

### SAYDEL COMMUNITY SCHOOL DISTRICT

# **Cornell Elementary School**

**Big City Opportunities, Small Town Commitment for Students** 

**November 2017 Newsletter** 

# **Upcoming Events**

### **Cornell Elementary**

**NOVEMBER 6, 2017**Board Work Session, 6 PM

NOVEMBER 9, 2017

3<sup>rd</sup> & 4<sup>th</sup> Grade Iowa Wild Field Trip

**NOVEMBER 13-14, 2017** Hearing Screenings for K-4<sup>th</sup> Grade

**NOVEMBER 14, 2017**PTO Meeting in Library, 6:30 PM

**NOVEMBER 22-24, 2017** Thanksgiving Break; NO School

**DECEMBER 2, 2017** 

2<sup>nd</sup> Annual Vendor & Craft Fair at Woodside Middle School

**DECEMBER 4, 2017** 

1<sup>st</sup> & 2<sup>nd</sup> Grade Winter Concert in High School Auditorium, 6:30 PM

**DECEMBER 7. 2017** 

Cornell PTO Wendy's Night, 5 - 8 PM

**DECEMBER 12, 2017** 

Cornell PTO Smokey D's Night, 5 - 8 PM

**DECEMBER 15, 2017** 

3<sup>rd</sup> Grade to the Nutcracker at Civic Center

**DECEMBER 22, 2017** 

Mini Sessions & Caroling with High School

**DECEMBER 25 - JANUARY 2, 2018** 

Winter Break; NO School

## **School Hours**

CORNELL ELEMENTARY 8:35 AM - 3:30 PM Wed.: 9:35 AM - 3:30 PM

NOTE: Each Wednesday school begins one hour later for teacher in-service.

MISSION: Serving the Unique Learning Needs of Each & Every Student

# Principal's Message

Greetings from Cornell! What a beautiful October we had this year! It has been great to be able to get our kids outside consistently for recess this month. That is such a crucial time of day for all of our kids. When the weather is as nice as it has been it allows them the opportunity to choose from many different activities. Our school provides an awesome amount of playground space and equipment.

As the weather has begun to get colder, it is important that we get our kids sent to school dressed appropriately for the weather. Please be sure that the kids have appropriate clothing to keep them warm as we will continue to



**Principal Brian Vaughan** 

Give Thanks

get outside as long as the weather allows. In the winter months, as long as the temperature stays above zero (including wind chill) we will most likely be going outside as we believe that our students need fresh air and physical activity. In making the decision we check windchills and playground conditions prior to going out.

If you are a family that needs some assistance with winter clothing, please contact us at school, and we will do our best to support you.

Now that we are a couple of months into the school year we have begun reaching out to our families with any attendance concerns. We have started to send home attendance letters to notify our families if we have been or are beginning to see a high rate of absenteeism. We will define "high rate" as five or more unexcused days.

Please know that these letters are meant in the most caring way. We love our Cornell kids and we want them here with us every day possible.

We just wrapped up conferences, and I hope that you found the online conference sign up to be an efficient way to schedule your students' times. I would also like to say THANK YOU to the 95% of families at Cornell that were able to conference with our teachers this first trimester. This is a great number that we are proud of but we hope to reach 100% in the spring.

In closing, I hope that you enjoy reading about all the great things happening at our school in the pages to come.

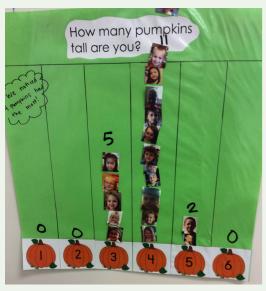
Thank you to all of you for your trust and support that you provide to our great school every single day. Our partnership in educating our students go hand in hand. I hope that you have a great month ahead!

Go Eagles! BE AWESOME TODAY!

# Preschoolers Learn About Fall

By the Preschool Team

ornell Preschool has been busy learning about the Fall season this month. Students got hands-on experience with all things Fall, including pumpkins and gourds. Students explored what is in a pumpkin and got to decorate one as a class. They also predicted how many pumpkins tall they thought they were. The teacher then helped measure using a stack of numbered pumpkins. Students identified the number on the pumpkin and graphed this information. Recognizing numerals is an important skill



for students to use in later math development. This picture is of Mrs. Bader's four-year-old class graph.

# Bullying Prevention at Cornell

ctober is Bullying Prevention Month and students at Cornell have been working hard to identify what bullying is and how to respond to bullies. Students learned that bullying is mean or unwanted behavior that is both repeated and intentional. Using this definition, we've been differentiating mean and rude behaviors from bullying. Students have also identified ways they can help stop bullying in our school by either standing up to the bully, being friends with people who are being bullied, or telling a teacher.

# Kindergarteners Learn About Pumpkin Life Cycle

By the Kindergarten Team

October has been a busy month in kindergarten! We learned about the pumpkin life cycle, and we had a wonderful opportunity to visit Center Grove Orchard in Cambridge to learn firsthand about how pumpkins grow. Each student got to ride on the hayrack to the fields and pick a pumpkin to bring home. We then visited the farm animals, played in the corn pit, and explored all the things the orchard has to offer. Thanks to our PTO for sponsoring this trip. It was a beautiful fall day, and we had a great time.

Fall parties were a huge success. Many families volunteered by providing games, treats and supplies, and a lot showed up to enjoy the afternoon of parading, costumes, games and treats. The many smiles show just how much fun the students had participating in these activities.







# **News From First Grade**

By the First Grade Team

First grade students were excited to be able to meet with a dietician and the Saydel Food & Nutrition Director Jessy Sadler to discuss

the food plate and healthy food choices. Each class was able to create a lunch menu that was served to all Cornell students.

In science, first graders studied the life cycle of a butterfly and were able to see the transformation of all four stages with the conclusion of releasing the butterflies.



# Notes From The Music Room

By Jeffrey Johannsen, Music Teacher

amilies and friends of first and second grade students, mark your calendars for December 4 for the first and second grade winter concert. It will be at 6:30 PM in the Saydel High School auditorium. Keep an eye out for a note coming home with your students with additional information. Seats tend to fill quickly once the doors open and usually there is standing room only once everyone has arrived. Come early to find your favorite seat and enjoy a night of holiday classics.



The third and fourth grade classes have just finished up a rhythm project. In small groups or individually they created rhythms on their own. They wrote them, practiced them and then preformed them on an instrument for their classes.

Kindergarten classes are discovering the many ways they can use their voices. We have discussed how we can whisper, speak, sing and shout. And we have incorporated all these techniques in a game that goes along with the poem *Acka Backa Soda Cracker*.

# Saydel Booster Memberships

Thanks to the following businesses and individuals who support the Saydel Athletic Boosters through membership.

### **BUSINESS PLATINUM EAGLE**

Rising Star/All Iowa Stone & Gutter The Results Group, L.L.C.
R Rogers Septic LLC
Jason's Lawn & Tree Care
Goode Greenhouses
Tesdell Electric
Wee's Tees
Power Systems
The Rasmussen Group, Inc.
Complete Plumbing Services
Stone & Gutter

### **BUSINESS GOLD EAGLE**

Heartland Chiropractic & Wellness Ctr. Capital City Equipment Co. Iowa State Bank Wicks Homes LLC Sassman Glass & Mirror Walker Construction & Painting

### **BUSINESS GREEN EAGLE**

North Ankeny HyVee

### **BUSINESS SILVER EAGLE**

Schneider Graphics Struther Brothers Kawasaki-Suzuki American Rolloffs Inc. Pearson Dirtwork & Trucking Inc. Pizza Ranch (Ankeny) Ferrellgas

### **INDIVIDUAL GOLD EAGLE**

Doug & Sue Cline Kelly & Mary Scott Kevin & Kelly Schulte Rollie C. Madison Brian & Lori Bowman Doug & Elizabeth Wheeler

### **INDIVIDUAL SILVER EAGLE**

Missy Burr Joshua & Denna Heyer Ruth Kouski

### INDIVIDUAL PLATINUM EAGLE

Corey Myers Scott Myers

# Second Grade Academic Update

By the Second Grade Team

In reading, second grade students have been busy learning how to determine the author's purpose of a text. Our next area of focus is the author's message of a story. In math, we are learning how to solve part-unknown problems and all about the relationship between addition and subtraction. During writing, we wrapped up our nonfiction report and are are beginning to write biographies using a narrative format. Our Grand Canyon unit has begun in science, and we are learning all about weathering and erosion.

# **ACADEMIC UPDATE**



By the Third Grade Team

Third grade continues to SOAR each and every day! We just finished our data unit in math, and we have started our next addition and subtraction unit. This will bring us into bigger numbers, so be sure to ask your child about the strategies we have been learning and using.

In literacy, we are honing in on main idea and key details in order to help us better understand our text. Our large focus throughout literacy is our research project on a sea animal. Students researched, organized, and will now begin writing their "chapter book." We are excited to see how their hard work pays off. Please continue asking your child about what they are doing at school. They should have lots to share!

# Notes From The Guidance Counselor

By Katelyn Neil, Guidance Counselor

This year at Cornell every teacher has a non-punitive space in their classroom where students go to take a break. We call this space Alaska. Alaska is available to any student at any time. If a student feels frustrated or upset, they may go to Alaska to calm down and refocus before rejoining the class. Students know that this is a space where they can use coping strategies such as taking deep breaths and counting to 10. We've encouraged all of the students to practice using Alaska and found that many students appreciate having this space and are able to self-monitor when they need a break.

If you've heard from your student or their teacher that he or she uses Alaska and appreciates having that break spot, you could try creating a similar space in your home. Alaska, or a cool down spot, doesn't have to have any fancy signs or tools. You just need a space for your student to sit down and try taking a few deep breaths or counting to 10. You could even have your student help you pick the spot or make a sign for the space that has a reminder of how to use it. Creating a designated space for breaks may help your student feel more comfortable identifying when they need to cool down and try using some of their coping strategies.

# **Fourth Grade News**

By the Fourth Grade Team

Courth grade has had a busy October. We have now established the daily routines of what is takes to be a successful fourth grader. The studentds have been working hard at being the leaders of the school. All the fourth grade classes have earned multiple 200 SOAR slip parties. That great work will have us earning popcorn parties very soon!

In math, the focus has been on multiplying two digit on two digit numbers. They have learned many strategies about breaking the numbers apart into numbers that they can more easily do. The students are also using this multiplication knowledge to help them figure out ways to solve division problems. We are working on having a "tool box" full of strategies that will help us solve problems.

In literacy, we have been working on a unit called Extreme Settings. The students have been learning about Wilson Bentley, a man who invented a way to take pictures of snowflakes. He lived in the extreme setting of Vermont in the winter. Later in this unit we will be looking at some extreme storms and finding ways to share that knowledge with our classmates.

In science, we are finishing up a unit on the force and motion of wind. Fourth graders built a boat and saw how it responded to having a wind force pushing against it. Our next adventure in science is called "Batteries Included." It will look at how electricity flows.

Thanks to all the parents that have provided support for us this year. We have had two field trips and a fall party. Thanks for helping us make your child's fourth grade experience awesome.





Also, thank you to all parents/guardians for participating in parent teacher conferences this fall. Conferences are the ideal place for us to share important information with you about your child's progress at Cornell.

Subscribe to receive all of Saydel's newsletters by emailing newsletter@saydel.net.



# From The Cornell Art Room

By Jessica Calhoun, Art Teacher

Things have been getting festive in the art this month, several of the grades have been working hard

on some fall-tastic artwork!

Kindergarten has been making collage Jack-o'-lanterns using multiple materials such as paper and paint! They learned about value, using light, middle, and dark orange on their pumpkins.

Second grade has been drawing gourds and pumpkins from observation, paying close attention to shape, size, texture, and overlapping. They will be getting to create these drawings with both colored pencils and chalk pastels.

Third grade has been reviewing patterns and creating and designing their own black and white patterns. After they created multiple patterns, the students drew them inside shapes to make Zentangle artwork. Last they used fall colors (orange, yellow, and red) to design a creative background around their leaf.





Kindergarten students create Jack-o'-lanterns.



Third graders make Zentangle artwork.





# Shoe Library for Cornell PE

By Liz Mashek, PE Teacher

All grade levels are finishing up on soccer skills as we head toward Fall break. As the weather turns colder, please try and remember to have students wear or bring athletic shoes for PE days as it can be challenging to participate without them. I would like to create a Shoe Library, where students can borrow athletic shoes during classes. I am accepting gently used shoe donations for the gym through the holiday season. If you have athletic shoes that you would be willing to donate, please send them to my office by the gym. Any and all sizes accepted! Thank you!

### **PE SCHEDULE:**

A Day - Rolf, Schroeder, Knutson, Crane, Rusher, Dennis, Van Houten

B Day - Webb, Shipman, Delahunt, Logan, Bragg, Hoium, Sager

C Day - Bramble, Boren, Shindelar, Crane, Rusher, Dennis, Van Houten

D Day - Forristall, Cable, Ploeger, Logan, Bragg, Hoium, Sager





By Gary Christensen, PTO Vice President

he month of October was a very busy month both at school and for the PTO. In October, we finished the fire pit raffle, held our first annual Trunk or Treat and provided a meal for fall Parent-Teacher Conferences.

The fire pit raffle was a blazing success. We were able to raise over \$450 that will go into our general fund to support our school. Congratulations go out to Melissa Neubauer who won children in the photo to the right.

The trunk or treat event was held at school on Halloween. We had a great turn out of

and enjoy a sense of community.

the fire pit and s'mores making kit. Melissa is pictured with her participants. This safe and fun









We would also like to give a giant "Thank You" to everyone who attended and assisted at Parent Teacher Conferences. The PTO provides an evening meal one night during conferences, and this semester we provided a taco bar. Thank you to everyone who helped out by dropping off food, preparing food, and setting/cleaning up. We could not have done it without you!

At our regular October PTO meeting, we welcomed two new additions to the Cornell PTO Board. Melanie Payne is our new Fundraiser Coordinator, and Staci Stocket is our new Community Night Coordinator. We are excited they have been elected to the Board, and we welcome their input. Also at our meeting, we enjoyed hearing a presentation by Jessy Sadler, Director of Food and Nutrition Services for the Saydel District. She shared some of the projects her department is working on and reminded us about Classroom Catering. This is a service offered to provide snacks, drinks and treats to the classroom for parties, birthdays or any days. A form is available on the district website, and we highly encourage you to consider this option next time you would like to have treats in your child's classroom. We also heard from members of the PBIS team (Positive Behavior Intervention Support) about the activities they plan once a month, the new signs around the building and ways they are focusing on rewarding positive behavior.

Please join us at the next meeting of the Cornell PTO on November 14 at 6:30 PM in the Cornell Library. Ms. Calhoun will be joining us to talk about Artsonia and our upcoming fundraiser. Also come hear Director of Activities and Community Education Melissa Crosse talk about our Community Ed programs. We provide childcare, if needed, and would love to see you there. If you have any questions, email us at cornelleaglespto@gmail.com or message us on Facebook @CornellElemPTO.

# When Do I Keep My Child Home From School Due to Illness?

By Dianne Breitbarth, Cornell Nurse

f your child has the sniffles, cough, sore throat or mild congestion and they haven't slowed down at home, they are probably able to participate in school activities. Your child should stay home if they have a fever, are nauseated, vomiting or has diarrhea. Your child can return to school if they are no longer vomiting and have gone fever free (<100.0) for 24 hours without the use of fever reducing medications. Students must also stay home for 24 hours after starting medical treatment for pink eye or strep throat. Frequent hand washing is the best way to avoid getting sick and spreading illness.

Weather permitting, Cornell students are given outside recess each day. Decisions to have outside recess during cold weather depend upon the temperature and the wind chill factor. As noted in the student handbook, a doctor's note is required for any student that needs to stay inside from recess for any longer than one day. The Saydel School District believes in the importance of fresh air, so please be sure that your child has the appropriate clothing for recess.

All medications brought to school must be in the original container, whether they are prescription or an over-the-counter medication. This includes cough drops. A signed permission slip must be on file for us to administer the medication. Permission slips can be found in the office and on the Saydel website.

The nurse's office is in need of adjustable waist pants, sizes 6-14. They may be dropped off in the office.

# English Language Learners (ELL) Update

By Nicole Temeyer, ELL Teacher

Our English Language Learners (ELLs) have been tracking their growth in their ability to read accurately and fluently. Each student has a graph where we chart how they read for the week, and it has been exciting to celebrate improvements and the success they've made so far! We also have started using "Imagine Learning" again which is an app that provides vocabulary, language, and literacy instruction through games. The students are using this in their classrooms when they have independent work time. We also welcomed a new student to our school recently, and we are so excited to have her at Cornell!



Eagle's Nest will be open during Winter Break at Cornell.

There will be arts, crafts, movies, gym time and a lot more fun!

Eagle's Nest will be open December 27, 28, 29 & January 2.

Hours will be 6:00 AM to 5:30 PM

Fee is \$20 per child/per day.

Payment is required in advance so the program can be staffed accordingly.

Eagle's Nest Winter Break Camp Registration Deadline is Friday, Dec. 8.

If you have questions, please contact Alivia Bullis at 515-263-3037 or email bullisalivia@saydel.net

# Walk Safe This Winter



As the weather starts to change and the cool air moves in, winter is right around the corner. I would like to give a quick reminder about some safe winter walking tips.

Be careful on snow and ice, Follow these 5 golden rules.:

- 1. Always wear proper footware.
- 2. Don't jump or slide.
- 3. Stop and watch for hazards.
- 4. Give yourself plenty of time to get where you need to go.
- 5. Take short steps or shuffle for stability.

Public safety announcement from Gerald Young, Saydel School District Grounds Supervisor.



# November 2017 Elementary Physical Activity Calendar



National Health Observances:   Check out Ognetiation	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Health Observances: Gandy' Check out Observances: Gandy' Check out Observances: Gandy Check out Observances: Gandy Check out Observances: Month  - Lung Cancer Awareness Month -			Extra Halloween	1	2	3 Side to Side Jumps	4
** American Disbersances:			candy?	Crab Walk	Walking	Stand on the side of a	Jumping Beans
- American Dabetes Month     - Boddage to troops     - Lung Cancer Awareness Month     - Lung rope to music     - Lung rope to music rope to music     - Lung rope to music     - Lu	National Hea	Ith Observances:	-Check out Operation	Try crab walking	Practice walking at	small object. Face	Be creative and see
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Stairs  Stairs	Lung Cancer	Awareness Month		members or friends and	hopping, jumping,	times as you can in 1	rope.
Stairs  Unup stairs in your  Carayou Like a Seal  Unung a commercial  Jump rope to musici  Lean your Some and  Lean During a commercial  Scavenger Hunt  Lean Commercial Stroil  Lean During a commercial  Scavenger Hunt  During a commercial  The on your wheel state a walk  Tasts syou can, Walk  Tasts you can, Walk  Tasms of two. Hold  Wheel Barrow Race  Now with your  Teams of two. Hold  Wheel Barrow Race  Now with your  Teams of two. Hold  Wheel Barrow Race  Now with your  Teams of two. Hold  Wheel Barrow Race  Now with your  Teams of two. Hold  Outsied for your house  Who we with your conserved and a larger practice best tike a step  Thy your conserved and a larger practice  Insh. Be careful.  Thy our conserved and a larger practice  Thy our conserved and a larger practice  Thy our conserved and a larger practice  Insh. Be careful.  Thy our conserved and a larger practice  Thy our conserved and a larger practice  Insh. Be careful.  Thy our conserved and and a larger practice  Thy our conserved and and a larger practice  Insh. Be careful.  Thy our conserved and and a larger practice  Insh. Be careful.  Thy our conserved and and a larger practice  The on			-Participate in a <u>local</u> <u>candy "buy back"</u>	have a race.	galloping, leaping and sliding in different directions	minute. Iry and beat your score!	l each a friend.
Carioca   Jump rope to music   Donal fours arch your up stairs	2	9		8		10	11 Cat Pose
Lump rope to music in your standard, and the consequence of the control of the co			On all fours arch your	Scavenger Hunt		Crawl Like a Seal	On all fours round your
tourise/partment as can your with a connectation. Split into the action where a list of 20 things a cound your emits to pull your can value depend without stopping?  Carioca Kpping a step for a stop your can value a list of 20 things a cound your emits to pull your low with a back shift Bowling pins and into make a list of 20 things a cound your emits to pull your can value hoop the lod your can run around the work of side, back a fine that hoops the lod your day and thick a step hour day and thick and a can hula hoop the longests like howling pins and stop wing poses together.  27 Canov-Cat Pose I Side, forth, and hoop the long with a ball, Hit if Move with your cow and case who longest the bowling pins and shock where chases with a ball, Hit if Move with your sow and case that the middle.  28 Cavo-Cat Pose I Side, Forth, and by the work of the character your poles the pation in and make up a game back. If so to the character your condition in the middle.  29 Cavo-Cat Pose I Side, Forth, and hoop the longest ike when your can value hoop the longest if the walk on their of the pope and see who longest and another chases when your can value hoop the longest if the character your bowling pins and stop would be a partner it stages and another strike a step bowling pins and shock where chases who longest and another strike a step bowling pins and bowling pins and bowling pins and stop would be a partner it stages and another strike a step bowling pins and boy and it stoped your circle your bowling pins and bowling pins and solve would be a partner it stages and another strike? A spare?  29 Date of your partner is early another strike a step bowling pins and body and the partner is early the music solve when your get tagged hours and try and hit them indicide.  20 Cavo-Cat Pose of Strike and the strike a will a body the strike a step bowling pins and body and the partner way. Hit if? Move the partner way, thit if? Anove the partner way, thit if? Anove the partner way, thit if application the partner way. The partner	Run up stairs in your		back	)	During a commercial	Lie on your stomach,	back pulling you spine
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Carloca         Wheel Barrow Race flowed the builders facing flower with your Teams of two. Hold flower with your Teams of two. Hold flower and and all an hoop and see who drughest flow flower the longest book with a ball, Hit it? Move with your coar flower your busines for your done.         14 busined Barrow Race flower and a see who door with a ball, Hit it? Move with your Teams of two. Hold with your Teams of two. Hold your coar run around the flower side, back flower the short flower with a ball, Hit it? Appear strike? A spare?         14 busined flower and a see who door with a ball, Hit it? Move with a ball. Hit it? Move with a ball. Hit it? Appear strike? A spare?         14 busined flower and the flower flower and the flower flower and the spot with a ball. Hit it? Move with a ball. Hit it? Move with a ball. Hit it? Move flower with a ball. Hit it? Move flower	challenge.		up while your tummy is	can find them first.	this time speed walking	back straight.	9/1
Carioca         Wheel Barrow Race stains of two. Hold status fields from the side, back and a finish. Be careful.         14         15         16         17         Create a Game shoulders facing from the shoulders facing shoulders facing with your care and shoulders facing from their shoulder shoulders facing from their shoulders facing shoulders facing from their shoulders facing from their shoulders facing should shou			pushed toward the ground.		so you don't miss a thing!		
Carioca         Wheel Barrow Race         See how many times shoulders stated forward. Say to grow partners feet while outside of your roused. Say to your partners feet while outside of your pulse when side, back finish. Be careful.         Using an empty laundry your basket or bucket, they walk on their finish. Be careful.         Larget Practice outside and an outside of your house with your side, back finish. Be careful.         Using a ball a sock, using a manal make up a game up a game under a step pack titake a step pack.         Blow up a balloon. Can pour make up a game under a game pack and make up a game under a step pack.         Create a Game up a game under under a game pack and make up a game under a step pack.         Create a Game up a game under up a game under a game under a game pack and make up a game under a step pack.         Create pack in a game under a game under a game under a game pack.         Create pack in a game under a step pack in a game under and under and a la hoop and see who and see who and see who and see who longest         22         23         Freeze Dance high resertor and a jump rope.         High Knees & Stretch in a pack, if it is up to a game are and a jump rope.         24         Area someone start in a mid a jump rope.         24         Area someone start in a mid a jump rope.         24         Area someone start in a mid a jump rope.         24         Area someone start in a pack, if it	12	13		15	16	17	18
Move with your Teams of two. Hold foward:  Teams of two. Hold be packed, front, side, back front and make the balloon of they walk on their side, back finish. Be careful.  Hula Hoops  Try your cow and call hold be part and an object in side. Each time funds a see who can hula hoop the ball on the middle.  Try your cow and call hold be part fixed a step hula hoop and see who longest  Try your cow and call hold be part fixed a step hula hoop and see who longest  Try your cow and call hula hoop and see who longest fixed be spired bowling pins and bowling pins and bowling pins and the middle, and the middle and	Carioca	Wheel Barrow Race		Underhand Toss	Balloon Bounce		Side to Side Jumps
shoulders facing the partners feet while volved to you can run around the forward. Say to your cush side, back front, they walk on their them they walk of the whole they walk of the whole they walk of the walk	Move with your		See how many times	Target Practice		Create a Game	Stand on the side of a
forward. Say to your partners feet while outside of your house who can hula hoop the norgest light and and an hula hoop the up of targets like bowling pins and strike? A spare?  your side, back half a your partners feet while outside of your house whoo used: Strike? A spare?  your partners feet while outside of your house with outselfs. Side, front, thanks outside, back of side, front, the wildle with outside side, back or side, back or strike? A spare?  your partners feet while outside of your house with a ball, hit it? Now coveral house with a ball, hit it? Now outself. Side, front, the middle.  your partners face to the finish. Be careful.  Check your pulse when object inside a step place finish. Be careful.  Check your pulse when object inside a step partner.  22 Just play!  Hula Hoops  your make it take a step pall on the air and a jump rope. and a jump rope. back to safe it after a step practice back to safe it after a step practice.  23 Just play!  Hang was and a jump rope.  All the and-seek, tag, and some a start high knees & Stretch and a jump rope. back to safe it after a step practice.  24 Freeze Dance High knees & Stretch and a jump rope. and stop music. When your get taged and and a jump rope. and stop music. When your get taged when it is of strike a step. back to safe farther away. Hit it? Your outset a controlled to the hospital of the hospital in the middle.  your make it take a step.  25 A Freeze Dance High knees & Stretch High knees for 30 and stop music. When your get taged and ty and hit them when it he middle.  27 Band Aid Tag Shoulder Shrugs  Your part and him hoop the hospital when it he middle.  All the and try and hit them with your get tagged shoulder shour of the post you get a cone. If tagged, join the loser back to safe farther away. Hit it? Now outset a cone if tagged in the hospital of the hosp to the hospi	shoulders facing	Teams of two. Hold	you can run around the	Using an empty laundry	Blow up a balloon. Can	Use your imagination	small object. Face
they walk on their without stopping.  they walk on their hands. Race to the finish. Be careful.  land back.  Hula Hoops  Try your cow and cat hula hoop the longest  Aakeshift Bowling pins and service your bowling pins and strike? A spare?  Ithey walk on their hands. Race to the finish. Be careful.  Check your pulse when object inside. Each time chaise side, back.  Lie on your back.  20 Cow-Cat Pose Tage back.  21	forward. Say to	your partners feet while	outside of your house	basket or bucket,	you keep the balloon in	and make up a game	forward and jump back
side, back hands. Race to the finish. Be careful.  Hula Hoops Hula Hoops Hula Hoops Hula Hoops Try your cow and cat hoop and see who longest and hula hoop the longest at the 10 targets like bowling pins and action cowing a brock, where it also and a longest action you get a strike? A spare?  Low-Cat Pose Hula Hoops Try your cow and cat finish. Be careful.  20 Cow-Cat Pose Hula Hoops Try your cow and cat move your legs like hoop and see who can hula hoop the longest after any 10 targets like hoop and see who string the most is and try and hit them action you get a strike? A spare?  21 Sabad fined and a partner.  22 Just play! Hand Hoops Try your cow and cat huld hoop the hoop the hoop the hoop the finish. Be careful.  23 Freeze Dance High Knees & Stretch High Knees & Stretch is high knees for 30 and stop music When your get and stop music when it's off strike a stop part. Repeat stomach muscles.  23 Freeze Dance High Knees & Stretch is high knees for 30 and stop music when it's off strike a stop part. Repeat stomach muscles.  24 Freeze Dance High Knees & Stretch is high knees & Stretch is high knees for 30 and stop music is on dance, you!  24 High Knees & Stretch is high knees for 30 and stop music when it's off strike a strick in and try and hit them whoop the hoop is a strick in and try and hit them action with a ball. Hit it? Move the knees to act in the middle, with a ball. Hit it? Move the knees for string it shoulder by shoulder when you get tagged a strike? A spare?  25 Just play!  Hula Hoops  Acrazy pose.  Band Aid Tag  Shudler who your left and hit him and hit him and hit him and hit him a hoop the hospital at the part of the hospital with your right shoulder spread a strike? A spare?  26 Just play  Freeze Dance  High Knees & Stretch  High Knees & Stretc		they walk on their	without stopping.	practice tossing a small	the air? For a	using a ball, a sock,	and forth as many
finish. Be careful. done. you make it take a step balloon. Try it with a back.  19 Hula Hoops Try your cow and cat yoga poses together. It was and step that hoop and see who can hula hoop the hoop and see who can hula hoop the hula hoop the hula hoop the hoop and see who can hula hoop the hula hoop the hula hoop the hoop t		hands. Race to the	Check your pulse when	object inside. Each time	challenge add another	and a jump rope.	times as you can in 1
1920 Cow-Cat Pose Hula Hoops21232424Hula Hoops Hula Hoops Hula hoop and see who can hula hoop the bowing pins and bowling strike? A spare?20 Cow-Cat Pose Hula Hoops And ty gour cow and cat yoga poses together.21242424Hula Hoops Grab a friend and a hula hoop and see who can hula hoop and see who can hula hoop and see who can hula hoop the longest21High Knees & Stretch High Knees for 30 and stop music. When hoop, and stop music is on dance, you're riding a bicycle can hula hoop the longest23242425Makeshiff Bowling Fowling pins and process pack; its can you get as strike? A spare?27282930Shoulder Shrugs shouling pins and proper back to safe strike? A spare?2930Shoulder Shout of physit shoulder shout, winner chases strike? A spare?2930Shoulder Sprate shoul winner chases strike? A spare?30Shoulder Sprate shoul winner chases strike? A spare?30Shoulder Sprate 		finish. Be careful.	done.	you make it take a step	balloon. Try it with a		minute. Try and beat
Hula Hoops Hula Hoops Try your cow and cat hoop and see who gan poses together. It is not that hoop the hoop and see who strength your strength your strength set up 10 targets like hoop pand see who and the middle, and thy and hit them shouling pins and shoot, winner chases to safe farther away. Hit it? wou got the hospital strike? A spare?  20  21  22  31  31  31  31  31  31  31  31				back.	partner.		your score!
Hula Hoops Try your cow and cat Hula Hoops Try your cow and cat Hula Hoops Jab a friend and a large poses together.  Jab a poses together.  Jab a friend and a large brack tog and see who can hula hoop the longest  Lie on your boack and move your legs like and try and hit them ractice your bowling pins and strike? A spare?  Jab a poses together.  Lie on your back and hide-and-seek, tag, hopscotch, hula hoop, the hosp and see who can hula hoop the longest like bowling pins and shoot, winner chases strike? A spare?  Jab a poses together.  Lie on your back and hide-and-seek, tag, hide-and-seek, tag, hopscotch, hula hoop, the hosp rie of an expectation and stool move your legs like bowling pins and shoot, winner chases the loser back to safe a farther away. Hit it? Move give tagged strike? A spare?  Jab a poses together.  Lie on your back and hide-and-seek, tag, hide-and-seek, tag, and strike and strike? A spare?  Jab and try and hit them strike? A spare?  Jab and try and hit them strike? A spare?  Jab and try and hit them strike? A spare?  Jab and try and hit tit? Move the spot you got the hospital other team.	19	20 Cow-Cat Pose	21	22	23	24	25
yoga poses together.  Lie on your back and la hoop and see who can be stifted and see who can be stifted and see who can build be so more and see who can build be sore and see who can build be sore at largest like loser back to safe strike? A spare?  Sababatian and a single strike? A spare?  Sababatian boop the label strike a great strike? A spare?  Sababatian boop the label strike a label strike? A spare?  Lie on your back and hide-and-seek, tag, have someone start high knees for 30 and stoch with a ball with the label strike? A spare?  High knees for 30 and sector 30 and strike a lide hops out of the hospital strike a lide hops of the hospital strike? A spare?  High knees for 30 and sector 30 and strike a lide hops part. Repeat body part. Repeat body part. Repeat and strike and strike a lide hops on the hospital strike and strike? A spare?  Lie on your legs like hops cour legs like a pogo stick, it's up to several hour sore and strike? A spare?  Lie on your legs like hops cour legs like and strike a lide and strike and strike and strike and strike?  Lie on your legs like hops of strike a lide and strike and strike and strike and strike and strike?  Lie on your legs like hops of strike and strike and strike and strike and strike and strike and strike?  Lie on your legs like hops of strike and strike and strike and strike and strike and strike and strike?  Lie on your legs like hops our legs like hop sour legs like and strike and strike and strike and strike?  Lie on your legs like hops part strike and s	Hula Hoops	Try your cow and cat	Bicycles	Just play!	Freeze Dance	High Knees & Stretch	Clap and Catch
Parage of the page of the population of the most of		yoga poses together.	Lie on your back and	Hide-and-seek, tag,	Have someone start	High knees for 30	
la hoop and see who can hula hoop the longest longest body part. Repeat body part. Repeat body part. Repeat body part. Repeat to strength your stomach muscles.  27  28  Aakeshiff Bowling pins and shoot, winner chases the loser back to safe at the loser	Grab a friend and a		move your legs like	hopscotch, hula hoop,	and stop music. When	seconds then stretch a	Throw a soft object up
the longest longest longest and the pop the nit bowling pins and stored to strength your can hula hoop the longest long as to store he way. Hit it? A spare?  Togo hula hoop the longest longest longest longest and a stored hula hour set in the middle, shoot, winner chases attrike? A spare?  Togo hula hoop the longest	hula hoop and see wh	1	you're riding a bicycle	pogo stick, it's up to	the music is on dance,	body part. Repeat	into the air. See how
Inaction of the contraction of the loser back to safe strike? A spare?       Stock Paper Scissors       22       30       SHAPE America recontractore control of the spot to up to several hours of strike? A spare?       27       28       30       SHAPE America recontractore control of the spot to up to several hours of strike? A spare?       29       30       SHAPE America recontrol control of the spot to up to some targets.       30       SHAPE America recontrol control of the spot to up to several hours of shoulder that at the spot you get tagged. The spot you got the hospital of the spot to the hospital.       30       SHAPE America recontrol control of the several hours of the several hours of the several hours of the spot you got the hospital of the spot to the hospital of the several hours.       30       SHAPE America recontrol control of the several hours	can hula hoop the		to strength your	yoni		stretching a new body	many times you can
Makeshift BowlingRock Paper ScissorsTarget PracticePractice2930et up 10 targets like bowling pins and shoot, winner chases strike? A spare?Target Practice TagTarget Practice Hang up some targets and try and hit them with a ball, Hit it? A spare?When you get tagged and try and hit them with a ball, Hit it? you go to the hospitalShoulder Shrugs Shrug your left shoulder up and down the spot you got you go to the hospital (sideline) to get fixed.	longest		stomach muscles.		crazy pose.	part each time.	clap before you catch it.
Rock Paper ScissorsTarget PracticeBand Aid TagShoulder ShrugsTagHang up some targetsWhen you get taggedShrug your leftMeet in the middle, shoot, winner chasesand try and hit them with a ball, Hit it?you place your hand on the spot you got tagged. Three tags and sounder up and downshoulder up and down the spot you got tagged. Three tags and you go to the hospital (sideline) to get fixed.10 times.	26	27	28	29	30	SHAPE America reco	mmends school-age
Meet in the middle, and try and hit them shoot, winner chases the loser back to safe zone. If tagged, join the deference of the team.	Makeshift Bowling	Rock Paper Scissors	Target Practice	Band Aid Tag	Shoulder Shrugs	children accumulate at	t least 60 minutes and
Meet in the middle, and try and hit them shoot, winner chases with a ball, Hit it? Move the loser back to safe zone. If tagged, join the eping moving back!  Meet in the middle, and try and hit them shoulder up and down the spot, you got you got the hospital tagged. Three tags and side in the eping moving back!  Shoulder up and down the spot you got to times. Then repeat tagged. The repeat you go to the hospital to times.	Set up 10 targets like		Hang up some targets	When you get tagged	Shrug your left	up to several hours of	physical activity per
shoot, winner chases with a ball, Hit it? Move the spot you got 10 times. Then repeat the loser back to safe farther away. Hit it? the loser back to safe farther away. Hit it? the loser back to safe farther away. Hit it? the loser back to safe farther away. Hit it? the loser back to safe farther away. Hit it? the loser back to safe farther away. Hit it? the spot farther the loser back to safe farther away. Hit it? the spot farther the loser back to safe farther away. Hit it? the spot farther away. Hit it? the same safe farther away. Hit it? the spot farther away. Hit it? the same safe farther away. Hit it? the same safe farther away. Hit it? the same safe farther away. Hit it? the safe farther away. Hit it? the same safe farther away. Hit it? the same safe farther away. Hit it? the same safe farther away. Hit it? the same safe farther away. Hit it it is safe farther away. Hit it it is safe farther away. Hit is safe farther away. Hi	bowling pins and		and try and hit them	you place your hand on	shoulder up and down	day. Each bout of phys	ical activity should be
the loser back to safe   farther away. Hit it? tagged. Three tags and with your right shoulder zone. If tagged, join the   Keeping moving back!   (sideline) to get fixed.	practice your bowling		with a ball, Hit it? Move	the spot you got	10 times. Then repeat	followed by cool-dow	n stretches that help
strike? A spare?   zone. If tagged, join the   Keeping moving back!   you go to the hospital   10 times.   exercising!   other team.   (sideline) to get fixed.	skills. Can you get a	the loser back to safe	farther away. Hit it?	tagged. Three tags and	with your right shoulder	reduce soreness and	avoid injury. Happy
	strike? A spare?	zone. If tagged, join the	Keeping moving back!	you go to the hospital (sideline)	10 times.	exerci	sing!
		Ourer team.		(sidellile) to get liked.			

s (SHAPE America) <a href="http://www.shapeamerica">http://www.shapeamerica</a>
Yoga Images from <a href="http://www.forteyoga.com">www.forteyoga.com</a>



Families can order a fun and healthy treat for their child's classroom conveniently from the Saydel Community School District Program. Classroom treats offered are healthy snacks prepared at your child's school and delivered to their room.

Snack items	Price	Quantity	Total	All pricing includes delivery nankins
Cookies by the dozen (circle one: Chocolate chip, sugar, or carnival)	\$10			and tableware.
Cupcakes by the dozen (circle one: Chocolate or vanilla)	\$10			
Salsa/ tortilla chips	\$0.75			Urders must be placed seven (/)
Go-gurt: frozen or cold (circle one)	\$0.50			wol killg days ill advallee. Requests 101
Popcorn	\$0.75			and howers comice the day before the
Individually wrapped fudge brownie	\$0.75			aild beveldge selvice die day belole die avent will he charged according to the
Wech's fruit snacks	\$0.75			shility to re-use ordered items
WG rice krispie bar	\$0.75			ability to re-use oracieu items.
Sliced apples and string cheese	\$0.75			All navments need to be received
Baked chips or Cheetos (circle one)	\$0.75			nrior to the catering event.
Vanilla, chocolate or brownie batter pudding cup (circle one)	\$0.75			
Vanilla or swirl ice cream cups (circle one)	\$0.75			Please return completed form and
Vanilla ice cream cone with fudge	\$1.00			payment to the school's main office
Beverages				or mail to:
Chocolate, Strawberry, Low fat or skim milk	\$0.45			rollog recol
Juicy juice box: Apple, berry or fruit punch	\$0.75			Jessy Samer
4 oz Apple, orange, or fruit punch juice	\$0.45			Des Moines, IA 50313
Capri sun 100%	\$0.75			
		Total cost:		
Contact Information:				
Class Celebration Date and Time:		Room/Grade/Teacher:	Teacher:	
Student Name:			 ian Name:	
Address: City:		, Ho	- Home Phone: _	
Payment Options (check one):				
☐ Pay by cash ☐ Pay by check: Check #:		Make checks pa	yable to Saya	Make checks payable to Saydel Food Service
Parent/Guardian Signature Required:	I	FNS Director Signature:	Signature: _	





# **Monster Dash**

Thank you to all who participated in the 4th Annual Monster Dash Walk/Run, and thank you to the 2017 Sponsors: Capital City Equipment, Skywalk Global and Rogers Septic, LLC. Congratulations to race winner Kenne Michael who finished with a time of 20:28 and second place winner Aleah McBee with a time of 20:46. It was a beautiful day for a run in the Saydel district!







Cornell Elementary School Newsletter Page 11



# The Emojis Were Out at Cornell!

There were emojis everywhere at Cornell this week. Over 45 teachers and associates created custom emoji shirts to build the team's climate. The staff wore their fun shirts during the recent PBIS celebration. The students loved seeing all the different emoji shirts in the hallways this week! Watch for the emoji shirts to be back again soon!

### SAYDEL BOARD OF EDUCATION

Brian Bowman, Board President Jennifer Van Houten, Vice-President Chad Vitiritto, Board of Director Doug Kayser, Board of Director Roland Kouski, Jr., Board of Director Rob Strickler, Board of Director Julie Jennings, Board of Director

Superintendent: Mr. Douglas Wheeler Board Secretary: Beth Vitiritto



School Board meetings are held at the Saydel District Office on the second Monday of each month at 6 PM

# EDUCATION FOR LEADERSHIP; LEARNING FOR LIFE

Cornell Elementary School 5817 NE 3rd Street Des Moines, IA 50313 515-244-8173 FAX 244-0084

We're on the Web: www.saydel.k12.ia.us

It is the policy of the Saydel Community School District not to illegally discriminate on the basis of race, color, national origin, sex, disability, religion, creed, age (for employment), marital status (for programs), sexual orientation, gender identity and socioeconomic status (for programs) in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination.

If you have questions or a grievance related to this policy, please contact the district's **Equity Coordinator**, **Julie McKibben**, **Director of Student Services**, **5740 NE 14th Street. Des Moines**, **IA 50313**; **mckibbenjulie@saydel.net**. Office for Civil Rights, Citigroup Center, 500 W. Madison Street, Suite 1475, Chicago, IL 60661; 515-264-0866.