

# **COUNCIL GROVE ELEMENTARY SCHOOL NEWSLETTER –OCTOBER 2019**



## **CGES October 2019 Activity Calendar**

10/2/2019	Walk To School Day
10/3/2019	LIFE Night-5:30 pm
10/4/2019	2 <sup>nd</sup> Grade Field Trip
10/7/2019	PTO/Site Council Meeting-6:00pm
10/10/2019	LIFE Night-5:30 pm
10/11/2019	End of Quarter 1/Early Dismissal-1:10 pm
10/14/2019	Parent/Teacher Conferences-4:00 to 8:00 pm
10/14/2019	PTO Book Fair starts today after school
10/14/2019	Board of Education Meeting-6:30pm
10/15/2019	PTO Book Fair
10/16/2019	PTO Book Fair
10/17/2019	Parent/Teacher Conferences-4:00 to 8:00 pm
10/17/2019	PTO Book Fair
10/17/2019	LIFE Night-5:30 pm
10/18/2019	NO School/Conference Week
10/18/2019	Mini Cheer Clinic-8:30am to Noon-CGHS
10/24/2019	1 <sup>st</sup> Grade Field Trip
10/24/2019	LIFE Night
10/25/2019	Fall Classroom Celebrations
10/31/2019	<b>NO KRR</b> today after school

## **PARENT TEACHER CONFERENCES**

We have parent/teacher conferences scheduled for Monday, October 14<sup>th</sup> and Thursday, October 17<sup>th</sup> from 4:00 to 8:00 pm. All parents have a specific time scheduled to visit with their child's teacher. Students are welcome to attend conferences or PTO will provide babysitting in the lunchroom. Please plan to attend, as it is a great opportunity to visit one-on-one with your child's teacher.

## **Fall Celebration Parties**

Our Fall Celebration Parties will be held on Friday, October 25<sup>th</sup> at 2:30 pm or scheduled time from your child's teacher. You will be getting more information from your classroom teacher. If you are bringing food or treats to the party, they can be Halloween themed (no blood and gore please). Halloween will be a regular day of school (no costumes or make-up). Please enjoy the evening with your child at the Council Grove Halloween Parade!

## **PTO BOOK FAIR**

It's SO cold.... Brrrr!! BOOK Fair has an arctic theme this year!! There is "Snow Much To Read". Come one and ALL...Elementary thru High School this October 14th - 17th. We will be open each morning from 7:30-8:00 a.m. and every afternoon from 3:10 - 6:00 p.m. On Tuesday, October 15th from 6:00 - 7:30 p.m., there will be a Family Event with games, arts and crafts, read alouds, and refreshments. We look forward to seeing you!!

## **14 Tips For Making The Most of Parent-Teacher Conferences**

By [Reading Rockets](http://www.readingrockets.com), [Understood Founding Partner](http://www.understood.org) [www.understood.org](http://www.understood.org)

### 1. Talk with your child before the conference.

Ask your child what his strongest and weakest subjects are. Which subjects does he like most and least? Ask him if he'd like you to speak about anything particular with the teacher. Make sure he understands that you and the teacher are meeting with your child before the conference. Ask your child what his strongest and weakest subjects are. Which subjects does he like most and least? Ask him if he'd like you to speak about anything particular with the teacher. Make sure he understands that you and the teacher are meeting to help him, so that he doesn't worry about the conference.

### 2 and 3. Prepare notes and Questions.

Make a list of topics or questions you want to discuss with the teacher and that you think the teacher should know. This includes your concerns about the school, any major changes in your family, your child's habits, hobbies, part-time jobs, religious holidays and anything that's worrying your child. Make the most of your time with the teacher. Be sure to ask for input from your spouse or partner as well as from other adults who are caring for your child.

### 4. Be on time.

Start off right—get to the conference on time. Remember that other parents may also have conferences scheduled for that day. If you arrive late, you may have missed your conference altogether. And plan on ending the conference at the scheduled time so that other parents can start *their* conference on time.

#### 5. Be yourself.

Relax and be yourself. Remember that you and the teacher both want the same thing: to help your child.

#### 6. Stay calm.

Stay calm during the conference. Respectful communication will be the most effective way to work together with your child's teacher. Getting angry or upset during the conference will make it difficult to have a productive conversation.

Whether your child is having a positive or negative experience in school, it's important to make the most of your parent-teacher conference. Here are tips to help you and the teacher work together toward success for your child at parent-teacher conferences.

#### 7. Ask for explanations of anything you don't understand.

Listen carefully to what the teacher says. If you don't understand something the teacher talks about (like an educational term or an explanation of a school policy), don't be afraid to ask for clarification. It's important to understand what your child's teacher is telling you.

#### 8. Ask important questions first.

Ask the most important questions early in the conference. Otherwise, you may run out of time, especially if other parents are waiting to have their conference after yours. You can always schedule another meeting with the teacher to talk about any points you didn't get to cover.

#### 9. Respectfully discuss differences of opinion.

If you disagree with the teacher, respectfully explain why you disagree. If you don't let the teacher know about your differences of opinion, she may think you agree and will move on to the next topic. Discussing your differences may help both of you find a more effective way to help your child.

#### 10. Create an action plan.

Work together to create an action plan that involves you, the teacher, your child and other key people like tutors or therapists. The plan should include specific suggestions of ways you can help at home.

11. Thank the teacher for meeting with you.

Thank the teacher for her time and support of your child, as well as for anything specific she's done to help your child.

12. Talk with your child after the conference.

If you are talking about sensitive behavioral issues it may be a good idea to not have your child attend the conference since it could embarrass him, and technical or complicated topics might confuse him. The teacher will be able to speak more freely if he's not in the room. After the meeting, tell him what you discussed. Emphasize the positive points, but be direct about problems. If you and the teacher created an action plan, explain it to your child. Make sure your child understands that you and the teacher created this plan to help him.

13. Start working on the action plan.

Set the action plan in motion. To ensure that it's working, regularly check progress reports on your child's behavior and schoolwork. Many teachers use an online grading program so parents can see up-to-the-minute information on academic progress. The action plan should also include a way for you to get updates on your child's behavior. After a few weeks, review the plan with the teacher. Asking your child is also key. If something isn't working, he may be able to provide some insights to you and the teacher.

14. Keep in touch with the teacher.

Stay in touch with your child's teacher. This will help you strengthen the parent-teacher partnership and will be an important part of your child's success in school. When he sees his parents and teachers are working together, he'll understand that his well-being is a top priority at school and at home.

## **Strategies to Get your Kids to Accept “No” for an Answer**

By Mark J. Griffin, Ph.D.

1. Give Your Child's Requests Your Undivided Attention - When you listen carefully to what your child is asking (even if you have to say no), you validate the importance of your child's request.
2. Explain Your Thinking – Make sure your child understands why you are saying no. Explain your thinking behind your answer (this doesn't have to be lengthy) so that your child knows you have considered the request carefully.
3. Don't Be Afraid to Walk Away – If your child continues to ask for something after you've said no, it's okay to walk away. There's no need to keep repeating your explanation or trying to justify your answer. You are the parent and do not need to keep explaining yourself. When you walk away, your child will no longer have the option of nagging you.
4. Be Consistent – Almost all children do better when their world is consistent and parents follow through with what they say. This is one of the hardest things to do effectively. When parents are vague with their answers (“We'll see. ”), they are encouraging children to keep pushing for a yes. When you give your child a firm no, don't be surprised if he/she asks the same question to another adult family member. It is very important for you and the other adults to present a united front. Try to remember that part of being a parent is also being a teacher, coach and limit setter.

### **Note from Mrs. Honas**

I ran across a great parenting website the other day and wanted to share it with you. The website is [thepeacefulparent.com](http://thepeacefulparent.com). I downloaded her book, The Angry Parent Book 2018 for a little over \$5.00. It is loaded with great parenting advice on how to keep your cool when your kids are driving you crazy (yes we have all been there). I also signed up for her newsletter and it is wonderful! Lisa Smith, Parent Coach, is down to earth, gives real-life experiences and examples of how to find the root of the problem and fix it, which ends up saving time, energy and creating a household of happiness. The newsletter is free and delivered via email. I find it helpful as a parent and as an educator.



Reminder: There will be no Reading Ranch on Thursday, October 31<sup>st</sup> so students can enjoy Halloween festivities.

**Reminder from the Nurse's Office:**

All Preschool and Kindergarten parents should have turned in a birth certificate, immunization record, and physical for their child(ren) by this time. It is state mandated that these be on file in the student health record. Students may have to be excluded from school if those items are not on file. If you have questions or concerns, please call Mrs. Reddick or Mrs. Kelly. Thank you!

**Veteran's Day Celebration**

The Veteran's Day Committee would like to share pictures in a slide show of family members who have or are serving in the Armed Forces, during our Veteran's Day Celebration. We know that pictures are cherished items so only copies of the pictures should be sent to school, NO originals please. You may also email pictures to [abailey@cgrove417.org](mailto:abailey@cgrove417.org). Thank you for helping make this important day extra special.



**CGES Library Update from Mrs.Hodges**

We have added 188 New books to our collection!  
There has been an average of 83 books checked-out per day.

Top 5 Series checked out in our library

*Dog Man* by Dav Pilkey

*Smile* by Raina Telgemeier

*Dragon Masters* series by Tracey West

*Bad Guys* by Aaron Blabey

*Princess Pink and the Land of Fake-Believe* by Noah Jones

## Top 5 Picture Books

*Pete the Cat* books by Eric Litwin and James Dean

*Day the Crayons Came Home* by Drew Daywalt

*Elephant and Piggie* books by Mo Willems

*Baxter is missing* by Rebecca Elliot

*Sophie Johnson, Unicorn Expert* by Morag Hood

“Reading one book is like eating one potato chip.” – Diane Duane

## **Parking and Pre-K Drop Off/Pick Up Changes for October 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup>, 2019**

Last Spring, we had some foundational work done on the former Middle School/current Preschool building. The drainage stream for part of the city runs under that building. The school and the city are working together to fix the erosion problem and will put rock along the banks of the stream. This project will take place on October 9<sup>th</sup>-11<sup>th</sup>. Numerous loads of rock will be brought to the school that will affect parking and Preschool drop off and pick up. I have attached a map at the back of this page so you can see the areas of no parking during these dates.

### Preschool Drop Off

October 9<sup>th</sup>, 10<sup>th</sup>, and 11<sup>th</sup> – AM and PM Preschool drop off at the ramp on East Mosier St. Adults will be there to escort kids to class. Parents are welcome to drop their students off in the classroom by using the west entrance to the building. There is no PM Preschool on the 11<sup>th</sup>.

### Preschool Pick Up

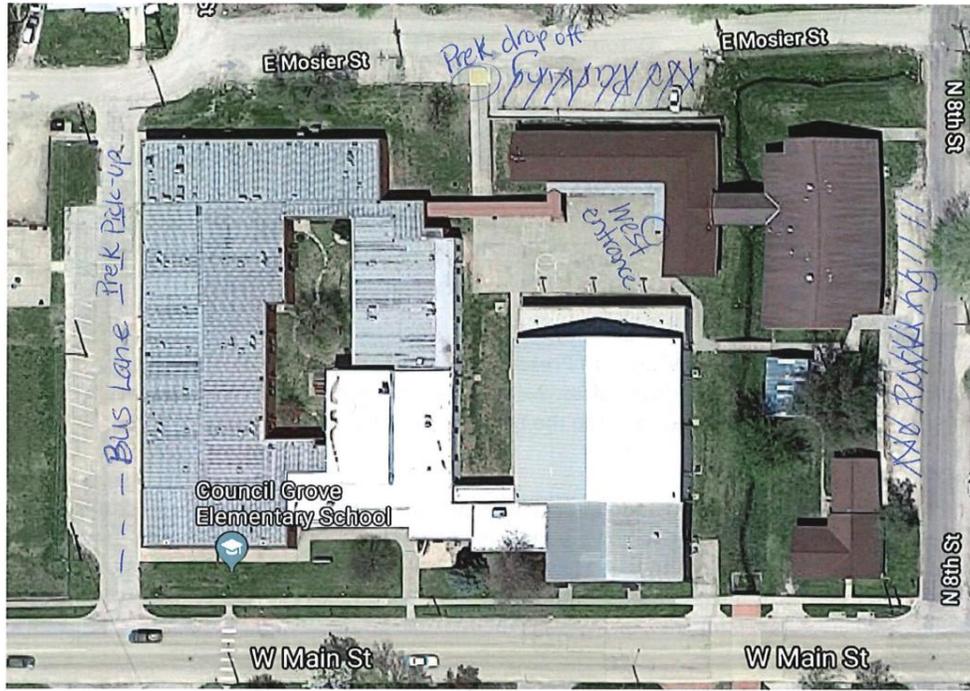
October 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> – AM and PM Preschool pick up in the bus lane on the west side of the building. Please make sure to go very slow and watch for kids crossing the road to get to the playground. Morning pick up is at 11:00 a.m. Afternoon pick up is no later than 3:05 p.m. PM students will be at the NW doors ready for pick up at 2:55-3:00 p.m. Please do not block the bus lane after 3:05 p.m. There is no PM Preschool on the 11<sup>th</sup>.

### No Parking

October 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> – There will be no parking on East 8<sup>th</sup> St. This includes Crosswinds parking. There will be no parking on East Mosier St. from the concrete ramp east to the end of the parking lot.

### Extra Available Parking

October 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> – The Lutheran Church has graciously agreed to let us park in their parking lot located behind the church across the street from the front of the school. You may also park in any available spaces in the parking lot by the playground or at the Rendezvous.



## An Introduction to MyPlate

MyPlate is a guide and reminder to find a healthy eating style. Eating habits developed as kids travels with us as we grow older. We build on our healthy eating style throughout our lifetime. Everything you eat and drink matters.

The MyPlate graphic looks like a plate to remind us to focus on variety, amount, and nutrition. There are five food groups: Fruits, Vegetables, Grains, Protein, and Dairy. Each of the groups has a basic message to help guide our food selection: make half of your plate fruits and vegetables, focus on whole fruits, vary your veggies, make half your grains whole grains, choose low-fat or fat-free dairy products, and vary your protein/look for lean protein options.

We will once again be having Nutrition in the classroom once each month. My visit in September was a review over MyPlate and what was learned last year. Each month students will learn new information about healthy eating and sometimes have the opportunity to try new foods. Look for a handout, newsletter, and/or recipes to come home during each Nutrition Lesson. Dates for October are:

Tuesday, October 8 – K, 1<sup>st</sup>, 2<sup>nd</sup>

Wednesday, October 9 – 3<sup>rd</sup> & 4<sup>th</sup>

Thursday, October 10 – 5<sup>th</sup> & 6<sup>th</sup>

