

January 16-20

[www.triton.k12.in.us](http://www.triton.k12.in.us)

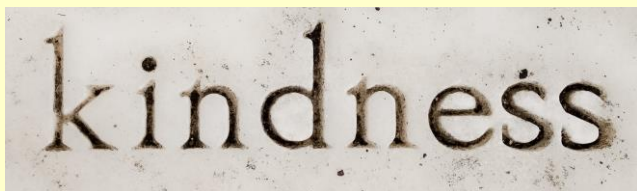
## Kindness Challenge 5-5-5

It can be easy to get caught up in complaining about what is going wrong around you. Negative words and attitudes can spread quickly but often fail to make any positive change or impact. If you want to make a difference, why not try being kind? There's no guarantee of getting anything in return, but acts of kindness are known to improve mental health. You may be surprised at how the results! Instead of focusing on the negative, try this challenge: **Do 5 kind things each day for 5 different people for 5 days in a row.** Need some examples?

- Hold the door open for someone.*
- Let someone go in front of you in line.*
- Donate some of your old books or toys.*
- Write a kind note to someone or draw them a picture.*
- Cheer someone up if they are feeling sad.*
- Pick up litter in your classroom or at the park.*
- Read a book to a younger brother or sister.*
- Offer to do the dishes or take out the trash.*
- Put out food for the birds this winter.*
- Pay three people a sincere compliment.*

As a family, see if you can add at least 10 more acts of kindness to this list. Kindness isn't expensive, but it can be a valuable treasure when it is shared! Don't keep it to yourself.

**Try the Kindness Challenge 5-5-5!**



## Carnations are Coming!

The PTO will once again sell carnations to students who wish to make someone feel special on Valentine's Day. Look for more information in next week's newsnote! Order forms will come home soon! Delivery at school Feb. 14.

## Girls on the Run

GOTR is coming once again to Triton Elementary! Coaches Sarah Melling, Jodie Vermillion, and Emily Chickering are excited to meet with girls in grades 3-5 after school Tuesdays and Thursdays March 4-May 20. Girls will have fun, make friends, increase physical activity levels and learn important life skills. Coaches lead girls through interactive lessons and movement activities. The season ends with a celebratory 5K event. Registration is online starting January 14. Information was sent home with girls today.

## Camp Kilowatt

Camp Kilowatt is a fun and unique camp experience for 6<sup>th</sup> grade students going into 7<sup>th</sup> grade across Indiana. In 2023, camp will take place June 7-10 at Camp Tecumseh in Brookston, Indiana. Kids get the chance to learn more about energy while making new friends and enjoying fun activities and games. This dynamic three-day camp includes the following activities and much more: Electricity generation and transmission education, horseback riding, bucket truck rides, rock climbing, archery, alternative energy education, internet safety, zip line, live line safety demonstration and swimming. Don't let you kids miss this exciting and educational summer camp experience. You **MUST** be receiving your power through Marshall County REMC or Kosciusko County REMC to be eligible for this free program. To learn more and register for the camp, please go to [www.campkilowatt.org](http://www.campkilowatt.org). Applications are due March 1, 2023.

## Smart Snacks in School

A la carte items have been offered here at Triton to third graders on up. Starting Monday, January 16, we will start including second grade. Prices start at \$.40 and go up to \$1.25 for a main dish. Students are not allowed to purchase these items if funds are not in their accounts. If parents **do not want** their child to purchase extras, they can contact the school at 342-2355 and have an alert put on their child's account indicating that they are not allowed to purchase extras.

Side items, snack food, beverages and any entrees not served as part of a reimbursable meal will need to comply with the nutrition standards, including calorie, fat sugar and sodium limits, in order to be sold to students in school.

## Next Week's Menus

### Breakfast

#### Monday, January 16

Variety Cereal, Pears, Grape Juice and Milk

#### Tuesday, January 17

Strawberry Bagel, Mixed Fruit, Apple Juice and Milk

#### Wednesday, January 18

Yogurt W/Granola, Blueberries, Grape Juice and Milk

#### Thursday, January 19

Mini Waffle W/Syrup, Applesauce, Orange Juice and Milk

#### Friday, January 20

UBR Cinnamon Breakfast Round, Mixed Fruit, Apple Juice and Milk

All menus are subject to change.

Milk & condiments are offered with every meal. Salad dressing is served with lettuce and ranch dip with fresh vegetables. Yogurt and Uncrustables are offered as an alternate main dish.

### Lunch

#### Monday, January 16

Texas Straw Hat Beef or Chicken Fajita, Lettuce, Tomatoes, Black Olives, Chips W/Salsa, Applesauce and Milk

#### Tuesday, January 17

Spaghetti W/Garlic Toast, Steamed Broccoli/Romaine Lettuce, Pears and Milk

#### Wednesday, January 18

Cheese or Pepperoni Pizza, Baby Carrots/Seasoned Green Beans, Mixed Fruit and Milk

#### Thursday, January 19

Chicken Tenders W/Dip, Mashed Potatoes W/Gravy, Golden Corn, Peaches, Cookie and Milk

#### Friday, January 20

Hot Dog on a Bun Plain or W/Chili, Baked Beans/ Mixed Vegetables, Fresh Fruit and Milk

This institution is an equal opportunity provider. *Preschool students* will always receive Choice A as the main dish and the first vegetable listed above.

## Upcoming Events

January 16-19 NWEA Administration (Reading and Math, Grades 2-6)

January 27 Grade 3 to Shrine Circus

February 14 Valentine's Day and Carnation Delivery

February 20 NO SCHOOL – President's Day

February 22 Grade 6 to BizTown

