


# Protocols and Guidelines for Zoom and Live-Stream Class Meetings

## Highview School

Dear Parents/Guardians:

This flyer is to provide you with information on how to best help your child learn from a remote location. Protocols and guidelines are established to help the students and teacher engage successfully in a virtual platform.

A **zoom class meeting** is when the teacher and students are **ALL** in a remote location. A **live-stream zoom class meeting / lesson** is when the teachers and one cohort of students are in the classroom and students at home stream into the lessons in the classroom. There are slightly different expectations for each type of virtual experience:

 <p><b>In order to be best prepared, please make it a habit to wash your hands and use the bathroom before logging on for your class.</b></p> <p><b>* Behave as you would in a classroom! Be your best self!</b></p>	<p><b>For all virtual learning experiences:</b></p> <ul style="list-style-type: none"><li>*Be online at the time assigned in your schedule.</li><li>*Be dressed appropriately for school.</li><li>*Be in a quiet place, seated at a table or desk, preferably in front of a wall.</li><li>*Wear headphones or earbuds (recommended!)</li><li>*Have your space free from distraction (no pets, toys, food, etc)</li><li>*<b>Do not</b> take any photographs or make recordings of the meeting. (It is against school policy). Zoom meetings are a <b>SAFE</b> place.</li><li>*Be respectful of your classmates and teacher.</li><li>*Always <b>MUTE</b> your microphone until asked to unmute</li><li>*Please keep family members out of lesson</li><li>*Click on the <b>"Leave"</b> box when directed by your teacher</li></ul>
<p><b>Zoom Meetings:</b></p> <ul style="list-style-type: none"><li>*Make sure family name is recognizable</li><li>*Make sure your camera is <b>ON</b> and you are muted</li></ul>	<p><b>Zoom Live-Stream Meetings/Lessons:</b></p> <ul style="list-style-type: none"><li>*Make sure family name is recognizable</li><li>*Make sure your camera is <b>ON</b> and you are muted</li><li>*Select <b>"Speaker"</b> view</li></ul>

Your teacher will post a link that you can use to access the meeting at the assigned time. You will also need a password to get into the meeting. You will need to allow audio and video features.

Students will be placed in a waiting room before the Zoom session begins. The teacher will approve the students to join the meeting. (Please make sure your family name is recognizable.)



**Nanuet Elementary PTA**



## **Zoom Meeting**

**Thurs. 10/22 @7:30pm**

**Meeting ID: 228 431 6743**

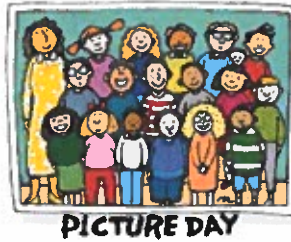
**Passcode: ElemPTA**

**Discussing: Spirit Wear Raffle for Membership  
Fundraisers  
Halloween Events  
and much more!!!**





Nanuet Elementary PTA



## Portrait Proofs have arrived!!

- M-Z students will have their proof envelopes handed out, Friday 10/16
- A-L students will have their proof envelopes handed out, Monday 10/19
- Virtual Student Pick-UP will be



Wed. 10/21 from 11am-1pm, 6-7pm at Highview

\*\*Virtual Student order form drop off - Wed. 10/28 6-7:30pm @ HV



~~ November 11, 2020 ~~



More information to follow soon.

Sunflower charges \$5 for retake pictures, but the fee will be waived for those students who were absent or under quarantine.





Nanuet Elementary PTA



# Nanuet Elementary PTA Membership Registration 2020-2021

By joining the Nanuet Elementary PTA, your dues will help to provide various cultural, fun and educational programs, events and activities for all students at Miller and Highview throughout the school year.



**\*\* New exciting way to register for your Membership. \*\***

Google Docs form - <https://forms.gle/gkPa32RxRV925Vxi9>

and payments can be made through Zelle to: Nanuetpta@gmail.com

or Venmo to: @NanuetElementary-PTA

(your receipt confirmation will Thank You for making a payment to our Treasurer - Tara Soprano)

Or you can complete the form and include your membership dues, in cash or check made payable to Nanuet Elementary PTA, and place it in your child's backpack in an envelope marked PTA Membership.



\$15 Individual Membership \_\_\_\_\_ \$25 Household Membership \_\_\_\_\_

\*\* For Household Memberships,  
please be sure to indicate all member's names.

Name: \_\_\_\_\_

Add'l. Name for Household Membership: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #(s): \_\_\_\_\_

Email (s): \_\_\_\_\_

Please list your Elementary School Children and their Class Codes.

(Ex. George Miller - 2GM)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



**Don't feel like cooking before**

**HALLOWEEN**

**Friday Oct. 30, 2019**

**Dom's to Go  
will be helping support**



**Nanuet Elementary PTA**

Place your orders:

<https://www.facebook.com/domtogorestaurant/>

or call: (845) 215-5770



**Chicken Parmagiana  
over Penne  
\$20**



Dom's will be donating a portion from each dinner tray he sells.





Nanuet Elementary PTA



## 3rd & 4th Graders

Since the Nanuet Elementary PTA is unable to provide you with a Halloween Happenings this year, we will be having a Halloween Costume Contest instead.

On Saturday - Oct. 31, 2020, we want you to get dressed in your costume and post a picture of yourself.

(Do Not include any weapons in the pictures please!!)

There will be 3 Winners per Grade. Winners of the contest will be chosen by 'LIKING' their favorites that are posted to the class page under a special thread for this event, which will be available on the morning of Oct. 31, 2020.

Class of 2029: <https://www.facebook.com/groups/433862206976837/>

Class of 2030: <https://www.facebook.com/groups/436361600069757/>

(\*\*You can vote for as many costumes as you wish, but only those with the 3 most 'LIKED' pictures, will win.)

**Prizes:**

- 1st Prize - \$30 GC choice
- 2nd Prize - \$20 GC choice
- 3rd Prize - \$10 GC choice

Gift Card choices are;

iTunes, Game Stop, Pizza Hut, Playstation, Xbox, Nintendo (Switch), Amazon, or Domino's



PUMPKIN  
Decorating &  
Carving CONTEST

# K-4 Halloween Pumpkin Decorating Virtual Facebook Contest



The Nanuet Elementary PTA is proud to present our Virtual Halloween Pumpkin Decorating Contest! This year we are keeping the spirit of the season alive with an exciting Pumpkin Painting/Carving Contest, where students can either paint or carve a pumpkin of their choice (families must supply their own pumpkin). Post a picture of the finished masterpiece where 3 WINNERS PER GRADE will be voted on by YOU. Winners will receive a delivered Halloween Goodie Bag!!

To be entered:

- 1) Paint or carve a pumpkin. Be creative, make it cute, scary, unique, traditional or just fun.
- 2) Take a picture of your child's masterpiece.
- 3) Post the picture, along with your child's name and class code, under the comment section to the contest post on your child's class page:

Class of 2029: <https://www.facebook.com/groups/433862206976837/>

Class of 2030: <https://www.facebook.com/groups/436361600069757/>

Class of 2031: <https://www.facebook.com/groups/1586126394770382>

Class of 2032: <https://www.facebook.com/groups/1109902399190843/>

Class of 2033: <https://www.facebook.com/groups/1406889972793753/>

- 4) Pictures are to be posted anytime from Tues. 10/27 - Thurs. 10/29
- 5) Vote, by 'LIKING' your favorite pictures on Fri. Oct. 30th (Please wait until Friday to vote.)
- 6) Winners will be the Top 3 'LIKED' pumpkins posted to the Class page. (You can vote for as many pumpkins as you wish, but only those with the 3 most 'LIKED' pictures, will win.)





# Do you like Spirit Wear?? Do you like to be a Winner??

Sign up for a Nanuet Elementary PTA, Individual or Family Membership by **Oct. 19, 2020** and you can win 1 item of your choice from our Spirit Wear Store by TeePot Etc.

(TeePot Etc. is run by Alissa Dempsey, a local Mom of 2 Nanuet Elementary students)



**\*New exciting way to register for your Membership.\***

Google Docs form - <https://forms.gle/gkPa32RxRV925Vxi9>

Payments can be made through:

- Zelle to: [Nanuetpta@gmail.com](mailto:Nanuetpta@gmail.com)
- Venmo to: [@NanuetElementary-PTA](https://venmo.com/@NanuetElementary-PTA)  
(your receipt confirmation will Thank You for making a payment to our Treasurer - Tara Soprano)
- Cash or check payable to Nanuet Elementary PTA

Form must be returned with cash or check payment.

Form can be found on our Facebook page - [Facebook.com/nanuetelementarypta](https://www.facebook.com/nanuetelementarypta)

**Raffle entries;** 1 entry for Individual Membership and 2 entries for Family Membership

**Raffle drawing will be held during our next PTA meeting on Oct. 22, 2020 @ 7:30pm via Zoom.**

The PTA will choose someone in attendance, during the meeting, to pick the winner.

Winner need not be present and will be contacted with info on how to choose their prize at the conclusion of the meeting.





Nanuet Elementary PTA



## BACK BY POPULAR DEMAND!!!!

The Nanuet Elementary PTA is running our Annual Thanksgiving/Holiday Carousel Cake Fundraiser. As last year, we are again offering a discount for those who have paid membership dues for 2020-2021 Nanuet Elementary PTA. (It's never to late to become a member!!)

To place an order:

- 1) Either complete the paper order form **-OR-** Google Docs form. (Please don't do both!)  
<https://forms.gle/oayyZn6EywV3sfM86>
- 2) Submit payment: a) Cash or Check (made out to Nanuet Elementary PTA), and send back to school, with your paper order form, in an envelope labeled: Carousel Cakes – PTA.
  - b) Zelle - [nanuetpta@gmail.com](mailto:nanuetpta@gmail.com)
  - c) Venmo - [@NanuetElementary-PTA](#)

### **Deadline for all orders is Wednesday Nov. 9, 2020.**

We will not be able to fulfill orders after the deadline. **NO EXCEPTIONS!!**  
We must follow the rules of Carousel Cakes during these trying times.

### **Pick-up for your order will be Tuesday Nov. 24th from 4 – 7:00pm.**

**We will be outside with tables, in the Miller Elementary School rear parking lot.**

If you can not pick up your orders, please make arrangements to have them picked up by some else. We have no way to store the extras.

If you have any questions, you can email:

Andrea Hauser - [onj444@aol.com](mailto:onj444@aol.com) or the PTA at [Nanuetpta@gmail.com](mailto:Nanuetpta@gmail.com).

Thank You for helping make this fundraiser a success!!!



Nanuet Elementary PTA



**\*\*No Substitutions will be accepted\*\***

## Orders Due: Monday Nov. 9th, 2020

	PTA Members		Non-Members		
<b>10" Pies</b>	<b>Cost per pie</b>	<b>Qty</b>	<b>Cost per pie</b>	<b>Qty</b>	<b>Total</b>
Apple	\$16.00		\$18.00		
Apple Crumb	\$16.00		\$18.00		
Blueberry Crumb	\$16.00		\$18.00		
Cherry Crumb	\$16.00		\$18.00		
Coconut Custard	\$16.00		\$18.00		
Pecan*	\$16.00		\$18.00		
Pumpkin	\$16.00		\$18.00		
Pumpkin Cheese	\$16.00		\$18.00		
Tollhouse*	\$16.00		\$18.00		
<b>7" Cakes</b>	<b>Cost per Cake</b>	<b>Qty</b>	<b>Cost per Cake</b>	<b>Qty</b>	<b>Total</b>
NY Cheesecake	\$18.00		\$20.00		
Marble Cheesecake	\$18.00		\$20.00		
Choc. Chocolate Chip	\$18.00		\$20.00		
NY Blackout	\$18.00		\$20.00		
Choc. Mousse Supreme	\$18.00		\$20.00		
Black & White Mousse	\$18.00		\$20.00		
Carrot Spice*	\$18.00		\$20.00		
<b>Total Due:</b>					\$
* indicates Nuts					

- 1) Either complete the paper order form **OR** Google Docs form.  
<https://forms.gle/oayyZn6EywV3sfM86> (Please don't do both!!)
- 2) Submit payment: a) **Cash or Check** (made out to Nanuet Elementary PTA),  
and send back to school, with your paper order form, in an envelope labeled: Carousel Cakes – PTA.  
b) **Zelle** - nanuetpta@gmail.com  
c) **Venmo** - @NanuetElementary-PTA

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Child's Name: \_\_\_\_\_

Class Code: \_\_\_\_\_

# Nutrition Nuggets™

Food and Fitness for a Healthy Child

Highview Elementary School  
Nancy Bonner, Principal



## BEST BITES

### Thank you, cafeteria staff

Does your child know all the things that the school cafeteria staff does? Together, brainstorm a list. (Examples: Cooks meals. Puts the food out. Smiles and says hello to all the children. Encourages us to try new foods.) Suggest that your youngster write a note or draw a picture thanking the cafeteria folks for all they do!

### Kangaroo hop

Try this fitness idea from Down Under. Have your children hop like kangaroos by jumping with both feet and holding their hands in front of their chests. They can race each other by hopping from one end of a room or yard to the other. Or they could take turns being the leader and play Follow the Kangaroo.



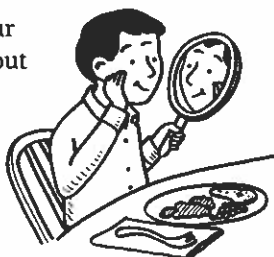
### DID YOU KNOW?

Research shows that students who skip breakfast have shorter attention spans and don't do as well on tests. Make sure your youngster gets up in time to have a nutritious breakfast either at home or at school. **Tip:** If she's having trouble waking up early enough, move her bedtime back.

### Just for fun

**Mom:** Eat your spinach. It'll put color in your cheeks.

**Jack:** But I don't want green cheeks!



## Snack attack

Did you know that frequent snacking is tied to obesity? In fact, today's kids average three snacks a day and get about a quarter of their daily calories from between-meal eating. Try these strategies for keeping snacking under control in your family.

### Stock the kitchen

Whatever is in the house is what your youngster will eat—so shop with that in mind. Get interesting fruits and vegetables in different colors. Buy mango or peach salsa, and let your child dip in veggie sticks (bell pepper, celery, jicama). Stock popcorn to air pop (rather than getting less healthy microwave popcorn). Then, offer her choices. She'll have a say in what she eats, but she'll be choosing only from healthy foods.

### Have a mini-meal

Breakfast or lunch foods can make a good snack. You could serve oatmeal with bananas and cinnamon, or tuck scrambled eggs into a pita pocket. Or try individual pizzas on whole-wheat English muffins. Top each half with a little



tomato sauce, shredded low-fat mozzarella cheese, sliced mushrooms, and then bake until the cheese melts.

### Build your own

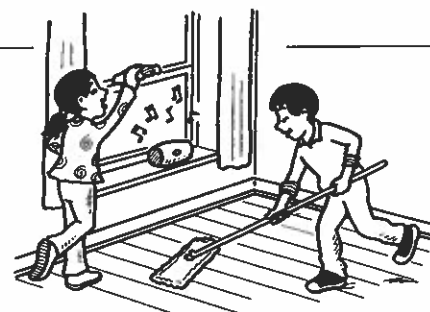
Let your youngster get creative in the kitchen, and she'll be likely to eat the results. She can make kebabs by threading strawberries, melon chunks, and cheese cubes onto toothpicks. Put out cookie cutters for her to cut sandwiches into fun shapes. Or she could spread cream cheese on rice cakes or apple slices and decorate them with raisins or dried cranberries. ●

### Add activity to chores

Help your youngster get fit while building responsibility. Try these suggestions the next time he does chores.

● **Listen to music.** Make an upbeat "chores playlist" together. Your child can dance while both of you wipe down kitchen counters, dust, or sweep. **Tip:** Bring in math by asking him to estimate how long chores will take and create a playlist to fit that time.

● **Turn it into a game.** To tidy up, each family member is responsible for one room—collecting shoes, toys, books, or papers and putting them where they belong. Set a timer and meet back in the living room when it goes off. Did everyone finish straightening up their room? ●



This institution is an equal opportunity provider.





# Kids in the kitchen

Cooking with your youngster will teach him valuable kitchen skills—and help him practice reading and math. Try these suggestions.

**Read recipes.** Ask your child to read a recipe aloud. Then, have him gather the ingredients and tools you'll need. Can he find dried oregano and a whisk? Next, follow the steps together. *Idea:* Build his vocabulary by explaining unfamiliar cooking words. ("Zest means to scrape off tiny bits of the lemon peel.")



**Use math.** Put your youngster in charge of kitchen math. He can find the correct measuring spoons and cups, measure wet and dry ingredients, and read a food thermometer. He'll also learn about conversions—for example, that 4 tbsp. =  $\frac{1}{4}$  cup.

*Tip:* Get your child in the habit of putting dishes in the dishwasher as he works. That way, there won't be a big sticky mess to clean up at the end. ●



## O&A How much juice?

**Q:** My child loves to drink juice. Should I try to limit how much of it he drinks?

**A:** The short answer is "yes." While juice has nutrients, it also has a lot of sugar.



Believe it or not, a 12-ounce glass of apple juice can contain 10 tsp. of sugar—the same as in a can of cola—and a glass of grape juice can have 15 tsp. of sugar.

Encourage your son to eat fruit rather than

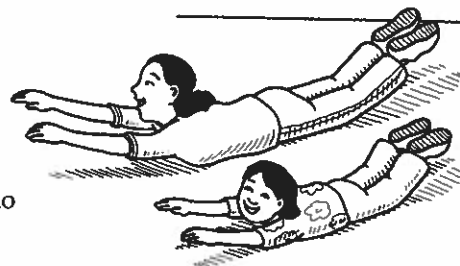
drink juice. He will consume fiber along with more nutrients.

If your youngster does have juice, try to limit it to a glass a day. Choose varieties marked 100 percent juice, and stay away from those labeled "fruit drink" or "fruit cocktail." The best bets are orange or grapefruit juice since they have more natural vitamin C and less sugar. ●

## ACTIVITY CORNER

### Exercise = fun

When children are young, exercise isn't exercise—it's just plain fun! Use these ideas for putting more physical activity into your youngster's day.



#### Superman

Lie on your tummy with your arms straight out in front of you (as if you're flying). Lift your chest, arms, and legs off the ground at the same time, and hold for five seconds. Lie back down. "Fly" 10 more times.

#### Bubble jumping jacks

Have your child do jumping jacks as you blow bubbles toward her. How many bubbles can she pop as she jumps? Switch, and let her blow the bubbles as you do jumping jacks.

#### Freeze dance

Play music, and dance up a storm. When you stop the music, everyone freezes. Hold your poses for 10 seconds, and start the music back up. ●

## IN THE KITCHEN

### Shake-a-salad

Fill, shake, and eat. That's the winning formula behind fun-for-you and good-for-you salad shake-ups.

*To assemble:* Give your child an empty container. Have her fill it with any of these combinations, put the lid on, and shake, shake, shake.

**Deli delight:** Chunks of leftover deli meat (lean ham, turkey, or roast beef), shredded skim mozzarella cheese, chopped lettuce, grape tomatoes, and low-fat ranch dressing.

**Southwest slam:** Cooked lean ground beef, chopped lettuce, shredded low-fat cheddar cheese, diced tomatoes, and a sprinkling of low-sodium taco seasoning.

**Pasta mix-up:** Cooked macaroni, black olives, chopped red pepper, grated Parmesan cheese, and Italian dressing.

*Tip:* Add something that makes a "shake sound," such as nuts or baked pita chips, to put even more fun in the shaking. ●



**OUR PURPOSE**

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,  
a division of CCH Incorporated  
128 N. Royal Avenue • Front Royal, VA 22630  
800-394-5052 • rfeustomer@wolterskluwer.com  
www.rfeonline.com

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

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