

Cheetah Chatter

January, 2020



César E. Chávez
Elementary School

César E. Chávez Elementary School • 541-790-5300

School office hours 7:30 am – 3:30 pm

Web: <http://chavez.4j.lane.edu>

Like us on Facebook – “Cesar Chavez Cheetahs”

Dear Families,

Are you wondering what to do if the weather turns cold? School closure information can be found on the 4j school district website. – You can sign up to receive texts from the district in the event of bad weather. Go to www.4j.lane.edu and follow the instructions. Other ways to find out if school is closed is the TV or radio.

No news means that school is in session regular hours and busses will be on regular schedule.

Dear Families,



We have had quite a few students being sent to school sick and infecting others, including staff. Please remember, students must be 24 hours, **symptom free without medication** before they return to school. Giving them fever or symptom reducing medication before school is not okay since the medication wears off during the school day and they are still contagious. If you have questions about whether or not to send your child to school, please call the school office and we can help you determine if they should return or not.

AVID engages young learners and provides them with the critical skills to become confident, independent thinkers who have a thirst for learning.

Teachers use AVID strategies to provide students with:

- ❖ Proven ways to succeed in school
- ❖ Writing to learn, Inquiry, Collaboration, Organization, and Reading to learn
- ❖ Note-taking and time management skills
- ❖ Best ways to work together inside and outside of the classroom

February events

- 5 First Wednesday - Walk and Roll to School Day
- 5 Kinder Literacy Night 6 - 7 pm
- 6 GLOBAL SCHOOL PLAY DAY
- 10 Report cards will be sent home with students
- 11 PACK meeting 5:30 - 6:30 pm
- 13 Kinder & 1st grade music performance 6:30 - 7:00
- 17 No school - President's Day
- 25 SPED Know your rights night 5:30 - 6:30

MESSAGE FROM PACK - Read Across America night is Thursday, March 12, and we need YOUR help!



The staff is looking for people to help with:

- after school set up on March 12
- people to support or run activities
- decorating
- making popcorn during the event
- clean up after the event

Please join us at the next PACK meeting on **Tuesday, February 11 from 5:30 - 6:30** to organize and plan for the event.

If you can't make it but still want to help, please e-mail chavezcheetahpack@gmail.com

See you there!

MESSAGE FROM BEST

Please take a look at the BEST activity schedule. In addition to math and reading classes, your child is also participating in a collection of the activities listed in the schedule. Activities offered during BEST change every five weeks. The next change is scheduled for February 13th. If you have questions about these activities or anything else associated with BEST, please call 541-517-8724.

We invite you to come and participate in activities with your child. They want to share their wonderful experiences with you! If you'd like to come and spend time with us, please call the number above.

ACTIVITIES SCHEDULE

MP = Monster Pillows	Students work with a community partner to sew pillows that they'll eventually bring home
LU = Link Up	Students learn to play a recorder and participate in a performance at the Hult Center in March
LG = Looking Glass	Students discuss social issues and share via structured conversation
KS = Kidsports	Students participate in different types of physical activities facilitated by a community partner
COCO = Cool Cartoons	Students learn to draw cartoons and explore using speech bubbles
CC = Clay Creations	Students work with air dry and kiln dry clays
GG = Gym Games	Students participate in indoor and outdoor physical activities
GC2 = Gamer Club	Students participate in community style board, card, chess and checkers type games

February is "Be Safe. Be Seen." Month

Wednesday, February 5th is our monthly Walk & Roll to School Day! This month's theme is "Be Safe, Be Seen." Walking or biking to school or elsewhere is a chance to practice road safety skills like looking both ways before crossing the street; paying attention to traffic; and acting in a predictable manner. Best of all, it's a time to be playful, connect, and have fun together!

We encourage everyone to walk, bike, carpool or ride the bus to school. When you do so, it is great to wear bright or reflective items of clothing and lights in addition to practicing safely getting to and from school. If you live a long way from school, try parking a ten minute walk from school and walking the rest of the way. It will wake up your child's brain for learning and you'll avoid the parking lot traffic!

Be bright, be seen.



SCHOOL SUPPLIES: In an effort to save families money and support classroom teachers we ask that parents pay \$25.00 annual contribution per child for school supplies. If you haven't already done so, please pay your child's contribution. You can pay \$5.00 per month if paying the \$25 causes a hardship for your family.

If you've already paid, thank you!

GLOBAL SCHOOL PLAY DAY Thursday, February 6th, 2020

"You can discover more about a person in an hour of play than in a year of conversation." - Plato

Talk to your students about what play was like for you as an elementary school student. What did you play? How long was recess?

On Thursday, February 6th, Chávez Elementary will be participating in Global School Play Day 2020 (GSPD.) GSPD has been promoted by Psychology Today and is being celebrated at schools around the world.

Unstructured play helps students to develop creativity, passion, communication, collaboration, and a wide variety of other important skills. In his TEDx lecture, Peter Gray argues the case that today's kids do not grow up playing, which has negatively impacted them in many ways. You can learn more about the benefits of unstructured play by visiting the official GSPD website: www.globalschoolplayday.com.

Many Chávez teachers have committed to setting aside at least an hour of the day for play. Though the play time will be unstructured, it will still be supervised by teachers. It is our hope that our participation in Global School Play Day will inspire families to plan for more unstructured and technology-free play time during non-school hours.



Dear Family,

What's for dinner? That simple question can open a host of concerns: Is the food I'm preparing healthy? How much should my child be eating? My child will eat only mac 'n' cheese. Buying healthy foods can be expensive!

Relax! You can serve up healthy food choices that even the pickiest of eaters will savor without breaking your budget. Healthy eating includes **foods that are low in saturated fat, trans fat, salt (sodium), and added sugars**. For kids ages 4–18, keep the total fat intake between 25 percent and 35 percent of their calories, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils. Offer **whole grains and a variety of fruits and veggies**. Serve **fat free and low-fat dairy foods**. Limit foods that are **high in saturated fat, trans fat, salt (sodium), and added sugars**. As for the "clean your plate" rule, get rid of it. Overeating is one reason kids get too many calories.

Got a picky eater? **Introduce healthier items into foods your child already likes**: top cereal with fruit, add blueberries to wholegrain pancakes, or shred veggies over rice. **Play the eat-your-colors game** with brightly colored fruits and vegetables, and **include your child in the preparation**—it may make him or her more likely to eat the food. **Don't buy unhealthy foods**. If there are no chips in the house, kids will munch on healthier options instead.

Sincerely,

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Teacher

Good to Know!

Chew on this: One in three American kids and teens is overweight or obese. This contributes to a wide range of health problems for kids, including high blood pressure, diabetes, and high blood cholesterol levels. Excessweight at young ages also has been linked to earlier death rates as adults. Teach your child good habits that will last a lifetime!

Your child is a participant in the American Heart Association's **KIDS HEART CHALLENGE**. The AHA has five priority messages for your family:



Physical Activity



Healthy Eating



Sodium



Sodas and Other Sugary Drinks



Tobacco/Smoking

ON A BUDGET?

Try these healthy choices that are less than \$1 per serving. Then go to the American Heart Association website at heart.org/HealthierKids to find more.

- Apples, bananas, oranges, and pears— Eat one as a snack or serve it in a fruit salad with dinner. Bananas are tasty in smoothies, and a pear served with cheese makes a tasty appetizer. Cut it up to serve as finger food. One piece of medium-size fruit equals one serving.
- Baby carrots—Eat them as a snack, include them in a stew, or serve them in a veggie platter.
- Fat-free or low-fat yogurt— Eat it as a snack or use it in a smoothie. A six-ounce container usually is one serving. Read the Nutrition Facts label and select a yogurt without a lot of added sugars.
- Sweet potato—Bake it, mash it, steam it! One medium sweet potato is one serving.
- Oatmeal—Serve it hot for breakfast. One serving is a half cup.
- Frozen or fresh corn on the cob—This is a quick, kid-friendly side dish. One ear of corn is one serving.



Help Your Child Succeed in School: Build the Habit of Good Attendance Early

School success goes hand in hand with good attendance!

DID YOU KNOW?

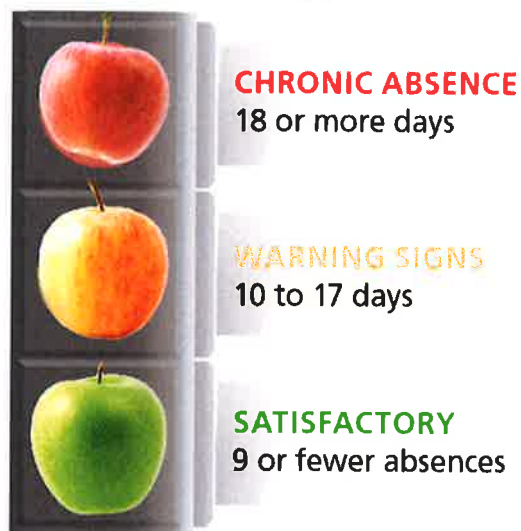
- Starting in kindergarten, too many absences can cause children to fall behind in school.
- Missing 10 percent (or about 18 days) can make it harder to learn to read.
- Students can still fall behind if they miss just a day or two days every few weeks.
- Being late to school may lead to poor attendance.
- Absences can affect the whole classroom if the teacher has to slow down learning to help children catch up.

Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Good attendance will help children do well in high school, college, and at work.

WHAT YOU CAN DO

- Set a regular bed time and morning routine.
- Lay out clothes and pack backpacks the night before.
- Find out what day school starts and make sure your child has the required shots.
- Introduce your child to her teachers and classmates before school starts to help her transition.
- Don't let your child stay home unless she is truly sick. Keep in mind complaints of a stomach ache or headache can be a sign of anxiety and not a reason to stay home.
- If your child seems anxious about going to school, talk to teachers, school counselors, or other parents for advice on how to make her feel comfortable and excited about learning.
- Develop back-up plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.
- Avoid medical appointments and extended trips when school is in session.

When Do Absences Become a Problem?



Note: These numbers assume a 180-day school year.

For more on school readiness, visit attendanceworks.org and reachoutandread.org