

Lynx News

May
2015

Homepage: <http://cooperlandingschool.blogs.kpbsd.k12.ak.us/wpmu/>

Principal's Corner

Cooper Landing students, staff, parents and community,

Many of you may already know that I will not be the principal at Cooper Landing School for the next school year. Doug Hayman, the principal at Tustumena, will be joining our school community as the new principal.

It has been my pleasure to be the principal at Cooper Landing School the last 2 years. I have truly enjoyed getting to know everyone. You have an amazing community and school. The students will always hold a very special place in my heart.

I will miss all of you next year and wish you success in the future.

Sincerely,

Michael Hanson

Important Dates

- May 1- Wax museum at CLS, 10:30-12
- May 1- Early release
- May 4- Site Council meeting 3:30 CLS
- May 9- Saturday Market at CLS 11-3
- May 10- Mother's Day
- May 15- Author's tea and Kindergarten Graduation at CLS, 1 P.M.
- May 16- Snail-a-thon
- May 20- last day of school, picnic at Hope School
- May 25- Memorial Day

Anniversaries

- 5/4 Terry and Tammy Robinson
- 5/27 Peggy and James Givens

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Thanks for all the great times, CLS!

I was sad to learn that there are no longer enough students in Cooper Landing to keep two teachers next year. The last two years teaching in Cooper Landing have been wonderful, and I will always remember all of my amazing students. I always felt welcomed by the staff, parents and community; this is such a special place. Thanks Cooper Landing!

Best wishes,

Ms. Ryan

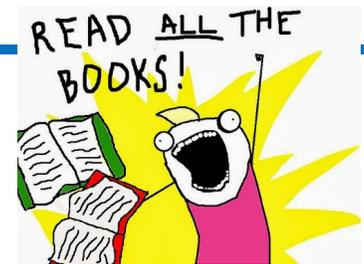


Birthdays!

5/2	Bee Wilson	5/14	Shelbe Holben	5/22	Janice Cooper
5/3	Joe DeMattia Jr.	5/14	Axel LaRock	5/24	Charlotte Bauer
5/3	Larry Painter	5/14	Susanna LaRock	5/25	Jacque Greenman
5/4	Natalia Aulenbacher	5/14	Linda Raveaux	5/26	Ryan McGee
5/6	Nick Vanderhoff	5/15	Dan Michels	5/29	John Corbey
5/10	Mike Williams	5/16	Janet Weber	5/29	Al Fleetwood
5/11	John Thomas	5/17	Samantha Smith	5/30	Brandon Lowe
5/11	Virginia Morgan	5/18	Chuck Young	5/30	Nick LeMieux
5/13	May Quinn	5/19	Mary Dreifuerst	5/31	Jonathan Osowiecki
5/14	Theo Lexmond	5/20	Jo Cox		

Book Review: Magic Tree House Series

By Charlotte, grade 4



Magic tree house is one of my favorite book series. I have almost read them all. I was reading magic tree house Viking Ships at Sunrise. Each trip they go on there is a problem they have to solve. Morgan Lee Fe is the librarian who owns the magic tree house. Jack and Annie find out about her in the fourth book. There are 30 books in the whole series. The two kids I've been talking about are Jack and Annie and they are brother and sister.

I hope all my classmates read magic tree house. It's very exciting in some stories! One story I read it was called Civil war on Sunday. They help Clara Barton who is a famous doctor. It can also be scary because people die in the Civil War. Jack in the story is more of the planner and Annie is more of the adventurer. At the end of each book there is some cool facts. These are all reasons you should read Magic Tree House! I hope you enjoy the books!

Health Blog

2015 New Dietary Guidelines

Every 5 yrs, we get new dietary guidelines. There is a specific group called the Dietary Guidelines Advisory Committee that consists of physicians and nutritionists that have the task of detailing out the dietary recommendations. According to DGAC, there is moderate to strong evidence showing that healthy dietary patterns rich in plant-based foods such as vegetables, fruits, whole grains, legumes, nuts, seeds and lower-calorie animal-based foods are associated with more favorable land, water, and energy use. So, a healthier diet is associated with a healthier, sustainable environment which promotes food security now and for future generations.

Some surprising changes include no longer putting a limit on the amount of dietary cholesterol individuals should eat, 3-5 cups of coffee per day can be part of a healthy diet which is approximately 400mg. caffeine per day. Consuming added sugar, fatty milk, or rich creams with the coffee is not advised.

Daily salt intake is 2300mg. per day and it is no longer recommended for individuals with hypertension, diabetes, or chronic kidney disease to limit themselves to 1500mg. per day.

Last but not least is sugar. They recommend 12 teaspoons of sugar per day. The average person consumes 22 to 30 teaspoons daily often in the form of juices and sugar-laden drinks ie pop and energy drinks. Added sugar is also in many food products that we would not normally think sugar would be in. Personally, I have been concentrating on reducing sugar in my diet. A lot of processed foods have a lot of sugar in it. Unfortunately, it is very difficult to know how much sugar you are getting because the % daily values for sugar is not listed on food labels.

It is a challenge at times to eat healthy on a daily basis but definitely worth the effort.

Yolanda Ifflander RN, BSN

School Nurse