



# Cornell Elementary School

Big City Opportunities, Small Town Commitment for Students

November 2015 Newsletter

## Upcoming Events

### Cornell Elementary

**NOVEMBER 5**

PTO Wendy's Night, 5 PM - 8 PM

**NOVEMBER 10**

PTO Meeting in Library, 6:30 PM

**NOVEMBER 25-27**

Thanksgiving Break



**DECEMBER 1**

1st & 2nd Grade Concert, 7 PM at Saydel High School Auditorium

**DECEMBER 7**

PTO Buffalo Wild Wings Night

**DECEMBER 17**

Preschool Holiday Parties

**DECEMBER 18**

Mini Sessions Schedule:

1:30 PM - 2 PM, Caroling in Gym

2:10 PM - 2:30 PM, Mini Sessions

2:35 PM - 2:55 PM, Mini Sessions

3 PM, Cookies & Drink in Classroom

## School Hours

**CORNELL ELEMENTARY**

8:35 AM - 3:30 PM

Wed.: 9:45 AM - 3:30 PM

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

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

## Principal's Message

Greetings from Cornell!

What a beautiful October we had this year! It has been great to be able to get our kids outside consistently for recess this month. That is such a crucial time of day for all of our kids. When the weather is as nice as it has been it allows them the opportunity to choose from many different activities.

Our school provides an awesome amount of playground space and equipment. As a parent myself, I make it a habit to ask my own children "who did you play with and what did you do for recess today?" As much as I am interested in their new learning in the classroom, I am always curious to know how they are doing socially. This question many times opens the door for them to share with us how they are feeling about friendships, as well as learn about who they are spending time with socially at school.



Principal Brian Vaughan

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

This month, I want to focus on the importance of making sure our students are at school every day. The more our students are at school the more we can learn about them, they can learn about us, and we learn about each other. Data will tell you that students need to be at school to succeed. Student attendance and student achievement levels correlate greatly. A positive statistic from Johns Hopkins University states that "just a 3 percent improvement in attendance (five additional days) would have led more than 55,000 students to pass end-of-year tests in Reading, English, or Math in grades 3 to 8. The biggest impact was for students who missed between 5 and 10 days of school, suggesting that missing even a week to two weeks can have a significant negative impact on achievement (Barge, 2011)."

We know the impact of school attendance can have on students both educationally and socially, therefore we have a goal for 95% attendance by our students this year. Each classroom is keeping track of their attendance and in many classes students are setting goals on individual attendance. We have created a board in our hallway that shows how we are progressing as a school toward our goal. I am proud to say that we met our goal the first month and we had 96% attendance by our student body. Fourth grade led the way with 97% attendance.

Finally, we have sent home attendance letters to notify our families if we have been or are beginning to see a high rate of absenteeism. We will define "high rate" as five or more unexcused days. Please know that these letters are meant in the most caring way. We love our Cornell kids and we want them here with us every day possible.

Thank you to all of you for your trust and support that you provide to our great school every single day. Our partnership in educating our students go hand in hand. I hope that you have a great month ahead!

**Go Eagles! ~ BE AWESOME TODAY!**

## Feelings Are The Focus In Guidance Class

The Guidance class focus in October has been on feelings. All students are working on being able to identify feelings.

Kindergarten, first, and second graders have been learning about the different feelings we can have.

They have also been making various feeling faces out of Play Doh. The students have been very creative with their Play Doh feeling faces!

The third and fourth graders have also been learning different types of feelings and have been working on many activities that involve drawing their feelings.

The fourth graders have had a lot of fun using their teamwork skills with the Feeling Face Puzzles. All students will finish up the feelings unit by learning how to use "I messages" which will help us better express our feelings to others.

In November, we will start to talk about friendship.

## Third Graders Are Busy In All Subjects

*By Candie Cable, Third Grade Teacher*

This month, we've been tackling measuring, data collection, and graphs in Math. We ended our Social Studies unit by studying diversity and cultures. In Science, we started our "Close Encounters" unit studying symbiosis; this is how living things interact.

We are working on asking and answering questions in Reading. We've gotten to use many different texts! In Writing, we've been investigating narratives, both personal and informational. Third grade is off to a great start and being awesome everyday!

## Preschoolers Learn About Pumpkins & Fall



**Three year olds jumping on the big pillow at Geisler Farms.**

*By Amber Byrd, Preschool Teacher*

Students have been busy learning about pumpkins and Fall in preschool! Both classes had the opportunity to go to the pumpkin patch. The kids enjoyed going down the big slide, playing in corn, and riding on the hayride.

In November we will learn about trees through our Creative Curriculum studies. We will go on a tree hunt, learn about different types of trees, and sort leaves by size and shape. Students will learn what animals live in trees and what food grows on trees.

Three year olds are focusing on shapes, colors, and number recognition. Students are also practicing appropriate social skills with their friends.

Four year olds have been introduced to letters A-F and are working hard on letter sounds. Students are beginning to match rhyming words and blend small words to make a compound word.

## Kindergarteners Work On Counting & Comparing

*By The Kindergarten Team*

Fall seems to finally be here! The weather is changing and so are the learning targets for our Kindergarten students. This month we will be working on counting and comparing, the animals goats and pigs, as well as, pumpkins. The students will have some time to learn about sequencing events and sharing why it's important to know the order of things.

As the weather continues to get colder, please make sure to dress your student appropriately as we will go outdoors most days. As always, if there are questions or concerns please call, text, email, or stop in and see your child's teacher.

We look forward to a long month of learning!

## Saydel Community School Food Services

### National School Lunch Week 2015



Saydel Community School District recognized National School Lunch Week from October 12-16, 2015. Events were held in all 3 schools throughout the week. Over 50 adults ate school lunch with a child at Cornell on Wednesday for "Bring an adult to school lunch and eat school lunch!"



#### FREE BREAKFAST & LUNCH FOR ALL CORNELL STUDENTS

Cornell Elementary is offering free breakfast and free lunch to all Cornell students! No child will be charged! The Cornell Elementary will be using the Community Provision Eligibility (funding from the USDA) to provide free meals to all students. **Note:** If your child wishes to bring a sack lunch and get just milk, get an extra milk or have a second entrée, there will be a charge. The free breakfast and lunch covers the basic reimbursable meal.

#### Did You Know?

The Fresh Fruit and Vegetable Program (FFVP) is USDA funded That provides free fresh fruits and vegetables to children throughout the school day.



**Reminder:** Reduced or paid students will receive phone calls if an account balance is below \$3.00. Negative balance phone calls go out to all students; Free, Reduced and Paid. Please use these as a friendly reminder as we work hard to keep all accounts current.

#### Foodservice Office:

Visit [www.saydel.k12.ia.us](http://www.saydel.k12.ia.us) for menus and more information

Email: [sadlerjessy@saydel.net](mailto:sadlerjessy@saydel.net)

Phone: 515.264.0866

Fax: 515.264.0869

Follow us on Twitter: @saydeldining

#### Build a Healthy Lunch



# Boosting Student Achievement in Second Grade!

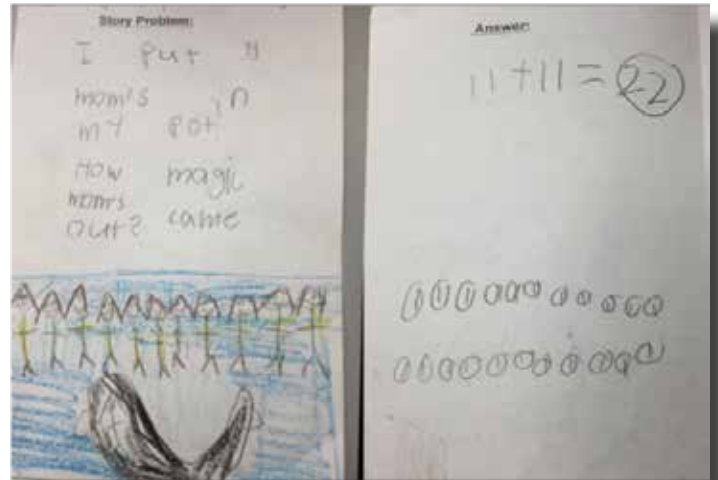
By Kelly Sager, Second Grade Teacher

Happy autumn! Second grade is expecting great things this year from our students and will be working to boost student achievement while aiding students in developing more mature social skills.

So far this year, students have worked hard to build their knowledge. In reading they have learned about text features, elements found in poetry, characteristics of tall tales, and we recently finished learning how good readers ask and answer questions before, during and after reading.

Meanwhile in math, we worked on learning the various ways to make 10 efficient strategies for solving story problems and how to double amounts.

We wrote story problems about a magic pot that doubled everything that fell into it. We look forward to a productive year of learning. (See the photo to the right!)



## Fourth Graders Visit Pappajohn Sculpture Park & Des Moines Art Center

By Elyse Webb, Fourth Grade Teacher

On October 14, 2015, all fourth grade classes at Cornell Elementary visited the Pappajohn Sculpture Park and the Des Moines Art Center. Students had many experiences to interact with various mediums of art.

Guided tours led to grand discussions about artists' purpose, inspiration and passion. Students gained a new wealth of knowledge about the importance of art in our community.

The students were invited to talk and think creatively about different pieces of art they got to see.

During our field trip we were very lucky and had beautiful weather, so eating outside at the Art Center was a wonderful time! Behind the Art Center, there is a sculpture that the students were able to interact with, making our Art experiences complete!





# Saydel Wellness Newsletter

November  
2015

**5** or more fruits & vegetables

**2** hours or less recreational screen time\*

**1** hour or more of physical activity

**0** sugary drinks, more water & low fat milk

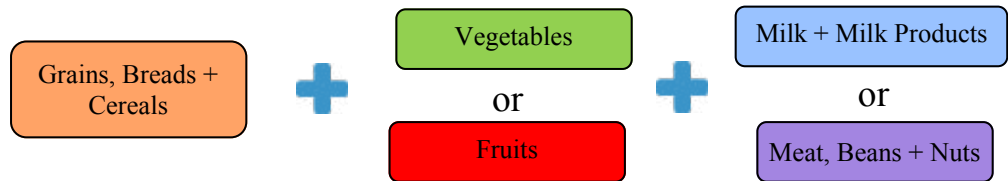
## Breakfast Makes Champions

Scientific research continues to show that eating breakfast is one simple habit that provides numerous health benefits. A balanced breakfast ensures long-lasting energy and promotes a healthy eating pattern for the whole day. Studies show that people who consume a morning meal tend to eat fewer calories and less saturated fat and cholesterol.

A good breakfast consists of at least three food groups:

- **Grains, Breads + cereals**– whole wheat bagel, whole grain toast or oatmeal
- **Vegetables OR Fruits**– Bell peppers, orange slices or grapes
- **Milk + Milk Products OR Meat, Beans + Nuts**– Low fat or fat free milk, yogurt, breakfast sausage or walnut

Follow this equation and choose one food from each:



## Applesauce French toast

Easy to find ingredients and fun to prepare for families.

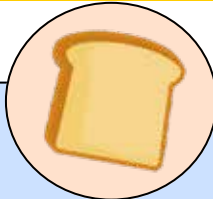
Prep time: 5 minutes    Cooking time: 10 minutes

### INGREDIENTS

- 2 eggs
- 1/2 teaspoon vanilla
- 1/2 cup non-fat or 1% milk
- 1/4 cup applesauce
- 1 teaspoon ground cinnamon
- 6 slices whole wheat bread
- 2 teaspoons white sugar

### DIRECTIONS

1. In a large mixing bowl, combine eggs, milk, cinnamon, sugar, vanilla and applesauce. Mix well.
2. Soak bread one slice at a time until mixture is slightly absorbed.
3. Lightly spray or oil a skillet or griddle. Cook over medium heat until golden brown on both sides.
4. Serve hot.



## Leftovers Don't Last Forever

Sometimes “leftover night” can be a fun game of take-your-pick for dinner! However, it might not end up so enjoyable if the food is no longer safe to eat.



Follow these tips for safe leftovers:

- Set your refrigerator temperature at 40F or below. When storing hot foods, store them in a shallow container no more than 2” deep, so that the food cools to 41F (or lower quickly).
- Follow the “4-Day Throw Away” rule: If the leftovers are not eaten on the fourth day after storing, throw them away!
- Leave a pen and sticky notes near the fridge. Label leftovers with the date when you prepared them.

Sources: ISU Extension and Outreach Spend Smart. Eat Smart.

# Making Huge Strides in P.E. With Mrs. C

*By Melissa Cogdill, PE Teacher*

**W**ELCOME FALL! This fall has been a fun-filled learning season so far in P.E. class!

All Cornell students and teachers participated in a Fall Fitness Scavenger Hunt around the school on October 7. Each location had a fun fitness fact for students to read and then the class participated in a physical activity with their teacher at each station!

This was a special fitness day to help educate all students the importance of living a healthy lifestyle and making healthy choices every day!

Along with this special day, I applied for a mini-grant through Live Healthy Iowa Kids and we were granted the award! The P.E. department at Cornell was awarded 30 pedometers!

That means a whole class will be able to wear them during P.E., set their own individual fitness goals, and help motivate them to moving to a healthier heart and lifestyle! They love to see how many steps they can get throughout the lesson and they truly are making **HUGE STRIDES IN P.E.!** A huge thank you to Live Healthy Iowa Kids!

The third and fourth graders are beginning their basketball unit, beginning with developmental skills such as dribbling and passing. We have discussed the importance of teamwork, agility skills, and striving to be the best they can be! I am so proud of their effort and enthusiasm!

Cornell kindergartners, first and second graders are participating in Fall Fitness Stations. They are working in small groups to achieve a specific learning goal! Many of the stations include balancing skills, tossing and catching skills, and loco motor skills such as skipping and galloping! These are all important foundational skills important for development. Again, I am so proud of all Cornell students for the participation and effort!

I am extremely proud to be your children's P.E. teacher and I invite anyone in to participate in the activities with classes.

It's up to us to be that positive role model for all children, and it's **FUN!**



# Great Things Are Happening in Music!

By Jeffrey Johannsen, Music Teacher

Things have been moving along well in music at Cornell the last few weeks! Much can be said about the children and their hard work since August.

Third and fourth grade are finishing up a unit that encompasses all they have learned from the past years and have created songs in groups of three and four. As a class they created the rhythm, and in their small groups they added pitches and they will share to their classes in this next week.

Second and first grade have just started preparation for their winter concert. The concert will be on December 1 and will display music from several different holiday traditions from around the world. Be sure to mark you calendar for December 1 to enjoy an evening of holiday music and watch your child take the stage with their peers.

Kindergarten is knee deep in experiencing music in different ways. We are singing, listening, creating and discussing the music and sounds that surround them every day. We recently went on a "bear hunt" in music class. Maybe ask them about the obstacles they had to overcome on their hunt to find a bear!

I'm looking forward to the second half of the semester with the students here at Cornell! Great things are happening.

## Students Create Zentangles In Art!



By Jessica Calhoun, Art Teacher

In the classroom, third and fourth graders have been working hard on a line and pattern project called "Zentangles." The students have been asked to brainstorm and create multiple line and shape patterns that they will use within a closed outline. In third grade the outline they are using for their Zentangles are leaves.

After the students have produced enough patterns, they re-draw them using marker in their leaf. After we finish our leaves, we will watercolor the back ground creating a beautiful contrast between our patterns and the background!

To see more of what's happening in the Art room, follow us on Twitter @Art\_At\_Cornell.

## A Great Field Trip to Howell's Pumpkin Patch!

Mrs. Greiner and Mrs. Nalevanko's room earned their end of the month party at Howell's Pumpkin Patch! Students are working on using their social skills learned in the classroom and using them out in the community.



In October, students have been targeting two specific social skills, being flexible and following the group plan. Each day our students learn the importance of following the group plan and how it impacts each member of the group when one chooses to follow or not follow the plan. We are extremely proud when we see our students use these skills in their classroom and the community!



# EAGLES NEST STUDENTS ENJOY TRIP TO OUR PARADISE PUMPKIN PATCH



Cornell & Woodside Eagles Nest students enjoyed a field trip to Our Pumpkin Paradise in Ankeny recently. The students explored the pumpkin patch and had a great time seeing all the farm animals.

## Eagles Nest Has Openings

Eagles Nest has opening at Cornell Elementary and Woodside Middle School from 6 a.m. to 5:30 p.m. Cost is \$35 a week for before or after school and \$50 a week for both before and after school. If you are only needing childcare for Wednesday mornings, the cost is \$5 per child. For details, email [baileychristine@saydel.net](mailto:baileychristine@saydel.net).

Eagles Nest will be offering care over Winter Break. Watch for more details to come soon!



# WATCH US READ .... AT CORNELL!

Cornell Elementary School students celebrated their amazing growth in reading on Friday, October 2 with a reading together event. All students and staff created a cozy spot in the hallway to read. Students had their favorite pillows and blankets to snuggle with while they read their favorite books.







## Cornell Students Take a Stand, Lend a Hand

Cornell Elementary welcomed National Anti-Bullying Speaker Kevin Horner as their guest speaker on October 28. Horner is trained in making presentations to students and adults across the Midwest about the issues of bullying, either as bullies, targets or as a bystander. In his presentation, titled, "Speaking up for those who won't speak up for themselves," Horner defined what bullying is, what it sounds like, how it feels and what it looks like. He also shared safe ways to report bullying.

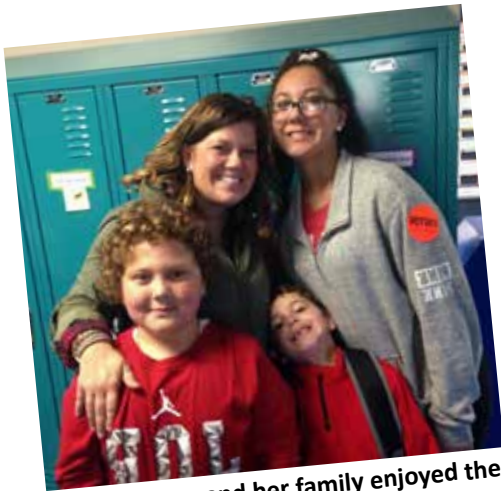
Horner is a three-time "People's Choice" award winning ventriloquist and a magician. He uses both of those skills as well as being a gifted communicator to inspire a heart change for one of the most important messages for kids in our world.

According to the National Education Association, it is estimated that 160,000 kids per day skip school due to being a victim of bullying behaviors. It has been estimated that more than two million youth in the U.S. are involved in bullying either as bullies, victims or both.

According to Debra Pepler of York University in Canada the average time for a bullying episode on the playground is every 37 seconds.

Horner shared startling statistics like this and offer ideas for lowering them during his presentation.





Jackie Houge and her family enjoyed the Halloween parties.



Nikki and her son Parker make fun Mad Libs Stories.



Peyton and Riley Stone enjoy some Halloween Mad Libs after Candy Corn Bingo.

## Cornell PTO Hosts Fall Parties!

*By Amanda Stone, Cornell PTO Vice President*

**What a fun October!** Your PTO provided a conference meal to the teachers - thank you for all the donations. The feedback was that the food was yummy and much appreciated!

The fundraiser pickup went well and soon we'll know how much money was earned for the PTO! Friday, October 30 was Fall Party time and there were lots of happy kids whether they were parading around in their costumes or enjoying games and treats in the classes. These parties couldn't be done without all the parent involvement and donations - Thank You!

Congratulations to Gary Christensen for winning the \$30 toward Saydel Spirit Gear! Please join us at our next meeting on **Tuesday, November 10** at 6:30 p.m. in the Cornell Library.

**Other upcoming dates to remember:** PTO Ankeny Wendy's night is **Thursday, November 5** from 5-8 pm and PTO Buffalo Wild Wings Night is **Monday, December 7**. The PTO earns a portion of the sales. Please join in these community nights!

### SAYDEL BOARD OF EDUCATION

**Brian Bowman**, Board President  
**Jenn Van Houten**, Vice-President  
**Melissa Sassman**, Board of Director  
**Henry Wood**, Board of Director  
**Chad Vitiritto**, Board of Director  
**Doug Kayser**, Board of Director  
**Roland Kouski, Jr.**, Board of Director

Superintendent: Mr. Douglas Wheeler  
Board Secretary: Beth Vitiritto



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

EDUCATION FOR  
LEADERSHIP;  
LEARNING FOR LIFE

**Cornell Elementary School**

5817 NE 3rd Street

Des Moines, IA 50313

515-244-8173 FAX 244-0084

We're on the Web:

[www.saydel.k12.ia.us](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.