



SAYDEL COMMUNITY SCHOOL DISTRICT

Cornell Elementary School

Big City Opportunities, Small Town Commitment for Students

October 2018 Newsletter

Upcoming Events

Cornell Elementary

OCTOBER 8, 2018

Saydel School Board Meeting, 6 PM
at Saydel District Office

OCTOBER 7-13, 2018

Homecoming Week at Saydel

OCTOBER 9, 2018

Cornell PTO Meeting, 6:30 PM

OCTOBER 12, 2018

- PTO Fundraiser Packets Due
- 4th Grade Visits Jester Park

OCTOBER 15, 2018

4 Year Old Preschool Visits Geilser Farms

OCTOBER 16, 2018

- Flu Shot Clinic at Cornell , 3 - 6 PM
- Parent Teacher Conferences, 2-8 PM

OCTOBER 18, 2018

- Flu Shot Clinic at Saydel District Office, 3 - 6 PM
- Parent Teacher Conferences, 2-8 PM

OCTOBER 19, 2018

No School; Teacher Professional Development Day

OCTOBER 30, 2018

Fall Celebrations
3 - 3:30 PM

DON'T FORGET
TO BE
Awesome
TODAY

Principal's Message

It is with great enthusiasm that I communicate with you the happenings of Cornell Elementary School. For those of you who are new to our school, WELCOME! For those who are returning, we will AGAIN highlight in our newsletters all the great things going on in our school. We are a proud school where we work everyday to live out our school mission: **To serve the unique learning needs of each and every student and to empower them to become a life-long learner that values being Safe, Open-minded, Accountable, and Respectful.**



Principal Brian Vaughan

As I look at the beginning of the year, there are a couple of things I would like to communicate with you. First, the safety of our students is of the utmost importance. Our staff works hard each day to make sure to create an environment where students are safe, both physically and emotionally. Every day in all classrooms we begin with morning meetings. This allows all of our students to be greeted, share their thoughts and feelings, engage in a morning activity, and read their morning message about things to come in their day. We find this time together builds relationships and creates a sense of community where kids learn to take care of themselves, others, and their classrooms. With this said, it is hard to keep track of everything going on with over 500 students. In our partnership between home and school we ask that if you are hearing things from your child that are a concern, that you reach out to your child's teacher to inquire, inform, and/or follow up. I assure you our staff will work with our families and our students to make them feel safe and secure. It all starts with communication, and as a staff we will work to communicate with you as well.

Next, we have worked hard over the last few years to establish procedures for our families at the start and end to each school day. I am proud of the fact that we can get 500 plus students into the building, feed them breakfast, and start the day in 20 minutes, and get 500 plus students on the bus, through parent pick up, and to Eagle's Nest in under 15 minutes. In order to do all of these things on a daily basis it takes everyone following the outlined procedures. As a reminder, pull as far forward before letting students out of your vehicle in the morning. Keep them in your car until you are close to the cross walk. Use the cross walk in the morning. In the afternoons, be sure to stay to the left and/or right side and do not drive down the middle until signaled to. Most importantly, be patient, and be kind. Our staff is there to help make things run quickly, smoothly, and safely.

Finally, we are looking forward to conferences the week of October 15. Specifically, conferences will be on October 16 and October 18. Both days are early out at 1:30 pm. Our staff will be anxious to share beginning of the year writing examples, share their reading strengths and growth areas, math strengths and growth areas, as well as how they are starting the year socially. If you have not signed up on line via schoolbookings.net, be sure to reach out to your child's teachers for directions on how to do this. There will be no school on October 19. This day will be used for teacher professional development.

As you will see in the pages to follow each of our grades and subject specific areas have had exciting things happening. I hope you find our 360-degree view of Cornell an informative one. 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!

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

Cornell Preschool Begins a Great Year of Learning!

By the Preschool Team

Cornell preschool students began school on September 4. They have been busy exploring their classroom, learning expectations and routines, and meeting new friends! In September we have focused on learning what it means to be in preschool. Students learned foundational skills through engaging play, practiced their problem solving skills, and have begun building friendships during center time. Students also get to know their friends better through sharing their All About Me books they create with their families. Preschool students have enjoyed listening to classic stories such as Brown Bear, Brown Bear What Do You See? and The Very Hungry Caterpillar by Eric Carle. A favorite moment in preschool was learning to build Mat Man, which is part of our Handwriting Without Tears Curriculum. We are looking forward to a great year of growing and learning in preschool!



Students in Mrs. Byrd's 3 year old preschool class built Mat Man together!

Technology Update

By Stacy Lindahl, Technology Teacher

We started the year with a new program called Keyboarding Without Tears. It is full of fun lessons for all students. They have been enjoying the lessons so far.

I've introduced code.org to third and fourth graders. I'll be introducing first and second graders in October and kindergarteners in January. The website is full of lessons and activities that are fun and engaging. The students are learning about what coding is and having fun while learning.

Kindergartners have been practicing how to use a keyboard and a mouse. They've been finding the letters in their name so far to help them login into iRead on the ipads in their classrooms. They've also been practicing how to navigate and control a mouse. Their hard work will help them when they get to work on the computers later this month.



Read, Write, Think

By the Kindergarten Team

The kindergarten classes have completed their first units in reading, writing, and math. Students have learned to read pictures and have become experts at retelling a familiar “Old Favorite” storybook, such as *The Three Billy Goats Gruff*. In addition, our kindergarteners have been writing true stories. At this stage their writing may look mostly like pictures but they have been exploring letters, and the sounds they make so they can stretch out the sounds they know in an attempt to create words. Invented spelling is something kindergarteners do when writing and we encourage this as a step in the developmental process of writing. We have also been thinking about numbers, and shapes in math. We have been counting objects, as well as exploring various shapes while we think about the similar attributes these shapes possess.



First Grade News

By the First Grade Team

First, we would like to welcome you back to the school year. We are off to a great start in first grade. In just the first 23 days we have learned so much. We have been working hard in reading, writing, and phonics with a new curriculum, which the students seem to be really enjoying. In reading we are building good reading habits on a daily basis and introducing the importance of books in everyday life. During writing we have been focused on writing narrative stories. The students have shared many things that have happened to them in life by writing it down to explain to their classmates. We have had fun getting to know all of the students by reading about their events.

1st Grade

With all of the classroom learning comes the building expectations. First grade has spent a lot of time making sure that all students know what is expected of them on a daily basis. We have talked about places such as the lunchroom, bathrooms, hallways, and playground. We want to ensure all students understand what it means to be safe, respectful, accountable, and open-minded while at Cornell. We would also like to send a quick reminder about the weather.

Please remember to dress your child appropriately for all types of weather, as we will continue to go outdoors weather permitting. Thank you for entrusting us with your child daily and if you have questions or concerns, please feel free to let us know.

Cornell's ELL Program Welcomes Milli Ramos Puerto

By Nicole Temeyer, ELL Teacher

It has been an awesome start to the school year and our ELL (English Language Learner) program continues to grow! This year, we have 47 students K-4 in the ELL program and we were excited to hire and welcome Milli Ramos Puerto as our full-time bilingual associate at Cornell! Milli works with students to support their language acquisition and she also helps translate and interpret for our Spanish-speaking families. She has jumped right into things and has done a phenomenal job! The students are already very fond of her!



If you are unfamiliar with the ELL program, here is a brief overview. First, we recognize that students who are learning more than one language simultaneously have extra cognitive demands on them. Because of this, the ELL program is in place to help students with English language acquisition in the four domains of listening, speaking, reading, and writing. We measure the students' English abilities in those four domains and then determine how we will best meet their needs. Sometimes we focus on oral language and vocabulary development and other times we focus more on reading and writing.

Notes From The Guidance Counselor

By Anne Pentico, Guidance Counselor

Welcome back to another exciting school year! My name is Mrs. Pentico, and I am the new school counselor at Cornell Elementary School. I look forward to meeting and working with Cornell families throughout the school year to best support the academic, social, and emotional needs of our students.

As the school counselor, I get the opportunity to provide classroom guidance lessons to all Cornell students for half an hour each week. Since the beginning of the school year, we have covered topics including what a school counselor does and how students can ask for help from the counselor if they need it, identifying our own feelings as well as how to recognize the feelings of others, and qualities of good friends and how to initiate friendships. We will continue to practice a variety of skills in these areas into the month of October.

Please feel free to contact me at any time throughout the school year with any questions or concerns you may have.



Subscribe to receive all of Saydel's newsletters by emailing newsletter@saydel.net.

Physical Education at Cornell

By Liz Mashek, PE Teacher

One philosophy of Cornell's Physical Education program is to develop both the mind and body through movement. Physical Education is an integral part of your child's education that contributes to his/her growth and development. It is the goal to give your child a positive P.E. experience and to help him/her to gain an appreciation of the importance of living a healthy lifestyle and participating in recreational activities. Your child will have experiences in individual, team, and group activities that place an emphasis on participation, cooperation and sportsmanship.

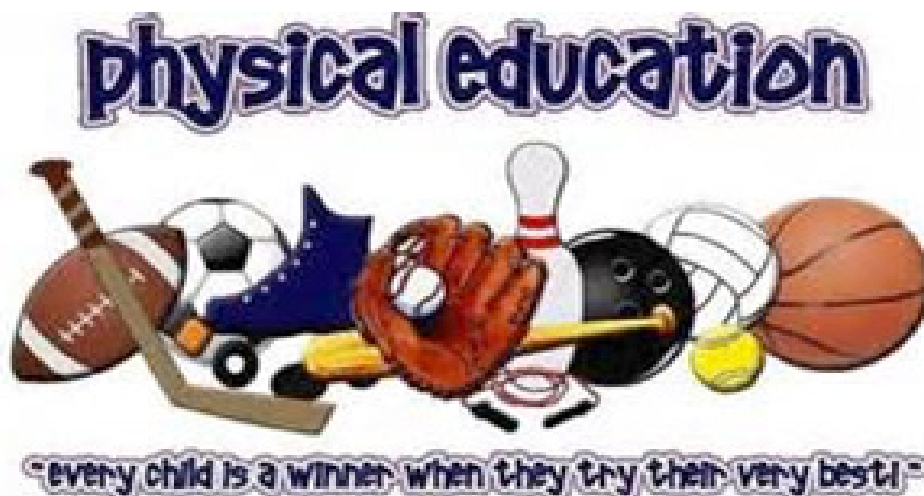
A key element of physical education that contributes to a student's success and wellbeing is safety. *It is important for students to wear appropriate clothing and footwear that is conducive of movement.* For example, it is recommended that girls wearing skirts or dresses on a P.E. day wear shorts or leggings underneath. It is also helpful to layer clothing so that students don't get too hot or cold. Appropriate and safe shoe choices include rubber soled athletic type shoes that have laces or velcro and fit snugly so they won't slip off and cover the heel and toes.

Inappropriate and unsafe shoe choices include crocs, slip on athletic shoes without a back, clogs, dress shoes with a heel, sandals, flip-flops, snow boots, dress boots etc. To avoid wearing unsafe shoes on P.E. days, it would be beneficial to keep a pair of athletic shoes in your child's locker to change into if needed. It is going to be an AWESOME year!

When does my child have P.E. Class?

	A Day	B Day	C Day	D Day
4 th Grade	Rolf	Lippert	Hoium	Forristall
3 rd Grade	Schroeder	Shipman	Boren	Cable
2 nd Grade	Fritz	Delahunt	Shindelar	Hoffman
1 st Grade	Logan	Morrow	Bragg	Crane
Kindergarten	Witzman	Van Houten	Sager	Dennis

TUESDAY (afternoon only)	THURSDAY (afternoon only)	FRIDAY (afternoon only)
Preschool Singletary	Preschool Byrd	Preschool Bader



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
Teddell 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

Notes From The Music Room

By Hannah Knapper, Music Teacher

We have already had so much fun in music this year! Kindergarten, first grade and second grade have been practicing keeping a steady beat and trying out all of our percussion instruments. They are showing off their wonderful singing voices and dance movements. Third and fourth grade have been working on singing and playing canons. We used Kahoot to assess how much we know about canons. Now we are starting to learn techniques on the xylophones. It's been a busy year so far. I can't wait to see what the kids will do next!



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
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
- KDSM Fox 17
- 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:
www.kcci.com, www.whotv.com, www.woi-tv.com

1-Hour Delay Start Times

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

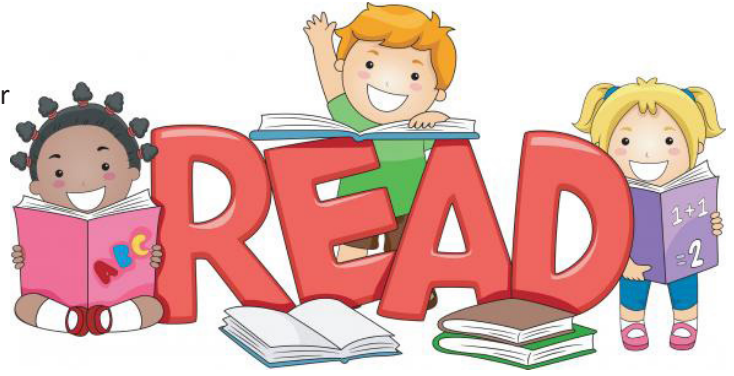
2-Hour Delay Start Times

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

Welcome to Second Grade

By the Second Grade Team

The second graders had an excellent first month of school! In our first unit of reading we learned that second graders grow like beanstalks. They are reading more than 20 minutes, use stop and jot, and they give the book a sneak peek. They also learned some strategies for what to do when they come to a word they don't know. No more "Help me, help me" readers! In writing, the second graders have been doing small moment stories. They are learning how to unfreeze their characters and using craft moves (bold words and ellipses) in their own writing. They are all very proud of their final drafts! For math, we have been working on counting, adding and subtracting in story problems, and money. Finally, in science the students are learning about plants and seeds. They know how seeds move around and grow. We can't wait for our next month of learning and growing like beanstalks!



Third Grade Update!

By the Third Grade Team

Third grade is off to a great start. We have spent time building relationships with our own students, as well as finding time to begin building friendships between classes. We are working on expectations, settling into a routine, and kicking off curriculum.

Our first units found us writing personal narratives that focused on small moments and cementing in our addition and subtraction strategies before beginning multiplication. In science, we learned about the impact humans have on sea turtles and how to help them; we are just finishing up learning about forces and motion. Finally, we finished up our first reading unit by having a "read out" in the hallway to celebrate all we've already learned as readers.



Fourth Grade Off to A Great Start

By the Fourth Grade Team

The fourth grade team is excited about the great start we have had this year! The kids have come in ready to learn and be the leaders of the school. The teachers and students are excited for all the great things we can accomplish this year.

The kids have been learning about ducks and worms in science. The fourth graders have figured out many different structures and behaviors that animals have that help them survive. This will prepare us for a great field trip to Jester Park to learn about animal habitats, and what animals do to survive in them.

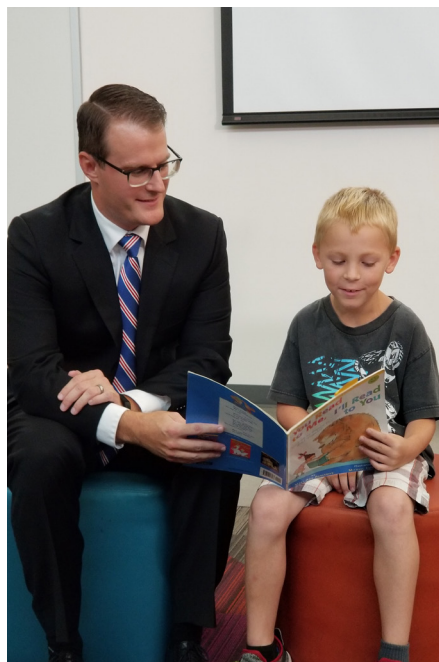




Governor Reynolds Visits Cornell Elementary

Governor Kim Reynolds, Lieutenant Governor Adam Gregg, and Iowa Department of Education Director Ryan Wise visited Cornell Elementary School in the Saydel Community School District recently in a celebration of elementary reading gains on statewide assessments. Pictured from left: Saydel School Board Member Roland Kouski, Jr., Saydel Director of Curriculum, Instruction & Assessment Mary Salazar, Cornell Principal Brian Vaughan, Saydel Superintendent Todd Martin, Governor Kim Reynolds, Lieutenant Governor Adam Gregg, Director Ryan Wise, and Saydel TAP Master Teacher Traci Lust.

Pictured below: Guadalupe Sanchez, Kaleb Ellsworth and Adalina Bensley participated in shared reading with Governor Kim Reynolds, Director Ryan Wise and Lieutenant Governor Adam Gregg.



The Nurse's Office would like to welcome everyone back to Cornell. Below are a few reminders to help keep everyone at Cornell healthy and safe.

Health Concerns – Please notify the school nurse if your student has severe allergies, surgeries, accidents or new health concerns that may occur during the school year.

Medications at school – 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 school to administer the medication. Permission slips can be found in the office and on the Saydel website.

Illness/Absences – Please contact the school office in the morning if your child is to be absent and inform them why your child will not be attending school. You child can return to school if they are no longer vomiting/diarrhea, and have gone fever free (<100.0) for 24 hours without the use of fever reducing medications. If you have questions or concerns, please contact the school nurse.

Required Screenings – Below are the required screenings for Cornell students. If you student has had these screenings and you **have not** provided a certificate of screening from their health care provided, please return them to the school.

- **Vision screening** – Required for Kindergarten and Third Grade. The school nurse does conduct vision screenings throughout the school year, but if you child had a screening this past year from an eye care specialist; please send results from that screening to school.
- **If your child wears glasses, please remind them to wear them every day.**
- **Dental screening** – Required for Kindergarten
- **Hearing Screenings** – Heartland AEA will be conducting hearing screenings on all students at Cornell. Screening dates for K-4th grade for this year will be October 24-26. If you DO NOT want your child screened, please notify the school nurse in writing. (PrK screening will be in the spring)

The nurse's office is in need of adjustable waist pants sizes 4-10.

Reminder: Saydel Flu Shot Clinics will be held at Cornell Elementary October 16 from 3 -6 PM and at Saydel District Office October 18 from 3 - 6 PM. The clinics are open to the public through the Polk County Health Department.

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

Saydel Parent Involvement Matrix

View Interactive Links at 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](#).

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.

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](#)






SOCIETY OF HEALTH AND PHYSICAL EDUCATORS®

October 2018

Elementary Physical Activity Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>7 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.</p>	<p>1 Reverse Tag 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>2 Walking Race Pick a distance and challenge a friend to a speed walking race. Remember these safety tips if participating in</p>	<p>3 Crazy 8's 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times</p>	<p>4 Do this: -Hop on one leg 30 times, switch legs -Take 10 giant steps -Walk on your knees -Do a silly dance -Sprint for 10 seconds</p>	<p>5 Read & Move Pick a book to read and select an "action word" that will be repeated often. When the "action word" is read stand up and sit down.</p>	<p>6 Clap and Catch Throw a ball or soft object up into the air. See how many times you can clap before you catch it</p>
<p>14 Revolved Triangle Pose Hold for 30-60 seconds on each side to target hamstrings and shoulders.</p> 	<p>8 Upward Crescent Moon Pose This pose targets the lower back and shoulders. Hold for 30-60 seconds release and repeat.</p> 	<p>9 Do this: -Hop on one leg 30 times, switch legs -Take 10 giant steps -Walk on your knees -Do a silly dance -Sprint for 10 seconds</p>	<p>10 Walk and Talk Take a walk with your parents or an adult who takes care of you about what to do if you are bullied or see someone being bullied.</p>	<p>11 Single Leg Jump Rope Jump 10 times on your right foot then 10 times on your left foot. How many times can you alternate before messing up?</p>	<p>12 Read & Move Pick a book to read and select an "action word" that will be repeated often. When the "action word" is read stand up and sit down.</p>	<p>13 Between the Knees Gather rounded objects of varying size. Starting with the largest try walking around your house keeping the object between your knees.</p>
<p>21 Just play! Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it's up to you!</p>	<p>15 Animal Charades Try moving around like these animals: Chicken, snake, horse, dog. Try without making noises to see if someone can guess!</p>	<p>16 Jump Rope See how many times you can jump backwards in a row.</p>	<p>17 Brush Your Teeth Shake While brushing your teeth move your hips in the same motion as your toothbrush.</p>	<p>18 Side Seated Angle Pose Hold for 30-60 seconds on each side to target the hamstrings and calves.</p> 	<p>19 Parachute With friend or family member use a bed sheet like a parachute in PE. Lift up and down to move air underneath the sheet.</p>	<p>20 Locomotor Sidewalk Along the sidewalks alternate between skipping, speed walking, and jogging.</p>
<p>28 Crazy 8's 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times</p>	<p>29 Crabby Clean Up Tidy up while walking like a crab! Carry items on your belly across the room to put them away.</p>	<p>23 Line Jumps Find a line on the ground and jump from side to side 10 times. Rest 10 second repeat.</p>	<p>24 Yoga Combo Try all of the poses from this month back-to-back. End with Savasana from last month.</p>	<p>25 Create a Dance Make up a dance to your favorite song. Be sure to include a jump, a slide and a spin.</p>	<p>26 Skaters Hop to your right bringing your left foot behind you with knees bent & body low. Repeat the movement to the left. Do for 30 seconds.</p>	<p>27 Catch with a Catch Toss a ball in the air, try each challenge before catching the ball: 1. Touch your nose 2. Clap twice 3. High-five someone 4. Spin around</p>
<p>31 Attached at the Hip Place a ball between you & partner's hips. Try to walk across the room without letting the ball drop.</p>		<p>National Health Observances:</p> <ul style="list-style-type: none"> Fruit and Veggies – More Matters Month National Childhood Obesity Awareness Month National Yoga Awareness Month Whole Grains Month 		<p>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.</p> <p>Yoga Images from www.forteyoga.com</p>		

Reproduced with permission from the Society of Health and Physical Educators (SHAPE America) <https://www.shapeamerica.org/publications/resources/teachingtools/teacher-toolbox/teacher-calendars.aspx>

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AND GET UP TO



\$100*

PLUS, WE'LL DONATE \$50*

TO SAYDEL SCHOOLS

www.affinitycuia.org/saydel-deposit
(515) 288-7225

*New direct payroll deposits greater than \$500/month will receive a \$100 incentive upon verification of deposit by the credit union. New direct payroll deposits less than \$500/month will receive \$50 upon verification. Offer expires 10/31/18. This is an Affinity Credit Union community outreach promotion and is not directly affiliated with Saydel School District. Restrictions may apply.

Federally insured by NCUA.





Grab Your Favorite Costume!

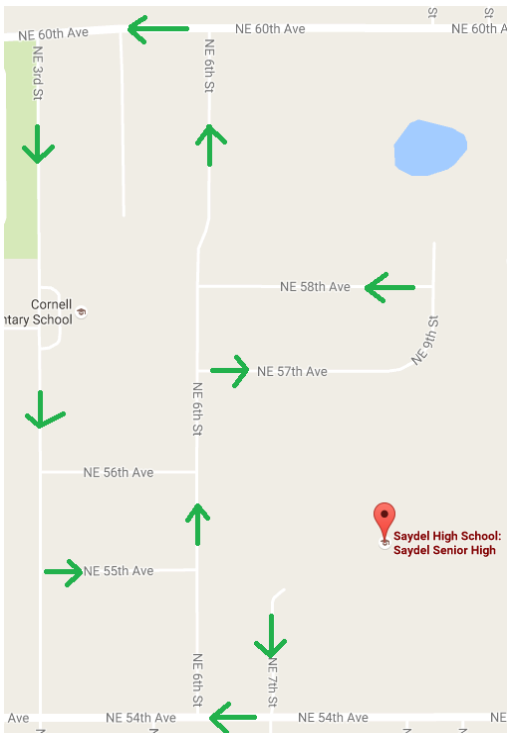
Join us for the 5th annual Monster Dash 5K/1 Mile walk/run which will take place October 20st at 9:30 AM. Runners can sign up online with long sleeve dry fit shirts guaranteed to all signing up on or before October 7th. Both road races will begin and end at Saydel High School in Des Moines, IA. Runs will be timed with results posted the day of race. Runners are encouraged to wear costumes with prizes going to the best. Packet pickup will occur the day of the race from 8:30 AM through 9:15 AM. Run if you dare!

Registration Fees
\$15 for students
\$22 for adults

Online signup at <https://secure.getmeregistered.com/monsterdash>

Race event information and photos will be posted to <https://www.facebook.com/events/2141433956099252/>

Race results will be posted at www.onlineresults.com



Huge Thank You to our Sponsors!

[Barton Solvents](#)

[Steve and Kim Stewart](#)

[Skywalk Global](#)



Proceeds go to Cornell PTO, Woodside PTO, and Saydel Eagle Endowment.

The easiest way to avoid me this year is by getting a flu vaccination. You can get it here!



Date: October 16 at Cornell Time: 3 - 6 PM

Cost: Most major insurances accepted. Please bring your insurance card. Flu vaccine for uninsured is \$20. Nobody is turned away for the inability to pay.





Cornell Hallway Contest Winners

Cornell Elementary has been putting an emphasis on the importance of monitoring hallway expectations. This work is part of Cornell’s PBIS school-wide work which places an emphasis on being Safe, Open-Minded, Accountable, and Respectful. For the month of September all staff members are observing and providing feedback to the positive examples of all students that demonstrate the hallway expectations. When staff observes hallway expectations being modeled by classrooms, they are given a red ticket. These tickets are entered into a prize drawing to be awarded each week to the class that earns the most tickets.

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.