



Cornell Elementary School

Big City Opportunities, Small Town Commitment for Students

January 2017 Newsletter

Upcoming Events

Cornell Elementary

FEBRUARY 7, 2017

Kindergarten Music Program, 6:30 PM

FEBRUARY 13, 2017

Professional Development Day,
NO SCHOOL

MARCH 2, 2017

Parent Teacher Conferences,
4 - 8 PM

MARCH 7, 2017

Parent Teacher Conferences,
4 - 8 PM

MARCH 10-17, 2017

Spring Break; NO SCHOOL

MARCH 21, 2017

Cornell PTO Meeting, 6:30 PM

MARCH 25, 2017

Cornell PTO Carnival, 4:30 PM - 7 PM

MARCH 28, 2017

PTO Community Night at Smokey D's
BBQ, 5 PM - 9 PM

MARCH 29-31, 2017

Mobile Dental Clinic

APRIL 11, 2017

Cornell PTO Meeting, 6:30 PM

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

Happy New Year! It is hard to believe that another new year is upon us. With each New Year, I am guessing that there is a good chance many of you have personally set goals or resolutions for the year ahead. Like you, my wife and I also set our New Year's goals. One of our goals is to "be more present" when we spend time as a family. As we talked about this goal, we agreed that it was important to get the kids on board to ensure we could accomplish this goal as a family. As we started to share this goal, we quickly learned that although they are familiar with the term of "setting a goal," they really didn't know how to follow through to accomplish a goal.



Principal Brian Vaughan

As adults we know that a goal is not just accomplished by chance; a plan is essential. It needs to be intentionally thought about and not left to luck. We set out to learn the best way to help our girls know, understand, and carry out goals.

I was surprised to see how much information is really out there, but I would like to share with you what we chose to share with our girls at home, and how my wife and I have led the conversation with them. Below are some steps that I came across in a 2006 copy of *Parents* magazine entitled "How to Teach Kids Perseverance and Goal-Setting":

1. Get the Idea Across. Start the process by looking for ways that your child already uses goal-setting techniques. If you notice that your son has managed to save up his money to buy a video game, for example, discuss the steps he needed to take to get what he wanted. Talk to him about how good it feels to accomplish something that you've worked toward. Then, discuss how these same techniques can be used to meet other challenges.

2. Start Small. Help your child think of a fun goal she could achieve within a short time. Maybe she could finish a book she started or complete a craft project. "Little goals are the best way to get kids moving toward big goals," says Jim Wiltens, a leadership-training instructor in the San Francisco-area schools. "Meeting a goal gives kids an incredible surge of energy."

3. Let Them Choose. As much as you might want your child to make the honor roll, it's best to let your kid decide what she wants to achieve. Then you can help her make a plan. Obviously, some goals require more input from you. If learning to figure skate is your kid's dream, you're going to have to help her set and achieve her targets. "If parents find they're nagging or getting angry that their child isn't working hard enough to meet a goal, that's a signal they need to back off," warns Edward L. Coyle, PhD, a clinical psychologist in Oklahoma City, OK.

Continued on page 2...

Principal's Letter continued from page 1...

4. Be Alert to Possibilities. If your child says, "I wish I could win a prize in the science fair this year," use it as an opportunity to assist him in creating a plan. "Help him write down specific action steps and a timetable for accomplishing each of them," says John Bishop, author of *Goal Setting for Students*. Then check in with him from time to time to help keep him focused on his targets.

5. Show Them How. "Adults have a much greater sense of what it takes to accomplish goals," says Virginia Shiller, PhD, author of *Rewards for Kids! Ready-to-Use Charts & Activities for Positive Parenting*. So include your child in your own goal-setting to show her how the process works. Say you want to create a garden. Get your child involved in everything from researching plants to turning the dirt. "Adults know how to break a goal down into steps, and that's something kids need to learn," Dr. Shiller says.

6. Provide a Reality Check. Children often underestimate how hard it can be to meet a goal, and then they get frustrated and discouraged when they fall short. If your child decides he wants to play the guitar, for instance, be encouraging but realistic. Point out the challenges and the dedication it will require. The idea isn't to make the goal seem too daunting, but rather to share in the seriousness of the undertaking by helping plan it out.

7. Applaud Efforts. As your child begins to set goals and work toward them, don't forget the compliments. Say something like, "I'm really impressed. When you care about something you really go after it!" advises Dr. Shiller. That's what Candy Shugart did when, in fourth grade, Zach set a goal of learning to play the clarinet and worked hard to master the instrument.

"I never said, 'Go practice,'" Shugart says. "Zach did it himself. I just gave him lots of acknowledgment." After that success he set increasingly more ambitious goals. And his discipline carried over to schoolwork too. "Zach, who's 12 now, says things like, 'I can't cram for this test. I have to start earlier,'" his mom notes. "The change is phenomenal."

Using the above seven steps to lead a goal setting conversation with our girls was very empowering to them and us. Our girls are excited not only for the commitment we are going to try to keep to spend more quality time together as a family, but they also have taken what they learned and applied it to their dance lives. It was a very proud parent moment! I hope that as parents and caretakers, you each spend some time talking with your children about goals and what they would like to achieve. Feel free to try out the steps above and let them guide you in the conversations. If you are looking for some ideas to help your kids with, start with reading more books at home, earning SOAR slips at school, or writing a story from start to finish.

In closing, 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!

Guidance News from Cornell Elementary

By Courtney Anderson, Guidance Counselor

The Guidance class focus the past month has been on identifying and coping with our feelings. Different activities in the feelings unit have included Feeling Charades, using A Bug and A Wish statements, Feeling Wheels, Play-Doh Feeling Faces, and more.

All students have also been working on healthy coping strategies they can use when they are feeling angry such as taking deep breaths, counting to 10, taking a break in a quiet spot, talking about how they are feeling with a trusted adult, and many others. All students are now working on building their friendship and conflict resolution skills.

Some third and fourth grade students have made "How to Chill" snowflakes that help give other students ideas of healthy coping strategies to use when they are angry or upset.



The Promise of Iowa Campaign

Each year as the legislature comes into session and the topic of education funding arises, the media is flooded with information about our Iowa Public Schools. Iowa Schools serve over 480,000 young people in 333 school districts. The Iowa Association of School Boards launched The Promise of Iowa campaign to tell the story of Iowa's public education system.

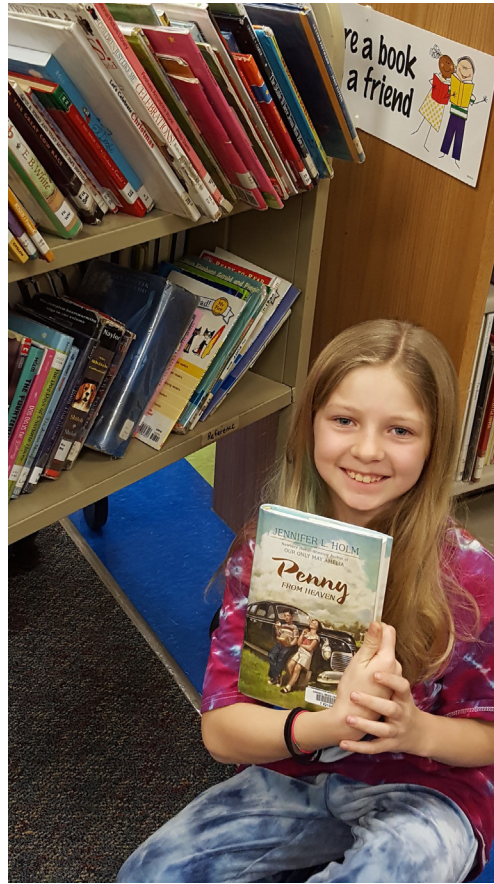


In Saydel and across the state our students achieve at high levels under the supervision of caring staff. The Saydel School Board has signed on to support this effort to tell the true story of our schools and our children. You are encouraged to get involved by finding out more information at www.promiseofiowa.org.

Cornell Library Is Buzzing With Activity!

The library at Cornell Elementary has been buzzing with activity the last few months. The students are busy reading and checking out books while the librarians are busy reorganizing the library.

Mrs. Meyer and Mrs. Plascencia are in the process of making the library space more “kid friendly” by getting rid of older books, adding new ones, and rearranging the shelves. They are also labeling the shelves according to topics to make it easier for staff and students to find books that interest them. Pictured here is Ava Sutton.



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

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

Nurse's Notes:

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

If your child has the sniffles, cough, sore throat or mild congestion and they haven't slowed down at home, they are probably able to participate in school activities. Your child should stay home if they have a fever, are nauseated, vomiting or has diarrhea.

You child can return to school if they are no longer vomiting, and have gone fever free (<100.0) for 24 hours without the use of fever reducing medications.

Students must also stay home for 24 hours after starting medical treatment for pink eye or strep throat.

Frequent hand-washing is the best way to avoid getting sick and spreading illness.

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

The nurse's office is in need of shirts and adjustable waist pants, sizes 4-14. They may be dropped off in the office. Thank you!



Notes From The Music Room

By Jeffrey Johannsen, Music Teacher

December was an awesome month for your students in music. The third and fourth grade students looked at the lives of noteworthy composers from history. The fourth grade classes researched Mozart and took a look at his opera, *The Magic Flute*. The third grade classes researched Beethoven and came to find out they already were familiar with several of his pieces. They were amazed how his music has withstood the test of time and are still a part of popular culture.

First and second grade student prepared for and put on a very successful winter concert. Many parents and students recall singing *Silent Night* together and meeting Santa Claus as some of their favorite moments.

Kindergarten learned there are several ways to tell a story. Through the ballet, *The Nutcracker*, they found out that a story doesn't need words, but that it can be told through dance and music.

In this picture you can see a group of fourth graders watching a scene from Mozart's, *The Magic Flute*. Who knew these fourth graders would be so interested in an art form that is hundreds of years old?

Second Grade Academic Update

By the Second Grade Team

We had so much fun in December as we "Elfed" ourselves, took part in mini sessions, sang beautifully in the Winter Concert and worked on research projects. As students came back to school, they have been excited to see old and new friends. They have been remembering all their "Eagle Way" expectations.

As a reward for following the "Eagle Way" the students were treated to a fun assembly with a magician on the first day back to school. We are looking forward to a very busy, but fun New Year in second grade!

PE News

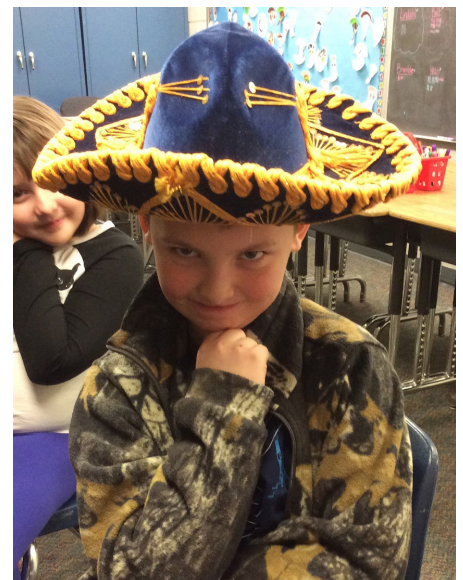
By Matthew Thompson, PE Teacher

In Physical Education at Cornell, we started the month of December working on the skills of underhand and overhand throwing, incorporating games that included those two skills. Right before Winter Break, we enjoyed playing games of "Grinch Tag" that students came up with creative holiday themed groups. In the upcoming months, we will be working on scoop and throwing, and scooter activities.

K-4 Spanish News

By Emily Foster, Spanish Teacher

In Spanish, we have been growing our vocabulary in the areas of greetings. The older students have been exploring some verbs as well as how to describe things using adjectives. The younger students have been learning about times of day and simple questions such as "¿Cómo te llamas? (What is your name?) We have also of course been learning about some different Spanish traditions including Día de los Muertos (Day of the Dead) and Navidad (Christmas). Pictured is Alexander Hunnell wearing a sombrero for his birthday.



It's A Busy Time of Year for Cornell Preschoolers

The month of December was a busy one for Preschool. The students practiced four songs and the actions for their Winter Program. The program was held on December 20 at Cornell. Families and friends were invited to come watch their children perform these songs as well as spend time together with different activities. The activities included Play-Doh, coloring, pin the nose on the snowman, and making a gingerbread boy.

After Winter Break the students began a Sound Study where they get to experience and guess what different objects make certain sounds.

January will wrap up with the students getting hands-on experience with different activities involving Jan Brett's book *The Mitten*.

For example, students will get to retell the story by acting out the book with masks of the different animals in the story.

First Grade Academic Update

By the First Grade Team

During the month of December, first graders spent time learning how to gather information from pictures and text to further develop their understanding of the book they listen to.

In math, students had fun creating surveys, gathering data and interpreting the information by creating visuals to match.

Kindergarten Students Enjoy Polar Express Day

By the Kindergarten Team

We had a lot of fun on our Polar Express Day. The students "rode" on train tracks between classes. They also made reindeer food to leave outside and made reindeer antlers. The students made a train out of the letters in their names just like the trains in the Polar Express. They made mugs with marshmallows on them and counted their marshmallows. They even built trains with Legos. It was so much fun! Special visitors arrived during this fun day to give each student a bell and a candy cane. It was a day we will not forget. Thanks to everyone who helped make it so special. The students (and teachers) had a blast!



Fourth Graders Are Busy Learning!

By the Fourth Grade Team

Fourth grade is happy to be back from a relaxing break and are ready to keep growing our brains. The students have been working really hard, and we are looking forward to seeing progress in our mid-year testing.

In reading we have started a unit that will have the students learning about the revolutionary time when our country first began. They will be working on reading and writing different points of view from that time.

In math we are learning to be flexible thinkers with multiple ways that we might approach a problem. We are also making sure that we are working on our fact fluency every day. The main focus in math right now is working with numbers up to 10,000.

We are finishing up a unit in The Sound of Science. The students created their own instrument and explained how it produces sound. The next unit we will be working on is called Oil Spill. We are looking forward to discovering the ways that oil might be cleaned up in the environment.

Hard to believe that we are halfway through this year. The students have been learning a lot, and we still have a lot to do. We are looking forward to keeping the learning going!



Third Graders Travel to Civic Center to See *The Nutcracker*

By the Third Grade Team

December was a busy month filled with learning, field trips and celebrations. Last month we worked hard on perimeter, learning how to define vocabulary using different tools, and started to prepare for our big informational project that we will complete throughout the month. We also were lucky enough to get the chance to go see *The Nutcracker* at the Civic Center. What a cool experience for the third graders and all chaperones!

Finally, we were able to have our Winter Break celebrations with mini sessions, caroling and fun classroom activities. What a way to wrap up a fun and exciting month!

Cornell Students Visit Art Center



Fourth graders from Cornell Elementary School recently went on a field trip to the Des Moines Art Center. They learned about different art pieces from both the permanent collection and the visiting Vivian Maier exhibit.

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.



Snack like a super hero.

Champion's POWER Packed Snack

- 2 cups canned crushed pineapple
- 1 cup fresh or frozen berries, thawed
- 1 firm medium banana, peeled and sliced
- 1 cup low-fat vanilla yogurt
- 1/3 cup raisins

Have fun putting a layer of pineapple, berries, yogurt, banana slices, and raisins into each of four glasses. (makes 4 servings)

Diet Modification Request Form

USDA regulations require that medical documentation be provided for any student requiring a substitution. Documentation is to be submitted to the school nurse at the site where the student is enrolled. If you have any questions regarding special dietary needs, contact Jessy Sadler, Food Services Director at 515-264-0866 or at sadlerjessy@saydel.net

Hearty and Healthy

As the cold days of winter continue, our nutrition staff is here serving up school meals that are warm and welcoming! Each morning, our team is hard at work preparing for your child's meal times. This month's menu is full of familiar favorites that we're sure they'll love.

3³/₄-5
Cups of Vegetables



Your Resolution Solution

This time of year, most people resolve to "get healthy"—but did you know that resolving to save money is almost as popular? And we have good news if either or both of those resolutions are on your family's list... the meals we serve are comprised of at least 51% whole grains and reduced fat dairy to support a healthy body weight; plus we offer up to 5 cups of fruit **and** 5 cups of vegetables each week.* So not only are school meals health-conscious, they're also cost-conscious—saving families an average of \$.25 per day!**

*According to USDA National School Lunch Program guidelines

**Based on average meal prices for the 2014-15 school year

Reminder: Cornell Elementary offers free breakfast and free lunch to all Cornell students! No child will be charged! If your child wishes to bring a sack lunch and get just milk, or get extra milk, there will be a charge of \$0.45. The free breakfast and lunch covers the basic reimbursable meal.

Foodservice Office:

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

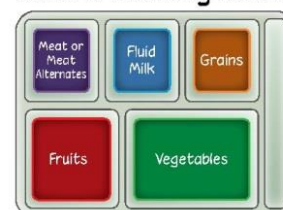
Email: sadlerjessy@saydel.net

Phone: 515.264.0866




Fax: 515.264.0869

Follow us on Twitter: [@saydeldining](https://twitter.com/saydeldining)

Build a Healthy Lunch





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 Code Words While watching TV any time you hear the code word complete 10 jumping jacks. <u>Code word:</u> new year	2 Flexible Alphabet Can you make your body look like every letter in the alphabet?	3 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.	4 Read & Move Pick a book to read and select an "action word" that will be repeated often. When the "action word is read stand up and sit down.	5 Step Jumps Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.	6 Pretend! Pretend to: -Sit in a chair for 10 seconds -Shoot a basketball 10 times -Ride a horse -Be a frog -Lift a car	7 Commercial Stroll During a commercial break take a walk around your entire house. Still a commercial? Go again this time speed walking so you don't miss a thing!	
8 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.	9 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.	10 High Knees & Stretch High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time.	11 Play Simon Says Someone is "Simon" and everyone else has to do what Simon says, but only when he/she says "Simon says" first.	12 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.	13 Partner Challenge Sit back to back with a friend and link arms. Try to stand up without unlinking arms.	14 Seated Forward Bend Pose  Hold for 1-3 minutes breathing deeply going deeper into the pose. Rest if need.	
15 Crabby Clean Up Tidy up while walking like a crab! Carry items on your belly across the room to put them away.	16 Hands & Knees Balance Pose  Hold for 30-60 seconds, switch sides and repeat.	17 Long Jump Pick a starting point and jump as far as you can. Try 3 different times to see how far you can go.	18 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.	19 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	20 Crazy 8's 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps	21 Clap and Catch Throw a soft object up into the air. See how many times you can clap before you catch it.	
22 Wake and Shake As soon as you get out of bed shake your body any way you like for 10 seconds. Are you up now? Good! Now jump up and down 10 times.	23 A Quarter's Worth How much is a quarter worth? Complete 25 of the following: Skip Jump Lift Knees Walk backwards	24 Crazy 8's 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps	25 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.	26 Low Lunge Pose  Hold for 30-60 seconds, breathing deeply. Switch legs and repeat.	27 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.	28 Paper Plate Planks In plank position with paper plates under your feet. Complete 30s each: -mountain climbers -in and out feet -knees to chest	
29 Dance, Dance Put on your favorite song or turn on the radio. Dance however you like during the entire song!	30 Tea Cup Tip-ups Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees.	31 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.	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. Happy exercising!			NATIONAL HEALTH OBSERVANCES National Blood Donor Month	

Students Enjoy PBIS Assembly



Students at Cornell Elementary had a PBIS Assembly after Winter Break. Comedy magician Michael Oz performed magic tricks for the students. He is pictured to the left with Sophia Johnson. To the right below, Mr. Oz is selecting a volunteer to help him with a magic trick. After the show, students who met their fundraising goal were treated to some silly string fun with Principal Brian Vaughan. The silly string was provided by Cornell PTO.



SAYDEL BOARD OF EDUCATION

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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
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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.