

COUNCIL GROVE ELEMENTARY SCHOOL NEWSLETTER – MAY 2018

CGES May 2018 Activity Calendar

5/2/2018	3 rd Grade Space Camp-multi-purpose room
5/3/2018	3 rd Grade Space Camp-multi-purpose room
5/4/2018	3 rd Grade Space Camp-multi-purpose room
5/6/2018	Master Teacher Dinner
5/7/2018	CGES Spring Music Concerts @ CGHS Auditorium: PK-1 st Grade – 6:00 pm 2 nd Grade-4 th Grade – 7:15 pm
5/8/2018	Grades 5/6 Band & Vocal Concert-7:00 pm
5/10/2018	KRR Spring Semester ends today
5/11/2018	Kindergarten Field Trip to Topeka Zoo
5/14/2018	Step-Up Day for 6 th grade
5/14/2018	CGES PTO/Site Council Meeting-6:00pm
5/16/2018	Grades 2/3 Field Day-9:00 am
5/16/2018	Grades 4/5 Field Day-12:30 pm
5/17/2018	CGES Art Show – 6:00 to 8:00 pm-Multi-purpose room
5/18/2018	Kindergarten Promotion-12:00 pm; Reception following @ 12:30 pm
5/18/2018	Kindergarten/1 st Grade Field Day-1:00 pm
5/22/2018	AM Preschool Graduation-10:00 am
5/22/2018	PM Preschool Graduation-2:00 pm
5/22/2018	Last day of School – 3:10 dismissal

Where Has the Year Gone? – by Mrs. Honas, Principal

It's hard to believe that I am writing the last newsletter article for the 2017-2018 school year! State Assessment testing is completed and we are getting ready for our AIMSweb Spring Benchmark testing. The kids have worked very hard this year to reach the Spring goal. Thank you for your support with helping your learner(s) grow this year!

As I have been reflecting over this past school year, the thing that always comes into my mind is what great students and staff we have at CGES! Dealing with change is never easy, and in education it seems to be a weekly occurrence. Our teachers and staff keep true to our five Core Beliefs: 1. The community, families, and school personnel will work together to support each other in promoting high student achievement and in preparing students to be life long learners. 2. All students deserve a non-threatening and orderly learning environment where everyone is respected and valued. 3. All students will achieve academically and socially. 4. Each student will be given the appropriate instruction, time and support necessary to achieve academic goals. 5. Change may be necessary in the learning community for everyone to learn,

achieve, and grow. Thank you parents, for supporting and working with the school to make this the best learning environment for your child. We value your insight and love your children! Together we can make next year even better!

Limit screen time for healthier kids

A lot of kids spend more time in front of a screen than they do reading, talking with family and friends, or playing outside. It's also affecting their health.

Too much screen time is associated with:

- violent behavior
- poor school performance
- lower reading scores
- sleep pattern disturbances
- being overweight
- consumption of junk food
- bad habits later in life (like tobacco and alcohol abuse)

Although some screen time can be educational and even encourage physical activity, it's all too easy to get sucked in. Health experts recommend limiting screen time to less than 2 hours a day for teens, less than 1 hour a day for children ages 2 through 12, and no screen time for children under 2. Help your kids find other things to do.

Tips for reducing screen time

- Turn off the TV during meals, which encourages everyone to eat and talk together.
- Keep computers, TVs, and video game consoles out of kids' bedrooms, and take cell phones, tablets, and iPods out of the bedroom at night.
- Don't use screen time as a reward.
- Designate certain days of the week as screen-free days.
- Set a good example: limit your own screen time to 2 hours a day or less

What you can do instead

- Exercise as a family by taking walks, riding bikes, or playing sports or active games together.
- Do something active for at least 60 minutes each day.
- Set up screen-free play dates.
- Encourage your kids to write a story, draw, or create an art project.

If you have a toddler or preschooler

Keep your little one busy, safe, and happy when you are trying to get something done. Here are alternatives to screen time when you're preparing meals and for other occasions:

- Set up a kitchen play station with a spoon and small bowl, plastic containers, or other safe household materials or toys.

- Get kids 3 and older to help (set the table, tear lettuce for salad, or decorate place cards).
- Engage an older sibling or neighbor to keep the kids safely amused.
- Recorded books (often available from libraries) are a great alternative when you can't do the reading yourself.
- Young children can be marvelously creative with some tape or glue and household materials, such as toilet paper tubes, cereal cartons, fabric scraps (or worn-out clothes), egg cartons, yogurt containers, and lids.

Where to get more information

American Academy of Pediatrics' HealthyChildren.org

Campaign for a Commercial-Free Childhood

Center on Media and Child Health

Reviewed by: Mark Groshek, MD, April 2016

Additional Kaiser Permanente reviewers

© 2016 Kaiser Permanente

© Kaiser Permanente, 2018

Fun Summer Family Activities <http://www.commercialfreechildhood.org/blog/who-needs-screens-70-ideas-family-fun>

Outdoor Activities

[Go on a bug hunt.](#)

Go for a hike.

[Create a crayon melt with your broken crayons.](#)

[Have a treasure hunt.](#)

[Create a nature mobile.](#)

[Make an outdoor fairy dwelling.](#)

Visit a creek and find some aquatic critters.

Fly a kite.

["Investigate" the yard with a magnifying glass.](#)

Plant a garden.

[Have a toy car wash.](#)

Go on a bike ride.

Play hopscotch.

[Make a nature collage.](#)

Have a lemonade stand.

[Make a homemade slip 'n' slide.](#)

Learn how to roller-skate.

Go on a picnic.

Build a sand castle at the beach.

Stargaze.

Collect leaves and make a scrapbook with them.

Chase lightning bugs.

Roll down a hill.

Hold neighborhood Olympics.

Climb a tree.

Pick flowers and use them for painting.

Draw with sidewalk chalk.

Make a flower necklace.

Go to a park and play on the jungle gym.

Find shapes in the clouds.

Put music on outside and dance.

Play catch or Frisbee.

Visit a fruit picking farm.

Build an outdoor fort.

Play hide and seek, capture the flag and other classic outdoor games.

Reading Ranch News: Final Day of Spring, New Program Coordinator, and Summer Camp

The final day of the spring Reading Ranch after school program is Thursday, May 10th.

Please join us in welcoming our new Reading Ranch Program Coordinator, Marguerite Fredericksen. Marguerite has a background in music education and in literacy. She spent the past four years teaching literacy as part of the Peace Corps in Africa. Marguerite has been training and is ready to take over the helm on May 18th. If you have the chance to stop by the Council Grove Reading Ranch office to introduce yourself, please help us to make her feel welcome.

Reading Ranch Summer Camp begins on Monday, June 4th and continues each weekday from 8:30 a.m. – 1:30 p.m. through Friday, June 29th.

Know any “Note-able” songs or composers?

Come to our **Spring Music Concerts** to find out more!!



On **May 7th**, in the C.G.H.S. Auditorium, at **6:00 p.m.**, our Preschool through 1st Graders will put on a Sesame Street themed performance for you. Please have your child to the Commons Area by **5:45 p.m.**

You will find the teachers waiting for them and their smiles. Dress in nice clothes and be prepared to make memories.

On that same night, **May 7th**, in the C.G.H.S. Auditorium, at **7:15 p.m.**, our 2nd through 4th Graders will share a performance of “Note-able” songs and composers with you. They will have an assigned seat in the auditorium to report to. Please have them there, dressed nice with smiles at **7:00 p.m.** *If you have children in both performances, please make sure that they are with you, not left unattended, until the time they are to be in their assigned seats for the 2nd performance.*

On **May 8th**, in the C.G.H.S. Auditorium, at **7:00 p.m.**, our 5th and 6th Grader Band and Vocal will perform “Note-able” songs and composers for you. Please have Band Students to the H.S. Band room by **6:30 p.m.** Non-Band students need to arrive by **6:45 p.m.** You will find the teachers waiting for them and their smiles. Dress in nice clothes and be prepared to make memories.

Thank you for supporting our students, & making memories in our Music Programs!!

Mrs. Lisa Bolieu

All student medications must be picked up at the nurse’s office by the end of the school year. According to state policy, we are unable to send medications home with a student. Medications that are not picked up by Tuesday, May 22nd will be disposed of by 4:00PM that day. Thank you.

**Dana Reddick, RN
District Health Nurse**

Play Day 2018 @ CGES

May 16 & 18

Play Day will be set up in station format similar to what Mrs. Finch had in place last year. There will be relays, games and challenges for each student. Sixth Grade will be helping run the events.

Wednesday, May 16th

Grades 2 / 3

9:00 a.m. start

Grades 4 / 5

12:30 p.m. start

Rain Date for Grades 2nd-5th Play Day will be Thursday, May 17

Kindergarten / First Grade

Friday, May 18 @ 1:00 p.m.

This is after Kindergarten Promotion.

Monday, May 21 will be the rain date for K / 1 Play Day @ 1:00 p.m.

Things to Remember:

- Comfortable clothing that can get dirty or wet
- Tennis shoes
- Sunscreen
- (Parents you may bring and keep track of a water bottle for your student.)

Parking on these days will include: West school parking lot, north side parking (by middle school), East school parking lot, North side of main street and north area of fire station and fire station parking station as long as nothing is blocked at the fire station.

If you have any questions, Please do not hesitate to call me at the school 620-767-6851 or email tgriffith@cgrove417.org

Thanks,

Terry Griffith
Physical Education

Lunchroom Update

THE END IS SOOO CLOSE!!!! But is it????? NO WAY!!

USD 417 will be serving our Morris County Summer Food Program again this year!!

FREE FOOD to **ANYONE 1-18** and **BONUS bring an adult and the adult eats free too!!!!**

Summer Food Program.

June 4th – July 13th

Monday – Friday at the High School

Monday – Thursday at Prairie Heights

This institution is an equal opportunity provider.

Daycares/Babysitters... we would love to have you! Grandparents... come and let us do the cooking! Parents... send your kids they will be fed a nutritious meal which includes a fun activity to follow each day. Can't wait to see you all this summer.

See you in the lunchroom,

Becky Shearer

USD 417 Food Service Director

