NAVIGATOR NEWS

FEBRUARY 2022

We had 72 entries for our PTA sticker design contest

MARK YOUR CALENDARS

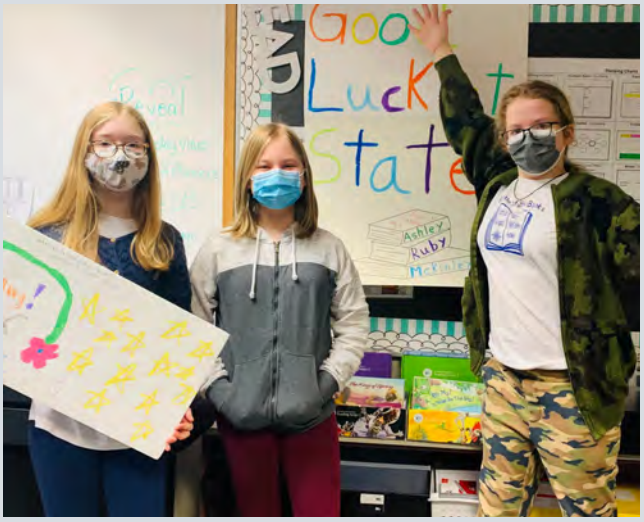
- 2/11-3/8-Read to Succeed Donation Drive
- **2/21- Inservice-no school**
- 2/22-2/25 Kindness Week-see attached flyer
- 2/24-2nd grade Battle of the Books
- 2/24- Shark Dissection
- 2/28-Read Across America-more details to come
- 3/9-3/10- Conferences
- 3/14-3/18 Spring Break

STICKER UPDATE

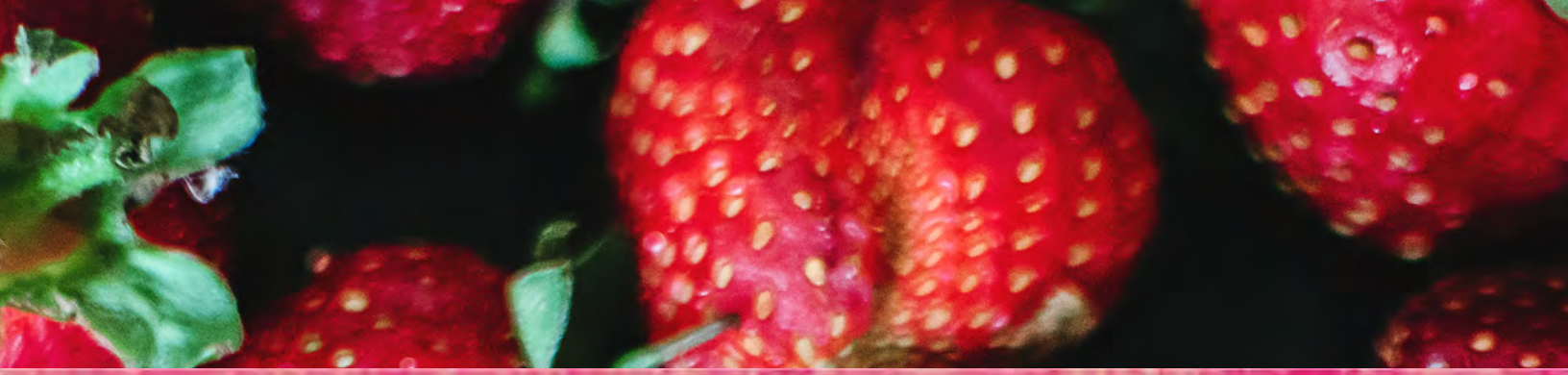
We had so many wonderful sticker design entries, we couldn't pick just one. There were 6 designs chosen as winners! PTA will be revealing the winners in 2 weeks!

BATTLE OF THE BOOKS

Congratulations to our 5th grade Battle of the Books team, they took 4th place out of 33 teams in the state!

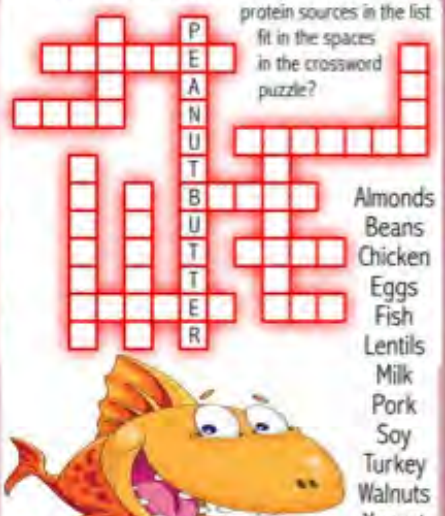


North Star Elementary 907-486-7500



Protein Power!

Steaks and hamburgers and other kinds of beef are loaded with protein. But a lot of red meat is also very high in fat and saturated fat. That's why experts tell us we should only eat beef once in awhile. Luckily, there are lots of other good sources of protein. Six ounces of salmon, for example, contains almost as much protein as a 6-ounce porterhouse steak -- but with less than ½ the fat and ¼ of the saturated fat. Can you make all of the protein sources in the list fit in the spaces in the crossword puzzle?



Almonds
Beans
Chicken
Eggs
Fish
Lentils
Milk
Pork
Soy
Turkey
Walnuts
Yogurt

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

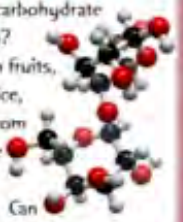
Monday, February 14	Tuesday, February 15	Wednesday, February 16	Thursday, February 17	Friday, February 18
Breakfast Cereal Chilled Fruit Choice of Milk **Lunch** Pizza Small Dinner Salad Fresh Fruit Choice of Milk	**Breakfast** Breakfast Pizza Chilled Fruit Choice of Milk **Lunch** Chicken Nuggets Green Beans Chilled Pears Choice of Milk	**Breakfast** Sausage Patty Sandwich Chilled Fruit Choice of Milk **Lunch** Cherry Blossom Chicken Brown Rice Midori Vegetables Chilled Fruit Cocktail Choice of Milk	**Breakfast** Egg/Sausage Flauta Chilled Fruit Choice of Milk **Lunch** BBQ Rib Patty Sandwich Broccoli Chilled Peaches Choice of Milk	**Breakfast** Hot Cereal Chilled Fruit Choice of Milk **Lunch** Corndog Golden Corn Chilled Pears Choice of Mil
Monday, February 21 *Presidents' Day* *No School Today*	**Tuesday, February 22** **Breakfast** Pancake Chilled Fruit Choice of Milk **Lunch** Burrito Green Beans Chilled Peaches Choice of Milk	**Wednesday, February 23** **Breakfast** Bagelful Chilled Fruit Choice of Milk **Lunch** Salami Sandwich Peas and Carrots Chilled Pears Choice of Milk	**Thursday, February 24** **Breakfast** Colby Cheese Omelet Chilled Fruit Choice of Milk **Lunch** Salmon Salad Sandwich Golden Corn Chilled Fruit Cocktail Choice of Milk	**Friday, February 25** **Breakfast** Hot Cereal Chilled Fruit Choice of Milk **Lunch** Chicken Patty Sandwich Lettuce/Tomato Green Beans Chilled Peaches Choice of Milk
Monday, February 28 **Breakfast** Cereal Chilled Fruit Choice of Milk **Lunch** Pizza Small Dinner Salad Fresh Fruit Choice of Milk				

LOVE.

Valentine's Day on February 14th is traditionally the "love" holiday. And if the last two years have taught us anything, it's the importance of that emotion, not just for one day, but all year round. With all of the loss and disruption we've all endured, let's hope we've learned that our routines and plans and expectations are fragile. Life is fragile. But love is strong. And love endures. We want you to know that we love our customers, and we encourage you to tell the people who are important to you that you love them, too!

School Meals
We serve education every day™

THE SIMPLE TRUTH.



This is a model for a complex carbohydrate molecule. Pretty complex, huh? "Complex" carbs, found in fresh fruits, vegetables, whole grains and rice, nuts, seeds, and beans come from nature. "Simple" carbs, like the sugars in soda and candy, are most often refined in a factory. Can you guess which ones are healthier for you?

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

KINDNESS Spirit Days

Tuesday

Decorate Your Mask Day!

Wednesday

Hat Day!

Thursday

Spirit Wear Day!

(North Star Gear, Sports gear, etc...

Friday

Pajama Day!

NAVIGATING FROM THE HEART

Teacher Wishing Wall

In years past, each grade level has hosted Family Activity Nights to raise funds for classroom expenses such as special art and science projects or replenishing classroom supplies. While we all look forward to resuming our signature events, in the meantime we are getting creative with other ways to support our classrooms and students.

We have designed a Teacher Wishing Wall with items our teachers would love to have for their students. Located in the front entry way, come on in the front door and take a heart with a requested wish item and return it with the heart attached to the front office!

Please bring your gifted items in by Friday, March 4

ANY QUESTIONS CAN BE EMAILED TO NORTHSTARPTACOMMUNITY@GMAIL.COM.

NORTH STAR PTA

READ TO SUCCEED DONATION DRIVE

The library is the heart of the school. It is a place for students to imagine, discover, and connect. However, our outdated furnishings, shelving, and circulation desk just aren't keeping up with the demands of the space.

There will be no selling of items, or tiered prizes to earn; just a good old fashioned donation drive with a purpose. Either send back the pledge form with your student, or go online at https://app.memberhub.gives/northstarlibrary for more information or to donate. All donations made will be used to support our North Star Library!

Text Read2Succeed to
(919)626-3277
for a link to our fundraising page