

A Foreign Language Under Your Own Roof

Have you ever been to a foreign country where you didn't speak the language? Somewhere like Peru or Norway? How about California or Texas? This year marks the first time in recent history that Avenue City is offering a foreign language course. What language you ask? It is Spanish. In today's society, you don't have to travel any distance at all and you can find yourself in a store wondering just what all the arguing is about in the line ahead of you. Maybe with a little course in middle school Spanish your children can help you out with this the next time you're in Walmart or Target.

A language barrier has and most always will exist between one set of people and another. Nationality, immigration, culture and background will dictate this language issue and I'm sure that, as a nation, we will adapt and overcome and find a way to communicate effectively with one another. However, over the past 10 years a new communication gap has developed in our nation and even in our general living area. Perhaps it even exists right under your very roof.

This week, I had a friend tell me that they were in a group setting with adults and teenage children. During this gathering, the group members were asked to write a description of an issue and hand it to the person next to them to read to the group. As the adult handed her paragraph to a 16 year-old daughter, the teenager squinted, hemmed and hawed and obviously was having trouble with reading a fairly simple written statement. The adult had the audacity to write the paragraph in a language unfamiliar to the teen. How rude! Was it Italian? Probably French? What about Mandarin Chinese? Nope. The unfamiliar language that the teenager could not read was revealed when her mother said, "Maybe you should let me have that because she can't read CURSIVE." Yes; cursive. About 10 years ago, some schools in our area and all over the nation stopped teaching children how to write cursive. Now, many of those schools are shifting back to teaching the written word. Some have not. This is going to leave areas across the country with decades of people who lack the skill to read a written note. At "the Avenue" we never stopped teaching this skill and because of that your children may have a very valuable skill in the 2030s and beyond. Reading and writing cursive could perhaps be a very useful and employable skill that many adults will not possess. Can you imagine being employed at the United Nations or at the White House simply because you possessed the ability to read a hand-written note? Seems crazy doesn't it? Yet, it's a fact. The ability to write and read cursive may become a very marketable skill and your children have it. Imagine how valuable an employee they will be when they can write a Spanish letter in cursive!

Waiting for Spring,

Don Lawrence, *Superintendent*

Board of Education Elections

It's time to prepare for the April school board election. There are two seats up for election for a three year term.

The local school board is a critical public link to local area schools. Serving on the local board is a great way to support public education but is often thankless and time consuming. Local school boards are vital to the success of public schools and provide community input to schools. The Avenue City School District Board of Education has a strong history of providing support and guidance to our district, students, and staff. Members help make Avenue City a great place to learn.

There will be two open spots on the board. Current Vice President of the Board of Education and incumbent, Justin Palmer has decided to run again. Current incumbent Travis Elifrits will also be on the ballot. Jeff Burnett and Jaren Johnson - Pippitt also registered to be on the ballot.



The patrons of the district will be voting to fill two positions on the board. We encourage and expect the district taxpayers to make an informed decision when voting.

To learn more about these candidates read below:

Travis Elifrits: I was first elected to the school board for the Avenue City School District in 2009 and have served three consecutive terms. During this time, I have served as vice president and provided consistent and strong leadership.

Board members have to make decisions that put students and student learning first. As a board member, I have made those decisions without hesitation. During my tenure on the board, I have had important roles on two major construction and expansion projects. My experience as a union carpenter provided me with the knowledge to ensure that these projects were completed up to the standards of commercial projects.

In addition to my duties as a school board member, I have volunteered extensively at the school. I have coached girls' basketball teams for the past seven years and currently coach a group of fourth through sixth grade girls. I have participated in PTO fundraisers, spaghetti and chili suppers, eighth grade graduation ceremonies, and numerous other activities.

I know first-hand what an outstanding education that Avenue offers as I was a student from pre-school through fifth grade prior to my family moving across the state. The education that I received at Avenue prepared me well to succeed in school and in life. When we moved back to the area, I knew that Avenue was the school that I wanted my children to attend. We have four daughters: Audrey who graduated and is currently a high school sophomore; Hillary, a sixth grader; Jensen, a kindergartner; and Daryn, a three-month old.

I am extremely proud of the teachers and administrators in the district who provide our students the education that allows our students to succeed and be leaders in many of the area high schools. I think this speaks volumes about Avenue and the quality of the school.

I believe that I have served students, faculty, staff, parents, and the community well in my tenure as a member of the Avenue City School Board of Education. I would appreciate your continued support and vote on April 3, 2018.

Justin Palmer: I would first like to “Thank **You**” for taking the time to review each of the candidates running for the ACES School Board this year. This is the type of dedication that has made our school district one of the best in Missouri.

My wife Brooke (Dixon) Palmer and I planted our roots in the area in 2014, building our forever home on the family farm. This decision was strongly influenced by Avenue City Elementary School, knowing that our children would receive a top-notch education from a very experienced staff. Our son Dixon is currently in the 1st grade and our youngest Drake is eagerly awaiting his opportunity to join his big brother.

Originally from St. Joseph, I graduated from Central High School and then from Missouri Western State University with a Bachelor of Science in Nursing. My career in Nursing included time in the Emergency Department and then at a local Surgery Center. It was after that, I found a passion in healthcare technology, allowing me to continue to have an impact on patients by advancing the technology used in their care. For the last 10 years I have worked for Cerner Corporation in Kansas City, expanding my experience through multiple leadership opportunities and providing support to those who care for us. In my current role as a Service Level Manager for our organization, I’m responsible for managing our organizational commitments to each of our clients.

Again, “Thank **You!**” for the opportunity to represent your interest as I run for my 2nd term on the ACES School Board. I will continue to strive towards meeting your expectations and the commitments set forth in the District’s Mission Statement. I plan to do this by representing the best interest of our patrons, the incredible staff who have elevated the district to the level it is today and most importantly the success of the students.

Jaren Johnson-Pippitt : I’m excited to be running again for a position on the Avenue City School Board. My husband, Greg, and I relocated with our family to the District in 2009 from Iowa, and the school has been one of our biggest delights in moving to the area. We’re extremely fortunate to have such high-caliber teachers and faculty, administration that constantly interacts with students and parents, nice facilities with integrated technology, and the strong sense of community that we’ve found with the District. Our children, Pierce (8th grade) and Wyatt (1st grade) are thriving thanks to the opportunities and individualized attention the District has provided them.

I began my career in healthcare administration more than 20 years ago, and it was an opportunity with Mosaic Life Care (then Heartland Health) that originally brought us to the area. I earned a Bachelor’s degree in Administrative Management from Missouri State University and a Master’s degree in Health Administration from the University of Missouri-Columbia.

Throughout my career, I’ve served on numerous community boards, including Northwest Health Services and Midwest Empire for Independent Living (MERIL) locally. I am excited by the

opportunity to become more involved in the educational system that is such an integral part of my children's lives, shaping the kind of adolescents and adults they will become. I love that we can make local decisions that are best for our District, while fully equipping our students with the knowledge and life skills it will take to be successful in the larger systems of their future. My approach to leadership is from a servant's heart, seeking first to understand each unique perspective. I believe that typically we are faced not with problems to be solved, but polarities to be navigated. One of the biggest challenges ahead of the District is how to accommodate exponential growth in our student population without losing the advantages our smaller district has enjoyed for decades.

I look forward to the opportunity to serve you and your children and thank you for your consideration.

Jeff Burnett: Hello, my name is Jeff Burnett. My wife, Shauna, our five children (Logan - 5th, Isabella - 4th, Lincoln - 1st, Abigail - Pre-K, and Gabriel - Team Cheerleader), and I are asking for your vote to represent you on the Avenue City School Board this April. Having been a patron of the district for four years, our family has been able to experience what makes Avenue City great! We have also been able to identify opportunities where our children's education can be that much better. My desire is to work as hard as I can for you, and make sure that we continue to improve the educational experience for all children in the district.

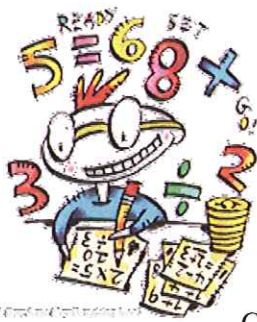
Professionally, I am a Quality Director for a local pet food manufacturing facility in Saint Joseph. My position allows me opportunities to do what I am passionate about; continuously improving processes for the benefit of all involved. Benefits to our employees, the company, or our customers ultimately benefit the end goal of providing a premium, quality product. My extensive hands-on real world experiences will translate well to the educational setting. I hope to improve opportunities for our teachers in their continued learning development, support their needs in the classroom, improve access to educational opportunities for all students, as well as a more integrated experience for parents. I believe this progression of forward thinking will ultimately lead to a premium, holistic educational experience for all of the students in our district. Our future (these Avenue City Children) deserve the best, and I will advocate for them as well as you, the citizens of Andrew County.

Educationally, I graduated from Oregon State University with two bachelor of science degrees. Most recently, I received my Masters in Business Administration from the University of Missouri - Columbia. Through my education, I have learned determination, follow-through, critical thinking, and how to work well with diverse viewpoints. I have also learned fiscal best practices that I will use to ensure that Avenue City maximizes the funds you, the taxpayer, has entrusted to us. I will utilize all of the education I have received to the benefit of the children attending Avenue City. By being resourceful, passionate, and creative I hope to use my knowledge to address whatever challenges may arise in the district.

In the community, I am passionate about giving back and ensuring the next generation has opportunities they can grow and learn from. Whether it is mentoring a group of Avenue City students in a STEM-based LEGO competition, actively mentoring youth in our local church

group, or participating in the local Boy Scout / Cub Scout group, making sure that young people have access to worthwhile educational opportunities is of paramount importance to me.

I will work to make sure that the efforts of our amazing teachers are magnified as we increase access, and opportunity for the Avenue City Family at ACES. Whether the student is excelling or currently struggling, letting each child have opportunities to be the best that they can be will benefit everyone. Providing an exemplar education experience specific to each child will benefit your child, our community, and society in general. I am asking for your vote to allow me to give my all to the benefit of your children. I will advocate for them and their educational pursuits. I will work to continuously improve Avenue City for all students. Thank you.



Academic Teams and Middle School Scholar Bowl

Avenue City Academic Teams are getting ready for another great season! We have 6 fourth graders, 8 fifth graders, 9 sixth graders and 7 in our middle school scholar bowl team. Each meet consists of four rounds with the second and fourth rounds being toss up questions followed by a bonus question.

The Avenue City 4th-5th grade Academic Teams compete against the Savannah elementary schools in our area including Amazonia, Helena, Minnie Cline and John Glenn. The 6th grade team competes against Savannah Middle School. The Middle School teams will enjoy competing against other small schools in the area including North Andrew, Union Star, St. Paul Lutheran and Cathedral this year. Their season will consist of several meets during the month of January. Avenue City is proud of its Academic Teams and Scholar Bowl competitors, and the sponsors, Mandy Scott and Janis Pargas, look forward to continuing the fun throughout this year!

Student Council

ACES Student Council met up at the movie theater to see the inspiring and heartwarming movie Wonder over Christmas break. The movie helped motivate us as we moved into 2nd semester as we are focusing on KINDNESS and encouraging our student body to uplift one another through actions and words. The movie provided the opportunity to reflect on what kind of leaders we would like to be seen as and how we can include one another in our school. One way we recently bestowed kindness on our fellow students was by observing National Popcorn Day on January 19th, as we gave each grade level teacher microwave popcorn bags to pop for their class that day. This went over very well and was a great example that something small can mean something great in someone's day!

The Stu-Co plans to celebrate National Ice Cream for Breakfast Day on February 2nd with the ACES students and offer "Cookie Grams" at Valentine's Day. The Stu-Co has been having a lot of fun helping run student-led activities and games during Community Time once a month. We are gearing up for our spring elections and have also been discussing the Missouri State Association of Student Council's Summer Leadership Camp that takes place one week in June. All 2018-2019 (and this year's 8th grade members) are eligible to represent our school that week at camp in Fulton, MO! Thank you everyone in the ACES district for your continued support of our leadership organization!

Avenue City Classroom Spelling Bees

Congratulations to the winners of the Avenue City Classroom Spelling Bees! The next level of competition will be the Andrew County Spelling Bee. This Bee will be held at North Andrew.



The following students will represent the Avenue City School at the Andrew County Spelling Bee: (bottom row from left to right): Nori Steele, Ethan Phillips, Brynlee Neill, Bethany Pickman

Alternates are pictured. Alternates will represent ACES if 1st place winners cannot.) (back row from left to right): Logan Burnett, Hillary Elifrits, Riley DeRoin, Olivia Stites

Library News

Things have been busy in the library lately! Students are reading our Missouri award nominees to be able to vote at the beginning of March. In order to vote for their favorite Show-Me, Mark Twain, or Truman nominee, students must read at least 4 of the books from the category they are voting for. We will soon be gearing up for the Spring Scholastic Book Fair which will be held March 19th- 27th.



ACES Book Clubs

Both clubs are in the midst of book studies right now. The fourth and fifth graders in book club are working a historical fiction book study on the Revolutionary War. It has been very interesting to take a look back at this period of our country's history! The junior high club had the choice of reading any of the Truman Award Nominees. It's been fun listening to the discussions about the books which cover many genres and story lines. Both clubs are looking forward to attending the UCM Children's Literature Festival in March. While there students will have the opportunity to meet some of their favorite authors and hear about how stories are developed and all that goes into being an author. It's an exciting day!

Spanish

Research shows that learning a foreign language supports academic achievement, provides cognitive benefits to students, and affects attitudes / beliefs about other cultures. The Avenue City staff has been researching ways to offer a foreign language to our middle school students. Our goal is to help better prepare them for high school and the real world. Avenue City is now offering Spanish to our Eighth Grade students! We are using a computer program through Acellus to implement the class with Ms. Atoe as the instructor. The students are highly engaged and their learning and knowledge of this second language is increasing.

Parent – Teacher Organization

The ACES PTO is looking forward to some exciting events coming up to finish out the school year!

Our annual pancake breakfast will be held Saturday, February 17th from 7:00 to 12:30! Come out and support Avenue City and let us do the cooking!

Mark your calendars for the ACES Spring Fling on April 7th complete with carnival games, auction items and food! The committee is hard at work planning the event so more information will be provided as we get closer to the date! If you would like to help with the Spring Fling there is still time to join the committee; the next committee meeting is scheduled for February 6th following the regular PTO membership meeting.



We have two remaining Culver's Nights this school year on February 20th and April 17th. Due to the overwhelming support of our past events, Avenue City now receives 20% of the proceeds from Culver's Nights that we are able to provide to teachers and staff as classroom funds.

Did you miss the last order window for ACES apparel? Have no fear; you still have time to order before the end of the school year! We will also have items for purchase at both the pancake breakfast and the Spring Fling!

We would like to offer a huge thank you to our ACES families, staff, and community! With your help we earned \$428.60 in January for Box Tops; please continue to send those in! A huge thank you to Emily Campbell for being the silent partner managing the Box Tops for PTO! We also raised \$291.00 with our turkey raffle in November and \$95.00 with our 50/50 raffle at home basketball games!

These funds helped us give back to our students by providing literature sets for 4th grade, seating for 5th grade, transportation to and from the elementary field trip to see Peter Pan, as well as a classroom set of the novel *Wonder* for 6th grade.

Again, thank you for the support you provide to Avenue City and the PTO, we look forward to a great finish to the 2017-2018 school year!

Hello from Preschool!



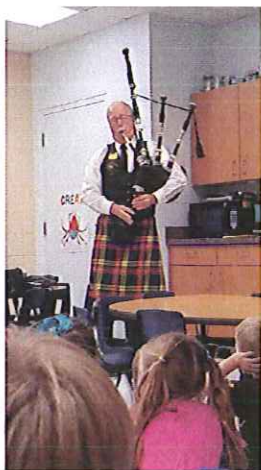
This year has been full of fun, learning and exploration! We have practiced recognizing and writing letters, numbers, first and last names and our birthdays. Many students are beginning to take that knowledge on their own and find resources within the classroom to expand their writing in forms of pictures and cards to friends and family members.



We've also partnered with the Allied Arts Council this year and brought local artists into our classroom. This has been a great cultural enrichment program to add to our curriculum as students get to see, hear and touch forms of art in new ways. We had a visit from a bagpipe player, an actress and a wool designer. There are many more planned to finish out our year. We also partner with the Andrew County Health Department and have a monthly visit to learn ways to make healthy choices and stay safe.

At Avenue City Preschool, we understand the importance of play. Having time for unstructured play has a positive impact on cognitive, behavioral, social and emotional development. It builds resilience, fosters independence and promotes problem-solving skills. Play also improves creativity, helps children navigate social terrain, define norms, develop empathy, provides a safe space for trial and error, build resilience and so much more!

We'd love to have your and your child become a part of our school family! Enrollment begins February 1st for the 2018-2019 school year. For more information go to www.avenuecityschool.org.



The Role of the Parent in the Success of a Child

The Avenue City Staff has completed a book study of The End of Molasses Classes by Ron Clark. This book is all about “getting our kids unstuck” and it offered 101 extraordinary solutions for parents and teachers. The author, Ron Clark, listed specific strategies for parents to help their child. Ron Clark writes:

Do This:

Parents:

- *Limit chaos in the mornings. You want it to be drama free so that your child starts school with a calm spirit. Even if you aren't a morning person, force yourself to get up early and start the day off right.*
- *Take the time to read everything that is sent home from school. When your child isn't prepared, it causes him or her to feel stress.*
- *Watch educational channels instead of more popular shows.*
- *Develop relationships with other parents so that you can call with questions and form study groups.*
- *Use the time in the car to discuss what your child is learning in class. Listening to music is more fun, and you may have things to think about, but getting your child in the habit of sharing knowledge he or she is learning in class will help him greatly in the long run.*
- *Review all homework assignments.... Do NOT do all homework assignments.*
- *Go to school events where parents can participate – spelling bees, plays, basketball games.*
- *Give your child “surprise” encouragements, like a small note in their lunch box that only they will see or know what it means. You can even get Rice Krispies treats now where there is a designated message spot.*
- *If your child is learning an educational song, you learn it too and rock out together on the way to school!*
- *Don't be a helicopter parent. You can't come to their rescue forever.*
- *Realize the power of gratitude and appreciation.*
- *Remind children of their blessings and stress the value of a strong work ethic.*

Mandatory Physicals for Middle School and High School Athletes

All Junior High and High School Athletes must have a physical once a year before participating in school sponsored athletic events. Students will not be allowed to practice or participate in athletic events if a completed form is not on file in the school's office.

Make your plans now! If you have a 6th, 7th, or 8th grader who will be participating in school sponsored athletic programs next fall, he or she will need a physical before they begin. Physicals are considered current for one calendar year and will meet the guidelines for middle school and high school athletic events.

Sports Medicine at SSM Health St. Francis Hospital will be at Avenue City School to conduct on-site physicals on February 13, 2018 from 11:00 AM- 12:00 PM. The cost will be \$20.00 a student.

Please visit the Avenue City website for more information and the MSHAA mandatory physical form. For more information contact Shawnda Russel, school nurse at 816-662-2305.

Board of Education Meeting Highlights

A brief description of the highlights of the board meetings from November 2017 to January 2018 is listed below. The minutes of each board meeting is posted on the school webpage under Board Information.

November 9, 2017

- Review of Program Evaluations for Federal Programs and School Climate
- Post New and Revised Policies/Regulations For Review until next Regular Meeting
- Motion to Set Dates to File for the Board of Education from December 12, 2017 to January 16, 2018, Excluding Weekends and the Days of Winter Break
- Approval of Snow Bids

December 14, 2017

- Review of Program Evaluations for Special Education
- Approve Policies and Regulations From Last Board Meeting
- Post Revised Policies and Regulation For Review until next Regular Meeting
- Approval to an Increase in Adult Lunches

January 18, 2018

- Review of Program Evaluations for Professional Development
- Approve Policies and Regulations From Last Board Meeting
- Approval of Preschool Tuition for 2018-19 School Year
- Review of Preschool Handbook for 2018-19 School Year
- Superintendent's Evaluation and Extended Contract

The next Board meeting is scheduled for Thursday, February 15, 2018 at 7 pm.

Tentative Middle School 2018 Track Meet Schedule:

<u>Date</u>	<u>Location</u>
04/03/18	Savannah
04/10/18	Savannah
4/12/18	North Andrew
4/14/18	Benton
04/21/18	Savannah
4/23/18	St. Joe Christian
4/26/18	Riverside



AVENUE CITY SCHOOL 2nd QUARTER HONOR ROLL

3rd GRADE – A/B HONOR ROLL

Elias Andrews
 Kaylee Barrett
 Jacey Collins
 Natalie Farrell
 Taylor Flatt
 Cora Gregory
 Gwendolyn Oswald
 William Saunders
 Dalton Schultz
 Trace Wolfe

4th GRADE – A HONOR ROLL

Annelise Forney
 Rain Greenlee
 Cannon Hutchcraft
 Alayna Pargas
 Lillian Richardson
 Olivia Schaub
 Ella Scott

4th GRADE – A/B HONOR ROLL

Ashlynn Badalamente
 Isabella Burnett
 Addalyn Campbell
 Brody Damgar
 Dylan Mazur
 Benjamin Neil
 Luke Oswald
 Maxx Riggert

5th GRADE – A HONOR ROLL

Kaitlyn Barrett
 Nori Steele

5th GRADE – A/B HONOR ROLL

Logan Burnett
 Kaylee Christman
 Danika Clark
 Kaylee Farrell
 Max Howe
 Annaliese Kendall
 Jackson Sigrist

6th GRADE – A HONOR ROLL

Hillary Elifrits
 Maren Heckman
 Alexander Hutchcraft
 Ethan Zeit

6th GRADE – A/B HONOR ROLL

Kayla Beam
 Saige Blake
 Lucy Froehlich
 Cole Horton
 Alex Johnson
 Macy Keling
 Ethan Phillips
 Payton Rodgers
 Claire Schonemann
 Jack Sylvester
 Kathryn Yingling

7th GRADE – A HONOR ROLL

Katie Beam
 Megan Hatfield
 Kiara Schaub
 Connor Zeit

7th GRADE – A/B HONOR ROLL

Ian Andrews
 Riley DeRoin
 Brynlee Neill
 Gage Schottel
 Joey Sigrist

8th GRADE – A HONOR ROLL

Ainsley Blake
 Alex Fitzgerald
 Morgan Heckman
 Aleigha Horton
 Mitchell Steele
 Corinne Stewart
 Kaycie Wilmes

8th GRADE – A/B HONOR ROLL

Jaxon Ball
 Zachary Barnette
 Grace Bradley
 Quaid Campbell
 Pierce Johnson
 Bethany Pickman
 Haydn Richardson
 Kaylee Safley
 Olivia Stites
 Jack Swan

Enroll NOW in Avenue City Preschool



- We offer Preschool for 3, 4 and 5 year olds on M-W-F from 8:00am-11:00am with an all day option available until 3:10 pm. Preschool children can also participate in our after school childcare program that is available until 5:45 pm.

- Did you know that you **do not** need to live in our school district to attend our Preschool? However, first priority will be given to district patrons, children who have been to our program previously and children entering Kindergarten the following year. We are taking applications beginning **February 1, 2018** for the 2018-2019 school year. Space is limited.

Avenue City Preschool has many things to offer your child that you may not find in other Preschools.

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- Did you know that you **do not** need to live in our school district to attend our Preschool? However, first priority will be given to district patrons. We are taking applications **now** for the 2018-2019 school year. Space is limited.



Avenue City Preschool has many things to offer your child that you may not find in other Preschools.

1. We use the Pathways to Reading Phonics Program.
2. There will be separate lessons for the 3 year olds and the 4 and 5 year olds so that we can meet their different developmental needs.
3. We have a Smartboard in the classroom and technology is used often.
4. There are many options for the length of time you want your child to be at Preschool. You can pick what works best for your family. However, academics will be taught in the morning.
5. Your child will have a certified Early Childhood Teacher that has been trained in the above programs and in the Project Construct Curriculum. The curriculum is aligned with the State of Missouri's Early Childhood Standards. <http://dese.mo.gov/divimprove/fedprog/earlychild/Publications.html>
6. The number one goal of our Preschool is socialization and preparation for Kindergarten. This preparation also includes laying the foundations of reading, writing, math, and other areas of academics to help your child reach their fullest potential.

For more information, please call the school at 1-816-662-2305 or e-mail Becky Grimes at bgrimes@avenuecityschool.org or Mrs. Farrell at afarrell@avenuecityschool.org

Nurse Notes

Energy Drinks and Food Bars: Power or Hype?

The Buzz on Energy Foods

Energy drinks and nutrition bars often make big promises. Some say they'll increase energy and alertness, others offer extra nutrition, and some even claim to boost your athletic performance or powers of concentration.

But once you cut through the hype and look past the flashy packaging on energy products, chances are what you're mostly getting is a stiff dose of sugar and caffeine.

Make Smart Choices

With so much going on in our lives, lots of people feel tired and run down. And many of us find ourselves skipping a meal sometimes. So it's not surprising that nutrition, protein, and energy drinks and food bars have flooded the market, offering the convenience of energy on the go.

Sometimes, this can be good news — like for the person who doesn't have time for breakfast. Food bars will never beat a well-balanced meal or snack when it comes to meeting our nutrition needs. But many of them do contain more nutrients than a candy bar or a bag of chips. But just because a product contains vitamins and minerals does not automatically mean it is good for you.

Know the Downsides

Here are some facts to keep in mind when it comes to food bars or energy drinks:

They contain excessive sugar and calories. Did you know that some energy bars and drinks contain hundreds of calories? That may be OK for athletes who burn lots of calories in high-intensity activities, like competitive cycling. But for many teens the extra sugar and calories just contribute to weight gain, not to mention tooth decay.

Energy drinks are often full of caffeine. Caffeine may be legal, but it is a stimulant drug. It can cause side effects like jitteriness, upset stomach, headaches, and sleep problems — all of which drag you down, not power you up! Large amounts of caffeine can have even more serious side effects (including fast or irregular heartbeats, high blood pressure, hallucinations, and seizures), especially for people who have

certain medical conditions or who take medications or supplements. **Energy drinks are not the same as sports drinks. They should not be used to rehydrate because they contain so much caffeine.**

Food bars don't make good meal replacements. You never really see someone eat an energy bar for dinner and then sit back with a satisfied grin. Nothing beats a real meal for both that well-fed feeling and the nutritional satisfaction your body needs.

Although many nutrition bars have vitamins and minerals added, they can't give you all the different nutrients your body needs to grow, develop, play sports, and handle all the other stuff on your schedule. The only way to get that is through eating a balanced diet and not skipping meals.

They may contain mysterious ingredients. In addition to caffeine and sugar, some brands of energy drinks and food bars can have ingredients whose safety and effectiveness haven't been tested — things like guarana (a source of caffeine) and taurine (an amino acid thought to enhance caffeine's effect). Some contain herbal supplements that are not regulated by the U.S. Food and Drug Administration (FDA), such as ginseng.

These kinds of ingredients may cause problems, especially for people who are taking certain medications or have a health condition. So play it safe. Always check the label carefully before you eat or drink any kind of energy supplement.

They're expensive. Though energy bars and drinks are everywhere these days, they don't come cheap. At about \$3 a pop, you can get a better (and cheaper) energy boost by eating a whole-wheat bagel with cream cheese. And you can get better hydration by drinking 8 ounces of tap water. Other on-the-go foods that provide plenty of nutritional bang for the buck include trail mix, fresh or dried fruits, and whole-grain cereals.

Cutting Through the Hype

There's some clever marketing behind energy bars and drinks, and you've got to be a pretty savvy consumer to see through it. So be critical when reading labels. As with everything, if it sounds too good to be true, it probably is.

These products aren't the healthy choices the advertising hype makes them out to be. According to experts, kids and teens should not drink energy drinks because of concerns about their safety and their effect on health. The truth is, the best energy boost comes from healthy living. People who eat well, drink water, and get enough physical activity and sleep will have plenty of energy — the natural way.

TeensHealth.org

SPORTS MEDICINE

at SSM Health St. Francis Hospital On-Site Sports Physicals at Avenue City

DATE: February 13, 2018

TIME: 11:00 am to 12:00pm.—Your physical will be completed during your weights or PE class. If you do not have a PE class, please sign up for an after school appointment in the Nurse's office.

COST: \$20 (Cash or check only- made payable to SSM Health Medical Group. Your insurance will not be billed.)

- ◆ Please complete the attached MSHSAA forms (physical history and the insurance/emergency contact page.) We will be unable to complete the physical without a parent signature.
- ◆ We will not be able to complete any other physical forms (ie– Boy Scouts, church camp, etc.)
- ◆ We will provide you with a copy of the physical form with the other original MSHSAA forms being returned to your Athletic Director/ Coaches.
- ◆ Wear loose fitting clothing.

For more information or questions, please call the Orthopedic & Sports Medicine Office at 660-562-7999.



SSMHealth
St. Francis Hospital

Parents and Guardians,

Dr. Seuss is a beloved children's book author and in honor of his upcoming birthday on Friday, March 2nd our school will celebrate Read Across America Week (Feb. 26-March 2) with a Dr. Seuss themed week of fun! The week will include the following dress up days:



Day	Book	Dress up Activity
Monday 2/26	Sleep Book	Wear PJs
Tuesday 2/27	Thing One and Thing Tuesday	Dress like a twin
Wednesday 2/28	Wacky Wednesday	Wacky clothes and hair
Thursday 3/1	Cat in the Hat	Wear a hat
Friday 3/2	Happy Birthday to You	Dress like your favorite Dr. Seuss character

Each Day of the week we will pick a winner for the best dressed of the day and the winner(s) for K-5 will receive the Dr. Seuss book for the theme of the day and the 6-8 grade winner(s) will receive a \$5 Amazon gift card.

Please help your kids to dress up and show their school spirit throughout the week! If you would like to volunteer to come and read your favorite Dr. Seuss book to students during the week, please contact Mrs. Davis at adavis@avenuecityschool.org!

5th Annual Aces PTO Breakfast

February 17, 2018

7:00 AM - 12:30 PM

Only \$5 Dollars

**Come Support Avenue
City School !!**

ALL YOU CAN EAT!!



**Serving:
Pancakes,
Sausage,
and Biscuits
& Gravy**

AVENUE CITY SCHOOL DISTRICT

Nonprofit Organization

U.S. Postage Paid

Cosby, Missouri

Permit No. 6

Avenue City School District
18069 Highway 169
Cosby, Missouri 64436

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Fax: 816-662-3201
www.avenuecityschool.org



WE ARE ON THE WEB

WWW.AVENUECITYSCHOOL.ORG

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LOOP

5th Annual PTO Community Pancake Breakfast



Come and support
Avenue City School!

Saturday, February 17, 2018

7:00 AM– 12:30 PM

All you can Eat!

Pancakes

Sausage

Biscuits & Gravy

Only \$5.00