

# DuQuoin Elementary News

www.duquoinschools.org

February 6-10, 2012

## CALENDAR

- Tuesday, Feb. 14 - School Improvement Day, 11 am dismissal, holiday parties in the am
- Monday, Feb. 20 - No school, Presidents' Day

## From the Principal's Office

### PBIS - Positive Behavior Intervention and Supports

Our word of the month for February is Responsibility. Students viewed a video featuring their fellow students that demonstrated how to show responsibility in all areas of the school. Ask your child to sing the "Responsibility" song for you.

Papoose Pride-

Students earning papoose pride tickets this week are:

Alexis Kremer, Mark Garza, Shelby L. Harris, Gage Dautel, Daniel Ellsworth, Bailey Woodsides, Trevor Aguiniga, Khloe Stroud, Ryleigh Shipley, Abby Burris, Gage Green, Kaylen Fields, Malakye Walls, Lily Alvarado, and Kayleigh Clark.

Please turn in any boxtops you have. We are not having any contests this year but are sending in our last order March 1<sup>st</sup>. We will not send in another batch until next fall. Boxtops do not need to be attached to a sheet to be turned in.

## MENU

### Monday, February 6

Cereal	Oriental Chicken and rice
Toast	Peas
Juice	Apricot crisp
Milk	

### Tuesday, February 7

Cinnamon swirl	Sub sandwich
French toast	Hash brown
Bacon rounds	Pineapple
Juice	
Milk	

### Wednesday, February 8

Muffin	Quesadillas
Ham slices	Salsa
Juice	Lettuce salad
Milk	Corn
	Banana

### Thursday, February 9

Waffles	Chicken and noodles
Syrup	Green beans
Sausage	Fresh sliced apples
Juice	
Milk	

### Friday, February 10

Oatmeal	Hotdog on bun
Toast	Baked beans
Juice	
Milk	

Wellness Corner - February is "American Heart Month"

### Blood Pressure

Blood pressure is one of the most important screenings because high blood pressure has no symptoms so it can't be diagnosed without being measured. **High blood pressure greatly increases your risk of heart disease and stroke.** If your blood pressure is below 120/80mm Hg, be sure to get checked at least once every two years, starting at age 20. If your blood pressure is higher, your doctor may want to check it more often. High blood pressure can be controlled through lifestyle changes or medication. After age 65, women have a higher risk of high blood pressure than men, and African-American adults of all ages have a higher than average risk.