

# Tiger Cub News

Delano Elementary Family Newsletter

October 2017



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## Dates to remember

### October

- 2.....Kindness in Chalk
- 2...Walk, Roll & Stroll, 5:30 p.m.
- 4.....Walk to School Day
- 4.....DQ Night, 5-8 p.m.
- 10.....Picture retake day
- 10.....PIE meeting, 7 p.m.
- 12.....Conferences/Book Fair
- 16.....Conferences/Book Fair
- 17.....Conferences/Book Fair
- 18.....DQ Night, 5-8 p.m.
- 23.....Grade 1 field trip  
(Wiese, Schleper, Perlich, Beck)
- 25.....Unity Day
- 30.....Grade 1 field trip  
(Conely, Pohlmann, Jensen, Kern)
- 31...Halloween parade, 1:45 p.m.



Kindergarten students from Meredith Huikko's class examine a cucumber patch.

## Lessons from the garden

By Paul Downer  
Communications Coord.

Half a dozen years ago a grant and a few donations helped bring a set of raised garden beds to Delano Elementary School.

Since then, the gardening

project has expanded to about 12 beds through additional donations, and K-4 students have all had a hand in raising a wide variety of vegetables and edible flowers that serve as snacks while providing hands-on education in the process of planting and growing.

"The kids love it, absolutely love it," said DES special education teacher Heather Walberg, who began organizing the gardening effort in its second year.

See Garden  
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## Awards and events

By Darren Schuler  
Principal

Welcome back, Delano Elementary students and families! I hope your family is off to a great start to the school year. Our teaching staff was very

excited to meet their new students and families at orientation last month. In this month's edition of the Tiger Cub News, I would like to highlight some great achievements, as well as

See Schuler  
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# Making the most of conferences

By **Greg Hinker**  
Assistant Principal

Our fall parent-teacher conferences are just around the corner - Thursday, Oct. 12, and Monday and Tuesday, Oct. 16 and 17. These conferences are an excellent opportunity for families to meet with teachers one-on-one and learn how their children are doing academically and socially. Read on for a few tips on how you, as parents, can get the most out of your conference time.

## Listen

Throughout the trimester, if you hear your child talking about something he or she is doing well in or is struggling with, make a note of it. When it's time for the conference, you'll have a list of topics to discuss.



## Ask

The week before conferences, sit down with your child and ask him or her about school. Ask what's happening in class, at lunchtime or in special classes such as media, physical education, and/or music. Ask your child what he

or she thinks their teacher is going to tell you about them.

## Be on time

Our conferences are tightly scheduled for our teachers to see all families. Show up a few minutes early to maximize your time with the teacher.

## Take notes

Take some notes on what information the teacher is sharing about your child. Your child's teacher will have assessment data to share on how your child is achieving in comparison to his or her peers. This information will help in addressing your child's strengths, weaknesses and social skills development.

## Visit the specialists

Take time before or after your 20-minute conference to

meet some of your child's other teachers, such as the physical education teacher, music teacher and media specialist. These staff members see your child in a different setting than the classroom, so it is always beneficial to hear how they achieve in these settings. Our specialists are available in their classrooms during the conference evenings.

## Follow up

After the conference, take time to talk with your child about what you and the teacher discussed. Highlight the positive things the teacher said. Take time to develop a plan to help your child in the areas the teacher addressed. This may include dedicating more time each evening at home to help your child succeed.

## Garden

from Page 1

Students plant before school lets out in the spring, and summer school students and community volunteers weed and water the plants over the summer months. After school resumes in the fall students are able to harvest the crops.

In a typical year the gardens are able to produce enough mini pumpkins for each student to take one home, and there are also some practical benefits throughout the growing season.

"If someone forgets to bring a snack for their day at summer school we can let them go out and pick a cucumber," said Walberg.

"It's great when students are excited about cucumbers for snack instead of processed crackers and fruit snacks," said kindergarten teacher Meredith Huikko.

While doing their own gardening fits in well with lessons on spring, seeds and a field trip to a farm, Huikko said there are also some additional



## Giant gourds are a highlight of the garden this year.

insights that gardening can impart.

"In the spring kindergarten students plant small pumpkin and gourd seeds. The following fall, the new set of kindergartners gets to pick one," said Huikko. "One class plants, but another class receives the final product. We get a chance to talk about doing things for others."

An end-of-growing-season project involves saving and drying seeds for planting the next year, which allows students to see the full seed cycle over multiple years. Aside from periodic snacks, some produce is sent home for students to try with their families, and a future goal is to share fresh produce with the lunch room.

A highlight of this year's

garden is an outsized experimental gourd.

"It's way too big to do anything normal with, so we're going to see how big it gets," said Walberg. "The kids like to check on it."

Other than mini pumpkins and giant gourds, this year's garden includes rhubarb, herbs, tomatoes, beans, radishes and more. The project involves minimal expense, as seeds are either saved or donated, but there is some cost for sprouting pods. Different grade levels manage different beds, and students keep track of how their garden did and possible reasons for a light or plentiful harvest.

"They can't hurt the garden," Walberg said of the youngest farmers. "There is no pressure to make it perfect. We just tell them, 'If you pull the wrong thing out, shove it back in.' It's a good way to introduce the root system to them."

Future plans involve planting fruit trees and further expanding the gardens.

"We've had pretty good luck with it so far, and it's just a lot of fun," said Walberg.

# 'PBIS' The Tiger Way

What is PBIS? PBIS stands for Positive Behavioral Intervention Supports.

It is a schoolwide system of supports that include proactive strategies for defining, teaching and supporting appropriate student behaviors to create positive school environments.

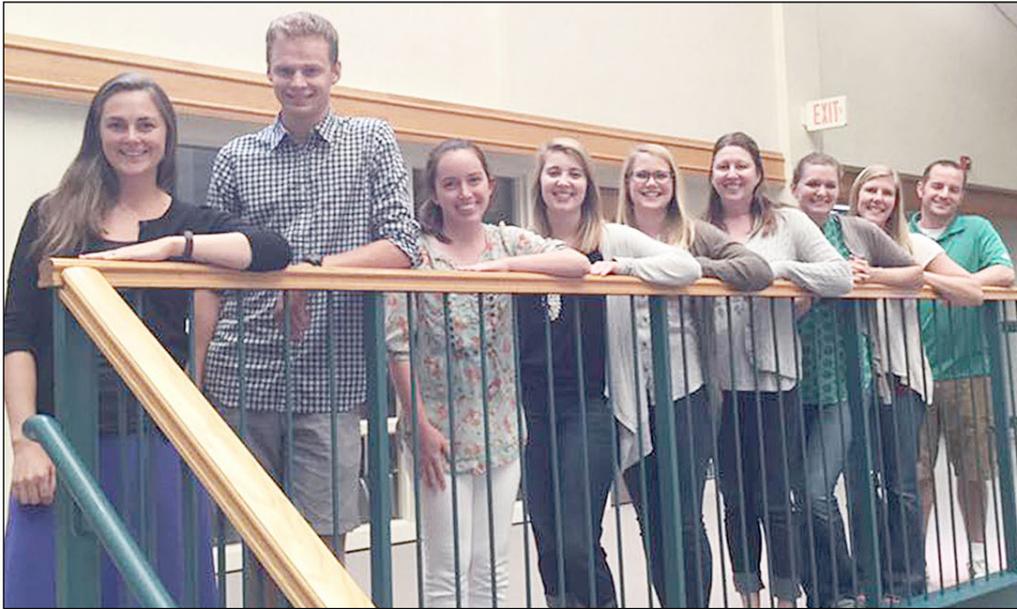
At DES, we call this The Tiger Way. Staff and students have worked very hard to implement this positive behavior system around the three main themes: "Be Responsible, Be Respectful, and Be Safe." All staff in all areas of the building use the same behavior expectations in order to support positive student behavior.

In recent years we have had school-wide celebrations to honor the extraordinary efforts of our staff and students.

With The Tiger Way now established, we look forward to the growth in positive behaviors that we will see from a third year using the same expectations. At the same time we want to thank parents for their continued support at home, without which our jobs would be that much more difficult. Positive behavior starts with you.

Thank you!

- Greg Hinker  
Assistant Principal



## New teachers step in

Delano Elementary School welcomed nine new staff members in August. They are, from left: Hannah Rosholt (music), Jackson Lindquist (third grade), Emily Goudreault (second grade), Kelli Soupir (third grade), Claire Olson (speech), Melissa Assels (ADSI), Kelly Perlich (first grade), Dianne Pohlmann (first grade) and Lucas Garcia Silva (PE/DAPE).

## Schuler

from Page 1

highlight a number of events that are coming in October.

### Active School Award

Recently our school was recognized with the Active Schools National Award.

Delano Elementary was commended for model work in enhancing physical education and physical activity opportunities, and for inspiring students to perform their best both in the classroom and in life.

The Delano Elementary physical education staff has been committed to at least 60 minutes of physical activity before, during or after school each day. According to Active Schools executive director, Charlene Burgeson, "Delano Elementary is leading the way in this generation-changing movement that is transforming our nation's schools into healthy and active hubs."

Congratulations to our DES physical education staff and students for their hard work in earning this special honor!

### Walk, Roll and Stroll

In keeping in the active school theme, please note two upcoming events. On Monday, Oct. 2, we are hosting a family Walk, Roll, and Stroll Event at 5:30 p.m. starting at the front of the

elementary school. Registration begins at 5:15 p.m. The course is about 3 miles long. Each participant will receive an apple and a bottle of water at the end of the event.

### Walk to School Day

DES will once again participate in the national Walk to School Day on Wednesday, Oct. 4.

Students can be dropped off at Delano Evangelical Free Church, located at 732 Elm Avenue, between 7:30 and 7:45 a.m. Students will follow the Elm Avenue sidewalk and then connect with the "Tiger Trail" that will lead them directly up to the elementary school.

Delano Elementary staff will be at the drop-off location, as well as located along the route to provide encouragement and safety to the walkers.

### Fall conferences

Our fall conferences are right around the corner! Each classroom teacher has posted their classroom conference times on SignUp Genius.

Fall conferences are a time to review classroom procedures and expectations, share preliminary FAST testing data, set learning goals, and allow you as parents to set learning goals with the teacher for the school year.

We look forward to seeing you at conferences, and we look forward to an outstanding home-school partnership with you this school year!

# 'Zones of Regulation' a behavior key

By Michelle Krueger  
DES Social Worker

## The ZONES of Regulation®

<b>BLUE ZONE</b>	<b>GREEN ZONE</b>	<b>YELLOW ZONE</b>	<b>RED ZONE</b>
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Terrified Yelling/Hitting Out of Control

What are the Zones of Regulation?

The zones are a systematic, cognitive behavior approach used to teach self-regulation by categorizing all the different ways we feel and states of alertness we experience into four concrete areas.

The zones curriculum provides strategies to teach students to become more aware of, and independent in, controlling their emotions and impulses, managing their sensory needs, and improving their ability to solve conflicts.

Our feelings and states determine our zone.

### **The Red Zone**

This zone is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing anger, rage, explosive behavior, devastation or terror when in the Red Zone.

### **The Yellow Zone**

This zone is also used to

describe a heightened state of alertness and elevated emotions; however, one has some control when they are in the Yellow Zone.

A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone.

### **The Green Zone**

This zone is used to describe a calm state of alertness. A person may be described as happy, focused, content or ready to

learn when in the Green Zone. This is the zone where optimal learning occurs.

### **The Blue Zone**

This zone is used to describe low states of alertness and down feelings, such as when one feels sad, tired, sick or bored.

### **Like traffic signs**

The zones can be compared to traffic signs. When given a green light, or when in the Green Zone, one is "good to

go." A yellow sign means be aware or take caution, which applies to the Yellow Zone.

A red light or stop sign means stop, and when one is in the Red Zone that is often what is needed.

The Blue Zone can be compared to the rest area signs where one goes to rest or re-energize.

All of the zones are expected at one time or another, but the curriculum focuses on teaching students how to manage their zone based on the environment and people around them.

For example, when playing on the playground or in an active/competitive game, no one would think twice about a child being in the Yellow Zone, but that would not be same in the library.

If you have questions or would like more information about this topic, please contact Michelle Krueger, DES Social Worker, at michelle.krueger@delanoschools.org.

## Event briefs

### **Walk, Roll and Stroll Oct. 2**

Delano Elementary School invites families to bring their walking shoes, bikes, rollerblades or strollers for a fun evening with other Delano families.

The annual Walk, Roll and Stroll event is at 5:30 p.m. on Monday, Oct. 2.

Registration will begin at 5:15 p.m., and the trek begins at the front of the elementary school. The course is about 3 miles long in total. Each participant will receive an apple and a bottle of water at the conclusion of the event.

Come out, get some fresh air and have fun with friends. DES staff would love to see you there!



### **Unity Day promotes kindness**

Wednesday, Oct. 25, is Unity Day – a day to unite for kindness, acceptance and inclusion. Encourage your child to wear orange to school as we come together in one giant message of support, hope and unity. Go to

[againstbullying.org/kab/](http://againstbullying.org/kab/) to get more information on bullying and what your child can do if they are a target or bystander. Together we can make it orange! Make it end!

### **Wild West Book Fair**

The Wild West Book Fair runs from 4 to 8 p.m. during conferences on Thursday, Oct. 12, and Monday and Tuesday, Oct. 16-17.

The media center is now signing up volunteers. Volunteers receive \$5 off their total purchase at the book fair. Adults who are interested can sign up at <http://www.signup-genius.com/go/30e0d4aa5ae2ca1fd0-delano2>.

There are two new items of note this year. First, volunteers *must* have a secure background check on file with the District 879. A background check can be completed through a link provided on the Elementary School website. The cost of the check is \$12, payable by the volunteer. The on-line background check is good for three years. Second, volunteers *must* be registered every school year with the district's volunteer office.

"We are also looking for weekly volunteers to help in our media center/library," said media center assistant Jill York. "Contact us if you are interested!"



# DES PIE group a great way to get involved

Delano Elementary School PIE (Partners in Education) is a collaboration of parents, teachers and community members who help raise over \$45,000 every year for students by hosting carnivals, family fun nights, Dairy Queen nights, the Fall Fund-raiser and more.

Any community members with an interest in DES are encouraged to attend PIE meetings. DES PIE meetings generally take place the second Tuesday of each month from 7-8 p.m. at the Elementary School.

**At right, a big crowd came out for the first major DES PIE event of the year, the outdoor Lego Batman Movie on the lawn on Friday, Sept. 8.**



## Volunteer to make a difference

Whether you have just a few hours a year or several a month, there is an opportunity to share your skills and interests. Volunteers are invaluable contributors to the success of our students and make a positive impact on our school and community.

Last year volunteers contributed more than 8,000 hours in a variety of roles, such as classroom helpers, site based committee

members and chaperones. Not sure what role interests you? Take a look at the list below, and you can find additional information and descriptions on the Delano Schools website.

For more information, or to register as a volunteer, visit [www.delano.k12.mn.us/district/school-services/volun](http://www.delano.k12.mn.us/district/school-services/volun) or call 763.972.3365, ext. 2333.

### Elementary School

- Battle of the Books \_\_\_\_\_
- Book Fair \_\_\_\_\_
- Classroom Helper \_\_\_\_\_
- Teacher/s name \_\_\_\_\_
- DI Team Manager \_\_\_\_\_
- Drama Assistant \_\_\_\_\_
- Elementary Art Show \_\_\_\_\_
- Elementary Office Helper \_\_\_\_\_
- ES Site Base Team \_\_\_\_\_
- Field Trips \_\_\_\_\_
- Hearing & Vision Screening \_\_\_\_\_
- Math Lab \_\_\_\_\_
- Media Center Helper \_\_\_\_\_
- Project Judge \_\_\_\_\_
- Publishing Center \_\_\_\_\_
- Science Fair \_\_\_\_\_
- Talent Development Assistants \_\_\_\_\_
- Volunteer On Call \_\_\_\_\_
- PIE Volunteer Opportunities \_\_\_\_\_
- APEX Fun Run \_\_\_\_\_
- Back to School Movie Night \_\_\_\_\_
- Box Tops for Education \_\_\_\_\_
- Dairy Queen Night \_\_\_\_\_
- Fall Fundraiser \_\_\_\_\_
- Fall Concession stand \_\_\_\_\_
- Family Fun Night \_\_\_\_\_

- Fish Fry \_\_\_\_\_
- Memory Book \_\_\_\_\_
- Spirit Wear Sales \_\_\_\_\_
- Teacher/Staff Appreciation Nov. \_\_\_\_\_ May \_\_\_\_\_
- Tiger Dash and 5K Run \_\_\_\_\_
- Tiger Fun Fair \_\_\_\_\_

### Middle School

- After School Snack Program \_\_\_\_\_
- Battle of the Books \_\_\_\_\_
- Box Tops for Education \_\_\_\_\_
- Cafeteria Friendly Presence \_\_\_\_\_
- Campbell's Soup Labels \_\_\_\_\_
- Chaperoning Activities \_\_\_\_\_
- Classroom Helpers \_\_\_\_\_
- Cookie Dough Fundraiser \_\_\_\_\_
- DMS PIE \_\_\_\_\_
- DI Team Manager \_\_\_\_\_
- Drama Assistant \_\_\_\_\_
- Hearing & Vision Screening \_\_\_\_\_
- Lunch Server \_\_\_\_\_
- MS Year Book \_\_\_\_\_
- MS Site Base Team \_\_\_\_\_
- Project Judge \_\_\_\_\_
- Student Council Helper \_\_\_\_\_
- Talent Development Assistant \_\_\_\_\_
- Teacher/Staff Appreciation \_\_\_\_\_
- Use me as a resource e.g. (profession, hobbies,

- travel, languages) \_\_\_\_\_
- Volunteer On Call \_\_\_\_\_
- Winter Activity Day Registration \_\_\_\_\_

### High School

- After School Snack Program \_\_\_\_\_
- Box Tops for Education \_\_\_\_\_
- Cafeteria Friendly Presence \_\_\_\_\_
- Commencement Day Help (Jr. Parents) \_\_\_\_\_
- DI Team Manager \_\_\_\_\_
- DHS PIE \_\_\_\_\_
- Drama Assistant \_\_\_\_\_
- Friendly Presence \_\_\_\_\_
- Hearing & Vision Screening (Gr. 10) \_\_\_\_\_
- HS Site Base Team \_\_\_\_\_
- Lunch Server \_\_\_\_\_
- Media Center Helper \_\_\_\_\_
- Motivational Speaker \_\_\_\_\_
- Prom Events Help \_\_\_\_\_
- Red Cross Blood Drive \_\_\_\_\_
- Talent Development Assistant \_\_\_\_\_
- Use me as a resource (e.g. profession, hobbies, travel, languages) \_\_\_\_\_
- Volunteer On Call \_\_\_\_\_
- Youth As Resources Board Member \_\_\_\_\_

# Kindness in Chalk arrives Oct. 2

By Paul Downer  
Communications Coord.

Delano's first "Kindness in Chalk" campaign, timed to coincide with the beginning of National Bullying Awareness Month, will be held on Monday, Oct. 2.

During the morning students of all ages will, along with their teachers, take about an hour of time to visit designated areas both on campus and around the community to write positive messages in chalk on the sidewalks.

"When individuals hear and see messages of kindness it changes their entire demeanor and attitude, even if only for a small portion of time," said Shallyn Tordeur, alternative education instructor and School Within a School director for Delano. "So the whole purpose is to give everyone that mo-



Staff were busy gathering chalk to spread messages of kindness during the past week.

ment of kindness and peace."

The day isn't just for students, either. Business owners and homeowners are encouraged to write their own messages on sidewalks or driveways to help spread the spirit of kindness even further. The Wright County Sheriff's Office

plans to participate, as do a number of daycare groups.

"We want everybody to be a part of it. We're not excluding anyone," said Tordeur, who is part of the organizing committee of teachers and administrators. "We encourage everyone around the community to take

part and write something positive for people to see."

Delano students will focus on the sidewalks around the perimeter of the school campus, including a line stretching down Elm Ave. past the Community Ed. building to River Street, and from there past the city park and up County Road 30 back to the campus.

Roughly 20 other schools in Minnesota are planning to participate in the event, which originated in Minneapolis three years ago.

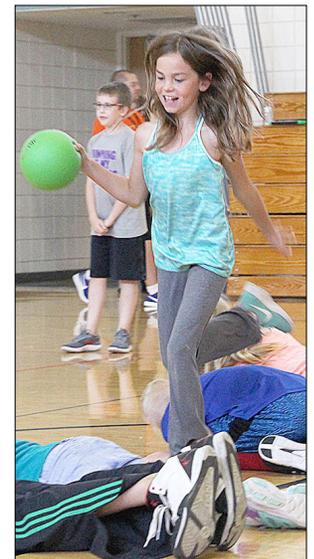
"Our hope is that if this goes well it becomes a tradition for our district and community," said Tordeur.

- All students who leave campus during the event will do so in the company of a supervising teacher. Anyone with questions is encouraged to contact their student's building administrator.

## September highlights



At left, 143 parents came out to the first Bring Your Parents to PE Week. Above, high school students put on a homecoming pep fest at the elementary. At right, DES won an Active Schools National Award.



Tiger Cub News is published by Delano Elementary School. Editor, Paul Downer, District Office, 763.972.3365, ext. 2111, paul.downer@delanoschools.org



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# Announcements

## Candy collection days return

This year Delano Elementary is participating in Allina Health's Halloween Candy Collection, an event that promotes healthy living, including candy in moderation, exercise and proper dental care.



On Wednesday and Thursday, Nov. 1-2, Delano Elementary will have a collection box at school to collect candy donations (store-bought and individually-wrapped) from students. The collected candy will be donated to programs that send gift boxes to troops overseas. For each pound of candy collected, Allina Health will donate \$1 to local food shelves.

If Delano collects the most candy (in pounds per student) of the participating schools in the area, DES will win \$250 toward equipment to help improve the health of the school, along with

other health and wellness prizes from Allina Health. We hope you will use this as an opportunity to talk with your children about the importance of eating candy in moderation, and to help them get excited about donating their surplus candy in a way that will benefit others.

Thank you in advance for encouraging your children to participate in this program. Direct questions to Michelle Krueger, DES Social Worker, at 763.972.6200 ext. 4273 or michelle.krueger@delanoschools.org.

## Changing end-of-day routine

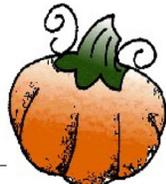
If you need to change your child's end of day routine and have forgotten to send a note to school, you will need to contact the school office before 11 a.m.

This deadline allows the office to give teachers this information during lunch times so instruction is not interrupted. We understand that emergencies may occur after this time and we will do our best in getting that information to your child.

For more information on end-of-day changes and other school procedures, see the Student-Parent Handbook. The handbook can be found on the school website, [www.delano.k12.mn.us](http://www.delano.k12.mn.us). Click on the Elementary School tab and look under the Information menu.

## ES 2017-18

## October

Monday	Tuesday	Wednesday	Thursday	Friday
2 Hot Dog A - Mr. Rib Sun Chips Carrots Baked Beans Rosy Applesauce	3 Chicken Gravy A- Polish Sausage Mashed Potatoes; Roll Lettuce Salad; Peas OrangeWedges Apple Crisp	4 Chicken Nuggets Tri Tater Green Beans Veggies Fruit Cocktail	5 Cheese Pizza Lettuce Salad Corn Pears	6 Tacos-Beef Lettuce/Cheese/Salsa Refried Beans OJ Cup Fresh Fruit Mix Frosted Graham Cracker
9 Cheese Quesadilla Spanish Rice Lettuce Refried Beans Fresh Fruit OJ Cup	10 Corn Dog Potato Smiles Baked Beans Veggies Rosy Applesauce	11 Italian Dunkers A-Egg Salad Sandwich Corn Lettuce Salad Fresh Fruit Mix	12 Chicken Patty on Bun A- PBj Sandwich Chicken Noodle Soup Crackers;Lettuce Salad Veggies Peaches	13 Pizza Hotdish A-Tuna Sandwich Broccoli Normandy Garlic Breadstick Lettuce Salad Pears
16 Nachos - Beef & Cheese Lettuce; Onions; Salsa Refried Beans Fresh Fruit Mix OJ Cup	17 Hamburger A- Sloppy Joe Waffle Fries Lettuce Tomato Orange Wedges	18 Spaghetti w/ Meatballs A-Chicken Caesar Salad Garlic Bread Lettuce Salad Green Beans Pears	19 <b>MEA-NO SCHOOL</b>	
23 Dominos Pizza Cheese/Pepperoni Lettuce Salad Green Beans Pears	24 Chicken Patty Mashed Potatoes Country Gravy Steamed Carrots Lettuce Salad; Roll OrangeWedges	25 Chili A: Ham Sandwich Tortilla Chips Carrots Lettuce Salad Fruit Cocktail	26 Teriyaki Chicken Brown Rice Oriental Vegetables Pineapple; Lettuce Salad Fortune Cookie Ice Cream Cup	27 Walking Taco Lettuce & Cheese Black Bean Salsa OJ Cup Fresh Fruit Mix Teddy Grahams
30 BBQ Chicken Drumstick Brown Rice Steamed Vegetables Pineapple Lettuce Salad	31 Frightful French Toast Sticks Spooky Sausage Thrilling Tri Tater Scary Steamed Broccoli OJ Cup Orange Wedges	<p>The USDA is an equal opportunity provider and employer</p> 		<p><b>Lunch Prices:</b> \$ 2.80 Elementary School. Milk varieties offered at all schools. Meal account can be viewed on Family Access.</p>