

Eagle Snapshot



2022

Jan. 10

Student Government

Student government has been on hold this year, however, we are taking this opportunity to reorganize how student government is structured. Our end goal will be to connect our student leadership to our house system. If there are any 4th-6th grade students who would like to be a part of designing this, please see Mr. Collins in the office. We will host our first meeting on Tuesday, January 18th during the 5th and 6th grade lunch. Fourth grade students will be dismissed from class for a short period of time. If there are any further questions please let us know!

Kindness Challenge

John Muir has partnered with **St. Mary's Dining Room** to schedule a time to collect sock donations. We will be collecting socks in the month of January (January 18th—January 28th), which will be given to St. Mary's. All sizes are needed! We will also send out a flyer reminder at the beginning of January. *Please refer to the attached flyer for more details.*

24—To—S.O.A.R

NO 7: “**Surprise others** by performing **random acts** of **kindness**”

Yearbooks!

Important information regarding yearbooks:

- Yearbooks are on sale until March, 2022. Please visit our website for additional information.

<https://johnmuir.lodiusd.net/>

Dates To Remember

Min. Days	1/19, 2/9, 3/2
Holiday	1/17, 2/11, 2/21
Spring Break	3/14 - 3/25

HELP KEEP SOMEONE WARM THIS WINTER
with something as simple as a new pair of socks



**SOCK
DRIVE**

**John Muir will be collecting new socks for Children and
Adults**

**Please have your children bring them to their classroom
or the school office.**

All socks will be donated to St. Mary's Dining Room

**January 18 –
January 28**



OPTIMIZING HEALTHY EATING HABITS IN THE CLASSROOM



- **WHAT** food to pack - Parent's job
- **WHEN & WHERE** kids eat - Teacher's job
- **WHETHER & HOW MUCH** to eat - Child's job



What Teachers Need to Know



CHILDREN HAVE INNATE HUNGER & SATIETY CUES - HELP PRESERVE & PROTECT THEM

- Allow children to self-regulate their intake ➤ Don't specify a certain number of bites.
- Don't require one food to be finished before another is allowed.
- Believe and respect children when they say or signal that they are full.



TEACH NUTRITION IN A POSITIVE WAY

- Avoid negative/fear-based statements like "X food is not healthy." Different families define "healthy food" differently, and different children have different health needs.
- Never confiscate food from a child because you believe it is unhealthy (barring allergies). Children need to trust that their parents can feed them properly. If you take a food away from a child, you are undermining the parent in the eyes of the child. Speak to the parent without the child's knowledge.

PROVIDE STRUCTURE AROUND MEALS & SNACK TIMES

- Have set meal and snack times.
- Avoid grazing.

DON'T TALK ABOUT DIETING IN FRONT OF CHILDREN

- The American Academy of Pediatrics discourages any form of diet talk with all children.
- Encourage body positivity & body diversity. (It is normal for people to come in all shapes and sizes!)
- Encourage exercise for the sake of health and pleasure - not weight control.
- Older grades - do not use dieting as an example of self-control or morality.



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Sources: www.ellynsatterinstitute.org and
thefeedingdoctor.com

