Dear Aurora Families,

We hope this month finds you filled with the happiness of the holiday season. We wish you all the best as 2019 comes to an end and look forward to all 2020 will bring.

Happy holidays from the Teachers and Staff of Aurora Elementary!

Office Staff:
Principal: Anna Walker
Admin Assistant: Kim Buskirk
Secretary: Allie Paskin
Nurse: Amy Hollon

Dates to Remember:
12/9-12/19: Spirit Week! Info to come!
12/11: Choir Concert for Parents 5:30pm
12/13: Soaring Eagles Assembly 2:30pm
12/16: Holiday Candy Gram orders due! Fliers coming home soon.
12/19: Band & Orchestra Concert 9:30am
12/19: Last day of school for 2019!
12/20-1/5: Winter Break - No school!
The outside temperature must be colder than -10 before students stay inside for recess.
Thanks to your generous donations, the Aurora Elementary Student Council collected more than 225 pounds of candy for the ASYMCA’s Operation Frosty Warrior! This donation will go to JBER service members who are deployed during the holiday season.

Way to go Aurora! The Aurora Elementary Student Council collected over 450 non-perishable food items for the ASYMCA Food Pantry! Congratulations to our classrooms that collected the most food:

- 3rd place: Mrs. Eicher
- 2nd place: Ms. Foust
- 1st place: Mrs. Bennett
Musical Notes from Ms. Laichak

Our Aurora Choir Concert
Wednesday, December 11th at 5:30pm
In the Aurora Elementary Gym
Everyone is invited to attend!

A new music group will begin at the end of January. Please look for more information at the beginning of the semester.

Spelling Bee

Fourteen of Aurora’s best spellers participated in our Spelling Bee on Friday, November 22nd. Congratulations to our winner, Camden and runner-up, Kaylani! On March 24, Camden will participate in the Alaska State Spelling Bee for 4rd-8th graders. Great job spellers and good luck Camden!
Battle of the Books
Parents and Staff,

Battle of the Books is proceeding well and right now I encourage students to keep reading. Reading books is so important, especially when it comes time for the actual battle. I am aiming for three books per month for the students to read. That way they will have some knowledge when it comes time to answer the questions. We will keep practicing the titles and authors and work with Kahoots on the computers. Take care and hope you had a wonderful Thanksgiving.

Mrs. Pajot

NEWS FROM THE HEALTH ROOM

Dear Parent or Guardian,

Aurora Elementary School will be teaching the 2nd Quarter Personal Safety lesson the week of November 18, 2019 during your child’s Health class time.

The age-appropriate lessons will be presented in a non-threatening way, along with the skills needed for self-protection. The lesson content is part of the Anchorage School District’s plan to enact the Alaska Safe Children’s Act and will be handled in a sensitive, respectful manner.

For more information on the topic, please visit our website. http://www.asdk12.org/healthpe/safechildrensact/

If you have any questions about the content of the program or if you wish to inquire about opting out, please contact the school office.

Thank you for partnering with us as we continue to provide learning opportunities to improve the safety and well-being of our students.

Sincerely,

Janna Kampen

Health/SEL Specialist

Aurora and College Gate Elementary Schools
Harvest of the Month
Network for a Healthy California

The Harvest of the Month featured vegetable is sweet potatoes.

Health and Learning Success
Go Hand-in-Hand
Studies show that healthy food choices can increase your child’s focus on tests and keep immune systems healthy. This can help your child fight off the flu and colds. With Harvest of the Month, you can help your family explore, taste, and learn about the importance of eating more fruits and vegetables and being active every day.

Produce Tips
• Choose firm, dark, dry, and smooth sweet potatoes without wrinkles, bruises, sprouts, or moldy spots. One decayed spot can make the entire sweet potato taste bad, even when cut away.
• Do not store sweet potatoes in the refrigerator. To keep fresh, store in a dry, cool place, like a pantry or garage.
• Do not wash sweet potatoes until you are ready to cook them.
• At room temperature, sweet potatoes should be used within one week. If stored properly, sweet potatoes can keep for one month or longer.

For more tips, visit www.cachampionsforchange.net

Nutrition Facts
Makes 6 servings. 1 cup per serving.
Cook time: 40 minutes

Ingredients:
1 ½ cup vegetable oil
2 cups frozen or fresh chopped bell peppers and onions
2 pounds sweet potatoes (about 2 medium potatoes), peeled and cut into small cubes
1 teaspoon cumin
1 teaspoon salt
1 teaspoon red pepper flakes

1. Heat oil in a large skillet over medium-high heat.
2. Sauté bell peppers and onions until tender, about 5 minutes.
3. Add remaining ingredients and reduce heat to medium.
4. Cook for 20-25 minutes, stirring frequently. Sweet potatoes may begin to stick to the skillet, but continue to stir gently until they cook through. Serve hot.

Nutrition Information per serving:
Calories 244, Carbohydrate 36 g, Dietary Fiber 4 g, Protein 3 g, Total Fat 9 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 407 mg
Adapted from Soufflé Recipes: Building Healthy Traditions, Network for a Healthy California, 2008.

Let’s Get Physical!
• Challenge your kids to a basketball or soccer game. After playing outside, make Sweet Potato Hash together.
• If your family must stay inside, be active by dancing to music or doing sit-ups during TV commercial breaks.
• Ask your child to help you clean and do chores like dusting or sweeping.

For more ideas, visit: www.foodlinkny.org/pdfs/Physical_Activity_Ideas_for_Kids.pdf

How Much Do I Need?
• A ½ cup of sweet potatoes is about one cupped handful.
• A ½ cup of sweet potatoes is an excellent source of vitamin A and vitamin C. It is also a good source of fiber, vitamin B6, and potassium.
• Vitamin A helps keep your vision good, fight infections, and keep your skin healthy.

It is important to eat a variety of colorful fruits and vegetables every day to get the nutrients you need to be healthy. The amount each person needs depends on age, gender, and physical activity level (see chart below). Fruits and vegetables are just two of the six food groups you should eat every day. To learn about the other food groups, visit www.myplate.gov.

Recommended Daily Amount of Fruits and Vegetables*  

<table>
<thead>
<tr>
<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
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<tbody>
<tr>
<td><strong>Males</strong></td>
<td><strong>Females</strong></td>
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<tr>
<td>2–3 cups per day</td>
<td>2–3 cups per day</td>
</tr>
<tr>
<td>4–6 cups per day</td>
<td>4–6 cups per day</td>
</tr>
</tbody>
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*If you are active, eat the higher number of cups per day. Visit www.myplate.gov to learn more.
