# RAIDER NEWS 

## The Principal's Corner



Dear Richards Families:

Are you ready for spring? Signs of spring have certainly been enjoyable after a long winter. Our students came back from break refreshed and ready for the last quarter of the school year. Please encourage your children to dress appropriately for the changing weather. It is an easy time of year to forget coats and jackets with the cooler mornings and warmer afternoons. Please check lost and found in the back lobby near the cafeteria for missing items.

Our teachers worked very hard preparing students for the applied skills portion of ISTEP testing during the first week of March. All of our students made a tremendous effort during testing. Our primary students were extra quiet in the hallways making the testing environment the best it could be during testing. Students taking the test gave maximum effort and did their very best. Parents did a wonderful job by having their children to school on time and ready to go during testing. We will be testing again the week of April 18. The last round of ISTEP testing for this year will cover current grade level standards and will measure what students know and are able to do at each grade level in core academic standards.

Congratulations to the members of the Richards Math Bowl team. Our students did an outstanding job and represented Richards well. I appreciate the efforts of the students, Mr. Morris, and all of the parents who helped contribute to the team's success.

Please check the school calendar for school events during the month of April. Our teachers and staff have many wonderful things in store for your children this month. Please feel free to call me at 376-4312 or stop by the office if you have questions, concerns, or comments. I enjoy talking with you at any time.

PTO Box Top Winners!!
Mrs. Branaman's Class Lunch at Amazing Joes!

## Elaina Major—DQ gift Card

 PTO Campbells LabelsMr. Porter's Class
Treat Party
Whitley Fields- DQ Gift Card

Dates to Remember:
Student Council
April 14
PTO Meeting
April 12
Student VS Faculty Game
April 14
FCA
April 28

## Car Rider Safety -

Please remind your children to always enter vehicles using the car door on the curb side of the back circle drive. It is also helpful to pull forward around the circle drive so more students can be picked up in a safe manner. Also, it is important to remember that students should not be dropped off before school in front of the building.

## Outdoor Recess Reminder -

Fresh air and outdoor play activities are beneficial to students. We do go outside for recess whenever the weather permits. All students should have appropriate clothing for outside play.
Students with health conditions that don't allow outside play must provide a doctor's statement. All students must participate in outdoor recess, unless a doctor's statement is on file.

## Volunteer Opportunities

## Book Buddies:

Volunteer with $2^{\text {nd }}$ and $3^{\text {rd }}$ grade students in a way that will impact their lives for years to come. Book Buddies volunteer one hour a week to read one-on-one with two children. Book Buddies meets Monday through Thursday
during the school day in all county public elementary schools. Choose the school site that works best for you. A one-hour training session will be scheduled with volunteers. To sign-up or to request more information call 812-376-4461
or email bookbuddies@bcsc.k12.in.us.

## Dairy - Calcium -Vitamin D A Healthy Body for You and Me

## Takes 3

The American Dairy Association \&
National Dairy Council, along with other professional health organizations developed the 3-A-Day Campaign, encouraging Americans of all ages to consume 3 servings of dairy each day. These recommendations were created to help Americans increase consumption of calcium to build healthy bones $\&$ teeth. Researchers also found that a diet rich in lowfat $\&$ fat free dairy foods, along with other healthy food choices, can assist in weight loss \&


| $\vdots$ Age | $\underline{\text { Calcium }}$ |
| :--- | :--- |
| $\vdots \underline{\text { needs }}$ |  |
| $\vdots 4-8$ | $800 \mathrm{mg} / \mathrm{day}$ |
| $\vdots 9-18$ | $1300 \mathrm{mg} / \mathrm{day}$ |
| $\vdots 19-30$ | $1000 \mathrm{mg} / \mathrm{day}$ |
| $\vdots 31-50$ | $1000 \mathrm{mg} / \mathrm{day}$ |

## 8 oz. milk 1.5 oz cheese 8 oz. lowfat yogurt

White us. Flauored Milk: It is a common misconception that flavored milk products are not as nutritious as regular white milk. Many people know that flavored milk contains added sweeteners \& coco to give it a sweet, desirable flavor what many don't know is that flavored milk


1\% Chocolate Milk 8 ounces

Calories: 157
Fat: 2.3
Protein: 8.1
Carbohydrate: 26.1
Calcium: 286
Few more calories \& carbs due to added sweetener. Just as nutritious as white milk!
contains the same essential nutrients like white milk (calcium, potassium, phosphorus, protein, $\mathcal{\&}$ vitamins $A, D, B 2, B 3, \& B 12)$. It's also a great alternative for those who do not like white milk. They can still meet the American Dietary Guidelines for dairy consumption. Drink 2-3 eight ounce glasses of your favorite milk each day for optimum health.

## Calcium \& Vitamin D

When it comes to bone health, calcium and vitamin $D$ go
hand-in-hand. Calcium is a mineral found naturally in many

foods available to us, including milk, yogurt, cheese, sardines \& canned salmon with soft, edible bones, broccoli, spinach, tofu, and almonds. Some foods that do not naturally contain calcium have different vitamins and minerals added to them. These foods include calcium-fortified cereals, soy milk, orange juice, \& drink mixes. Calcium is used in your body to strengthen your teeth and bones; however, this important mineral cannot work on its own. It needs its buddy...Vitamin D!

Vitamin D helps the body absorb the body absorb the calcium it takes in.


There are few foods that contain vitamin D. Some foods, including milk are fortified with this vitamin.

We get most of our vitamin $D$ from un through our skin. During sun exposure our skin helps our body convert vitamin $D$ into an active form. Vitamin $D$ then helps absorb calcium from our food into our bones and teeth. Without one of these nutrients, our bones and teeth will become brittle $\&$ deformed. It is essential that we get adequate calcium (3 dairy per day) \& vitamin D ( 15 minutes of sun exposure without sunWark Thase Bonts

Another key to optimum bone health is to get plenty of exercise. Researchers found those who did resistance exercises had a stronger bone structure. Some resistance exercises include weight lifting, running, cycling, swimming, hiking, walking (especially up hill), yoga, and pilates. The building and maintaining of good bone health now will pay off as our bodies age and become more at risk for bone diseases like osteomalacia \& osteoporosis.
Be sure to get at least 30 minutes of exercise most days of the week.
Your body will thank you!
When you complete a strenuous workout it is beneficial to your muscles \& bones to refuel with carbohydrates and protein. What better drink to do this than Chocolate Milk! One 8 ounce glass of chocolate milk contains protein and carbohydrate needed to refuel your body's cells after exercise.


## Art Room News

We have been busy making art at Richards Elementary School! This month there will be a small display of student artwork at the Kidscommons in downtown Columbus. Please use the coupon below to visit and enjoy the art as well as all of the activities!

## Coupon

\$2.00 off admission Expires 5/31/16 Up to 4 members per party
Not valid with any other offer
309 Washington Street. Columbus, IN 47201
812.378.3046
www.kidscommons.org


RIC $=$ Richards

## Art to Remember

Your child created a work of art in my class last month that can be made into a variety of objects and keepsakes. They should have brought home an order form, however a few classes were behind due to snow days and breaks so they may not have brought one yet. I am still working to collect late work and get those out to you. If you have any questions please feel free to contact me at rogersbartelsa@bcsc.k12.in.us

Thanks!!

## Richards Music News

## First Grade: Bring-Your-Parent-to-Music-Class Day

First grade parents are invited to join their child for a day of fun in music class! You will be treated to performances by the children and learn to play our classroom instruments along with them! The dates are as follows: Monday, April 11, 12:45-1:35 - Mrs. Winters's class; Wednesday, April 13, 11:45-12:35 - Mrs. Frasier's class; Thursday, April 14, 12:45-1:35 - Mrs. Ingram's class; and Friday, April 15, 1:40-2:30 - Mrs. Voils's class. See you then!

## Grades 3 \& 4: Adventure Concert Field Trip

On Tuesday, April 5 , Richards $3^{\text {rd }}$ and $4^{\text {th }}$ grade students will have the wonderful opportunity of attending the Columbus Indiana Philharmonic Adventure Concert to explore the Families of the Orchestra. The concert will be held at Columbus North High School's Erne Auditorium. We will leave from Richards at 8:30 am and will arrive back to school at 10:00 am.

## 3rd Grade: Earth Day Concert, featuring the Richards Orff Ensemble

On Thursday, April 21, Richards 3rd grade and the Richards Orff Ensemble will present a concert in honor of Earth Day. The concert will begin at 6:00 p.m. in the gym. All 3rd grade students are encouraged to perform and all Richards students and families are invited to attend. See you there!

## Fifth Grade: Elementary Band Sign-up Night

The sign-up night for next year's 6th grade band will be held in the Richards cafeteria on Monday, April 18, from 4-7. Any 5th grade student interested in participating in band next year should stop by to try out instruments and receive important information about band. If you are unable to attend that night, please contact Mrs. Lueken at luekenm@bcsc.k12.in.us



## CUB SHOUT BIKE RODEO! Saturday, April 9'In $^{\text {II }}$ 10:00am to 12:00pm HORTH HICH SCHOOI PARKIMG LOT Corner of Home Avenue \&27" Street Columbus, Indiana 47201

Spring is here let the bike riding fun begin! Join the Hoosier Trails Council, Boy Scouts of America, Reach Healthy Communities, and Columbus Bicycle Co-op for a fun "on-bike" event at Columbus North High School. There is no need to register for this event - bring the entire family-get your bike tuned up for summer, learn to be a safe rider, and see what Scouting has to offer your family.

Boys in Kindergarten through $5^{\text {th }}$ Grade are invited (girls, sisters and family are also welcome) to take part in the fun! This event is an "on-bike" event with stations that teach children better bike handling skills, safety and proper equipment. It all takes place on Saturday, April 9th, 2016, from 10:00 am until 12:00 pm in the North High School Parking Lot in Columbus (at the corner of Home Avenue and $27^{\text {th }}$ Street).

Each participant needs to have a bike and helmet. Some loaner bikes and helmets will be available if you don't have a bike, but quantities will be limited. Come on out and enjoy a fun Saturday with the family! Boys can earn their "Rolling Tigers" Adventure Loop and get signed up for the fun and adventure of Cub Scouts!

Event Sponsored by Reach Healthy Communities, Columbus Bicycle Co-op, and Hoosier Trails Council, BSA


HEALTHY COMMUNITIES



$R$ Ispect
EXZperiments

Coo Peration
Dependabi_Lity
EnvirOnment

FERiendship
SEXfety
Trust
Divers Ity
Teamw Ork
Conffidence
"Growth, opportunity and impact for youth in OUR community."

Nathan Larrison
Boys \& Girls Club Director
(812) 348-4558 Ext. 302 or

Nathan@foundationforyouth.com
Scott Wootton
Camp Programs Director
(812) 348-4558 ext. 403
scott@columbusyoutheamp.com
405 Hope Avenue
Columbus, IN 47201


May $30^{\text {th }}-$ July $29^{\text {th }}$

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DOVS s caus cua FOUNDATION FOR YOUTH


Foundation for Youth's Summer of Exploration deals members one of the most difficult questions of the summer...
"Where do I spend each week? Stay in town at the Boys and Girls Club and join in Fun-ology, art, swimming, gym, pool, foosball, playground, to name a few. ...OR... Do I head out to Columbus Youth Camp where I can experience the great outdoors, hiking, swimming and canoeing lake front, archery, team building, science, art, team games and much more?"

One cost (taxable income based), one registration form, one drop off and pick-up location, one group of kids and staff experiencing a summer of exploration together! Each week members ages 5-12 will begin with an opening morning announcements/presentation gearing up for a week of exploration focusing on each life skill. After this weekly ritual all Jr. (5-7 yr.) and Sr. (8-12yr) Clubsters will depart to their scheduled activities for the day while all Acorns (5-7yr campers), Oaks (8-10 yr campers), and Sycamores (11-12 yr campers) will load up on the FFY bus and head out to Columbus Youth Camp. At each day's end parents will be greeted by our member services specialist along with Jr. Clubsters, Sr. Clubsters, Acorns, Oaks, and Sycamores head counselors to learn of how their member's days were and to answer any questions, most importantly to experience a pleasant send off each and every day. Teen members will have two weekly programming opportunities. Members $13-18$ will be involved in weekly adventurous, community serving, and Counselor in Training and recreational activities. Members 15-18 can choose to be a CIT (Counselor in Training) both at CYC and at the Boys \& Girls Club with weekly outings, training, skill building and team building activities.


## Field Trip Week!

July $5^{\text {th }}$ - July $8^{\text {th }}$

Potential schedule in order but subject to change Drop off for trips is 8:00 and pick up is 5:00 pm

Yes Cinema and the Commons Columbus, IN

Wonder Lab/ Bryan Park (swimming) Bloomington, IN

National Institute for Fitness \& Sport Indianapolis, IN

Indianapolis Zoo Indianapolis, IN

Field trip week is $\$ 12$ a day in addition to weekly fees to cover entry fees and transportation.



## Basic Daily Schedule

The schedule times may vary based on day of week, age, and length of activity.

| Columbus Youth Camp |  | Boys \& Girls Club |
| :---: | :---: | :---: |
|  | $\begin{gathered} \text { 6:00-7:30 } \\ \text { Early Bird } \\ \text { 7:30-8:15 } \\ \text { Regular drop off } \\ \text { 8:30- } 9: 00 \end{gathered}$ <br> Acorns, Oaks, \& Sycamores head out to CYC. $9: 00-10: 00$ <br> Morming Meeting \& First round of activities. 10:00-11:30 <br> *Specialty Activity 1 11:30-12:00 Lunch $12: 00-1: 30$ <br> ${ }^{*}$ Special Activity 2 $1: 30-3: 30$ Water Front <br> (swim, canoeing, fishing, games) $3: 30-4: 00$ <br> Depart for Club $3: 45-4: 15$ <br> Snack @ Club $4: 00-5: 00$ <br> Large group activities/Regular pick up $\begin{aligned} & \text { 5:30-7:00 } \\ & \text { Night Owl } \end{aligned}$ | 6:00-7:30 <br> Early Bird <br> 7:30-8:45 <br> Regular drop off $8: 45-9: 00$ <br> Jr. \& Sr. Clubster's Morning Meeting 9:00-11:00 <br> *Morning Special Programming $11: 00-11: 20$ <br> Jr. Clubster Lunch $11: 20-11: 40$ <br> Sr. Clubster Lunch 11:40-12:00 <br> Sr Clubster Lunch 12:00-1:00 <br> Jr. \& Sr. Clubster's All Club Activity $1: 00-3: 00$ <br> *Afternoon Special Programming 3:00—3:20 <br> Jr. Clubster Snack 3:20-3:40 <br> Sr. Clubster Snack 4:00—5:00 <br> Large Group activities/Regular pick up $\begin{aligned} & \text { 5:30—7:00 } \\ & \text { Night Owl } \end{aligned}$ |
|  | s Course, High Ropes Course, Hiking, Athletics, Archery, onmental Education, Canoeing, Mountain Biking, Outdoor Skills, Arts and Crafts <br> Breakfast \& Lunch Provided graciously by BCSC! <br> Snack: Thanks to the Indiana Department Of Education we are able sex, age or disability at the Boys \& Girls Club. | Fun-ology, Art, Life Skills, Athletics, Gardening, Reading, Cooking, Billiards, Foosball, Outdoor Recreation, Silly Games, Swimming, and more. <br> offer a free snack daly to all members without regard to race, national |
| T E E N S | Weekly Activities are ALWAYS different. Different in Monday: Hang out at the Club day w/hang out, g <br> Tuesday: On a rotation CYC trip or Adventure Cam <br> Wednesday: College Visits Wednesdays <br> Thursday: Community Service Day <br> Friday: AWESOME, SWEET, AWESOME Fieldtrip | GOOD way. <br> mes, life skills, ATOD prevention, S.T.E.M. i.e. canoeing, hiking, etc.... <br> i.e. Rascals Fun Zone, Movies, Zoo, etc.... |



## Weekly Themes

## Boys \& Girls Club

Week 1: May 30-June 3: Fun in the Sun
Week 2: June 6-10: Space is the Place
Week 3: June 13-17: Fitness Fun
Week 4: June 20-24: Animal Kingdom
Week 5: June 26-July1: Drama-O-Rama
Week 6: July 5-8: Red, White, \& Blue
Week 7: July 11-15: Christmas in July
Week 8: July 18-22: Wacky Water Week All SOE Camp Out @ CYC
Week 9: July 25-29: Best of the Best, Talent Show
*Club will be closed July $4^{\text {th }}$
NEW Specialty Camps-
Grandbuddies (Sr. Citizen to Sr. Clubster Mentoring/Brain Heolth)
Meeting Weekly on Thursday 12-3 pm
-Meeting June 23 - following 5 weeks -If registered for Camp, Sr 's will stay at the Club Thurs.

## Spanish Learning Camps (Troj) Wotch for more info

## Columbus Youth Camp

*NEW*-- Weekly Max increased to 100!
Week 1: May 30-June 3: The Great Outdoors
Week 2: June 6-10: Around the World
Week 3: June 13-17: Disney Week
Week 4: June 20-24: Super Heroes
Week 5: June 26-July1: Animal Planet
Week 6: July 5-8: Field Trip Week **NO CYC
Week 7: July 11-15: Mystery Week
Week 8: July 18-22: Pirate Week
July 21-22: All SOE Camp Out @ CYC
Week 9: July 25-29: Olympic Week
${ }^{*}$ Camp will be closed July $4^{\text {th }}-$ July $8^{\text {th }}$
New Specialty Camps-
BMX STEM Camp (science, technology, engineering \& mathematicr)
-Registration for CYC week required
-No additional fees
-Ages 8-12


# Summer Sliding Fee Scale 

Annual Membership Fee $\quad \$ 25 /$ member
Weekly Fee $\quad \$ 25-\$ 100 /$ member * 7:30am-5:30pm

## Based on TAXABLE INCOME

- Must bring tax return to apply!
$\$ 50 \mathrm{~K}+\quad$ Weekly Fee $\$ 100 /$ member
\$20K-\$49,999 Weekly Fee \$75/member
\$15K-\$19,999 Weekly Fee \$55/member
\$5K- 14,999 Weekly Fee $\$ 35 /$ member
\$0-\$4,999 Weekly Fee \$25/member


## Other Fees

Weekly Early Bird Fee $\quad \$ 25 /$ member* 6-7:30 a.m
Weekly Night Owl Fee $\quad \$ 25 /$ member* $^{*} 5: 30-7$ p.m
*Sliding fee scale applies
B\&G Club Visitor Pass $\quad \$ 25 /$ visitor 7:30am-5:30 p.m This visit pass ONLY applies to B\&G Club NOT CYC.

Fieldtrip Week July 5-July 8

- \$12/day/trip


## Important!

Please note:
Deadline for registration is on the Thursday before your child attends for the week. Visit passes must be paid prior to child attending.
ALL SOE Camp Out @ Columbus Youth Camp July 21-
22. There is no fee, this is a annual tradition, 4 years strong. We invite all ages of members to spend a night at Camp. Please register at the registration desk.
ALL SOE End of Summer Party @ Donner July 29-
Drop off and pick up WILL BE AT FFY. We will depart
FFY by 8:30 am and return at 5 pm . The morning will be spent in the Park and Shelter house for our Annual Talent Show and Carnival Games. The entire group will go swimming from $12-4$ so pick up during this time is discouraged. This is a great ending to a fun filled summer with our members!


Ruth Lilly YMCA Outdoor Center * 6981 West County Rd 650 N * St. Paul, IN 47272


## OVERNIGHT SUMMER CAMP

for ages 7-17


## CHOOSE YOUR ADVENTURES \& TAKE ON NEW CHALLENGES!

Zip Line * Swimming * Horseback Riding * Canoeing/Kayaking * Archery * Dance Mountain Biking * Sports * Rock Climbing * Fishing * Creative Arts * Riflery Environmental Science * Alpine Tower \& More!

## the FUN happens YEAR ROUND!

WEEKEND
FAMILY CAMPS


Spend quality time with your family at our picturesque camp. All meals and lodging are provided. A variety of staffed programs are available to choose each day - participate in as many or as few as you like!

- Mother-Daughter Weekend
- Memorial Day Family Camp
- Labor Day Family Camp
- Father-Son Weekend

WOMEN'S
GETAWAY WEEKEND
Grab your girlfriends for yoga, hiking, massages, pampering \& more!

## FLAT ROCK PUMPKIN FESTIVAL

Bring the whole family to this annual event and celebrate fall, Flat Rock style!

## OUTDOOR ENVIRONMENTAL EDUCATION

Teachers bring your elasses! Parents encourage your schools! Wc offer educational field trips to Flat Rock! Enjoy traditional camp activities, plus:

- Forest Ecology • Pond \& River Ecology • Native American Games • Underground
- Geology - Reptiles \& Amphibians - Orienteering Railroad
- Meteorology • Wild Edibles • Outdoor Living Skills Simulation


## SPRING, FALL \& WINTER BREAK CAMPS

When school's out, join us for even more Flat Rock fun! Enjoy traditional camp activities and stay in heated cabins with indoor bathrooms. Rekindle summer friendships, meet new people, spend time with your favorite counselors, and experience camp in a whole new way!



Bartholomew County Sheriff's Office

6-9 YEAR OLDS:
WHAT: • A2-Day Event with activities including:

- Safety Courses
- D.A.R.E
- K-9 Unit

WHEN: June 2 \& 3
8:30-4:30 p.m.
$\$ 25.00$ per participant

## WHERE:

CERAland Park
3989 S. 525 E., Columbus, IN 47203

## HOW:

Pay in person, call: 812-377-5849
Or register online: www.ceraland.org Must have an appropriate swimsuit with them Accepting applications until May 9, 2016

For more information, please visit:
Sheriff Myers' Facebook page at www.facebook.com/SheriffMattMyers There is also a Facebook link on the county's website at www.bartholomew.in.gov

## SCRIP ORDERS DUE APRIL 13

## Each gift card purchased donates a

 percentage back to Richards Elementary!For more information please contact
Michelle Cochran at mcochran08@gmail.com
Or Julia Stetter at stetterj@bcsc.k12.in.us
Or order online at: www.shopwithscrip.com
Richards Enrollment code: F978ADA224888



## FFAMOUS




## STARBUCKS

Walmart ${ }_{1}^{\prime}=$


## AÉROPOSTALE

TARGET




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