



FRONT PAGE NEWS

TITLE I SCHOOLS

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FEED YOUR BRAIN!

Want your child to do well in school? Take a close look at diet. Certain "brain foods" may help boost a child's brain growth -- plus improve brain function, memory, and concentration. In fact, the brain is a very hungry organ -- the first of the body's organs to absorb nutrients from the food we eat, explains Bethany Thayer, MS, RD, a Detroit nutritionist and spokeswoman for the American Dietetic Association (ADA). Growing bodies need many types of nutrients -- **try these 10 superfoods to help your child get the most from school:**

1. **Salmon** - an excellent source of omega-3 fatty acids for brain growth
2. **Eggs** - a great protein packed with choline for memory development
3. **Peanut Butter** - contains the antioxidant vitamin E which protects membranes
4. **Whole Grains** - helps to regulate release of glucose in the body
5. **Oats/Oatmeal** - excellent energy source, full of fiber to aid in digestion
6. **Beans** - good source of protein and fiber for lasting energy
7. **Colorful Veggies** - rich antioxidants for healthy brain cells
8. **Milk/Yogurt** - packed with B vitamins for tissue growth
9. **Berries** - full of vitamin C which helps to prevent illness
10. **Lean Meat** - contains iron and zinc to aid in memory



Source: adapted from WebMD feature by Jeanie Lerche Davis (webmd.com)

DAILY BACKPACK CHECKS

Elisa All, Founder/CEO of 30SecondMom explains that it's a good idea to go through your child's backpack each day with him/her. You can find school or class notes, homework, permission slips, medical forms, report cards, etc. As your child grows, remind him/her to check it on their own. The goal is to get them used to the daily check and become responsible for it so they take ownership. That way, "The dog ate my homework" is no longer a valid excuse!



Source: 30secondmom.com



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- * **Sept. 7**
Labor Day - Holiday
- * **Sept. 15**
Interim Reports Issued
- * **Sept. 16**
Collaborative Planning
- * **Oct. 1**
Parent/Teacher Conferences 3:30-6:30pm
- * **Oct. 2**
No School for Students
Parent/Teacher Conferences 8 am-12 pm

Did you know?

IT ADDS UP!

If you read just 15 minutes a day, in one year you will have read over 1,000,000 words!

Source: DorlandBrain.com



WE are TEACHERS

Lexington County School District One does not discriminate on the basis of race, color, religion, national origin, sex, disability or age in admission to, access to, treatment in or employment in its programs and activities. The following people have been designated to handle inquiries or complaints. The Chief Human Resources Officer handles inquiries/complaints regarding Title IX. Inquiries/complaints regarding Section 504 for elementary students go to the Coordinator of ESOL/RTI and for secondary students to the Director of Counseling and Advisement. The Mathematics Coordinator handles inquiries/complaints regarding Title II. Contact these people if you have questions regarding these issues at 100 Tarrar Springs Road, Lexington, SC 29072 and telephone number (803) 821-1000.

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