



Snow covering the ground & soil in the winter.

WHAT HAPPENS TO THE GROUND AND SOIL IN THE WINTER?

We haven't had as much snow as usual this winter, but the bit of white stuff that has come was so good for our ground and soil! Did you know that SNOW is so important to making our soil healthy over the winter months?

If you've spent any time digging around in our Conestoga Diggers school garden, you've probably found some critters in our soil. They belong there, and help to keep our dirt healthy. When the snow comes, it will trap heat energy inside the ground to provide a safe, warm place for those animals to survive the winter months.

There is a lot going on under your feet when you walk on the frozen ground in the cold winter time!

Some of the animals surviving down there are insects, frogs, snakes, turtles, and worms. They are all "soil animals" and along with healthy bacteria and fungi, they are working hard all winter long to keep the ground healthy and ready for spring when it is time to plant again and grow food, flowers, and other things that help make our earth green!

Next time you're out in the cold on a winter day, try to imagine the systems and living creatures below the ground. We can thank snow cover and soil for protecting these creatures and keeping them alive and well!



Activity for you: Make a Recycled Birdfeeder!

Each time we send you a newsletter this year, we are going to give you an activity that you can participate in for the chance to win a \$10 gift card to Pine View Dairy!



For this activity, we want you to create a birdfeeder out of recycled items - already used materials. Feeding birds is a great way to brighten a dreary day. It's also a never-ending source of entertainment and enjoyment. Action, color, drama, song - it is all there at your backyard birdfeeder. (Pennsylvania Wildlife Publication #11)

You can easily create your own recycled birdfeeder. Find any materials you might otherwise have thrown away or recycled like plastic bottles, cans, cartons, wood scraps-anything you can find-and turn them into a feeder for your feathered friends. Some examples are pictured below, but use your own creative ideas to make your feeder.

Bring your feeder to the school and show your class what you've done, and sign the participation sheet in your school's office to be entered to win the \$10 Pine View Gift Card. **The deadline to enter is Friday, 3/31/17! Mrs. Williams will draw the winner on Tues. 4/4.**

(If you need birdseed for your feeder, bags will be available for you in your school's office.)

Happy Creating!



YOU ARE EATING RAINBOWS!!!!

64 PHOTOS
HAVE
ALREADY
BEEN SENT IN!



Wow Conestoga Elementary! We challenged you to start **EATING A RAINBOW** by eating a variety of fruits and vegetables (that are grown from a garden!) and **YOU ARE DOING IT!** Your bodies are being supplied with needed vitamins, minerals, and fiber to keep you healthy, strong, and help everything in your body to work properly for you. Look at you go!



With the way you've been **eating rainbows**, we are on our way to being the strongest and healthiest elementary school in Penn Manor! Go Conestoga!

We invite you to participate (and keep participating!) by sending in a photo of you **"eating a rainbow"** (one of the colorful fruits or vegetables) to conestogadiggers@gmail.com. When we return to our new Conestoga Elementary School next year, you'll see a special rainbow display of all your photos. If you can't email it, just bring in a photo to your school office.

Every person who sends in a photo will be given a participation prize. There will be one **BIG** grand prize **EAT A RAINBOW** winner who will receive a giant, awesome **Go'N Bananas** Gift Basket worth \$75! Each time you eat a piece of the fruit & vegetable rainbow, submit a photo. The more photos you send, the more chances you'll have to win!



Here is an **EAT A RAINBOW** Color Chart that gives you the ideas of which fruits & vegetables to eat.

CONESTOGA EAT A RAINBOW CHALLENGE

Rainbow Color	Health Benefit	Example Fruits and Vegetables
Red	Strength Good Health	Strawberries, Tomatoes, Watermelon, Cherries, Red grapefruit
Orange	Good Health	Carrots, Squash, Citrus, Melons, Peaches
Yellow	Good Health Helps your eyes	Yellow peppers, Corn, Legumes
Green	Helps your eyes, heart, & skin Good Health	Spinach, Collard greens, Asparagus, Broccoli, Tomatillos, Green Beans
Blue/ Purple	Strength Good Health	Blueberries, Grapes, Plums, Grapes, Raspberries, Eggplant

