



Pioneer Path



Shaping the Future

Pioneer Path Presents...

Mark Your Calendar

MARCH	
11	PTO Meeting 6:30 p.m. Galloway – note time change
22	School Board Meeting 7 p.m. Pioneer Path
26	Early Dismissal – 11:30 –School Improvement Day
29	Spring Break Begins
APRIL	
6	School Resumes
8	PTO Meeting 7 p.m. Galloway
26	School Board Meeting 7 p.m. Pioneer Path

March 4, 2010

Principal:

Angela Stallion

Asst. Principal:

Jonelle Salinas

Office Phone:

467-4312

Absence Hot Line:

521-2191

Website: www.csd17.org

**Friday is Spirit Day
Wear Red & White**



IMPORTANT NOTICE FOR 2010-2011 KINDERGARTEN

If you have a student in the Early Childhood or Little Learners program who will be eligible for kindergarten in Channahon for the 2010-2011 school year, you should have received your registration packet from school this week.

We are attempting to process the kindergarten registration ahead of our normal April mail-in registration in order to have an accurate student count for next year. Please return the registration packet to your child's teacher no later than March 12, 2010. If you have any questions, please call the office at 467-4312.



CHANNAHON PARK DISTRICT

Elementary Age Drawing Class by Young Rembrandts

Begins Monday, March 15

3:05-4:05 pm at Pioneer Path

Registration fee - \$32

Register at the Channahon Park District by March 8

For more information visit channahonpark.org or call 815-467-7275.



"Souper Suppers"

Soup Dinners will be offered free of charge every Wednesday from 4:00 p.m. to 6:00 p.m. at the Channahon United Methodist Church located on Rt. 6. These "Souper Suppers" will be served every Wednesday until the end of March.



NURSE SHOTS

What the School Nurse wants you to know: Make 2010 a year to make health a resolution. Take steps everyday to live a safe and healthy life.

CALCIUM: Calcium is the most abundant mineral in the body, it is found in some foods, added to others, available as a dietary supplement and present in some medicines (antacids). Calcium is required for muscle contraction, blood vessel movement, and transmitting impulses throughout the nervous system. 99% of the body's calcium supply is stored in the bones and teeth where it supports its structure.

Sources of Calcium: Food is your main source of calcium. Milk, yogurt, and cheese are rich sources of calcium and are the major food contributors of this nutrient in the U.S. Non-dairy sources include vegetables (Chinese cabbage, kale, and broccoli.) Foods are also fortified with calcium (fruit juices and cereals.)

Calcium and Health: The main area of interest with calcium is bone health. Bones increase in size and reach peak bone mass around age 30. Therefore calcium should be consumed throughout. When calcium intake is low, bone breakdown occurs as the body uses it to maintain normal function. 80% women have osteoporosis, which is characterized by porous and fragile bones that can lead to fractures. Studies have shown a relationship between increased calcium intake and lower blood pressure as well as a lower body weight or less weight gain over time

In the coming weeks we will be discussing your bodies need for certain vitamins and minerals.



FREE JACKHAMMER TICKETS

Jammer's Book Buddies is back! Every four books read earns a free general admission ticket. Your child can earn up to eight ticket vouchers for free general admission/lawn tickets to select JackHammer games this summer. Reading forms were sent home this week. The contest runs through April 23rd.

Jammer was very entertaining as the special guest at our kickoff assembly this week. Students and staff had a great time.

