

the commodore

Connection

April / 2018

UPCOMING EVENTS

The 6th Grade Science Fair will be held on Friday April 6th.

Our annual Health and Wellness Fair will be held on Friday, May 11th in conjunction with the Elementary Track Meet.

Grandparents Day has been re-scheduled for Friday, May 18th.

Phone Book Drive

Once again Perry Central is collecting PSC Directories to be recycled. We are asking students to bring in phone books collected from family, friends, neighbors and businesses. PSC donates funds to Family Outreach for each directory collected which then supports family programs like the Back to School Cookout, Grandparents Day and the Candy Cane Carnival. Phone Books will be collected until April 21st. Students will receive incentives for directories brought in and the class that collects the most phone books and the class that has the most students bringing in phone books will have special parties.

Career Day

The annual High School Career Day will be held on April 6th for seventh and eighth graders. There will be a variety of panels made up of Community business personnel who will talk to the junior high students on the variety of job opportunities in our area. They will discuss the various pathways students can take in school to achieve the careers they are interested in pursuing.



NUTRITIOUS MEALS MAKE BETTER GRADES - Chicago Tribune -

Nutrition is important for all of us, especially our children. What children eat does make a difference, especially in school. To establish a link between diet and academic performance, University of Alberta (Canada) researchers evaluated the lifestyle and performance of some 5,000 children. Students who ate an adequate amount of fruit, vegetables, protein and fiber, with less calorie intake from fat, did better on their literacy tests than those eating foods high in salt and saturated fat.

The better a student's eating the less likely he or she was to have failed the test, the researchers found, even after they adjusted the data for the effects of parental income and education, school and sex. This study demonstrates the importance of overall diet quality to academic performance and gives emphasis to the importance of children's nutrition not only at breakfast but throughout the day. So what can you do to ensure your children are performing to their optimal potential at school? Start them off with a nutritious breakfast and pack them a health-promoting lunch consisting of whole grains, fresh fruit and vegetables and protein to ensure they obtain the daily recommended intake of vitamins and minerals.



**LIGHTS-ON
SPRING FLING
TALENT SHOW**

If there are enough participants, Lights-On will be hosting a 2018 Spring Fling Talent Show on Thursday, May 3rd at 6:00. A variety of acts are encouraged - singing, playing a musical instrument, dancing, juggling or any other unique talent. No Karaoke please. Forms are available outside the elementary office and are due by Wednesday, April 4th. If you have questions, please contact Dixie Dickerson at 812-843-5122 or ddickerson@pccs.k12.in.us

ROUNDUP

The second session of Preschool and Kindergarten roundup will be held on Friday, April 20th Remember incoming preschoolers must be 4 by August 1 and kindergarteners must be 5. Call Joyce Foury -812 843-5122 to register.

BLOOD DRIVE

The American Red Cross will be holding a blood drive in the HS gym on April 18th from 9am-2pm. Members of the public interested in participating should call Madelyn Steen in the nurse's office to register.

FOOTBALL CAMPS

Football camp for Grades 6-7-8 (this year) will be held May 9-10-11 at 3:15-5:00 each day. Camp for grades 3-4-5 (this year) will be held May 16-17-18 at 3:15 to 5pm.

ISTEP PART TWO

The multiple choice section of ISTEP for grades 3rd-8th and 10th will be held between April 16th and May 4th.

WALK TO SCHOOL April 11th

PAPIER-MACHE SHOW

The P.C.H.S. Art Dept. Papier-Mâché show with an Narnia theme is tentatively set to run April 16-20th with an afterschool showing for parents on April 17th.

COMMODORE TABLE April 24

BAND NEWS

The HS Band will be participating in the ISSMA Concert Band Contest on Friday, April 13th. They perform at Floyd Central HS.

The Spring Concert and Banquet will be held on Wednesday April 25th at 6:30pm.

ATHLETIC PHYSICALS May 8th

IMPORTANT CHANGES

Based on State Board of Account guidelines we will not be able to allow students to "charge" to their lunch accounts. Please help us get your accounts paid up. It is essential that if your child's account is negative, you promptly pay the account. Please consider lunch accounts, like a "debit card." They should always have a balance to pull from. They cannot be treated like charge accounts. In addition, the State Board of Accounts is directing the School Board to consider a policy that will give an alternate lunch so that students do not continue to accumulate debt. We would never deny a student lunch, so this seems like the only solution that will allow us to stay within the law.

"No act of kindness, no matter how small, is ever wasted."

Aesop

