

Belle Chasse Academy



Tuesday Memo

January 13-17, 2020

Important Dates

Jan 20	NO SCHOOL: Martin Luther King Jr. Day
Jan 21	Coffee w/the Principals (8:30 a.m.)
Jan 24	Try Day Friday in the Cafeteria
Jan 29	Student of the Month (1:15 p.m.)
Jan 31	Daddy Daughter Dance
Feb 4	Progress Reports
Feb 7	Kona Ice Truck
Feb 11	Falling in Love with Literacy Event

Coffee with the Principals

Tuesday, January 21st @8:30a.m.

Topic: After School Activities & Extended Learning Opportunities

~ Refreshments Served ~

~ Door Prizes ~

Congratulations to the following students who demonstrated top growth on our second ANet Benchmark Test:

MATH - (Students and their percentage of gains)

2nd Grade

Richard McKee – 39
Cai Tyler – 39
Josie Gigoux – 39
Domingo Cuevas – 39

3rd Grade

Peyton Preston – 33
Evelyn Garcia – 29
Fallon Ross – 29
Cannon Higgins – 27

4th Grade

Aubree Kelly – 35
Jael Moore – 21
Ian Giron – 20

5th Grade

Aalyah Ramos – 39
Ronalkdy Rojas – 38
Larnell Fleming Jr. – 29
Daniela Moreno – 29
Brian Pittman – 29

6th Grade

Autumn Murphy – 54
Alesia Phillips – 53
Isabela Burciaga – 46
Dylan Camren – 46

7th Grade

Destina Ramsahai – 25
Jada Taylor – 23
Zoey Ricketts – 21

8th Grade

Hailey Garcia – 37
Gavin Perryman – 34
Riona Carr – 27
Cian Eberle – 27

ELA - (Students and their percentage of gains)

2nd Grade

Inaya Brown – 46
Kylee Jefferson – 31
Alara Malta – 31
Elizabeth Woods – 31

3rd Grade

Charlotte Stacey – 41
Evelyn Garcia – 31
Haley Moonshower – 31
Colten Honeycutt – 30

4th Grade

Dominique Allen – 50
AnaLyn Casper – 50
Jahmier Henderson-Wilson – 40
Caleb Lance – 35
Chase Lance – 35

5th Grade

Kalani Langan – 35
Sienna Muntzner – 34
Ethan Barnes – 33
DeLeah Matthews – 33
Skylar Baptiste – 33

6th Grade

Jordan Burnett – 50
Julian Lee – 44
Elizabeth Tellez – 42

7th Grade

Jasmyn Taylor – 40
Destina Ramsahai – 39
Ava Hebert – 36

8th Grade

Ava Orellana – 50
Madison Black – 46
Aurora Kelly – 44



Louisiana
HARVEST of
the **MONTH**

Eagles' Way Cafe Try Day

Friday January 24th

10:45am- 1:00pm

Join us for *Zesty Asian Chicken Salad*
and meet Chef Galle!



Let's Get Cookin'

ZESTY ASIAN CHICKEN SALAD

Makes 4 servings. 1 cup per serving.
Prep time: 20 minutes

Ingredients:

- 3 boneless, skinless chicken breasts, cooked and chilled
- 3 green onions, sliced
- 1½ cups small broccoli florets
- 2 medium carrots, peeled and cut into strips
- 1 red bell pepper, cut into strips
- 2 cups shredded cabbage
- ½ cup fat free Asian or sesame seed salad dressing
- ¼ cup 100% orange juice
- ¼ cup chopped fresh cilantro

Procedure:

1. Cut chicken breasts into small strips. Place in a medium bowl with onions, broccoli, carrots, bell peppers, and cabbage.
2. In a small bowl, stir together dressing and juice. Pour over salad and toss well to coat.
3. Stir in cilantro. Serve chilled or at room temperature.



www.bellechasseacademy.org

www.lsuagcenter.com

www.louisianabelieves.com

Louisiana HARVEST of the MONTH

January



Broccoli

Broccoli is a member of the family Brassicaceae, also known as the cabbage family, along with Brussels sprouts, cabbage, cauliflower, kale and radishes. We eat the flower buds of the plant before they bloom. The stalks are also edible, but they have a tougher texture. The plant's primitive ancestor is native to Asia Minor, but a significant amount of its development occurred in southern Italy. Broccoli is a sun-loving, cool-season crop that is best grown in the spring or fall. It's also incredibly healthy and dubbed the 'crown jewel of nutrition.' Here's how to plant, grow, and harvest broccoli in the garden!

Broccoli is worth growing for its goodness alone. The annual vegetable is rich in vitamins and minerals, and is a good source of Vitamin A, potassium, folic acid, iron, and fiber.



Nutrition Facts	
Serving Size: ½ cup fresh broccoli, chopped (44g)	
Calories 15	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 21mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 5%	Calcium 2%
Vitamin C 65%	Iron 2%

BROCCOLI

Produce Tips

- Look for broccoli with a firm stem and tight, compact florets that are dark green.
- Store broccoli in an open plastic bag in the refrigerator for up to five days.
- Rinse (don't soak) broccoli under cool water just before serving.
- Cook broccoli by steaming, microwaving, or stir-frying. Boiling causes some of the vitamins and minerals to be lost.

Fun Facts

- Broccoli was developed from the flower of wild cabbage.
- Broccoli and cauliflower are referred to as inflorescent (arrangement of flowers on a stem) vegetables, along with artichokes.
- White cauliflower heads lack color because they have undeveloped chlorophyll.
- Ounce for ounce, broccoli has as much calcium as a glass of milk.

Mardi Gras Masquerade 2020 Daddy Daughter Dance

Where: BCA Gym

Date: January 31, 2020

Time: 5:00pm-7:00pm

Pre-purchase admission is \$7.00 per person and tickets will be given to the students 2 days before the event. Ticket price will include 1 slice of pizza and a drink with a Souvenir cup. (\$1.00 discount for pre purchases)

***You can also pay at the door \$5.00 for Admission Only

Additional Food, Drinks and Souvenirs will also be available for purchase. Only BCA Girl Students (with School ID) and Dads or 1 Adult Chaperone will be allowed to attend

Mask for Dads \$1.00 each



Mask for Daughters \$3.00 each



Limited quantity available.

Pre purchased mask orders are filled first in the order they are received

They need to be pre-purchased by 1/29/2020

Lifetouch will be there to take pictures.

Pre-purchase Mask & Tickets

Student's and Parent's Name: _____

Homeroom Teacher _____

of Tickets _____ Telephone Number _____

Mask Daughters # _____ Colors are selected by random.

Mask Dads # _____ Colors are selected by random.

RLQ



Coffee with the Principals

Tuesday, January 21st

8:30 a.m. in room 245

**TOPICS: After School Activities and
Extended Learning Opportunities**

Please bring your favorite cup and join us for coffee
(or tea) with the BCA Elementary and Middle School
Principals and other BCA staff members.

~ Refreshments Served ~

~ Door Prizes ~

Please RSVP to jbraatz@bellechasseacademy.org

(504) 433-5850 ext. 245

Please make childcare arrangements



REGISTRATION BEGINS JANUARY 15!



From 6-8 pm

**Belle Chasse Primary
Multipurpose Building**
539 F Edward Hebert Blvd,
Belle Chasse, LA 70037

Contact Isabelle with
questions
(504) 881-6213

