

# Freeman Elementary School Newsletter

Jan 2012  
Volume 5

Principal Andi Williams



## Freeman Elementary School Mission Statement

*At Freeman Elementary, our commitment is to empower individuals to be successful through high expectations in a place of pride where achievement is inspired by caring, effective instruction and respect.*

## I CAN! I WILL! I DO!

I can...be successful today!

I will... overcome the challenges I face today!

I do...accept responsibility for myself today!

-School Motto

Home of the Falcons



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## UPCOMING EVENTS



Jan 1-3

Wed. 1/4

Thur. 1/12

Fri. 1/13

Mon. 1/16

Wed. 1/25

Thur. 1/26

**No School - Winter Break**

Report cards will go home

Yearbook orders due

**No School for students-District Inservice**

**No School**

Young People's Concert 3<sup>rd</sup> Grade from

8:50am to 11:15am

Parent Night 6-7pm



## Use of School Telephone

The school office is receiving numerous daily calls requesting messages be given to students regarding transportation after school. Please discuss your plans and send notes with your child if their after school plans are different from the daily routine. Sometimes students are in special classes or at recess and would miss the message. Please feel free to call the school in case of an emergency or when special situations arise.



### P.R.I.D.E

*Preparation*

*Respect*

*Integrity*

*Discipline*

*Excellence*



## LITERACY FIRST FACTS

The overall focus of Literacy First is called ***Academic Learning Time***. We call it ALT for short. Teachers think about ALT throughout the day as they teach lessons. There are three components to ALT:

1. Students understand the objective.
2. Students manipulate the content.
3. Students are highly successful.

**Students understand the objective.** Teachers tell the students the objective of the lesson before it begins and may repeat it off and on. They make sure the students understand the objective. There are two parts to a good objective – the goal and the activity. The goal is the skill and the activity is what students will be doing to demonstrate the skill. So this would be a complete objective: Students will sequence a story by putting sentence strips from a familiar text in order.

**Students manipulate the content.** This means students are busy. It's not just the teacher doing all the

talking and work. Students have to be involved in activities that help them learn and practice the skills. Manipulating the content can include many things: reading, writing, discussing with a partner, drawing, working math problems, highlighting important words, using math counters to solve problems, science experiments, learning games, etc.

### **Students are highly successful.**

Teachers help students be successful. This means involving all students and monitoring they understand the skill. Involving students in partner conversations and partner work helps them be successful as they get help from others. If a student is struggling the teacher can change or shorten the assignment to help them be successful. Or the teacher might have to reexplain the skill or activity.

With Literacy First, we are thinking about ***Academic Learning Time*** (ALT) throughout the day. Our goal is a high level of student engagement and success!

Mrs. Pottillo – Literacy Resource Specialist

## AFTERSCHOOL PICKUP

Please make sure to pick up your child on time after school. School dismisses at 3:35pm. Students need to be picked up by 3:35pm each day. If you are not able to pick up your child by 3:35pm, Latchkey is available through the Haysville Activity Center. Their number is 554-5922.

## Coach's Corner

"Happy New Year 2012"!!!

We hope that your family had a relaxing holiday break and all of your plans and parties worked out for you. It's such a busy time of the year with so many events and activities scheduled that it's hard to find the time to schedule some fitness activities for you and your family. With 2012 starting maybe your family can find some relaxing times together and plan on some type of fitness activities you would like to do as a family. There are usually many days in January when we have some really nice weather which would allow you to go outside for a walk, hiking or even some jogging. All you have to do is just bundle up and be ready for the cold air. Even if it snows, this is a great opportunity to try out those new sleds and toboggans the kids received for gifts. There are many areas around the city that have some hills for sledding. And if you're not an outdoors person you can always tryout the ice skating rink, roller skating arena, and your local gyms, fitness centers or recreational facilities. I plan on being out there too, after all of the holiday goodies I enjoyed. Now it's time to work it off!

As we talked about in last month's newsletter, our Freeman students took part in a worldwide event of cup stacking. The World Sport Stacking Association set a new Guinness World Record of "Most People Sport Cup Stacking at Multiple Locations in One Day". The final count for this year's WSSA STACK UP is 412,259 stackers representing 28 countries from around the world, which shattered last year's record of 316,736. We would like to thank all of our students and staff for participating in this event of sport stacking, fitness and fun!

From our staff to your family we would like to send Best Wishes for a Safe and Healthy 2012! We would like to thank you for all you do for your students to be successful at Freeman! You make a big difference!

Have a Great Workout!

Coach Kelley

Healthy Snack Ideas: Hot cocoa made with skim milk, 1 slice of raisin bread, instant oatmeal, hard boiled egg and trail mix!



# Freeman Students Cup Stacking



## MEMO FROM THE SCHOOL NURSE

There have been many cases of different kinds of illnesses diagnosed in our schools and we have had a large number of students out sick. Many children come to the health room soon after they arrive at school with a variety of complaints of not feeling well, possibly due to sore throat, rashes, earaches, headache, stomachache, nausea and vomiting. Sometimes all they need is to stay home for some rest, fluids and perhaps medication to help with some of these symptoms. We recommend that children with symptoms such as: **fever over 100 degrees F, diarrhea, vomiting, sore throat, rashes, red draining eyes, thick green nasal drainage, etc., stay home for 24 hours after these symptoms are resolved or a note from the family physician is sent to school stating that the child can attend school.**

Children who are suspected of having a communicable disease will be sent home for diagnosis and treatment. After a child is diagnosed with an **“infection”**, **it is very important to keep him/her out of school for at least 24-48 hours after starting antibiotics.** The best measure to prevent the spread of communicable disease is good hand washing and proper disposal of facial tissues containing respiratory secretions.

Having sick children come to school only to be sent home shortly after arrival makes the child uncomfortable, inconveniences the parent, and exposes other children who then become sick also. For now, stay healthy. Take some time to observe your children to make sure they are free from these viruses and bacterial germs that are going around. When children feel well and are healthy, they enjoy school more and learn better. Thank you for your attention to this matter.

If you have any questions or concerns, please call the Nurse or Health Aide at your child's school.  
Thank you,  
Mary Parker, RN  
District School Nurse

## BAND INFO

Parents can find information on practice charts, instrument supplies, and fun links!

<http://www.wix.com/ecox36/beginningband>



## COUNSELING NEWS

*HAPPY NEW YEAR!*

*THANK YOU! THE FOOD DRIVE WAS A BIG SUCCESS! In December Freeman Falcons helped The Haysville Community Outreach program by participating in a holiday food drive. Our goal was to collect 400 cans. Your kindness and generosity helped us. All food will remain in the Haysville community to help those in need. The fifth grade BIONIC group spent many recesses organizing and conducting the drive.*

### **Class guidance:**

The 2012 year brings new challenges and adventures to Freeman. The first grade classes are finishing the unit on peer pressure and courage. The Band -Aid Chicken will help us understand how to help others instead of being hurtful. The students will have a giant sized Band-Aid box to hold their “band-aids” for hurt feelings. Each student selected a caring phrase to write on a big paper band-aid. Those are placed in the band-aid box. The boxes are placed in the classroom for anyone you may need to pull a positive message to cheer them up. We will continue our lessons on friendship and bully proofing in the upcoming weeks. Second grade classes are learning the skills necessary to be a successful student. They completed a short video using a lyrical poem on being a unique person—one who is very special. Fourth and fifth grade classes have begun their unit on connecting with respect. They are learning about what character is really all about and how difficult some decisions can be.

### **Parent Power:**

One challenge for the New Year could be to add community service or volunteerism to your life. It is not that difficult to do. Check with the schools, the city library, and churches in the community they often have projects you might love. An easy way to find something that fits your specific talents and time is to check with United Way of the Plains at [unitedwayplains.org](http://unitedwayplains.org) or by dialing 211. They have a variety of opportunities that you can do with your children.

Undoubtedly, the most difficult job you face is that of being a parent. Here are some helpful tips from Jim Fey's **Love and Logic**. First, remember to take care of yourself—tell your child what you will do—set the limits/choices you are comfortable with. Three choices have been shown to be the most effective. Whenever possible give appropriate choices and let your children feel the consequences. Remember to give the consequences with empathy and sadness---no lectures. Natural or logical consequences teach the most. A natural consequence is one that will automatically occur after a choice. For example, if you skip a meal the natural consequence will be hunger. A logical consequence is one that has some relationship to the choice when a natural consequence may be too harsh. An example of this might be the loss of bike privileges if it is ridden in an unsafe manner, instead of letting the child get hurt.

Finally, it is important to give lots of reinforcement/acknowledgement/compliments to any child, but especially when you are trying to change a habit. **10-20 acknowledgements per day are not too many.** You may need to compliment the change as it is happening. A simple "I noticed that...." is an excellent start.

Patty Wellman, Counselor  
554-2265 or [pwellman@usd261.com](mailto:pwellman@usd261.com)



Emily Stolp, Paris Jones, and Austin Kettleman help count food for the food drive. They are just 3 of the BIONIC leaders this year.



5<sup>th</sup> grade BIONIC leaders at lunch. The group meets at lunch once a week to learn about leadership and complete community service projects.



Valerie Graham, Ashton Solis, Abby Barnett, and Shelbie Foster help make the candy canes for Perfect Attendance.