



SAYDEL COMMUNITY SCHOOL DISTRICT

Cornell Elementary School

Big City Opportunities, Small Town Commitment for Students

May 2017 Newsletter

Upcoming Events

Cornell Elementary

MAY 8, 2017

- District Retirement Reception, 5 PM - 6 PM
- Regular School Board Meeting, 6 PM

MAY 15, 2017

Third & Fourth Grade Music Program at High School Auditorium, 6:30 PM

MAY 18, 2017

Fourth Grade Field Day

MAY 22, 2017

Kindergarten - Third Grade Field Day

MAY 26, 2017

Last Day of School

MAY 30, 2017

Eagle's Nest Summer Program Begins at Cornell Elementary

JUNE 5, 2017

Summer Food Program Begins at Cornell

JUNE 12, 2017

Regular School Board Meeting, 6 PM

JULY 10, 2017

Regular School Board Meeting, 6 PM

AUGUST 1, 2017

Online & Walk-in Registration Begins for 2017-18 School Year, 12:30 PM - 6:30 PM

AUGUST 2, 2017

Online & Walk-in Registration Begins for 2017-18 School Year, 7 AM - 1 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

Greetings from Cornell Elementary School!

I can't believe May is already upon us, and that I am about to finish my second year as principal of this great school. I feel so lucky to have been able to build upon so many of the relationships that we started in year one and to have had the opportunity to create so many new ones this year. I have learned so much in the last couple of years from our students, families, and staff, and I am excited for our future together of continuing to strengthen the support we all provide to our kids on a daily basis.



Principal Brian Vaughan

With that, I would like to give you our monthly 360-degree look around our school. As I type this, Cornell is finishing up our third Instructional Round of the year. This may be something that you are unfamiliar with. Instructional Rounds are a process for school improvement that are based on the Medical Rounds model. It brings a group of our Saydel teachers and administrators together to look at what is happening in our schools, develop a collaborative learning environment, and improve student learning. Rounds are about understanding what's happening in classrooms, how we as a system produce those effects, and how we can move closer to producing the learning we want to see. This time has validated many of the positive aspects that are happening in our classrooms on a daily basis. We know through the data that Cornell students are growing as thinkers and problem-solvers, are highly engaged in their work, teachers are providing our students with choices that challenge them at their levels of learning, and etc.

In April, Cornell Elementary improved on our previously earned Silver HealthierUS School Challenge (HUSC) certification to receive the HealthierUS School Challenge Gold Award in recognition of its outstanding commitment to student health. The HealthierUS School Challenge program recognizes schools that are creating healthy environments by promoting excellence in nutrition, nutrition education and physical activity. Cornell Elementary received a \$1,500 monetary award from the United States Department of Agriculture for our success, an award plaque signed by a USDA official, a banner to display in our school, and our name listed on the Team Nutrition Web site. We are one of only seven schools in the state of Iowa awarded this honor!

Also in April, Cornell held our monthly PBIS celebration. We had Ashlie Van Horn from Capitol City Church led our students in some fun and energetic Zumba instruction. Our students had an amazing time, got to be active, and received a fruit smoothie from our nutrition department when they were all done.

Continued on page 2

Principal's Message: *Continued from page 1*

Finally, I would be remiss if I did not give a shout-out to our fourth graders. Each year I talk to our fourth graders about being the leaders of our school. This is a huge responsibility that all of them carry as the oldest students in our school. We talk at the beginning of the year about leading by example in all you do. The fourth graders this year have been great role models for the rest of our students, and they have come to school ready to learn and lead every day. I could not be more proud of them and the work they put in this year!

In closing, thank 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 you have a great month and summer vacation ahead!

Go Eagles! ~ BE AWESOME TODAY!

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.

Nurse's Notes:

Thank you to all the volunteers that have helped in the nurse's office and for all the donated clothes this past year. Your generosity is greatly appreciated. The nurse's office can always use adjustable waist pants/shorts and new underwear - sizes 6-12 for both boys and girls.

Prepare now for the 2017-2018 school. Please schedule doctor/dentist/eye specialist exams now for summer appointments. Requirements for students entering these grades are:

- Immunizations – Preschool & Kindergarten
- Current physical exam (dated after Sept. 1, 2016) – Preschool & Kindergarten
- Lead screening – Kindergarten
- Dental certificate – Kindergarten
- Vision screening – Kindergarten & 3rd Grade

If you have any questions regarding these documents, please contact the nurse's office at Cornell. All documentation is needed to begin the first day of school. The nurse can be reached by email during summer break at this address: breitbarthdianne@saydel.net.

Please be sure to complete the health information when registering online next fall.

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



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

News from Cornell's Preschool Room

By Stephanie Bader, Preschool Teacher

Preschool students have been actively engaged in The Creative Curriculum's Exercise Study. The study offers many opportunities for students to explore different ways to move their bodies and stay healthy. The exercise study is a meaningful way for students to use their literacy, math, and art skills to understand their own physical development as well as science and social studies.

Four-year-old students are busy preparing for kindergarten. Research shows that reading to children is one of the most important activities for building the skills needed for reading success. Retelling stories helps children develop a sense of story structure as well as other understandings about language that contribute to their comprehension of text. The picture to the right features students in our four-year-old class retelling the story of *The Very Hungry Caterpillar* using felt pieces.



Learning About the Wonders of Nature in Kindergarten

By the Kindergarten Team

Kindergarten has been working on a unit entitled "Wonders of Nature: Plants, Bugs, and Frogs." One special activity was watching eggs in Mrs. Dennis' class being incubated and then observing the chicks hatching. We now have 15 chicks! This process has helped us learn about life cycles of animals. We also planted seeds and will observe how plants grow and change and learn what plants need to help them grow.



A huge "thank you" to the volunteers from Marquisville United Methodist Church who have given of their time to read to and with our kindergartners this year. The volunteers also made it possible for each child to receive two new books that they can enjoy at home.

We are excited about our end-of-the-year field trip to the zoo. Our PTO has supported our trip, which will take place the last day of school, and we are very grateful for their support this school year.



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

Music classes have been accomplishing so much over the past few weeks. The third and fourth grade classes are working on preparing for their spring concert. Plan to attend their concert on May 15 at 6:30 PM in the high school auditorium. It is sure to be a blast!



The second grade classes have been discovering different instrument families. Through observation and discussion they are now able to identify instruments and which family they belong to.

First graders have been experiencing music from different cultures around the world. First they learned a new dance and song game from Zimbabwe, then learned a new activity from Japan and finally we saw instruments in action from Indonesia.

Kindergarten is getting their first exposure to music notation. This will be valuable information that they will build upon for many years to help them become musically independent.

K-4 Spanish News

By Emily Foster, Spanish Teacher

This past month we have been learning about feelings and some new verbs that can help us make sentences. One thing we do is act out stories to help us move around to the language. Connecting words with movement helps us remember the words. We also celebrated Oso's birthday by helping him write a birthday wishlist. Pictured here are Natalie Miklus and Izabell Patton acting out a play!



ACADEMIC UPDATE



By the First Grade Team

First graders are continuing to become better readers by working on reading smoothly, quickly and accurately. Each student in kindergarten through second grades were the recipients of a fiction and nonfiction book from the Marquisville United Method Church. The students are very grateful to be able to add these books to their own personal collection.

In mathematics, we have been working on addition and subtraction within 20 and becoming better at using base 10 blocks.

In writing, the students have been working on responding in many different ways. We have responded to books, poems and video clips. They enjoyed offering suggestions on why you should or should not read or watch these items.

In science, students have focused on learning about the heart and how an individual hears sounds.

We look forward to working hard the rest of the school year. The students are excited to participate in Field Day on May 22. We hope you can join us for this special day of fun outside.

Please remember to notify the office if you choose to join your child for lunch or to take your child to lunch.

Students Learn About Softball & Whiffle Ball in PE

By Matthew Thompson, PE Teacher

In PE at Cornell Elementary, students have been focusing on some spring activities. They learned how to play softball/whiffle ball, and they had the choice of working on batting off a tee or off of pitching. We reviewed the throwing movement patterns ("T" position, "L" position, stepping with the opposite foot, follow through).

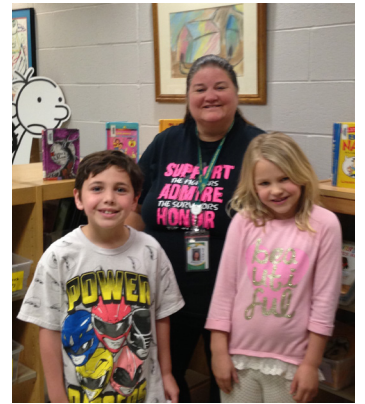
In May, we will be working on soccer skills and getting ready for our Field Day. It has been a great year in PE! Students are encouraged to stay active and get outside during the summer months!

Cornell Elementary Library Reorganizes; Adds 890 New Books!

By Aileen Meyer, District Librarian

The Cornell library has undergone significant reorganization and change this year. We began our project in fall and have weeded over 1,000 books from the collection. Along with our budget, the book fair, and a generous contribution from PTO, we were able to add approximately 890 books. The many changes in the library have made it easier for students to browse the shelves and find items that interest them. The changes have also helped the adults manage the collection more efficiently. We will end our school year by offering many of the weeded books to our staff and students. The last day for checkouts is May 12 and all books are due by May 19.

As I retire, I would like to thank the staff, students, and families of Cornell for the opportunity to serve you in the library the last three years. I've enjoyed getting to know the students and sharing stories with them. I wish you all a wonderful summer! Happy Reading!



Hendrix Wheeler and Ruby Thompson are pictured here with Cornell Library Associate Jeanette Plascencia.

Academic Update From Third Grade

By the Third Grade Team

The third graders have recently been working hard on fractions. We made toolkits, worked with number lines, and used set models to understand all the different ways fractions can be represented. We are still finishing up, and we are also revisiting addition and subtraction.

In language arts, we've been working to determine the central message or lesson while recounting myths and legends, as well as writing book reviews and fantastic stories. These third graders have quite the imaginations!

Finally, we've just begun our insect unit in science. Third graders will learn all about what makes an insect, what insects use different parts of their bodies for, and how to tell the difference between an insect and a bug! We are looking forward to finishing the school year strong, and we thank you for all your support!

Fourth Graders Try Out Musical Instruments

By the Fourth Grade Team



Fourth graders enjoyed visits from Mr. Young, Mr. Layden and the high school band. Each fourth grade class tried out instruments with Mr. Young's help. Students were then thrilled when members from the Saydel Marching Band came to Cornell for a mini concert. The high schoolers shared insight about what it means to be in band and how they landed on playing their instrument today. Fourth graders are even more excited for their transfer to Woodside after learning about this cool opportunity!

Second Graders Have Been Studying Folktales & Fables!

By the Second Grade Team

Second graders began this unit with a field trip to Stephens Auditorium in Ames to watch *The Boy Who Cried Wolf*. After that, they came back to school, read the same fable and compared and contrasted the book and the play. They continued to read a variety of folktales, fables, and multiple versions of fairytales as they continued their work by comparing and contrasting these. After that, the students learned how to retell a story and to find the lesson or central messages found within the texts. This unit will culminate when students put on their Fairytale Plays during the last week of school.





METACOGNITION

At Cornell



During the second semester at Cornell teachers and students have been focused on changing the way students are thinking about learning. Each week teachers have met to learn about a strategy “Choose-Do-Review” to use with students to increase student Metacognition.

What is Metacognition?

met-a-cog-ni-tion

ˌmedəˌkägˈniSH(ə)n/

Metacognition is, put simply, thinking about one's thinking. More precisely, it refers to the processes used to plan, monitor, and assess one's understanding and performance. **Metacognition** includes a critical awareness of a) one's thinking and learning and b) oneself as a thinker and learner.

Our goal was to provide students with choices in their own learning to help them become more aware of their own learning needs, success, and struggle. The purpose of this is to increase student ownership in their own learning and make choices to challenge themselves and work through learning struggles.

Why Metacognition?

There is considerable research that supports teaching students to be metacognitive. Evidence supports the idea that if students know what their own strengths and struggles are they will better be able to overcome learning challenges. One goal we have for students according to our own TAP instructional rubric is (students will) **“Monitor their thinking to ensure that they understand what they are learning, are attending to critical information, and are aware of the learning strategies that they are using and why.”**

Student Strategy: Choose-Do-Review

In order to increase the student skill (Metacognition) in the TAP model we begin with a field test and a student strategy. The student strategy we have been using in all classrooms is “Choose-Do-Review”. This strategy has required a great deal of teacher planning and adjusting their instruction. Teachers give students choices of activities, materials, settings, difficulty levels, etc. and explain how the choices might benefit them as learners. Students select the choice they

believe will be best for them - to challenge their thinking yet help them be successful in meeting the learning goal for the day. Students learned this level of learning is a fun place to be and is called their “Zone of Proximal Development” or ZPD. While students are working they may need coaching or to change their choice. After students work in the “Do” part of the lesson there is time for “Review” - when they reflect on their success, struggle, and make a plan to continue learning.

What are Teachers saying?

<i>“I like it because it is getting my kids to think about their learning and talking about their work.”</i>	“OVERALL THE KIDS ENJOY GETTING CHOICE / OWNERSHIP OF THEIR LEARNING.”
“It has also pushed me as I have had to be open-minded about my planning process and to keep pushing myself to push my students.”	“I think this has definitely helped in adding motivation and ownership through choices.”
“I have found this cluster to be very informational and a great way to help our students become better thinkers and own their own learning.”	

What are Students Saying?

<i>“I noticed that some of these strategies work for me and some do not.”</i> 4th Grader	<i>“Today I am going to work with a buddy on my problems because we can help each other if we get stuck.”</i> 3rd grader
“Today I tried the chart (as my choice) and that made it much easier for me.” 2nd Grader	<i>“I am going to draw and write sentences because I need to practice writing. I will need to sound the words out when I write.”</i> Kindergarten

Submitted By: Lorelei Lake
TAP Master Teacher - Cornell Elementary

Cornell Elementary Receives HealthierUS School Challenge GOLD Award

Cornell Elementary improved on their previously earned Silver HealthierUS School Challenge (HUSC) certification and received the HealthierUS School Challenge Gold Award in recognition of its outstanding commitment to student health. The HealthierUS School Challenge program recognizes schools that are creating healthy environments by promoting excellence in nutrition, nutrition education and physical activity.

Cornell Elementary will receive a \$1,500 monetary award from the United States Department of Agriculture for their success, an award plaque signed by a USDA official, a banner to display in their school, and their name listed on the Team Nutrition Web site. Iowa has not had a Gold HUSC Award winning school in the past two years.

Cornell Elementary School has not only incorporated more healthy foods into its meal menus but worked hard to create dishes that the students also enjoy. The school has made good nutrition and exercise priorities so students are equipped to do their best in school.

"I am extremely proud of our elementary school staff for their commitment to the students and staff at Cornell," said Director of Food and Nutrition Services Jessie Sadler.



Pictured with the HealthierUS Gold School banner at Cornell Elementary are from left: Power Panther, student Gerardo Perez, Food Service & Nutrition Director Jessie Sadler, Cornell Principal Brian Vaughan, Food Service Kitchen Staff Cheryl Porter, Andi Olopwi, Julie Steemken, Sukanya Boggess, MJ Swanberg, Cornell PE Teacher Matt Thompson, Bureau Chief of Nutrition and Health Ann Feilmann, and student Destiny Chaney.

"We have always strived to ensure health and fitness go hand in hand giving our students the greatest opportunities for achievement."

To qualify for an award, a school must submit a formal application and meet basic criteria set forth by the FNS. The HUSC criteria reflect the recommendations of the 2005 Dietary Guidelines for Americans, and the Institute of

Medicine (IOM) published recommendations (April 2007) for foods that should be served in schools, outside of the organized school lunch meals. HealthierUS Schools must also have a local school wellness policy, as mandated by Congress. Sadler led the HUSC application process, along with broad-based support from Superintendent Douglas Wheeler. Schools receiving a HUSC award commit to meeting the criteria throughout their four-year certification period. The award was presented in April to Cornell Elementary, and students participated in a school-wide celebration.



The Power Panther is pictured here making his way into the Cornell gymnasium where he greeted children with high fives and fist bumps.



During the assembly students learned that the food they eat impacts the health of their muscles. Pictured from left flexing their strong muscles: Jayden Wilconsin, Karmyne Bensley, Nathan Bushbaum, Eric Rodriguez-Alcaraz, and Destiny Chilton.







SHAPE
SOCIETY
OF HEALTH
AND PHYSICAL
EDUCATORS®
America
health. moves. minds.

May 2017

Elementary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
National Physical Education and Sport Week May 1-7							
	<div>1</div> <div>Bridge Pose</div> <div>Lie on your back; place your hands and feet on the ground. Push your stomach up towards the sky.</div> <div></div>	<div>2</div> <div>Line Jumps</div> <div>Put a piece of tape on the ground and jump back and forth side-to-side as quick as you can for 30 seconds.</div>	<div>3</div> <div>How Fast Can You Go?</div> <div>Pick a distance and see how fast you can run the distance.</div>	<div>4</div> <div>Freeze Dance</div> <div>Have someone start and stop music. When the music is on dance, when it's off strike a crazy pose.</div>	<div>5</div> <div>Sidewalk Slide</div> <div>Down a sidewalk slide with your right foot leading. Switch feet and go back. Repeat 10 times (5 on the right, 5 on the left)</div> <div>Take extra care to wash your hands today!</div>	<div>6</div> <div>Target Practice</div> <div>Hang up some targets and try and hit them with a ball. Hit it? Move farther away. Hit it? Keeping moving back!</div>	
<div>7</div> <div>Try this mini dance workout:</div> <div>8 jumping fist pumps</div> <div>4 grapevine to the right</div> <div>4 grapevine to the left</div> <div>8 jumping fist pumps</div> <div>Repeat</div> <div>Suggested song: "Party Rock" by LMFAO</div>	<div>8</div> <div>Stork Tag</div> <div>Play tag while hopping on one leg like a stork. Stay inside a small boundary.</div>	<div>9</div> <div>You're a Frog!</div> <div>Practice your frog jumps by traveling as far as you can in 30 sec. Repeat 5 times trying to get farther each time.</div> <div></div>	<div>10</div> <div>Mummy Kicks</div> <div>Criss-cross arms from left to right while lightly hopping & kicking your feet from left to right.</div> <div></div>	<div>11</div> <div>Toe-To-Toe Jump Rope</div> <div>Hop on the left foot and touch the right toe, then hop on the right foot and touch the left toe. Hint: keep body over weighted foot.</div>	<div>12</div> <div>Scissor Jumps</div> <div>Jump with right leg forward and left leg back alternating the lead foot. Make sure your arms are moving opposite of your legs. Complete 3 sets of 10.</div>	<div>13</div> <div>Around the House</div> <div>See how many times you can run around the outside of your house without stopping. Check your pulse when you finish.</div>	
<div>14</div> <div>Couch Potato Circuit</div> <div>Complete this while watching your favorite TV show.</div> <div>10 Chair Dips</div> <div>10 Sit Ups (feet under the couch for help)</div> <div>10 Squats</div>	<div>15</div> <div>Soccer Dribble</div> <div>Dribble a ball 100 times with your feet. Trap the ball and do 100 toe taps on the top of your ball.</div>	<div>16</div> <div>Everybody IT Tag</div> <div>Everybody's it! If you get tagged sit down. You're still it. Tag people as they run by. Last one up wins!</div>	<div>17</div> <div>Star Jumps</div> <div>Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</div>	<div>18</div> <div>4 Walls</div> <div>Face each wall in a room and do a different exercise for 30 seconds</div> <div>-side shuffle</div> <div>-grapevine to left then right</div> <div>-wide stance punches</div> <div>-vertical jumps</div>	<div>19</div> <div>Family Adventure</div> <div>Go for a walk with your family. Keep track of where you walk and name the path to walk on it again.</div> <div>Be sure to wear sunscreen any time you're outside!</div>	<div>20</div> <div>Cardio</div> <div>Speed walk, jog, or run for at least 10 minutes today. Cool down by doing some calf stretches, quad stretches, and pike stretches.</div>	
<div>21</div> <div>Balancing Act</div> <div>Practice balancing on one foot on a step, curb or balance beam at a park. Try bringing your free knee up to a 90 degree angle. Switch sides.</div>	<div>22</div> <div>Step Jumps</div> <div>Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.</div> <div></div>	<div>23</div> <div>Eagle Pose</div> <div>Hold eagle pose two times on each leg for 20 seconds each.</div>	<div>24</div> <div>Stairs</div> <div>Run up the stairs in your house/apartment as fast as you can. Walk down and repeat. Try skipping a step for a challenge.</div>	<div>25</div> <div>Kick City</div> <div>20 side kicks</div> <div>20 front kicks</div> <div>20 back kicks</div>	<div>26</div> <div>Pendulum Stretches</div> <div>Stand facing a fence and swing one leg at a time back and forth in front of you like a clock saying "tick, tock" each time.</div>	<div>27</div> <div>Freestyle Dance</div> <div>Make a playlist of 3-5 of your favorite songs or listen to the radio. Dance or keep moving to the music for the entire time.</div>	
<div>28</div> <div>Stuck in the Mud</div> <div>Tag with a twist! When a person gets tagged, he/she is "stuck in the mud." To get unstuck, another player must crawl through his/her legs.</div>	<div>29</div> <div>Just play!</div> <div>Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it's up to you!</div>	<div>30</div> <div>Crab Walk</div> <div>Try crab walking around your living room. Gather family members or friends and have a race.</div>	<div>31</div> <div>Wake and Shake</div> <div>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.</div>	<div>National Health Observances</div> <div>-National PE & Sport Week (May 1-7)</div> <div>-May5: Hand Hygiene Day</div> <div>-National Physical Fitness and Sports Month</div> <div>-Mental Health Month</div> <div>-National Melanoma/Skin Cancer Awareness Month</div>			<div>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!</div>

Reproduced with permission from the Society of Health and Physical Educators (SHAPE America) <http://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/activity-calendars.cfm>

Yoga photos from www.forteyoga.com

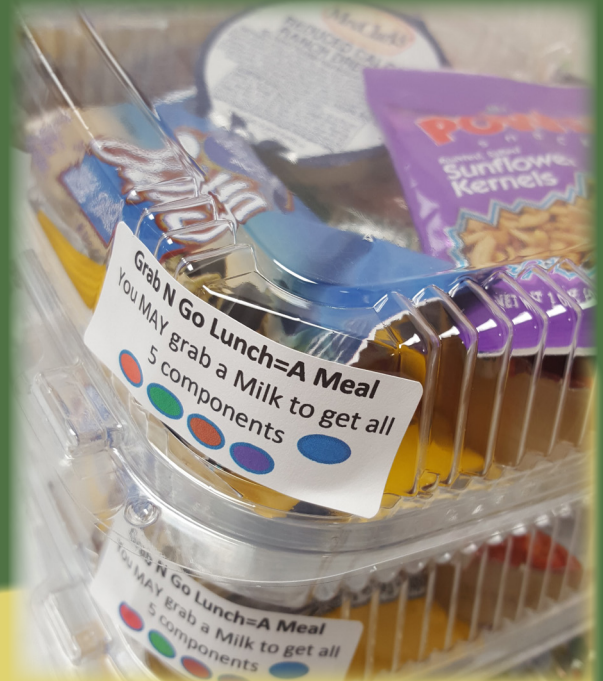
FUEL UPTM FOR SUMMER FUN



Eat Smart. Play Hard.TM

Fuel Up is a trademark of National Dairy Council.

FREE!



Summer Meals for Kids & Teens

Open to ALL Children 18 & Younger

*Adults may eat for a fee at Cornell location.

June 5 - August 11
Monday - Friday

Cornell Elementary School

5817 NE 3rd Street, Des Moines

Breakfast: 8 AM - 9 AM

Lunch: 11 AM - 12 PM (Noon)

Sunnybrook Mobile Home Park

5975 NE Berwick Drive, Berwick

Lunch: 11:30 AM - 12 PM (Noon)

Questions?

Contact **Jessy Sadler**, Director of Food Services,
at 515-264-0866 or sadlerjessy@saydel.net

USDA is an equal opportunity provider & employer.



"It is the policy of this CNP provider not to discriminate on the basis of race, creed, color, sex, sexual orientation, gender identity, national origin, disability, age, or religion in its programs, activities, or employment practices as required by the Iowa Code section 216.6, 216.7, and 216.9. If you have questions or grievances related to compliance with this policy by this CNP Provider, please contact the Iowa Civil Rights Commission, Grimes State Office building, 400 E. 14th St. Des Moines, IA 50319-1004; phone number 515-281-4121, 800-457-4416; website: <https://icrc.iowa.gov/>."

Durham Hosts Prize Drawing

Turn In Transportation Forms by June 16, 2017 & You Will Be Entered To Win!



On page 12 in this newsletter, you will find the Transportation Form for 2017-18. Every student who gets their transportation form to the Saydel District Office/ Durham School Services by August 4, 2017, will be guaranteed to be on a bus by the first day of school. Plus, everyone who has the form turned in by June 16, 2017, will have their names put into a drawing to win a family fun pack, consisting of four tickets to the new Cinemark Theater in Altoona, plus a \$30 gift card to Culvers, also in Altoona. Thanks for helping us prepare for the next school year!

Fourth Graders Tour Woodside Middle School



On May 3, the fourth grade classes from Cornell Elementary enjoyed touring Woodside Middle School. They were eager to explore the building and see where they will be going to school in the fall.

The students toured the fifth grade classrooms, the library, gymnasium, cafeteria, band and choir rooms, and sixth, seventh and eighth grade wings. Pictured here, they are touring the art room and visiting with the art instructor, Mr. Dennis.

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.

PTO News

By Gary Christensen, Cornell PTO Vice President

April has come and gone and hopefully the showers will bring May flowers to end the school year. In April, the PTO set up the soccer goals and placed them for the students to use. The April Community Night Event was held at Pump It Up! in Urbandale. The event was a great opportunity for students to burn off excess energy during the middle of the school week.

The last monthly meeting of the PTO was also held in April. At this meeting we said goodbye, with a huge thanks, to Monique Nuzum as Carnival Coordinator, Angela Wood as Fundraising Coordinator, Heather Coe as Raffle Coordinator, Kelly Lenhart as Community Night Coordinator and BreAnne Solem as Secretary. An enormous measure of gratitude to each of these officers for their service and dedication to Cornell PTO. At the meeting the following were voted into office: Brenna Booth is the new Carnival Coordinator, Lisa Christensen as Raffle Coordinator and Heather Coe as Secretary. Congratulations to these new board members and the time they have committed. As of this message, the PTO has Fundraising Coordinator and Community Night Coordinator open. A brief description of each position is posted below.

Community Night Coordinator- Party Planner

Take the roll on of planning a fun event for our students each month during the school year. These community nights are a large part of our fundraising efforts throughout the year and the students look forward to seeing friends and teachers at these events.

Fundraiser Coordinator-Team Cheerleader

Our group does a lot more than fundraising, but let's face it, without an upbeat, detail-oriented parent to coordinate our fundraising; we wouldn't be able to do much. The ideal candidate is able to motivate students, parents and teachers and can think on your feet. If you can handle last-minute surprise without totally freaking out, then this role is for you.

If you, or someone you know, is interested in serving one of these positions let us know at cornelleaglesPTO@gmail.com. It has been a privilege to write to you each month, and I hope you enjoy the rest of the school year and have a fantastic summer.

PTO Carnival Raffle Prize Donors

Thank you to the many parents, teachers, community members and businesses for donating items for the raffle! Your generosity is much appreciated! Special thanks to the following:

Affinity Credit Union
Ankeny Diner
Angela Bartleman
Applebee's
Brown Shoe Fit Company
Blank Park Zoo
Buffalo Wild Wings
Carmen's Flowers
Casey's General Store
Cathy Dimit
Central Iowa Pool & Spa
Des Moines Playhouse
Edible Arrangements
Gary & Lisa Christensen
Goode Greenhouses
Great Escape Bowling
Iowa Barnstormers
Iowa Energy

Jessica Calhoun
Jethro's BBQ & Lakehouse
Martinizing Dry Cleaning
Maurices
Medicap Pharmacy
Memory Bound
Noodle's & Company
Panera Bread
Pizza Ranch
Renes Greenhouse
Scornovacca's Pizza
SkyZone
Skywalk Global
SportsClips
Staples
Strawberry Patch
Ted's Body Shop
ThirtyOne Gifts (Julie Soma)



Saydel Community School District

Transportation Information Form

2017 – 2018 School Year

Return to Saydel District Office or Durham School Services.

Saydel Fax: 515-264-0869

Durham Fax: 515-265-2998



Please complete this form with as much detail and accuracy as possible; as it will be **used for routing structure and times**. This form is to be **completed every year for each child** and **anytime there is a change** in transportation needs. **This form must be completed and submitted regardless of preferences.** Thank You!

Student Name: _____ Grade: _____

Home Address: _____ City: _____

Zip: _____ Mailing _____

Address: _____ City: _____ Zip: _____

Parent/Guardian 1 Name: _____

Home: _____ Cell: _____ Work: _____

Parent/Guardian 2 Name: _____

Home: _____ Cell: _____ Work: _____

Before School (CHOOSE ONE)

_____ Ride the bus from designated neighborhood stop

_____ Ride bus from alternative location: (must be within school district boundaries)

Name: _____

Address: _____

Phone: _____

_____ Does not need school provided transportation (check below)

_____ Eagles Nest (Before School Daycare)

_____ Parent/Guardian Drop-Off

_____ Student Provided Transportation

After School (CHOOSE ONE)

_____ Ride the bus to designated neighborhood stop

_____ Ride bus to alternative location: (must be within school district boundaries)

Name: _____

Address: _____

Phone: _____

_____ Does not need school provided transportation (check below)

_____ Eagles Nest (After School Daycare)

_____ Parent/Guardian Pick-Up

_____ Student provided transportation

Parent/Guardian Signature: _____ Date: _____

ZUMBA!

In April, Cornell held its monthly PBIS celebration. Capitol City Church Fitness Instructor Ashlie Van Horn led students in a fun morning of Zumba instruction. All the students enjoyed the music and being active. They were treated to fruit smoothies courtesy of the Saydel Food & Nutrition Department after their Zumba fun. Thank you to Jessy Sadler, Food Service Director, for coordinating this exciting event.



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.