



SAYDEL COMMUNITY SCHOOL DISTRICT

Cornell Elementary School

Big City Opportunities, Small Town Commitment for Students

February 2016 Newsletter

Upcoming Events

Cornell Elementary

FEBRUARY 5

Pre-school 3-Year-Old &
4-Year-Old Online & Walk-in
Pre-Registration Opens

FEBRUARY 8

No School

FEBRUARY 9

Cornell PTO Meeting, 6:30 PM

FEBRUARY 12

Valentine's Day Parties,
2:45 PM

**FEBRUARY 16**

Kindergarten Round-Up Meeting,
6:30 - 7:30 PM in Cornell Library

FEBRUARY 18

Grading for Growth Parent
Meetings, 5:30 PM & 6:30 PM in
High School Auditorium

FEBRUARY 23

Kindergarten Concert, 6 PM in
Cornell Gymnasium

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 Cornell Families!

It's hard to believe that on February 1 it was our 100th day of school! Since returning from winter break our staff and students have been busy at work teaching and learning about all core subject areas. You should be getting weekly newsletters to keep you up to speed on what is going on in each child's classroom. We have much to share and much to be proud of here at Cornell!

Each month I try to focus on an area of topic that pertains to what's going on in our school and how as teachers, parents, and caretakers we can support our kids. It is this time of year every year that we start to see student (and adult) behaviors escalate, thoughts become more negative, and self-esteem drops. Some might say that it is somewhat of a depression. We are ready for warmer weather, the sun, outdoor activities, and etc. So, how do we help each other and especially our kids get through this? How can we help them keep a positive mindset?

I recently read an article by Dr. Marilyn Price-Mitchell titled *Negativity and Your Child's Brain: How to Help Kids Stay Positive*. The article was written to draw attention to how negativity affects your child, but I thought the advice it lends fits perfectly with how we can help our kids maintain a positive mindset with not only negativity that may be around them, but help get them through the "winter blues" as well. Below I have copied part of the article for you to read in this newsletter, but I am also including the link to the article if you want to read its entirety online. Please spend a few minutes reading Dr. Price-Mitchell's tips. I believe they are great suggestions that will help our kids not just in school but also in life!

Practices That Help Children Think Positively

Research suggests three ways to increase positive thinking in children:

1. LEARN HOW TO HAVE A GREAT DAY: Taking time to be with family and friends and doing the things you enjoy helps deepen relationships. Encourage children to design a day with you or someone close to them that would make both people happy. At the end of the day, help them savor their positive experiences by reflecting on the things they most enjoyed.

2. DEVELOP THEIR BEST SELVES: When children imagine themselves at their best, their confidence increases. We help children become their best selves by showing interest in them and the kind of young people they want to become. Especially at times when children feel good about themselves, help them recapture their thoughts and feelings. What feels good to them? Tell them what you noticed about them. Another aspect in developing best selves is by children becoming self-aware. Self-awareness allows children to see themselves as uniquely different from other people. They will come to know their own minds, feelings, bodies, and sensations, which lead to better emotional health and a positive outlook.

Continued on page 2...



Principal Brian Vaughan

Saydel Athletic Booster Memberships

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

BUSINESS PLATINUM EAGLE

Chemorse
Rasmussen Group
Walker Construction & Painting
Goode Greenhouses
Power Systems
All Iowa Products
Rising Star Wholesale
Jason's Lawn & Tree Care
Karl Chevrolet
A+ Flat Top Concrete Business
Tedsell Electric
Wee's Tee's

BUSINESS GOLD EAGLE

Iowa State Bank
Capital City Equipment
Affinity Credit Union

BUSINESS SILVER EAGLE

Baker Group
Casey's General Store
Telesupport, Inc.
Hy-Vee Ankeny Prairie Trail

INDIVIDUAL GOLD EAGLE

Doug & Lisa Wheeler
Kevin & Kelly Schulte
Brett Hersom
Randy & Joleen Stephenson
Rob & Shelli Stephenson
R.C. Madison
Dorothy Walter
Brian & Lori Bowman

INDIVIDUAL SILVER EAGLE

Zeke & Colette Philipsen
Judy Gustafson

STAFF DUAL ATHLETIC & MUSIC MEMBERS

Penny Smith
Dia Fenton
Sherry Keegan-Bayeur
Cheri Tingley
Eric Layden
Shawn Pavlik
Joshua Heyer
Linda Reid
Melissa Sensor
Amanda Stone
Jerry Young
Jenni McKee
Dave Braman
Adam Busch
Michael Puffett

Principal's Letter continued from page 1...

3. FOSTER GRATITUDE: When children learn to recognize and appreciate the good things in life, they develop satisfaction and a sense of optimism. In *The Transformative Power of Gratitude*, I outline five ways to nurture gratitude in homes and classrooms, including helping kids focus on the present moment and fostering their imagination. And when children are inspired to speak their gratitude aloud, it becomes even more powerful and transformative.

Core Communication Principles That Nurture Positivity

1. SLOW DOWN: Adults play a big role in how children perceive and respond to negativity. When communicating with children, research shows that by slowing down your speech you will produce calm feelings, particularly with children who may feel anxious or angry. Speaking slowly also deepens people's connections, allowing them to better understand each another.

2. THINK ABOUT YOUR WORDS: Say "yes" whenever possible. If you can't say "yes," reframe your response to invite positive conversation. For example, if Susie asks to extend her curfew until 3 AM, you might be tempted to say, "Absolutely not!" But instead of a quick, negative response, try asking a question to invite conversation on the topic. You might ask Susie, "If you were the mother, what would convince you to allow your daughter to be out that late?" You may or may not end up changing your mind, but you will engage Susie in meaningful conversation that will help her understand your decision-making process. And you'll spare Susie's brain and your own from some stress-producing hormones!

3. LIGHTEN UP YOUR VOICE: Yelling and arguing produces harmful chemicals in the brain. If you feel frustrated with your child, take a deep breath and try to relax before engaging in conversation. Good eye contact and a warm tone in your voice send positive signals to the brain. Words and delivery are equally important when parents are engaged in conversations in front of children.

And, of course, one of the best ways to encourage our kids to become positive thinkers is by modeling it ourselves. So try to find the cup half full and the silver in the lining. Be on the lookout for the bright side – and any other positive phrase you can think of! Your kids will do the same.

<http://www.rootsofaction.com/negativity-and-your-childs-brain/>

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

Go Eagles! ~ BE AWESOME TODAY!

**EDUCATION FOR LEADERSHIP;
LEARNING FOR LIFE**

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

Cornell Is Jumping To A **HEALTHY HEART!**

By Melissa Cogdill, PE Teacher


On January 20, Cornell kicked off their annual Jump Rope for Heart fundraiser. We are teaming up with the American Heart Association to help raise awareness for heart disease and inspire all to live a healthy life. Our goal as a school is to help raise over \$5,000 for the association. In return the students increase their knowledge of how their heart works and the best way to take care of themselves, participate in jump roping activities in P.E., and receive incentives like Super Pup! Happy Jumping to all my friends!

Kindergarten and first grade students are also participating in many games focusing on spatial awareness and locomotor skills, such as a fun activity called Dog Catcher, where they practiced their soccer dribbling skills and moving safely in the gym.

Second through fourth grade students just finished up their floor hockey unit and did a great job promoting positive sportsmanship and, even played in a mini floor hockey game with their peers. They did a wonderful job and had FUN!



SAYDEL Kindergarten Round-Up
DATE CORRECTION

 **Tuesday, Feb. 16, 2016**
6:30 - 7:30 PM
Cornell Elementary Library

Information will be provided for incoming kindergarten parents and guardians regarding the 2016-17 school year. Kindergarten teachers will be available to answer questions.
This meeting is for parents or guardians only.

ONLINE PRE-REGISTRATION AVAILABLE AT WWW.SAYDEL.K12.IA.US

Grading Is Changing at Saydel Community School District

**Important
DATE!**



Please attend ONE of the
Parent Information Sessions

February 18
5:30 pm OR 6:30 pm
at Saydel High School Auditorium

Saydel is striving for
100% parent participation.

Please sign in when you arrive.

www.saydel.k12.ia.us

Cornell Kindergarteners Are Reporters

By The
Kindergarten
Team

Kindergartners are learning how to write reports. In January we worked on a class report. We learned the parts of a good report, researched a topic, and students wrote in their own research notebooks.

We are now working on how to write a report independently.

Each student will research a Community Helper, research facts about that person and his/her job, and write a report. It is important for students to understand how to write for a purpose, and we will enjoy sharing out our published projects with others once we are finished.

Evolution of a Child's Writing		
(Drawings are an important part of a child's writing and often a child will repeat the theme of his writing or drawing on subsequent pages)		
1. Scribble Stage (Drawing given any space on the page)	2. Scribble (Left to right progressions)	3. Mock Letters (Can be personal or conventional)
4. Letter Strings (Left to right and progressively downward)	5. Groups of letters with space in between to resemble words	6. Picture Labeling (Matching beginning letter to sound)
7. Copies Environmental Print	8. Uses first letter of a word to represent the word	9. Uses beginning letter and ending letter to represent the word
10. Hears medial sounds (Writes word with beginning, medial and ending letters)	11. Phrase writing	12. Whole sentence writing

Students Learn About Dr. Martin Luther King Jr.



Students in Mrs. Sager's class were engaged as they were introduced to Dr. Martin Luther King Jr. and what diversity means. They started the day by watching a short educational video about Dr. King, followed by a guidance lesson on diversity.

After lunch Mrs. Sager read, My Brother Martin by Christine King Farris. The students followed this up with a reading assignment about Dr. King where after reading they answered some questions and we discussed authors purpose. At the end of the day the students wrote about what they had learned.

School Emergency Closing Information

2015-2016 School Year

Emergency Closing Notes:

- ✓ For AM Delays, Eagles Nest delays from its original start time
- ✓ For PM early release, Eagles Nest will be open one hour after school dismisses
- ✓ If there is a delay, AM preschool will be cancelled
- ✓ Check the school website for information on practices and events for your child

1-Hour Delay Start Times

- ⇒ Cornell - 9:35
- ⇒ Woodside - 8:45
- ⇒ HS - 8:45
- ⇒ Eagles Nest - 7:00

2-Hour Delay Start Times

- ⇒ Cornell - 10:35
- ⇒ Woodside - 9:45
- ⇒ HS - 9:45
- ⇒ Eagles Nest - 8:00

Automatic e-mail / text alerts available from:

www.kcci.com
www.who-tv.com
www.woi-tv.com

Emergency closing information will be communicated through the following:

1. School Messenger (voice & e-mail) by 6:00 the day of a closing
2. District Website
3. www.facebook.com/saydelcsd
4. www.twitter.com/saydelcsd

We Notify the Following Television, Radio and Internet News Stations for Emergency Announcements:

WHO Channel 13
KCCI Channel 8
KDSM Fox 17
KCWI Channel 23.1
WOI Channel 5
Kiss 107.5
WHO 1040 Radio
The Bus 100.3
Alt 106.3
KXNO 1460
13Now Smartphone App
The Des Moines Register

Please note: While these sites allow us to communicate delays and cancellations, we are not able to provide details through these services. The most detailed information regarding how delays and cancellations affect events, practices, meetings etc. can be found on our website and school messenger broadcasts

From The Art Room...

By Jessica Calhoun, Art Teacher

We have been hard at work in the Cornell Art Room!

First graders have been learning about and using warm and cool colors to create beautiful Salvador Dali inspired, "Tall Birds." Students were able to choose between warm or cool colors for our sky and then filled in our birds with the opposite!



Second grade has been learning about visual texture. We read the book *Where the Wild Things Are* by Maurice Sendak and identified some of the different visual textures used in the illustrations of the book. Then using those textures, we created our very own Wild Things!



Musical Talent Develops at Cornell Elementary!

By Jeffrey Johannsen, Music Teacher



The kindergarten classes are getting ready for their informance on February 23. An informance is a chance for parents and family to participate in a typical kindergarten classroom experience. Parents will join their children in singing, activities, and song games that help establish the foundations that support them in their musical understanding in the coming years. Mark your calendars for February 23 at 6 PM in the Cornell gymnasium if you are going to be in attendance.

First through fourth grade students are in various different levels of learning hand-sign solfege. This is a technique that has origins back to the eleventh century. It helps music students of all ages and abilities to develop music literacy skills and independence.

Brown Sugar Blondies

adapted from Allrecipes.com

Ingredients:

- 1 cup all-purpose flour
- 1/2 teaspoon baking powder
- 1/8 teaspoon baking soda
- 1/2 teaspoon salt
- 1/3 cup butter
- 1 cup packed brown sugar
- 1 egg
- 1 tablespoon vanilla extract
- 1 cup to 1 1/3 cup M&M's



Directions:

1. Preheat oven to 350 degrees F.
2. Mix together flour, baking powder, baking soda, and salt and set aside.
3. Melt 1/3 cup butter. Add 1 cup firmly packed brown sugar and mix well. Cool slightly.
4. Add egg (beaten) and vanilla and blend well.
5. Add flour mixture, a little at a time, mixing well. Mix in 2/3 cup M&M's. Spread in 9 x 9 x 2 inch pan. Sprinkle 1/3 to 2/3 cup M&M's on top. Bake for 20 to 25 minutes.
6. Store in airtight container at room temperature.

PLAY HARDER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

STRAWBERRIES



Strawberries sometimes look like hearts—which is perfect because they are so good for your heart health! People who eat berries twice a week have lower levels of a protein that can cause blood-vessel inflammation and heart attacks.



BREAKFAST in the classroom

Did you know that all students at Cornell Elementary receive a **free** breakfast in their classroom each morning?

Each breakfast consists of a main item (hot or cold item), a whole grain, a cup of fruit and a low-fat or fat-free milk.

Visit www.saydel.k12.ia.us for more information regarding our monthly menus.

Foodservice Office:

Visit www.saydel.k12.ia.us for menus and more information

Email: sadlerjessy@saydel.net

Phone: 515.264.0866

Fax: 515.264.0869

Follow us on Twitter: @saydeldining

Build a Healthy Lunch



♥ Happy Valentines Day ♥



Second Grade Enjoy STEM Activity

By The Second Grade Team

The second graders have been doing a lot of learning about bridges. We have begun a STEM activity where students are allowed to use three materials to create a 3-D model of a bridge that a matchbox car can go across and hold up for one minute.

Students have enjoyed using their problem solving skills as they have brought their sketches to life.



Fourth Graders Are Now Using Chromebooks

By The Fourth Grade Team

The big news is that each of the fourth grade classrooms now has Chromebooks for each student to use! The teachers are learning how to integrate more technology into the learning day. The students love having them at their fingertips. They are being used for online work, research, and reflections. The students are getting better at navigating too.

We are finishing up our literacy unit of the American Revolution and starting the next unit on myths, including those from other cultures. Finally, we continue to work with multiplication in math and will be moving into fractions soon.

First Graders Measure Distances; Plan for Valentine's Party

By The First Grade Team

First graders have been busy working on measurement during their math time. One activity that students enjoyed was measuring distances comparing baby steps, kid steps, and basketball player steps. We discussed the smaller the unit, the higher the number; the larger the unit, the lower the number.

Students also enjoyed learning about Martin Luther King Jr. and his impact on our country. We followed up by writing nonfiction narratives.



We are looking forward to celebrating Valentine's Day with a class party on February 12 at 2:45 PM. Be looking for a note to come home soon with more details.

Achieve 3000 Now Available To All ELLs In Grades 3-12

By Lorrie Lockin, ELL Teacher

The new year has begun with a wonderful learning opportunity for English Language Learners at Saydel. The district has made the computer based program Achieve 3000 available to all ELLs in grades 3-12.

Achieve 3000 is a program that allows students to access rigorous content material at a student's specific instructional reading level. Each lesson involves vocabulary development, close reading, comprehension questions and a written response.

Since it is a computer based program, students are constantly being assessed to ensure that the lessons are appropriately challenging.

This program has been proven to help students make great gains in reading and we look forward to seeing the same results for our students.

Cornell Students Learn About Self-Esteem & Diversity in Guidance

By Courtney Anderson, Guidance Counselor

The Guidance focus in January was on self-esteem and diversity. Early in the month, we talked about how we are all special and important in our own way. The fourth grade students made bio poems, and the third and second grade students made faces and “cupcakes” about themselves. The kindergarten and first grade students made “All About Me” mirrors.

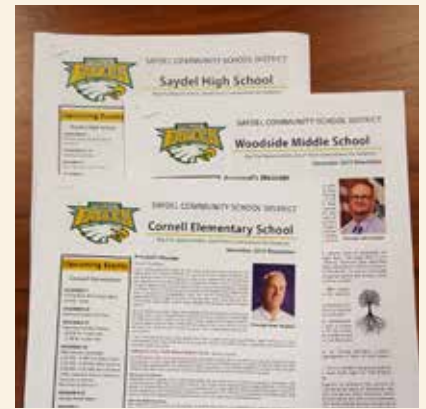
In late-January, we talked about diversity and accepting others who may be different than us. The kindergarten and first grade students had fun with their egg experiment to learn about diversity. The second, third and fourth graders each made snowflakes to resemble that we are all different just like snowflakes. During the month of February, we will talk about caring and empathy.



Subscribe to All of Saydel's Newsletters

Thanks for reading the Cornell newsletter.

If you would like to receive the monthly newsletters that feature what is happening at Woodside Middle School & Saydel High School, you can subscribe by emailing newsletter@saydel.net.



Saydel Pre-school News

By Rebecca Seidl, Pre-school Teacher

It has been a very fun and exciting January in pre-school! All three year old and four year old classes have been involved in book studies. In the past weeks students have studied *The Mitten* by Jan Brett and *The Jacket I Wear in the Snow* by Shirley Neitzel. Each day students were engaged in small group and large group activities relating to these stories. All students enjoy retelling the story in the library center using pictures from the book and props. In the coming weeks we will begin a study on buildings. We are looking forward to reading stories such as *The Three Little Pigs* with all students!

SAYDEL BOARD OF EDUCATION

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Superintendent: Mr. Douglas Wheeler
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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.