



VALERIUS ELEMENTARY J-HAWK JOURNAL

Valerius Mission: ALL Valerius Students will SOAR to success!

(S)Strive for Success (O)Ongoing Improvement (A)Achieve Goals (R) Show Respect and Responsibility

IMPORTANT DATES

- 10/5 LITERACY NIGHT
(5:15-7:00 PM)
- 10/11 LATE START
- 10/13 PICTURE RETAKES
- 10/16- READ-A-THON
10/27
- 10/16 1ST-3RD MUSIC
PROGRAM
(7:00 PM)
- 10/19 PTO SKATE PARTY
(6:00 PM)
- 10/23 NO SCHOOL
- 10/25 LATE START
- 10/27 RUNNING CLUB FALL
PARTY

SCHOOL INFO:

Regular School Hours:
8:55-3:35

Late Start Hours:
10:00-3:35

Breakfast Time:
8:40-8:55

CONNECT WITH VALERIUS

OFFICE #: 515-457-6500

FACEBOOK:

[WWW.FACEBOOK.COM/
VALERIUSELEMENTARY](http://WWW.FACEBOOK.COM/VALERIUSELEMENTARY)

GOOGLE CALENDAR:

<https://goo.gl/qM1JB9>

MESSAGE FROM MRS. MAURO

Parents of Valerius Students,

Now that we're getting into the swing of things at school, I'd like to share information about our district's attendance policy. As you know, regular attendance is an important life skill and is necessary for optimum learning. The goal of the district's attendance policy is to put procedures in place that ensure students have the opportunity to do their very best. All elementary schools uniformly communicate with parents when their child has accumulated absences of 10% of the school year or more. This means, for example, that notification is made when a child has missed 5 out of the first 50 days of school; 10 out of the first 100; 16 out of 160, etc. Research has evidenced a correlation between decreased student achievement and student absences of 10% of the school year or greater (NCCP, 2008).

The communication received could be in the form of a letter or a phone call. We will be regularly reviewing absences and considering the unique circumstances that children may have (chronic illness, funerals, religious holidays) before communication with parent occurs. The intention of the communication would be to make parents aware of a child missing 10% of school their days. In some cases, school may request documentation of any additional absences if they are to be considered excused.

Please notify the attendance office (457-6503) whenever your child is absent so absence reasons may be documented in a timely manner and the office staff may follow up with you if necessary. Physician notes can be dropped off in the office or faxed to our attendance office at 515-457-6504.

It is the goal of our district to ensure that all students have a high rate of attendance throughout the school year in order to maximize student achievement. Thank you for your efforts in partnering with us to help make this happen.



October 2017

GRADE LEVEL SPOTLIGHT: 1ST GRADE

1st grade has had a busy start to the school year! We want to take this opportunity to tell you more about what reading looks like in first grade.

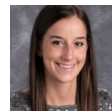
1st graders grow a lot as readers over the school year. Most first graders are reading "Level D" books when they begin first grade. The expectation is that they are able to leave 1st grade reading "Level J" books. Wow - that is 6 reading levels, what a jump! 1st graders also learn over 100 sight words and do lots of activities in phonics, vocabulary, and comprehension throughout the year. As you can imagine, 1st grade is a very important reading year and we work very hard to build reading skills so they have a good foundation to work from in the later grades.

One of our initial tasks was to build our reading stamina. We spent a lot of time at the beginning of the year discussing how to build our stamina and keep working hard even when we want to stop or give up. In the very beginning, 1st graders were able to read for about 5 minutes by themselves before losing stamina. Now, after all of our hard work we are able to read for 20 minutes on our own! We have also been busy helping our students foster a love for reading. We have been reading a variety of books and using lots of tools to show the kids that reading can be fun and exciting. The first graders have especially loved using their Chromebooks to read e-books online and using fun tools (like finger lights!) while they read. They have even read with our 5th grade buddies!

We have worked hard to build our reading foundation and are so excited to watch our students grow as lifelong readers. We will be helping our first graders and their families learn some reading strategies they can do at home at our upcoming literacy night. See you there!



Miss Gustafson and Miss Levy



left: Ms. Gustafson's class during read to self time

right: Ms. Levy's class during read to self time



MESSAGE FROM MRS. MACGREGOR

Hello Valerius Families,

This month in guidance classes we have been working on Problem Solving. We are learning to match the size of our problem with an appropriate strategy to solve the problem. We are defining small, medium and big problems in the following way:

Small- A small problem is no big deal. I can ignore these!

Medium- A medium problem is when I can nicely tell someone to stop or try to solve the problem in another way on my own. If I try twice to solve the problem and it doesn't work, I might need a little help from an adult.

Big- A big problem is an EMERGENCY! I need to tell an adult right away! (Examples include someone is hurting me, something is dangerous, or something is making me worried or afraid.)

We discussed that most problems are small problems. Very few problems are big problems.

We also learned how to IGNORE someone. This is a skill that takes practice for some kids. Here are the steps:

1. Don't look (Look away or turn the other direction.)
2. Don't listen (Pretend you can't hear, but don't plug your ears.)
3. Don't talk (Say no words and make no sounds.)

Thank you in advance for working with your children to help them become independent problem solvers!

FLU VACCINE CLINIC

UHS Commons 4:00-8:00 PM Wednesday, October 11

For Students, Staff, Parents, Siblings, and Community

Most major insurance plans accepted; Please bring your insurance card

No insurance cost is \$20 or what you can pay

Parent/guardian must be present and sign consent

Clinic offered by Polk County Health Department

Do your part to stop the flu!

WASH your hands

COVER your cough

STAY home if you're sick

GET vaccinated

Urbandale CSD Guidelines for Healthy Snacks in the Classroom

Guidelines For Snacks:

Snacks must be store-bought, pre-packaged items, or items purchased through the Urbandale CSD Nutrition services Program or an otherwise licensed food establishment. **No homemade snacks or treats may be brought to school.**

Classroom Snack Consumption:

- Snacks provided to students in a class for celebratory reasons (e.g. birthday treats) will be consumed after lunch.
- Snacks provided to a class also must be confined to the classroom.
- Snacks are not to leave the classroom. (No passing treats out to other students or teachers in the school building)

• CATERING CONTACTS:

Stephanie Allsup, Webster Elementary Manager(Birthday Treats or Bakery Caterings)

515-331-8653 allsups@urbandaleschools.com

Food Allergies (Allergy Aware):

Food allergies can be severe and life-threatening. Strict avoidance is the only way for a person with food allergies to prevent a reaction. Parents, guardians, and students are encouraged to be mindful of food allergies (e.g. peanut, tree-nut, soy, gluten, etc.) when packing lunches.

When providing snacks for an individual student or a class of students, families are encouraged to follow the Healthy Snack List provided below and always check with your child's classroom teacher to confirm the presence of any food allergies.

MESSAGE FROM THE HEALTH OFFICE

Sample Healthy Snack List:

- Prepared veggie and fruit trays.
- Fruit cups packed in juice or water.
- Cheese and saltine crackers; Goldfish crackers.
- Beef sticks
- Pretzels
- Sugar-free pudding cups.
- Yogurt in cups and squeeze tubes.
- Brown rice cakes topped with fruit.
- Boxed raisins and other dried fruits.
- Whole grain fig cookies like Fig Newtons.
- 100% fruit juice boxes
- Water

Attendance Phone Number (515) 457-6503

When to Stay Home:

Fever- Student must be fever free for 24 hours (less than 101 degrees) without a fever reducer medication.

Vomit- Student must have not vomited for 24 hours before returning to school.

Diarrhea- Student must be free from diarrhea for 24 hours.

Pink Eye- Student can return to school after 1st dose of medication or as directed by your physician.

Lice- Student is not sent home the day of discovery. Allowed to return after initial treatment.

MESSAGE FROM THE SPECIALS TEACHERS

Music: Mr. Leffler

No new updates for this month, but please check back next month for a new update.

PE: Ms. Jones

Last month, grades 2-5 completed their fitness testing. A couple of classes still have a couple of assessments to finish up, but we are almost done. In October, we will be working on our throwing and catching skills during our football unit.

Last month, grades K-1 worked on their locomotor skills. In October, we will be working on our throwing and catching skills also.

Just as a reminder: Please make sure your student has appropriate shoes on P.E. days. Thanks!

MESSAGE FROM THE SPECIALS TEACHERS

Art: Mrs. Scharper

This month artists at Valerius are finishing up their first projects of the school year. All of their very hard work will be put on display through out the building for Literacy Night. Please take some time to stop and check out your son or daughter's artwork, as I am sure they will be very proud to show you! I am also very happy to announce that 10 of our 5th grade student's art work will be selected in the coming weeks to be displayed at the Urbandale City Hall through the month of October. This is a great honor and I encourage any student that is selected to go check out their work on display!

As the school year is now in full swing, I would like to take this time to share with you some exciting news regarding your children's art. I have created an account on Instagram called Mrs. Scharper's Art Room. Here, you are able to take a sneak peak into the art room and see what your child is creating week to week. If you have Instagram, I encourage all of you to follow the account to support art education in our schools.

We've got some big plans in the art room this year, and I look forward to creating beautiful art with your children in the months to come!



ELP: Mrs. Choudhury

The ELP community service project this trimester was to hit "refresh" on the flowers at the entrances. When you see those beautiful, yellow chrysanthemums at the entrances, you can thank the 5th grade ELP for getting down and dirty to make Valerius beautiful.

Thank you to the PTO for funding our project!

Library: Mrs. Mefford

Students in 4th and 5th grade have been learning about the Iowa Children's Choice Award and listening to book talks from me about each book on the list. The purpose of the Iowa Children's Choice Award is: 1) To encourage children to read more and better books. 2) To provide an avenue for positive dialogue between teachers, parents, and children about books and authors. 3) To give recognition to those who write books for children.

The Iowa book awards are unique in that they give children an opportunity to choose the book to receive the award and to suggest books for the yearly reading list.

In the spring, students across Iowa take part in the nomination of books for the Iowa Children's Choice Award. The nominations may come exclusively from these students so that it is ensured that these are the favorites of students in this age group. Nominations are not allowed from authors or publishers.

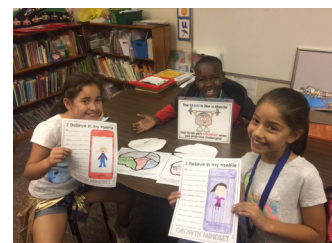
Students are able to vote for their favorite at the end of February if they have read two or more books from the list.

You can access the list at:

<http://new.mackinbooktalk.com>

Click on Iowa and then Iowa Children's Choice Award.

ELL: Mrs. Vogeler English language learners have been discussing in their ESL class what it means to have a fixed and a growth mindset and discovering the amazing properties of their brains. When students first come to understand that learning can *rewire the brain and increase their intelligence*, they often become more interested in learning and less afraid to make mistakes and do things that might make them "look dumb." This understanding helps them gradually transform their fixed mindset into a growth mindset. Initially, some students think that a growth mindset means believing that "you can succeed if you just try harder", but they soon learn that there's a lot more to it. Trying harder and trying new strategies not only helps them succeed at the current task, but also helps them succeed in the future by strengthening their brain. Growth mindset is about growth, not just effort.



It's Box Tops and Labels time again! We are collecting Box Tops AND Campbell's Labels this year. Just bring them in to your teacher's room and they will have a collection box to put them in. The first contest ends **October 6th**. The winning class will get a popcorn party and a movie! The winners need to have the most Box Tops and Labels combined. Last year we thought that Labels were completely done, however, Campbells is still collecting Labels until May 18th. So dig in your cupboards and bring those in too!

Ready, Set, Read!

Now that our students are in their school groove it's time see if they are up for a challenge. Our Fall Read-A-Thon fundraising event is an excellent opportunity for them to showcase their reading skills while helping raise money for the PTO to fund activities like classroom field trips. Individual incentives and classroom rewards are all part of the challenge.

The event dates have recently been updated. **Read-A-Thon will run Monday, Oct. 16th through Friday, Oct. 27th.** *Fundraising efforts will begin prior to the event.* Watch for more information about this fun event to come home with your child in the weeks ahead.

Our Fall Book Fair is coming November 6-10th!

Some Book Fair fun facts:

- * The Book Fair is more than just a place to get some great books - it is also a fundraiser for our library!
- * At least 50% of what you spend on books at the fair, our library gets as a profit to buy more books for our kids and teachers to use.

**PTO Meeting at 7:00pm
Thursday, November 2nd
Valerius Library**

Attend the next meeting to learn more about your PTO and the ways you can give an hour to make a difference.

SKATING PARTY!

Thursday , Oct 19th

6:00-8:00pm

Skate North

5621 Meredith Dr

(\$6 admission, proceeds benefit PTO)



* The Book Fair is run entirely by volunteers. Please think about volunteering your time this year - it is easy, fun to do, and it helps our school! You can [sign up here](#) to help!

Email Kelli Dever at kellijo83@msn.com for more information.

More information about Book Fair dates and times will be coming soon!