

# Kids Korner

## Elementary Students Get Real

**CARLISLE (Cumberland Co.)** — The students of North Dickinson Elementary School in the Carlisle School District of Cumberland County have learned all about getting "real" dairy products for better nutrition. Thanks to a real seal contest conducted recently by Cumberland County Dairy Maid Melissa Detman.

The students were asked to collect real seals from dairy products purchased by their parents. The object of the contest was two-fold: to recognize and understand the meaning of the real seal, and to learn how to distinguish imitation foods from those made with real dairy products.

The 202 students ranging from grades kindergarten through fifth grade, collected 1,438 real seals. The class that collected the largest number of seals, Mrs. Bittinger's fourth grade with a total

of 482, was rewarded with an ice cream party sponsored by Rakes-traw's Ice Cream, Mechanics-burg.

During the party, the children completed puzzles and answered dairy-related questions to learn more about dairy farming and foods and also to receive extra prizes, such as milk mustache posters and Got Milk® key-chains.

Monique Varner, the school principal, said, "The children were so excited about collecting the seals and worked hard to find them. We were very pleased to have the dairy maid conduct this contest at our school."

As an added attraction and point of emphasis for the children, Melissa also created a collage using more than 700 of the collected seals to spell out the letters "R, E, A, and L."



Fourth graders at North Dickinson Elementary School collected 482 real seals in a contest sponsored by Cumberland County Dairy Maid Melissa Detman.

### Do Animals Read The Newspaper?

Animals can't read, but they may have a stack of newspapers in their stall or pen.

Why?

Because shredded newspapers can be used for bedding. It can be cheaper than using straw or wood shavings, and it's a great way to recycle!

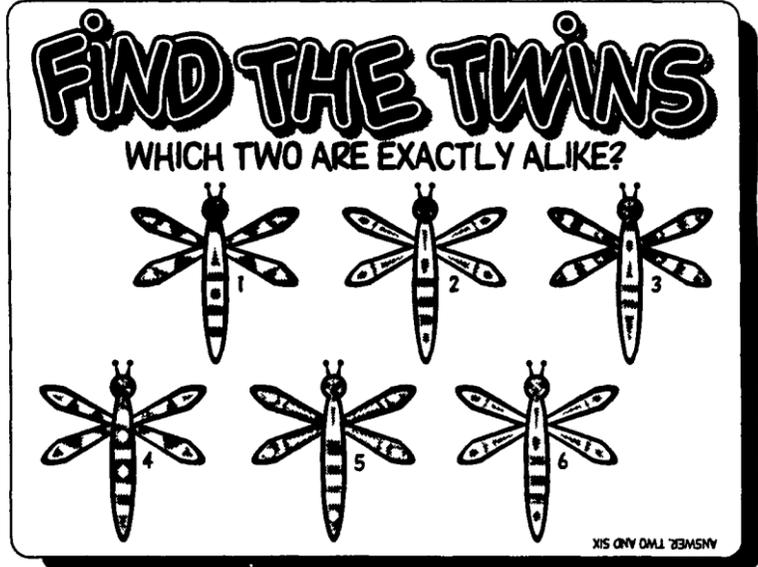
Not every farmer chooses newsprint as bedding for his or her animals, although some have tried it. Newsprint has the same insulation and storage qualities as straw and sawdust. It can even be cleaner for animals because it doesn't stick to manes and tails like sawdust or straw. And used newspapers are easy to find. In fact, there are nearly 3

million newspapers printed every day in Ohio—even more on Sundays!

It's a wise choice to recycle old newspapers. There are many donation centers throughout the state—your town may have one. There are also curbside collection programs set up where you bundle newspapers and a "newspaper collector," as opposed to your regular garbage collector, picks them up.

Newspaper recycling—whether used in animal stalls or by donation to special collection agencies, is a way you can help make a positive difference in our environment!

Scientifically yours, Twig



## Winter Safety Tips For Playing In A Winter Wonderland

Children love to play outside in the snow. Follow these tips to keep your child safe.

- Dress your child appropriately for cold weather. Layers of clothing will keep your child warmer than just a sweater. Start with a light cotton T-shirt, add a turtleneck shirt, top with a sweatshirt or sweater, and the child's winter coat. Two pair of socks will keep a child's feet warmer than a single pair.

- Make sure your child wears a hat or hood when he or she goes outside. An uncovered head loses a lot of body heat.

- Don't forget boots, mittens or gloves, and scarf to insulate your child's body from the cold.

- Have your child play outside for short periods of time in cold weather. Check him or her now and then to make sure he or she is not too cold or wet.

- Teach your child to look and listen carefully for cars. Hoods and scarves may reduce his or her ability to see or hear.

- Choose a safe place to go

sledding. Stay away from streets or places where there are trees or buildings to hit.

### Snow Play

When the snow is fresh and new, go on a walk to look for animal tracks or make your own tracks.

Fill buckets or cardboard boxes with snow. Dump out the forms to create snow sculptures.

Make a snow person. Give him or her a personality by decorating with an old hat, scarf, or coat.

Make shoveling play time. Give your child a small shovel to clear sidewalks and paths with you. You may want to help an elderly neighbor or relative clear his sidewalks too.

Make snow angels. Lie on your back in the snow, with your arms at your sides and legs together. Keeping the elbows straight, move your arms up and down in the snow. Keeping the knees straight, open and close your legs. Stand up and admire your "angel" shape in the snow.

If you have a hill nearby, take your child sledding. Inner tubes or cardboard boxes will do if you don't have a sled and they are safer for young children.

### Tell-A-Story

On a cold winter night, gather the whole family into the living room for a fun evening of storytelling. An adult begins a story, stopping in the middle. Have other family members take turns adding to the story.

For example, "One day it was snowing. The children went out to play and..." Family members tell the rest of the story.

### Winter Bird Watch

Birdwatching is a fun activity for both children and adults. Hang a bird feeder close to a window where you can watch the birds feed. You may want to borrow a book on birds from the local library to identify the ones you see at your feeder.

You don't have to buy a bird feeder at a store. Birds will enjoy eating from feeders that you and your child make from things you

have around the house.

### Bottle Bird Feeder

- Need: large, clean, plastic bleach bottle; knife or heavy scissors; string; and birdseed.

- To Do: an adult should cut large rectangles from both sides of the bleach bottle. Have your child fill the bottom with birdseed. Tie a string through the handle and around the neck of the bottle to hang from a tree branch.

### Grapefruit or Orange Shell Bird Feeder

- Need: grapefruit or orange; thin wire or strong string; bacon fat; and birdseed.

- To Do: cut the grapefruit or orange in half and eat the fruit. Cut three pieces of wire or string about eight-inches long for each grapefruit or orange shell half. Poke three equally spaced holes in the side of each shell to put the wire or string through. Melt bacon fat, mix in birdseed, and pour into the orange or grapefruit shells. Let the fat harden. Place the wire or string in the holes of the shell. Hang from a

tree branch.

### Pine Cone Feeder

- Need: large pin cone; blunt table knife; birdseed; peanut butter or honey; two paper plates; and string.

- To Do: (This can be a messy project, so cover your table with newspaper.) Put some peanut butter or honey in a dish. Give your child a blunt table knife and let him or her spread the peanut butter or honey on the pine cone. When it is covered, he or she can roll it in a plate full of birdseed. The birdseed will stick to the peanut butter or honey. Tie string to the pine cone, making a loop to hang the feeder from a branch, fence, or bush.

### Snowpainting

- Need: one or more plastic bottles with squirt tops (such as dish detergent bottles); food coloring; and water.

- To Do: fill the plastic bottle with water. Have your child add several drops of food coloring to color the water. Go outside together and "squirt" colored designs on the snow.