



Cornell Elementary School

Big City Opportunities, Small Town Commitment for Students

October 2016 Newsletter

Upcoming Events

Cornell Elementary

OCTOBER 6

- Parent Teacher Conferences
- Flu Vaccination Clinic at Cornell Elementary, 3-7 PM

OCTOBER 10

- School Board Meeting, 6 PM
- Vision Screening K-4 Grade

OCTOBER 14

3 & 4-Year-Old Preschool to Geisler Farms

OCTOBER 17

1st Grade Field Trip to see "The True Story of Pocahontas"

OCTOBER 24

Mrs. Nalavanko's students go on field trip to Pumpkin Patch

OCTOBER 28

Fall Classroom Parties



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 Elementary! It is hard to believe that we are already one month into the school year! Where does the time go? Just a month ago we had temperatures hovering around 100 degrees, our kids were wearing shorts at recess, and we were all trying to get back into the school year routines.

Now, we are beginning to see lows in the 40's, it is time for coats at recess, and our kids know and are demonstrating what it means S.O.A.R. (Safe, Open-Minded, Accountable, Respectful). Our S.O.A.R. expectations are at the core of everything we do at Cornell Elementary.

Each month in my newsletter, I try to find a "hot topic" that has been coming up in education and/or at Cornell to discuss with you. Although ADD/ADHD is not a "new" topic to us (I would argue it has become a household term), I have been hearing, seeing, and reading a lot about it lately. Research continues to pour in about ways that we can work with our kids with the diagnosis as well as research linking other behaviors that look like ADD/ADHD. As we continue to learn more about ADD/ADHD it helps us all to work with this population of children both as a parent and as a teacher. Below is an article from HELPGUIDE.ORG.

http://www.helpguide.org/articles/add-adhd/attention-deficit-disorder-adhd-parenting-tips.htm#.V_EDTdiSZL8.gmail

I hope that you find the read worthy of your time. Before you read this though, I think that it is important to caution all stake holders about "self diagnosis" of children. Ultimately, we should leave the diagnosis to the professionals. If you have concerns related to ADHD for your child, I encourage you to seek the advice of those that are trained to make this determination. If you are not sure how to go about finding these professionals let me know and I will be glad to connect you.



Principal Brian Vaughan

ADHD Parenting Tips

Authors: Melinda Smith, M.A., Lawrence Robinson, and Jeanne Segal, Ph.D. Last updated: September 2016.

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Helping Your Child or Teen with Attention Deficit Disorder

Life with a child with attention deficit hyperactivity disorder (ADHD or ADD) can be frustrating and overwhelming, but as a parent there is a lot you can do to help control and reduce the symptoms. You can help your child overcome daily challenges, channel his or her energy into positive arenas, and bring greater calm to your family. The earlier and more consistently you address your child's problems, the greater chance they have for success in life.

Continued on page 2...

Principal's Letter continued from page 1...

How to help your child with ADHD

Children with ADHD generally have deficits in executive function: the ability to think and plan ahead, organize, control impulses, and complete tasks. That means you need to take over as the executive, providing extra guidance while your child gradually acquires executive skills of his or her own.

Although the symptoms of ADHD can be nothing short of exasperating, it's important to remember that the child with ADHD who is ignoring, annoying, or embarrassing you is not acting willfully. Kids with ADHD want to sit quietly; they want to make their rooms tidy and organized; they want to do everything their parent says to do—but they don't know how to make these things happen.

If you keep in mind that having ADHD is just as frustrating for your child, it will be a lot easier to respond in positive, supportive ways. With patience, compassion, and plenty of support, you can manage childhood ADHD while enjoying a stable, happy home.

ADHD and your family

Before you can successfully parent a child with ADHD, it's essential to understand the impact of your child's symptoms on the family as a whole. Children with ADHD exhibit a slew of behaviors that can disrupt family life:

- They often don't "hear" parental instructions, so they don't obey them.
- They're disorganized and easily distracted, keeping other family members waiting. Or they start projects and forget to finish them—let alone clean up after them.
- Children with impulsivity issues often interrupt conversations, demand attention at inappropriate times, and speak before they think, saying tactless or embarrassing things.
- It's often difficult to get them to bed and to sleep.
- Hyperactive children may tear around the house or even do things that put them in physical danger.

The impact of ADHD on siblings

Because of these behaviors, siblings of children with ADHD face a number of challenges:

- Their needs often get less attention than those of the child with ADHD.
- They may be rebuked more sharply when they err, and their successes may be less celebrated or taken for granted.
- They may be enlisted as assistant parents—and blamed if the sibling with ADHD misbehaves under their supervision.

- As a result, siblings may find their love for a brother or sister with ADHD mixed with jealousy and resentment.

The impact of ADHD on parents

The demands of monitoring a child with ADHD can be physically and mentally exhausting. Your child's inability to "listen" can lead to frustration and that frustration to anger—followed by guilt about being angry at your child. Your child's behavior can make you anxious and stressed and if there's a basic difference between your personality and that of your child with ADHD, his or her behavior can be especially difficult to accept.

In order to meet the challenges of raising a child with ADHD, you must be able to master a combination of compassion and consistency. Living in a home that provides both love and structure is the best thing for a child or teenager who is learning to manage ADHD.

ADHD parenting tip 1: Stay positive and healthy yourself

As a parent, you set the stage for your child's emotional and physical health. You have control over many of the factors that can positively influence the symptoms of your child's disorder.

The power of a positive attitude

Your best assets for helping your child meet the challenges of ADHD are your positive attitude and common sense. When you are calm and focused, you are more likely to be able to connect with your child, helping him or her to be calm and focused as well.

Keep things in perspective. Remember that your child's behavior is related to a disorder. Most of the time it is not intentional. Hold on to your sense of humor. What's embarrassing today may be a funny family story ten years from now.

Don't sweat the small stuff and be willing to make some compromises. One chore left undone isn't a big deal when your child has completed two others plus the day's homework. If you are a perfectionist, you will not only be constantly dissatisfied but also create impossible expectations for your child with ADHD.

Believe in your child. Think about or make a written list of everything that is positive, valuable, and unique about your child. Trust that your child can learn, change, mature, and succeed. Make thinking about this trust a daily task as you brush your teeth or make your coffee.

Take care of yourself so you're better able to care for your child

As your child's role model and most important source of strength, it is vital that you live a healthy life. If

you are overtired or have simply run out of patience, you risk losing sight of the structure and support you have so carefully set up for your child with ADHD.

Take care of yourself. Eat right, exercise, and find ways to reduce stress, whether it means taking a nightly bath or practicing morning meditation. If you do get sick, acknowledge it and get help.

Seek support. One of the most important things to remember in rearing a child with ADHD is that you don't have to do it alone. Talk to your child's doctors, therapists, and teachers. Join an organized support group for parents of children with ADHD. These groups offer a forum for giving and receiving advice, and provide a safe place to vent feelings and share experiences.

Take breaks. Friends and family can be wonderful about offering to babysit, but you may feel guilty about leaving your child, or leaving the volunteer with a child with ADHD. Next time, accept their offer and discuss honestly how best to handle your child.

How pets can help kids with ADHD (and their parents)

If your home life feels chaotic, you may be reluctant to add a pet to the mix. But pets come with a host of benefits for you and your child. They can help teach your kid responsibility and get him or her outside. They can also inject some much-needed fun and help the whole family blow off steam. In fact, studies show that pets can protect you from depression, stress, and even medical problems.

ADHD parenting tip 2: Establish structure and stick to it

Children with ADHD are more likely to succeed in completing tasks when the tasks occur in predictable patterns and in predictable places. Your job is to create and sustain structure in your home, so that your child knows what to expect and what they are expected to do.

Tips for helping your child with ADHD stay focused and organized

Follow a routine. It is important to set a time and a place for everything to help the child with ADHD understand and meet expectations. Establish simple and predictable rituals for meals, homework, play, and bed. Have your child lay out clothes for the next morning before going to bed, and make sure whatever he or she needs to take to school is in a special place, ready to grab.

Use clocks and timers. Consider placing clocks throughout the house, with a big one in your child's bedroom. Allow enough time for what your child needs to do, such as homework or

getting ready in the morning. Use a timer for homework or transitional times, such between finishing up play and getting ready for bed.

Simplify your child's schedule. It is good to avoid idle time, but a child with ADHD may become more distracted and "wound up" if there are many after-school activities. You may need to make adjustments to the child's after-school commitments based on the individual child's abilities and the demands of particular activities.

Create a quiet place. Make sure your child has a quiet, private space of his or her own. A porch or a bedroom work well too, as long as it's not the same place as the child goes for a time-out.

Do your best to be neat and organized. Set up your home in an organized way. Make sure your child knows that everything has its place. Lead by example with neatness and organization as much as possible.

Avoid problems by keeping kids with ADHD busy!

For kids with ADHD, idle time may exacerbate their symptoms and create chaos in your home. It is important to keep a child with ADHD busy without piling on so many things that the child becomes overwhelmed.

Sign your child up for a sport, art class, or music. At home, organize simple activities that fill up your child's time. These can be tasks like helping you cook, playing a board game with a sibling, or drawing a picture. Try not to over-rely on the television or computer/video games as time-fillers. Unfortunately, TV and video games are increasingly violent in nature and may only increase your child's symptoms of ADHD.

ADHD parenting tip 3: Set clear expectations and rules

Children with ADHD need consistent rules that they can understand and follow. Make the rules of behavior for the family simple and clear. Write down the rules and hang them up in a place where your child can easily read them.

Children with ADHD respond particularly well to organized systems of rewards and consequences. It's important to explain what will happen when the rules are obeyed and when they are broken. Finally, stick to your system: follow through each and every time with a reward or a consequence.

Don't forget praise and positive reinforcement

As you establish these consistent structures, keep in mind that children with ADHD often receive criticism. Be on the lookout for good behavior—and praise it. Praise is especially

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Continued on page 4...

important for children who have ADHD because they typically get so little of it. These children receive correction, remediation, and complaints about their behavior—but little positive reinforcement.

A smile, positive comment, or other reward from you can improve the attention, concentration and impulse control of your child with ADHD. Do your best to focus on giving positive praise for appropriate behavior and task completion, while giving as few negative responses as possible to inappropriate behavior or poor task performance. Reward your child for small achievements that you might take for granted in another child.

ADHD parenting tip 4: Encourage movement and sleep

Physical activity can help your child with ADHD

Children with ADHD often have energy to burn. Organized sports and other physical activities can help them get their energy out in healthy ways and focus their attention on specific movements and skills.

Kids with ADHD: Using Rewards and Consequences	
Rewards	Consequences
Reward your child with privileges, praise, or activities, rather than with food or toys.	Consequences should be spelled out in advance and occur immediately after your child has misbehaved.
Change rewards frequently. Kids with ADHD get bored if the reward is always the same.	Try time-outs and the removal of privileges as consequences for misbehavior.
Make a chart with points or stars awarded for good behavior, so your child has a visual reminder of his or her successes.	Remove your child from situations and environments that trigger inappropriate behavior.
Immediate rewards work better than the promise of a future reward, but small rewards leading to a big one can also work.	When your child misbehaves, ask what he or she could have done instead. Then have your child demonstrate it.
Always follow through with a reward.	Always follow through with a consequence.

The benefits of physical activity are endless: it improves concentration, decreases depression and anxiety, and promotes brain growth. Most importantly for children with attention deficits, however, is the fact that exercise leads to better sleep, which in turn can also reduce the symptoms of ADHD.

Find a sport that your child will enjoy and that suits his or her strengths. For example, sports such as softball that involve a lot of “down time” are not the best fit for children with attention problems. Individual or team sports like basketball and hockey that require constant motion are better options.

Children with ADHD may also benefit from martial arts training, tae kwon do, or yoga, which enhance mental control as they work out the body.

Better sleep to help your child with ADHD

Insufficient sleep can make anyone less attentive, but it can be highly detrimental for children with ADHD. Kids with ADHD need at least as much sleep as their unaffected peers, but tend not to get what they need. Their attention problems can lead to overstimulation and trouble falling asleep. A consistent, early bedtime is the most helpful strategy to combat this problem, but it may not completely solve it.

Help your child get better rest by trying out one or more of the following strategies:

- Decrease television time and increase your child's activities and exercise levels during the day.
- Eliminate caffeine from your child's diet.
- Create a buffer time to lower down the activity level for an hour or so before bedtime. Find quieter activities such as coloring, reading or playing quietly.
- Spend ten minutes cuddling with your child. This will build a sense of love and security as well as provide a time to calm down.
- Use lavender or other aromas in your child's room. The scent may help to calm your child.
- Use relaxation tapes as background noise for your child when falling asleep. There are many varieties available including nature sounds and calming music. Children with ADHD often find "white noise" to be calming. You can create white noise by putting a radio on static or running an electric fan.

The benefits of "green time" in kids with attention deficit disorder

Research shows that children with ADHD benefit from spending time in nature. Kids experience a greater reduction of symptoms of ADHD when they play in a park full of grass and trees than on a concrete playground. Take note of this promising and simple approach to managing ADHD. Even in cities, most families have access to parks and other natural settings. Join your children in this "green time"—you'll also get a much-deserved breath of fresh air for yourself.

ADHD parenting tip 5: Help your child eat right

Diet is not a direct cause of attention deficit disorder, but food can and does affect your child's mental state, which in turn seems to affect behavior. Monitoring and modifying what, when, and how much your child eats can help decrease the symptoms of ADHD.

All children benefit from fresh foods, regular meal times, and staying away from junk food. These tenets are especially true for children with ADHD, whose impulsiveness and distractedness can lead to missed meals, disordered eating, and overeating.

Eating regular meals may help your child's ADHD

Children with ADHD are notorious for not eating regularly. Without parental guidance, these children might not eat for hours and then binge on whatever is around. The result of this pattern can be devastating to the child's physical and emotional health.

Prevent unhealthy eating habits by scheduling regular

nutritious meals or snacks for your child no more than three hours apart. Physically, a child with ADHD needs a regular intake of healthy food; mentally, meal times are a necessary break and a scheduled rhythm to the day.

- Get rid of the junk foods in your home.
- Put fatty and sugary foods off-limits when eating out.
- Turn off television shows riddled with junk-food ads.
- Give your child a daily vitamin- and-mineral supplement.

ADHD parenting tip 6: Teach your child how to make friends

Children with ADHD often have difficulty with simple social interactions. They may struggle with reading social cues, talk too much, interrupt frequently, or come off as aggressive or "too intense." Their relative emotional immaturity can make them stand out among children their own age, and make them targets for unfriendly teasing.

Don't forget, though, that many kids with ADHD are exceptionally intelligent and creative and will eventually figure out for themselves how to get along with others and spot people who aren't appropriate as friends. Moreover, personality traits that might exasperate parents and teachers may come across to peers as funny and charming.

Helping a child with ADHD improve social skills

It's hard for children with ADHD to learn social skills and social rules. You can help your child with ADHD become a better listener, learn to read people's faces and body language, and interact more smoothly in groups.

- Speak gently but honestly with your child about his or her challenges and how to make changes.
- Role-play various social scenarios with your child. Trade roles often and try to make it fun.
- Be careful to select playmates for your child with similar language and physical skills.
- Invite only one or two friends at a time at first. Watch them closely while they play and have a zero tolerance policy for hitting, pushing and yelling.
- Make time and space for your child to play, and reward good play behaviors often.

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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 Fall and month ahead!

Go Eagles ~ Be Awesome Today!



Cornell Open House October 25, 6:00 PM

Ribbon Cutting to Celebrate Completion of New School Addition

Last week eight fourth grade students were rewarded with a sneak peek at the new fourth grade addition to Cornell. Our contractors in addition to our architect, Haila Architecture and our construction management team, Estes Construction, are putting the final touches on this \$3.2 million dollar addition.

The student spaces in this addition include four large classrooms, a smaller specials classroom and a central activity center which will be shared by all four classrooms. Integrated into the design are several modern elements of contemporary classroom design including a focus on arrangements for collaboration and access to natural light sources. This new space will lay the foundation for classroom space design as we work to update classrooms throughout the district in the coming years.

In addition to visible elements of the renovation, the project also included several maintenance and building upgrades that are not readily visible to the public. Cornell has abandoned its septic system and is now serviced by sanitary sewer. In addition, the building is now fed by a new water service and all roofing projects are complete.

We are excited to share this new space with our supportive public. We will hold an Open House on October 25 at 6:00 PM. There will be a ribbon cutting ceremony from 6:00-6:15 PM followed by an Open House. Refreshments will be served.

Please attend the Open House at Cornell Elementary School!



Saydel's 3rd Annual Monster Dash 5K/1Mile Walk/Run

Saturday, October 22, 2016, at 9:30 AM

The 3rd Annual Saydel Monster Dash 5K/1 Mile walk/run will take place October 22 at 9:30 AM starting at Saydel High School. Runners are encouraged to wear their favorite Halloween costumes with proceeds going to Cornell PTO, Woodside PTO, and Saydel Eagle Endowment. All runners signed up before October 10 will receive a burnt orange dri-fit t-shirt. Packet pickup will occur the day of the race from 8:30 AM through 9:15 AM.

Registration Fees

- \$12 for mile walk/run
- \$12 for 5K (student rate any school)
- \$20 for 5K (non-student rate)

Online signup at

https://secure.getmeregistered.com/get_information.php?event_id=125203

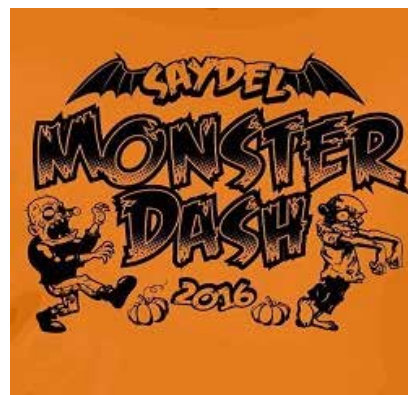
(Links are available at www.saydel.k12.ia.us. Use Quick Link to Monster Dash)

Race event information and photos will be posted to

<https://www.facebook.com/events/1059966104095270/>

Race will be chipped with results shared through www.onlineraceresults.com.

Enter if you dare!



Saydel School Board Recognizes Marquisville United Methodist Church



The congregation from Marquisville United Methodist Church recently donated five large baskets of school supplies to Cornell Elementary School. The Saydel School Board recognized the congregation for their support during the Regular School Board Meeting Sept. 12. Pictured from left: Saydel Superintendent Mr. Douglas Wheeler, Church members Cyndee Davis, Emily Roepsch, and Mike Cormack, and Saydel School Board President Brian Bowman.

FLU

Anyone can get it, do your part to stop the flu.

GET VACCINATED

The Polk County Health Department will hold FLU VACCINATION CLINICS at Saydel CSD.

**Thursday, Oct. 6 at Cornell Elementary
3 - 7 PM**

Most insurance accepted. For uninsured adults, the fee is \$20. Children under 19 may be eligible for free vaccine if uninsured, underinsured, Medicaid enrolled, or of Native American/Alaskan origin.

No one will be turned away for inability to pay.

Questions?

Call Saydel District Office, 515-264-0866.

Saydel Booster Memberships

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

BUSINESS PLATINUM EAGLE

Chemorse
Rising Star/All Iowa Stone & Gutter
The Results Group, L.L.C.
Iowa Demolition Inc.
R Rogers Septic LLC
Jason's Lawn & Tree Care
Goode Greenhouses
Teddell Electric

BUSINESS GOLD EAGLE

Heartland Chiropractic & Wellness Ctr.
Capital City Equipment Co.
Iowa State Bank
Affinity Credit Union

BUSINESS GREEN EAGLE

Struthers Brothers Kawasaki-Suzuki, Inc.

BUSINESS SILVER EAGLE

Walker Construction & Painting
John Sandin Painting
Decarlo Demolition Company
Seth Wicks Construction
Schneider Graphics
Xtreme Liners of Central Iowa

INDIVIDUAL GOLD EAGLE

Doug & Lisa Wheeler
Kevin & Kelly Schulte
Roland & Shari Kouski
Randy & Joleen Stephenson
Kevin Farnsley
Doug & Susan Cline
Rollie Madison
Brett Hersom
Ric Powell

INDIVIDUAL SILVER EAGLE

Missy Burr
Joshua & Denna Heyer
Ruth Kouski

INDIVIDUAL GREEN EAGLE

Roland & Shari Kouski
Brian & Diba VanHouten

INDIVIDUAL PLATINUM EAGLE

Corey Myers
Scott Myers
Kelly & Tana Sprague

STAFF DUAL ATHLETIC & MUSIC MEMBERS

Jerry Young
Penny Smith
Cheri Tingley
Caleb Hales
Dia Fenton
Melissa Sensor
Kyle Luttenegger
Julie Rolf

Cornell Students Win Bus Conduct Awards

Durham Bus Services encouraged parents of Saydel students to turn in their transportation forms early this year and if they met the deadline, they were entered into a drawing to win prizes.

Two Cornell Elementary students were the winners of the drawings. Iceland Comini, pictured front left, is a third grader who won four tickets to the Altoona Cinema and a \$30 gift card to Jethroni's Pizza. Esequiel Hernandez, pictured front right, is a fourth grader, who won four tickets to the new Altoona Cinema and a \$30 gift card to Culvers.

Pictured in the back row with the winners are Cornell Principal Brian

Vaughan and Durham Bus Services Supervisor Karen Smith. Having more early transportation registrations led to a very smooth transition of getting Cornell students to and from school.



News from The Kindergarten Rooms

By Kindergarten Team

Fall seems to be finally here. The weather is changing and so are the learning targets for our kindergarten students. This month we will be working on counting, comparing, and making our own counting books. The students are continuing to learn how to write letters and the sounds that letters make.

This month we worked on SOARing in the classroom. We had a celebration with our fellow students who SOARed with us. We are looking forward to parading around the school in our Halloween Costumes for the Fall parties on Friday, October 28. If you would like to help, please contact your child's teacher so they can help you get into contact with the homeroom helper.

As the weather continues to get colder, please make sure to dress your student appropriately as we will go outside most days. As always, if there are any questions or concerns please call, text, email, or stop in and see your child's teacher.

We look forward to a long month of learning.

Preschool Off To Great Start

By *Preschool Team*

Cornell Preschool has been off to a great start this school year! Students have been busy learning our classroom routines and the names of their friends and teachers at school. Students spend their day exploring centers and learning through play, along with small group and large group instruction.



Mrs. Singletary's 4 year class singing "The Wood Piece Pokey" from their handwriting curriculum.

Some of the books we have read in the first few weeks of school are *Pete The Cat I Love My White Shoes*, *The Very Hungry Caterpillar*, and *Brown Bear, Brown Bear, What Do You See?*

At the end of the day, students enjoy playing in our new outdoor classroom where they are able to further develop their gross motor skills. We look forward to a year full of discovery and learning through play!

First Graders Learn About Life Cycle of Butterflies

First graders have been busy learning about the life cycle of the butterfly. They observed the lifecycle stages of painted lady butterflies from egg to butterfly. They were able to experience releasing them into their natural habitat.

In math they have been working on counting within 1-120 and combining two quantities to find the total. They have used games and activities to help reinforce these skills.

They have also begun to learn problem solving strategies to use in mental math.



Music News

By *Jeffrey Johannsen,*
Music Teacher

In Music at Cornell, we have been busy in music refreshing our brains on everything we learned last year! First grade through fourth grade are working hard on being able to read, write and create with various rhythms. They concluded the unit by creating their own rhythm and sharing it with the class on a drum. Kindergarteners are exploring all the different sounds of their voice and experimenting with movement in music. Overall, a great jumpstart to a new year!

Third Grade Academic Update

By *Third Grade Team*

Third grade is off to a great start! We are currently in the middle of our data unit in math. Students have been generating questions, collecting data from other classrooms, and making bar graphs to compare their findings. They are having a lot of fun!

Third graders have also been busy throughout literacy. In reading, we've been working on identifying the main idea and supporting details in a nonfiction text. We're also just finishing up our personal narratives. Students could either write about their worst ouch story or their best days.

The third grade teachers are excited about the hard work students have put in thus far, and we are looking forward to the great year ahead!



Students Love to Read at Cornell

There was excitement in the air as students checked out a book for the first time this year at Cornell Elementary. Students were given a special library book bag to carry their their book to and from school to keep it safe and clean. Pictured front row, from left: Ellya Beckman, Danny Halstead, Azrael Lenhart. Back row, from left: Sadler Gruber, Valentina Blanco, and Parker Swafford.

Nurse's Notes:

Why do we need sleep?

Did you know that even while we are asleep our bodies continue to be active?

Sleep -

- *helps our brain with memory and learning
- *helps our brain erase useless information
- *strengthens our immune system
- *repairs our body
- *helps us to conserve body energy

Not enough sleep can cause –

- *lack of concentration
- *poor memory
- *behavior problems
- *mood problems
- *daytime sleepiness



Children 5 to 12 years of age need 9-10 hours of sleep, not hours in bed.

Help your child sleep better –

- *Be consistent with bedtime routines
- *Limit beverages with caffeine
- *Keep electronics such as TV, computer and cell phones out of bedrooms

Developing good sleeping habits will not only help your child have the best school year possible, but will help them maintain a healthy lifestyle into adulthood.

Guidance Focus at Cornell

By Courtney Anderson,
Guidance Counselor

Kindergarten through fourth graders have been focusing on social skills in Guidance for the month of September.

The fourth graders have been working on following directions and listening by playing the Silly Directions Game and a Lego activity with partners.

The third graders are working on following directions, listening, and impulse control. They are using the Stop, Think, Choose strategy to help control their impulses.

The second grade students have been working on their listening skills and being able to identify tattling vs. reporting. Students are enjoying making their "Tattle Tongue Faces."

The first grade students are focusing on listening skills. The first grade students should be able to tell you how to be a good listener like "Listening Larry."

Kindergarten students have been working on listening skills, along with good choices vs. poor choices to make at school. Within the next few weeks, we will be finishing up our Social Skills Unit and will be starting to talk about feelings.

CORNELL ELEMENTARY SPIRIT WEAR ORDER FORM



Youth S • M • L ----- \$ 5
 Adult S • M • L • XL --- \$10
 XXL • XXXL ----- \$12

Tee Shirt



Youth S • M • L ----- \$10
 Adult S • M • L • XL --- \$10
 XXL • XXXL ----- \$12

Long Sleeve Tee



Youth S • M • L ----- \$20
 Adult S • M • L • XL --- \$20
 XXL • XXXL ----- \$22

Hooded Sweatshirt



BACK PRINT



FRONT PRINT

Student Name _____ Grade _____ Teacher _____

Parent Information (in case we have questions about your order)

Name _____ Phone or Email Address _____

SHIRT STYLE	Youth Sizes				Adult sizes				Total Shirts	Product Cost	Total Price
	YS	YM	YL	YXL	S	M	L	XL			
Tee Shirt - Forest Green											
Long Sleeve Tee -Forest Green											
Hooded Sweatshirt- Forest Green											
Total Amount DUE											

Make checks payable to : **Cornell Elementary PTO**

DUE DATE : Oct. 10 , 2016



Return Form & Payment To: **Cornell Office - C/O Cornell PTO**
 Direct Questions to: **Ginny Mitchell**
 cornelleaglesPTO@gmail.com

SEEDS ON THE MOVE

Second grade students at Saydel's Cornell Elementary got a chance to get personal with nature on recently when they went on their "Seed Walk." Each second grade teacher took their class outside to walk the path between the elementary and the high school. Students wore socks over their shoes to collect seeds from the grass, mud, and rocks they walked over.

The goal of the walk was to provide students a close look at some of the ways plants spread seeds, and at just how common seeds are in the ground they walk on. Secondly, though, the walk provided an opportunity for students to personally experience nature through the critical lens of a scientist. Teachers encouraged their students to examine what they collected like scientists while they were on the walk.

In the class periods after the walk, students will use the materials they collected to discuss different seeds, and the different functions of the parts of the plants they noticed and the parts of the plants that stuck to their socked feet.



NEWS FROM CORNELL PTO

By Gary Christensen, PTO Vice President

The first month the school year has already past, and as expected it was both busy and fast. We were delighted to see many new faces and returning friends at Back To School Night. Thanks to everyone who stopped by our booth and congratulations to Megan Van Zandt, the winner of the Saydel Family Activity Pass. Also, Thursday, September 1 marked our first Community Night. The turnout at Wendy's in Ankeny was amazing. It was great to see so many friends come out and support the PTO. The frosty party winning class was Mrs. Webb's. The students had a lot of fun during Spirt Week and the new Cornell students loved the Saydel Pride shirts that we provided.



Our first PTO Meeting of the year was on September 13. We met several new teachers, got an update from Mr. Vaughan and received reports from all our committees. Also, the PTO purchased and set up a new popcorn machine. This popper will be used for PBIS parties, other school functions and will be in the staff lounge when not in use.

Our next PTO meeting will be October 11 at 6:30 PM in the Cornell Library. Childcare will be provided for those who need it. We hope to see you there.



The PTO is here to serve. If you ever have any questions, please get in touch with us. We are on Facebook (@CornellelemPTO) or email (CornellEaglesPTO@gmail.com).

One last thing...Now that we are back to school, send in your Box Tops from this summer and keep on clipping!



Woodside Middle School

October 4-6.

Open during school hours and conferences.

Shop on-line till October 11.

Check us out at

<http://www.scholastic.com/bf/woodsidemiddleschool1>

From the Cornell Art Room:

The start of the year has been a busy one! 1st-4th grade students have been hard at work, warming up their art making skills with creating self-portraits.



Kindergarten is learning how to use the materials in the art room, one of them being watercolor! After reading the "The Dot" by Peter Reynolds, students experimented with mixing colors, creating vibrant dots of all shapes and sizes!



National School Lunch Week 2016

Every year, more than 500 billion school lunches are served nationwide via the National School Lunch Program.



National School Lunch Week will be celebrated October 10th -14th.

START

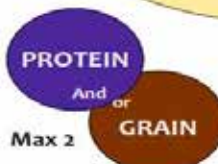
your day the right way with School Breakfast!



School Breakfast
will give you **MORE** energy,
keep your body healthy
and help improve your grades!

What Makes a Breakfast?

USDA National School Breakfast Requirements:



Select <at least> **3** Food Items

Must include a 

SAYDEL COMMUNITY SCHOOL DISTRICT
USDA is an equal opportunity provider

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

Build a Healthy Lunch



Preschoolers Enjoy New Playground!



Fisher Gates and Kaylinn Daman enjoy playing on the slides.



Laci Hunter, Olivia Christenson, and Phoenix Strumpfer have fun outside.

Cornell Elementary preschool teachers and staff have been excited to start another year of teaching and learning with students. This year Cornell's preschool added an additional AM section as well as a brand new playground and outdoor learning classroom. Students had an amazing time playing on their very own equipment.



Preschoolers Isabella Corbin, Flint Gunther, Abel Arriaga Carpio, and Lillian Fisher pose for a picture on the playground.

SAYDEL BOARD OF EDUCATION

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Jennifer Van Houten, Vice-President
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Roland Kouski, Jr., Board of Director

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.