



# SAYDEL COMMUNITY SCHOOL DISTRICT Cornell Elementary School

Big City Opportunities, Small Town Commitment for Students

April 2018 Newsletter

## Upcoming Events

### Cornell Elementary

#### APRIL 7, 2018

Cornell PTO Carnival, 4:30 - 7 PM

#### APRIL 9, 2018

- NO SCHOOL, Professional Development
- Regular School Board Meeting, 6 PM

#### APRIL 17, 2018

Camp Read-a-Lot; Family Literacy Activity, 5:30 - 7 PM at Cornell

#### APRIL 12, 2018

4th Grade Field Trip to Iowa Hall of Pride, Exercising Your Character

#### APRIL 28, 2018

Wrestling Car Show at High School, 10 AM

#### MAY 3, 2018

4th Graders Tour Woodside Middle School

#### MAY 14, 2018

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

#### MAY 17, 2018

Preschool End of Year Celebrations

#### MAY 21, 2018

4th Grade Track & Field Day

#### MAY 22, 2018

K-4 Field Trip to Big Creek

#### MAY 25, 2018

Last Day of School\*

\*Tentative

## Principal's Message

As many of you know, learning never stops for our students and staff at Cornell Elementary School. We take great pride in trying to make learning relevant and fun every day for our students. As you take a 360-degree look around our school in this month's newsletter, I am sure that will be easy to see.

Before you get further into our newsletter, I am proud to share with you that Cornell Elementary was recently recognized for being an "emerging" school for implementation of Positive Behavioral Intervention and Supports (PBIS). This recognition comes from the Iowa Department of Education. Over the last couple of years I have tried to keep everyone abreast to the great work that we are doing as a school in addressing school-wide expectations, and this recognition is further proof that we are moving in the right direction to best support the social and emotional well-being of our students. Cornell was one of 110 schools in the state to be recognized. I am so proud of our students and staff. I appreciate all their efforts in making our school an AWESOME place to be.



Principal Brian Vaughan



Speaking of being AWESOME, I can't say enough about the family involvement at Cornell Elementary. This is and continues to be a key to success at our school. We could not have the success that we have without the great support of our families. With that said, I want to invite ALL of you to attend our Cornell Family Literacy Night. This event will be held Tuesday, April 17 from 5:30-7 PM. All of our teachers will be on hand to help promote the importance of literacy in the lives of children. We had over 300 attendees last year, and we want to see that many people (or more) again this year. Our theme will be Camp Read-a-Lot. Please be sure to mark your calendars now to attend!

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 that you have a great month ahead!

Go Eagles! ~ BE AWESOME TODAY!

## School Hours

### CORNELL ELEMENTARY

8:35 AM - 3:30 PM

Wed.: 9:35 AM - 3:30 PM

*NOTE: Each Wednesday school begins one hour later for teacher in-service.*

**MISSION: Serving the Unique Learning Needs of Each & Every Student**

# SAYDEL BOOSTER MEMBERSHIPS

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

## BUSINESS PLATINUM EAGLE

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

## BUSINESS GOLD EAGLE

Heartland Chiropractic & Wellness Ctr.  
Capital City Equipment Co.  
Iowa State Bank  
Wicks Homes LLC  
Sassman Glass & Mirror  
Walker Construction & Painting

## BUSINESS GREEN EAGLE

North Ankeny HyVee

## BUSINESS SILVER EAGLE

Schneider Graphics  
Struther Brothers Kawasaki-Suzuki  
American Rolloffs Inc.  
Pearson Dirtwork & Trucking Inc.  
Pizza Ranch (Ankeny)  
Ferrellgas

## INDIVIDUAL GOLD EAGLE

Doug & Sue Cline  
Kelly & Mary Scott  
Kevin & Kelly Schulte  
Rollie C. Madison  
Brian & Lori Bowman  
Doug & Lisa Wheeler

## INDIVIDUAL PLATINUM EAGLE

Corey Myers  
Scott Myers  
Mark & Beth Shelton

Thank You

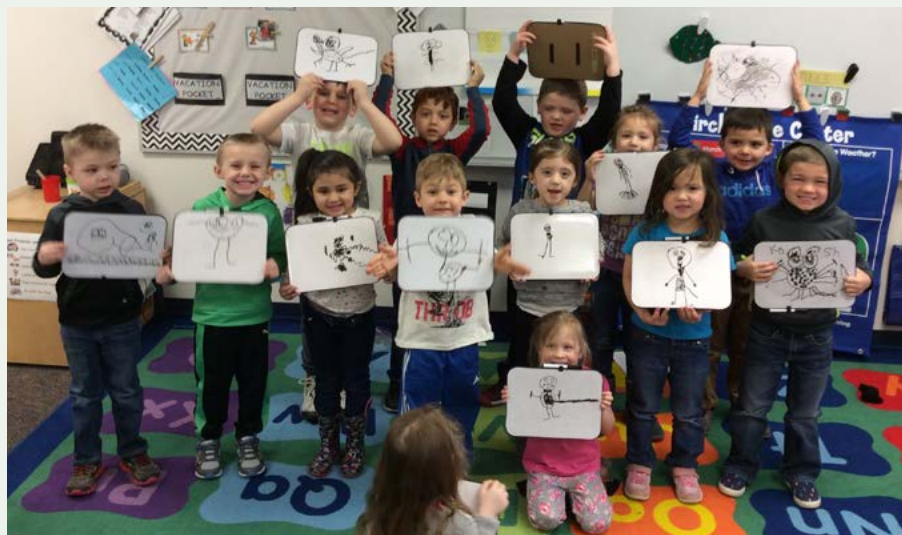
# Preschoolers Begin Pet Study

By the Preschool Team

Cornell preschool students recently started the pet study. This study is part of our Creative Curriculum. Students learn what animals make good pets, how to care for pets, and other responsibilities that come with having a pet. Students will be able to have a show and tell with pictures of their own animals. Preschool students will also be reading books about pets such as *What Pet Should I Get?* by Dr. Seuss and *The Pigeon Wants a Pet* by Mo Willems.

Students will soon start practicing their songs for the End of the Year Celebration in May. Mrs. Byrd's and Mrs. Singletary's three-year-old students will have their celebration on May 17 at 9:30 AM. Mrs. Bader's four-year-old students (both AM and PM sections) will celebrate on May 18 at 9:30 AM. Mrs. Byrd and Mrs. Singletary's four-year-old students will celebrate on May 18 at 2:15 PM.

The picture below is of Mrs. Bader's morning four-year-old students holding the monsters they drew by listening to a story and thinking of words that rhymed.



# English Language Learner News

By Nicole Temeyer, ELL Teacher

We are learning a lot and continuing to grow our English Language Learner (ELL) program! At the end of March we sent a district-wide team of 11 individuals to the National TESOL (Teaching English to Speakers of Other Languages) Convention in Chicago, IL. Out of that team, there were three classroom teachers from Cornell, our bilingual associate, and myself (the ELL teacher for Cornell). We attended a wide range of break-out sessions and walked away with many strategies to foster students' English Language development in the mainstream classroom and ELL class settings. I am also currently working with my fourth grade ELLs to create two videos to promote our PBIS school-wide goal of reducing insubordination and defiance. The students have taken ownership over creating the scripts for the videos, and we will begin filming the videos after Iowa Assessments.

# BRING YOUR AUTO LOAN TO AFFINITY *AND WE'LL DONATE*

# \$50

# TO SAYDEL SCHOOLS

- RATES AS LOW AS 1.49% APR\*
- NO PAYMENTS FOR UP TO 90 DAYS\*
- WE'LL PAY YOU \$200\* IF WE CAN'T BEAT YOUR CURRENT RATE!

[www.affinitycuia.org/saydel](http://www.affinitycuia.org/saydel)  
(515) 288-7225

\*Annual Percentage Rate. Qualified credit. Current Affinity loans do not apply. Includes auto, motorcycle and boat/RV loans. Rate no lower than 1.49% APR. This is an Affinity Credit Union community outreach promotion and is not directly affiliated with Saydel School District. Restrictions may apply.



# Good Nutrition Is Key To Good Health

By Dianne Breitbarth, Cornell Nurse



Try a rainbow of fruits and vegetables for better health:

- **Vary Your Veggies:** Go dark green and orange such as spinach, broccoli, brussel sprouts, lettuce, carrots, sweet potatoes, and squash.
- **Fruit Focus:** Fruits are great for mealtimes and snacks. Include fresh, frozen, canned or dried. (**Red:** strawberries, apples, cherries, grapes; **Orange/yellow:** oranges, clementines, peaches, pineapples, bananas; **Green:** apples, grapes, kiwi; **Blue/purple:** blueberries, plums, raisins, blackberries, purple grapes.)
- **Go easy on fruit juice.**
- **Grains:** Make half your grains whole. Choose grains such as whole wheat bread, brown rice, oatmeal, low fat popcorn.
- **Protein:** Go Lean: Eat lean meat, chicken, turkey and fish. Try more dried beans and peas.
- **Calcium is important for strong bones:** Serve low fat and fat free milk.
- **Oils:** Get it from fish, nuts, and olive oil. Try coconut oil, it adds a great flavor and is super healthy.
- **Sugar:** Choose foods that don't have sugar as one of first ingredients. Added sugar contributes calories with few nutrients. Other great choices include local honey and maple sugar.
- **Fats:** Know your fats: Solid fats are higher in saturated and/or Tran's fats. Try to limit these.

# News From The Cornell Gym

By Liz Mashek, PE Teacher

March was a busy month in PE with students participating in Winter Olympics themed activities such as speed skating, bobsledding, and curling that were adapted to fit our needs in the gym. All students are currently learning basic fundamental basketball skills, which are some of the most important things to focus on and master because they make individuals and teams better no matter what age level or team you play for. Mastering the fundamentals of any sport make the game so much easier! Students have already shown improvements in ball handling and dribbling, and we hope to make more gains as we continue with our basketball unit.



# Notes From The Music Room

By Jeffrey Johannsen, Music Teacher

Music literacy is a large part of what we do in the music classroom at Cornell. The second, third and fourth grade classes are working intently on how to read, write and play music. Each grade builds off of the previous notes and rhythms that they have learned.



First graders will begin a unit that focuses on music traditions from around the world. They will experience songs and games from Indonesia, Mexico, Japan, and Tanzania.

Finally, the kindergarteners are completing a unit over the loved story *Peter and the Wolf*. Through this tale, they will see how music can be used to represent different characters, emotions and tell a story.



## SAYDEL 3-Year & 4-Year-Old Pre-school Pre-registration Is Now Open

Online at [www.saydel.k12.ia.us](http://www.saydel.k12.ia.us)  
Walk-in at Saydel District Office, 5740 NE 14th Street, Des Moines, IA

**3-Year-Old Opening A.M. Requirements**

- Must be 3 by 9/15/18
- Toilet trained preferred

**4-Year-Old Opening A.M. & P.M. Requirements**

- Must be 4 by 9/15/18
- Toilet trained preferred

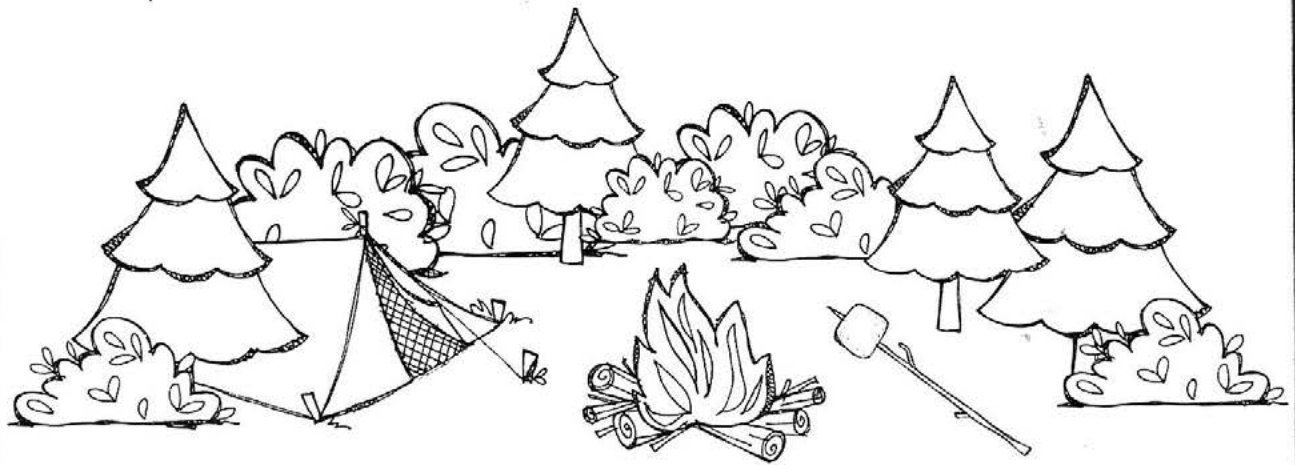
**Saydel Residents Take Priority;** All Others Welcome If Room Permits  
(First Come, First Served) Limited Space Available



Come join us at

# Camp Read-a-Lot

A fun night of reading and  
writing activities for the whole  
family!



Date: Tuesday, April 17th

Time: 5:30-7:00 p.m.

Place: Cornell Elementary



# Kindergarten Learns About Continents

*By the Kindergarten Team*

Kindergartners spent the month of March working on learning about the seven continents. They learned interesting facts about each continent and listened to storybooks from different cultures. A guest speaker, Craig Gates, visited to present stories and share artifacts from around the world. Favorite items included the masks from Venice, Italy and the didgeridoo from Australia! Each student then received a coin from a different country.

We are working on reading independently and reading with partners to develop our skills. Students have book boxes full of "just-right" books and poems to read again and again.



# First Grade Learns About Pirates & Famous Americans

*By the First Grade Team*

First grade was very busy this past month with various activities both in and out of the classroom. We started the month off with great attendance at conferences. Thank you to all of the parents who were able to come and get some much needed information about their students. We enjoy talking to you about your child's successes and working together to help them continue to learn.

The students also enjoyed attending the play "How I Became a Pirate." The story consists of a little boy living his dream of being a pirate and getting to sail the Seven Seas. Cornell students were interested in seeing how he lived and what fun he had with some real pirates.

Along with pirates, we have been working on famous Americans in reading. The students have read books, written stories, and drawn pictures about the Americans that founded our country and invented important things.

Math has become a challenge and the students have been learning to take various word problems and find the unknown answers to solve. They have become quite good at finding these numbers and have been using different strategies to work them out.

Lastly, writing has been a lot of fun for most as we have been comparing different things and giving reasons why we chose what we did. The students have liked having some choice in their decisions when writing has been involved. As always, if you have questions or concerns please feel free to contact your child's teacher.

# Technology Update

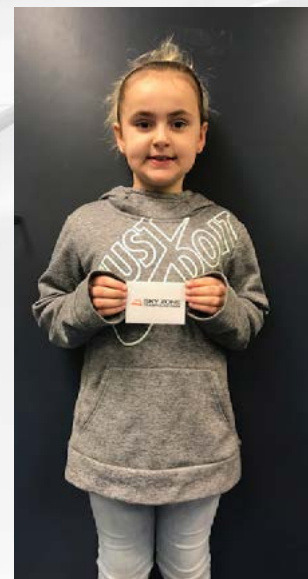
By Stacy Lindahl, Technology Teacher

Have you ever wondered what your student has worked on during technology? All students from first grade through fourth grade have Google Docs in their Google drive that they have created. If you have internet access, you can access their Google drive.

If you know their Saydel email and password, you can login and see what they've done. Most emails are last name and then first name (all one word)@saydel.net and their password is their six-digit student identification number. If you want to know your student's email and password, you may send me an email (lindahlstacy@saydel.net) with the request. Be sure to include your student's first and last name and their grade. I can easily look it up and email you back with the information.

All kindergarten students are working their way through Keyboarding Without Tears. The program allows each student to work at his or her own pace through several different activities that involve letter recognition. They use both a mouse and the keyboard to work through each activity.

# BOX TOPS NEWS



Maylee Knight is the current winner of the Cornell Elementary School Box Tops Competition. She brought in the most Box Tops and won a gift card to Sky Zone in Grimes! Great Job Maylee!

Keep clipping those Box Tops! You can help earn cash for Cornell Elementary School by clipping Box Tops at home and sending them to school! Every Box Top counts, and they earn cash for our schools!

## 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.

# Second Graders Enjoy Busy & Exciting March

*By the Second Grade Team*

Second grade students had a busy and exciting March! We celebrated Dr. Seuss's birthday at the beginning of the month by listening to high school students read several of his books. Students were excited to see many of the high school students dressed up as Dr. Seuss characters as well! In reading, our focus was on comparing folktales from around the world, in addition to identifying the central theme of the story. Math was all about fractions! Second grade students developed an understanding of halves, thirds, and fourths by dividing circles and rectangles into equal parts. In science, we began our unit on pollination. It was fun to observe flowers and collect some pollen for our observation!



As April begins, our focus in reading has shifted to non-fiction texts. We discussed the main idea of a multi-paragraph text and have started to understand text features better. If you have some non-fiction books at home, ask your child to find the table of contents, index, glossary, headings, and captions to help them navigate the text more efficiently! In math, we are beginning a unit on understanding odds and evens, adding nine or 10 to a number, annstory problems and equations with three-digit addition and subtraction. Continue to work on adding and subtracting fluently within 20 at home. Our next step in science will be to create our own model pollinator! Students will be given materials to design a pollinator (such as a bee, butterfly, or bird) and show how pollination works using velcro, tape, cups, and pom-poms.

## *Third Grade Essay Contest Winners Honored*

*By the Third Grade Team*

Third grade students continue to grow their brains! We are in the midst of our fraction unit in math. Students have learned how to identify and label fractions, identify parts of a fraction set, and place fractions on a number line. This is a big year with lots of new information, and students are rocking it!

In February, students were awarded prizes for the essays on "Why I Love America." The award winners in the essay contest were Lily Wright, Esteban Ferniza-Hurtada , and Lottie Graham. Congratulations to these young writers! They are pictured in this photo with VFW 9662 Auxiliary Representative Elaine Podner.

Iowa Assessments are this month. Third grade spent lots of time preparing students, as we know this is a new test for them. Please make sure your child is getting a good night's sleep and coming to school on time, so they can be their best!



**VFW Essay Contest winners pictured from left: Lily Wright, Esteban Ferniza-Hurtada and Lottie Graham with VFW Auxiliary Representative Elaine Podner.**



# Fourth Graders Explore Concept of the Word “No”

By the Fourth Grade Team

The fourth grade students did a wonderful job of being the leaders of the school. There has been a school-wide initiative of finding respectful ways to respond when someone tells you “No.”

The whole school read the book *I Just Don't Like the Sound of No* by Julia Cook. The fourth graders then created

posters, by themselves or with a group, to teach the important things from the book. When the posters were done, each class voted on the top four in their class. The top four posters were then given to each grade level in the building. While delivering the posters the fourth graders also did a presentation to the classes. They did a great job of reminding the younger students the right ways to respond when someone tells you “No.”

The students were also busy doing test prep to get them ready to take the Iowa Assessment tests. They were learning a variety of strategies to help them do their best on the tests. The teachers can't wait to see the results of all their hard work this year. Thanks to all the parents for making sure that the kids understand how important it is to do your best on the tests!



## Saydel Publishes E-newsletters

If you would like to receive the school newsletters that feature what is happening at Cornell Elementary School, Woodside Middle School & Saydel High School, you can subscribe by emailing [newsletter@saydel.net](mailto:newsletter@saydel.net). Just e-mail which newsletters you would like to receive and then watch for them in your Inbox! We do not share your email address with outside parties.



**SAYDEL  
RETIREMENT  
RECEPTION**

**Monday, May 14, 2018**  
5:00 - 6:00 PM  
Award Presentations 6:00 PM

Saydel District  
Board Room

**You're  
Invited!**

**Honoring:**  
Terry Lyons-Brix  
Douglas Cline  
Carolyn McCauley

**Hosted by Mr. Wheeler &  
Saydel Schools' Board of Directors**



# News from Cornell PTO

By Gary Christensen, PTO Vice President

Spring Break has come and gone, and we now enter the home stretch of the school year. Hopefully everyone had a nice and relaxing break and is ready to finish the school year strong.

Spring Conferences had an amazing turnout along with the Book Fair. Thanks to everyone for stopping by and supporting the Cornell Library. With your support, the PTO will be matching up to \$2,000 to help stock our shelves for all the great readers at Cornell. Thanks again!

The month of April is the busiest time of the year for PTO. The Annual Cornell Carnival is April 7 from 4:30 to 7 PM. Join us for fun games, food and raffle prizes. Don't forget to preorder your carnival tickets and save. This year raffle tickets will ONLY be available at the Carnival so make sure you stop out for your chance to win tickets to an Iowa State Football Game, tickets to the Iowa Cubs and much, much more at the Carnival. Our Carnival is a success because of the strength of our volunteers. We need YOU! If you can help reach out to us by email. Or check our Facebook page for information on assisting at the event, or providing other support, including two-liter soda donations or candy donations.

Thinking about getting more involved? Now is the time! Reach out to one of the PTO Board members to find out how to be an active member of the PTO. Your participation can enrich you and your child's Cornell experience. We love to hear your ideas and would love to have you as a volunteer.

On March 27 we hosted a Community Night at Smokey D's. (See the photo pictured here.) April 5 was our monthly Community Night at Wendy's in Ankeny. The final PTO meeting of the school year will be held April 10.

If you have any questions or comments for the Cornell PTO, please let us know at [cornelleaglesPTO@gmail.com](mailto:cornelleaglesPTO@gmail.com) and follow us on Facebook @CornellElemPTO. Remember, send in those Box Tops!



## Carnival Raffle Prizes!

- 2 ISU football tickets for the 2018 season Donated by ISU Athletics
- 2 - \$50 Casey's gift cards donated by Taylored Expressions
- 2 - \$25 gift cards to Goode Greenhouse donated by Goode Greenhouse
- Halloween decorations and pot donated by Goode Greenhouse
- 4 tickets to Blank Park Zoo donated by Blank Park Zoo
- Family portrait session donated by Monique Nuzum Photography
- High School scrapbook pages donated by Memory Bounds
- Discovery Flight donated by Exec1 Aviation
- 4 tickets to ICubs donated by the ICubs
- 2- Family 8 piece chicken meal at KFC donated by Ankeny KFC
- Dinner for 2 at Ankeny's Applebee's donated by Ankeny Applebee's
- 2 vouchers for a Wing Party at Buffalo Wild Wings - Donated by Buffalo Wild Wings
- Botanical Pass
- Harley blanket and toy truck
- 1st Grade artwork donated by Miss Calhoun and Cornell PTO
- Gift Basket from Cornell Preschool
- Gift Basket from Cornell Kindergarten
- Gift Basket from Cornell 1st Grade
- Gift Basket from Cornell 2nd Grade
- Gift Basket from Cornell 3rd Grade
- Gift Basket from Cornell 4th Grade



**Raffle tickets will be on sale  
at Cornell PTO Carnival  
Saturday, April 7  
4:30 - 7 PM  
Cornell Elementary School**



# CARNIVAL

## **GAMES, PRIZES**

**Cornell PTO Carnival  
Saturday, April 7<sup>th</sup> 2018**

**4:30 – 7:00PM**

**Advanced Ticket Sales are 5 tickets for \$1 through March 30<sup>th</sup>**

**(Tickets will be sent home Wednesday, April 4<sup>th</sup>)**

**Tickets at event are 4 for \$1**

**Enjoy some of our favorites: Pop Toss, Treasure Chest, Lollipop Tree, Spin Art, Balloon Animals,**

**Plinko, Let's Make a Deal, Dice Roll, Angry Birds, Putt Putt Golf and so much more!**

**THANK YOU  
For your support**

Make checks payable to Cornell PTO

**Saydel High School  
Blood Drive  
Wednesday, April 18, 2018  
8:00 AM - 1:00 PM  
Saydel High School, New Gymnasium Foyer  
To schedule an appointment, contact Brenda Brown at  
(515) 262-9325 ext. 1405 or a member of the  
Saydel High School - Student Council.**

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**Do you know how much your donation can help?**

- Cancer patients may use up to five donations per week
  - Burn victims may use up to 20 donations
  - Trauma victims may use up to 50 donations
  - Premature infants may use up to five donations
  - Heart surgery patients may use up to six donations
  - Organ transplant recipients may need up to 40 donations
- 

**To be eligible to donate, you must:**

- Be at least 16 years of age
- Be in good health
- Weigh at least 120 pounds
- Eat a good meal prior to donating
- Present a form of identification at registration.

All 16 and 17-year-olds must have a LifeServe Blood Center Parental/Guardian Permission Form signed by a parent or guardian and returned to

Mrs. Brown by Wednesday, April 18th

For more information:

**800.287.4903**

**[lifeservebloodcenter.org](http://lifeservebloodcenter.org)**

# CAP Program at Cornell Elementary

April is Child Abuse Prevention Month, and we are very pleased to have representatives from Blank Children's Hospital and local agencies visit our school to offer the Greater Des Moines Area CAP Project to our staff, students and families. The Child Assault Prevention (CAP) program works to prevent assault and violation of rights for children. The program approach includes classroom workshops for children, adult education for parents, and school staff education.

The student workshops will be taught in a 90-minute class and will cover empowerment skills which include self-assertiveness, peer support, and identifying trusted adults. Adult workshops cover the prevention and empowerment strategies given in the children's workshop and offer suggestions for effective ways to support those strategies at home, school, and in the community.

For more information about this empowering personal safety program, visit [www.unitypoint.org/blankchildrens/greater-des-moines-child-assault-prevention-cap-program.aspx](http://www.unitypoint.org/blankchildrens/greater-des-moines-child-assault-prevention-cap-program.aspx). We hope you will attend the adult education for parents and your child(ren) will attend the Children's Workshop. The adult education for parents will be Tuesday, April 17 at 4:30 PM with childcare provided. The Children's Workshop will be the week of May 7-11, 2018 and May 14-16, 2018.

## Counselor's Corner

By Katelyn Neil, Cornell Counselor

Over the last few weeks, students have been learning about responsibility in guidance. Responsibility means making thoughtful decisions, taking care of your things, doing your part, following through, and being honest. Students have been working to identify situations in which people have shown responsibility with a focus on being honest and not blaming others.

As we look toward the end of the school year, we will begin talking about careers, jobs, and education. This is one of my favorite units as students explore how their interests and skills can tie to various jobs. Please watch for career-based activities to come home over the next few weeks and take them as an opportunity to talk with your students about the jobs you had growing up, the jobs people in your family have, and the education and training you have received. The biggest part of career development for students in elementary school is exploration and learning more about different kinds of careers. Oftentimes children show interests in jobs that they see around them. Exposing your child to the wide range of choices available to them helps them believe they have options and to explore those options.

## SAYDEL Eagle's Nest Summer Program

May 30 - Aug. 10, 2018

6 AM - 5:30 PM

**LOCATION: Cornell Elementary School**

- \*Field Trips & Outdoor Play
- \*Weekly Themes
- \*Academic Support
- \*Fun With Friends
- \*All Districts Welcome
- \*Affordable (State Assistance Accepted)
- \*Breakfast & Hot Lunch Served June 4 - August 10  
(Children will need to bring breakfast & sack lunch the first week of camp.)

**Pre-K to 5<sup>th</sup> Graders  
Welcome**

Enrollment packets  
available at  
Cornell & Woodside  
or online at  
[www.saydel.k12.ia.us](http://www.saydel.k12.ia.us)



Contact Eagle's Nest Coordinator Alivia Bullis for details:  
515-263-3037 or [bullisalivia@saydel.net](mailto:bullisalivia@saydel.net)

# Saydel Parent Involvement Matrix

View Interactive Links at [www.saydel.k12.ia.us](http://www.saydel.k12.ia.us)



## SUPPORT YOUR CHILD AT HOME

- Keep books, magazines and [newspapers](#) in your home.
- [Read with your child and let them see you read.](#)
- Take educational trips ([museums](#), [libraries](#), etc).
- Look for things to do with your child.
- Participate in [Community Education](#).

## SUPPORT YOUR CHILD WITH SCHOOL

- Check your child's grades/attendance on [PowerSchool](#).
- Speak positively about your child's school.
- [Ask your child what he/she learned at school and require a thoughtful response.](#)
- Attend conferences and family fun nights at school.
- Talk to your child about the benefits of education.
- [Keep in contact with your child's teachers.](#)
- Ask your child about [assignments and grades](#).
- Celebrate your child's successes.
- Direct concerns and questions to [school staff](#).
- Talk to your child about [school safety](#).

## SUPPORT YOUR CHILD AT SCHOOL

- Take part in [after school activities](#).
- Attend parent meetings.
- Become a school volunteer.
- Get involved in the [Parent Teacher Organizations](#) and [Booster Clubs](#).
- [Understand Special Services](#)

## COMMUNITY TOOLBOX

- [Childcare Resources](#)
- [Healthcare Resources](#)
- [Grief & Loss Resources](#)
- [Housing Resources](#)
- [Mental Health Resources](#)
- [General Community Resources](#)
- [Free & Reduced Lunch Application](#)

## FOUNDATION OF SUPPORT

- Praise and encourage your child.
- Ensure your child arrives at school well rested.
- Ensure your child has [transportation](#) and arrives to school and events on time.
- Meet and communicate with your child's friends and acquaintances.
- [Ensure your child is eating a proper diet](#) (breakfast, lunch and dinner).
- Set limits on time with friends, [technology use](#), and work/part-time job schedules.
- Ensure your child's [health care needs](#) are met.

*Woodside Middle School PTO  
Welcomes you to our*



# *Craft and Vendor Show!*

**Saturday, April 28, 2018**

**9am-2pm**

**Woodside Middle School**

**5810 NE 14<sup>th</sup> Street, Des Moines, IA**

**Join us at the Middle School for**







**Super Spring Finds**

**and visit the Car Show at Saydel High School!**

**To reserve a space (\$25)**

**contact Colleen Babcock**

**At [woodsidespringevent2018@gmail.com](mailto:woodsidespringevent2018@gmail.com)**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  Yoga is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax & clear your mind.	2 <b>Star Jumps</b> Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.	3 <b>Crane Pose</b> Here's a challenge! Put your hands on the ground, lean forward & balance your knees on your elbows. 	4 <b>4 Walls</b> Face each wall in a room and do a different exercise for 30 seconds -side shuffle -grapevine to left then right -wide stance punches -vertical jumps	5 <b>Target Practice</b> Hang up some targets and try and hit them with a ball, Hit it? Move farther away. Hit it? Keeping moving back!	6 <b>Tea Cup Tip-ups</b> Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees.	7 <b>World Health Day</b> Did you know regular, moderate-intensity physical activity can help prevent diabetes? Go for a walk with an adult & discuss other ways to prevent diabetes.
8 <b>Musical Frogs</b> This game is just like musical chairs except players hop around like frogs and sit on ily pads (pillows).	9 <b>Bear Walk</b> 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.	10 See how many times you can run around the outside of your school without stopping. Check your pulse when you finish.	11 <b>Dribble Challenge</b> Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving?	12 <b>Fish Pose</b> Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds 	13 <b>Play Catch</b> Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.	14 <b>Wild Arms</b> As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's Repeat 3x
15 <b>Family Adventure</b> Go for a walk with your family. Vary your speeds sometimes walking a fast and medium pace.	16 <b>Crawl Like a Seal</b> Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.	17 <b>How Fast Can You Go?</b> Pick a distance and see how fast you can run the distance.	18 <b>Inchworms</b> Keeping your legs straight place your hands on the ground, walk them into push-up position, and walk your legs up.	19 <b>Garland Pose</b> Practice your balance with this pose! 	20 <b>Rock Paper Scissors Tag</b> Meet in the middle, shoot, loser chases the winner back to safe zone. If tagged, join the other team.	21 <b>Commercial Break</b> Can you hold a plank for an entire TV commercial break?
22 <b>Wake and Shake</b> As soon as you get out of bed shake your body any way you like for 10 seconds. Are you up now? Good! Now jump up and down 10 times.	23 <b>Chair Pose</b> Hold for 30 seconds, relax then repeat. 	24 Play your favorite tag game at recess today. If you don't have recess, play it after school with some friends.	25 <b>Jump, Jump</b> Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.	26 Put your favorite song on and make up a dance or fitness routine!	27 <b>Paper Plate Planks</b> In plank position with paper plates under your feet. Complete 30s each: -mountain climbers -in and out feet -knees to chest	28 <b>Step Jumps</b> Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.
29 Along the sidewalks alternate between skipping, speed walking, and jogging.	30 Try Savasana again. Use this to relax and wind down all year! 	<b>National Health Observances</b> <ul style="list-style-type: none"> <li>National Autism Awareness Month</li> <li>National Distracted Driving Awareness Month</li> <li>Stress Awareness Month</li> <li>April 7: World Health Day</li> </ul>		<b>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!</b>  Yoga photos from <a href="http://www.forteyoga.com">www.forteyoga.com</a>		





# Classraam Catering

Saydel Community School District

Families can order a fun and healthy treat for their child's classroom conveniently from the Saydel Community School District Program. Classroom treats offered are healthy snacks prepared at your child's school and delivered to their room.

Snack items	Price	Quantity	Total
Cookies by the dozen (circle one: Chocolate chip, sugar, or carnival)	\$10		
Cupcakes by the dozen (circle one: Chocolate or vanilla)	\$10		
Salsa/ tortilla chips	\$0.75		
Go-gurt: frozen or cold (circle one)	\$0.50		
Popcorn	\$0.75		
Individually wrapped fudge brownie	\$0.75		
Wech's fruit snacks	\$0.75		
WG rice krispie bar	\$0.75		
Sliced apples and string cheese	\$0.75		
Baked chips or Cheetos (circle one)	\$0.75		
Vanilla, chocolate or brownie batter pudding cup (circle one)	\$0.75		
Vanilla or swirl ice cream cups (circle one)	\$0.75		
Vanilla ice cream cone with fudge	\$1.00		
<b>Beverages</b>			
Chocolate, Strawberry, Low fat or skim milk	\$0.45		
Juicy juice box: Apple, berry or fruit punch	\$0.75		
4 oz Apple, orange, or fruit punch juice (circle one)	\$0.45		
Capri sun 100%	\$0.75		

Total cost:

All pricing includes delivery, napkins, and tableware.

Orders must be placed seven (7) working days in advance. Requests for changes and/or cancellations in food and beverage service the day before the event will be charged according to the ability to re-use ordered items.

**All payments need to be received prior to the catering event.**

Please return completed form and payment to the school's main office or mail to:

Jessy Sadler  
 5740 Ne 14<sup>th</sup> Street  
 Des Moines, IA 50313

**Contact Information:**

Class Celebration Date and Time: \_\_\_\_\_ Room/Grade/Teacher: \_\_\_\_\_  
 Student Name: \_\_\_\_\_ Parent/Guardian Name: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ Home Phone: \_\_\_\_\_

**Payment Options (check one):**

Pay by cash     Pay by check: Check #: \_\_\_\_\_  
*Make checks payable to Saydel Food Service*

Parent/Guardian Signature Required: \_\_\_\_\_ FNS Director Signature: \_\_\_\_\_

# COMMUNITY EDUCATION

## Saydel Community School District now offers Community Education

Course offerings include, but are not limited to:

- Youth Athletic Camps
- Fine Art Classes & Camps
- Adult Fitness Classes
- Adult Education Classes
- Open Gym with much more to come!

To view current course offerings please visit

<https://saydel.revtrak.net>

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Become a Community Education Instructor,

**TEACH a class!**

Instructors needed.

Do you *SCRAPBOOK* or *CROCHET*? Maybe you have a talent and are interested in helping others get started?

Visit the Saydel Community School District website and apply to teach, email [communityed@saydel.net](mailto:communityed@saydel.net) or call (515) 264-0866.

<http://www.saydel.k12.ia.us/>



Registration 10:00 AM to Noon | Awards at 2:00 PM | Rain Date May 5th

<u>Award Categories</u>		<u>Popular Choice Awards</u>
<ul style="list-style-type: none"> <li>• Best of Show</li> <li>• Best 1950's and Older</li> <li>• Best 60's</li> <li>• Best 70's</li> <li>• Best 80's</li> <li>• Best 90's</li> <li>• Best 2000 &amp; Newer</li> </ul>	<ul style="list-style-type: none"> <li>• Best Truck</li> <li>• Student Ride</li> <li>• Best Lowrider</li> </ul>	<ul style="list-style-type: none"> <li>• Coolest Paint</li> <li>• Best Engine</li> <li>• Most Unique</li> <li>• I Really Wanted One of These in High School</li> <li>• Most Likely to Get Pulled Over</li> <li>• Kids Choice</li> </ul>

**\$20.00 Pre-Registration Fee Before  
April 24<sup>th</sup> (Includes T-Shirt)  
\$20.00 Registration Fee at the Door  
(No T-Shirt)**

**Mail form and \$20 to  
Saydel High School ATTN: Saydel Wrestling  
5601 NE 7<sup>th</sup> St  
Des Moines, IA 50313**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Make / Model & Year of Vehicle: \_\_\_\_\_

Award Category (select one): 50's or Older \_\_\_\_\_ 60's \_\_\_\_\_ 70's \_\_\_\_\_ 80's \_\_\_\_\_ 90's \_\_\_\_\_ 2000 or Newer \_\_\_\_\_  
Truck \_\_\_\_\_ Student Ride \_\_\_\_\_ Lowrider \_\_\_\_\_

T-Shirt Size: AS \_\_\_ AM \_\_\_ AL \_\_\_ AXL \_\_\_ A2XL \_\_\_ A3XL \_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

By signing this form, I hereby discharge Saydel School District and Saydel Wrestling from any all liability from any damages, injuries or other claims that may occur to me or my property at this event. Vehicle Owners personal insurance will cover all liabilities at all times. I agree that any photos or videos of myself or property may be used for promotional publication. No alcohol allowed on school grounds.

**All Proceeds Benefit Saydel Wrestling**

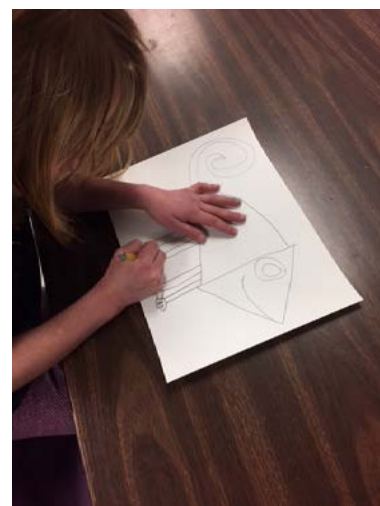
# Creativity in the Cornell Art Room!

By Jessica Calhoun, Art Teacher

This month in the art room, fourth grade has been hard at work designing radial designs. Students created their radial designs using patterns, shapes, and symmetry. When the designs were finished, students are filling them in using acrylic paint to turn them in to primary and secondary color wheels.



In first grade we read the book *A Color of His Own* and then created our own chameleons to paint. First graders brainstormed and decided what their chameleons would be sitting on and then painted their chameleons to match.



## 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. 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](http://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](mailto:mckibbenjulie@saydel.net). Office for Civil Rights, Citigroup Center, 500 W. Madison Street, Suite 1475, Chicago, IL 60661; 515-264-0866.