanut butter, nuts, or sunflower seeds
- Air popped popcorn topped with a sprinkle of grated parmesan cheese
- Rice cakes or pretzels with peanut butter
- Whole grain crackers such as Triscuits and cheese
- Veggies with low fat ranch or hummus
- Salsa or guacamole with whole grain tortilla chips
- Yogurt topped with fruit (or make it a parfait by adding dry cereal or low sugar granola!)
- Cottage cheese and fruit
- String cheese and a piece of fruit
- Slice of whole grain toast with peanut butter
- Fruit and yogurt smoothies
- English muffin pizza (Preheat the oven to 350 degrees. Top sliced English muffins with marinara or pizza sauce and a sprinkle of mozzarella cheese. Bake for 10 minutes)
- Homemade trail mix: Mix in popcorn or dry cereal, dried fruit or chocolate chips, and nuts or sunflower seeds for a yummy, healthy snack!
- Peanut butter and oat balls. Combine the following in a bowl then mix together: 1 1/2 cups old-fashioned rolled oats, 1/2 cup peanut butter, 1/3 cup honey & 1 tsp vanilla extract. Roll into 1 inch balls. Chill in the refrigerator or freezer for 1-2 hours. Enjoy!



Tips:

Make nutritious foods fun by being creative and using your child's help. Try using cookie cutters to cut fruit into shapes. Add a smiley face to rice cakes and peanut butter by adding banana slices and raisins. Try freezing fruit in the summer for a cold, refreshing snack (grapes or mangos are great options!) Have ready-to-eat fruits and vegetables available for quick, nutritious snacks. Fruits and vegetables can be pre-cut and washed so they are easy to grab and go!

Ask Your Child: What is your favorite after school snack?

To find more tips on nutrition visit:
<https://www.myplate.gov/>

9 Steps to More Effective Parenting

1. Boost Your Child's Self-Esteem

Kids start developing their sense of self as babies when they see themselves through their parents' eyes.

2. Catch Kids Being Good

Make a point of finding something to praise every day. This helps "grow" more of the behavior you would like to see.

3. Set Limits and Be Consistent With Your Discipline

Establishing house rules helps kids understand your expectations and develop self-control. Being consistent teaches what you expect.

4. Make Time for Your Kids

Many parents find it rewarding to schedule together time with their kids.

5. Be a Good Role Model

Young kids learn a lot about how to act by watching their parents. Model the traits you wish to see in your kids.

6. Make Communication a Priority

Parents who reason with their kids allow them to understand and learn in a nonjudgmental way. Kids who participate in decisions are more motivated to carry them out.

7. Be Flexible and Willing to Adjust Your Parenting Style

Kids' environments have an effect on their behavior, so you might be able to change that behavior by changing the environment.

8. Show That Your Love Is Unconditional

Make sure they know that although you want and expect better next time, your love is there no matter what.

9. Know Your Own Needs and Limitations as a Parent

Try to have realistic expectations for yourself, and your kids. You don't have to have all the answers, be forgiving of yourself. Focusing on your needs does not make you selfish. It simply means you care about your own well-being, which is another important value to model for your children.

PARENTING



Lulija Bondar | Getty

Ask Your Child: What's your favorite thing to do together?

For more information on positive parenting visit:
<https://kidshealth.org/en/parents/nine-steps.html>