

**COUNCIL GROVE MIDDLE SCHOOL
COUNCIL GROVE ELEMENTARY
SCHOOL
NEWSLETTER – DEC. 2014**

Newsletter Hot Topics

CGMS Band Concert-p1
Quiz Bowl-p1
Care and Share-p1
Recess-p2,3



CGMS/CGES Dec. 2014 Activity Calendar

12/2/2014 Basketball @ Osage City-4:30 pm
12/2/2014 Pre-K & Kindergarten Winter Concert 6pm
12/2/2014 1st- 2nd Grade Winter Concert 7 pm
12/4/2014 Basketball @ Lyndon-4:30 pm
12/4/2014 CG Singers @ Kaw Mission 7 pm
12/8/2014 Basketball @ Mission Valley-4:30 pm
12/11/2014 Basketball vs Chase County-4:30pm
12/13/2014 “B” Team BB Tourney @ Chase County
12/15/2014 Basketball vs Southeast of Saline-Boys play at CGHS and Girls **travel to** Southeast of Saline
12/16/2014 CGES/MS Spelling Bee
12/16/2014 Grades 5-8 Winter Band Concert 7pm
12/18/2014 3rd -5th Grade Vocal Winter Concert 6 pm
12/18/2014 CGMS Vocal Concert-7:30 pm
12/19/2014 All School Christmas Assemble 9 am (families welcomed)
12/19/2014 CGES Class Room Christmas Parties
12/19/2014 END of 2nd Quarter-Early Dismissal- 1:10 pm
12/22/2014 – 1/5/2014-Christmas Break
1/5/2014 Basketball vs Osage City-4:30 pm
1/5/2014 Teacher Workday/NO SCHOOL
1/6/2014- Classes Resume

CGMS Band Concert

The middle school band will be having its' annual winter concert on Tuesday, December 16th. Not only will the 5th grade band be joining the middle school, but the Flint Hills Community Band will also be sharing the stage as well!! The concert begins at 7:00 pm at the high school auditorium, so come festive with some holiday spirit! It will be a great night filled with music from the Council Grove Bands!!

CGES Bus Riders

Please remember to send a note with your student if they are riding a different bus home.

CGMS Quiz Bowl

It's that time of year again for Middle School Quiz Bowl to get started. 7th and 8th graders have the opportunity to participate in Quiz Bowl tournaments against the other league schools. We will have tryouts after Thanksgiving break. The top five scoring individuals from each class from the tryouts will be on the team. Some things to keep in mind if your student is thinking about trying out: practices typically end up being in the morning at 7:00 am (only one day a week), and there are five tournaments they will be attending. Students get home from tournaments around 8:00. If this matches your schedule I encourage everyone to try out. Quiz Bowl is a very fun and exciting activity for students.

Mrs. Dingler

CGMS Student Council helps Care & Share

Now is the time for the holiday season and thinking of others. One way to show your thoughtfulness is to bring health care items that will be placed in the Child Health Care packages for families. Suggested items are shampoo, conditioner, combs, brushes, liquid soap, body wash, hair accessories, toothbrushes, toothpaste, mouthwash, and deodorant. Items are due back to the classrooms by Wednesday, December 3rd.

Music Department

This year, the beginning band will be joining forces with the middle school band to show some holiday cheer on Tuesday, December 16th, at 7:00 p.m. Not only will the Council Grove bands be joining together to play some songs, but they will also be inviting the Flint Hills Community Band to share the spotlight. Come join the fun and listen to some great music!

Technology on your Student's Wish List?

Check the specs on the Parent Blog: http://kasl.typepad.com/usd_417_parents/



Understanding Recess and Cold

During the years of high stakes testing, many schools decreased the amount of recess time for elementary age students. Some schools eliminated it all together. Recently I have started reading articles of schools reducing and eliminating recess out of concern for safety. As I write this article, I want you to remember, academics and safety are very important and will always be factors in decisions made at Council Grove Elementary and Middle Schools. So what do the researches say about recess?

A recent multicenter study of more than 11,000 eight and nine year olds, led by pediatric researchers at the Albert Einstein College of Medicine, in New York City, showed that kids who had at least 15 minutes of recess a day (even just 15 minutes!) behaved better in class.

Not only do students give their brains a break from the concentration, recess gives students a chance to have unstructured playtime. There are many benefits of unstructured playtime including:

- Healthy development of the brain;
- Social skill development including how to work collaboratively, to share, to negotiate, to resolve conflicts, and learn self-advocacy skills;
- Gives practice with decision-making;
- Provides time to discover areas of interest on their own, and ultimately engage fully in the passions they wish to pursue;

Most of you probably said, “I could have told you that.” But, I wanted to be clear, recess is important. It isn’t just a restroom break for teachers.

When talking about the importance of recess, there are two questions that should come up next:

If recess is so important,

- Why do you use recess detention as a consequence?
- Why is recess canceled sometimes because of weather?

The first question is relatively easy. Kids like recess and the thought that they might lose some recess time is a good motivator. While we use recess to motivate, we do have suggested guidelines from our Wellness Committee that discourages prolonged loss of recess time.

The second question doesn’t always have clear answer. When it is raining hard enough for the students to get wet we will stay inside. When it is cold enough, we will stay inside. So, the follow up question is, “When is it too cold to go outside for recess?”

After researching this topic many sites report there are no national standards for on when it is too cold. However the National Weather Service (NWS) does have suggestions when deciding on how cold is too cold to go outside. Their suggestions only take student safety into consideration. When making the final decision, we also need to take into consideration the effect of the weather on student learning.

According to the National Weather Service a principal should, “limit outdoor activities during NWS wind chill advisories.” Wind chill advisories occur when the combination of temperature and wind causes the air to feel like -5 degrees all the way down to -20 degrees. Also according the NWS, limiting outdoor activities means going outside for up to 15 minutes. They go on to say that evacuating the building for the fire alarm should continue to happen even when it is as cold as -30 degrees.

As I look around the state, many districts use a number between 0 and 20 to decide if kids should be outside. Because teachers are in the class with the students and know how they are dressed from day to day, I typically leave it up to the teacher to decide if the kids should be outside. However, if the temperature and wind chill is below 10 degrees, I will require students to stay inside. If the temperature with wind chill is above 20 degrees, I will encourage students to be outside.

There's an old Norwegian saying, "There's no such thing as bad weather, just the wrong clothes."

How should a student dress when going outside for recess at 20 degrees? Students should wear a hat, gloves and a coat. The stocking hat that covers the ears can make a big difference in staying warm because we lose so much heat through our head. Gloves that keep the air from touching our skin helps us to not feel cold; anything over our hand for 15 minutes of recess. The coat should be heavier than a hoodie and wind resistant. As I read some of the mommy blogs, if we are only planning a 15-minute recess and we plan to stay active, just cover your skin. If you are planning to use the same coat, hat and gloves so your child can play outside for extended times during Christmas break or on the cold weekends you should look for heavier coats, mittens and hats. They should all be breathable, but water resistant.

My goal in writing this was to spread information about how I decide to send kids outside for recess when it is cold. If you need help picking appropriate hats, coats, or gloves for school please contact the office.

This chart shows the wind chill temperature give the speed of the wind and the temperature of the air.

Wind Speed in Miles per Hour

	Calm	5	10	15	20	25	30
40	40	36	34	32	30	29	28
30	30	25	21	19	17	16	15
20	20	13	9	6	4	3	1
10	10	1	-4	-7	-9	-11	-12
0	0	-11	-16	-19	-22	-24	-26