



# SAYDEL COMMUNITY SCHOOL DISTRICT

## Cornell Elementary School

Big City Opportunities, Small Town Commitment for Students

February 2018 Newsletter

### Upcoming Events

#### Cornell Elementary

##### FEBRUARY 12, 2018

- No School; Professional Development Day
- 3-Year-Old & 4-Year-Old Preschool Pre-registration Begins
- Regular School Board Meeting, 6 PM

##### FEBRUARY 13, 2018

Cornell PTO Meeting, 6:30 PM

##### FEBRUARY 19, 2018

Incoming Kindergarten Parent Information Night, 6:30 PM

##### FEBRUARY 24, 2018

- Mother Son Laser Tag, 6 - 8 PM at Saydel High School
- Daddy Daughter Dance, 6 - 8 PM at Saydel High School

##### MARCH 1 & 6, 2018

Parent Teacher Conferences

##### MARCH 9-16, 2018

Spring Break

##### MARCH 19, 2018

Regular School Board Meeting, 6 PM

##### APRIL 7, 2018

PTO Carnival, 4:30 - 7 PM

##### APRIL 17, 2018

Camp Read-a-Lot, 5:30 - 7 PM

##### MAY 14, 2018

3rd & 4th Grade Music Program

### 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

**G**reetings from Cornell Elementary! It has been another month of teaching and learning at our great school. As you will see in the pages to follow each of our grades and subject specific areas have had exciting things going on. Please enjoy the 360-degree look around.

Before, you venture into our newsletter though, let me take a moment to remind you that conferences are just around the corner. You should have received an email with directions to sign up. If you have not, now is the time to reach out to your child's teacher to make sure you get your conference scheduled. Conferences will be held on March 1 and March 6.

Speaking of attending conferences, I often hear from parents, "we are just not sure what questions we should ask" or "how do I bring specific topics up in conversation without offending the teacher?" I get it! I hear you! Conferences can be both stressful and exciting depending on your personal experiences with school. Sometimes you want to be able to discuss specific topics but just are not sure how to bring it up in conversation. I hope these starters lend you some support if you need it.

**"How can I help?"** -- These four words let the teacher know you're willing to play a role in your child's education.

**"It seems as if he/she has a harder time doing \_\_\_ when \_\_\_."** -- Seems and appears are useful words when trying to reach a shared understanding about a child's strength and needs. These words allow you to present your take on the situation without making it seem there are assumptions.

**"I've noticed..."** -- This phrase allows you to share information and acknowledge that parents and teachers often see children from different perspectives. For example, "I've noticed that my child can retell a story with more detail after they have read it aloud. Are there opportunities for reading aloud during class reading time?"

**"I'm concerned about my child's..."** -- Using "I" statements instead of "you" statements can let the teacher know that you want to work together as partners and that you are not playing the blame game. For example, "I'm concerned about my child's progress in math."

**"Help me understand..."** -- Even in moments when you disagree with a teacher, saying this is a constructive way to move a conversation forward. It also makes it clear that you're listening and engaged.

In closing, thank you to all of you for the trust and support you provide our great school every single day. Our partnership in educating our students goes hand-in-hand. I hope that you have a great month ahead!

Go Eagles!



Principal Brian Vaughan

# 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

# Building Mat Man in Preschool

By the Preschool Team

Mat Man is one of our favorite activities to do in preschool. Mat Man comes from the Handwriting Without Tears curriculum, which is a developmentally based program to guide developing key readiness skills in the areas of drawing, alphabet knowledge, colors, pre-writing, writing, and counting and numbers. Mat Man helps teach drawing with building and singing along with learning about body parts, where they go, and what they do. When students know how to build Mat Man, they can easily approach drawing the same way.

The picture below is of Mrs. Singletary's 4-year-old class after they cooperatively built Mat Man.



## Success Award

Amillion Lo, second grade students in Mrs. Knutson's class, is the first Cornell Elementary School student to complete our iRead program. iRead is a digital program designed to give children individualized experiences that will ensure they master the alphabet, phonemic awareness, phonics, and fluency, while building a vocabulary and comprehension. All Cornell students in grades kindergarten through second grade interact daily with this work to grow their foundational reading skills.

Congratulations Amillion Lo on your personal success award!

# 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.



# Notes From The Guidance Counselor

By Katelyn Neil, Guidance Counselor

This month in guidance we have continued to work on mindfulness. Mindfulness is focusing on the present and being aware of thoughts, feelings, and emotions. Students in grades K-2 have even been practicing mindfulness with each of their five senses and tuning into how their body feels.

We've been learning that our bodies can communicate with us if we listen. They can tell us we are tired, hungry, hurting, awake, or nervous. Mindfulness and paying attention to both how their bodies feel and their emotions can help students notice when they need to use a coping strategy such as taking a break, using deep breaths, or getting a drink.

We also learned that research shows practicing mindfulness can lead to happier, calmer, less stressed, and less tired minds. We all agree that is something we want to work toward. If you want to incorporate mindfulness at home, some great apps include Smiling Mind, Headspace, and Breath Think Do with Sesame.

As we wrap up mindfulness in the coming weeks, we hope to carry it into our learning throughout the rest of the year.

# February Is Heart Health Month

By Liz Mashek, PE Teacher

During our Jump Rope for Heart event, we are learning about making heart-healthy choices. Heart disease is the leading cause of death for both men and women in the United States. The good news? It is also one of the most preventable. Making heart-healthy choices, knowing your family health history and the risk factors for heart disease, having regular check-ups, and working closely with your doctor are all important aspects for maintaining a healthy heart. The American Heart Association offers heart-healthy activities for kids. Check them out at: [http://www.heart.org/HEARTORG/HealthyLiving/HealthyKids/ActivitiesforKids/Activities-for-Kids\\_UCM\\_304155\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/HealthyLiving/HealthyKids/ActivitiesforKids/Activities-for-Kids_UCM_304155_SubHomePage.jsp)



# Notes From The Music Room

By Jeffrey Johannsen, Music Teacher

Things are progressing quickly in the music room this winter. Kindergarten students recently had their annual music night in early February. Families were able to participate in activities and songs with their students and were able to see what a normal day in kindergarten music looks like.



First through fourth grade students are in the midst of reading and writing with musical notation. The skills they are gaining progress each year and build off previous knowledge. Each grade is more advanced than the previous one. This will set them up for creating their own songs with the skills and concepts they have acquired by the end of the year.



## SAYDEL 3-Year & 4-Year-Old Pre-school Pre-registration Opens February 12, 2018

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

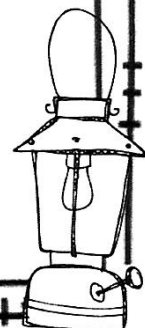
A fun night of reading and  
writing activities for the whole  
family!



Date: Tuesday, April 17th

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

Place: Cornell Elementary



# Kindergarten News *By the Kindergarten Team*



Kindergartners celebrated the 100th day of school on Friday, January 26. We participated in lots of activities to celebrate the day, including making a snack with 100 items, making crowns, counting to 100 by ones and tens, writing 100 words, and sharing collections made up of 100 things.

We are currently working on our unit about American Symbols. Students will learn about The American Flag, The Bald Eagle, The Liberty Bell, The White House and the Statue of Liberty. We are learning how to ask questions that we might have, and we keep track of new facts as we research each symbol. The kindergartners are fascinated with this new learning!



# First Grade News

*By the First Grade Team*

Cornell first graders have been busy working on becoming fluent readers. Their teachers have taught them a new strategy for monitoring their own reading when reading independently. We call the strategy, Notice-Think-Fix! Our students are applying this and having a lot of success.

In math we are working on Making Ten as a strategy to solve math problems, both addition and subtraction by using a ten frame and thinking about the parts that make the different combinations of ten.

During science, the students are learning about the sounds they hear all around them. They are using cardboard tubes to create their own sounds for others to hear.

On February 14, we will have our Valentine's party, which is always fun for them as they enjoy reading the cards given to them by their classmates.

Looking forward to six more weeks of winter, so keep watching the weather and send appropriate clothing for recess outside.



# Kindness Lesson at Cornell

Students at Cornell Elementary School recently participated in a blanket project that was launched in relation to a lesson about kindness. The students tied and made blankets knowing they would be donated to people in need. All general education classrooms were responsible for teaching about kindness and tying their class blanket. Once blankets are complete they will be going to different agencies in need. Students are pictured here displaying their finished tie blanket.

# Second Graders Begin New, Exciting Units!

*By the Second Grade Team*

Second grade students have been busy learning about point of view when reading a story. We learned that you use a different expression with your voice when reading from different points of view. Understanding the point of view in a book can help readers comprehend the book and make reading even more enjoyable by using different voices! Our other area of focus has been on comparing historical events in nonfiction texts. Many of the books we have been reading have supported our reading unit them of "Long Journey to Freedom."



In math, we finished our unit on measurement! Second grade students are now learning how to solve word

problems with up to three-digit numbers. Some of the strategies we have been working on include: keeping the first number the same and breaking apart the second number, using base ten blocks, quick pictures, and breaking apart both numbers by place value. Practicing math facts at home is a very beneficial way to support our work at school.

We have been busy writing letters to others to tell them our opinion about our favorite book! Second grade is enjoying sharing about their favorite characters, parts, and pictures in books they love. At home, ask your child what they enjoy the most about the books they are reading to help support our discussion at school!

## 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.

# Third Grade Academic Update

By the Third Grade Team

Third grade has finally begun what each third grader looks forward to -- multiplication! Students have showed their understanding with the concept, and now we will continue working on mastering facts. We've also touched base with division. Ask your child to show you their new skills at home!

In reading and writing, we've been working on our unit, "The People, the Preamble, and the Presidency." We've discussed immigration challenges, written our own preambles, and compared past and present presidents. We've also journaled from the point of view of an immigrant. This was something students did very well with!

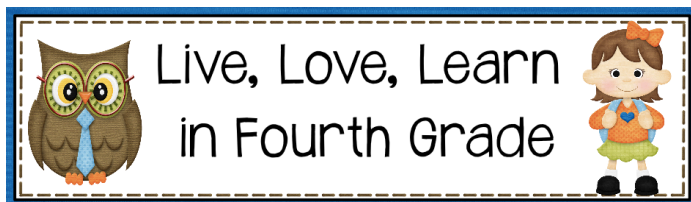
# Fourth Graders Finish Mid-Year Testing

By the Fourth Grade Team

The new year is off to a great start. The fourth graders finished up their mid-year testing and have shown us how much they have grown. If they keep this up, the end of the year tests should be excellent. Thanks to parents for making sure that the kids were motivated to do well!

We have started studying the Revolutionary times in class. They are reading about it in literacy block, and they are writing a book about it during writing time. Needless to say, you should have experts about the Revolutionary War coming home to you. It is great to see the kids so curious about an interesting time in our nation's history.

The fourth graders are also starting to study how fractions play a big part in our daily lives. It usually makes us all hungry because we talk about things like dividing pizzas, cookies, or candy between friends. They definitely know when things are not divided fairly. It is fun to watch them discover things like the fact that 25/50 would be the same amount of pizza as one half.



## Kindergarten Parent Information Night



**Monday, Feb. 19, 2018  
6:30 - 7:30 PM**

**Cornell Elementary Library**

Information will be provided for incoming kindergarten parents and guardians regarding the 2018-19 school year. Kindergarten teachers will be available to answer questions.

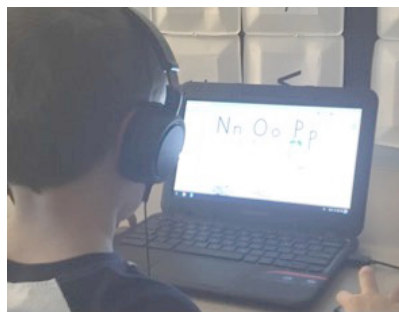
*This meeting is for parents or guardians only.*

ONLINE PRE-REGISTRATION AVAILABLE AT  
**WWW.SAYDEL.K12.IA.US on 2/19/18**

## Technology Update

By Stacy Lindahl, Technology Teacher

The first through fourth grade classes have been working on their computational thinking and how computers are used. The lessons help students work on their problem solving skills. The third and fourth graders continue to improve their researching skills.



The kindergarten classes have started using the web-based program Keyboarding Without Tears. The students have learned how to log in to the website and have begun working through

the program. The program encourages students to use correct habits from the beginning. The varied activities support reading and handwriting skills, with a strong focus on letter recognition.



# Former English Language Learners (ELLs) Give Back

By Nicole Temeyer, ELL Teacher

One of the most rewarding things as an English Language Learner (ELL) teacher is when a student you have been working with is able to “exit” the ELL program because they are proficient in their English-speaking abilities and they are on grade-level academically. While this is great news, it is also a little bittersweet.

When a student exits the ELL program they are no longer in need of ELL services and consequently, no longer need to meet with me as their ELL teacher. When some of my recently exited students expressed interest in working with students who were currently in the ELL program, I spoke with their teachers and we came up with an idea.



**Jareily Martinez (a student who has exited the ELL program) helps Maikon Urbina, a newcomer who moved to the United States in December.**

Approximately once a week I now have some of my former students (recently exited ELLs) coming to my class to work with students who are either younger than them or are new to the country and just beginning to learn English. Some of the student leaders can relate to having been in the newcomer’s shoes and the process of just beginning to learn English. The leadership that these students have exhibited and their desire to help other students learn English has been incredible for all who are involved! This leadership opportunity for students who have exited the ELL program is something that I hope to continue and grow!



## News from Cornell PTO

By Gary Christensen, PTO Vice President

A cold January has given way to a snowy February as we press forward to spring. As spring time nears, the Cornell Parent-Teacher-Organization is ramping up activities and events leading up to the Annual Cornell Carnival.

Our February Cornell PTO meeting will be held on Tuesday, February 13 at 6:30 PM in the Cornell Library. Childcare is provided if needed. Also, as discussed last month, our meeting will be streaming on Facebook Live, on our Facebook page, if you cannot attend the meeting. Please join us and offer suggestions and comments either in person or online.

The day before the PTO Meeting, Monday, February 12, is a non-school day. If you are looking for an activity for the students to do, please join us at Chuck E. Cheese’s in West Des Moines for a Community Night Event. The PTO is also planning another event in February for families. Stay tuned for more details. Also, the annual Cornell Carnival is coming on Saturday, April 7.

Spring Conferences will be held Thursday, March 1 and Tuesday, March 6. Conference times can be scheduled on <http://www.schoolbookings.net> by using the code 8vm3u. Along with setting up a conference with your student’s teacher, think about scheduling with the Specials teachers (PE, Art, Music, Technology and Reading). During conferences, the PTO has traditionally sponsored one meal for the teachers. Look for more information on how you can help coming soon.

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.

And remember, send in those Box Tops for Education!



# February is National Children's Dental Health Month

By Dianne Breitbarth, Cornell Nurse

It is important to look after your teeth. Keeping your teeth, gums and mouth clean and healthy can prevent disease and infection. Good dental habits help your mouth to feel nice, look good and keep your breath smelling fresh. Teeth need to be cleaned every day. If teeth are not cleaned, germs or bacteria in your mouth grow on your teeth and gums. This is called dental plaque. Dental plaque makes acids that attack the teeth and gums and cause disease. If you keep your teeth clean and healthy, you will avoid problems such as tooth decay, toothache, bleeding gums, yellow teeth and bad breath.

## Tips for a healthy mouth, teeth and gums:

- Brush your teeth twice a day, after breakfast and last thing before you go to bed at night.
- Use a small toothbrush with soft bristles.
- Use a pea sized amount of fluoride toothpaste and gently brush every tooth, not just your front teeth. It should take about 2-3 minutes.
- Dental floss helps clean in between the teeth.
- After brushing, rinse your toothbrush under running water.
- Store your toothbrush in a clean dry place.
- Do not share a toothbrush, as this can spread germs.
- Replace your toothbrush often.
- Schedule regular dental visits.
- Choose a wide variety of foods every day. Limit sugary snacks like candy and soft drinks.
- Drink plenty of water every day.
- Wash your hands after going to the toilet and before using your toothbrush.
- Don't start smoking. It stains your teeth and can lead to disease in the mouth.

## Did you know?

- If you look after your teeth, you can keep them forever.
- Teeth are the hardest part of your body.
- Sharks have three rows of teeth, and they grow new ones if they lose any.
- Fluoride was introduced into toothpaste in the 1970's. Fluoride helps to make teeth stronger.
- Before toothpaste was invented, people used ground-up chalk or charcoal, lemon juice, ashes (you know, the stuff that's left over after a fire) or tobacco and honey mixed together.
- In 1770, the first toothbrush was invented and so were the first false teeth (made out of porcelain) by William Addis in England.
- Tooth brushing became popular during WWII after the U.S. Army gave all the soldiers toothbrushes and toothpaste. They learned to brush their teeth twice a day.
- Toothpaste tubes used to be made of metal. Today they are made of soft plastic, which is easy to squeeze.

# Girls On The Run Begins This Spring

Cornell Elementary is excited to host Girls on the Run this spring. Girls on the Run is an afterschool program like no other! On Mondays and Wednesdays (3:45 to 5:00 PM) from March 19 to May 24, girls will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead third and fourth grade girls through interactive lessons and running activities.

The season ends with a non-competitive 5K event on May 24. The cost is \$25 (additional assistance upon request).

Register at [www.dmymca.org/girlsontherun](http://www.dmymca.org/girlsontherun) or see Ms. Bramble for a form starting February 14. Team size is limited to 15 and is first come first serve -- so sign up quick!



# From The Cornell Art Room

By Jessica Calhoun, Art Teacher

This month in the art room, some grade levels are finishing up long term projects and some have been starting new ones!



Kindergarten has been learning about different shapes in their classrooms, so in art we have been cutting and combining different shapes to create shape animals!

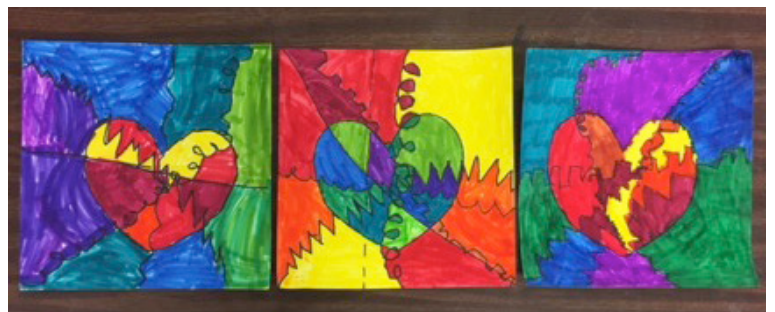


Second grade has been learning about the painting style of Vincent Van Gogh and is using paint to create their very own versions of "Starry Night." Next they will create a city out of paper to go with their night sky.



Fourth grade is finishing up creating their clay animals and paper mache masks.

First grade has just finished learning about warm and cold color groups. To show off their new color knowledge, they created heart designs and filled them with the warm and cool colors.



# Mother Son Laser Tag

**February 24<sup>th</sup>, 2018  
6:00-8:00 p.m. at Saydel High School**

Mom or Mom like friends grab your boys and come defeat them at After Proms  
Fundraiser event of Laser Tag.

**\$15.00 per couple in advance  
\$20.00 per couple at the door  
\$5.00 additional fee for each extra son**

Includes: music, snacks, drinks, and LOTS OF FUN!  
There will also be photos available for purchase.

**We encourage pre-order of your tickets. Please mail by February 17<sup>th</sup>, or  
you may turn in your order to the Cornell or Woodside Office by  
Wednesday February 21st**

**Tickets may be purchased at the door the night of the event.**

**Purchase in advance by filling out the form at the bottom and sending it  
along with your payment to :**

**Saydel After Prom  
Saydel High School  
5601 NE 7<sup>th</sup> St  
Des Moines, IA 50313  
(checks payable to Saydel After Prom)**

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**REGISTRATION FORM MUST BE RETURNED ALONG WITH PAYMENT**  
(No tickets will be mailed. Simply check in at the registration table.)

**Mom/Mom like friend** \_\_\_\_\_ **Phone#** \_\_\_\_\_

**Son/School** \_\_\_\_\_

**Son#2/School** \_\_\_\_\_

**Son#3/School** \_\_\_\_\_

# Daddy Daughter Dance

February 24th, 2018  
6:00-8:00 p.m. at Saydel High School

Dad... or Dad like friends...are invited to bring their daughter's to this memorable Fundraiser event to support Saydel's 2018 After Prom.

**\$15.00 per couple purchased in advance**  
**\$20.00 per couple purchased at the door**  
**\$5.00 additional fee for each extra daughter**

Includes: music provided by DJ, snacks, drinks, candy bar and LOTS OF FUN!  
There will also be photos available for purchase.

**We encourage pre-order of your tickets. Please mail by February 17th, or you may turn in your order to the Cornell or Woodside Office by Wednesday February 21st.**

Tickets may be purchased at the door the night of event

Purchase in advance by filling out the form at the bottom and sending it along with your payment to:

**Saydel After Prom**  
**Saydel High School**  
**5601 NE 7th St**  
**Des Moines, IA 50313**  
(checks payable to Saydel After Prom)

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**REGISTRATION FORM MUST BE RETURNED ALONG WITH PAYMENT**  
(No tickets will be mailed. Simply check in at the registration table at the dance.)

**Dad/Dad like friend** \_\_\_\_\_ **Phone#** \_\_\_\_\_

**Daughter/School** \_\_\_\_\_

**Daughter#2/School** \_\_\_\_\_

**Daughter #3/School** \_\_\_\_\_



# COMMUNITY EDUCATION FINANCE EDUCATION CLASSES

Adults can register for Finance Education Classes. Hosted by Cory J. Dawkins, Senior Partner at Elite Wealth Partners, LLC. Each class offers in-depth knowledge about the topic, including time after class for question/answer. Fee of \$5 per class session.

## FEBRUARY 6

6:30 PM SAYDEL HIGH SCHOOL - CLASS ROOM # 207 \$5

Where should my money be now?



## FEBRUARY 13

6:30 PM SAYDEL HIGH SCHOOL - CLASS ROOM # 207 \$5

What must I know about Social Security?



## FEBRUARY 20

6:30 PM SAYDEL HIGH SCHOOL - CLASS ROOM # 207 \$5

How do I create a lifetime income Retirement plan?



## FEBRUARY 27

6:30 PM SAYDEL HIGH SCHOOL - CLASS ROOM # 207 \$5

How do I prepare for college, or a major life purchase?






REGISTER AT **SAYDEL.REVTRAK.NET**



# February 2018

## Elementary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>4 Balloon Bounce</b> With a partner or by yourself try to keep a balloon in the air as long as you can.</p>	<p><b>5 Jumping Beans</b> ♥ Be creative and see how many different ways you can jump rope. Teach a friend.</p>	<p><b>6 Carioca</b> ♥ Move with your shoulders facing forward. Say to yourself: Side, front, side, back</p>	<p><b>7 Red Light, Green Light</b> ♥ Alternate rounds by hopping, galloping, running, sliding, skipping, and leaping.</p>	<p><b>8 Jump Rope</b> ♥ Jump rope for 100 consecutive jumps. Do these 10 different times to strengthen your heart and lungs.</p>	<p><b>9 Shoulder Shrugs</b> Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times.</p>	<p><b>10 Puppy Pose</b> Hold for 1-3 minutes breathing deeper into the pose. Rest if needed.</p> 
<p><b>11 Reverse Tag</b> ♥ All the other players count to 10 and try to tag the "it" person! Whoever tags the "it" person becomes the "it" for the next round</p>	<p><b>12 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.</p>	<p><b>13 Code Words</b> ♥ While watching TV any time you hear the code words complete 10 jumping jacks. Code words: valentine, love, red</p>	<p><b>14 Frog Pose</b> Hold this pose for 30-60 seconds.</p> 	<p><b>15 Crazy 8's</b> ♥ 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps</p>	<p><b>16 Active Word Showdown</b> Write down all of the active words you can think of. When you're finished go act them out!</p>	<p><b>17 Around the House</b> ♥ See how many times you can run around the outside of your house without stopping. Check your pulse when done.</p>
<p><b>18 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 and try to beat your score!</p>	<p><b>19 Cobra Pose</b> Put a piece of tape on the ground and jump back and forth as quick as you can for 30 seconds. ♥</p>	<p><b>20 Star Jumps</b> Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p><b>21 Skier Jump Rope</b> ♥ While jumping rope jump side-to-side while keeping your feet together.</p>	<p><b>22 Cardio and Stretch</b> ♥ Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times.</p>	<p><b>23 Frog Jump</b> ♥ From the frog pose position, jump up and down and around your house. Have a frog race!</p>	<p><b>24 Commercial Break</b> During a TV commercial, hold a seated pike stretch three times for 20 seconds. Can you touch your toes?</p>
<p><b>25 Kick City</b> ♥ 20 side kicks 20 front kicks 20 back kicks</p>	<p><b>26 Cobra Pose</b> Lay down on your stomach and your chest bringing your arms back.</p> 	<p><b>27 How Fast Can You Go?</b> ♥ Pick a distance and see how fast you can run the distance.</p>	<p><b>28 Jumping Beans</b> ♥ Be creative and see how many different ways you can jump rope. Teach a friend.</p>	<p><i>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!</i></p>		
<p><b>29 National Health Observances</b>  <ul style="list-style-type: none"> <li>American Heart Month</li> <li>National Children's Dental Health Month</li> <li>Teen Dating Violence Awareness Month</li> <li>Feb. 2 National Wear Red Day</li> </ul>           ♥ = Heart Healthy Activities</p>			<p><b>1 Just Dance</b> ♥ Put your favorite song on and make up a dance to it!</p>			

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Yoga Images from [www.forteyoga.com](http://www.forteyoga.com)

# Cornell Elementary Receives HealthierUS School Challenge GOLD Award

Cornell Elementary improved on their previously earned Silver HealthierUS School Challenge (HUSSC) 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 HUSSC 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 Jessy Sadler.



*Pictured with the HealthierUS Gold School banner at Cornell Elementary are from left: Power Panther, student Gerardo Perez, Food Service & Nutrition Director Jessy 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 HUSSC 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 HUSSC application process, along with broad-based support from Superintendent Douglas Wheeler. Schools receiving a HUSSC 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.*





# 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: \_\_\_\_\_

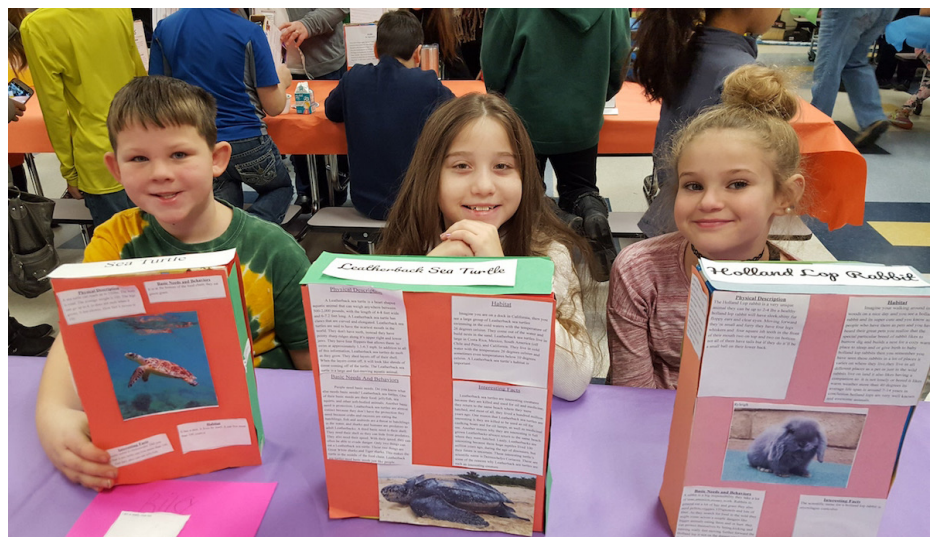
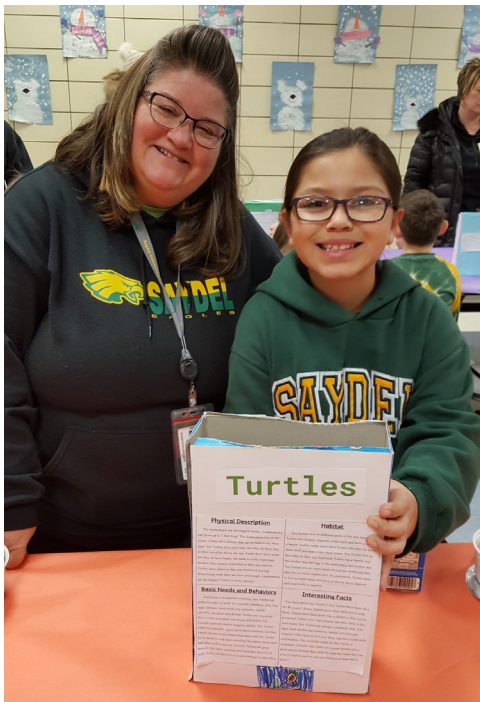
**Payment Options (check one):**

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

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

# Cornell Elementary Cereal Box Gallery Walk

The fourth grade students at Cornell Elementary School recently worked on a unit in reading in which they looked at how animals were shown in different texts. They each picked an animal and found and produced poems, plays, prose, and research about their animals. At the end of the unit they put all this hard work on a cereal box to show off in a gallery walk that parents were invited to attend.



## SAYDEL BOARD OF EDUCATION

- Brian Bowman**, Board President
- Jennifer Van Houten**, Vice-President
- Chad Vitiritto**, Board of Director
- Doug Kayser**, Board of Director
- Roland Kouski, Jr.**, Board of Director
- Rob Strickler**, Board of Director
- Julie Jennings**, 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.** Office for Civil Rights, Citigroup Center, 500 W. Madison Street, Suite 1475, Chicago, IL 60661; 515-264-0866.