



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

It 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.

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!



Principal Brian Vaughan

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

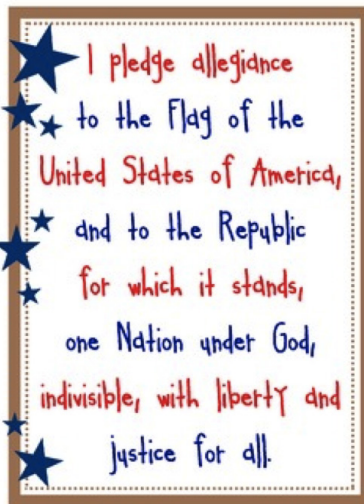
By Courtney Anderson, Guidance Counselor

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

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

Academic Update From Third Grade

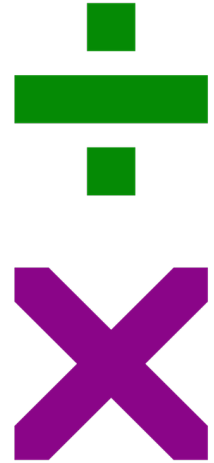
By the Third Grade Team

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

Over 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
Teddell Electric

BUSINESS GOLD EAGLE

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

BUSINESS GREEN EAGLE

Struthers Brothers Kawasaki-Suzuki, Inc.

BUSINESS SILVER EAGLE

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

INDIVIDUAL GOLD EAGLE

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

INDIVIDUAL SILVER EAGLE

Missy Burr
Joshua & Denna Heyer
Ruth Kouski

INDIVIDUAL GREEN EAGLE

Roland & Shari Kouski
Brian & Diba VanHouten

INDIVIDUAL PLATINUM EAGLE

Corey Myers
Scott Myers
Kelly & Tana Sprague

STAFF DUAL ATHLETIC & MUSIC MEMBERS

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

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.

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



Kaydin 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!

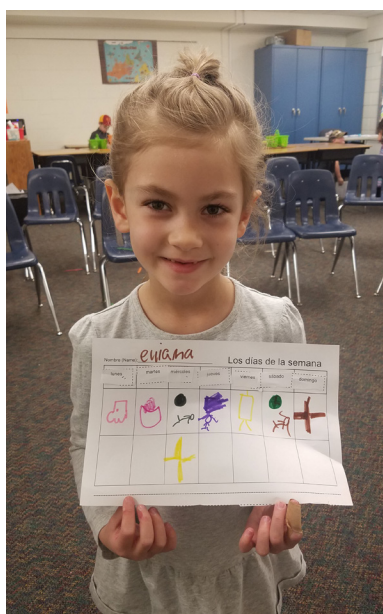
PTO has one more Box Tops contest that will run April 3 until April 28. Keep on clipping and send your Box Tops to school.

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.



News From The Fourth Grade

By the Fourth Grade Team

Cornell 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.

Enrollment packets
available at
Cornell Elementary
or online at
www.saydel.k12.ia.us



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
 - *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.

**Pre-K to 6th Graders
Welcome**

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.

<p>Fruits:</p> <ul style="list-style-type: none"> Fresh fruit-whole or sliced Assorted fruit salads Dried Fruits Applesauce Individual fruit cups (packaged in juice) 100% Fruit Juice 100% Frozen Fruit Bars 	<p>Low Fat Dairy/Protein:</p> <ul style="list-style-type: none"> String Cheese or Cheese Cubes Yogurt Cottage Cheese Deli Meat Sunflower Seeds Pepita/Pumpkin seeds 
<p>Vegetables:</p> <ul style="list-style-type: none"> Raw Vegetables Simple kid-friendly examples: Baby Carrots, Broccoli, Cauliflower, Snap Peas, Sliced Peppers, Celery Dehydrated Vegetables <ul style="list-style-type: none"> Vegetable Chips, Chickpeas Edamame (Soybeans) 	<p>Whole Grains:</p> <ul style="list-style-type: none"> Crackers Low Sodium Pretzels Pita Chips Popcorn Low Fat Granola Bars Baked Corn Tortilla Chips Animal Crackers Graham Crackers 
<p>Snack tips:</p> <ul style="list-style-type: none"> 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. 	<p>Drinks:</p> <ul style="list-style-type: none"> Water Low Fat or Fat Free Milk 100% Fruit/Vegetable Juice 
<p>Dip Ideas: Hummus, Salsa, Bean dip, Honey Mustard, Yogurt based dips</p>	

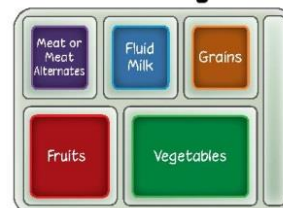
- Healthy Snack Alternatives**
- Make your own homemade potato chips by slicing a sweet potato and baking the chips at 350F until crisp.
 - Make your own vegetable roll up by cutting carrots, celery or peppers into sticks and wrapping a slice of low-fat cheese around a bundle of them.
 - Make your own 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.






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.

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Health Observances - National Nutrition Month - March 6-10: National School Breakfast Week	Monday 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!	1 Crabby Clean Up Tidy up while walking like a crab! Carry items on your belly across the room to put them away.	2 A Quarter's Worth How much is a quarter worth? Complete 25 of the following: Skip Jump Lift Knees Walk backwards	3 Clap and Catch Throw a soft object up into the air. See how many times you can clap before you catch it.	4 Be creative and see how many different ways you can jump rope. Can you keep jump roping while doing all the different ways?	
5 Walking Race Pick a distance and challenge a friend to a speed walking race. No running!	6 Sidewalk Chalk Balance Draw different kinds of lines on the ground with chalk. Walk along them one foot in front of the other balancing.	7 Bear Walk With your bottom in the air, step forward with your right hand & step forward with your left foot. Step forward with the left hand then the right foot. Continue to move across the room.	8 Wild Arms As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's Repeat 3x	9 Sugarcane Pose Hold Sugarcane Pose for 30 seconds on each side. 	10 Limbo Grab a broom stick and have 2 people hold it. Take turns going under the stick arching backwards. Lower the stick after each successful pass. How low can you go?	11 Crazy 8's 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times
12 Between the Knees Gather rounded objects of varying size. Starting with the largest try walking around your house keeping the object between your knees.	13 Happy Baby Pose  Straighten your legs for an added challenge.	14 Toe Fencing With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped.	15 Chest Pass Practice your chest passes against a brick wall. Remember to step towards your target.	16 Put a piece of tape on the ground and jump back and forth as quick as you can for 30 seconds.	17 Code Words While watching TV any time you hear the code words complete 10 jumping jacks. Code words: green, St. Patrick's Day, lucky, leprechaun	18 Catch with a Catch Toss a ball in the air, try each challenge before catching the ball: 1. Touch your nose 2. Clap twice 3. High-five someone 4. Spin around
19 Try and sprint from one end of your street to the other. Have a family member time you.	20 Pretend! Pretend to: -Sit in a chair for 10 seconds -Shoot a basketball 10 times - Ride a horse -Be a frog -Lift a car	21 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!	22 Walking Race Pick a distance and challenge a friend to a speed walking race. No running!	23 Dance, Dance Put on your favorite song or turn on the radio. Dance however you like during the entire song!	24 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.	25 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.
26 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.	27 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	28 Set the Menu Talk with who takes care of you about choosing the dinner menu. Pick whole grains and veggies.	29 Vertical Jump Jump as high as you can for 30 seconds. Repeat.	30 Ragdoll Pose Hold Ragdoll Pose for 30 seconds. Repeat. 	31 Pick your favorite activity from this month and do it again!	

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.

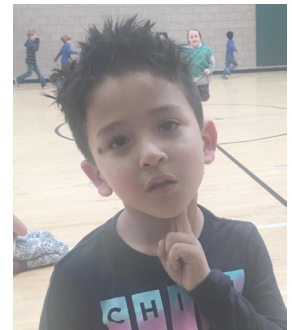


Jump Rope for Heart Activities Begin at Cornell

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 healthy 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.



PTO News

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.