

Panther Monthly



Powamuya
February 2020

Save the Date:

02/05-
Sch. Board
meeting @ 9:00am

02/06-
Health
Promotion;
Take Charge
Program event
@ 5pm (3rd-6th)

02/07-
2nd Qtr. Awards
Assembly @ 1pm
(rescheduled)

02/12-
FTO meeting
@ 5:30pm

02/17-
NO SCHOOL;
President's Day

Many Thank to Our Pawsome Parents!

Thank you for transporting your children to school while our Bus Driver was out. Our staff appreciates the dedication and commitment to ensuring the students were at school and on time.



MDS

Spelling Bee

Feb. 27, 2019



Valentine's Day Grams on Sale

Make someone's day a
little brighter with a gram ♥

♥ Prices start at \$1.00

♥ Stop by to check out all our
gram options.

♥ Grams will be delivered after
lunch Valentine's Day.

*Delivery available to MDS and
Mungapi Headstart.*

Sponsored by
MDS Cultural/Enrichment Committee

SCHOLASTIC

Book Club

Book

ORDERS

Due Feb. 28 by 3:00 pm

To order online:

<http://orders.scholastic.com/TL47N>

**or return order form with a
check or money order payable to:**

Scholastic Book Clubs

Hopi Words of the Month

kwiniyaq— North

hoopaq—East

taatöq— South

taavanq—West

tsotsmingwa— Perfect ear of wite corn (Mother Corn)

naanatim— family

potskwani— rules

tama — tooth

mo'a— mouth

kuuyi— water

Hopi Character Trait

"Hak paas hakiy aw tuuqaytangwu."

— Be a careful listener.

Panther Basketball

Feb. 6- vs. Keams Canyon

Feb. 8— Girl's Round Robin
@ First Mesa

Feb. 13 @ First Mesa

Feb. 20 vs. Hopi Day

Feb. 27— vs. Second Mesa

GO Panthers!



February is National Children's Dental Health Month

**"Fluoride in water prevents cavities!
Get it from the tap!"**

It's no secret that water is good for you. Water is essential to you and your child's health, as it maintains normal body temperature, helps your body get rid of waste and lubricates joints. Just as an engine needs oil in order to function, your body needs water. But what kind of water is best for your body and smile?

February is Children's Dental Health Month, and this year's theme is "Choose Tap Water for a Sparkling Smile." Here's why we want you to drink up the benefits:

Tap water is fluoridated.

Fluoride is essential for good oral health. Drinking fluoridated water prevents tooth decay and can result in fewer or less severe cavities. Fluoride is found in most American homes; with more than 75% of the population being served via community water systems. If you're a bottled water sipper, re-think your drink! Bottled water that is labeled as de-ionized, purified, demineralized or distilled contains little to no fluoride.

Tap water is healthier than other alternatives.

Alternative options to water are usually juice, soda or milk, all of which contain sugar. Consuming sugar produces acid buildup in the mouth, which breaks down enamel, making it easier for cavities to form and teeth to decay. Excess amounts of sugar can also result in obesity, diabetes and high blood pressure. Swapping out the sugary drinks for tap water will help your child maintain a healthy mouth and body.

Tap water can save you money.

Drinking tap water over bottled beverages can save you money from your grocery budget all the way to the dentist's chair. Because it is fluoridated, tap water protects your family from cavities and tooth decay, which can help prevent larger expenses – like filling cavities – down the road. On a large scale, community water fluoridation has been shown to be worth the investment, resulting in cost savings.

Reasons to Just Say No to Soda, Even Diet Soda

1. **Weight Gain:**

All sodas, including diet, contribute to weight gain

2. **Sugar:**

Large amounts of added sugar are known to increase heart disease. Needless to say, most sodas are chocked full of sugar.

3. **Artificial Sweeteners:**

Artificial sweeteners used in diet sodas have been linked to cancer while other studies show potential neurologic consequences.

4. **Effects on Bone Density:**

Phosphoric acid, primarily found in colas, interferes with calcium absorption which contributes to bone loss.

5. **Cost:**

Even if you spend a few dollars a day on soda, that can add up to \$1,000 per year!

6. **Sodium:**

Many sodas are high in sodium; causing high blood pressure, among other things.

7. **Caffeine:**

Caffeine may cause inadequate hydration since it tends to make humans lose fluids. Therefore, hydrating with a caffeinated beverage can be counterproductive.

8. **Save your Teeth:**

Not only do colored sodas stain and tarnish your pearly whites, but the acid in them causes erosion of the enamel and significant dental damage.



Tuba City
Regional Health Care Corporation
presents

Health Promotion- TAKE CHARGE PROGRAM

FAMILY NIGHT

- Youth Wellness
- Pediatric Obesity & Diabetes
- Understanding your child's Fitness Gram results.

Feb. 6 @ 5pm

Room 101

(3rd– 6th grade families)

***Refreshments will be provided**

Family Fitness Night

Join us for an hour of
FUN fitness **GAMES.**

Feb. 10 & 24

6pm– 7pm



A partnership with
Special Hopi Diabetes
Program.



Natural Jigglers

Ingredients:



- 1 cup unsweetened, natural fruit juice
- ¾ cup chilled yogurt
- ¾ cup berries, fresh or frozen
- 1-2 tablespoons raw honey
- 2-3 tablespoons unflavored gelatin
- 1 tablespoon fresh lime juice, optional (for extra tang)

Directions:

1. Add yogurt, berries, honey, and optional lime juice to a blender and blend until smooth.
2. Measure 1 cup of the blended mixture. Add to a medium bowl. Sprinkle gelatin over creamy berry mixture that's resting in a bowl, and let stand about 1 minute.
3. While creamy berry mixture is resting, heat fruit juice to boiling. Slowly add hot juice to creamy berry mixture while stirring continuously with a whisk.
4. Continue whisking mixture for several minutes to break up any clumps and dissolve gelatin. Pour into an 8x8 or 9x9 pan and refrigerate until set, about 2 hours.
5. Cut with a small cookie cutter for fun shapes or cut into squares with a knife. Store in the refrigerator.