

Council Grove Elementary
September 2023



WELCOME BACK TO SCHOOL

CGES Activity Calendar

September 4th - No school/Labor Day

September 14th - 4th grade Water Festival

September 15th - Fall Picture day

September 25th - No school/Professional
Development

WELCOME NEW STUDENTS

Along with our incoming Preschool and Kindergarten students, Council Grove Elementary would like to welcome the following new students: Elara Huff, Benjamin Blue, Zayden Swarts, Ellie Johnson, Timothy Gianakon-Call, Everlyse Spear, Bridgette Blue, Skyler Hilt, Kodie Kinsey, Drace Mallory, Laughlan Price, Jaben Spear, Traxton Mallory, James Wright, Nicholas Most, Attalie Spear, Charlee Bachura, Winifred Gordon, Jude Price, Ashlyn White, and Violet White.

CGES fall pictures will be taken on Friday, September 15th. 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.



Council Grove Elementary School
706 E Main St. Council Grove, KS 66846 (620)767-6851
Heather Honas, Principal hhonas@cgrove417.org
Kelcy Bremer, Assistant Principal kbremer@cgrove417.org

SEPTEMBER 2023

School Start and Dismissal Times



Start time 8:00am

Dismissal time 3:10pm

Snack Milk

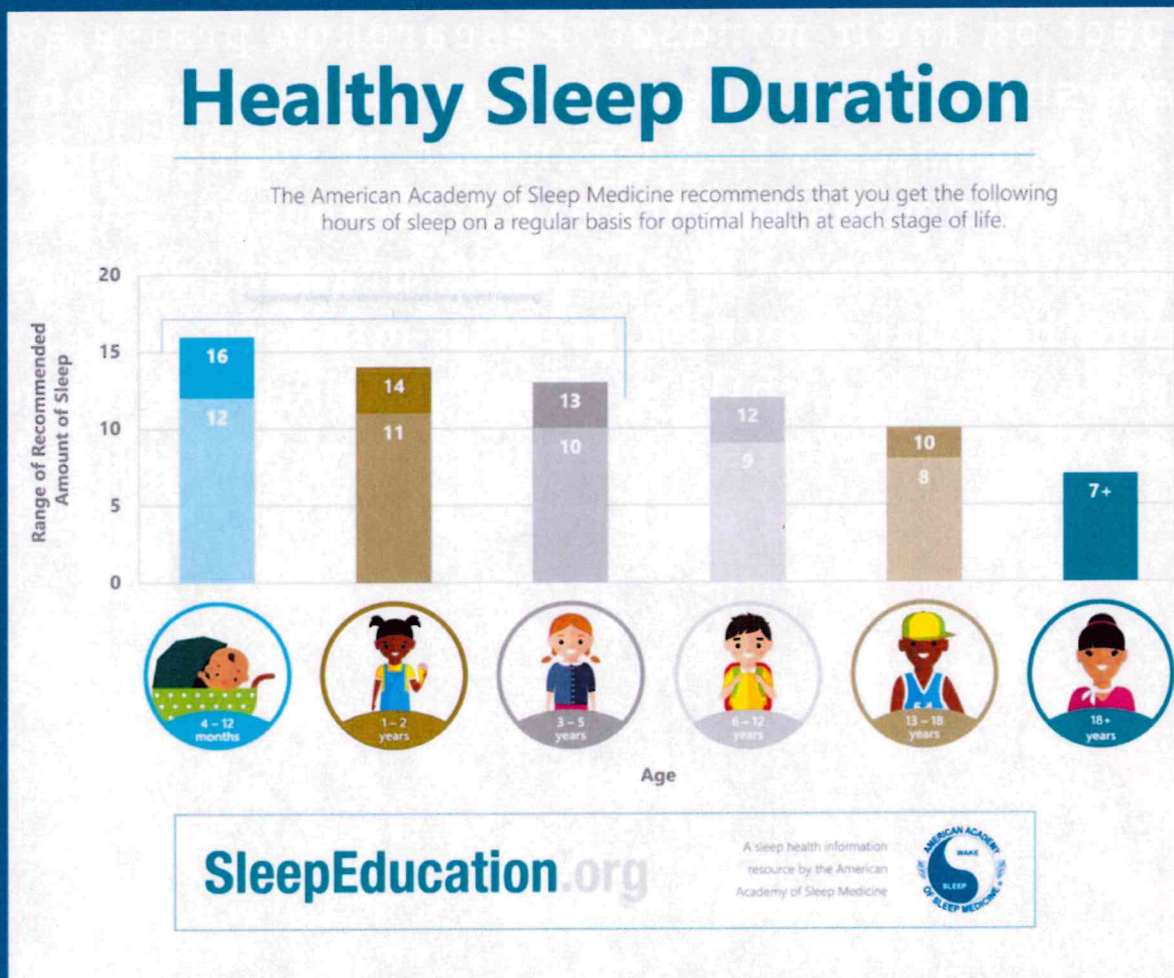


Snack milk will once again be offered this school year for students in Kindergarten and 1st grade. Pricing is \$38 per semester or \$76 for the whole school year. You may pay online or send a check to the school office. Please let your child's teacher know or call the office if you are in need of assistance with snack milk.



WELCOME TO THE 2023-2024 SCHOOL YEAR! BY MRS. HONAS

I love seeing the kids in the building at the beginning of the year, it's probably my favorite time of the year. Right now, your child is meeting their new teacher and new friends. They are learning routines and getting into the groove of a great school year. As you have probably noticed, they are tired. Learning and getting their brain "back in shape" from summer can be exhausting! Please make sure your child is getting plenty of sleep. I have attached a chart below from the American Academy of Sleep Medicine for recommended hours of sleep per age of child.



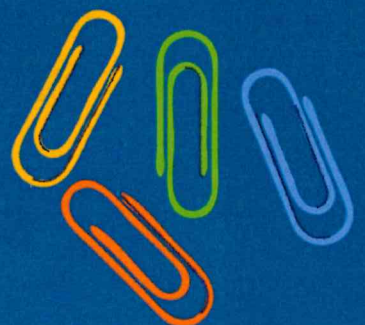
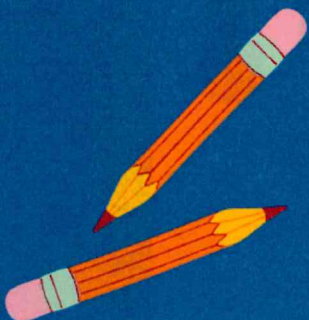
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This article, "How Parents Can Instill a Growth Mindset at Home," is from <http://www.mindsetworks.com/parents/growth-mindset-parenting>.

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!



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

"That's not right. You don't understand this yet. What strategies can you try to understand it better?"

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.

"That's not right. Are you paying attention in class? It seems like you're not even trying."

Do not say this because the fight or flight response may be preventing your child from giving their best effort in class.

"That was really hard. Your effort has paid off! Next time you'll be ready for this kind of challenge!"

Say this because reminding children of how they were able to overcome challenges by putting forth a lot of effort cultivates a growth mindset.

"That was really hard. I'm so glad it's over and you don't have to do that again."

Do not say this because there will always be more challenges, and children should feel that they have the tools for what comes next.

"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." Say this because putting your children in the challenge zone is how to inspire lifelong learning.

"You have a real talent for writing. You should take a creative writing class because you're so good at it."

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.

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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.

Pop tabs

CGES let's raise awareness and help support the Ronald McDonald House with collecting pop tabs. Please collect your tabs and bring them to school in baggies to your teacher. Collection dates October 2nd - March 4th.



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CGES Student Support Room

Our Student Support Room is up and running again this year. This is a space in our building that students can use for a variety of reasons. We offer sensory breaks for students who are feeling frustrated, overwhelmed, or are experiencing some stress that is preventing them from being ready to learn. The room is equipped with a variety of sensory tools like orbeez, kinetic sand, fidgets, coloring pages, puzzles and books. We also provide snacks and places to rest for students in need. As a building wide positive behavior incentive, all students can earn 5 Minute SSR Tickets as a reward and come play in the Student Support Room. We have board games, sports balls, toys, blocks, and a reward ticket earns them access to all of the sensory items in the room as well. The Student Support Room also features a calm corner for students who need a little time to reset to be ready to return to class to do their work and meet the behavior expectations in their classroom. During a calm corner break, students do not have access to the sensory tools or reward toys, but can relax on a large bean bag in a separate corner of the room and will have a conversation with an adult about what is going on so they are ready to be successful when they return to class. Miss Tawnie is our aide who works in our Student Support Room full time. Students check in with her when they enter the Student Support Room and she starts a 5 minute timer for their sensory break, calm corner break, or reward ticket.



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FALL BENCHMARK TESTING



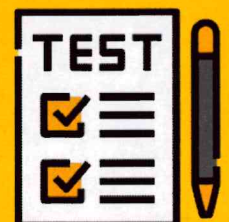
DEAR PARENTS,
TO HELP US KNOW WHICH STUDENTS MIGHT NEED ADDITIONAL SUPPORT, ALL STUDENTS COMPLETE SCREENING TESTS UP TO THREE TIMES EACH YEAR. THESE TESTS HELP TEACHERS SEE WHICH STUDENTS ARE LIKELY TO MEET THE END OF YEAR LEARNING GOALS, AND WHICH ONES NEED MORE HELP. OUR SCHOOL USES THE FASTBRIDGE LEARNING® ASSESSMENTS TO SCREEN STUDENTS IN THE AREAS OF ENGLISH LANGUAGE ARTS, MATH AND THE SOCIAL, EMOTIONAL AND BEHAVIORAL DOMAINS. OUR FIRST TESTING WINDOW IS SCHEDULED FOR SEPTEMBER 5th - SEPTEMBER 22nd.

THE TEACHERS LOOK AT THE SCREENING SCORES IMMEDIATELY AFTER THE TESTING AND COMPARE THEIR STUDENTS' SCORES WITH OTHER INFORMATION ABOUT SCHOOL PERFORMANCE. THOSE STUDENTS WHOSE SCORES ARE LOW ACROSS DIFFERENT TESTS ARE PROVIDED WITH ADDITIONAL SUPPORT TO HELP THEM MEET THE LEARNING GOALS.

ALL OF THE STUDENTS WHO PARTICIPATE IN EXTRA INSTRUCTION ALSO TAKE REGULAR PROGRESS TESTS TO SEE IF THEIR SKILLS ARE GETTING BETTER. THESE TESTS ARE GIVEN WEEKLY TO MONTHLY, DEPENDING ON THE STUDENT'S LEARNING NEEDS. BOTH SCREENING AND PROGRESS MONITORING SCORE REPORTS ARE SHARED WITH PARENTS DURING PARENT- TEACHER CONFERENCES OR AT OTHER TIMES DURING THE SCHOOL YEAR. THESE REPORTS HELP THE TEACHER, STUDENT, AND PARENTS KNOW IF EACH STUDENT IS LIKELY TO MEET THIS YEAR'S LEARNING GOALS.

IF YOUR CHILD HAS A LOW SCORE ON A SCREENING TEST, AND OTHER INFORMATION SHOWS THAT THE STUDENT NEEDS EXTRA HELP IN THAT AREA, EXTRA INSTRUCTION WILL BE GIVEN AUTOMATICALLY DURING THE DAILY SCHOOL SCHEDULE. YOUR CHILD'S PROGRESS WILL BE SHARED WITH YOU BY HIS OR HER TEACHER. IF YOU HAVE QUESTIONS ABOUT YOUR CHILD'S SCHOOL PERFORMANCE, SCREENING SCORES, OR PROGRESS MONITORING RESULTS, PLEASE CONTACT YOUR CHILD'S TEACHER. WE LOOK FORWARD TO WORKING WITH YOUR CHILD AND YOU DURING THIS SCHOOL YEAR.

**SINCERELY,
ANGELA HARRIS AND KRISTA WILSON
TITLE I TEACHERS**



Important Notes/Reminders from the CGES Health Office:

-Our school district will continue to follow the Kansas Classroom Handbook of Communicable Diseases from the Kansas Department of Health and Environment and local direction from the Morris County and Wabaunsee County Health Departments in regards to infectious diseases which are of public health importance (Ex. control measures, exclusion/readmission criteria). Examples of these infections include but are not limited to the following:

***COVID diagnosis**- 5 days out of school from the start of symptoms and fever free for at least 24 hours without the aid of meds.

***Influenza diagnosis**- 5 days out of school from the start of symptoms and fever free for at least 24 hours without the aid of meds.

***Strep diagnosis**- Must have had 24 hours of antibiotic therapy (or isolation for 10 days if untreated) and be fever free for 24 hours without the aid of meds.

***Conjunctivitis, Bacterial (Pink-eye)**- May be allowed to attend school once prescribed therapy is implemented, unless their behavior is such that close contact with other students cannot be avoided

*Students must also not return to school until free from vomiting/diarrhea/fever for at least 24 hours (without the aid of fever-reducing medication).

-Due to certain circumstances, COVID and/or Influenza testing will be the only tests available by parent consent this school year. Strep testing will NOT be available.

-Per our student handbook, a student must have a doctor's note to excuse absence due to illness if the absences are more than 3 consecutive days.

-Please share your student's symptoms when calling him/her in sick. This helps us to watch for illness that is starting to trend or spread.

-Please ensure that your child is up-to-date on required vaccinations to avoid exclusion from school attendance.

-If your child needs to take scheduled medication at school, please reach out to us for the needed forms (and remember that a parent/guardian should always be the one bringing the med into the school building).

If you have any questions or concerns throughout the school year, please reach out to Nurse Reddick or Nurse Rinda. Thank you!



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SEPTEMBER IS NATIONAL CHILDHOOD OBESITY AWARENESS MONTH. HERE ARE 5 TIPS FROM THE CDC TO HELP PREVENT CHILDHOOD OBESITY.

EAT THE RAINBOW

HAVING A HEALTHY DIET CAN HELP CHILDREN GET THE NUTRIENTS THEY NEED FOR HEALTHY GROWTH AND DEVELOPMENT, AND HELP THEM REACH A HEALTHY WEIGHT. A HEALTHY DIET IS RICH IN FRUITS, VEGETABLES, WHOLE GRAINS, LEAN PROTEINS, AND LOW-FAT OR FAT-FREE DAIRY.

UNFORTUNATELY, VERY FEW PEOPLE GET ENOUGH FRUITS AND VEGETABLES. IN 2017, JUST 2% OF HIGH SCHOOL STUDENTS ATE ENOUGH VEGETABLES, AND 7% ATE ENOUGH FRUIT. HELP YOUR KIDS EAT THE RAINBOW: MAKE HALF OF THEIR PLATE FRUITS AND VEGETABLES FOR OPTIMAL HEALTH.

MOVE MORE

COMPARED TO THOSE WHO ARE INACTIVE, PHYSICALLY ACTIVE YOUTH HAVE STRONGER MUSCLES AND BETTER CARDIOVASCULAR FITNESS. THEY ALSO TYPICALLY HAVE LOWER BODY FAT AND STRONGER BONES. REGULAR PHYSICAL ACTIVITY IN CHILDHOOD ALSO REDUCES THE RISK OF DEPRESSION. CHILDREN NEED AT LEAST 60 MINUTES OF PHYSICAL ACTIVITY EVERY DAY.

SLOW DOWN ON SUGAR

MOST OF US EAT AND DRINK TOO MANY ADDED SUGARS, WHICH CAN LEAD TO HEALTH PROBLEMS SUCH AS WEIGHT GAIN AND OBESITY, TYPE 2 DIABETES, AND HEART DISEASE. CHILDREN UNDER AGE 2 SHOULD HAVE NO ADDED SUGAR IN THEIR DIET AT ALL, AND CHILDREN OVER AGE 2 SHOULD KEEP SUGARS TO LESS THAN 10% OF THEIR DAILY CALORIES.

A GOOD WAY TO SLOW DOWN ON SUGAR IS BY AVOIDING SUGARY DRINKS LIKE SODA, JUICE DRINKS, AND FLAVORED MILK. HELP YOUR KIDS RETHINK THEIR DRINK BY OFFERING WATER, PLAIN LOW-FAT MILK, OR 100% JUICE INSTEAD



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REDUCE SCREEN TIME

ADULTS AND CHILDREN SPEND OVER 7 HOURS A DAY BEING SEDENTARY - AND THAT DOESN'T INCLUDE TIME SPENT SLEEPING! MANY OF THESE SEDENTARY HOURS ARE SPENT SITTING OR LAYING DOWN WITH A PHONE, TABLET, OR COMPUTER; WATCHING TV; OR PLAYING VIDEO GAMES (ALSO KNOWN AS SCREEN TIME).

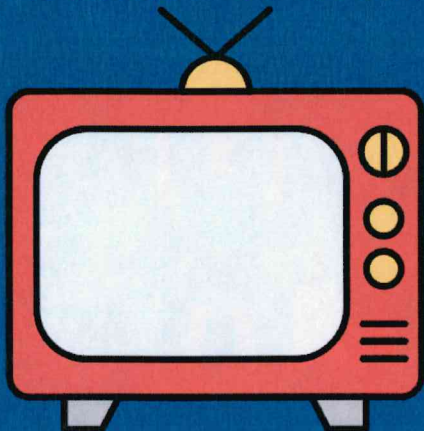
TOO MUCH SCREEN TIME HAS HEALTH CONSEQUENCES: IT'S ASSOCIATED WITH POOR SLEEP, WEIGHT GAIN, LOWER GRADES IN SCHOOL, AND POOR MENTAL HEALTH IN YOUTH. WHEN YOU REDUCE SCREEN TIME, YOU FREE UP TIME FOR FAMILY ACTIVITIES. THE AMERICAN ACADEMY OF PEDIATRICS RECOMMENDS CREATING A FAMILY MEDIA PLAN, AND HAS EXAMPLES SUCH AS KEEPING MEAL TIMES TECH-FREE, CHARGING DEVICES AT NIGHT OUTSIDE THE BEDROOM, TURNING SCREENS OFF AN HOUR BEFORE BED, AND MANY MORE.

SLEEP WELL

GOOD SLEEP IS CRITICAL TO PREVENT TYPE 2 DIABETES, OBESITY, INJURIES, POOR MENTAL HEALTH, AND PROBLEMS WITH ATTENTION AND BEHAVIOR. DID YOU KNOW THAT CHILDREN 6-12 YEARS OLD NEED 9-12 HOURS OF UNINTERRUPTED SLEEP A NIGHT AND YOUTH 13-18 NEED 8-10 HOURS? TOO LITTLE SLEEP IS ASSOCIATED WITH OBESITY PARTLY BECAUSE INADEQUATE SLEEP CAN MAKE US EAT MORE AND BE LESS PHYSICALLY ACTIVE. HELP YOUR CHILDREN SLEEP BETTER BY MAKING SURE THEY'RE ACTIVE DURING THE DAY, REMOVING SCREENS FROM THEIR BEDROOMS, AND SETTING A CONSISTENT SLEEP SCHEDULE, EVEN ON WEEKENDS.

KIDS IMITATE THE ADULTS IN THEIR LIVES. BE A ROLE MODEL FOR THEM BY ADOPTING THESE HEALTHY HABITS, AND THEY WILL

TOO! FINALLY, REMEMBER THAT OBESITY IS A COMPLEX DISEASE WITH MANY CONTRIBUTING FACTORS



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DEAR CGES FAMILIES,

YOUR CHILD WILL BE BRINGING HOME ONE OR TWO LIBRARY BOOK(S) EVERY WEEK. ACCORDING TO RESEARCH, READING FOR TWENTY MINUTES A DAY CAN BOLSTER YOUR CHILD'S ACADEMIC SUCCESS AND SELF-ESTEEM. I WANT TO MAKE THE LIBRARY A VERY PLEASANT EXPERIENCE FOR YOUR CHILD IN ORDER TO HAVE HIM/HER BEGIN THE LIFELONG HABIT OF CHOOSING, READING, AND ENJOYING BOOKS.

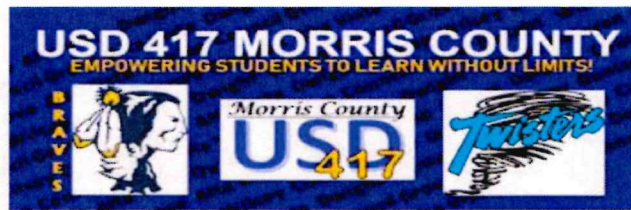
PLEASE HELP YOUR CHILD TAKE CARE OF THE BOOKS AND RETURN THEM ON TIME. WE EMPHASIZE BOOK CARE RULES, INCLUDING FINDING A SAFE, DRY PLACE FOR YOUR BOOKS, AWAY FROM PETS AND YOUNGER SIBLINGS. ALSO, PLEASE REMIND YOUR CHILD TO TREAT THE BOOKS WITH TLC (TENDER LOVING CARE). IN THE UNFORTUNATE EVENT THAT A BOOK IS LOST OR DAMAGED, THE REPLACEMENT PRICE OF THE BOOK MAY BE ASSESSED. PLEASE ALLOW MRS. HODGES TO DETERMINE THE BEST WAY TO FIX A DAMAGED BOOK, AND DO NOT ATTEMPT TO FIX IT YOURSELF, BUT INCLUDE A NOTE NOTING THE PROBLEM.

OUR PRESCHOOL-SECOND GRADERS CHECK OUT ONE BOOK AT A TIME AND THE THIRD-SIXTH GRADERS CAN CHECK OUT TWO BOOKS AT A TIME. WE DO NOT CHARGE OVERDUE FEES ON LATE BOOKS, BUT STUDENTS WILL ONLY BE ALLOWED TO CHECK OUT THE NUMBER OF BOOKS THAT THEY RETURN.

THANKS FOR YOUR HELP & WELCOME TO OUR CGES FAMILY!

**RACHEL HODGES
CGES SCHOOL LIBRARIAN**





We have a new Point of Service to charge your child's Breakfast, Lunch, and Ala Carte Sales this year! Your Family Parent Portal will be where you review your child's account history and balances, move money between all of your children in your household, you can even check mark what you don't want your child to purchase, or set a daily limit in settings. This is also where you can opt in for balance reminder emails through the notification tab.

- If you choose the daily limit please include your child's lunch, double, and ala carte amount.

For example – Jerry needs a daily spending limit set. You set it at \$3.00. If you are a full pay status this will only give Jerry \$3.00 to spend for the whole day. *You need to make that limit include the whole day's spending*

- Breakfast – Free for all USD417 Students
o Extras and ala carte purchases need to be included
- Lunch – Full Pay Students – PreK - 6th \$3.20 / 7th - 12th \$3.30 Reduced Lunch - \$.40 PreK – 12th
o Meal cost, doubles, extra milk, and ala carte purchases need to be included.
- No Snack Foods Mean – Ala Carte purchases, this does not include lunch double purchases

It is very important your child has money in their account! Each Full Pay Student and Reduced Student will get 5 Days of meals past a \$0 balance. At that point your child will receive an Alternate Meal! This will be Strictly Followed Going Forward!

- *If you need assistance with paying your child's balance please reach out to Becky Shearer bshearer@cgrove417.org or your school Principal for support.*

To enroll in the Family Parent Portal please follow these steps in this order: You will need your Child's School ID number

1. You can find this number in your PowerSchool Parent Portal Under
 - a. Forms
 - b. General Forms – Then click the link below it and use your Child's School ID Number
 - c. Meal Magic Family Portal
 - d. This is the link if you need it - morris.familyportal.cloud
 - e. Here you can view the How to Videos and Instructions to easily set it up
2. To make access quicker please use the email address you have provided in your PowerSchool Parent Portal when prompted on the sign in page.

Also, the payment system through Meal Magic is being developed right now but should be done soon. If you want to make an online payment please visit <https://usd417.revtrak.net> otherwise please send money with your child or drop off money to any USD417 School Office.

Please send all questions to Becky Shearer, bshearer@cgrove417.org, 620-767-6763

Becky Shearer
USD417 District Food Service Director

Do you want to pay online?

You do not have to pay online we can take cash or check at any school office. Sending separate checks for your family is not necessary either. Feel free to combine your amount and we can split it for you. Please put in the memo how you would like it split if it matters to you. If you would like to pay online please follow these instructions:

Use this link www.usd417.net and choose online payments

Choose Meal Magic Payments (it is located middle bottom of the page)



Choose from the left column:



This will appear:

MEAL MAGIC FOOD PAYMENTS

Amount: \$ 0.00

Student First & Last Name

A service fee will be applied at checkout

ADD TO CART

Balances will be updated each morning at 10:30am for lunch

*Please have your payments in before this time. If the money doesn't get before this time your child will need cash or check to purchase their meal or anything extra if you are beyond the 5 meal day allowance threshold.

Only make one lump payment for your household. You will be able to use the Meal Magic portal to distribute amongst your students.

For questions reach out to Becky Shearer bshearer@cgrove417.org

Add the amount and the student you are wanting to add money for: ***Please read the disclaimer to the right!*** Once money is added to the cart you will be instructed on where to go next for payment.

Again, once Meal Magic and Revtrak merge you will be able to do everything from the Meal Magic Family Portal.

If you have any questions please reach out to Becky Shearer, bshearer@cgrove417.org