



SAYDEL COMMUNITY SCHOOL DISTRICT

Cornell Elementary School

Big City Opportunities, Small Town Commitment for Students

September 2017 Newsletter

Upcoming Events

Cornell Elementary

SEPTEMBER 10-16, 2017

Homecoming Week at Saydel

SEPTEMBER 11, 2017

School Board Meeting at Saydel District Office, 6 PM

SEPTEMBER 12, 2017

- School Board Election Day
- PTO Meeting in Library, 6:30 PM

SEPTEMBER 19, 2017

Fourth Grade Field Trip to Art Center and PappaJohn Sculpture Park

SEPTEMBER 21, 2017

Picture Day at Cornell

OCTOBER 9, 2017

School Board Meeting at Saydel District Office, 6 PM

OCTOBER 10, 2017

PTO Meeting in Library, 6:30 PM

OCTOBER 12, 2017

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

OCTOBER 16, 2017

No School, Teacher Professional Development Day

OCTOBER 17, 2017

Parent Teacher Conferences

NOVEMBER 14, 2017

PTO Meeting in Library, 6:30 PM

Principal's Message

Greetings from Cornell Elementary! It is hard to believe that we are approaching one month into the school year! Where does the time go?

Just a few short weeks ago we had temperatures hovering around 100 degrees, our kids were wearing shorts and tank tops 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 will soon be time for coats at recess, and our kids know and are demonstrating what it means S.O.A.R.



Principal Brian Vaughan

Each year, just like we do with all of our students at Cornell, I think it is important to share with our friends and families what it means to do things the "Eagle Way" and S.O.A.R. at Cornell. Our S.O.A.R. expectations are at the core of everything we do at Cornell Elementary. These school wide expectations are part our PBIS (Positive Behavior Intervention Supports) that we teach and reinforce through out the year.

Why PBIS? At Cornell, our goal is to recognize our students for the positive choices they make every day. When students are showing The Eagle Way, they are being Safe, Open-Minded, Accountable, and Respectful (SOAR). Our students are recognized daily for the great choices they are making in all areas of our school and by all staff members. In our school, PBIS looks like prompts of expected behavior before students transition to new activities, praising positive behaviors, and encouraging others to SOAR. We celebrate student successes with monthly school wide celebrations, classroom celebrations, and weekly drawings. This is the way that we will continue to do business at our school and in return help ALL of our students feel safe and create a comfortable environment for learning.

As I look ahead into this year, I am excited to challenge our students to grow as thinkers and problem solvers, and to watch as each of our students grow academically, socially, and emotionally. These are all life-skills that our kids will need as they face challenging problems both academically and emotionally.

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.

Go Eagles!

BE AWESOME TODAY!

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

Preschool Has Begun at Cornell

By Stephanie Bader, Preschool Teacher

Cornell preschool students began on September 7. They have been busy exploring their classroom, learning expectations and routines, and meeting new friends! In September we will focus on learning what it means to be in preschool. Students will learn foundational skills through engaging play, practice their problem solving skills, and build friendships during center time. Students will also get to know their friends better through sharing their *All About Me* books they created with their families. Preschool students will also enjoy listening to classic stories such as *Brown Bear, Brown Bear What Do You See?* and *The Very Hungry Caterpillar* by Eric Carle. We are looking forward to a great year of growing and learning in preschool!

HOMECOMING WEEK THEME DAYS AT CORNELL SEPTEMBER 11-15

Monday: Western Day
Tuesday: Pajama Day
Wednesday: Wacky Outfit Day
Thursday: Awesome Sock & Hat Day
Friday: Spirit Day (Green & Gold)

NIET Appoints Traci Lust as 2017-18 Educator Advisory Board Member

The National Institute for Excellence in Teaching (NIET) has appointed Saydel's Traci Lust as one of 11 educators and district leaders to its Educator Advisory Board for the 2017-18 year. Traci is Saydel's TAP Executive Master Teacher and Elementary Master Teacher. During the year, these Educator Advisory Board Members will assist NIET with its ongoing mission to advance educator effectiveness through policy, research and service. Activities will include providing input on NIET's technologies and developments -- from K-12 to higher education -- participating in conferences, and engaging with NIET staff on the most important issues facing the education community today.



How To Be In PE

By Liz Mashek, PE Teacher

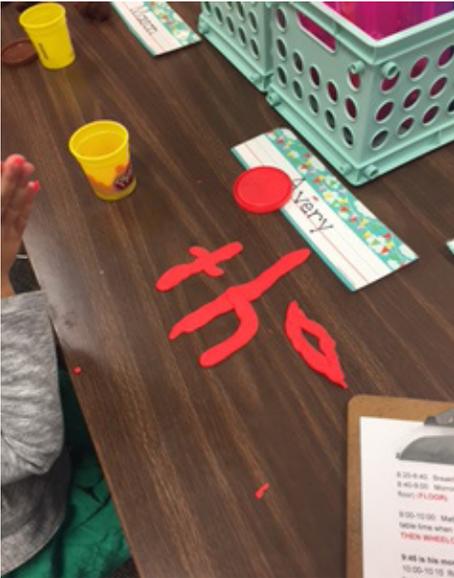
We are off to an awesome start in PE at Cornell! All grade levels have been learning and reviewing expectations for the gym as well as a new routine. The routine includes a "walk and talk" to discuss the focus of the lesson, run or jog session to get their blood pumping, and group stretching before each game or activity. Students have been working really hard to learn new skills such as skipping, running backwards, and teamwork!

We have also been linking SOAR playground expectations with gym expectations as they are closely related and so that students can see how they are connected.

Each student has expressed their "Hopes and Dreams" for PE this year, which was turned into a whole class word art picture to be displayed in the gym. Having these hopes and dreams helps students think about and reflect on ways they enjoy having fun while being active. It is going to be a great year!



"Hopes and Dreams" of Miss Schroeder's 3rd Grade Class



Kindergarten News

By the Kindergarten Team

Kindergarten students have been hard at work learning how to be learners. We spent the first few weeks learning about procedures and routines, and we are falling in love with reading and writing! Our science unit, Bubbles, is a favorite among the students. Exploring, reading about bubbles, and experimenting with different wand shapes has been exciting. We can't wait to see what the rest of the year holds for us!

News From First Grade

By the First Grade Team

First graders have been busy reviewing the expectations of the classroom and school common areas. In reading, we have been focusing on questions words and how to ask a questions to gain more knowledge about our friends. Students were given the opportunity to write and draw a picture about their first grade hopes and dreams. We are excited to work hard to reach our goals.

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
Teddell Electric
Wee's Tees
Power Systems
The Rasmussen Group, Inc.

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

Struthers Brothers Kawasaki-Suzuki, Inc.

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

INDIVIDUAL SILVER EAGLE

Missy Burr
Joshua & Denna Heyer
Ruth Kouski

INDIVIDUAL PLATINUM EAGLE

Corey Myers
Scott Myers

Saydel Welcomes New Bilingual Associate

By Nicole Temeyer, ELL Teacher

I am very excited to be starting my second year at Cornell Elementary School with the ELL program. As the ELL teacher for Cornell, I feel very blessed to get to work with all of our students who speak more than one language! To start the year, we talked about our hopes and dreams for the time we spend together and reviewed expectations. We also spent some time discussing how valuable it is that they speak more than one language and how beneficial it is to be bilingual! Which brings me to how excited we are to have a new bilingual associate in the Saydel District! Jeyson Ramos is joining us for his second year in the Saydel District and his first year in this new role. He is primarily helping with translation and interpretation needs district-wide and also supports our newcomer students at the high school level. I am looking forward to all that is in store this year for our English Language Learners!

Second Graders Have Been Busy Learning!

By the First Grade Team

What a wonderful and busy school year we have had so far in second grade! In reading, we have spent some time setting up our rules and expectations as well as reviewing how to choose a “good fit” book. Students have practiced asking and answering questions while reading to help them understand a text. In math, second graders have been working hard on money and counting this month. Students have been learning about math tools and strategies they can use to help them when they are adding and subtracting. You can help at home by practicing counting money with your child and continuing to read 20 minutes each night. We look forward to getting to know you more and working with you this school year!

Technology Corner

By Stacy Lindahl, Technology Teacher

Students are very excited with the addition of technology at Cornell this year. They come in eager and ready to get on the computers. We have spent these first two weeks learning routines, expectations and understanding how to log in.

This is new to many of the students, but I am excited to see them succeed! We will spend the next few weeks practicing keyboarding and getting more familiar with the keyboard.



Notes From The Guidance Counselor

By Katelyn Neil, Guidance Counselor

Transitioning back to school and to a new classroom can sometimes be challenging. To help with this transition, we have been getting to know each other and building peer relationships in guidance. We have also been working on developing coping skills for when students are feeling anxious, sad, or mad. A great coping strategy that can be used anywhere is deep breaths. We have learned and practiced how to take a good deep breath that goes all the way to our bellies by pretending we are smelling and then cooling down a steaming cup of hot chocolate.

Nurse's Notes:

Welcome back everyone! Just a few reminders from the Nurse's Office –

*Please inform the nurse's office if your child has any severe allergies, is on daily medication, any surgeries, accidents or new health problems that occurred during the summer months or which may occur during the school year.

*Food allergies require a physician signed Dietary Modification Form. This can be found on the Saydel website or at Cornell.

*ALL MEDICATIONS, prescription or over-the-counter, must have a signed permission slip in the nurse's office before we will administer at school. This includes cough drops and pain relievers. This form is available on the Saydel website or at Cornell. Please have an adult drop off any medications at school.

*Please contact the office in the morning if your student is to be absent and inform them why they will not be attending school. If your child has been ill, he/she should be free of a temperature for 24 hours before returning to school.

If your child has been physician diagnosed with any of the following communicable diseases please notify the nurse's office. The exclusion time for each is –

- Strep Throat & Impetigo – 24 hours after initial dose of antibiotic
- Scabies/Ringworm – 24 hours after start of medication and a doctor's note
- Pink Eye (Conjunctivitis) – 24 hours after initial dose of medication
- Fifth's Disease – exclusion at discretion of family doctor or until fever subsides
- Head Lice – after hair has been treated

Don't hesitate to contact the nurse's office with any questions or concerns that you may have. Let's have a safe and healthy school year!

Thank You For Reading The Cornell Newsletter

If you would like to receive the newsletters that feature what is happening at Woodside Middle School & Saydel High School, you can subscribe by emailing newsletter@saydel.net. Each school publishes one newsletter per month. Let us know which newsletters you would like to receive.

Notes From The Music Room

By Jeffrey Johannsen, Music Teacher

Music at Cornell Elementary has finally begun! Current first through fourth grade students are reviewing concepts from previous years and learning to implement them with games, instruments, and songs. The new kindergarten classes are beginning their elementary music experiences with story songs, instruments and lots of movement! Watch for dates to be announced soon for upcoming concerts.



ACADEMIC UPDATE



By the Third Grade Team

Third grade is off to a great start! We have spent time building relationships with our own students, as well as finding time to begin building friendships between classes. We are working on expectations, settling into a routine, and kicking off curriculum.

We have started working on character traits and recounting stories in literacy, along with finalizing writers' workshop setup and expectations. In science, we have started our weather unit where students learn how meteorologists predict what is coming. Finally, in math, we have begun adding and subtracting and working towards strategies that will help us become more efficient.

Third grade is looking forward to a fantastic year!

Fourth Grade News

By the Fourth Grade Team

We are off to a great start for the 2017-18 school year. The fourth graders have been learning their new routines. Thanks to our parents for getting the children back into the swing of school. The students are off to a good start and are working hard.

We have many great activities planned for the month. One highlight is a visit from some Iowa State engineers. They helped the kids see what it would be like to be responsible for creating a product at a factory. This was a great way to kick off our first science unit.



We are also looking forward to field trip to the Des Moines Art Center on September 19. This exciting trip has been planned by Miss Calhoun, our art teacher. We will be spending the morning at the sculpture part and then at the art center. It's an amazing experience for our kids to experience all the different pieces of art. All these things have made this a fantastic start to the 2017-18 school year!

Grab Your Favorite Costume & Run In the Monster Dash!

Join us for the 4th annual Monster Dash 5K/1 Mile walk/run which will take place October 21 at 9:30 AM. Runners can sign up online with shirts guaranteed to all signing up on or before October 9. Both road races will begin and end at Saydel High School in Des Moines, IA. Runs will be timed with results posted the day of race. Runners are encouraged to wear their favorite costumes with prizes going to the best costumes.

All runners will receive a long sleeve dry fit shirt. Packet pickup will occur the day of the race from 8:30 AM through 9:15 AM. Run if you dare! Race event information and photos will be posted to <https://www.facebook.com/events/1501109363545290/> Race results will be posted at www.onlineresults.com.

Registration fees are \$15 for students and \$22 for adults. Sign up online at <https://secure.getmeregistered.com/monsterdash>



Thank you Monster Dash sponsors: Capital City Equipment, Skywalk Global, and Rogers Septic LLC.



Welcome back to school! We hope everyone had a fantastic summer. After a great year last year, the Cornell PTO is looking forward to another year. Last year, with the help of a successful Fall fundraiser, the PTO donated a set of soccer goals that have been set up in the playground for both recess and Physical Education use. We also had several fun Community Night Events and a wonderful Spring Carnival.

As the 2017-18 school year begins, we would like to sincerely thank everyone who have helped and supported the PTO in the past and those currently serving with the PTO. As a volunteer organization we always need fresh faces and ideas. As of this newsletter, we have two open PTO Board positions. We are looking for a Community Night Coordinator and a Fundraising Coordinator. The Community Night Coordinator would be responsible for setting up Community Night events for families, attending the events and reporting

back to the PTO on the results of the event. The Fundraising Coordinator would be responsible for organizing fundraising efforts, coordinating with teachers, students and parents the timeline of any fundraisers and reporting back to the PTO the results of the fundraiser.

The PTO has regular meetings, typically the second Tuesday of each month, in the Cornell Library. Meetings begin at 6:30 pm, and the PTO does provide childcare during the meeting. The meeting dates for this year are September 12, 2017, October 10, 2017, November 14, 2017, January 9, 2018, February 13, 2018, March 20, 2018, and April 10, 2018. We hope to see you there. If you need to get in contact with the PTO, please email us at cornelleaglesPTO@gmail.com or check us out on Facebook, search 'CornellelemPTO'.

Cornell PTO Board Members for 2017-18 School Year

Ginny Mitchell – President
Gary Christensen – Vice President
Heather Coe – Secretary
Nicki Dawkins – Treasurer
April Goode – Box Tops for Education Coordinator
Sara Figgins – Conference Meals Coordinator
Jessica Light – Volunteer Coordinator
Brenna Booth – Carnival Coordinator
Lisa Christensen – Raffle Coordinator

Employee & Family Resources Student Assistance Program (SAP) Service Summary

Employee & Family Resources is dedicated to helping students and their families manage life's challenges so they can reach their full potential.

Licensed mental health counselors and clinical workers are available to assist all students and family members experiencing the stress of life's ups and downs. Services are free and are strictly confidential.

Concerns may include:

- Stress
- Anxiety
- Emotional or mental health
- Family or relationships
- Bullying or peer conflict
- Substance abuse



EFR EMPLOYEE & FAMILY RESOURCES

Convenient In-Person Appointments

Up to three (3) visits per year, per separate issue with qualified counselors. Referrals to additional services if needed. SAP offers services in Spanish and interpreting as needed at no cost to the student or family.

24 Hour Support

For immediate support from counselors, call 800.327.4692. Day & evening appointments are available Monday-Friday.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			National Health Observances:			
		<ul style="list-style-type: none"> Fruit and Veggies – More Matters Month National Childhood Obesity Awareness Month National Yoga Awareness Month Whole Grains Month 				
			Yoga Images from www.forttevoga.com			
<p>SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury.</p>	<p>4 Balloon Bounce Blow up a balloon. Can you keep the balloon in the air? For a challenge add another balloon. Try it with a partner.</p>	<p>5 High Knees & Stretch High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time.</p>	<p>6 Play Simon Says Someone is "Simon" and everyone else has to do what Simon says, but only when he/she says "Simon says" first.</p>	<p>7 Skaters Hop to your right bringing your left foot behind you with knees bent & body low. Repeat the movement to the left. Do for 30 seconds.</p>	<p>8 Crazy 8's 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps</p> 	<p>9 Seated Forward Bend Pose</p>  <p>Hold for 1-3 minutes breathing deeply going deeper into the pose. Rest if need.</p>
<p>3 Underhand Toss Target Practice Using an empty laundry basket or bucket, practice tossing a small object inside. Each time you make it take a step back.</p>	<p>11 Hands & Knees Balance Pose</p>  <p>Hold for 30-60 seconds, switch sides and repeat.</p>	<p>12 Long Jump Pick a starting point and jump as far as you can. Try 3 different times to see how far you can go.</p>	<p>13 Army Crawl Lay on your stomach resting on your forearms. Crawl across the room dragging your body as if you're moving under barbed wire.</p>	<p>14 Do this: -Hop on one leg 30 times, switch legs -Take 10 giant steps -Walk on your knees -Do a silly dance -Sprint for 10 seconds</p>	<p>15 Set the Menu Talk with who takes care of you about choosing the dinner menu. Pick whole grains and veggies.</p>	<p>16 Play Catch Grab any kind of ball and play catch with a family member or friend. Keep your eyes on the ball and catch it with your hands not your body.</p>
<p>17 Family Adventure Go for a walk with your family on a trail you've never traveled before</p>	<p>18 Cardio and Stretch Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times. Try the Low Lunge pose.</p>	<p>19 Crazy 8's 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps</p>	<p>20 Parachute With friend or family member use a bed sheet like a parachute in PE. Lift up and down to move air underneath the sheet.</p>	<p>21 Low Lunge Pose</p>  <p>Hold for 30-60 seconds, breathing deeply. Switch legs and repeat.</p>	<p>22 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p>23 Create a Game Use your imagination and make up a game using a ball, a sock, and a jump rope.</p>
<p>24 Family Health and Fitness Day After a healthy dinner, go outside for walk with your family. You can play I Spy or have a walking race to make it fun.</p>	<p>25 Try and sprint from one end of your street to the other. Have a family member time you.</p>	<p>26 Vertical Jump Jump as high as you can for 30 seconds. Repeat.</p>	<p>27 Walking Race Pick a distance and challenge a friend to a speed walking race. No running!</p>	<p>28 Arm and Leg Tag A regular game of tag, but if someone touches your arm/leg you can no longer use that body part. If both legs are tagged start a new round.</p>	<p>29 Try Savasana again. Fully relax & clear your mind.</p> 	<p>30 Pretend to: -Sit in a chair for 10 seconds -Shoot a basketball 10 times -Ride a horse -Be a frog -Lift a car</p>

Saydel Community School Food Services

The Healthy Hunger Free Kids Act of 2010 (HHFKA) mandates several changes to school lunch programs identifying age-appropriate portion sizes and healthy ranges for fruits, vegetables, grains, meats/meat alternates and milk. The HHFKA is complex, so we've simplified the main points for you in the charts below. Keep in mind these guidelines are intended to provide one-third of your child's daily nutritional and energy needs. Saydel's food and nutrition department remains committed to providing the best combination of nutrients available to your child.

Daily Meal Component Offerings

Meal Components	Grades K-5	Grades 6-8	Grades 9-12
Fruits	1 cup	1 cup	1 cup
Veggies	1 cup	1 cup	1 cup
Grains	2oz	2oz	3oz
Meat/ Meat Alternate	2oz	2oz	2oz
Fluid Milk	1 cup	1 cup	1 cup

All Saydel's School Nutrition meals must meet the minimum requirements as defined by the HHFKA. There are no maximum limitations on these meal components but the meal must fit within the weekly calorie range for that grade level.

Weekly Vegetable Offerings

Veggie sub-groups	Grades K-5	Grades 6-8	Grades 9-12
	5 cups/week	5 cups/week	5 cups/week
Dark Green	1 cup	1 cup	1 cup
Red/ Orange	1 cup	1 cup	1 1/4 cup
Legumes	1 cup	1 cup	1 cup
Starchy	1 cup	1 cup	1 cup
Other	1 cup	1 cup	3/4 cup

Lunch Tray Example 1



Super beef nachos w/ shredded cheese and salsa, lettuce & tomatoes, blueberries & strawberries and chocolate milk

Lunch Tray Example 2



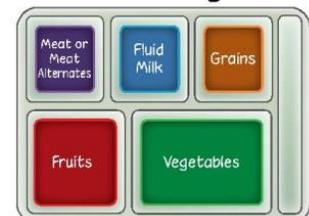
Yogurt & String cheese w/ whole grain goldfish crackers, grape tomatoes, corn, mandarin oranges and skim milk

Lunch Tray Example 3



Orange chicken w/ brown rice, stirfy vegetables, green beans, mandarin oranges, fresh apple and skim milk

Build a Healthy Lunch



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

Answers to Your Top 8 Questions About Your Child's School Nutrition Program.

1 Why have lunch offerings and portion sizes changed?

Schools participating in the National School Lunch Program (NSLP) are required to follow new HHFKA regulations that set mandatory nutrition minimums based on age group. There are no maximum limits in grains and meat/meat alternates; however, meals must still comply with the age specific calorie limits, even though the portion sizes could be larger. Meals are broken into 5 components and students must take a minimum of 3 components (one must be a fruit or vegetable). Vegetables are further broken-down into subgroups by color; vegetables from every sub group must be offered each week.

2 How Nutritious are Lunch Meals under the new standards?

The new school meals are intended to be high in micronutrients and adequate in calories. The new dietary specifications (portions and calorie ranges) reflect the latest scientific recommendations from nutrition experts on the dietary needs of school children, so they are tailored to your children's needs. Lunch portions are "right sized" and are designed to meet the caloric needs of school children.

3 Why must my child take a fruit or vegetable with lunch?

Under the HHFKA, a healthy meal plate must include a fruit or vegetable. We encourage students to select from a variety of fruits and vegetables to meet the fruit and vegetable requirements. They choose what foods they want. We use educational tools such as our "Fruit and Veggie of the Month", as well as food tastings and other promotions to help increase acceptance of new foods.

4 Why have afterschool, PreSchool and A la carte snack options changed?

In an effort to provide the best combination of nutrients available, we have revised our snack choices to include foods that contain zero trans fats. Moreover, all snack foods sold in schools are required to comply with the USDA's "All Foods Sold in Schools" standards of the HHFKA. Additionally, each state may further restrict competitive snack foods.

5 Can students purchase additional food?

Yes, your child can purchase an additional lunch. However, If your child takes all the components that are offered, he/she shouldn't need to purchase additional items as the portions are designed according to his/her nutritional needs.

6 What about physically active students, such as those involved in sports programs, who might need more calories?

Helping students choose meal components wisely the first time through the serving line is key. We have signage throughout each service explaining the components of a balanced meal. Active students should select all 5 meal components including; a fruit, a vegetable, a grain, a meat or meat alternate and a milk, focusing on foods that sustain energy.

7 Why do we have to have Whole Grains?

HHFKA requires over 50% of all grains items offered to be whole grain or whole grain rich. Beginning the school year 2014-15, 100% of all grain based items offered will be required to be whole grain. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases. This is why you see that all of our grain offerings are whole grain or whole grain rich.

8 What's with all the low fat milks?

HHFKA restricts milk to 1% or fat-free for plain white milk and ONLY fat-free for flavored milks. Drinking low-fat or fat-free milk over the full fat alternative cuts calories but doesn't reduce the calcium or the other essential nutrients. Milk is especially important to build children's growing bones.

For more information contact **Jessy Sadler, Food Service Director**, or visit the **school nutrition page on the district website**.

Little Eagle

Cheer Clinic

When: Thursday, September 21st

Where: Cornell Elementary Gymnasium

Time: 3:30-4:30 pm (K-3), 3:30-5:30 pm (4-6)

Who: Ages K-6th

Cost: \$20 (includes t-shirt & snack)



The Saydel High School Cheer Squad will teach our Little Eagles a variety of fun cheers, chants & jumps to perform at the football games on Friday, September 22nd.

Students in grades K-3rd will perform during halftime of the freshman game. Students in grades 4-6 will perform during halftime of the Varsity game.

Register at the ONLINE Web Store @ <https://saydel.revtrak.net/>

Create Account or Log In, Select Community Ed, Youth Athletic Opportunities, Select Grade

Coach Sloth Visits Cornell

Cornell students enjoyed a visit from author *Coach Sloth* this week. Growing up in Dike and Belmond, IA, Coach Sloth played all sports, but loved football. He played Cornerback for the Iowa State Cyclones and in 2000, helped lead the Cyclones to their best record and first bowl victory. Coach Sloth has spent 10 seasons coaching arena and college football. He also had the opportunity to be a football player in five movies: *We Are Marshall*, *Leatherhead*, *Touchback*, *Amazing Spiderman*, and *The Dark Knight Rises*. While at Cornell Elementary, Coach Sloth enjoyed sharing his love of reading and writing with the students.



SAYDEL BOARD OF EDUCATION

Brian Bowman, Board President
Jennifer Van Houten, Vice-President
Melissa Sassman, Board of Director
Henry Wood, Board of Director
Chad Vitiritto, Board of Director
Doug Kayser, Board of Director
Roland Kouski, Jr., 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.