



Notes From the Office

Looking Ahead:

Early Release Day on Wednesday, March 14th.
No school on Friday, March 30th.

KINDERGARTEN REGISTRATION:

If your child turns 5 years old prior to August 31st, we want to begin to welcome you to Lilja!

If you haven't received a letter or been contacted by the main office, then we don't know about your child.

It is really important to begin the process now, so that you get all of the information you need and we get what we need for planning.

If you haven't been contacted, please call the office immediately. The registration process is coming to a close. We don't want any family to miss the upcoming appointments and information sessions!



Lilja PTO



News & Events Snapshot

Keep up with all the PTO news that's fit to print. Learn about upcoming events and other happenings around the Lilja and Natick community.

[Click Here to Catch Up](#)

Student Services

Increasing Your Child's Self-Determination and Positive Outcomes

Tuesday, March 13, 7 – 9 pm

Wilson Middle School Auditorium

Would you like to increase your child's likelihood of success by supporting the development of self-determination skills?

Self-Determination: you may have heard of it, but why is it important to your child's success, and what can you do to support your child's development of these skills? This session, which will include a **panel of our champion Natick teachers** will explore these questions and provide evidence-based strategies to increase opportunities to support the development of your child's self-determination skills. You will walk away with tools, techniques, and resources you can use immediately.

Takeaways:

- Describe self-determination and its impact on success.
- Describe strategies aimed to increase your child's self-determination skills and provide opportunities for your child to practice these skills.
- Locate resources available for additional support with promoting self-determination skills.

Dr. Lori Peterson is Assistant Professor of Special Education at the University of Northern Colorado. She is currently working with Natick teachers and staff on developing Self-Determination skills in students.

In order to prepare the correct amount of handouts, we would appreciate RSVPs to

naticksepac@gmail.com,

but please know you can also come last minute!

Note from Nursing

March Newsletter: Message from the Nurse's Clinic

With spring (hopefully!) on the way, it's a great time to spring into healthy eating.

March is National Nutrition Month, so what better a time to review some ways to make good food choices....The Academy of Nutrition and Dietetics along with the Academy of Pediatrics gives us some great tips...

TIP 1: How to Get Your Child to Eat More Fruits & Veggies

Try to provide fruits and vegetables as snacks. Keep fruit washed, cut up and easily accessible. Put fruit on cereal, add to salad, and use vegetables and dip as after school snacks.

Serve salads and greens more often.

Try recipes using vegetables instead of meat.

Each day, provide at least one leafy green or yellow vegetable for vitamin A such as spinach, broccoli, winter squash, or carrots.

Each day, provide at least one vitamin C-rich fruit or vegetable, such as oranges, grapefruit, strawberries, melon, tomato, or broccoli.

Avoid buying high-calorie foods such as chips, cookies, and candy bars. Your child may not ask for these treats if they are not in sight.

Limit or eliminate how much fruit juice you give your child and make sure it is 100% juice, not juice

“drinks.”

Model good food choices by eating more fruits and vegetables yourself.

Try to eat as a family when possible. Research shows that kids eat more vegetables and fruits and less fried foods and sugary drinks when they eat with the entire family.

TIP 2: Keep in Mind the Five Food Groups and Plan Meals Accordingly

Please click on link [HERE](#) to view Five Food Groups

TIP 3: Keep in Mind Facts About Other Important Foods

Please click on link [HERE](#) to view Other Important Foods

SPARK



Elementary School Parent Workshops: Hot Topics

Thursday, April 5 from 6:30 to 8:30 at Wilson Middle School

For parents and caregivers (preschool and elementary school). Elementary educators and administrators will conduct workshops sharing some of their personal expertise and tips on hot topics on navigating the elementary years. (Childcare will be provided.)

Thank you!

The SPARK Kindness Team

SPARKKindness.org

Twitter = [@SPARKKindness](https://twitter.com/SPARKKindness)

SPARK = Successful Positive Authentic Resilient Kids

Principal Anne Carothers | Lilja School | Phone: 508-647-6570 | acarothers@natickps.org

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