

# Tiger Cub News

Delano Elementary Family Newsletter

February 2017



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## Exciting Changes in Physical Education at DES

Have you heard about the changes in our DES Physical Education Department? The 2016-2017 school year has brought amazing changes to our physical education department. You may have noticed a shift to overall student fitness, health awareness and lifelong exercise habits being built on a daily basis during physical education class at Delano Elementary.

Traditional physical education class provided too little activity while waiting in lines to take a turn for the activity, and minimal education on maintaining a healthy lifestyle. Today, DES staff are combining classes to co-teach lessons and accessing the entire gym space for more movement activities. By using the team teaching concept, students have another set of trained eyes to focus on student feedback, and it allows one staff member to give instruction while the other staff member assists students in need.



Our physical education staff has started to work on the Health-related fitness components as a daily part of physical education class:

- Muscular Endurance
- Muscular Strength
- Cardiovascular Endurance
- Flexibility

When an activity is introduced to the physical education class, the staff highlights what area(s) the students will focus on during the activity.



### Technology in Physical Education Class

Technology is also playing a role in our new physical education curriculum. This year, students in 3<sup>rd</sup> and 4<sup>th</sup> grade have access to Polar Heart Rate Monitors. The Heart Rate Monitors use Bluetooth technology to measure student heart rate, calories burned, and the amount of time students are spending in their optimum heart rate zone. Students are able to see their fitness results in “live” time projected on the teacher iPad or video screen. This technology has been remarkable for all students, no matter their athletic ability, to personalize their fitness goals on a daily basis. Teachers are also using video analysis to show students their “form” during activities. This technology provides students with instant visual feedback on how to improve the exercise. Finally, a sound field system to project the teacher’s voice has been added to the gymnasium to provide better sound quality of teacher instructions and feedback.



### Assessment for our Students

The way students are assessed in physical education is changing too. Rubrics are being designed for each lesson that give students the expectation of what is needed for each activity to meet the standard or exceed the standard of the activity. Students are also assessed using FitnessGram. In this assessment, students complete Pacer Test (running), push up, curl up, trunk lift (flex) during three different times (fall, winter, spring) of the school year.

I recently asked a group of 3<sup>rd</sup> grade students what they like most about physical education.

*(cont'd on next page)*



Here is some of the great feedback that I received:

"It is fun to be able to use the whole gym!"  
"We are much more active this year!"  
"We love the new games like Battleship, and the music gets us excited to exercise!"  
"The heart rate monitors are cool! It is fun to see how hard we are working in PE!"

We are excited about the new changes to our physical education curriculum and classes. Our students are having fun, being active, and developing lifelong fitness habits that will last a lifetime!

**- Darren Schuler  
Principal**



## Student Attendance Reminder

Part of our attendance procedure is to send letters to parents stating our concern about student's attendance if the student reaches 10 absences or tardies. Even though some of those may be excused, a letter may still be sent to communicate our concern. After 10 absences, a doctor's note may be required to excuse any more absences. In an effort to warn families before student absences become an issue, we have recently begun sending a letter to parents once their child has been absent seven days. Excessive absences and/or tardies may lead to a child protection referral being filed with appropriate county officials addressing educational neglect.

To stay on track in school, students need to be present every day. Being absent just two days a month can put your child behind academically. This is why we ask parents to try to plan family vacations to coincide with our school calendar. We also ask that parents carefully weigh sick days, keeping in mind our school guidelines regarding illness and school attendance which is explained on page 4 of this newsletter. If your child is sick, talk with your healthcare provider to determine whether they should stay home from school. If the doctor or nurse recommends that your child stay home, find out exactly how long and on what conditions he/she can return to class. Help make school a priority for your child.

**For the safety of students, it is important to verify absences. Parents are asked to confirm absences from school by calling the attendance line at 763.972.6200, ext. 2100, before 7:30 a.m.**

**- John McDonald  
Assistant Principal**

## PRESS Training for Teachers at DES

*What is PRESS?* PRESS stands for Path to ReadinExcellence in School Sites. On Monday, January 16, Delano Elementary teachers received training on PRESS interventions. They received specific training in each of the four pillars of reading which include: phonemic awareness, phonics, fluency and comprehension.

The need to help students succeed in reading is a priority at DES. We have spent a great deal of time researching different methods for helping students that are performing below grade level in reading. PRESS provides us with a framework for a multi-tiered system of support (MTSS) that complements our core reading curriculum and enables us to provide research-based interventions to identified students. These reading interventions can be utilized within the classroom by the regular education teacher, or in a small group with one of our Student Support Service teachers, i.e. Reading Corps, Title 1, Basic Skills, ADSIS and Special Education.

Throughout the school year teachers will work to implement these interventions with students as we strive to ensure that all students are academically successful.

**- John McDonald  
Assistant Principal**

# Reading is Alive and Well at DES!

More than 220 students participated in this year's *Battle of the Books* program at the Delano Elementary and Middle Schools. This was an all time participation record for this event, which has been around for more than 10 years. Students in grades 3-8 may participate in this annual reading competition.

Students form their own team of three, read books from an assigned list over a two month period, and prepare for the contest. The *Battle of the Books* contest is set up like a game show. A question is read and each team writes their answers on a white board and holds them up for the judges during a predetermined time period. Each team earns points for correct answers. Students are required to remember details from their books and be able to identify which book the details can be found. It is an exciting event that gets students reading genres they may not normally choose on their own. *Battle of the Books* also allows students to collaborate with others to prepare for the contest and just have some plain reading fun!

***The Battle of the Books program is sponsored by the Talent Development Program, coordinated by Gwen Briesemeister. A BIG Thank You to the parents who volunteered their time to make this event successful and fun for the students!***



**3<sup>rd</sup> Grade Battle of the Books  
Winners: Sydney Pink, Eleanor Hajas  
and Kaelyn Wittwer**

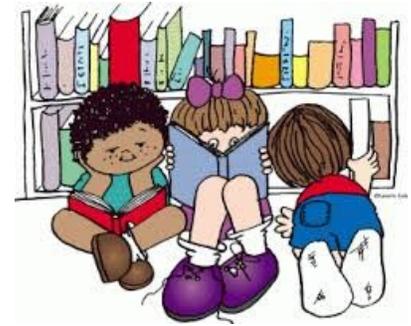


**4<sup>th</sup> Grade Winners: Jake Schultz,  
Drew Nielsen and Joey Lamecker**

## I Love to Read Month

### Books AARRRGH Treasure

February is "I Love to Read Month" at Delano Elementary and this year's theme is *Books AARRRGH Treasure*. On January 30, DES kicked-off this exciting month with an all-school Drop Everything and Read (DEAR) time. Students have been divided into two teams. During February, each team will attempt to read 200,000 minutes. Staff will keep track of each team's progress on a bulletin board display across from the office.



**Here are some important Dress Up Day dates to remember:**

Friday, February 3	Pirate Day
Friday, February 10	Book Character Day
Friday, February 17	Wacky Color Day
Friday, February 24	Favorite Sports Team Day

During "I Love to Read Month", DES will welcome Carrie Hartman into their classrooms. Carrie is an award winning, nationally recognized illustrator and author of children's books. In addition to illustrating and authoring books, Carrie's work includes editorial work in magazines and newspapers, greeting cards, nationally animated commercials, murals and much more. For more information, visit Carrie's website at [www.carriehartman.com](http://www.carriehartman.com).

***"The more you read the more things you know. The more that you learn the more places you'll go."***  
- Dr. Seuss

## Notes from Nurse Crista...

As we begin a new year and prepare to finish out the second half of the school year, I want to take a moment to revisit the guidelines that we follow regarding illness and school attendance. January marks the height of cold and flu season, and it's important for the health of our students that children who are ill be kept home from school. My hope is that these guidelines will help you decide when your child should stay home from school.



- If a child has a fever of 100 degrees or more, that child should stay home for 24 hours **after** their temperature returns to normal without the use of fever reducing medication.
- If a child has vomited or has had diarrhea, that child should stay home from school until 24 hours **after the last episode**.
- If a child has an unexplained rash that could be disease related, that child should be kept home from school until cleared by a physician to return to school.
- If a child is started on antibiotics for **ANY** reason, that child should be kept home for 24 hours.

We have been seeing an increased frequency of children being sent to school who are not well enough to be here. It is certainly challenging for working parents to juggle the demands of work and family, so we ask that a back-up plan be put into place with a trusted friend or relative in the event that your child becomes ill unexpectedly and you are unable to take time off from work.

Thank you so much for your efforts to keep your child, as well as other children, healthy!

- *Crista Wadholm*  
Elementary Nurse

## Delano Elementary Staff Help Raise Funds for United Way

Each year around the holidays, Delano Public Schools hold a district wide fundraising campaign for the United Way. The final numbers came in for the 2016 United Way Fund Drive and through the donations of over 100 district employees, the school district raised \$11,283 to support the Delano-Loretto United Way.

As a reward for the most amount raised, Delano High School staff was recognized with a pizza luncheon for contributions totaling \$5,842.

A special thank you to teachers Karen Hohenstein, John Bingea and Kalsey Rheingans, along with Community Education Director Diane Johnson, for leading their building campaigns this year. In addition, the Delano-Loretto United Way wants to thank all the employees who contributed. It is campaigns like this that show how Delano Public Schools support an ongoing commitment to help build better lives and strengthen the community in which they live and work.



## Tiger Fun Fair

### Mark Your Calendars for Saturday, February 25!

Get ready for the Annual Tiger Fun Fair that will take place on February 25, 2017, from 12-4 p.m. at the Delano High School Tiger Activity Center. There will be FUN, FOOD, CARNIVAL GAMES, INFLATABLES and a SILENT AUCTION at Delano's largest school carnival hosted by Delano Elementary Partners in Education (DES PIE). DES PIE will be pre-selling wristbands a few weeks prior to this event.

They will also be available to purchase at the door.

The Tiger Fun Fair is for the entire family!

We are in need of many volunteers to make this event a success. To volunteer, go to <http://www.signupgenius.com/go/20f0949a5ab29a0f58-2017>

**Questions? Please contact Meredith Huikko, at [meredith.huikko@delanoschools.org](mailto:meredith.huikko@delanoschools.org).**



# DES Celebrates Cafeteria Expansion

On the morning of Tuesday, January 3, DES staff, students and community members celebrated the completion and grand opening of the newly remodeled elementary school cafeteria.

This expansion is part of the \$65 million bond referendum projects. This project consisted of renovations and upgrades that will benefit students for years to come. The renovations included the expansion of the existing cafeteria space, the addition of a new lobby and vestibule that leads out to the playground and updates to the existing restrooms to become APA compliant.

This project began on July 11, 2016 and was officially completed on Tuesday, January 3, 2017. We would like to thank the entire Delano community, Delano Public School staff members, along with our construction consultants, architects and the DES custodial staff for bringing this portion of the referendum projects to fruition. We eagerly await the completion of future projects to continue moving forward at Delano Schools, where "educational excellence is our foremost goal."



**Mandy Henderson, DES Head Cook, cuts the celebratory ribbon while students look on.**



**Katelyn Kivisto is enjoying her cookie and juice after the ribbon cutting ceremony.**



**View from the existing cafeteria space to the new added space and playground area.**

## February Calendar

- 3 Dress Up - It's Pirate Day!
- 7 ES PIE Meeting 7 pm  
*ES Media Center*
- 8 Dairy Queen Night 5-8 pm  
*Artwork by Mrs. Kern's & Mrs. Kurth's classrooms*
- 10 Dress Up - It's Character Day!
- 17 Dress Up - It's Wacky Color Day!
- 20 President's Day - **NO SCHOOL**
- 22 Dairy Queen Night 5-8 pm  
*Artwork by Mrs. Warne's & Mrs. Cleveland's classrooms*
- 24 Dress Up - It's Favorite Sports Team Day!

- 25 Tiger Fun Fair 12-4 pm  
*Tiger Activity Center*
- 28 ES End of 2nd Trimester



**Tiger Cub News** is published by Delano Elementary School. Editor, Traci Lawman, District Office, 763.972.3365, ext. 2111, [traci.lawman@delanoschools.org](mailto:traci.lawman@delanoschools.org)



Delano Elementary School  
678 Tiger Drive Delano, MN 55328  
Phone: 763.972.6200  
Website: [www.delano.k12.mn.us](http://www.delano.k12.mn.us)



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Lunch Prices:</b> \$ 2.70 Elementary School. Milk varieties offered at all schools. Meal account can be viewed on Family Access. Payment must be made by 10 am.</p>		<p>1  <b>Italian Dunkers</b>                      A-Chicken Caesar Salad                      Corn                      Lettuce Salad                      Fresh Fruit Mix</p>	<p>2  <b>Cheese Quesadilla</b>                      Corn                      Lettuce                      Salsa                      Fruit</p>	<p>3  <b>Chicken Patty on Bun</b>                      A-Peanut Butter Jelly Sandwich                      Chicken Noodle Soup                      Crackers;Lettuce Salad                      Veggies; Peaches</p>
<p>6  <b>Nachos - Beef &amp; Cheese</b>                      Lettuce; Onions; Salsa                      Refried Beans                      Fresh Fruit Mix                      OJ Cup</p>	<p>7  <b>Cinamon Roll</b>                      Omelet;Tri Tater                      Steamed Broccoli                      Yogurt Cup                      Orange Wedges</p>	<p>8  <b>Spaghetti w/ Meatballs</b>                      A-Egg Salad Sandwich                      Garlic Bread                      Lettuce Salad                      Green Beans                      Pears</p>	<p>9  <b>Chicken Nuggets</b>                      Tri Tater                      Corn; Veggies                      Fruit Cocktail</p>	<p>10  <b>Hamburger</b>                      A- <i>Sloppy Joe</i>                      Waffle Fries                      Lettuce;Tomato;                      Orange Wedges</p>
<p>13  <b>Dominos Pizza</b>                      Cheese/Pepperoni                      Lettuce Salad                      Green Beans                      Pears</p>	<p>14                      Chicken Patty                      Mashed Potatoes                      Country Gravy                      Steamed Carrots                      Lettuce Salad; Roll;                      Cranberries; Orange Wedges</p>	<p>15                      Chili w/Breadstick                      A- <i>Ham &amp; Cheese</i>                      Sandwich                      Tortilla Chips                      Carrots; <i>Lettuce Salad</i>                      Fruit Cocktail</p>	<p>16                      Teriyaki Chicken                      Brown Rice                      Oriental Vegetables                      Pineapple; Lettuce Salad                      Fortune Cookie                      Ice Cream Cup</p>	<p>17  <b>Walking Taco</b>                      Lettuce &amp; Cheese                      Refried Beans                      OJ Cup; Fresh Fruit Mix                      Teddy Grahams</p>
<p>20  <b>Holiday</b>  <b>No School</b></p>	<p>21                      French Toast Sticks                      Sausage                      Tri Tater                      Steamed Broccoli                      OJ Cup; Orange Wedges</p>	<p>22  <b>Hamburger</b>                      Sun Chips;Baked Beans                      Lettuce; Tomato;Onions                      Pickles;Baby Carrots                      Fresh Fruit Mix</p>	<p>23  <b>Chicken Alfredo</b>                      A-Polish Sausage                      Penne Pasta; Roll                      California Blend Vegetables                      Lettuce Salad                      Orange Wedges</p>	<p>24  <b>Build Your Own Burrito</b>                      Refried Beans                      Spanish Rice                      Lettuce; Cheese; Salsa                      Fresh Fruit Mix                      Sherbet Cup</p>
<p>27  <b>Hot Dog</b>                      A - <i>Mr. Rib</i>                      Sun Chips; Carrots                      Baked Beans                      Rosy Applesauce</p>	<p>28                      Chicken Gravy                      A- <i>Polish Sausage</i>                      Mashed Potatoes; Roll                      Lettuce Salad; Peas                      OrangeWedges                      Cranberries,Apple Crisp</p>			<p>The USDA is an equal opportunity provider and employer</p>