



# O.W. Erlewine News

October 2017

## Erlewine Eagles!

### October 2017:

- 3: Dos Coyotes fund raiser
- 6: Fall Dance 6:15-7:45
- 7: Garden Day 9-11
- 10: PTA room 8
- 11 English Lang. Learner Parent Meeting 8:00am
- 17: Site Council Meeting 6:00pm
- 20: Mad Science begins
- 23: Red Ribbon Week
- 27: Fall Carnival

## Medication Note

Please do not send cough drops and other over the counter medications to school with you child. If you wish your child to be able to take these at school, you must have a school district medication form signed by a doctor.



## School Lunches and Breakfast

Have you filled out your child's application for free and reduced breakfast and lunches yet? You can apply on line at [www.scusd.edu/applyfor meals](http://www.scusd.edu/applyfor meals).

Breakfast will be served at 7:35. Hot lunch with milk may be purchased for \$2.00. You may purchase the school lunch for the entire week or longer period, by sending payment in check or cash to the office in an envelope marked with your child's name, room number, and attention cafeteria. Parents can pay online by going to [www.ezschoollpay.com](http://www.ezschoollpay.com)

## Benefits of Parent Involvement by the National PTA

### Students:

- Higher grades, test scores, and graduation rates
- Better school attendance
- Increased motivation, better self esteem
- Lower rates of suspension
- Fewer Instances of violent behavior

### Parents:

- Communication/relations with children and teachers improves
- Self-Esteem goes up
- Education level/skills increase
- Decision-making skills become stronger
- Attitude toward school personnel improves

## Promote Healthy Habits in Your Children

Children aren't born with the ability to eat and live healthy. It's up to you to foster healthy habits—and the earlier, the better. Here are some tips:

**Work out with your children.** It keeps you and the children fit. For the children, a half hour of vigorous outdoor activity twice a day is ideal.

**Get the entire family in on the health plan.** That means getting grandparents to provide hugs, not cookies or candy.

**Limit TV.** There are too many commercials for unhealthy foods. Remember not to provide snacks unless the children are hungry.

**Make good nutrition easy.** Stock up on water, fruits, vegetables, and nutritious snacks. Reward with words. Praise children when they make a healthy food choice on their own.



## P.T.A. Monthly News

Please remember to join the P.T.A. Our theme for this year is It's Only Natural. Join PTA! Stop by our cafeteria to see the cute class competition bulletin board.

Classes are having a contest to see which class can have the most members join. Neighbors, friends, grandparents, parents, and community members may join. The cost is only \$7.00 and is tax deductible!

Our next Dine and Donate is on October 3 at Dos Coyotes off of 65th and Folsom Blvd. Remember to take a flier.

We are currently looking for parents and grandparents to help with our Eagle Buck Store on October 19 or 20th. Please call the school office at 395-4660 or stop by the office if you can help out.

Thank you to all the parents and staff that helped with and attended the Kindergarten BBQ and Ice Cream Social.

Our next P.T.A. meeting will be on Tuesday, Oct. 10 at 5:30 in the library, room 8. We hope that you can attend.

## Attendance

If your child is going to be absent for any reason, please call 395-4660. If he/she will be absent for more than a day, you may want to call and have your child's teacher prepare a make-up packet. Please call for this service by 12:00 p.m. and pick it up no later than 3:00 from the school office. If your child will miss more than one week, please let us know so that we can prepare an individual study packet for your child.

If you take your child to the doctor please be sure to get a note from the doctor to excuse their absence. If you contact the doctor by phone, and receive information, ask the doctor or nurse, to send us a confirmation by fax (228-5872).

## Reading Counts....

Reading Counts is in full swing, with some students already receiving prizes for points earned. Students with enough points also have their names in a drawing every Monday for cool prizes such as calculators, books, or jump ropes. The cafeteria bulletin board will have names of our students who will be on the *Wall of Reading Counts Stars* because they have earned at least 20 points.

How it works: Students read Reading Counts books that have computerized quizzes. Each Reading Counts book is assigned points. Students need 7 or more correct answers to pass the quiz and earn the points for that book. Ask your student how many points they have earned so far. If you have any questions, see Mrs. Nelson in the library, room 8.

Remember, the library is open on Thursday nights from 6:00pm-7:00pm.

## Help Your Children Become Readers

If you want your children to have a good shake at succeeding in life, the best thing to do is to encourage them to read. Reading is one skill that's essential in all areas of achievement. Here are a few tips from the U.S. Department of Education website:

Read aloud to your children often. Start reading to your children when they are babies, and keep reading as they grow up. Talk with your children about what you read. Encourage them to ask questions and to predict what will come next.

Encourage your children to read on their own. Children who spend at least 30 minutes a day reading for fun develop the skills to be better readers at school.

Set aside quiet time for family reading.

# Home & School

Working Together for School Success

CONNECTION<sup>®</sup>

October 2017

O. W. Erlewine Elementary  
Do Your Best! Reach Your Goal!

## SHORT NOTES

### Speak clearly

To boost your child's communication skills, let her introduce herself when she meets people rather than doing it for her. Also, encourage her to be clear and specific when asking for help. If she says, "I can't do this," you might respond, "What are you asking for help with?"

### Rested and ready

When your youngster wakes up easily and feels ready to start the day, that's a good sign he's getting enough sleep. But if he's too groggy in the morning or he's sleepy in school, try slowly adjusting his bedtime until he feels alert in class. *Note:* Experts recommend 10–11 hours of sleep per night at this age.

## DID YOU KNOW?

Repetition helps your child's brain form new connections. Say she wants to improve her soccer dribbling skills. She might practice for a certain number of minutes every day. Or if she'd like to learn origami, she could check out a library book on the topic and work on her favorite designs.

### Worth quoting

"The whole world opened to me when I learned to read." *Mary McLeod Bethune*

## JUST FOR FUN

**Q:** Why did the elephant paint himself different colors?



**A:** So he could hide in the crayon box!

## Consequences that work

Matthew was supposed to put away his toys and games, but he didn't. So when his mom tripped over a block, she thought carefully about what an appropriate consequence for him might be. Consider the following ideas to set consequences that encourage your youngster to listen and follow rules.

### Make it logical

A consequence should relate to the situation at hand and promote the behavior you want. If your child, like Matthew, doesn't put his things away, you might say he has to store them away for a period of time. Living without them may make cleaning up more important to him.

### Keep it reasonable

Take into account your youngster's age and stage of development. A little one may lose screen time for a day if he won't turn off the TV when you ask him to. An older child might have to go



without electronics for a week if you see him posting on a social media site he's not allowed to use.

### Allow natural outcomes

Let your youngster learn from what happens naturally. Say he wants to wear his school T-shirt on Spirit Day, but he didn't put it in the hamper. The result? He will need to wear something else. Or if he forgets his trumpet on band day, he won't be able to play his instrument with the rest of the class.♥

## Attention! Attention!

Staying focused during class will help your child do her best work. Here are strategies that can make a difference.

**Role play.** Pretend you're the teacher, and have your youngster show you what a student who is paying attention looks like. She might sit quietly with her eyes focused on you.

**Stretch attention span.** Suggest that your child do activities that require concentration. Examples include putting together jigsaw puzzles or building a house of cards.

**Remove distractions.** Encourage her to keep only what she needs on her desk. For instance, she should put away art supplies during a social studies lesson.

*Note:* If your youngster has trouble focusing at home, ask her teacher how well she focuses during school. The teacher can share what she notices and offer advice.♥



# Pumpkin power

What's orange and round and full of opportunities to learn? A pumpkin! Your child can try these activities.

## Math

Have your youngster estimate how many "stripes" (ridges) are on a pumpkin and count to see how close she came. She could paint each stripe as she counts it, switching colors to create a pattern. The colors will help her keep track of the number of stripes—and she'll have a pretty pumpkin to display!



## Writing

Suggest that your child design a brochure for an imaginary pumpkin festival. Encourage her to give her festival a name and describe features, such as mini-pumpkin hunts, pumpkin catapults, or hayrides.

## Science

Your youngster may be surprised to discover that pumpkins float. Let her try making boats out of them. She could start with a whole-pumpkin boat (cut off the top and scrape out the insides). Then, help her carve boats of different sizes and shapes, perhaps deep and wide or shallow and narrow. How does the design affect whether they float or sink?♥

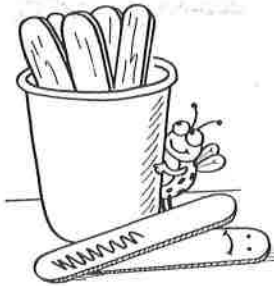
## ACTIVITY CORNER

### "Sticky" vocabulary

Play this game with your youngster to help him learn vocabulary words.

**Materials:** marker, craft sticks, cup, dictionary or textbook

Let your child write each vocabulary word (or boldface word from a textbook) on the end of a craft stick. On three more sticks, he should draw "frowny faces" instead of writing words. When he's finished, have him place all the sticks in a cup, printed ends down.



Take turns pulling out a stick and using the word in a sentence that makes its definition clear. Check the dictionary or textbook—if you're right, keep the stick. If not, return it to the cup. But be careful: Draw a frowny face and you lose all your sticks! (Set each frowny face aside after it's drawn.)

When all sticks have been claimed, the player with the most wins.♥



## PARENT TO PARENT

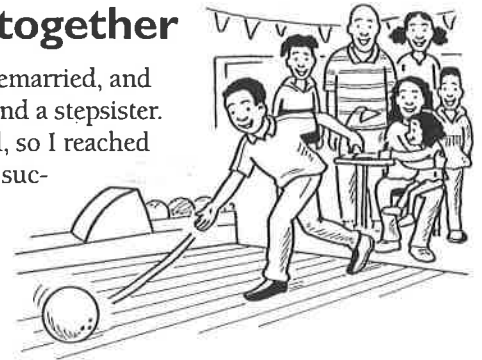
### Blending together

I recently got remarried, and my children now have a stepbrother and a stepsister. My husband and I want us all to bond, so I reached out to a coworker to see how she had successfully blended her new family.

Nancy recommended that we find pastimes everyone can enjoy together. That way, the children will get to know each other in a more relaxed way. We asked the kids for ideas, and they thought of bowling, skating, and playing board games.

My friend also mentioned the importance of respecting each other's space and belongings. So my husband and I made sure to talk to our kids about knocking before entering each other's rooms and asking for permission before borrowing items.

For now, we're taking one day at a time. Recently, we went bowling and had some good laughs. Feeling like a family may not happen overnight, but at least we're on our way.♥



## Q & A

### Healthy after-school snacks

**Q:** My daughter is hungry after school, but it's hard to come up with nutritious snacks that she's excited about eating. Any recommendations?

**A:** Add a fun twist to healthy sandwiches by presenting them in a whole new way. Try a sandwich-on-a-stick, for example. Help your child cut whole-grain bread and cooked turkey into small pieces. Then, she can thread them onto a toothpick or bamboo

skewer along with cheese cubes and cucumber slices.

Or core an apple and slice it into rounds. Let her spread peanut or sunflower butter on one slice, sprinkle with raisins, and place a second apple slice on top for an apple sandwich.

Another idea is to scoop tuna salad onto bread, and your daughter can create a smiley face on top. She might use sliced green olives as eyes, a grape tomato for the nose, and chickpeas for the smile.♥



## OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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