

O C T O B E R 2 0 1 1

KING ACADEMY

From the Director

In an effort to improve academic performance school wide, several new practices have been put in place. The students now participate in bi-weekly assessments to monitor reading and math. Assessment results guide staff and teachers as we align strategies accordingly.

One area that we are focusing on with all students is rephrasing and recalling content. This proficiency requires the student be able to interpret and articulate content and is best demonstrated through writing. You may hear your student comment about the increase in writing exercises in all subjects this year. Along with writing, students will often be called on and evaluated in their ability to articulate and discuss content.

We look forward to the challenges King Academy faces this year and are excited to be a part of your student rising to meet and exceed those goals!

Sincerely,

Andrea Martínez, Director



October 14	October 21st	October 28th
First Quarter Ends (44 days)	Report Cards Come Home	No School Parent Conference Day - PLAN TO ATTEND!

Can't make your student's conference? We can help! Contact your student's teacher. If it is still impossible to attend, we will schedule a conference call by phone.

for the classroom that has the most parents attend their conferences, that class will receive a pizza party!!!

Don't underestimate your impact on your child's success! They need to see your interest!

**NEW GIRL SCOUT
GROUPS
WILL BE
FORMING
AT
KING ACADEMY!**



**Girls in Grades K - 6 can take advantage of this
great opportunity!**

**K - 2nd grades will meet on Mondays after school from
2:00 -3:00**

**3rd - 6th grades will meet on Fridays after school from
2:00-3:00**

October 24th - November 28th

There are NO FEES

Registration forms were sent home with the girls last Friday,
October 7th. Girls that turn their forms back in by Friday,
October 14th, will receive a prize!

6 Healthy Foods Under \$3

It's a common myth that healthy foods come with a high price tag. Here are 6 foods overflowing with nutrients that won't bust your grocery bill. Stock up on your next market run!

#1: Non-Fat, Plain Greek Yogurt

Cost: \$1 per 6-ounce container

It's high in calcium, probiotics and contains no added sugar. Use it instead of sour cream on baked potatoes and tacos. Buy in larger sizes to get more yogurt for your buck.

#2: Whole Grain Pasta

Cost: \$2.29 per pound

Every cook has pasta in the cupboard for quick weeknight meals. Whole-grain versions have the same calories as refined "white" pasta, but more fiber, protein and vitamins. If you're not quite ready for whole-grain pasta, you may also like Barilla Plus, a whole grain blend with great texture and a milder flavor than whole wheat.

#3: Bananas

Cost: \$0.39 each

You can't beat a healthy snack that costs less than 50 cents! A medium banana has about 100 calories, 3 grams of fiber as well as potassium and vitamin B6. Apples and oranges — our other favorite, classic fruits — carry a similar price tag when they're in season.

#4: Frozen Peas

Cost: \$2.19 per pound

Peas are nutrient-rich legumes. One cup has 6 grams of fiber, 7 grams of protein and more than half a day's worth of vitamin A — all for only 100 calories. Frozen peas are a lot more convenient than shelling your own; plus, they keep for months and you can quickly add them to a variety of meals. Toss them into soups, salads, rice and pasta dishes to add some flavor, texture and fresh green color

#5: Eggs

Cost: \$2-3 per dozen

Eggs are not only a terrific source of protein; they also contain omega-3 fats and vitamin B-12 for energy production. Whip up omelets, quiche or frittatas for easy, affordable weeknight dinners. A plain, hard-boiled egg makes a fast and filling snack, too.

#6: Canned Beans

Cost: \$1 per 15.5-ounce can

Beans are not only nutritious, they're also affordable, convenient, and last in your pantry for up to a year. Just make sure to always rinse and drain them well before adding to soups, stews, salads and rice or pasta dishes to get rid of unnecessary sodium. (P.S.: Buying dried beans in bulk is even cheaper.)



COMMUNITYEVENTS

Walnut Hills Branch Public Library
2533 Kemper Lane
Cincinnati, Ohio 45206
Phone 513-369-6053

Do-It-Yourself Face Painting

Event Type: Holiday

Age Group(s): Children, Teens

Date: 10/31/2011

End Time: 5:30 PM

Start Time: 4:30 PM

Description: Going Trick-or-Treating? Come paint your face before you go. We'll supply the "paint", you supply the creativity!

Avondale Branch Public Library

3566 Reading Rd.
Cincinnati, Ohio 45229

Computer Office Hours

Age Group(s): Adults

Date: 10/19/2011

Start Time: 12:30 PM

End Time: 2:30 PM

Description: Need basic computer help? Make a one hour appointment and learn to set up email, fill out a job application, learn about our databases or search the internet.

Contact: Holly Varley Phone: 513-369-4440