



# MLK BULLETIN

## Tuesday, December 8<sup>th</sup>

*Stay tuned every Tuesday for the MLK Bulletin*

Game Night is **tonight!** Join other families as you play board games, card games, dice games, and more! Pizza will be served in the cafeteria at 5:30PM.

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Please make sure to return the H1N1 Flu Vaccination forms that were sent home last Friday. Extra copies are available in the main office. We hope to provide vaccinations for all our students this winter!

\*

December's RISE Stars: every Friday there is a drawing in the morning announcements for students nominated by their teachers.

Congratulations to:

Asaie: great attention in class and for being a good role model.  
Grade K.

Kabir and Joshua: volunteered to stay after school and organize the middle school laptop cart. Grade 7.

### Looking Ahead

Tuesday, December 7<sup>th</sup>  
King/Amigos Game Night  
5:30-7:30, Cafeteria

6<sup>th</sup> Grade Field Trip to Biogen Labs

Thursday, December 10<sup>th</sup>  
All City Concert  
7PM, Peabody School

Tuesday, December 15<sup>th</sup>  
Department of Secondary and Elementary  
Education Visit  
&  
School Council  
5:30-7:30PM, Library

Thursday, December 16<sup>th</sup>  
Grade 2 Field Trip to the "Nutcracker"  
Friday, December 18<sup>th</sup>  
Middle School Music Concert

Grade 1 Field Trip to the "Nutcracker"

More information is also available online at [www.cpsd.us/mlk](http://www.cpsd.us/mlk)

## Dinner Talk: Why It's Important



According to the U.S. Department of Health and Human Services, eating dinner together as a family every night keeps the doors of communication open between parents and children. Many studies bear out the importance of the family meal. Did you know that...

- mealtime is a rich opportunity for young children to learn words and expand their vocabulary?
- teens who have dinner with their families five or more times a week are almost twice as likely to earn A's in school than teens who have family dinners two or fewer times per week?
- teens who sit down for frequent family dinners are less likely to smoke, drink, or use illegal drugs?
- children whose families watch TV as they eat family dinners are more likely to be overweight than those who aren't tuned-in to television at dinnertime?

Please feel free to use the cards from [www.makemealtimefamilytime.com](http://www.makemealtimefamilytime.com) as conversation starters for use around the table.