



Superintendent
Lance West
371-2326

Special Services
371-5103

Athletics/Activities
371-3382

Child Nutrition
371-4047

Johnson O'Malley Indian
Education Program
371-5449

Early Childhood Center
371-6870

Herald Lower Elementary
371-4173

Collinsville Upper
Elementary
371-2202

Wilson 6th Grade Center
371-3144

Middle School
371-2541

High School
371-3382

Alternative Education
371-4879

Enrollment
371-2572

Transportation
371-3731

No School: Friday, March 16th (*Professional Development for teachers*)

Spring Break: March 19th-23rd

No School: Friday, March 30th

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EARLY CHILDHOOD CENTER

03/14 - Bunny Pictures...the cost is \$2 per picture

03/15 - 3rd Quarter ends

03/26 - We will begin selling John Deere Tractor tickets

04/03 - Spring and Group Pictures

04/17 - McTeacher Night from 5:00-8:00

HERALD LOWER ELEMENTARY

03/13 - Reading Sufficiency Act Parent Information Meeting 6:00 p.m. Herald Elementary Library

03/15 - Easter Bunny Pictures

03/26-03/29 - Spring Book Fair

04/02-04/13 - OSTP 3rd grade testing

04/26 - 1st Grade Field Trip -Movie

05/17 - 3rd Grade Field Trip -Movie

05/21 - 2nd Grade EOY Program 9:00 a.m.

05/22 - 3rd Grade EOY Programs 9:00 & 10:30

05/23 - 3rd Grade Color Run

*We have lots of coats jackets, etc. in our LOST & FOUND

COLLINSVILLE UPPER ELEMENTARY

03/07-03/14 - The PTO is having an Online Auction on their Facebook. Look for the Collinsville Upper Elementary PTO page to see all the items available to bid on.

03/26-04/05 - PTO is also having a Mixed Bag Fundraiser. Be on the lookout as your child will be bringing information soon.

WILSON 6th GRADE CENTER

6th Graders wishing to tryout for Middle School cheerleading have had the opportunity to pick up an information packet from the office. The packet includes required forms and dates. Clinic is March 12th - 14th. Tryouts are March 15th.

MIDDLE SCHOOL

Any 7th graders interested in cheer next year, please see Mrs. Herald for more info. There have been packets available in the office for the past week. Cheer Clinic is March 12-14 and Tryouts are on the 15th.

We are collecting box tops! Please bring them to the MS office.

03/15 - Middle School Student Council is sponsoring a Color Run during 5th and 6th hours at the city park.

LINKS

- [Collinsville Public Schools](#)
- [Early Childhood Center](#)
- [Herald Lower Elementary](#)
- [Collinsville Upper Elementary](#)
- [Wilson 6th Grade Center](#)
- [Collinsville Middle School](#)
- [Collinsville High School](#)
- [Alternative Education](#)
- [JOM Indian Ed Program](#)
- [Health Services](#)
- [Curriculum and Testing](#)
- [Breakfast/Lunch Menu](#)
- [Parent Portal](#)
- [CvilleOK](#)

HIGH SCHOOL

- 03/13** - Organization Pictures
- 03/15** - Choir Talent Show
- 03/29** - Blood Drive
- 03/29** - Choir Concert
- 04/03** - ACT TEST for 11th grade students
- 04/04** - Choir State Contest
- 04/04** - State Science Test - 11th grade students
- 04/04** - Coffee with the Counselors - 8:00am - HS
- 04/05** - Make up for State Science test
- 04/07** - Junior/Senior Prom - Tulsa Zoo
- 04/10** - Band State Contest - Jenks
- 04/11** - Signing Day - 9:00am - HS
- 04/19** - Choir State Solo/Ensemble Contest
- 04/25** - Band State Jazz Contest
- 04/27** - Choir Musical
- 05/01-05/02** -State FFA Convention
- 05/08** - Band Concert - 7:00pm - HS
- 05/08** - Senior Tea - 3:00pm - Faith Fellowship Church
- 05/10-05/16** -AP Exams
- 05/10** - Pep Assembly
- 05/10** - Underclassmen Awards Assembly - 1:30pm - HS
- 05/11** - FFA Banquet - 6:00pm - HS
- 05/14** - Senior Awards Assembly - 6:00pm - HS
- 05/15** - Choir Concert
- 05/16** - Senior Finals - Hours 4,5,6,7th
- 05/17** - Senior Finals - Hours 1,2,3rd
- 05/17** - Senior Cap & Gown Picture - 10:45am - Sallee Field
- 05/17** - Baccalaureate Practice - 1:00pm - HS
- 05/20** - Baccalaureate Service - 2:00pm - HS
- 05/21** - Graduation Practice - 9:00am - Reynolds Center
- 05/21** - Graduation Service - 7:00pm - Reynolds Center
- 05/22** - Sports Physical Night - 6:00pm - HS
- 05/23** - Underclassmen Finals - Hours 5,6,7th
- 05/24** - Underclassmen Finals - Hours 1,2,3,4th
- 05/24** - LAST DAY OF SCHOOL FOR STUDENTS
- 05/24** - Teaches Post Final Grades - by 3:00pm
- 06/19** - SENIOR PACKET PICK UP - 8:00am-3:00pm - HS

PARENT PORTAL

To request access or reset your password, please email pportal@collinsville.k12.ok.us



DID YOU KNOW?

Tomatoes are actually a fruit, not a vegetable



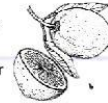
An average **Strawberry** has around 200 seeds

Kiwi contains twice as much vitamin C as an orange



A half a cup of **Figs** has as much calcium as a half-cup of milk

Lemons can kill bacteria-as they have high acid content which makes them suitable for cleaning



Oranges contain antioxidants that help fight the free radicals that damage and age our skin

Blackberry juice was used to dye cloth navy blue and indigo



You can speed up the ripening of a **Pineapple** by standing it upside down (on the leafy end).

A **Banana** is not a fruit in reality, it is an herb!



Mangoes are the most favorite and number one fruit in the world.

Eat Right Challenge! **Junior**

31 days of eating right to celebrate National Nutrition Month

- No Sugar or Desserts
- Drink at least 8 cups of water
- Try a new whole grain
- Eat fruit with every meal
- Eat vegan for the day
- Throw out any junk food
- Include 4 food groups in your breakfast
- Eat 5 fruits and vegetables (combined)
- Eat something high in Vitamin C
- Omit all caloric drinks for the day
- Eat vegetables with every meal
- Pack your lunch & snacks
- Try a new food
- Cook a vegetarian meal
- Visit the USDA ChooseMyPlate.gov website
- Meal Plan for the week
- Food prep for the week
- Eat real (unprocessed) foods all day
- Eat something high in Vitamin A
- Eat <20 grams of saturated fat-read your labels!
- Eat a variety of colors
- Consider planting a garden of herbs (research)
- Write down everything you ate/drank
- Check the sodium in all of your foods-aim for <2,300mg/day
- Cook a dinner-entree, whole grain, & veggie
- Double a recipe and freeze half for the future
- Eat 1 fruit and 1 vegetable with each meal
- Eat something high in lycopene
- Compare your portions to the labels' portion size
- Make a smoothie using at least 1 vegetable
- Pat yourself on the back and continue to eat healthy!

ACTIVITY CORNER

T.V. Commercials are a great time to fit in physical activity! Use the time in-between your kids favorite cartoon to get them off of the couch and boost their heart rate!



Food/Beverage-Jumping Jacks



Car-Jog in Place



Movie/TV Preview-Crunches



Clothing-Squats



Any other Type-Burpees

Recipe Box: Sheet Pan Meals

For easy, care-free, weeknight dinners that will fit into hectic schedules, consider sheet pan entrees. Here are two to get you started!

Greek Chicken. Cut 1 lb. chicken breast into strips, toss with lemon juice (from ½ lemon), 2 minced garlic cloves, ½ tsp. of salt, pepper, & paprika, & 1 tbsp. olive oil. On a large sheet pan mix ½ lb. trimmed green beans, quartered potatoes, and ½ a large onion. Top veggies with a mixture of 1 can petit diced tomatoes, lemon juice (from other ½ of lemon), 1 tsp. oregano, 1 tbsp. parsley, salt & pepper and 1 tbsp. of olive oil. Top veggies with chicken strips, evenly spacing on top. Add some lemon slices, thinly sliced garlic cloves, and pitted Kalamata olives. Roast your pan of goodies at 450 degrees for 20 minutes, remove from oven-top with 4 oz. of crumbled feta cheese and return to oven cooking until chicken temp. reads 165 degrees.



BBQ Smoked Sausage. On a large sheet pan place 1 lb. of quartered small white potatoes, tossed with 2 tbsp. olive oil, 1 tsp. sea salt, garlic powder, & ½ tsp. pepper. Bake for 15 min. or until tender. Slice 1 lb. of kielbasa, toss with ¼ cup of your choice of BBQ sauce. Remove sheet pan from oven and add the kielbasa and 2 cups of broccoli florets. Bake for about 5 minutes, or until meat registers 165

Just For Fun



WHY DON'T EGGS TELL JOKES?
THEY'D CRACK EACH OTHER
UP!

Information taken from Nutrition Nuggets-Resources for Educators-USDA Local Resources, School Nutrition Ed. & American Heart Association
For questions or information on Collinsville's Child Nutrition Food Program e-mail us at mjanah@collinsville.k12.ok.us or call (918) 371-4048



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Eat Right Challenge!

31 days of eating right to celebrate National Nutrition Month

- | | |
|--|---|
| 13. No Sugar or Desserts | 1. Eat <20 grams of saturated fat-read your labels! |
| 14. Drink at least 8 cups of water | 2. Eat a variety of colors |
| 15. Try a new whole grain | 3. Consider planting a garden of herbs (research) |
| 16. Eat fruit with every meal | 4. Write down everything you ate/drank |
| 17. Eat vegan for the day | 5. Check the sodium in all of your foods-aim for <2,300mg/day |
| 18. Throw out any junk food | 6. Cook a dinner-an entree, whole grain, & veggie |
| 19. Include 4 food groups in your breakfast | 7. Double a recipe and freeze half for the future |
| 20. Eat 5 fruits and vegetables (combined) | 8. Eat 1 fruit and 1 vegetable with each meal |
| 21. Eat something high in Vitamin C | 9. Eat something high in lycopene |
| 22. Omit all caloric drinks for the day | 10. Compare your portions to the labels' portion size |
| 23. Eat vegetables with every meal | 11. Make a smoothie using at least 1 vegetable |
| 24. Pack your lunch & snacks | 12. Pat yourself on the back and continue to eat healthy! |
| 25. Try a new food | |
| 26. Cook a vegetarian meal | |
| 27. Visit the USDA ChooseMyPlate.gov website | |
| 28. Meal Plan for the week | |
| 29. Food prep for the week | |
| 30. Eat real (unprocessed) foods all day | |
| 31. Eat something high in Vitamin A | |

ACTIVITY CORNER

Hate commercials? Use the time in-between your favorite program to boost your heart rate and tone your body!

For each type of commercial, do a different exercise. You'll be feeling the burn by the time your favorite show comes back on!



Food/Beverage-Jumping Jacks



Car-Jog in Place



Movie/TV Preview-Crunches



Clothing-Squats



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