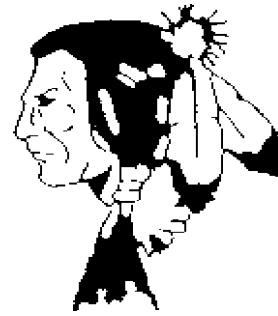


# **COUNCIL GROVE ELEMENTARY SCHOOL NEWSLETTER - SEPTEMBER 2019**

## **CGES September 2019 Activity Calendar**

9/2/2019	NO SCHOOL/Labor Day
9/5/2019	Grade 5 to Starbase
9/5/2019	4th Grade Water Festival
9/6/2019	2 <sup>nd</sup> Grade Grandparent Day Celebration
9/6/2019	USD 417 Community Tail Gate Party-5:00 pm
9/9/2019	PTO/Site Council Meeting-6:00pm-Conference room
9/9/2019	Board of Education Meeting-6:30 pm
9/12/2019	Grade 5 to Starbase
9/16/2019	KRR starts today
9/18/2019	CGES Fall Picture Day
9/19/2019	Grade 5 to Starbase
9/20/2019	6 <sup>th</sup> Grade Field Trip
9/23/2019	Professional Development/NO School
9/27/2019	Homecoming Parade-2:00 pm



## **WELCOME NEW STUDENTS**

Council Grove Elementary would like to welcome the following new students: Jeremiah Orebaugh, Judah Orebaugh, Jaxson Lee, Bronwyn Schweger-1<sup>st</sup> Grade; Hosanna Orebaugh, Jacob Turner-2<sup>nd</sup> Grade; Cash Barber-3<sup>rd</sup> Grade; Nahomi Thorn-4<sup>th</sup> Grade; Natalee Karre, Joshua Orebaugh, Emilio Romo, Ayla Schweger, Madison Wark-5<sup>th</sup> Grade; Samuel Foster-6<sup>th</sup> Grade

## **PICTURE DAY**

CGES fall pictures will be taken on Wednesday, September 18th. Pictures may be ordered online before picture day, with details on the picture form.

If sending payment with order form, it is due the day of picture taking. **Checks need to be made out to Lifetouch** or if sending cash, exact payment is required. No change will be made.

## **Health Office Information-**

Don't forget the new vaccine requirements for the 2019-2020 school year. Kindergarten AND 1st grade students should all have two doses of the Hepatitis A vaccine. This is now required by the state of Kansas. The health office will be sending out notices for school exclusion soon for those that are not compliant with these requirements. Please call if you have any questions.

Be on the lookout for information regarding flu vaccines that will be offered on October 2nd in our school buildings. Forms will be sent home with students in the near future.

**Welcome Back!**  
**by Mrs. Honas, CGES Principal**

It always feels good having the kids back in the building and getting into learning routines. Below are some things I want you to know.

- We are very thankful for the Future First Donation Grant that provided school supplies to our students! Hopefully, the class supply list wasn't so daunting this year for parents.
- Our next PTO/Site Council meeting will be held on Monday, September 9<sup>th</sup> at 6:00 p.m. in the CGES Conference Room. You may enter the school through the SW doors by the Title I room. We will be setting goals for Site Council. Input is always welcome!
- We live in a digital age and social media is a huge part of our lives. When visiting CGES we know that taking pictures to capture the moment will happen (classroom parties, special events, etc.). I just ask that you respect the privacy of others when posting pictures online. Sometimes parents do not want pictures of their child posted on social media for various reasons. We are asking if you eat with your child in the lunchroom and want to take a picture, to please go to an area where you are only taking pictures of your child. Thank you for helping to keep our students safe!
- Just a reminder, there is no drop off or pick up of students on the west side of the building by staff parking. This is where buses drop students off in the morning and pick them up in the afternoon. This does not apply for After School Program pick up. The city of Council Grove has "No Parking" signs on the south side of Main Street in front of CGES's main entrance. The north side of the street has a "No Loading or Unloading of School Children" sign. Students should not be dropped off at school or picked up from school in that location (unless a parent is picking up a sick child). I understand that parking is an inconvenience since doors are locked (for safety reasons) during the school day. Here are some parking solutions: You may park in the Rendezvous parking lot adjacent to CGES main doors. Also, there is parking located in the gravel parking lot by the playground and on the north side of the school or by the old Middle School. A buzzer system is located at the NE doors by the ramp and at the main entrance. When dropping off kids before school, you may drive through the gravel parking lot by the playground and let kids out by the crosswalk to enter the NW doors by the lunchroom. You may also pull to the side and drop off kids by the NE door ramp. Preschool parents may drop off their student by the 8<sup>th</sup> Street Main entrance. Please make sure your child is ready to exit your vehicle quickly so the line does not get too long. Don is the crossing guard who will direct buses and traffic. If you have any questions, please call the CGES office.
- I am excited that your children are at CGES! I look forward to working with you to provide the best education possible for your children.

**This article, "How Parents Can Instill a Growth Mindset at Home," is from <http://www.mindsetworks.com/parents/growth-mindset-parenting>**

**Parenting is really hard.  
Having a growth mindset helps.**

**Research shows that parents can have a powerful impact on their children’s mindsets. The language you use and the actions you take show your children what you expect. Giving process praise, talking about the brain, accepting mistakes as learning opportunities, and understanding the role of emotions in learning are all practices you can begin today.**

[Say This, Not That](#)

The way we praise our children can have a profound impact on their mindset. Research on praise and mindsets shows that when we praise children for being smart, it promotes a fixed mindset. It sends a message that their accomplishments are trait-based, and tied to something innate. In contrast, praising kids for working hard promotes a growth mindset. It sends a message that the child’s effort is what led them to success. Want more tips on what to say, and what not to say, when praising your kids? [Say This, Not That!](#)

<h2>Say This Not That</h2>	
<p><b>“I can see you worked so hard on this!”</b> Say this because it helps your children understand you value their effort.</p>	<p><b>“You are so smart!”</b> Do not say this because it makes them think of intelligence as a fixed quality.</p>
<p><b>“It seems like it’s time to try a new strategy.”</b> Say this because it lets your children know that they control outcomes by making choices.</p>	<p><b>“It’s okay. Maybe you’re just not cut out for this!”</b> Do not say this because it makes your children think they don’t have the capability to improve.</p>
<p><b>“I like watching you do that.”</b> Say this because it conveys a message of approval of an activity they enjoy doing, regardless of outcome.</p>	<p><b>“You're a natural at that!”</b> Do not say this because the next time your children fail or make a mistake, they might think they do not have that talent after all.</p>
<p><b>“It looks like that was too easy for you. Let’s find you something challenging so your brain can grow.”</b> Say this because it teaches kids that learning should be challenging, and if tasks are too easy then your brain isn’t growing.</p>	<p><b>“That’s right! You did that so quickly and easily; great job!”</b> Do not say this because praising tasks completed without much effort paints effort in a negative light and encourages a fixed mindset.</p>

<p>“That’s not right. You don’t understand this yet. What strategies can you try to understand it better?”</p> <p>Say this because it’s important to be honest about what your child knows and doesn’t know, but also explain that you believe in their capability to improve.</p>	<p>“That’s not right. Are you paying attention in class? It seems like you’re not even trying.”</p> <p>Do not say this because the fight or flight response may be preventing your child from giving their best effort in class.</p>
<p>“That was really hard. Your effort has paid off! Next time you’ll be ready for this kind of challenge!”</p> <p>Say this because reminding children of how they were able to overcome challenges by putting forth a lot of effort cultivates a growth mindset.</p>	<p>“That was really hard. I’m so glad it’s over and you don’t have to do that again.”</p> <p>Do not say this because there will always be more challenges, and children should feel that they have the tools for what comes next.</p>
<p>“You’ve worked hard to become a good writer. You should challenge yourself with an advanced class, and learn something you don’t know how to do yet.”</p> <p>Say this because putting your children in the challenge zone is how to inspire lifelong learning.</p>	<p>“You have a real talent for writing. You should take a creative writing class because you’re so good at it.”</p> <p>Do not say this because if you only encourage your children to do what they’re good at, they’ll be afraid to take risks and learn new things.</p>

### Talk About the Brain

The brain is far more malleable than we once thought. Teaching our kids that they actually have control over growing their brains through the actions they take is empowering! Tell your children that when they work hard, that’s the feeling of their neurons connecting. The dendrites are reaching out to other dendrites, trying to connect to make a stronger brain. What strengthens those connections is practice, asking questions, and actively participating in learning. When children learn that their brains physically change with effort, it leads to increased motivation and achievement. Show your kids this [Brain Animation video](#) to explain!

### Accept Mistakes as Learning Opportunities

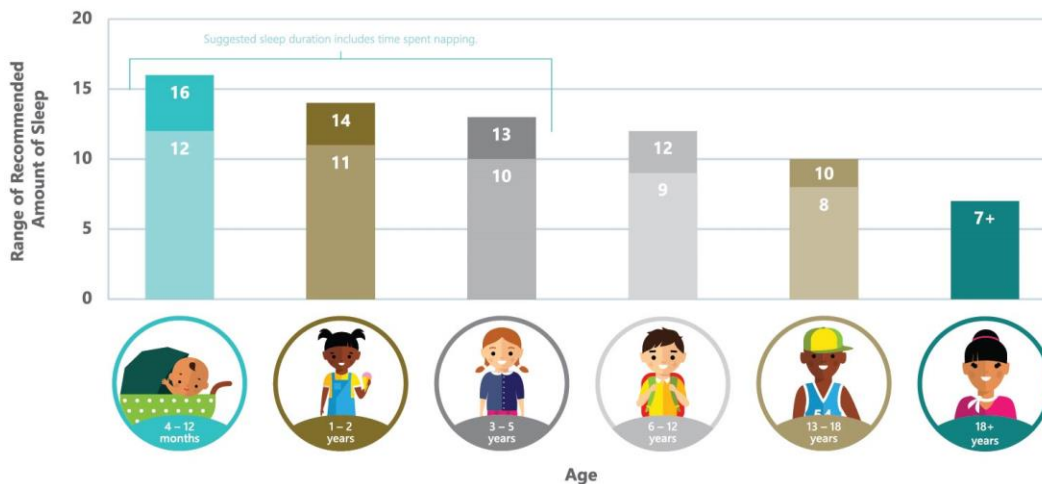
One of the best ways you can model a growth mindset is to speak candidly about the mistakes you’ve made, and what you’ve learned from them. Speak positively about your mistakes and struggles, and this will show your children that taking risks and making mistakes are a natural part of the learning process. Explain to your children that trying hard things is what helps us grow, and you can’t be perfect when you try something hard!

## Understand the Role of Emotions in Learning

When we get angry, scared, or feel threatened, our fight or flight response is activated. This can happen anytime, whether we're scared of a spider or scared of math! Our brains are wired to protect us when we feel threatened, and stress symptoms such as sweating, stomach cramps, and your mind going blank are completely normal. There are strategies we can use when the fight or flight response tries to take over, to help us learn. One of those strategies is called **Square Breathing** and it helps to break down the adrenaline that is flooding the bloodstream and preventing learning from occurring.

# Healthy Sleep Duration

The American Academy of Sleep Medicine recommends that you get the following hours of sleep on a regular basis for optimal health at each stage of life.



[SleepEducation.org](https://www.sleepeducation.org)

A sleep health information resource by the American Academy of Sleep Medicine



## 6<sup>th</sup> Grade Field Trip

6th-grade field trip to the Discovery Center and Konza Prairie on the 16th.

Students may order a school sack lunch or bring one from home.

Students will need to wear clothes appropriate for the weather including enclosed shoes, and long pants/jeans.

Students may wear hats while at the Konza Prairie. Sunscreen, bug repellent, and a jacket may be beneficial.

## **Boxtops For Education has made BIG changes!!**

They've gone digital!!

HOWEVER, there are still plenty of clippable Boxtops around and we will be submitting them through their expiration dates (which could be until 2023).

Our first pick up date will be October 17th. Start sending them to any of the schools via your students after October 1st or drop them into the container at the CG Public Library.

## **Severe Acute Respiratory Illness Associated with Vaping**

Please refer to the link located below the newsletter on our web page to learn more about the respiratory illness that vaping and e-cigarettes can cause. This information comes from the Kansas Department of Health and Environment.

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2nd grade

Grandparent's Day Celebration

Friday, Sept. 6, 2019 at 2:15 pm

Council Grove Elementary School Lunchroom

**(Please rsvp by noon on September 5<sup>th</sup>)**

**USD 417  
Community  
Tailgate  
Party**

**September  
6<sup>th</sup>  
5:00 – 6:30pm**

**Wood  
Street  
South of the  
High School**



**BRAVES**

**VS**

**Burlington  
Wildcats**

**Help us kick off the 2019 football season by joining us at Council Grove High School's home opening game for the USD 417 Community Tailgate Party. Hotdogs, chips, baked beans, and drinks will be served free of charge until they are gone! GO BRAVES!**

## Lunchroom Update –

New to the lunchroom this year are new menus, a district school nutrition webpage, and digital signage to help promote healthy lifestyles in all schools!!! Please go to [usd417.net](http://usd417.net) under to menu link to view the web page. While you are there take a look around and see all of the new and fun ways to experience school lunch and breakfast.

For those of you who would like menus emailed to you please click this link

<https://www.schoolnutritionandfitness.com/index.php?sid=1564503024649&page=automenu>

Also if you would like to have your menus on your smart phone use this

The School Nutrition & Fitness Mobile "Web Menu" App is available in the App Stores!



### Web Menus by School Nutrition & Fitness

By ISITE Software, LLC



I will be posting information on my webpage be sure to be checking it from time to time!

See you in the lunchroom,

Becky Shearer

USD 417

Food Service Director





**Welcome** to the 2019/20 school year! I am excited to be starting my 6th year with USD 417. As a school social worker I support students socially, emotionally and academically.

I meet with each K-6<sup>th</sup> grade class once a week for Guidance. Guidance Lessons are based upon a set of state standards known as SECD (Social Emotional Character Development). I am also available for small groups and short-term individual counseling.

Every student who sees me receives the privilege of confidentiality. However, I will encourage students to share with their parent/guardian what we have talked about. If there is a major concern I will contact the parent/guardian directly.

I am also excited to share that Braves Bucks and the Braves Superstore are back again this year! Students started earning Braves Bucks the very first day of school. I have included general information about Braves Bucks and the Braves Superstore, along with a copy of the August/September Menu in this month's newsletter.

Be sure to "like" the USD 417 School Counseling & Social Work Services Facebook page. Please feel free to contact me during the school year if you have any questions or concerns.

Jennifer Wilkens, LMSW  
CGES Social Worker  
CGES (620) 767-6851  
[jwilkens@cgrove417.org](mailto:jwilkens@cgrove417.org)

## **Braves Bucks & The Braves Superstore!**

### **How To Earn Braves Bucks:**

- \*1 Dojo Point = 1 Braves Buck (earned for doing the right thing, good behavior)
- \*This started the very first day of school!

### **Braves Superstore Hours:**

- \*Typically 1-2 Friday's each month
- \*Each classroom teacher has a designated shopping time
- \*First shopping day was Friday, August 30th
- \*The store comes to each classroom

**Braves Superstore Menu:**

- \*This year there will be one cart and one menu for K-6<sup>th</sup> grades
- \*Menus are posted classrooms (they will change throughout the year)
- \*Items in the store vary from small objects to coupons (while supplies last)
- \*Coupons are redeemed through their homeroom teacher
- \*Some coupons have rules (ex: sit by friend at lunch coupon, friend must be from same classroom)

**More About Braves Bucks:**

- \*You can save them!
- \*You can use them to buy more than one item at a time!
- \*Once you EARN a Braves Buck, it can't be taken away!
- \*If you lose (as in you can't find it) a Braves Buck, it won't be replaced.
- \*Students may not combine their money with others.
- \*All coupons and Braves Bucks must be used prior to the last day of school.

**Braves Superstore Policy:**













- \*Lost or broken items from the store will not be replaced or refunded.
- \*If a student is absent on a shopping day, they will shop the next open store day.
- \*Shopping at the store is a PRIVILEGE not a RIGHT, and should be treated as such!
- \*Students caught lying, stealing and/or cheating will have a consequence. This could include a temporary or permanent loss of your shopping privilege.

**~Braves Superstore Menu~**

August/September 2019

Theme: Back To School

|                                                                                                                                                |                                                                                                                                                               |                                                                                                                                    |                                                                                                                            |
|------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
| <p>Wear Sunglasses At Recess For The Day</p> <p>\$5.00</p>  | <p>Bring A Small Stuffed Animal To School For The Day!</p> <p>\$10.00</p>  | <p>Sticker (misc. variety)</p> <p>\$10.00</p>  | <p>Rubber Stamper</p> <p>\$15.00</p>  |
| <p>Mini Notebooks (misc)</p> <p>\$20</p>                                                                                                       | <p>Pick Who You Sit By At Lunch</p> <p>\$20.00</p>                                                                                                            | <p>Wear A Hat In The Classroom For The Day</p>                                                                                     | <p>Highlighters (assortment)</p> <p>\$30</p>                                                                               |

|                                                                                                                                     |                                                                                                                                       |                                                                                                                                               |                                                                                                                                                                          |
|-------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                    |                                                      | <p>\$25</p>                                                 |                                                                                       |
| <p>Mechanical Pencil</p> <p>\$30</p>               | <p>Crayon Shaped Eraser</p> <p>\$40</p>              | <p>Pencil Case</p> <p>\$50</p>                              | <p>Ruler Slap-Bracelets</p> <p>\$50</p>                                               |
| <p>Help In Another Classroom</p> <p>\$100.00</p>  | <p>Homework Pass For One Night</p> <p>\$200.00</p>  | <p>Pick The Morning Announcement Song</p> <p>\$300.00</p>  | <p>Ice Cream treat with Mrs. Honas, Mrs. Bremer or Mrs. Wilkens</p> <p>\$500.00</p>  |

ALL ITEMS {except coupons} HAVE A LIMITED AVAILABILITY AND ARE ONLY AVAILABLE WHILE SUPPLIES LAST!

