



CRYSTAL LAKE ELEMENTARY, A COMMUNITY PARTERSHIP SCHOOL

# HUB NEWSLETTER

Spring/Summer 2021

## EAGLES SPOTLIGHT

Andrea Hagan, CPS Director



With the 2020-21 school year engaging students through both on-campus and e-learning, it was a busy year for our administration, teachers and staff at Crystal Lake Elementary, A Community Partnership School. Amidst precautions to maintain the health and safety of the students, as well as the teachers and staff, we boldly launched into providing quality academics, supports and services. As director for the community partnership school, I want to extend a thank you to our core partners, Polk County Public Schools (PCPS), Central Florida Health Care (CFHC), Southeastern University (SEU), United Way of Central Florida (UWCF) and Heartland for Children for their commitment to our partnership and the students at Crystal Lake Elementary. This year, amidst the impact of COVID-19, we were able to continue to impact the lives of the students, their families and the Crystal Lake community. We collaborated with community partners and providers to provide tutoring, and enrichment programs for students, food resources and primary/behavioral health care to support health and wellness, adult education classes to support learning and growth and virtual engagement opportunities for families to connect and have fun. As the 2021-22 school year approaches, we are well poised for our students to soar and our community to be strengthened. I am grateful for all we have accomplished this year as a Community Partnership School and I am excited for the continued growth and opportunities to come moving forward. Together we will soar!

## HIGHLIGHTS

### Literacy Week

With the theme: Humanity tells a story: What is your chapter?, we celebrated Literacy Week! Students spent the week reading books of their favorite authors, learning about literacy and having fun creating new characters.



### FSA Red Carpet Celebration

After receiving encouraging words from Principal Warren, our 3rd to 5th grade students walked the red carpet and were cheered on by their peers and teachers as motivation for the upcoming FSA testing season.



### Pinwheels Campaign

Pinwheels were spinning in support of April Child Abuse Prevention Month. The Pinwheels for Prevention campaign helps to educate communities about the importance of supporting children and families. Shining in the sun the pinwheel is reflective of the bright future all children deserve.



Congratulations to our winning after school programs. Our academic, A-team, won three of their four competitions and our WCLE news media students participated in Polk County's Video Awards Ceremony and received 3rd place in all of Polk County for Best in Show!

### Math SPRINT!

All students who scored an 80% or above on their math SPRINTs in February and March were entered into a drawing to win a bike. Keep soaring Eagles!



### AR Recognition

Crystal Lake Elementary received recognition from Polk County Public Schools and the Lakeland Magic for our flourishing AR (Accelerated Reading) program being top in the District!

You know you did something right when the Lakeland Magic's Swish comes to present awards to our awesome second graders for their AR accomplishments. Congratulations to all of our students who soared in reading this school year!



### 5th Grade Promotion

Congratulations to 5th grade students on their promotion to Middle School!



### Love Lakeland

Through Love Lakeland's Adopt-a School initiative, the Bank of Central Florida and Southeastern University adopted our school and delivered a bundle of cleaning supplies and PPE. We are so very grateful for their support.

### Summer Learning!

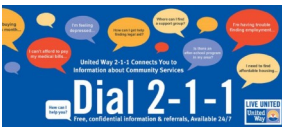
Students are having a great Summer Learning program experience learning, receiving small group instruction, and preparing for the next grade.



## FAMILY RESOURCES



Find food, health, housing, employment programs & other community resources in seconds.



Getting help is as easy as calling 2-1-1. 211 is a vital service that connects hundreds of Central Florida residents to help every year.



Keep up with your health and wellness with Central Florida Health Care.



PCPS participates in the Summer Breakspot program, offering free meals to children while school is out. For more info, or to find a site near you, use this link. <https://summerbreakspot.fdacs.gov/>

## PARENTING TIPS

Most parents in our community agree that they can benefit from learning new parenting skills. Check out these tools to help you navigate the rewarding and challenging job of parenting.

- [Positive Parenting Guide](#)
- [Parenting Tools & Tips](#)



**Drowning is 100% preventable!** In Florida, drowning is the leading cause of child deaths. Check out these resources to identify how you can prevent drowning.

- [Facts & Tips about Water Safety](#)
- [Swimming Safety Tips](#)
- [Pool Safety Checklist](#)



-[Learn more about Water Safety at Home](#)

**"The way we treat our children directly impacts what they believe about themselves." - Ariadne Brill**

## FOLLOW US ON SOCIAL MEDIA



## OUR CORE PARTNERS





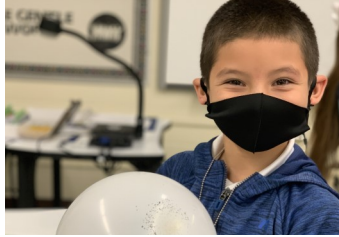
# EXPANDED LEARNING

Mrs. Dippold a new Club Eagle Teacher helped to make the reading passages come to life, the kids tasted seaweed while reading about it in the Times for Kids magazine.



Our Garden Club students enjoyed researching and sharing about the vegetables they have grown this year.

Science Rocks is new expanded learning program for 2nd, 4th, & 5th grade Students provided by Camp Fire. Students read about science concepts and get to participate in hands on experiments.

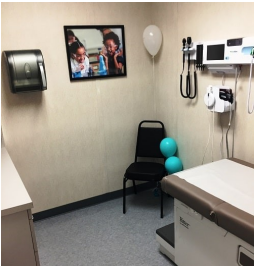


Our Girl Scouts troop participated in selling delicious cookies and were treated to some cookies of their own to sample.

The Southeastern Basketball Team hosted a Field Day for our Club Eagle tutoring students to celebrate their accomplishments. The students had a blast connecting with the SEU athletes.



# HEALTH & WELLNESS



**Testimony from CLE parent when her daughter utilized the "Big Clinic"**

Thank You so much, I truly appreciate the services you provide. You have save me a missed day of work and saved kids from missing school.

Thanks again.  
"CLE Parent- Heather Coley"

Southeastern University athletic students volunteered their time to serve with the monthly food distribution where our families and community members receive fresh vegetables, fruits, meats and breads.



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Families received a food support box for Spring Break week. We want to thank our friends at Publix for helping deliver items to the school!



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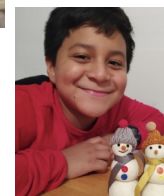
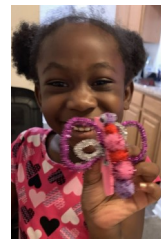
Second grade students receive dental education and services.

# FAMILY & COMMUNITY ENGAGEMENT

Know&Grow is an exciting new program where parents learned computer skills and children had fun learning about healthy eating. We had raffles, great food, family games and knowledge gains.



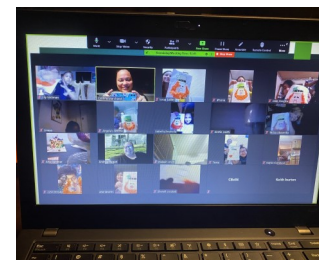
In partnership with Southeastern University, Fire English classes were provided via Zoom to assist non English speaking/proficient adults to learn English as their second language.



We always have a great time with our families that participate in the Family Virtual Night events. Families enjoy connecting, playing games and building relationships. We grow stronger together.



How adorable are these creations made by our families on Crafty Eagles? Our Crafty Eagles program provides an opportunity for our families to bond, create memories and have fun together!





# NEWS AND COMING EVENTS

Food Distribution - 1st and 3rd Wednesdays at 4:30pm, parking is available in the Lowry parking Lot across from the school beginning at 2:30pm.

Community Health Center on-site at Crystal Lake Elementary is open daily, Monday through Friday, from 7:30am-5:00pm.

Student Orientation Day - Friday, August 6, 2021

First Day of School for Students - Tuesday, August 10, 2021

## HUB RESOURCES

Food Drop

**Monthly Food Pantry**

CRYSTAL LAKE ELEMENTARY  
A COMMUNITY PARTNERSHIP SCHOOL

Receive your box!

In partnership with leading Tampa Bay and Central Florida Health Care, Central Florida Health Care is proud to announce a NO COST drive-thru food pantry for the Polk County families in the Crystal Lake Community. We'll be here for you 1st and 3rd Wednesdays of every month.

Each family receives a box of food at no cost while supplies last. 1st and 3rd Wednesdays of the month | 4:30 pm | Park in the Lowry Parking Lot

In Partnership with

Community Health Center

Quality medical care for the entire family  
...right here, in your neighborhood.

**NEW HOURS!**

**Central Florida Health Care**  
on-site at Crystal Lake Elementary,  
A Community Partnership School

Hours of Operation:  
Monday - Friday  
7:30 a.m. - 5:00 p.m.

Medical | Pediatrics

Providing medical care to students, their families and the neighboring community.  
Private Insurance | Medicaid | Medicare | Sliding Fee  
cfhonline.org | For more information 866.234.8534

In partnership with



Questions or  
comments?  
[Email us.](#)

## CRUNCHY "OVEN-FRIED" CHICKEN NUGGETS



Central Florida Health Care's Registered Clinical Dietician and Nutritionist, Ron Lund, would like to share with you all a fun, easy, and delicious recipe from the American Cancer Society that will have your whole family enjoying dinner time. The Crunchy "Oven-Fried" Chicken Nuggets recipe serves four, has a prep time of 15 minutes, and a total time of 30 minutes.

### Ingredients:

10 classic or whole grain Melba toasts (two pouches)  
1 tablespoon of canola oil  
1 egg  
1 teaspoon Dijon mustard  
¼ teaspoon dried oregano  
¼ teaspoon salt  
¼ teaspoon garlic powder  
1 pound boneless, skinless chicken breasts, cut into 2-inch nuggets

### Nutritional Facts:

Calories: 230, Calories from Fat: 70, Total Fat: 8.0 g, Saturated Fat: 1.5 g, Trans Fat: 0.0 g, Polyunsaturated: 2.0 g, Monounsaturated: 3.6 g, Cholesterol: 120 g, Sodium: 355 mg, Total Carbohydrate: 10 g, Dietary Fiber: 1 g, Sugars: 0 g, Protein: 27 g

### Directions:

Preheat the oven to 400 degrees. Place a cooling rack on a rimmed baking sheet.

In a food processor, pulse the Melba toast until pieces are about 1/8 inch in size, with some smaller and larger pieces. Don't over process. Add oil and pulse once or twice, or until crumbs are just moistened. (If you do not have a food processor, you can also use a rolling pin or a meat mallet to crush the toasts by hand in a zip lock bag. Then mix the oil and crumbs together in a bowl.) Transfer crumbs to a plate.

In a separate bowl, beat the egg. Add mustard, oregano, salt, and garlic powder and beat to combine. Dip chicken in egg mixture, then in crumbs, pressing to coat all sides of the meat.

### Nutritional Facts: Compare this Recipe with Fast

Burger King	McDonalds	Chic-Fil-A
10 piece nuggets:	10 piece nuggets:	8 piece nuggets:
Calories: 700	Calories: 500	Calories: 250
Fat: 42 g	Fat: 31 g	Fat: 11 g
Saturated Fat 6-7 g	Saturated Fat: 5 g	Saturated Fat: 2.5 g
Sodium: 1500 mg	Sodium: 900 mg	Sodium: 1210 mg