

### **Upcoming Events**

**Cornell Elementary** 



NOVEMBER 21-23, 2018 Thanksgiving Break; No School

DECEMBER 21, 2018 - JANUARY 2, 2019 Winter Break; No School

JANUARY 8, 2019 Cornell PTO Meeting, 6:30 PM

JANUARY 14, 2019 Regular School Board Meeting, 6 PM

JANUARY 24, 2019 Little Eagles Cheer Clinic

JANUARY 25, 2019 Little Eagles Cheer at High School Basketball Game

**FEBRUARY 4, 2019** Kindergarten Music Concert at Cornell, 6:30 PM

FEBRUARY 11, 2019 No School; Teacher Professional Development Day

FEBRUARY 23, 2019 Cornell PTO Carnival, 4:30 - 7 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

### SAYDEL COMMUNITY SCHOOL DISTRICT

# **Cornell Elementary School**

Big City Opportunities, Small Town Commitment for Students

November 2018 Newsletter

### Principal's Message

Greetings from Cornell Elementary,

At Cornell we place a great deal of emphasis on educating the "whole child." By this we mean that it is our goal to place just as much emphasis on knowing your child as a person, as we do on how much they know and learn. I believe that "kids don't care how much we know, until they know how much we care." As our school year progresses, we will continue to provide you with the ways that our AMAZING staff at Cornell get to know our OUTSTANDING students every day.



**Principal Brian Vaughan** 

As I reflect on the information to share with you this

month, I want to focus on the importance of making sure our students are at school every day. This year, Cornell Elementary School is making a special effort to ensure all students fully benefit from their education by attending school regularly. Good attendance matters for school success, starting as early as preschool and throughout elementary school. By middle school and high school, poor attendance can be an indicator of dropping out. Developing the habit of attendance prepares students for success on the job and in life.

- 1. Your children can suffer academically if they miss 10 percent of the school year or about 18 days. That can be just one day every two weeks, and that can happen before you know it.
- 2. Some absences are unavoidable. We understand that children will get sick and need to stay home occasionally. The important thing is to get your children to school as often as possible.
- Sporadic absences, not just those on consecutive days of school, matter. Before you know it, just one or two days a month can add up to nearly 10 percent of the school year.
- If too many absences occur, whether they are excused or unexcused, they still present a problem because they represent too much lost learning time in the classroom.
- 5. Above all, set an example for your child. Show him or her that attendance matters to you and that you won't allow an absence unless they are truly sick. We also ask that you avoid asking older students to help with childcare or household errands on school days.

In order to best support our students and families, we at Cornell Elementary School are striving to establish open lines of communication between school and home. You may be noticing increased contact in the way of emails and/or telephone calls from your child's teacher regarding absences this year. Please keep in mind that our primary goal is to open our lines of communication and to build positive working relationships with families. We certainly understand there are times when absence from school is unavoidable, such as the flu, vomiting, diarrhea and a fever, but please know that our purpose for early communication is simply to let you know we care and want to support you in any way we can.

### Principal's Message: Continued from page 1

Below you may review our policy regarding Cornell's response to absences:

- 1. After 2 absences, your child's teacher will send you an email to make you aware of the absences.
- 2. After 3 absences, your child's teacher will make a phone call to you to discuss the absences and see how the school can support you and your child to help get them to school.
- 3. After 5 absences, you will receive a formal letter from the counselor and principal informing you of the absences and importance of school attendance.
- 4. After 7 absences, the school counselor will contact parents to discuss any support available for school attendance.
- 5. After 8 absences, parents will be called in for a problem-solving meeting with the school counselor, school social worker, and principal.
- 6. After 2 additional absences, the student may be referred to the Polk County Attorney's office for truancy.

As stated above, many of you know we have already begun the process of reaching out to check on our kids through email or personal phone calls. If you have any questions, comments, or concerns pertaining to our attendance procedures please feel free to contact me.

In closing, thank you for the trust and support you provide to our 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!

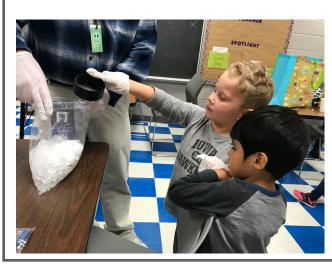
# Students Make Strides Learning Social Skills

Miss Price's K-2 social skills group has finished three units so far this school year. The first unit, Thinking Thoughts and Feeling Feelings, focused on everyone having thoughts and feelings. We also talked about what parts of our bodies we use for thoughts and feelings, how to show our feelings, and how to read what people are feeling based off body language.

The Group Plan, our second unit, was focused on being part of a group and following the group plan. Students spent a few days at the end of the unit going around as a group and collecting orders to make and deliver apple pie and/ or vanilla ice cream. On the last day, students worked together to follow the group plan and taking turns to make over 40 individual pies and 30 servings of ice creams.

The next unit they finished was Thinking with Your Eyes. This unit focused around using our eyes to gather thoughts and feelings of others as well as to share our own thoughts and feelings. Students practiced using their eyes to pick dance partners as well as went on an alien hunt like our book characters.

Our final two units in this series will focus on our body being part of a group and using our bodies to listen.





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## **Preschool Students Learns About Fall**

### By the Preschool Team

Preschool students have been having lots of fun learning about the fall season. All preschool classrooms have engaged in a variety of hands on activities that promote positive learning in all areas of development.

Students enjoyed learning fall fingerplays such as "5 Little Pumpkins Sitting on a Gate" to promote early literacy skills. Early literacy skills that we work on in preschool include letter recognition, rhyming, sound identification and alliteration. Students engaged in early math skills by measuring how tall they are using pumpkins and built fine motor strength by hammering nails into pumpkins.

Preschool students had a great time at their Fall Party parading around our school



Mrs. Singletary's 3 year old class in their costumes at the Fall Party.

in their costumes, singing fall songs, and listening to a fall story. We are excited to keep learning through play with our young learners of Cornell!

# Tech News

### By Stacy Lindahl, Technology Teacher

Students have been working hard on their keyboarding lessons, learning where the letters are on the keyboard. We have had lots of conversations around being safe on the Internet and will continue to have conversations around digital citizenship throughout the year to reinforce safe choices.

I am continuing to introduce students to code.org. The students have been enjoying the interactive lessons and learning about the world of coding. Third and fourth graders have been working on how to send appropriate emails. We will also be working with Google apps. The kindergarten students have been doing a great job learning how to use the computers.

If you have any questions, don't hesitate contacting me at lindahlstacy@saydel.net.



### **Kindergarten Students Have Super Reading Powers**

### By the Kindergarten Team

Kindergarten is full of SUPER READERS with SUPER READING POWERS! We just finished our second reading unit, which teaches students all about reading strategies they can use as they read to and with someone! (Pointer power, sound power, picture power, snap word power, partner power, reread power, book talk power and persistence power.) Kindergartners are using these powers on a daily basis and are eager to share what they have learned!

Kindergarten teachers were recently awarded a grant through the Des Moines Science Center, and we received training and new materials to help us teach science using a more hands-on approach and through exploration! The Pint Size Science kits include units entitled "Science Sprouts", "Push and Pull", "Homes and Habitats" and "Bits and Bots." We are excited to break in our new science kits using our new technology and materials!



Thank you to the many volunteers who made our fall party a success! The students loved parading and enjoying treats with their classmates.



### Kindergarten Holds Book Celebration

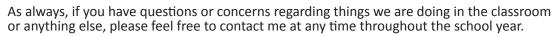
The kindergarten end-of-the-unit celebration for writing was the creation of a classroom "bookstore" complete with book browsing, comfy reading spots, guest readers, snacks, book signings, and autographs.

The kindergarten authors enjoyed sharing their books with lots of customers! Student Harley Gibson reads to Mrs. Lori Bowman as Mrs. Anne Pentico and Mrs. Stephanie Bader listen to other friends read.

# Notes From The Guidance Counselor

### By Ann Pentico, Guidance Counselor

Throughout the month of October, I have had the opportunity to touch on a variety of topics in my weekly classroom guidance lessons with our Cornell students. We completed our unit on friendships early in the month. These lessons included ways to initiate conversations with others, invite others to play, and treat friends kindly (kindergarten & 1st grade) and identifying qualities of good friends (2nd, 3rd, & 4th grade). The majority of the remainder of October has been spent learning a variety of ways to demonstrate self-control and responsibility. Students in kindergarten have learned strategies to avoid blurting as well as when to tell and when to try and work things out on our own. First graders have been learning ways to stop and calm down, think about possible consequences/solutions and try out the best one(s). In 2nd grade, students have been identifying what responsible behavior is and is not and then discussing school and home responsibilities, while 3rd and 4th graders are learning how to use "I" statements rather than "you" statements to resolve conflicts. Kindness will be one of the central topics for the months of November and December.





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## Staff Attends Iowa Culture & Langauge Conference

### By Nicole Temeyer, ELL Teacher

On November 6 and 7 three staff members, Kelly Sager, Jeyson Ramos, and I attended the Iowa Culture and Language Conference hosted in Iowa City. At the conference, we attended various sessions ranging from "Low Prep Strategies for Teaching Tier II Vocabulary" to "Culture, Identity, and Social Equity: Critical Considerations in Academic Achievement." From the sessions we took away practical teaching strategies we will begin to experiment with in our contexts to better support our ELLs. We were reminded at the conference that all students are language learners because all students are learning new academic vocabulary throughout their school day. So, in light of that, here's a teaching strategy I learned that you could try at home with your students for practicing new vocabulary words or sight words!

Teaching Strategy to try at home for ANY student: Disappearing Words

#### Purpose:

- Gives students plenty of practice pronouncing words
- Helps promote correct spelling of new words
- Aids in future recognition of the words.

#### Method:

- First, pick 5 words from your student's sight word list. If you don't have a sight word list, ask your student's teacher! They'd be happy to give you one!
- Next, write each new vocabulary word on a whiteboard or piece of paper and have students say the word aloud once you finish writing it.
- Then point to the words and have your student say it with you. Continue to point to the words in a random order and have the students say the word when you point to it.
- Then erase one word. Before you do, have students say it one more time.
- Then continue having students say whichever word you point to, including the word you erased! (Whenever you point to the blank space).
- Then erase another word and continue the process until all words are erased.
- Then challenge students to do it faster!
- After all the vocabulary words are erased, have your student write the words on their own piece of paper.
- Finally, have your students tell you the words and write them on the whiteboard or piece of paper with the correct spelling. Have your student correct the spelling on their paper and help you spell the words aloud as you write them.

# Update From the Cornell Gym

### By Liz Mashek, PE Teacher

We are off to an awesome start in PE! Students have been working hard on the following skills/activities this year:

- Locomotor Skills (walking, running, hopping, skipping, jumping)
- Chasing/Fleeing
- Throwing & Catching
- Foot Skills/Soccer
- Volleying/Striking
- Floor Hockey

After Thanksgiving break, 3rd and 4th grade students will be focusing on the health-related components of fitness in preparation for middle school, while kindergarten, 1st, and 2nd grades will focus on functional fitness, which are exercises that train your muscles to help you do everyday activities safely and efficiently.

As winter hits, it is important that students have the proper footwear for optimal participation in PE. If students wear boots to school, please remember to pack athletic shoes for them to change into prior to class or just send a pair to keep in their locker at school.

### SAYDEL BOOSTER MEMBERSHIPS

Thanks to the following businesses and individuals who support the Saydel Athletic Boosters through membership.

#### **BUSINESS PLATINUM EAGLE**

Rising Star/All Iowa Stone & Gutter The Results Group, L.L.C. R Rogers Septic LLC Jason's Lawn & Tree Care Goode Greenhouses Tesdell Electric Wee's Tees Power Systems The Rasmussen Group, Inc. Complete Plumbing Services Stone & Gutter

#### **BUSINESS GOLD EAGLE**

Capital City Equipment Co. Mark & Beth Shelton & Family Walker Construction & Painting Wicks Homes, LLC

#### **BUSINESS SILVER EAGLE**

American Rolloffs Inc. Municipal Supply, Inc. Pearson's Dirtwork & Trucking Inc. Resource Services Struthers Brothers Kawasaki-Suzuki Swift's Trails End TeleSupport, Inc.

**GREEN EAGLE** Pizza Ranch (Ankeny)

#### FAMILY PLATINUM EAGLE

Doug & Sue Cline Randy Miklus Corey Myers Scott Myers Kevin & Kelly Schulte Kelly & Mary Scott Henry & Angela Wood

# "Let's Drum" in First Grade!

#### By the First Grade Team

It looks like the winter and holiday season is upon us. We have a lot of interesting things coming up in the first grade this month. We will begin to talk to teach the kids about non-fiction books. The students will be reading and writing about them. This is a good chance for you at home to share any knowledge you may have about true stories that have happened to you or your family. Share with your student about how those true stories can sometimes impact your life, thus giving them some prior knowledge about non-fiction and its importance.

In science, our upcoming unit is entitled "Let's Drum." The students are going to learn all about the drum, its uses, the varieties of drums, and how they are important to some cultures. Along with their learning they will be expected to do a project at home. Your child's teacher will be sending home information about the project along with a due date if they haven't all ready. Please, take some time to read and discuss the project and decide what things could be used to complete this task.

Lastly, with winter weather upon us, we will continue to go outdoors, weather permitting. Please make sure your child is dressed appropriately for those cold days. They need coats, hats, gloves, mittens, snow pants, and boots. They will not be permitted to play in the snow without both snow pants and boots. If you are in need of assistance, please let their teacher know, and we will help in any way we can. Whether it is cold or not, every child needs to get outdoors and get some fresh air.

As always, if you have questions or concerns please let your child's teacher know. Have a Happy Thanksgiving and enjoy time with family and friends.



# 1st & 2nd Grade Holiday Concert

Monday, December 3 at 6:30 pm Saydel High School Auditorium Join the 1st and 2nd graders for a night full of holiday music and fun! Notes will be sent home with the students with more details about the concert night. We hope to see you there!



# Make Every Day Count: Boost School Attendance

o stay on track in school, students need to be present every day. Missing 18 or more days of school in a year puts a child's high school graduation at risk, according to AbsencesAddUp.org, a national chronic absenteeism prevention campaign. Being absent for just two days every month of the school year can put a child behind academically.

Students with regular attendance are more likely to read well by third grade and score higher on tests. They also tend to be more engaged in school and feel better about themselves.

Put your child on the path to success with these attendance strategies.

**Make school a priority.** Every absence (excused or not), can impact a child's academic achievement. Talk to your child about how important their education is. Make daily routines for homework and waking up on time for school.

Maintain communication with teachers and keep an eye on your child's academic progress. If your child seems disconnected from school or is prone

to skipping class, try signing him or her up for an after-school activity. A report by the University of Minnesota found that students in an after-school program attended 18 more days of school and missed nine fewer than their peers.

**Make a plan.** If your schedule or transportation situation makes getting your child to school a challenge, ask for assistance. Make a carpool or transportation plan with other parents or family members, or ask your school principal for community programs or school initiatives that may help.

**Report In.** Know your school's attendance policies. If an absence or early dismissal is unavoidable, contact your school. If your family's religious observances fall on school days, let teachers know early in the year which days your child will miss.

**Carefully weigh sick days.** If your child is sick, talk with your health care provider to determine whether they should stay home from school. If the doctor or nurse recommends that your child stay home, find out exactly how long and on what conditions he or she can return to class (for example, after 24 hours of antibiotics).



that your child is anxious about facing a challenge at school, such as bullying.

Before keeping your children home, make sure they aren't

faking symptoms. Regularly feigning sickness may be a sign

Schedule wisely. Know your school's calendar, and arrange doctor and dentist appointments after school, on weekends, or during holiday breaks, if possible. Resist the urge to schedule vacations when students will miss school. This gives students the impression that school is not a priority.

Help students complete assignments. When your child has to miss school,

make arrangements with teachers

to pick up a packet of make-up work. Ensure that your child follows through, and be available to explain concepts or monitor their work. If your child's absence will be lengthy (for surgery, for instance), alert teachers as soon as you know and pick up assignments as the days go on.

### Web Resources

**Absences Add Up** offers a list of reasons why kids might miss school, and offers solutions for parents looking to keep their kids learning. *www.absencesaddup.com/reasons-why-kids-miss-school* 

This infographic, **How Sick is Too Sick fo School?,** can help families decide which symptoms should keep students at home. http://bit.ly/2cugbvG

**Attendance Works** offers research, webinars, and handouts designed with elementary and middle-level parents in mind.

http://www.attendanceworks.org/tools/



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# **Second Graders Enjoy Love of Reading**

#### By the Second Grade Team

Second graders have officially become the bosses of their own reading! They have been choosing how to read a book, how to solve tricky words along with self-monitoring. They have become partner readers who don't just tell their partner the word, but help coach them on how to solve the tricky word.

In science, we have wrapped up our "Sense of Wonder" Unit. They have learned about naturalists John Muir and Rachel Carsons and the importance of preserving nature. In writing, they have finished editing and revising their final copy of personal narratives. Next we are moving into Nonfiction for read and writing. It will be an exciting time!

In math, we are working on skip counting by 2s, 5s and 10s all the way up to 1000. You can help your child at home by counting objects and putting them into groups of 2s, 5s and 10s, working on the coins and their values, as well as addition and subtraction math facts between 1-20. Please keep reading for 20 minutes every night as this helps our readers become more fluent and proficient. Thank you for your help, and we look forward to continuing to make this a great year.

# Academic Update from Third Grade

#### By the Third Grade Team

Third grade continues to rock this school year! We are in the midst of our perimeter and area unit for math. Students have discussed measurement benchmarks and guidelines, and we are using these things when applying their learning to real-life situations.

In literacy, we just finished up our mystery unit. Students learned what good readers must do when reading mysteries. We ended the unit by learning how to transfer those skills to reading all types of fiction. In writing, we worked hard to write persuasive speeches. We kept our audience in mind to make sure they were being addressed, and students ensured they had evidence to convince their readers of their opinion. During science, we learned why some metal is magnetic and others are not.

Thank you to all of you who attended Parent Teacher Conferences. We enjoyed being able to share students' progress with you!

## **News from Cornell PTO**



### By Gary Christensen, PTO President

I want to start by saying thank you to all who participated and helped out with our fall fundraiser. The event went very well, and I look forward to reporting back with results and a list of all the prizes awarded.

Next, I would like to welcome our new PTO Board members. The PTO is delighted to welcome Mallory Snider as our new Community Night Coordinator and Megan Barnes as our new Treasurer along with Erica Minarsich as assistant raffle coordinator. The input of these new faces, along with everyone who attends our meetings (either in person or online) is a great benefit to the PTO and the students of Cornell Elementary.

The month of October came and went in a blur of activity. The PTO would like to thank everyone who helped provide conference meals for teachers. Other events in October included the Saydel Monster Dash and the 2nd Annual Cornell Trunk or Treat. We would like to thank all those who participated in both event and a special thank you to Capitol City Church for helping host the Trunk or Treat event this year. November will be no less busy, as you already know.

Finally, the PTO is contemplating a large capital expense. At the request of Principal Brian Vaughan, we have started looking at the existing playground facilities at Cornell. Playground equipment, however, is not an inexpensive endeavor. The PTO is looking for ways to update the playground in phases and also exploring additional avenues for funding for this project. If anyone has any suggestions or ideas, let us know by emailing CornellEaglesPTO@gmail.com.

Thank you for all the support you provide to the students, teachers and staff of Cornell and to the PTO. And as always, don't forget to send in Box Tops!

Nurse 🖾 Notes

By Dianne Breitbarth, Cornell Nurse

### When do I keep my child home from school due to illness?

If your child has the sniffles, cough, sore throat or mild congestion and they haven't slowed down at home, they are probably able to participate in school activities. Your child should stay home if they have a fever, are nauseated, vomiting or has diarrhea. Your child can return to school if they are no longer vomiting, and have gone fever free (<100.0) for 24 hours without the use of fever reducing medications.

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

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

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

We have noticed students with head lice. Please be proactive in checking your child's hair frequently. If you find lice, please treat you child before sending them to school. Wash all bed linens, brushes/combs, jackets/hats, stuffed animals and vacuum well. Contact the school nurse if you have questions.



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

### **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 are available for 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

505 Fifth Avenue, Des Moines, IA 800.327.4692 www.efr.org/community/sap

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<ul> <li><b>12 Wheel Barrow</b></li> <li><b>13 Wheel Barrow</b></li> <li><b>13 Wheel Barrow</b></li> <li><b>14 Underhand</b></li> <li><b>15 Balloon</b></li> <li><b>16 Create a</b></li> <li><b>14 Underhand</b></li> <li><b>15 Balloon</b></li> <li><b>16 Create a</b></li> <li><b>14 Underhand</b></li> <li><b>15 Balloon</b></li> <li><b>14 Underhand</b></li> <li><b>15 Balloon</b></li> <li><b>16 Create a</b></li> <li><b>17 Under and</b></li> <li><b>18 convert</b></li> <li><b>19 Cov-Cat Pose</b></li> <li><b>11 Lie</b> on your back and onling the air?</li> <li><b>11 Lie</b> on your back and onling the air?</li> <li><b>11 Lie</b> on your back and onling the air?</li> <li><b>11 Lie</b> on your back and book</li> <li><b>12 Freeze Dance</b></li> <li><b>13 High Knees</b></li> <li><b>14 Lie</b> on your back and holo;</li> <li><b>14 Lie</b> on your back and holo;</li> <li><b>14 Lie</b> on your back and holo;</li> <li><b>15 Freeze Dance</b></li> <li><b>16 Cov-Cat Pose</b></li> <li><b>17 Just Play!</b></li> <li><b>18 cov.Cat Pose</b></li> <li><b>19 cov.Cat Pose</b></li> <li><b>19 cov.Cat Pose</b></li> <li><b>10 cov.Cat Pose</b></li> <li><b>11 cov.Cat Pose</b></li> <li><b>11 die and-seek, tis up to you!</b></li> <li><b>12 Freeze Dance</b></li> <li><b>11 holo (hole; should and ga pose stick, its up to you!</b></li> <li><b>12 freeze Dance</b></li> <li><b>13 High Kneese</b></li> <li><b>14 high and still tag still and tag pose.</b></li> <li><b>14 high and still and still and you got stick, its up to you!</b></li> <li><b>15 freeze Dance</b></li> <li><b>15 fr</b></li></ul>	<b>4 Stairs</b> Run up stairs in yc house/apartment a s you can. Walk and repeat. Try ski a step for a challer a step for a challer		6 Cow Pose On all fours arch your back with your head looking up while your tummy is pushed pushed found.	<b>7</b> Scavenger Hunt Split into two teams; make a list of 20 things related to winter and race to see which team can find them first.	8 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!	9 Crawl Like a Seal Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.	<b>10 Cat Pose</b> On all fours round your back pulling you spine towards the ceiling while while looking at the ground.
Ula Hoops firend and a hula firend and a hula firend and a hula pose to can op the longest pose together.19 Cow-Cat Pose tie on your back and by sour explander2.1 Just play! Have someone start and pose stick, it's up to youl ris off strike a crazy pose.2.3 High Knees & streetch high knees for 30 streetch body part. Repeat pody part. Repeat part each time.19 Cow-Cat Pose time d and a hula your eriding a bicycle to pothe longest2.1 Just play! Have someone start and pour eriding a bicycle to pour eriding a bicycle to poso stick, it's up to youl tits off strike a crazy pose.2.3 High Knees & streetch bidy part. Repeat bidy part. Repeat to pody part. Repeat to part each time.30 Cat Ababer mis strike? A tagged, join the other team.2.1 Just play!2.3 Shoulder to proving part.3.0 Crab Walk your lift and on the pody part. Repeat to part each time.10 Largets like mis strike? A tagged, join the other team.1.9 Cove to mand on the pour left shoulder the nospital (sideline) to right shoulder 10 times.2.3 Shoulder to make a race.11 Ty crab walking around mis strike? A tagged, join the other team.1.9 Crab Walk the nospital (sideline) to right shoulder 10 times.3.0 Crab Walk to mad down 10 times.12 Ty crab walking around team.2.1 Just played you the nospital (sideline) to right shoulder 10 times.2.1 Just playe to mand down 10 times.	<b>11 Carioca</b> Move with your shoulders facing fr Say to yourself: Si front, side, back		<b>13</b> See how many times you can run around the outside of your house without stopping. Check your pulse when done.	14 Underhand Toss Target Practice Using an empty laundry basket or bucket, practice tossing a small object inside. Each time you make it take a step back.	<b>15 Balloon</b> Bounce Blow up a balloon. Can you keep the balloon in the air? For a challenge add another balloon. Try it with a partner.	<b>16 Create a</b> <b>Game</b> Use your imagination and make up a game using a ball, a sock, and a jump rope.	<b>17 Side to Side</b> <b>Jumps</b> Stand on the side of a small object. Face forward and jump back and forth as many times as you can in 1 minute. Try and beat your score!
akeshift26 Rock Paper27 Target28 Band Aid Tag29 ShoulderngScissors TagPracticeWhen you get tagged youShoulderngScissors TagPracticeWhen you get tagged youShrug your left shoulder10 targets likeMeet in the middle, shoot,Hang up some targetsWhen you get tagged youShrug your left shoulder10 targets likeMeet in the middle, shoot,Hang up some targetsPracticeNhen you get tagged youShrug your left shoulder10 targets likewinner chases the loserwith a ball, Hit it? MoveThree tags and you go to got tagged.In and down 10 times.ming skills. Cantagged, join the otherfarther away. Hit it?Three tags and you go to tagged.Then repeat with yourteam.team.Keeping moving backiget fixed.met shoulder 10 times.	<b>18 Hula Hoc</b> Grab a friend and hoop and see who hula hoop the long		<b>20 Bicycles</b> Lie on your back and move your legs like you're riding a bicycle to strength your stomach muscles.	<b>21 Just play!</b> Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it's up to you!	<b>2.2</b> Freeze Dance Have someone start and stop music. When the music is on dance, when it's off strike a crazy pose.	<b>2.3 High Knees &amp;</b> <b>Stretch</b> High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time.	<b>24</b> Clap and Catch Throw a soft object up into the air. See how many times you can clap before you catch it.
	<b>25 Makeshift</b> <b>Bowling</b> Set up 10 targets I bowling pins and p your bowling skills. you get a strike? A spare?	Re <b>26 Rock Paper</b> Scissors Tag Meet in the middle, shoot, vinner chases the loser back to safe zone. If tagged, join the other team.	<b>27 Target</b> <b>Practice</b> Hang up some targets and try and hit them with a ball, Hit it? Move farther away. Hit it? Keeping moving back!	<b>28 Band Aid Tag</b> When you get tagged you place your hand on the spot you got tagged. Three tags and you go to the hospital (sideline) to get fixed.	<b>29 Shoulder</b> <b>Shrugs</b> Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times.	<b>30 Crab Walk</b> Try crab walking around your living room. Gather family members or friends and have a race.	

# SAYDEL COMMUNITY SCHOOL DISTRICT School Emergency Closing Information 2018-19 School Year

Emergency closing information will be communicated through the following: 1. School Messenger (voice & email) by 6:00 AM the day of a closing

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2. District Website

3. www.facebook.com/saydelcsd

4. www.twitter.com/saydelcsd

We notify the following television, radio, and Internet news stations for emergency announcements:

- WHO Channel 13
- KCCI Channel 8
- KDSMFox17
- KCWI Channel 23.1
- WOI Channel 5
- Kiss 107.5
- WHO 1040 Radio
- The Bus 100.3
- Alt 106.3
- KXNO 1460
- 13Now Smartphone App
- The Des Moines Register

### **Please note:**

While these sites allow us to communicate delays and cancellations, we are not able to provide details through these services. The most detailed information regarding how delays and cancellations affect events, practices, meetings, etc. can be found on our website and School Messenger broadcasts.

### Emergency Closing Notes

- ✓ For AM delays, Eagle's Nest delays from its original start time.
- ✓ For PM early release, Eagle's Nest will be open one hour after school dismisses.
- ✓ If there is a delay, AM preschool will be cancelled.
- ✓ Check the school website for information about practices and events for your child.
- ✓ Automatic e-mail & text alerts available from: <u>www.kcci.com</u>, <u>www.whotv.com</u>, <u>www.woi-tv.com</u>

### **1-Hour Delay Start Times**

- $\rightarrow$  Cornell 9:35 AM
- $\rightarrow$  Woodside 8:45 AM
- $\rightarrow$  High School 8:45 AM
- $\rightarrow$  Eagle's Nest 7:00 AM

### 2-Hour Delay Start Times

- $\rightarrow$  Cornell 10:35 AM
- $\rightarrow$  Woodside 9:45 AM
- → High School 9:45 AM
- → Eagle's Nest 8:00 AM

# Fourth Grade Enjoys Field Trips

### By the Fourth Grade Team

Fourth Grade has been busy this month. We are finishing units and showing all that we have learned by finishing writings and creating posters. Our hallways are full of posters and certificates that show our hard work and accomplishments. We have been working on researching nonfiction, persuasive writing, and interpreting data. We are going to start focusing on book clubs, writing historical fiction, and using bigger numbers for multiplication and division.

We have also been on two field trips this month. The Iowa Wild game was exciting with the Wild losing in an overtime loss. The students were able to see the 3 on 3 overtime rules compared to the normal 6 on 6 action of the normal periods. We were able to practice and see good sportsmanship by players that were sometimes frustrated letting others know about it but shaking hands at the end of a hard played game. Our students were well behaved and great representatives of our school district as well showing excitement while being appropriate at the the same time.

Our Art Center Field trip was very different from the Hockey game but just as awesome. We were encouraged to look at art as equals of the museum guides. We were able to see all different types of things can be art and that different people may like different piece of art differently learning that art is just like life. It takes all kinds and everyone likes different things.





### SAYDEL BOARD OF EDUCATION

Brian Bowman, Board President Jennifer Van Houten, Vice-President Julie Jennings, Board of Director Doug Kayser, Board of Director Roland Kouski, Jr., Board of Director Rob Strickler, Board of Director Chad Vitiritto, Board of Director

Superintendent: Mr. Todd A. Martin Board Secretary: Beth Vitiritto



School Board meetings are held at the Saydel District Office on the second Monday of each month at 6 PM

### EDUCATION FOR LEADERSHIP; LEARNING FOR LIFE

Cornell Elementary School 5817 NE 3rd Street Des Moines, IA 50313 515-244-8173 FAX 244-0084

> We're on the Web: www.saydel.k12.ia.us

It is the policy of the Saydel Community School District not to illegally discriminate on the basis of race, color, national origin, sex, disability, religion, creed, age (for employment), marital status (for programs), sexual orientation, gender identity and socioeconomic status (for programs) in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination.

If you have questions or a grievance related to this policy, please contact the district's Equity Coordinator, Julie McKibben, Director of Student Services, 5740 NE 14th Street. Des Moines, IA 50313; mckibbenjulie@saydel.net. Office for Civil Rights, Citigroup Center, 500 W. Madison Street, Suite 1475, Chicago, IL 60661; 515-264-0866.