



Eastern Christian Elementary School Home Bulletin

“Engaging the Mind, Nurturing the Spirit, Transforming the World!”

www.easternchristian.org

October 6, 2016

Next Week at a Glance:

Mon., Oct. 10: No School – Columbus Day

Tues., Oct. 11: 8:30am – Chapel – Grade 4 Drama Team - Creation

Wed., Oct. 12: Snack Day – Popcorn - \$.25

Thurs., Oct. 13: Grade 1 Field Trip

Message from the Principal, Mrs. Sandra Bottge:

In His Image. These thought-provoking words are our spiritual theme this year. These words are displayed in our hallways and on our bulletin boards. They are declared in chapel, in devotions and throughout the day. Genesis 1:27-28 tells us that we are created in the image of God. This is a wonderful blessing that comes with a great responsibility.

There are four essential questions that students will answer throughout the year as we explore this year’s theme.

1. **Who is God?** This question has an endless amount of answers that students will investigate as they Seek Truth and study God’s Word.
2. **Who am I in His image?** We are set apart from everything else God created. We have a soul that will live forever. We have the ability to think, plan, make decisions and build relationships. As image-bearers of God, we should reflect Him in all we do.
3. **How should I treat others?** Knowing that everyone is a child of God, created in His image should impact the way we treat others. God’s Word provides a wonderful guide on building God-honoring relationships.
4. **What is my responsibility in God’s Kingdom?** Genesis 1:28 states, “God blessed them and said to them, ‘Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground.’” We will examine this command and explore how we can be responsible to take care of God’s Kingdom as preschool and elementary school children.

Mark Your Calendars:

Tues., Oct. 18: Coffee with the Principal – see announcement below *

Mon., Oct. 31: **Spirit Wear** Day – Wear your new EC Shirt

Fri., Oct. 28: Father/Son Game Night – 6 pm – ECES Gym

Nov. 2, 3 & 4: Parent Teacher Conferences

Nov. 3 & 4: No School – Parent Teacher Conferences

Parent Teacher Conference Preference Forms are being sent home this week. Please return the form as soon as possible. Conferences are being held the evening of Nov. 2 & 3 and during the day on Friday, Nov. 4. There is no school for preschool and elementary school students on Thursday, Nov. 3 or Friday, Nov. 4.

* **Coffee with the Principal:** Parents are invited to attend Coffee with the Principal on Tuesday, October 18 immediately following chapel. Sandy Bottge will present information and lead a discussion on understanding MAP test results.

New Hope Ministries: New Hope Ministries is in need of the following non-food items: *shampoo, conditioner, toothpaste, tissues and paper towels*. These items may be dropped off in the bin in the front hall way. Thank you for your continued support!

PTO News:

- **Parents in Prayer:** The next session will be Wednesday, October 12th from 8:30-8:45 am in the Art Room.
- **Father/Son 'Minute to Win It Game Night'** Friday October, 28th at 6pm in the ECES gym. We are looking for a Coordinator for this event. Please e-mail us if you are interested. espto@easternchristian.org
- **Box tops:** Please keep using the Box Tops APP to double our rewards, as well as the Shoprite for our school program. Register your Price Plus card and earn Box Tops rewards for our school when you shop at Shoprite.
- **Congratulations to Grade 1V** for collecting the most Box Tops for the month of September. Please find us on Facebook @ ecespto for the latest PTO news.

ES Admission Office News:

ECHS Open House: Do you have friends who may be interested in Eastern Christian High School? Pass the word that the ECHS Open House is taking place on Thursday, November 10, at 7:00PM. Visitors will meet teachers, administrators, current ECHS parents and students, and see for themselves why Eastern Christian High School was named one of the "50 Best Christian High Schools in America," how their child may be able to earn up to *29 college credits* through our dual credit program, [Project Acceleration](#), (think a year or more of college savings!) and receive more information about the campus and courses offered. [Register Now!](#)

Foundation News:

Alumni Choir: Seeking singers to join the Alumni Choir. We invite past & present Staff and Parents as well as any Alumni to join us in a 1 day performance on Sunday Oct 23rd from 1:30 - 2:30. For further details, please email Katie Tarta at katietarta@easternchristian.org or call [973-310-0412](tel:973-310-0412).

Midland Park CRC (183 Godwin Ave, Midland Park) invites everyone to their Family Fun Day on Saturday, October 8 from noon - 4 p.m. (Rain date October 15) There will be something for everyone, including food, a bounce house, classic car show, and more! Please refer to the flier sent home last week for more details. We hope to see you there!



Nutrition Highlights

Eat Local with the Seasons

At HealthBarn USA we promote the importance of eating locally grown fresh produce in season as often as possible. There is an array of benefits you can gain by integrating seasonal foods such as fruits, vegetables and herbs into your healthy lifestyle. We hope to inspire you to support your local farmers or even start a garden of your own. Either way, make sure to get your kids and the whole family involved!



BENEFITS OF SEASONAL PRODUCE:

IT'S A NATURAL EXPERIENCE

Enjoy the earthy smells, connect with nature, and the pleasure of preparing, cooking and serving the wide varieties available through spring, summer and fall.

TASTE THE DIFFERENCE

Tired of biting into a strawberry that looks perfect but offers no flavor? What a letdown! If you stick to eating locally and seasonally, your taste buds will be forever grateful.

VARIETY CURES BOREDOM

Eating seasonally automatically changes what's on the menu – try new fruits and vegetables to make healthy cooking fun!

CREATIVE KNOW-HOW

Seasonal produce inspires your creative genius whether you eat these delicious foods raw or cooked – enjoy the process.

ECONOMICALLY SOUND

Support your local farmers. They work really hard to grow and harvest the highest quality produce for you and your family!

ENVIRONMENTALLY FRIENDLY

Transporting the produce from far away places puts a toll on the environment. Plus, if you grow your own, you're only a walk away.

FEEL-GOOD FEELING

Be proud and empower others to nurture themselves and the planet.

Local Farmers' Markets* (2)

Allendale Farmers' Market
 Englewood Farmers' Market
 Fort Lee Farmers' Market
 Hasbrouck Heights Farmers' Market
 Paramus Farmers' Market
 Ramsey Farmers' Market (Year-Round)
 Ridgewood Farmers' Market
 River Vale Farmers' Market
 Rutherford Farmers' Market
 Teaneck Farmers' Market
 New! Glen Rock Farmers' Market

HealthBarn USA's Market Pick:

Ramsey Farmers' Market
 Main Street at the Train Station
 (Look for our farm stand in July/August)

*For addresses and hours of operation visit: <http://www.jerseyfresh.nj.gov/> and click on community farmers' markets.

How does this affect my nutrition?

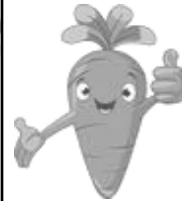
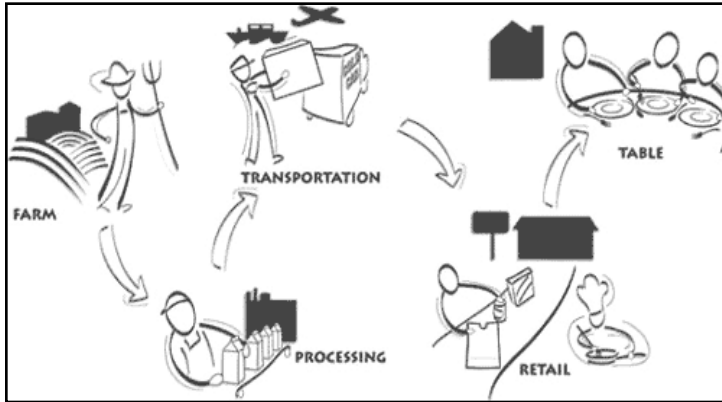
- Produce starts to lose vitamins and minerals as soon as it is harvested – so when food travels hundreds, even thousands of miles before arriving at your fork – a significant amount of nutrients are already lost (3).

See how your shopping measures up...



- **Gold Star:** Grow your own!
- **Silver Star:** Join a Community-Supported Agriculture (CSA) or shop at Farmers' Markets
- **Bronze Star:** Buy local ingredients from a retail store
- **Needs Improvement :** Standard retail food shopping (see below for the trip food makes to your table and try to cut some steps out)

How does our food get to our table? (4)



TIP: When Frozen is Good!
 Strawberries just won't grow in cold weather, so when you find them on your table in January, chances are they made quite a trip to get there! As an alternative, choose frozen berries or wait until June when your local farmers' market will be overflowing with these sweet treats!

New Jersey Harvest Season (2)

Use this chart to plan shopping trips to include local, seasonal produce.

WINTER	SPRING
<div style="display: flex; justify-content: space-between; align-items: center;"> <ul style="list-style-type: none"> - Apples - Cabbage - Escarole / Endive - Greens and Herbs - Leeks - Potatoes (White) - Turnips - Beets - Celeriac </div>	<ul style="list-style-type: none"> -Asparagus -Cauliflower -Dandelions -Escarole/Endive -Greens/Herbs -Leeks -Lettuce (Iceberg) -Onions (Green) -Parsley -Peaches -Radishes -Strawberries -Sweet Potatoes -Raspberries
SUMMER	FALL
<ul style="list-style-type: none"> -Beans (Snap) -Beets -Blueberries -Broccoli -Cabbage -Cantaloupe -Cauliflower -Chinese Cabbage -Cucumbers -Eggplant -Escarole/Endive -Greens/Herbs -Leeks -Lettuce (Romaine) -Lima Beans -Onions (Green) -Parsley -Peaches -Peppers -Potatoes (White) -Radishes -Squash (Acorn) -Strawberries -Sweet Corn -Sweet Potatoes -Turnips -Watermelon -Zucchini 	<ul style="list-style-type: none"> -Apples -Beans (Snap) -Beets -Cabbage -Cauliflower -Chinese Cabbage -Cranberries -Cucumbers -Eggplant -Escarole/Endive -Greens/Herbs -Leeks -Lettuce (Iceberg/ Romaine) -Lima Beans -Onions (Green) -Parsley -Potatoes (White) -Pumpkins -Squash (Acorn) -Sweet Potatoes -Tomatoes -Turnips -Zucchini -Raspberries

References:

1. Photo courtesy of Food and Tech Connect – www.foodandtechconnect.com
2. Jersey Fresh. NJ Department of Agriculture – www.state.nj.us/jerseyfresh/
3. Harvard Medical School. Center for Health and the Global Environment. (2010). Healthy and Sustainable Food.
4. Photo courtesy of Food and Drug Administration – www.fda.gov

If you have any questions or comments about **Nutrition Highlights**, please contact us at info@healthbarnusa.com or call 201-444-2955.