

Castlewood Elementary Connection

January 2016



School Hours:

8:10 - 3:30

Preschool
8:10 - 11:45

From the Desk of:
Ms. Eide

IMPORTANT NEWS

PTO Meeting

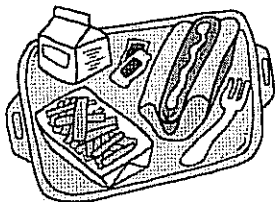
The next PTO meeting will be held on Thursday, January 7th at 5:00 pm in the library. All parents are welcome to attend.

State of the School Meeting

On Tuesday, January 19th the school board and school administration will be holding an annual "State of the School" meeting. Please join us to find out more about our school community. We will be discussing the Open Enrollment Policy, budget information including financial forecasting, and educational changes. Hope to see you there!

Give Kids a Smile Event

Watertown area dentists are conducting a Give Kids a Smile event on February 5th. It is a one-day event where dentists and dental staff volunteer their time to provide free dental care. The purpose of the event is to focus on kids that do not have Medicaid or dental insurance and are unable to receive dental care due to finances and lack of insurance. If you would like me to add your children to the list for receiving dental care, please contact me at 793-2351. After hearing from you, I will send you forms to fill out and return to the Watertown Dental Society. Forms must be completed and returned by January 28th.



School Lunch

Special Dates:

- Monday, January 4
School Resumes
- Thursday, January 7
5:00 PTO Meeting
- Saturday, January 9
No Open Gym
- Sunday, January 10
Open Gym 1:00 - 4:00 & 7-9
- Monday, January 11
6:30 School Board Meeting
- Saturday, January 16
No Open gym
CEF Pizza Fundraiser at the game
- Sunday, January 17
Open Gym 1:00 - 4:00 & 7-9
- Monday, January 18
End of 2nd Quarter
- Tuesday, January 19
7:00 State of the School Meeting
- Saturday, January 23
No Open Gym
- Sunday, January 24
Open Gym 1:00 - 4:00 & 7-9
- Saturday, January 30
No Open Gym
- Sunday, January 31
Open Gym 1:00 - 4:00

Just a reminder that we welcome parents & grandparents to come and eat lunch with the students at any time. We do ask that you call Mrs. Larson in the office **the day prior** to eating lunch to notify her. When you arrive to eat lunch, your meal cost can be deducted out of your family account. Thanks!



Castlewood School District - Master Calendar



January 2016						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 No School / No NTHS - Christmas vacation	2 BBB/GBB vs Flandreau (H) JV girls begin at 3:00, then JV boys, V girls, V boys NO OPEN GYM
3 Open Gym 1:00-4:00	4 School resumes	5 BBB at Lake Preston - 7th at 4:00, 8th at 5:00, JV at 6:30	6	7 PTO meeting at 5:00 p.m.	8	9 BBB vs Britton/Hecla at Britton - JV at 5:00 JH GBB/BBB vs Hamlin (H) 7th B & G at 11:00, 8th B & G at 12:00 NO OPEN GYM
10 Open Gym 1:00-4:00 & 7:00-9:00	11 Board meeting at 6:30 p.m. GBB vs Florence/Henry at Henry - 1 JH game at 5:00, JV at 6:30	12 BBB vs Colman/Egan at Colman - 7th at 4:00, 8th at 5:00, JV at 6:15	13 CEO meets at 3:35 Staff Meetings at 7:50 & 8:30	14 BBB vs GPL (H) - JV at 6:30 Elementary Staff Meeting - 3:35	15 GBB at GPL - JV at 6:30	16 BBB/GBB vs Hamlin (H) - JV girls at 4:00, then JV boys, Var. girls, Var. boys CEF Pizza fundraiser NO OPEN GYM
17 Open Gym 1:00-4:00 & 7:00-9:00	18 End of 2nd quarter	19 Elementary Book Study - 3:35 State of the School Meeting at 7:00	20 Region One Act Play in Watertown	21 GBB vs DeSmet (H) - 1 JH game at 5:00, JV at 6:30	22 BBB vs Langford (H) 1 JH game at 5:00, JV at 6:30	23 NHS Winter Formal at 8:30 - south gym NO OPEN GYM Post Prom BB Tournament (gr. 3 & 4) begins at 8:30 a.m.
24 Open Gym 1:00-4:00 & 7:00-9:00	25 JH GBB/BBB vs Clark/W. Lake (H) 7th girls at 4:00, 8th girls at 5, 7th boys at 6, 8th boys at 7:00	26 GBB vs Deubrook (H) - 1 JH game at 5:00, JV at 6:30	27	28 JH students to SDSU Mens Basketball Game - game time is 7:00 p.m.	29	30 BBB vs Deubrook at Toronto - 7th at 3:30, then 8th, C game, JV at 6:15 GBB at Milbank - JV at 2:00, Varsity to follow NO OPEN GYM
31 Open Gym 1:00-4:00						



Castlewood School District - Lunch Menu



January 2016						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 No School	2
3	4 Breakfast - Breakfast stick Lunch - Chicken noodle soup, crackers, cheese bread, mixed fruit, bananas	5 Breakfast - Breakfast bar Lunch - Hamburger gravy, mashed potatoes, peas, mixed salad, pears, oranges	6 Breakfast - Egg and cheese biscuit Lunch - Tuna wiggie, crackers, peanut butter bread, corn, mandarin oranges, apples	7 Breakfast - Cheese omelet Lunch - Pork chops, mashed potatoes, green beans, bread, peaches, apples	8 Breakfast - Cinnamon rolls Lunch - Taco burgers, lettuce, black bean salad, refried beans, applesauce, oranges	9
10	11 Breakfast - Pancakes and sausage links Lunch - Chicken wraps, lettuce, black beans, peaches, oranges	12 Breakfast - Breakfast pizza Lunch - Spaghetti, bread sticks, green beans, pears, apples, fresh veggies and Ranch	13 Breakfast - Scrambled eggs and ham Lunch - Cubed chicken and gravy, mashed potatoes, peas, mixed fruit, oranges	14 Breakfast - Breakfast burrito Lunch - Rib sandwich, potato wedges, carrots, and applesauce	15 Breakfast - Coffee cake Lunch - Cheese pizza, lettuce, mandarin oranges, apples, chocolate chip cookie	16
17	18 Breakfast - Scrambled eggs and sausage pattie Lunch - Beef tacos, refried beans, lettuce, pears, bananas, fresh veggies and Ranch	19 Breakfast - French toast sticks Lunch - Chicken patties on WG bun, vegetable salad, applesauce, lettuce, oranges	20 Breakfast - Biscuits and gravy Lunch - Stromboli, baked beans, corn, peaches, apples	21 Breakfast - Egg McMuffin Lunch - Hot dog on WG bun, tri tator, lettuce, fruit cocktail, oranges	22 Breakfast - Waffles and sausage links Lunch - Quesadillas, lettuce, mandarin oranges, apples, rainbow sherbet (6th gr. menu)	23
24	25 Breakfast - Breakfast stick Lunch - Teriyaki chicken, rice pilaf, corn, pineapple, bananas, bread, fresh veggies and Ranch	26 Breakfast - Breakfast bar Lunch - BBQ on wg bun, sweet potato fries, steamed broccoli, fruit cocktail, oranges	27 Breakfast - Egg and cheese biscuit Lunch - Chicken strips, mashed potatoes, green beans, bread, peaches	28 Breakfast - Cheese omelet Lunch - Chili, crackers, cinnamon roll, pears, oranges	29 Breakfast - Cinnamon rolls Lunch - Pepperoni pizza, salad mix, mandarin oranges, apple, chocolate chip cookie	30
31						

Home & School

Working Together for School Success

CONNECTION[®]

January 2016

Castlewood Elementary School

Ms. Heather Eide



SHORT NOTES

Resolution: Success!

This year, have your child make resolutions that will motivate him to do his best in school. For instance, he could pick a subject to improve in or a challenging book series to read. Encourage him to draw a picture of himself meeting his goal and share the drawing with his teacher.

Hands-on history

Let your youngster take white paper and an unwrapped crayon on a walk around town. She can place the paper over engravings on historical markers or plaques and rub lightly with the side of the crayon. At home, suggest that she write a caption for each rubbing to tell a "local history" story.

Sick time

When your child is sick, notify the school as soon as possible that he will be absent. Then, follow school policy about how long he must be symptom-free before he may return to class.

Note: He could ask a sibling or friend to bring home his work. Or when he goes back, he can talk to his teacher about making up the work.

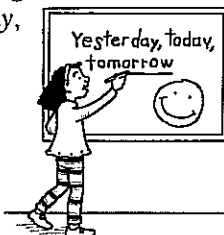
Worth quoting

"Every time you tear a leaf off a calendar, you present a new place for new ideas and progress." *Charles Kettering*

JUST FOR FUN

Q: Can you name three consecutive days without saying *Sunday, Wednesday, or Friday*?

A: Yes! Yesterday, today, and tomorrow.



The three Cs of group work

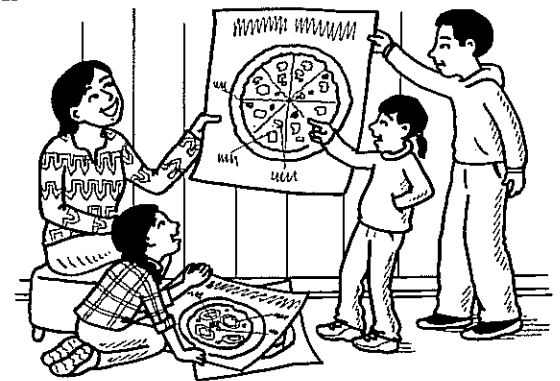
Three kindergartners work together on a mural in art class. Several fifth graders discuss a novel they read in reading group. No matter how old your child is, being able to communicate, collaborate, and compromise is important when she works with others. Consider these ways to practice at home.

Communication

Group members communicate better when one person speaks at a time. Let your youngster create a "talking stick" by covering a ruler with aluminum foil or decorating a paper towel tube. During a family discussion, pass the stick around—only the person holding it may speak. This will remind your child to wait her turn and listen to what others say.

Collaboration

Show your youngster that when people combine ideas, they often come up with new or better ones. Pretend you're a restaurant marketing team in charge of designing a pizza or burger. Start by looking at menus for interesting twists (barbecue pizza, burger with fried egg), and create something differ-



ent (blue cheese pizza, Caesar burger). Then, work together to make your new menu item for dinner.

Compromise

When group members disagree on a topic for their presentation or on who will take what role, it's important to compromise. That means stating what you would prefer—and what alternatives you're willing to accept. Your child can try this at home when your family makes a decision. For example, maybe one sibling wants to go sledding while another would prefer ice skating. They could agree to sled first—but the one who wanted to ice skate gets to choose the hill they'll sled on.♥

Keep track of progress

By staying on top of how your youngster does in school, you can support his achievements and nip any problems in the bud. Try these strategies.

- **Go over papers.** Look at each graded assignment your child brings home. This is an easy way to see what he's doing well and what he needs to work on.
- **Use electronic tools.** If the school posts grades online, check them regularly.
- **Communicate with the teacher.** Contact her if your youngster says a subject is difficult or brings home low grades. You could ask about ways to help him.♥

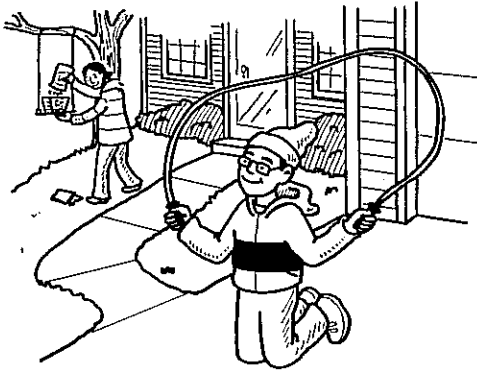


Behavior “mysteries”

Is your youngster's behavior sometimes baffling? Here are solutions to common scenarios parents face.

My child behaves in school but acts out at home. Your youngster probably feels more relaxed at home and can let his guard down more with you. Rest assured this is normal. Remind him of the consequences for misbehaving at home, and follow through when he acts out. (And be glad that your child behaves at school!)

After school, my youngster doesn't want to talk about his day or start homework. Your child may be



struggling to switch out of “school mode.” Try giving him a break first—he may appreciate a few minutes to unwind, just as some adults do after work. Suggest a snack and exercise, such as riding his bike or jumping rope.

My child only obeys me when I raise my voice. If your youngster knows he has

to do what you ask only when you shout, he'll probably wait for your raised voice before he listens. Tell him that you'll ask nicely once, and after that, there will be a consequence for not listening.♥



ACTIVITY CORNER

Experiment with evergreens

Your child may wonder why some trees stay green throughout the year (*evergreens*) and others lose their leaves (*deciduous*). With this activity, she can find out.

Let your youngster cut out two green construction-paper “leaves” and sprinkle them lightly with water. She should wrap one in waxed paper and lay both leaves in the sun for at least two hours. What happens? (The bare leaf stays dry, but the protected one remains moist.)



The science: A deciduous tree loses water through its leaves' tiny pores, so it gets rid of the leaves to conserve water in harsh weather. But evergreen leaves have a waxy *cuticle*, or covering, kind of like the waxed paper that protected your child's paper leaf. This coating keeps the water from evaporating, so leaves can remain on the tree through the winter.♥

Q & A

Spell-check pitfalls

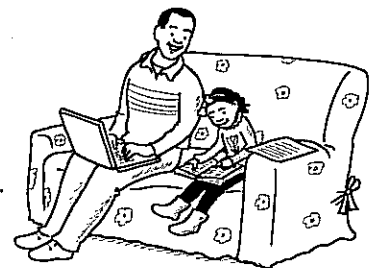
Q: My daughter says spelling is no big deal because we have spell-check and autocorrect. How can I convince her that spelling still matters?

A: Spell-check and autocorrect are handy tools. But they're not foolproof, and they're not always available.

When your child writes a school report, sit with her while she runs spell-check. Together, look for examples of mistakes caused by relying on the computer. This often happens with homophones (*it's* and *its*, *you're* and *your*), for instance. She'll need to know the difference to use the correct word.

Also, help her think of situations where she won't have spell-check or autocorrect, such as taking a test or using special software that doesn't include the feature. And if she can't spell a word, she may not recognize it when she reads, which can interfere with her comprehension.

Finally, point out that if she studies her spelling words, thinks carefully about how words are spelled, and proofreads her work, she'll find that the best spell-check is in her own head!♥



PARENT TO PARENT

Helpful strategies for ADHD

My fourth-grader, Ryan, has ADHD, and he often loses books and papers and forgets to turn in assignments or to bring home slips for me to sign.

I talked to a fellow PTA parent whose oldest son has ADHD. She said her son puts sticky-note reminders everywhere—on his desk and binders and beside the front door. He also does better in school if he gets 11 hours

of sleep, about two hours more than his siblings need.

I got colorful pads of sticky notes for Ryan, and he came up with a system for color-coding his reminders. Also, we are moving up his bedtime by a few minutes each night until we notice a difference. I know Ryan

will still forget things from time to time, but it's helpful to know that we have strategies to try.♥



OUR PURPOSE

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

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfeustomer@wolterskluwer.com
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