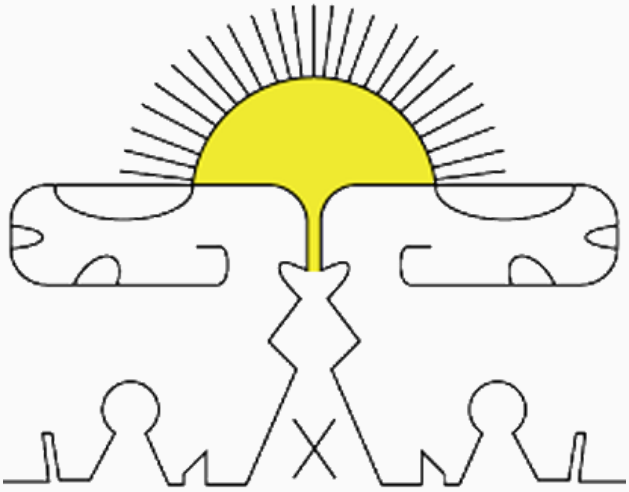


MOTAHKMIQEWI SKULHAWOSSOL

Dear Readers,

Welcome to the February edition of the Indian Township School Newsletter. February may be a short month, but it's full of heart. In this issue, you'll find cozy recipes to try together at home, reminders about upcoming vacation dates, a February-themed word search, fresh coloring pages, and more.



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FINAL GAME

HOME
Vs
AWAY

Girls play @ 5:00 Pm

Boys @ 6:15 Pm.

GOOD LUCK WARRIORS



02 FEB. 2026

WARRIORS BASKETBALL

paragraph text

We Want to Hear From You!

Our Engagement Survey is now open, and your voice truly matters. The feedback we receive from families helps us understand what's working well and where we can grow so we can continue building a strong, connected school community. You'll find a QR code included for quick and easy access. If you would prefer a paper survey, and have any questions please reach out to Jillian Mendoza at 207-796-2362—we're happy to get one to you.

Your input helps shape the experiences we create together.

Sign Up for Our Parent Advisory Board!

We're inviting parents and caregivers to join our Parent Advisory Board, a team that helps shape programs, events, and supports for our students and families. Your ideas and perspectives play an important role in strengthening our school community.

A QR code is included to make signing up quick and easy. If you would prefer a paper copy, please reach out to Jillian Mendoza at 207-796-2362, and we'll be happy to get one to you.

📚 Celebrating a Year of Reading Success!

We were thrilled to place books directly into the hands of 116 students during both our Spring and Fall Book Fairs—making sure every child went home with something new to spark their imagination. Thanks to the incredible support of our families and community, we also raised $975 in Scholastic Dollars, helping us keep our Library stocked with the latest, most engaging titles for our readers.

A special thank-you goes to Ms. Dawna for her dedication and hard work in making both fairs such a success. Her commitment to fostering a love of reading truly makes a difference for our students.





Dear Families, Second Grade is excited to share a special new classroom tradition - MYSTERY READERS! Each Monday, one parent, grandparent, or special adult is invited to surprise our class by coming in to read a favorite children's book. The students love trying to guess who the Mystery Reader will be, and it's a wonderful way to share the joy of reading and build our classroom community. How it works:

If you would like to participate, please contact me by calling the school or Facebook messenger. I will work with you on choosing a book and scheduling a date. (Mondays at 1:45 is our mystery reader time.) Remember to keep your visit a secret from you child- half the fun is the surprise!!

If you are interested or know a family member that would like to be our mystery reader, please contact me as soon as possible to schedule a date. Thank you for helping make reading exciting and meaningful for our learners. We can't wait to welcome our Mystery Readers!

Woliwon,
Ms. Andrews

NATIONAL CHILDREN'S DENTAL HEALTH MONTH

·Brushing Basics for Bright Smiles

·Keeping teeth healthy starts with simple daily habits, and families can make brushing time feel fun and do able. Encourage kids to brush twice a day with a pea-sized amount of fluoride toothpaste, using small circles to clean every surface. Most children still need a grown-up nearby to guide their brushing and help with rinsing. A predictable routine—after breakfast and before bedtime—helps kids know what to expect. Turning on a two-minute song, using a timer, or brushing together can turn those minutes into a light, positive moment instead of a rush. Little steps like this build confidence and keep smiles strong all year long.

STRONG SMILES START WITH YOU!

·🪥 BRUSH twice a day
·🧵 FLOSS every day
·🍎 CHOOSE healthy snacks
· 🦷 VISIT your dentist
·😁 SMILE bright and proud
·Healthy habits = Healthy teeth! Let's celebrate strong, happy smiles all month long.🪥

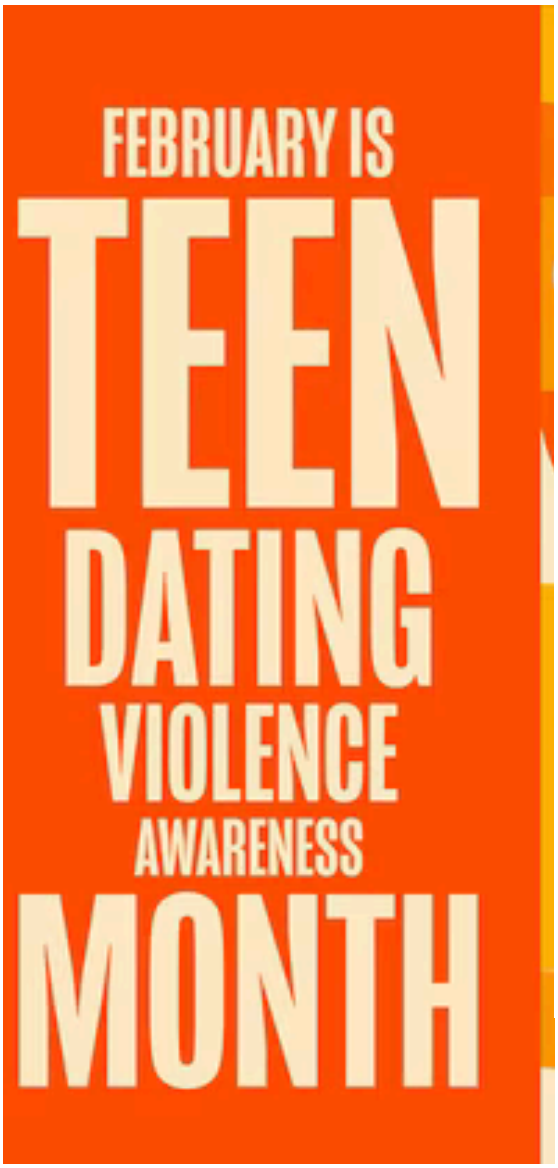


American Heart Health Month

February is American Heart Month, a time to learn simple ways to keep our hearts strong. Kids and families can make heart-healthy choices by staying active, eating colorful foods, drinking plenty of water, and finding fun ways to relax. Little habits help keep our hearts happy all year long.

Did You Know?

- **Your heart beats about 100,000 times a day.**
- **Eating just one extra fruit or veggie each day helps your heart.**
- **Moving your body for 10 minutes can give your heart a boost.**





February is Teen Dating Violence Awareness Month, a time for families to learn together about what healthy, respectful relationships look like for teens. It's important for young people to know that kindness, communication, and boundaries are key parts of any relationship—and that they deserve to feel safe, valued, and supported.

Families can help by having open, judgment-free conversations and reminding teens that they can always come to a trusted adult if something doesn't feel right. Small talks now can make a big difference later



Random Acts of Kindness Little moments can make a big impact. A friendly smile, a quick note of appreciation, or helping someone without being asked can brighten someone's whole day. When we choose kindness—big or small—we help create a community where everyone feels seen, valued, and supported. Let's look for simple ways to spread joy all week long.

February Vacation Is Almost Here!

Get ready for a little mid-winter fun! School will be closed February 16th–20th, giving everyone a chance to sleep in, play outside, read something cozy, or just enjoy a break from the busy school routine. Whether your family is building snowmen, baking treats, or having a movie marathon, we hope your days are filled with laughter and rest.

We can't wait to see all your bright faces back at school on Monday the 23rd—recharged, refreshed, and ready for more learning adventures.



Ingredients

For the Fry Bread:

- **2 cups all-purpose flour**
- **1 tbsp baking powder**
- **1 tsp salt**
- **1 cup warm water (roughly)**
- **Vegetable oil or lard for frying**

For the Philly Filling:

- **1 lb thinly sliced ribeye or sirloin steak**
- **1 tbsp canola or olive oil**
- **1 large onion, thinly sliced**
- **1 green bell pepper, sliced into thin strips**
- **4-6 slices Provolone cheese**
- **Salt and pepper to taste**



Fry Bread Steak & Cheese

Instructions

1. **Prepare the Fry Bread Dough: In a large bowl, combine flour, baking powder, and salt. Add warm water gradually, mixing by hand until a soft dough forms (do not overmix). Cover and let rest for 15-30 minutes.**
2. **Cook the Steak & Veggies: While the dough rests, heat 1 tbsp oil in a large skillet over high heat. Add the thinly sliced steak, season with salt and pepper, and cook for 2-3 minutes until browned. Remove steak from the skillet. Add more oil if needed, then add the onions and peppers, sautéing until tender and slightly caramelized.**
3. **Fry the Bread: Heat 1-2 inches of oil in a deep skillet to 350°F-375°F. Divide dough into 4-6 balls, flatten into discs, and carefully place in hot oil. Fry for 1-2 minutes per side until golden brown and puffy. Drain on paper towels.**
4. **Assemble the Dish:**

1.Method A (Open-Faced): Place a piece of fried bread on a plate. Top with the steak and veggie mixture. Immediately place 1-2 slices of Provolone over the hot steak to melt.

2.Method B (Stuffed/Sandwich): Slice the fry bread open, spread with mayonnaise (optional), and stuff with the steak, peppers, and cheese.

Serve: Serve immediately while the bread is hot and the cheese is gooey.
Key Tips

- **Bread Texture: To keep the bread from becoming too greasy, do not skip draining it on paper towels.**
- **Meat Thickness: The thinner the steak, the better. You can freeze the steak for 30-60 minutes to make it easier to slice thinly.**
- **Cheese Choice: Provolone is the classic choice, but Swiss or American cheese can also be used.**

Chicken Parm Meatball Skillet



Ingredients
1 large egg
1 lb. ground chicken
1/2 cup plain breadcrumbs
1/4 cup finely grated Parmesan
2 Tbsp. finely chopped parsley, plus more for garnish
4 garlic cloves, finely chopped, divided
1/2 tsp. kosher salt
1/2 tsp. freshly ground black pepper
3 Tbsp. extra-virgin olive oil
1 (28-oz.) can crushed tomatoes
1 tsp. crushed red pepper flakes
1 1/2 cups shredded mozzarella

Yields: 4 serving(s)
Prep Time: 15 mins
Total Time: 30 mins
Cal/Serv: 555

Directions

Step 1 Arrange a rack in center of oven; preheat to 400º. In a large bowl, combine egg, chicken, breadcrumbs, Parmesan, parsley, and half of garlic; season with salt and black pepper. Form into meatballs (about 1 Tbsp. each).
Step 2 In a large ovenproof skillet, heat 1 Tbsp. oil over medium heat. Cook meatballs, turning occasionally, until browned, about 5 minutes total. Transfer to a plate.
Step 3 In same skillet over medium heat, heat remaining 2 Tbsp. oil. Cook remaining garlic, stirring, until fragrant, about 1 minute. Stir in tomatoes and red pepper flakes.
Step 4 Bring to a simmer, then return meatballs to skillet. Top with mozzarella.
Step 5 Bake meatballs until cheese is melted and an instant-read thermometer inserted into a meatball registers 165°, about 10 minutes.
Step 6 Top with parsley.



Too SICK for SCHOOL?

Here is how to tell

Fevers & Other Cold Symptoms



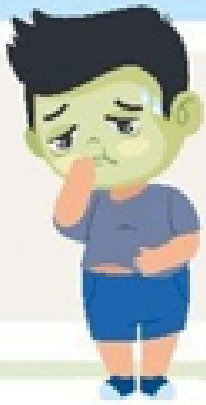
Stay home if your child feels too sick for regular activities and/or has a fever of 100.4F and higher. **Your child can come back to school when they are fever free for 24 hours without medication and your child feels better.**



Sore Throat & Cough

Children with a cough or sore throat should be monitored closely due to the potential of strep throat or flu. Stay home if your doctor suspects strep throat. **Your child can return to school 24 hours after beginning antibiotics.**

Stomachache



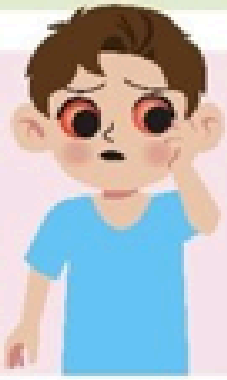
Please keep your child home if they are vomiting or have diarrhea. **You can send them to school 24 hours after they have stopped having episodes of vomit and diarrhea without medications.**



Rash

Have your child stay home if they develop a new rash. Contagious rashes/infections include: MRSA, chickenpox, impetigo, hand foot and mouth, Fifths Disease.
There are different rules for returning to school depending on the cause of the rash.

Pink eye



The American Academy of Pediatrics no longer recommends staying home from school for pinkeye **unless a child is not able to avoid touching their eye, there is excessive drainage, or the doctor recommends they stay home.** In these cases, the child should remain home. If you suspect your child has pink eye please bring them to their healthcare provider for medicated eye drops.



Persistent symptoms

If your child has ongoing, persistent complaint, such as a headache, earache, stomach ache please keep them home and take them to see their healthcare provider.



WINTER
WORD SCRAMBLE

Unscramble the following space words



SOWN _____

WTINER _____

IEC _____

FRZENO _____

CLOD _____

GOLEVS _____

SFRCA _____

SOMNWNA _____

BTSOO _____

FRIPLAEC _____

HTO COHLTEACO _____

ERUMFFAS _____

Name: _____

Created with TheTeachersCorner.net Word Search Maker

Kselomotultimok



WISOKITAHATOMON
CARESFORIT
PIYATOKONIS
FOURTEEN
NITAPESQ
HEART
PQEYU
ILOVEYOU
PEHSUWAHSWEHSOK
GIFT
ADMIRESITALOT
SUKOLIS
FEBRUARY
NITAP
FEMALEFRIEND
AMUWIPQEYU
RED
KOSELTOMUWAKON
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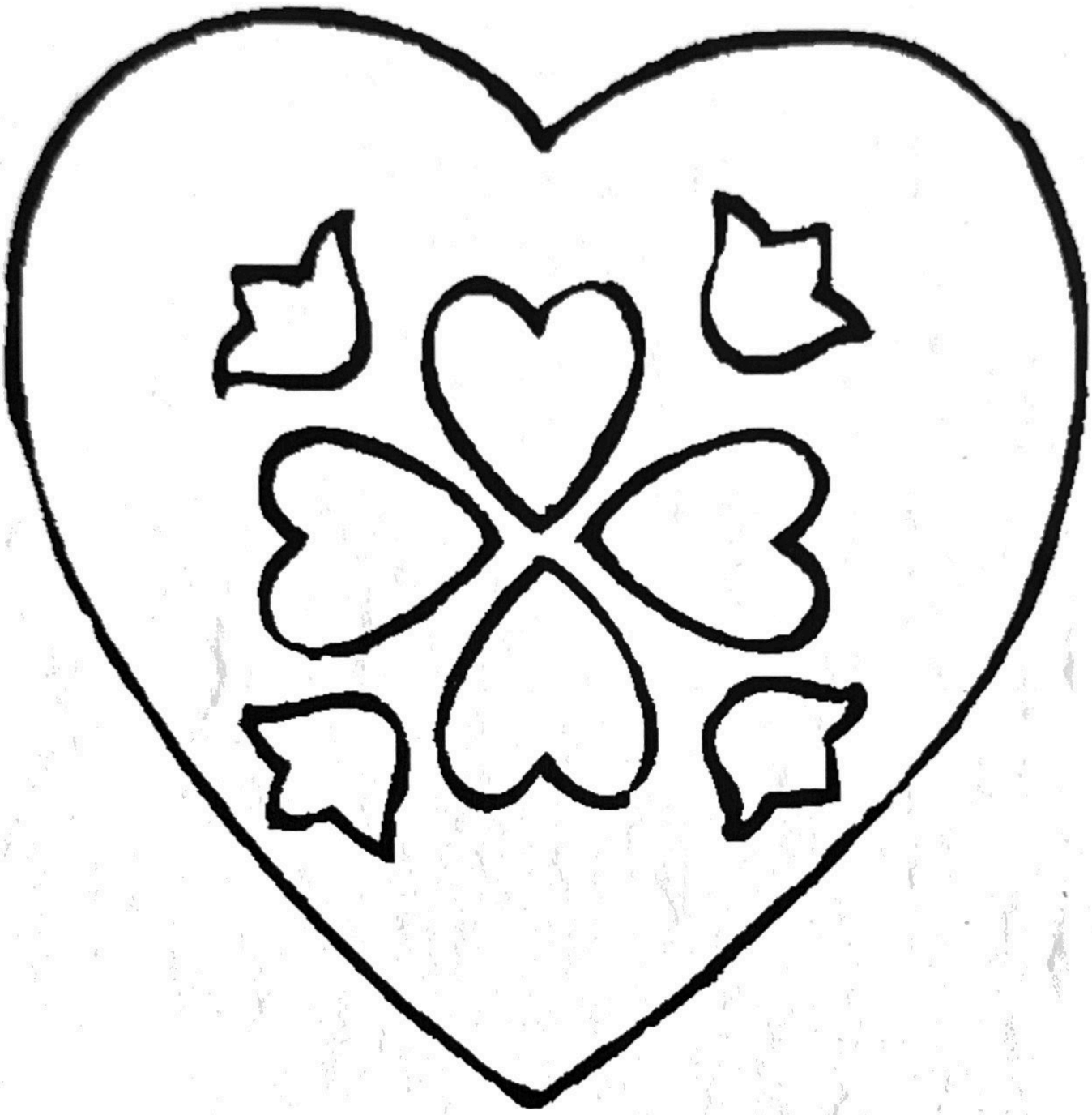
CANDY
NEWANKU
MALEFRIEND
MOSHUN
PINK
KOSELOMOL
LOVE
MILUWAKON



Koselomol

I Love You



MECIMI TEHC

KOSELOMOL

I'll love you forever.

FEBRUARY

Be on the Lookout!

Our next Family Engagement Event is on the way, and we can’t wait to share the details with you. Keep an eye out for the official date and information coming soon. We’re planning another fun, welcoming opportunity for families to connect, participate, and enjoy time together. Stay tuned—more excitement is just around the corner.