SAYDEL COMMUNITY SCHOOL DISTRICT

Cornell Elementary School

Big City Opportunities, Small Town Commitment for Students

March 2017 Newsletter

Upcoming Events

Cornell Elementary

MARCH 21. 2017 Cornell PTO Meeting, 6:30 PM

MARCH 25, 2017 Cornell PTO Carnival, 4:30 - 7 PM

MARCH 28, 2017 Cornell PTO Community Night at Smokey D's BBQ, 5 - 9 PM

APRIL 11, 2017 Cornell PTO Meeting, 6:30 PM

APRIL 13, 2017 Cornell PTO Community Night at Pump It Up, 5:30 - 7:30 PM

APRIL 25. 2017 Eagle's Nest Informational Meeting, 6 PM in Cornell Library

MAY 4, 2017 Cornell PTO Community Night at Wendy's in Ankeny, 5 - 8 PM

MAY 15, 2017 3rd & 4th Grades Music Program at High School Auditorium, 6:30 PM

MAY 26, 2017 Last Day of School

MAY 30, 2017 Summer Eagle's Nest Program Begins at Cornell Elementary

Principal's Message

t has been another month of learning at Cornell Elementary School, and the month of March will not be slowing down. Here is my attempt to give you the 360 degree look for the happenings around our great school.

As you will see in the pages to follow each of our grades and subject specific areas have had exciting events and loads of learning opportunities. In addition to those happenings, in February Cornell held our Literacy Night to celebrate reading and math in our school. We had 300 people attend and participate in math and reading activities.



Principal Brian Vaughan

Not only was the time spent as a family enjoyed, but every student that attended went home with at least one new book. Thanks to everyone involved for making this night a HUGE success!

By the time you have read this newsletter, our kids will have enjoyed a lip-sync battle that was put on by our teachers. If you have not heard about it, be sure to ask the kids for the details. It was epic! This was held as our school's monthly celebration for showing all the great ways our little eagles know how to SOAR (be Safe, Open Minded, Accountable, and Respectful) at school.

Conference nights were again extremely well attended with almost 100% of parents attending their child's conference time with the teacher. That means that between preschool-fourth grades we had nearly 500 conferences over the course of two nights! Along with the conferences many of our families were able to stop by the book fair and find yet another opportunity to get books into the hands of our kids. Thanks to Mrs. Meyer and Mrs. Plascencia for organizing the book fair.

Cornell Elementary celebrated Read Across America Week the first week in March. Schools celebrate this week across America to honor the author Dr. Seuss. The students had fun by dressing up and spending some additional time reading. The highlight of this week was having students from the high school come to Cornell and read-aloud a Dr. Seuss book on his birthday (March 2) in each of our classrooms. Our enjoyed the stories! Thank you to all of our high school volunteers for being great role models to our little eagles! We hope all of these types of events can instill a real excitement, a real love for reading in our students! The best way to become a better reader is to read more. This love of reading can be a precious, life-long gift.

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!

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**

Guidance News

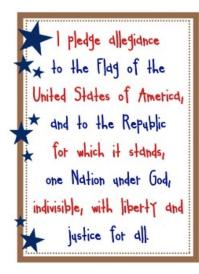
By Courtney Anderson, Guidance Counselor

The focus in Guidance for the month of February was kindness and empathy. All grade levels talked about how we could be kind to others during Random Act of Kindness Week. Students also did many activities about being bucket fillers instead of bucket dippers. We finished the month talking about empathy and how it's important to "stand in another person's shoes" and think about how they are feeling. In March, we will continue to work on teamwork and talking about the importance of having a growth mindset.

Kindergarten Students Learn About American Symbols

By the Kindergarten Team

n February, kindergartners learned about American symbols. They listened to books and conducted research about the White House, the Liberty Bell, the Bald Eagle, the Statue of Liberty and the American Flag. We examined the meaning behind the Pledge of Allegiance, so we can understand what it means when we say the Pledge each morning at school.



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 pubishes one newsletter per month.
Just let us know which school newsletters you
would like to receive.

Academic Update From Third Grade

By the Third Grade Team

Third grade has been working hard on multiplication and division this month! Students have enjoyed learning new strategies and concepts and being able to relate those to real-world problems (area).



We've also been working on force and motion through our Sheep in a Jeep unit. Students have loved experimenting with different heights of ramps and barriers for their jeep. Third graders also wrote persuasive texts. They had a lot of fun getting to pick who they wrote to and what they persuaded that person to do.



We have lots of creative little thinkers! In reading, we continue to work on comprehension strategies. It's fun to see the students apply these during independent reading time!

We look forward to getting back into it after spring break!

Cornell Celebrates Read Across America



Students at Cornell Elementary School in the Saydel Community School District participated in literacy activities to celebrate Read Across America Week. Pictured is kindergarten student Jersie Webb busy reading a favorite book.

Second Graders Have Been Designing Bridges!

By the Second Grade Team

ver the past month, second grade students at Cornell Elementary have been learning about bridge building. They were given a task – Design a bridge using only licorice, toothpicks, marshmallows and spaghetti that would be sturdy enough to hold a matchbox car on it for 60 seconds.

To tie up our unit, we wanted students to see the real world applications of what they had been learning and what better way than to have Kurt Rasmussen, president of the Rasmussen Group, visit and share how his company builds bridges. Mr. Rasmussen brought visuals and patiently answered student's questions. His visit was the perfect way to end our unit and our second grade classes appreciated all the time he spent with us.





Dressed Up for Daddy Daughter Dance



The Daddy Daughter Dance was a huge success this year. Many fathers and daughters enjoyed this special night together at Woodside Middle School.

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 Tesdell 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

Notes From The Music Room

By Jeffrey Johannsen, Music Teacher

Things are progressing quickly in music. In the second, third and fourth grade classes, students are working on music literacy. Each grade is quickly becoming able to identify rhythms and pitches and are figuring out how to read like a true musician. The fourth grade class is going to put their skills to



the test and teach themselves one of their concert songs for the May concert.

First grade is getting some of their first introduction in writing music. They have learned a few pitches and rhythms, and by the end of the year they will be able to create short tunes with the skills and concepts they have acquired.

Finally, kindergarten is taking a look at Peter and the Wolf. This story through music will help them understand how a character can be portrayed through a musical theme and advance a story line.

K-4 Spanish News

By Emily Foster, Spanish Teacher

This month kindergarten and first grade have been studying and reviewing numbers through 10. We love to learn through fun games and singing songs. We have just started learning about and reviewing

the days of the week. Second, third, and fourth grade have continued working on introducing people. After spring break, we will be beginning a unit on family. This group loves to act out stories and read in Spanish!

Pictured is Elliana VanDerKamp with her finished calendar of things she does throughout the week.



ACADEMIC UPDATE



By the First Grade Team

First grade has been busy working on their addition and subtraction strategies. We are continuing to work on reading and writing time to the hour and half hour. We enjoyed seeing a lot of you at the Family Fluency Night. The students were excited to teach and show you how they are learning to be fluent readers and mathematicians. We have also been learning about famous Americans and their impacts on us today. We have been making connections to George Washington, Abe Lincoln, Ben Franklin and many others.

Cornell Box Tops News



Aydin Townsley is the winner of Cornell PTO's latest Box Tops Contest that ran from January 16 through February 10. He won a gift card to Sky Zone in Grimes for \$25. Congratulations Kaydin Townsley!

PTO has one more Box Tops contest that will run April 3 until April 28. Keep on clipping and send your Box Tops to school.

News From The Fourth Grade

By the Fourth Grade Team

ornell fourth graders have been busy working with and learning about fractions. We have been finding fractional parts of groups as well as dividing wholes into fractions. Our students have worked to find real world application for the use of fractions and how they are applied. Students have identified the culinary arts, using fractions to find sale prices, and the importance of exact measurements to name a few of real life applications. Fourth graders have used a variety of manipulatives to show and model fractions, as well as used fake pizza and thought about how to cut sandwiches evenly. We are looking forward to making the connection between fractions and decimals as we move forward. We encourage all our families to ask questions about fractions, and help your child find applications to using fractions outside of school too!

Preschoolers Are Busy Learning!



Preschool students have been actively engaged in The Creative Curriculum's Building Study. The study offered many opportunities to explore concepts of buildings. Students were able to expand their knowledge and understanding of building materials as well as explore concepts in social studies related to shelter and jobs.

Four-year-old students are busy preparing for kindergarten. Our four-year-old program incorporates many beginning phonological awareness skills. Research shows literacy-enriched play centers and engaging group activities positively affect children's attitudes toward reading.

This picture is of Mrs. Singletary's four-year-old class drawing monsters through rhyming words during a large group lesson.

Pre-K to 6th Graders

Welcome



Informational Meeting will be held April 25 at 6 PM in the Cornell Library

SAYDEL Eagle's Nest Summer Program Is Back

May 30 - Aug. 11, 2017

LOCATION: Cornell Elementary School

- *Field Trips & Outdoor Play
- *Bi-Weekly Themes
- *Academic Support
- *Fun With Friends
- *All Districts Welcome
- An Colombia (Colombia)
- *Affordable (State Assistance Accepted)
- *Breakfast & Hot Lunch Served June 5-August 11 Children will need to bring breakfast & sack lunch the first week of camp.



Contact Eagle's Nest Coordinator Christine Bailey for details: 515-244-8173, ext. 3207 or baileychristine@saydel.net

HEALTHY SCHOOL SNACKS

Snacks play a major role in a child's diet and provide a valuable opportunity for nutrition education. Healthy snacks are important to providing good nutrition and supporting lifelong healthy eating habits.

Fruits:

- · Fresh fruit-whole or sliced
- Assorted fruit salads
- Dried Fruits
- Applesauce
- Individual fruit cups (packaged in juice)
- 100% Fruit Juice
- 100% Frozen Fruit Bars



Low Fat Dairy/Protein:

- String Cheese or Cheese Cubes
- Yogurt
- Cottage Cheese
- Deli Meat
- Sunflower Seeds
- Pepita/Pumpkin seeds



Whole Grains:

Vegetables:

- Raw Vegetables
 Simple kid-friendly examples: Baby Carrots, Broccoli, Cauliflower, Snap Peas, Sliced Peppers, Celery
- Dehydrated Vegetables
 - Vegetable Chips, Chickpeas
- · Edamame (Soybeans)

- Crackers
- Low Sodium Pretzels
- Pita Chips
- Popcorn
- Low Fat Granola Bars
- · Baked Corn Tortilla Chips
- Animal Crackers
- · Graham Crackers



Snack tips:

- Snack on fruit and vegetables whenever possible.
- · Select appropriate portion sizes.
- For food safety select sealed and prepackaged snack items.
- Combine protein and fiber for a satisfying snack.



Drinks:

- water
- Low Fat or Fat Free Milk
- 100% Fruit/Vegetable Juice







Dip Ideas: Hummus, Salsa, Bean dip, Honey Mustard, Yogurt based dips

Purchasing School Meals: The school cafeterias use a computerized cash register system. Every student has an account with an assigned personalized identification number (PIN). When a cashier rings up breakfast, lunch or à la carte items, the total amount of the sale is deducted from the prepaid balance in the account. Parents will receive phone calls if an account balance is below \$3.00. Please use these as a friendly reminder as we work hard to keep all accounts current.

Healthy Snack Alternatives

- Make your own homemade potato chips by slicing a sweet potato and baking the chips at 350F until crisp.
- Make your own vegetable roll up by cutting carrots, celery or peppers into sticks and wrapping a slice of lowfat cheese around a bundle of them.
- Make your own snack mix.
 Combine 1 cup of toasted oat cereal, ¼ cup unsalted dry roasted peanuts, ¼ cup of raisins and ¼ cup of cranberries. Toss together and enjoy!
- Make your own grapesicles!
 Alternate red and green grapes onto a wooden skewer. Place skewers into freezer for 30 minutes or until frozen. Serve immediately.
- Replace soda with 100% fruit or vegetable juice.



Foodservice Office:

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

Email: sadlerjessy@saydel.net

Phone: 515.264.0866 Fax: 515.264.0869

Follow us on Twitter: @saydeldining

Build a Healthy Lunch







March 2017 Elementary Physical Activity Calendar

National Hostian Observances	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Charles Continue	- National Nutrition Month	children accumulate at up to several hours of p day. Each bout of physi followed by cool-down	least 60 minutes and ohysical activity per cal activity should be stretches that help	Tidy up while walking like a crab! Carry items on your belly across the room to but them away.	How much is a quarter worth? Complete 25 of the following: Skip	Throw a soft object up into the air. See how many times vou can	Be creative and see how many different ways you can jump rope. Can you keep
Walking Race Sidewalk Chalk Your bottom in the a distance and a distance and balance and states and verying a distance and balance and balance and states are distance and balance and states are distance and a distance and states are distance and sold state at the area that the three a feet hand then the former other balancing. Your balance and states are distance and selected a feet hand then the arcses the room. Your accordance are distanced and selected the language of the language o	- March 6-10: National School Breakfast Week	reduce soreness and avexercising!	oid injury. Happy		Jump Lift Knees Walk backwards	clap before you catch it.	jump roping while doing all the different ways?
Awaking race. No ines on the ground with forward with your left freend to complete a complete from the knees of the page and the knees of the page and the knees of the page and the knees of the control in the left hand then the other hand the page and the complete from the knees of the page at the control in the left hand then the other hand the page at the control in the left hand then the other hand the page at the page			7 Bear Walk With your bottom in the		9 Sugarcane Pose Hold Sugarcane Pose		
the balancing or the ground with pour left from the content of continue to content be content to continue to content be fores. The content be c	Pick a distance and challenge a friend to a	Balance Draw different kinds of	air, step forward with vour right hand & step	As fast as you can complete:	for 30 seconds on each side.	Grab a broom stick and have 2 people hold it.	8 leaps 8 frog jumps
ween the Knees The parameter of the relations of the rel	speed walking race. No	lines on the ground with	forward with your left	10 Arm Circles front &		Take turns going under	8 vertical jumps (as
ween the Knees of regarding the Palach Confinule to move across the room Toe Fencing 16 Chest Pass Toe Wilth a partner, hold and jump around your cheek beging the room of any our street to your steet to your steet to your steet to your steet to your storned time, so which legs from the firme sound street to work and your anime of your storned time, so which legs from the firme sound street to work and your anime of your storned time, switch legs from the firme sound street to work and your attement of your storned time, sound are should a so you don't miss and your storned your commercial? So again to more leg 30 white work and your storned your animes. Shi in a chair for 10 any your knees. 13 Chees Pass How love and your anime to how any our storned to her and your anime times, switch legs for the person's toe without an added challenge. 14 Toe Fencing how your the good of the grade of the seconds with the largest time your storned to her and your anime times. Shi in a chair for 10 as singly dance. Shi in a chair for 10 as singly dance. Shi as a chors and your storned time, switch legs are an lord or an an added challenge. 15 Chest Pass How work to your the code words your target. The ground and jump the grade of the seconds. The person should be a proper and your anime times. Shi in a chair for 10 as singly dance. Shi as a chors and your anime times, switch legs are this time speed walking the person ship times. Shi as a chors and your work times and your knowled. Should be a frog to a both is:	 	one foot in front of the	the left hand then the	10 Forward punches	The state of the s	backwards. Lower the	Repeat 3 times
Happy Baby Pose Happy Baby Pose Happy Baby Pose Froring Size. Starting the the dred objects starting size. Starting size. Starting size. Starting size starting strip to the partner, hold so not derived time your stored to man. Crawl arms. Crawl a		other balancing.	right foot. Continue to move across the room.	10 Kaise the Koof's Repeat 3x		stick after each successful pass. How low can vou go?	
Where the Knees Happy Baby Pose Toe Fencing Chest Pass Put a piece of tape on vorting and per production of the record forth a partner, hold a per person's shoulders. Try to tap the other shoulders. Try to tap the other shoulders. Try to tap the other shoulders. Practice your chest the ground and jump while watching TV any practice your chest the ground and jump passes against a brick. Try to tap the other shoulders. Practice your chest and jornh as quick have and forth as quick have and forth as quick having your street to have keep in a nadded challenge. The thing a commercial stroll a not sheet take a walk person should sheed challenge. Should a basketball 10 house. Still a not your street to house. Still a not your stomach. The not a family seconds times a frog this time speed walking accompand and your stomach. The not have a family from this and produce thing your street to house times a frog times and street to house sould the dinner. Craw and sors a fined a horse infined by a not on sell gate. The will have a family and a sorse that a family and a care of you about the safe frog the should be soon and regaging your as a life dance. Take 10 giant steps and veggies. Toe Fence of tape on the gage of the practice your favorite and prody and the dinner. The special strain and the prody and the dinner and veggies. Presence of the worth and the prody the dinner and veggies. Presence of the presence of the prody the dinner and veggies. Presence of the presence of the presence of the presence of the prody the dinner and veggies. Presence of the presence o	12	13	14	15	16		18 Catch with a Catch
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the largest try liking around your staped of order time your street to the there in your street to the times time you. Large Army Crawl Army Crawl Army Crawl Care of order orders and the largest try in the largest try	Gather rounded objects		With a partner, hold	Practice your chest	the ground and jump	While watching TV any	try each challenge
Iking around your Ikin	ot varying size. Starting with the largest try		each other's shoulders. Try to tan the other	passes against a brick wall Remember to sten	back and forth as quick	time you hear the code words complete 10	betore catching the
between your legs for knees. Straighten your legs for knees. Straighten your legs for knees. Seconds and sprint from one leg 30 times, switch legs on your stornes. Straighten your legs for knees. Straighten your legs for having yourstreet to seconds Straighten your legs for having yourstreet to heard sprint from one leg 30 times, switch legs coond as a sit you're soonds Straighten your legs for having yourstreet to heard sprint from one leg 30 times, switch legs coond as sity four fear of grains and veggies. Straighten your legs for having yourstreet to heard sprint from one leg 30 times, switch legs coond as sity four fear of grains and veggies. Straighten your legs for having yourstreet to heard strain and veggies. Straighten your legs for having your street to heard strain and veggies. Straighten your legs from and a legs from and the strain and veggies. Straighten your legs from and the strain and veggies. Straighten your legs from and the strain and veggies. Straighten your legs from and the strain and veggies. Straighten your legs from and the strain and veggies. Straighten your legs from and the strain and veggies. Straighten your legs from the straight your legs from your favorite and veggies. Straighten your legs from the straight your favorite and veggies. Straighten your legs from the straight your favorite and veggies. Straighten your legs from the straight your favorite and veggies. Straighten your legs from the straight your legs from your legs from the straight your legs from the y	walking around your	1	person's toe without	towards your target.	seconds.	jumping jacks.	1.Touch your nose
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20 Pretend to: Pretend to: During a commercial Stroll and sprint from one seconds and sprint from one special stroll and sprint from one special stroll and sprint from one special stroll and sprint from one special	object between your knees.	Straighten your legs for an added challenge.				Patrick's Day, lucky, leprechaun	3.High-five someone 4. Spin around
Pretend to: During a commercial and sprint from one special control of your street to the a walk and sprint from one seconds Army Crawl a cond sprint from one leg 30 your word ranging your stored barbed - Shrint for 10 seconds During a commercial and sprint from one leg 30 your street to shore a family and under barbed - Sprint for 10 seconds During a commercial break a walk area walk area and seconds and sprint from one leg 30 break a walk area and and and area and a solution and veggies. During a commercial break a walk area and seconds and sprint from the analy area and veggies. During a commercial break a walk and a sorond and a song or turn on the song a read of your favorite and veggies. During a commercial break a walk and a sorond and a song or turn on the sorond and a friend to a silly dance a family and a second s. Set the Menu and veggies. During a commercial break a walk in a sorond and a simple and a silly dance a same and veggies. During a commercial break a walk in a sorond and a simple and a silly dance a silly and a sill		20 Pretend!	21 Commercial Stroll		23	24 Arm and Leg Tag	
and sprint from one seconds around your entire of your street to seconds and spin from one a seconds around your entire a family seconds times. Army Crawl across times, switch legs come dragging your street to a seconds and veggies. Set the Menu across changing and veggies. Set the Menu across changing and under barbed as if you're a family and seconds. Repeat. Set the World across changing and veggies.		Pretend to:	During a commercial	Walking Race	Dance, Dance	A regular game of tag,	Read & Move
Army Crawl Commercial? Go again Army Crawl Commercials on your stomach Talk with who takes for goin your femines on your femines a firmes, switch legs Choosing the dinner backet a family Talk wind and or backet ba	Try and sprint from one	-Sit in a chair for 10	break take a walk	Pick a distance and	Put on your favorite	but if someone touches	Pick a book to read and
times commercial? Go again the you. Ride a frog so you don't miss a Lift a car a nove stomach arms. Crawl across chars of a si f you're Loo a silly dance and arms of a more lear of the lear of the lear is the with whole a side of the lear is side of the lear is the lea	the other Have a family in	Shoot a baskethall 10	house Still a	speed walking race. No	radio Dance however	no longer use that body	that will be reneated
- Ride a horse this time speed walking so you don't miss a Lift a car thing! Army Crawl 27 Army Crawl across times, switch legs choosing the dinner as if you're - Do a silly dance are of you about a si fyou're - Loo a silly dance are of you about a si four derivation and veggies. - Ride a horse this time speed walking so out on this month arms. Crawl across times, switch legs care of you about as if you're - Do a silly dance as if you're - Sprint for 10 seconds. - Ride a horse this time speed walking and veggies and thing! - Set the Menu	member time you.	times	commercial? Go again	running!	you like during the	part. If both legs are	often. When the "action
Army Crawl Army Crawl27Set the Menu - Hop on one leg 30 - Take 10 giant steps - Do a silly dance29 - Lift a car - Set the Menu - Hop on one leg 30 - Take 10 giant steps - Do a silly dance29 - Set the Menu - Jump as high as you - Care of you about - Repeat.30 - Ragdoll Pose - Almp as high as you - Seconds. Repeat.Pick your favorite - Almp as high as you - and do it again!Army Crawl - Hop on one leg 30 - Take 10 giant steps - Do a silly dance - Sprint for 10 secondsTalk with who takes - Choosing the dinner - Repeat.30 - Artical Jump - Soconds. Repeat.Pick your favorite - All and		- Ride a horse	this time speed walking		entire song!	tagged start a new	word is read stand up
Army Crawl on your stomach arms. Crawl across - Walk on your knees - Sprint for 10 seconds.28 Set the Menu - Hop on one leg 30 times, switch legs - Take 10 giant steps - Sprint for 10 seconds29 - Set the Menu - Jump as high as you can for 30 seconds.30 Ragdoll Pose for 30 seconds. Repeat. Can for 30 seconds. Repeat.128 - Hop on one leg 30 times, switch legs choosing the dinner menu. Pick whole - Sprint for 10 secondsTalk with who takes care of you about can for 30 seconds. Repeat.29 - Jump as high as you can for 30 seconds. Repeat. Repeat.		-Be a trog -Lift a car	so you don't miss a thing!			round.	and sit down.
Do this: Set the Menu Jump as high as you rg on your Hold Ragdoll Pose for Jump as high as you Jump as high a	26 Army Crawl			29		31	
And across times, switch legs care of you about as if you're a solution one leg 30 times, switch legs care of you about as if you're as	Lay on your stomach	Do this:	Set the Menu	Vertical Jump	Hold Ragdoll Pose for	Pick your favorite	
as if you're	resting on your	-Hop on one leg 30	lalk with who takes	Jump as nign as you	30 seconds. Repeat.	activity from this month	
ras if you'reWalk on your knees menu. Pick whole ng under barbedSprint for 10 seconds	the room dragging your	Take 10 giant steps	choosing the dinner	Repeat.		מווס מס זו מטמווו:	
ng under barbed -Do a silly dance grains and v	body as if you're	-Walk on your knees	menu. Pick whole	_			
	moving under barbed	-Do a silly dance	grains and veggies.				
	WIre.	-Sprint for 10 seconds			- the control of the		

Students Enjoy Shopping at Cornell Book Fair

By Aileen Meyer, District Librarian

Cornell Elementary library hosted a book fair for the school community during parent/teacher conferences.

Students enjoyed visiting the fair and browsing the extensive selection of books and other items.

The fair was a huge success and earned \$2,552.70 in profit which will be used to purchase books from Scholastic for the library.

Thank you to all for your generous and continued support of the library.





Jump Rope for Heart Activities Begin at Cornell

By Matthew Thompson, PE Teacher

During the month of February, Cornell students spent time preparing for the upcoming Jump Rope for Heart activities that is currently taking place. We talked about healthly hearts and monitored our heart rates after activities in PE. We kicked off our assembly on March 6, and gave out information for Jump Rope for Heart, which helps the American Heart Association.

Pictured is Dominic Rodriquez taking his pulse during PE.



Cornell Students Enjoy 2nd Annual Title I Night

The 2nd Annual Title I Night held at Cornell Elementary School in February was very successful. Over 300 people attended the event. Every family left with books as well as reading and math strategies that they can use at home to practice their reading and math



skills. Teacher Amy Crane is pictured to the right reading to students. Pictured to the left is Emma Plascencia and Audrina Crane reading together.





By Gary Christensen, PTO Vice President

The PTO had a busy month of February and we are ramping up toward the end of the school year. March is an extremely busy month for the Cornell PTO.



The Annual Cornell Carnival is Saturday, March 25. Tickets are available now; order forms have been sent home. If you pre-order Carnival tickets you can get five tickets for \$1.00. The day of the Carnival, tickets will be 4 for \$1.00. Along with the Carnival, raffle tickets are also on sale. Raffle tickets are \$1.00 each and students who sell at least 20 tickets will receive a free kids meal from Chili's in Ankeny along with 10 Carnival tickets. The student in each grade selling the most tickets will also receive a prize.

Our Community Night event in February was hosted at Wendy's in Ankeny. We want to thank everyone who attended and made the event a big success. Our next Community Night is March 28 at Smokey D's BBQ, and in April we will be at Pump It Up!

The next Box Tops contest starts in April and the spring fundraiser will continue to be Artsonia. If you missed the chance to meet with Ms. Calhoun during conferences, please send her a note if you have questions.



The next meeting of the PTO is Tuesday, March 21 at 6:30 PM and our final meeting of the year is Tuesday, April 11. 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).

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

Creativity In The Cornell Art Room

By Jessica Calhoun, Art Teacher







This month in the art room, second grade has been hard at work using modeling clay practicing their sculpting skills, getting ready to start their final clay project, animals!







Third grade is working on a collaborative art project this month. They have been working together to paint, cut out, and design feathers for a pair of wings that will be displayed in the hallway.

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.