



# SAYDEL COMMUNITY SCHOOL DISTRICT

## Cornell Elementary School

Big City Opportunities, Small Town Commitment for Students

January 2018 Newsletter

### Upcoming Events

#### Cornell Elementary

**JANUARY 25, 2018**

Little Eagles Cheer Camp Clinic

**JANUARY 26, 2018**

Little Eagles Cheer Performance at Halftime of Varsity Basketball Games

**FEBRUARY 1, 2018**

PTO Wendy's Night, Ankeny, 5 - 8 PM

**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 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 17, 2018**

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

### School Hours

**CORNELL ELEMENTARY**

8:35 AM - 3:30 PM

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

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

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

### Principal's Message

**G**reetings from Cornell Elementary! Happy 2018! A new year is upon us, which means almost half of a school year has already occurred. I can't believe how quickly the days and weeks go by. Our classrooms have been filled with love, laughter, and learning, and we will continue that trend for the remainder of the year as we work with our great students!

As I look ahead to the rest of this school year, I would like to reach out to you and encourage you to do everything in your power to make sure we have our kids at school every day. Did you know that: There are 1,440 minutes in a day, 10,080 minutes in a week and 525,965 minutes in a year.

Taking into account these available minutes, students spend only 12% of their minutes each year in a classroom and only 25% of their minutes each day in the classroom. School days account for 49% of students' available days each year. This is why every minute counts with our students.

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)."

In closing, I hope you enjoy the 360 degree look around our great school and reading about all the happenings in the pages to come.

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 goes hand in hand. I hope you have a great month ahead!

Go Eagles!

**DON'T FORGET  
= TO BE =  
Awesome  
TODAY**



Principal Brian Vaughan

Subscribe to receive all of Saydel's newsletters by emailing [newsletter@saydel.net](mailto:newsletter@saydel.net).

# Congratulations to the following students for their attendance on first half of the school year!

**Perfect Attendance**

Paige H.  
Titus K.  
Mackenzie S.  
Rebecca B.  
Janelle F.  
Juan M.  
Jaxon S.  
Autumn B.  
Erica M.  
Caden S.  
Sahi C.  
Sara D.  
Cael D.  
Kimberly E.  
Katie K.  
Josef W.  
Jakelin C.  
Taylor F.  
Damien G.  
Sophia S.

**Only absent .5 Day**

Kenneth A.  
Johnathan D.  
Naraly M.  
Devyn M.  
Erik V.  
Riley B.  
Melah C.  
Maddyson H.  
Taylor V.  
Paola Brenda A.  
Aaron B.  
Damian H.  
Andrew H.  
Sylar M.  
Isabella S.  
Diago A.  
Noah C.  
Audrie H.  
Sophia J.  
Rogue L.  
Michaela N.  
Aurora O.  
Elizabeth S.  
Tamera B.  
Lucas F.  
Mariadela G.  
Kimberly L.  
Johnathan N.  
Jorey P.  
Ryder R.  
Edger S.

**Only absent 1 Day**

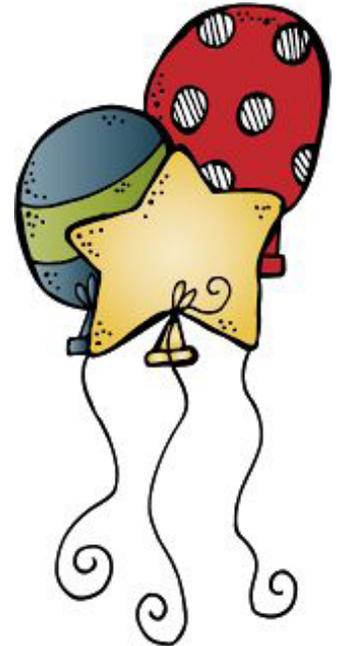
Makenna B.  
Keilin C.  
Elijah C.  
Pierce H.  
Julienn J.  
Chase M.  
Joshua R.  
Karson G.  
Tori J.  
Natalie M.  
Samuel M.  
Izabell P.  
Zander W.  
Emmalea A.  
Deeja C.  
Cecil-Owen C.  
Karina F.  
Blake F.  
Madison G.  
Emma G.  
Tyler K.  
Michelle M.  
Jacob M.  
Jackee R.  
Cole S.  
Samson B.  
Kendall G.  
Brady H.  
Jayden M.  
Ian S.  
Gabriel V.  
Spencer A.  
Keagan F.  
Roman K.  
Payton L.  
Daniel M.  
Spencer R.  
Corbin S.  
Landen S.  
Isaiah T.

**Only absent 1.5 Days**

Abel A.  
Parker B.  
Adrianna B.  
Avery G.  
Laci H.  
Ivanna M.  
Grace N.  
Stryker P.  
Averie T.  
Jared B.  
Drake D.  
Nico F.  
Braxton G.  
Gavin J.  
Talon M.  
Sabastian S.  
Colton S.  
Kiernan F.  
Grace H.  
Jeremy H.  
Braylon L.  
Blake M.  
Dominic R.  
Brook S.  
Cain S.  
Hendrix W.  
Jose A.  
Jayden B.  
Chole C.  
Heath F.  
Lauren F.  
William G.  
Alexis H.  
Yuridia H.  
Kayla H.  
Haylen K.  
Piper M.  
Matthew M.  
Riley M.  
Alexis R.  
Eric R.  
Shane S.  
Leland T.  
Montserrat C.  
Colton E.  
Britani E.  
Olivia F.  
Joshua K.  
Bennett L.  
Emma P.  
Raegan S.  
Bryceten S.  
Riley S.  
Maikon U.  
Rucsandra V.

**Only absent 2 Days**

Cohen H.  
Ian A.  
Aleksander L.  
Shalan R.  
Quintin T.  
Uriah W.  
Molly B.  
Brice V.  
Brecken W.  
Clinton W.  
Kayden B.  
Avilene C.  
Amy D.  
Keith F.  
Alaiah G.  
Khloe M.  
Kameron P.  
Rayne T.



**GOOD ATTENDANCE FOR SUCCESS**

**Every Minute  
in School Counts**



# Fun With Family at Preschool!

By the Preschool Team

Preschool students enjoyed spending time with their parents and guardians before winter break as they made gingerbread houses together! Parents were asked to come in and spend part of our preschool day with us in our cafeteria. They were supplied with all of the materials to create a gingerbread house with their child. Students also enjoyed a special holiday cookie and milk while they created their house.



Jaylen Winbush and his mom, Leigha, work together to create their gingerbread house.

For the month of January, preschool students will be busy as they use their creative thinking skills and social skills to become more independent learners.

Three-year-old students will continue to learn about shapes in the world around them, focus on quantifying objects, and use their fine motor skills as they use paint and glue to create winter crafts. Four-year-old students will work on spelling their name and practice alliteration as they learn new letter sounds. All classes will engage in interactive stories, *The Mitten* and *The Hat* by Jan Brett as well!

## 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

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 SILVER EAGLE

Missy Burr  
Joshua & Denna Heyer  
Ruth Kouski

### INDIVIDUAL PLATINUM EAGLE

Corey Myers  
Scott Myers

Thank You



## 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



# Kindergarten Update

*By the Kindergarten Team*

December was a very busy and exciting time in kindergarten. As part of our literacy unit, we studied community helpers. Woodside ELP students, under the direction of Mrs. Carolyn McCauley, researched careers and provided a career fair for kindergarten students. Middle schoolers came dressed as a physical therapist, musician, paleontologist, scientist, banker, and a computer programmer and provided hands-on learning for the younger students.



Polar Express Day at Cornell was a huge hit! Highlights of the day were being able to wear pajamas all day, having a special treat of milk and cookies, listening to high school students sing, and having the hallways decorated. Thanks to Cornell PTO and all volunteers who helped to make this day memorable for students.



# Second Graders Begin New, Exciting Units!

*By the Second Grade Team*

Second grade is beginning many new exciting units! In reading, we are beginning to learn about important people in history with our topic of the Journey to Freedom during Black History Month.

Math is all about measurement. Students will be learning how to use both standard and nonstandard units to measure objects.

In writing, we are going to start writing about books that we are reading and persuading others to read them as well! Reading at home with your child will allow him/her to share those exciting ideas and stories with our class and support both our reading and writing curriculum. We are excited to learn about books that spark each child's interest to continue growing their love for reading!



# Little Eagle Winter 2018

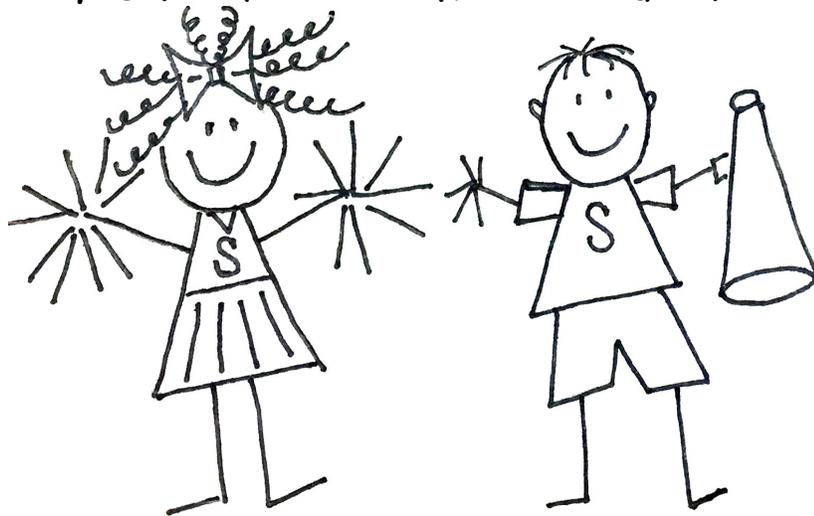
When: Thursday, January 25th

Where: Cornell Elementary Gymnasium

Time: 3:30-4:30 pm (K-3), 3:30-5:30 pm (4-6)

Who: Ages K-6th

Cost: \$25 (includes t-shirt & snack)



# Cheer Clinic

The Saydel High School Cheer Squad will teach our Little Eagles a variety of fun cheers, chants & jumps to perform at the basketball games on Friday, January 26th.

Students in grades K-3rd will perform during halftime of the Girls Varsity Game. Students in grades 4-6 will perform during halftime of the Boys Varsity Game.

**Register ONLINE @ <https://saydel.revtrak.net>**

# Notes From The Guidance Counselor

By Katelyn Neil, Guidance Counselor

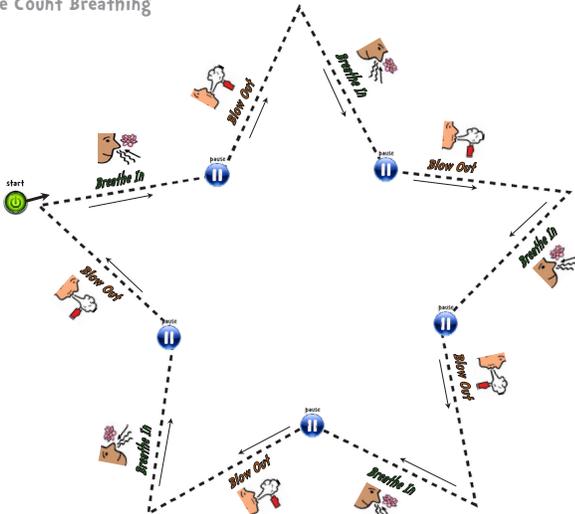
In January students will be learning about mindfulness. Mindfulness is working to focus on the present moment and being okay with one's feelings, thoughts, and emotions. Students are learning and practicing strategies to help them regain focus when they find themselves feeling overwhelmed or distracted. Some of the strategies we are practicing are deep breathing, star breathing, and finger labyrinths.

We hope to have students begin to use these strategies both in the classroom and out as they find themselves feeling strong emotions or feeling like they can't focus.



FINGER LABYRINTH EXAMPLE

Five Count Breathing



# Academic Update From First Grade

By the First Grade Team

We are back in first grade after a break and ready to work! The students spent a lot of time talking and learning about inventions in Science. As teachers we tried to instill in them that even at this age they have the ability to dream big and create something. They had fun watching videos about other students and the items they had invented.

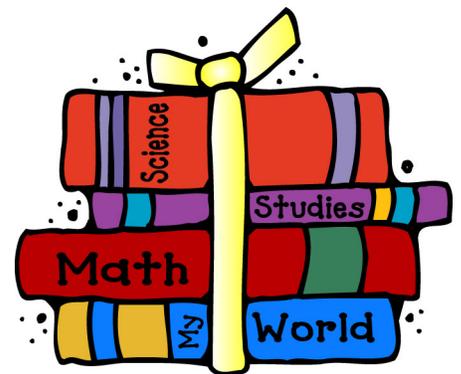
In Reading, we focused on the beginning, middle, and end of stories. The students read many stories and became experts at picking out details in order to master retelling them. They continue to use this skill daily.

Math brought on the adventures of working on word problems and making the decisions to add or subtract in order to figure them out. Again, they became really good at using their numbers and the words to solve the various problems.

The students also did an excellent job at their music concert! We were very proud of all of them.

Please, remember winter is upon us. All students should come to school expecting to go outdoors. Which means they should have coats, hats, gloves/mittens, boots, and snow pants to keep them warm and safe.

If there are questions or concerns about anything going on in first grade, be sure to let your child's teacher know.



# Notes From The Music Room

By Jeffrey Johannsen, Music Teacher

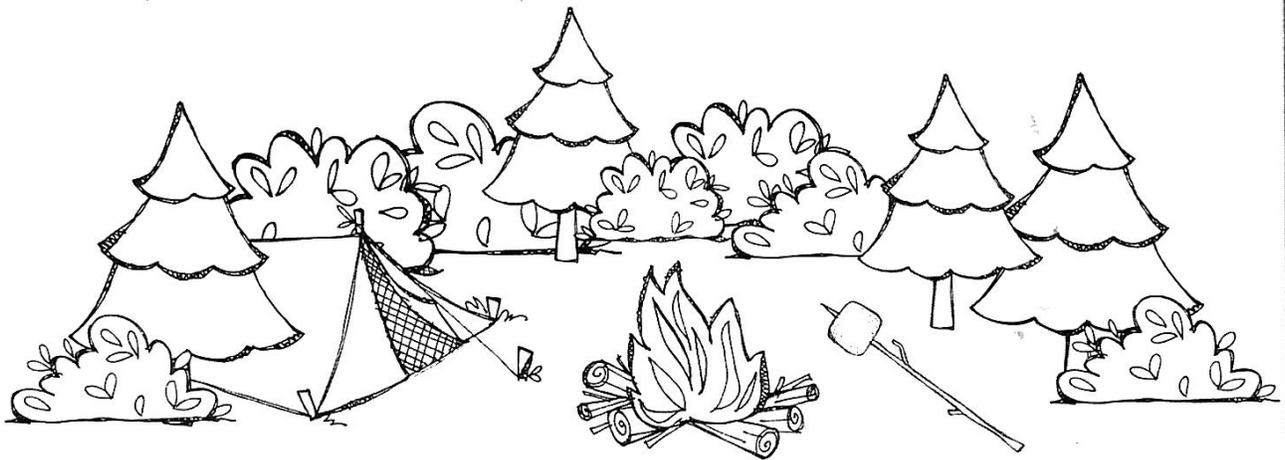
Happy New Year from the Cornell Elementary music room! As the new year begins, all grades are diving deeper into music literacy while they are in the music room. Second, third, and fourth graders are building off knowledge from previous years to help them read and write music independently. The first graders are getting their first exposure to the fundamentals of reading and writing standard music notation. The kindergarten classes will begin preparing for their music night that is on February 6 in the Cornell gymnasium. At the music night, parents will get to do music activities and games with their students that we have been using to help us learn the basics of music. We look forward to seeing you there!



Come join us at

# Camp Read-a-Lot

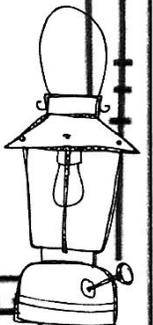
A fun night of reading and  
writing activities for the whole  
family!



Date: Tuesday, April 17<sup>th</sup>

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

Place: Cornell Elementary





# Third Graders Enjoy Seeing “The Nutcracker”

*By the Third Grade Team*

Third grade is back in the swing of things! We are currently in the middle of our geometry unit in math. Students are learning about area and perimeter. In literacy, we are working on sequencing, cause/effect, and compare/contrast. We just finished up our procedural texts in writing, and we will move into our persuasive writing unit next.

In December, third grade had the opportunity to go see “The Nutcracker” at the Civic Center. Thank you to Mr. Johannsen for organizing it! The Iowa Dance Theatre does such a nice job of narrating for the kids, so they understand what’s happening as the dancers perform. Students loved seeing this story come to life, and they were a fantastic audience!

## From The Cornell Art Room

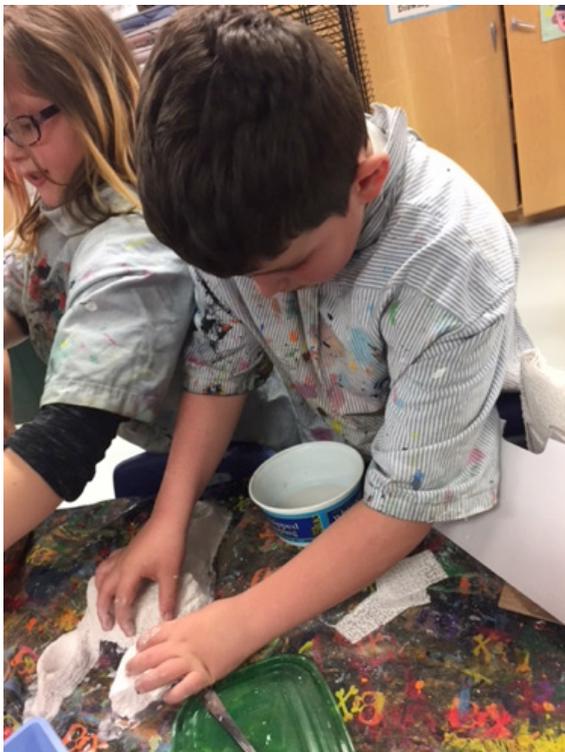
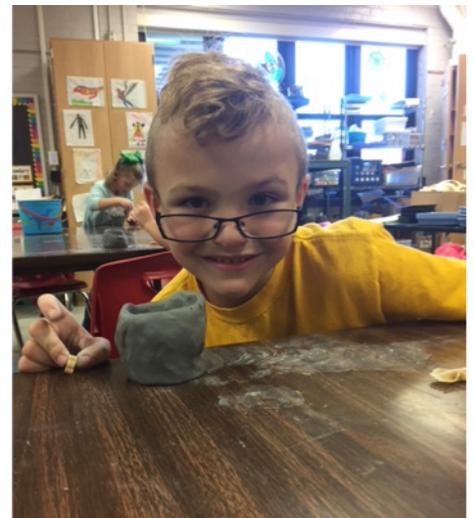


*By Jessica Calhoun, Art Teacher*

In the art room this past month, every grade has been working on something a little different. First graders learned about the basic hand building technique of pinching and successfully finished their clay pinch pots.

Fourth grade has started a 3-D project that will be tied to the animal research projects they have been working on in their classroom. Each student will create either a clay figurine or mask of the animal they have chosen to research.

Second grade is currently learning and applying the concept of visual texture by creating their very own wild thing, inspired by the book *Where The Wild Things Are* by Maurice Sendak. Students are creating a detailed drawing of their wild thing and then will also be creating a watercolor painting of it as well.



# Jump Rope For Heart in Cornell PE

By Liz Mashek, PE Teacher

Beginning February 5, Cornell will be participating in Jump Rope For Heart, which is a fundraising opportunity to support the American Heart Association. Through Jump Rope For Heart, students learn jump rope skills, how their heart works, and can raise money to help children with special hearts. We plan to have fun, learn how to stay healthy, and make a difference in the lives of others! More formal information will be given out soon! Until then, we will be focusing on jumping skills and activities such as tinkling.



## Fourth Graders Complete Reading Projects

By the Fourth Grade Team

Fourth grade had a busy last month. We have been working on a reading unit that involves how animals are used in different texts. We looked at animals in poems, nonfiction text, prose (short stories), and plays. The students even tried their hand at picking an animal and finding, or writing, these types of text about their animal. The fourth graders took all this knowledge and turned it into a project that they will share with parents.

The fourth graders will be getting ready to take their mid-year tests. Please make sure that they are reading at least 20 minutes every night. If some of that time could be spent reading out loud to someone that would be great. This helps them get ready for their FAST test, which measures their words per minute. Please encourage your child to work their hardest on these tests. It is a critical way that we can see the growth they have made since the beginning of the year. They will be taking both AReading and AMath. Please be looking for those score to be coming home before the end of this month. We ended 2017 working hard, and the fourth grade teachers look forward to all that hard work continuing in 2018!

# COMMUNITY EDUCATION

### COMMUNITY CLASSES:

## 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.

<b>FEBRUARY 6</b>	<b>6:30 PM</b>	<b>SAYDEL HIGH SCHOOL - CLASS ROOM # 207</b>	<b>\$5</b>
Class Topic: Where should my money be now?			
<b>FEBRUARY 13</b>	<b>6:30 PM</b>	<b>SAYDEL HIGH SCHOOL - CLASS ROOM # 207</b>	<b>\$5</b>
Class Topic: What must I know about Social Security?			
<b>FEBRUARY 20</b>	<b>6:30 PM</b>	<b>SAYDEL HIGH SCHOOL - CLASS ROOM # 207</b>	<b>\$5</b>
Class Topic: How do I create a lifetime income retirement plan?			
<b>FEBRUARY 27</b>	<b>6:30 PM</b>	<b>SAYDEL HIGH SCHOOL - CLASS ROOM # 207</b>	<b>\$5</b>
Class Topic: How do I prepare for college, or a major life purchase?			

[REGISTER ONLINE](#)

### YOUTH ATHLETIC OPPORTUNITIES:

## COLOR GUARD MINI CAMP

Students, grades 5-8, can register for the Color Guard Mini Camp. Hosted by Riley Hayes, the Saydel High School Color Guard Instructor. The four day camp will provide an experience for middle school students to learn a routine, to perform at Saydel's Festival of Music Concert, held Tuesday, February 20, 2018 at 6 PM. Fee of \$25 includes a Color Guard Mini Camp t-shirt.

<b>CAMP DATES</b>			
<b>FEBRUARY 8, 13, 15, 20</b>	<b>3:00 - 5:00 PM</b>	<b>WOODSIDE CAFETERIA</b>	<b>\$25</b>
<b>PERFORMANCE</b>			
<b>FEBRUARY 20</b>	<b>6:00 PM</b>	<b>SAYDEL HIGH SCHOOL</b>	
		<b>Festival of Music Concert</b>	

[REGISTER ONLINE](#)

## REGISTER NOW!

**DEADLINE:**  
**COLOR GUARD MINI CAMP**  
**FEBRUARY 2**

**ONLINE REGISTRATION AT**  
[HTTPS://SAYDEL.REVTRAK.NET](https://saydel.revtrak.net)

**ONSITE REGISTRATION AT**  
**SAYDEL DISTRICT OFFICE,**  
**5740 NE 14TH ST.,**  
**DES MOINES, IA**  
**515-264-0866**

**EMAIL: COMMUNITYED@**  
**SAYDEL.NET**



The flu season is still here. Please remember to keep your student at home if they are sick. Your child must be fever free for 24 hours, without the use of medication, before returning to school.

**Hand washing is the best way to prevent the spread of germs.**

All medications, (including cough drops and over-the-counter pain relief), must have a signed permission slip in the nurse's office before they will be administered at school. Medication permission slips are available in the office and on the Cornell website.

Fresh air is important for everyone. Please remember to dress your student appropriately for cold weather as we do go outside for recess unless the temperature/wind chill is below 0.

If your student's health status has changed from the beginning of the year, please notify the nurse's office at Cornell.

## English Language Learners (ELL) Update

*By Nicole Temeyer, ELL Teacher*

As we start 2018 it's hard to believe how fast the first half of the school year has gone by! With our ELLs (English Language Learners), we have started the new year with some goal setting and self-reflection. It has been exciting to see students analyze their progress and celebrate successes as well as set goals moving forward. We realized that many of our students have been growing in their reading accuracy and fluency as well as in their vocabulary acquisition. We are excited and hopeful to see what the rest of the year holds! Also, a thank you to all of our families who came on Friday before break to participate in the mini sessions and festivities of the day. It was a fun-filled day and it was great seeing so many of you there.

## Technology Update

*By Stacy Lindahl, Technology Teacher*

The students in technology have been busy. The third and fourth graders have started a research project in class and will continue to work on it for some time. They have all chosen a state and many have answered questions about the state and listed the sources they used to answer those questions. Eventually they will take that information and present using a media of their choice. They also continue to learn the proper tools in Google Docs.

The first and second graders are learning how to use Google Docs. They know how to create a Google Doc and how to type complete sentences. They will continue to learn how to use those tools to help them create complete sentences.

The kindergarten classes have done some center work and played some games on the computers. Their center work included iPad time, computer time, recognizing where letters are on a keyboard, and learning how to control a mouse. I am very excited to get them started on the program: Keyboarding Without Tears. It is a web-based program that will help the students learn age-appropriate keyboarding.

## 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**

# 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** \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p><b>Code Words</b> While watching TV any time you hear the code word complete 10 jumping jacks. <u>Code word:</u> new year</p>	<p>2</p> <p><b>Parachute</b> 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>3</p> <p><b>Read &amp; Move</b> 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>4</p> <p><b>Step Jumps</b> Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.</p>	<p>5</p> <p><b>Pretend!</b> Pretend to: -Sit in a chair for 10 seconds -Shoot a basketball 10 times - Ride a horse -Be a frog -Lift a car</p>	<p>6</p> <p><b>Commercial Stroll</b> During a commercial break take a walk around your entire house. Still a commercial? Go again this time speed walking so you don't miss a thing!</p>	<p>13</p> <p><b>Seated Forward Bend Pose</b></p>  <p>Hold for 1-3 minutes breathing deeply going deeper into the pose. Rest if need.</p>
<p>7</p> <p><b>Underhand Toss Target Practice</b> Using an empty laundry basket or bucket, practice tossing a small object inside. Each time you make it take a step back.</p>	<p>8</p> <p><b>Balloon Bounce</b> Blow up a balloon. Can you keep the balloon in the air? For a challenge add another balloon. Try it with a partner.</p>	<p>9</p> <p><b>High Knees &amp; Stretch</b> High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time.</p>	<p>10</p> <p><b>Play Simon Says</b> Someone is "Simon" and everyone else has to do what Simon says, but only when he/she says "Simon says" first.</p>	<p>11</p> <p><b>Skaters</b> Hop to your right bringing your left foot behind you with knees bent &amp; body low. Repeat the movement to the left. Do for 30 seconds.</p>	<p>12</p> <p><b>Partner Challenge</b> Sit back to back with a friend and link arms. Try to stand up without unlinking arms.</p>	<p>20</p> <p><b>Clap and Catch</b> Throw a soft object up into the air. See how many times you can clap before you catch it.</p>
<p>14</p> <p><b>Crabby Clean Up</b> Tidy up while walking like a crab! Carry items on your belly across the room to put them away.</p>	<p>15</p> <p><b>Hands &amp; Knees Balance Pose</b></p>  <p>Hold for 30-60 seconds, switch sides and repeat.</p>	<p>16</p> <p><b>Long Jump</b> Pick a starting point and jump as far as you can. Try 3 different times to see how far you can go.</p>	<p>17</p> <p><b>Army Crawl</b> Lay on your stomach resting on your forearms. Crawl across the room dragging your body as if you're moving under barbed wire.</p>	<p>18</p> <p><b>Do this:</b> -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>19</p> <p><b>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>27</p> <p><b>Paper Plate Planks</b> In plank position with paper plates under your feet. Complete 30s each: -mountain climbers -in and out feet -knees to chest</p>
<p>21</p> <p><b>Wake and Shake</b> As soon as you get out of bed shake your body any way you like for 10 seconds. Are you up now? Good! Now jump up and down 10 times.</p>	<p>22</p> <p><b>A Quarter's Worth</b> How much is a quarter worth? Complete 25 of the following: Skip Jump Lift Knees Walk backwards</p>	<p>23</p> <p><b>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>24</p> <p><b>Parachute</b> 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>25</p> <p><b>Low Lunge Pose</b></p>  <p>Hold for 30-60 seconds, breathing deeply. Switch legs and repeat.</p>	<p>26</p> <p><b>Star Jumps</b> Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p>31</p> <p><b>Flexible Alphabet</b> Can you make your body look like every letter in the alphabet?</p>
<p>28</p> <p><b>Dance, Dance</b> Put on your favorite song or turn on the radio. Dance however you like during the entire song!</p>	<p>29</p> <p><b>Tea Cup Tip-ups</b> Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees.</p>	<p>30</p> <p><b>Star Jumps</b> Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p>31</p> <p><b>Flexible Alphabet</b> Can you make your body look like every letter in the alphabet?</p>	<p><b>SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Happy exercising!</b></p>	<p><b>NATIONAL HEALTH OBSERVANCES</b> National Blood Donor Month</p>	



# 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 #: \_\_\_\_\_  
 Parent/Guardian Signature Required: \_\_\_\_\_  
 FNS Director Signature: \_\_\_\_\_  
*Make checks payable to Saydel Food Service*



## Snack like a super hero.

### Champion's POWER Packed Snack

- 2 cups canned crushed pineapple
- 1 cup fresh or frozen berries, thawed
- 1 firm medium banana, peeled and sliced
- 1 cup low-fat vanilla yogurt
- 1/3 cup raisins

Have fun putting a layer of pineapple, berries, yogurt, banana slices, and raisins into each of four glasses. (makes 4 servings)

### Diet Modification Request Form

USDA regulations require that medical documentation be provided for any student requiring a substitution. Documentation is to be submitted to the school nurse at the site where the student is enrolled. If you have any questions regarding special dietary needs, contact Jessy Sadler, Food Services Director at 515-264-0866 or at [sadlerjessy@saydel.net](mailto:sadlerjessy@saydel.net)

## Hearty and Healthy

As the cold days of winter continue, our nutrition staff is here serving up school meals that are warm and welcoming! Each morning, our team is hard at work preparing for your child's meal times. This month's menu is full of familiar favorites that we're sure they'll love.

## Which Cereal?

Cereal is often a child's favorite breakfast. With these tips, you can make it a healthy.

- A 100% whole grain (whole wheat, whole oats) should be the first ingredient listed.
- Look for at least 3 grams of fiber per servings to help with digestion and 5 grams or more of protein per serving to give your child energy for learning and playing.
- Keep sugar to single digits (9 grms or less) and sodium should be 220 mg or less per serving.
- Rather than pouring the cereal directly into the bowl, you child could use a measuring cup so they get the correct serving size.

Note: Store brands can be just as healthy as name brands and they can be less expensive.



**Reminder:** Cornell Elementary offers *free* breakfast and *free* lunch to all Cornell students! No child will be charged! If your child wishes to bring a sack lunch and get just milk, or get an extra milk, there will be a charge of \$0.45. The free breakfast and lunch covers the basic reimbursable meal.

### Foodservice Office:

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

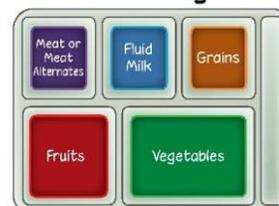
Email: [sadlerjessy@saydel.net](mailto:sadlerjessy@saydel.net)

Phone: 515.264.0866

Fax: 515.264.0869

Follow us on Twitter: [@saydeldining](https://twitter.com/saydeldining)

## Build a Healthy Lunch



# REFINANCE YOUR AUTO AND WE'LL DONATE

# \$50<sup>\*</sup>

# TO SAYDEL SCHOOLS

- RATES AS LOW AS 1.49% APR\*
- NO PAYMENT FOR UP TO 90 DAYS\*
- PLUS, 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.



# News from Cornell PTO

By Gary Christensen, PTO Vice President



Winter Break has come and gone and January is upon us. The last couple of months have been busy for everyone and especially so for your Cornell Parent Teacher Organization. Community Night events have been hosted at Wendy's in Ankeny (first Thursday of every month) and one event at Smokey D's BBQ. These events are great chances to get out, share a meal as a family and support the school at the same time. Look for more information on February events coming soon.

At our January meeting, we were pleased to hear from Superintendent Doug Wheeler about the state of the district and an update on both the academic and financial health of our schools. This presentation was very informative and a great reminder of fantastic work that our teachers and administrators do on a daily basis.

Our January meeting was also the first test of our Facebook Live stream. Moving forward, we will be streaming our meetings on Facebook. If you are unable to attend our regularly scheduled meetings in the Cornell Library, join us on Facebook where you can ask questions from wherever you are.

In February, the PTO is planning a movie night event in the Cornell gym along with events at Wendy's in Ankeny and Chuck E Cheese's in West Des Moines. More information on these events will be coming soon. Also, the annual Cornell Carnival is coming on Saturday, April 7.

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!



## 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.

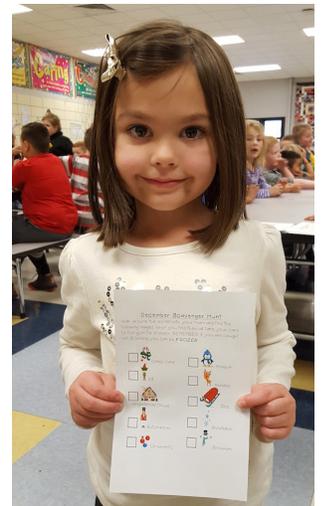
### 24 Hour Support

For immediate support from counselors, call 800.327.4692. Day & evening appointments are available Monday-Friday.

# Cornell's Holiday Scavenger Hunt



*Students at Cornell Elementary School enjoyed a school-wide scavenger hunt recently to celebrate positive behavior. They broke into small teams to hunt for holiday images throughout the school such as a sled, snowman, elf, candy cane, nutcracker, reindeer and penguin. Students are pictured here getting their scavenger hunt sheets stamped.*



## 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.