



SMOKE SIGNALS



A NEWSLETTER FOR OUR TOMOKA FAMILY

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<http://myvolusiaschools.org/school/Tomoka/Pages/default.aspx>

November 21, 2019

WELCOME MRS. O'QUINN

A **BIG WELCOME** to Mrs. O'Quinn, our new Assistant Principal! We are so thrilled to have you join our Tomoka Elementary Family! We will miss Dr. Johnson, but wish her the best on her amazing new adventure! Turie T. Small Elementary is lucky to have you leading them to success!!

PTA NEWS

Tomoka's Fall Festival last week was a huge success. Thank you to everyone who made it an incredible night – our sponsors, event chairs, volunteers, vendors, and the hundreds of people who turned out to celebrate and have fun.

A season of fun and celebration is just around the corner! Watch for candy-gram sales Dec. 2nd -5th. Buy a candy cane with a personal message for a special Tomoka student or staff member, and it will be delivered during the day. All proceeds will benefit the Fifth-Grade Celebration Committee.

The Tomoka PTA Holiday Shop will take place December 9th-12th, and we are so excited! All items will cost \$2. We will need many volunteers to help students make choices, budget money, and wrap gifts, so if you have daytime availability, please mark your calendar and watch for signup information.

Tomoka's award-winning holiday float team is gearing up for the Ormond Beach Home for the Holidays Parade! We have work sessions scheduled in the first two weeks of December for those interested in helping make the float. And watch for information soon about marching with Tomoka in the parade on December 14! Families will be invited to march together (no drop-offs, please) while handing out candy.

We hope you all have a wonderful Thanksgiving holiday. We are truly thankful for our Tomoka school community!

Connect with Tomoka!

Don't forget to visit us on Facebook for event announcements.
Facebook: Tomoka Elementary School
Tomoka Elementary PTA

Upcoming Dates



VOLUSIA COUNTY SCHOOL CALENDAR 2019-20

November 25 (Monday)..... Thanksgiving Holiday Begins
December 2 (Monday)..... Classes Resume
December 19 (Thursday)..... Teacher Duty Day/Student Holiday
December 20 (Friday)..... Winter Holiday Begins
January 6 (Monday)..... Classes Resume

PTA Dates for the calendar:

Dec. 2nd - 5th – Candy-Gram sales
Dec. 3rd - 5:30 p.m., Multi-Purpose Room
- Parade float work session
Dec. 6th - Winter Holiday Concert,
Seabreeze High School 6-8 p.m.
Dec. 9th -12th – Holiday Shop - Teachers
will bring students during school hours.
Dec. 12th -Reflections Celebration
1-1:30pm in the Multi-Purpose Room
Dec. 10th, 5:30 p.m., Multi-Purpose Room
- Parade float work session
Dec. 14th - Ormond Beach Holiday
Parade, 6:30-8:30 p.m.



Positive Braves

The following students received Positive referrals.

Ka'Winn Harold	Riley Hill	Everitt Wilson
Gyanna Nirschl	Cesar Gonzalez	Jordyn Schultz
Maresse Bolden	Jersey Campenile	Ryan Pool
Colin Oestreicher	Drake Morin	Aaron Tegrarian
Alayna Walsh	Kari Jarvis	Jayden Purcell
Payton Musulino	Ryder Morales	Krish Jariwala
Alan Chapskiy	Barrett Hillman	Matthew Sorrentino
Summer Rennebeck	Riley Cooper	Lionnie Joyner
Zamarion Jackson	Henry Boekenoogen	Justyce Wallace
Bailey Brannen	Savannah Williamson	Turner Depalma
Ynesrae Olague	Alicia Sudzus	Addison Simpson
Giovanita Crews	Graeden Billings	Anaa Anderson
Luann Monahan	Will Betha	Carson Young
Adyan Alvarez	Cody Allen	Abby Jansen
Kaitlin Kaiser	Lillian Ransom	Brice Speller
Autumn Poku	Matthew Hauch	Talon Cavarretta
Sophia Wilson	Kai Mcmeeking	Hailee Steinhauer-
Miles Singletary	Liam Pichardo	Gruenewald
Isabella Mann	Nikolai Ford	Thad Rodziewicz
Jerond Harvey	Bailey Reed	Audrey Brown
Levi Clarke	L'Oreal Green	Yusef Mahmoud
Justus Simons	Carson Young	Owen Applegarth
	Mercedes Soto	



We hope everyone has enjoyed our book fair, if you haven't had a chance to drop by you still have time. The book fair will be open tonight for **Family Night, Thursday, Nov. 21, from 5-7pm.** Bring your family and friends! Tomorrow, Friday, Nov. 22, will be the last opportunity from 8am to 10am.

Clinic News

Take everyday preventive actions to stop the spread of germs.

- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone. (Your fever should be gone for 24 hours **without the use of a fever-reducing medicine.**)
- Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands.
- **Wash your hands often with soap and water.** If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like flu.

“Healthy Holiday Eating” Wellness Challenge

As we enter the holiday season we find ourselves surrounded by delicious dishes and treats. And if your schedule is as hectic as most, finding time to exercise can be very hard thus making it difficult to fight those extra calories and pounds that some with holidays. The Holiday Wellness Challenge encourages you to make small changes and healthier food choices. Mark the calendar every day you make a healthy food choice or substitute a healthier ingredient when preparing your food.

The challenge is to make a minimum of 10 different healthier holiday food choices.

Here are a few suggestions on ways to make healthy food choices and substitutions:

1. **Don't skip breakfast.** Have oatmeal with fruit, a smoothie or a piece of whole wheat bread with peanut butter.
2. **Eat foods high in fiber.** Eat more salads, fresh fruits and vegetables and whole grain breads and cereals.
3. **Spice it up.** Use herbs and spices instead of sugar and salt.
4. **Keep portions in check.** Your plate should be half fruits and vegetable, 1 quarter grains and 1 quarter protein.
5. **Chew your food.** Take a bite, put your fork down and chew slowly. This gives your body time to send signals to your brain that you feel full.
6. **Bake or Grille.** Instead of frying your meat or chicken, try baking or grilling it instead.
7. **Outsmart the bird.** Reach for the lighter pieces of meat; they have fewer calories and less fat than the darker ones. Another way to cut calories and fat is to take off the skin.
8. **Baking Bits.** Instead of adding chocolate chips or candies, use dried fruit, like cranberries or cherries.
9. **Watch the desserts.** Fruits make a delicious dessert instead of cakes, cookies and pies.
10. **Make a list and check it twice.** Before going to the grocery store plan healthy meals and make a list of what you need. With a list you will be less likely to buy junk food.
11. **Enjoy a sample.** When you come face to face with those holiday treats, enjoy a sample but don't overdo it.
12. **Drink water.** Drink water throughout the day. Drink water with meals instead of juices, sodas or alcohol. Add fresh fruit to your water to give it flavor.
13. **Baking goods.** Substitute oil with applesauce when baking treats.
14. **Go easy on the gravy.** A little gravy goes a long way in adding flavor to your food.
15. **Swap the grains.** Eat whole wheat bread instead of white bread or brown rice instead of white rice.
16. **Potatoes and Rice.** Substitute potatoes and rice with cauliflower-based potatoes and rice.
17. **Make room for veggies.** At holiday parties, don't ignore the fruits and vegetables (don't slather with sauces).
18. **Outsmart the buffet.** Have a small plate of the foods you like best and then move away from the buffet table.
19. **Don't skip meals.** Don't skip meals to save up for a feast. It will be harder to keep your blood sugar in control, and you'll be very hungry and more likely to overeat.
20. **Contribute a health dish.** Ensure at least one nutritious choice is available at potlucks by contributing a healthy dish.
21. **Don't feel guilty.** If you did overindulge, don't beat yourself up. Just make sure your next meals are healthy.