

Tiger Cub News

Delano Elementary Family Newsletter

May 2017



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Thank You for a Successful School Year!

As we wind down another school year, I would like to take a minute to reflect on how proud I continue to be of the students, staff and parents of the Delano Elementary School Community. I would like to highlight some of our accomplishments from the school year.

We started the school year with an exciting new process in Orientation Days on the first two days of the school year. Our staff was so grateful to have the opportunity to spend thirty minutes of time getting to know each student and their family. This process was such a great start to the school year!

We started our second year of the "Tiger Way", a positive behavior support program that has become a part of our everyday language at Delano Elementary. Being Responsible, Respectful, and Safe is the fabric of everything we do at DES. I am so proud of our students who are constantly showing the Tiger Way in all parts of our school day.

Delano Elementary School was recognized by the Minnesota Department of Education for being a Minnesota "Reward" School in 2016. The schools on this list are Minnesota's highest performing Title I schools. These schools have demonstrated exceptional student outcomes and success in closing achievement gaps. This is the fourth time in five years that our students and staff have received this prestigious recognition.

Our cafeteria expansion is finished! This was a much needed expansion that took the first four months of our school year. Our students and staff did a great job of making the best of a "reduced" size cafeteria for much of the school year. The end result is amazing! We are very fortunate and excited to have an outstanding cafeteria to meet our enrollment needs!

In a compacted school year, we could not be more proud of the effort and accomplishments of our students this year. We hope you enjoy your summer, and we will see you back on September 5th or 6th for Orientation!



Mark Your Calendar!

2017-2018 Orientation Days will be held on
Tuesday, September 5 and Wednesday, September 6

- **Darren Schuler**
Principal

We Can't Wait to See All Our Students' Smiling Faces Next Fall!



DES Celebrates National Physical Education & Sport Week!



The Society of Health and Physical Education (SHAPE) America organization is celebrating the value of effective physical education and sport programs during the week of May 1-7, 2017. SHAPE America recognizes that, "Students who participate in effective physical education, taught by certified physical education teachers, are empowered with the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity."

At DES we have been celebrating National PE & Sport Week in a variety of ways, including:

- Participating in physical activity during the daily announcements.
- Tweeting out pictures and videos of physical activity in the classroom.
- Competing in a push-up challenge with a number of 4th grade classes.
- Physical Education staff sharing information on the importance of quality physical education and activity, as well as resources for brain boosting activities to be used in the classroom.
- Hosting a "Workout Wednesday" - where staff can wear their workout attire and are invited to come to the gym before school to get some physical activity to start the day.
- Including Mr. Schuler in the AM Active Recess Program to host a boot-camp workout morning on Thursday, May 4.
- Committing to SHAPE America's 50 Million Strong by 2029 initiative, which is a call to action for all of America's health and physical educators to unite and focus on a common purpose - getting all of the nation's children physically active, enthusiastic, and committed to making healthy lifestyle choices.

The response to National PE & Sport Week at DES has been really great to see. We have a number of staff members who have been getting involved and sharing their activities with the Physical Education staff. We are looking forward to finishing out the school year on a high note, and continuing to encourage students and staff to be active for life!

- Tim Lyngen, DES Physical Education Teacher

Oh! The Places You'll Go!



DES second grade students performed an original musical based on Dr. Seuss's book, *Oh! The Places You'll Go!*, on Thursday, April 27. Ms. Anderson, Mrs. Nagengast, Mrs. Swan and Mr. Uselding's students performed American folk songs, Tin Pan Alley songs, and a rock song in this colorful performance of the classic children's book.

Thank you to the students and parent volunteers for designing costumes, creating artwork and making original Dr. Seuss truffula trees.

Stars and Stripes Forever: A Patriotic Program



Stars and Stripes Forever: A Patriotic Program was performed by Mrs. Clifton, Mrs. Schmidt and Mrs. William's second grade students. The students filled the air with our country's favorite patriotic songs while learning about some of the United States music history. Each class performed an individual song and throughout the performance students' created flag movements that corresponded with the meaning of the lyrics.

Thank you to the parents for their support and to the United States military for their service to this great country!

Mental Health: ADHD and Anxiety



On April 12, Delano teachers and staff had the privilege of hearing Mr. Rob Winkler, licensed psychologist and registered play therapist speak on Attention Deficit Hyperactivity Disorder (ADHD) and anxiety. Mr. Winkler is the founder and owner of Playmore and Prosper in Plymouth, MN. He shared some of the latest research on ADHD and anxiety, as well as effective strategies and resources. Here are some we want to share with you:

ADHD Strategies

- Empathy and positive attention
- Exercise and breaks
- Yoga Calm (www.yogacalm.org and www.1000-petals.com/)
- Allow some fidgeting - sit still OR pay attention
- Alert Program - "How Does Your Engine Run" to assess and institute appropriate fidgets

ADHD Resources

- www.continuingcourses.net - all courses are by Russell Barkley, Ph.D. and are FREE online
- C.A.L.M. Clinic in Minneapolis (www.calm.us)

Anxiety Strategies

- Cognitive Behavioral Therapy
- Identifying and challenging automatic negative thoughts
- Mindfulness and acceptance
- Bibliotherapy - read books
- Guided meditation, 5 senses or happy place, being present in the here and now
- Breathing breaks with breathing buddies - small stuffed animal to put on chest to have child practice taking deep belly breaths
- Play the glad game - practice gratitude

Anxiety Resources

- *What to Do When You Worry Too Much* - Author Dawn Huebner
- *Healing the Fractured Child* - Author Frances Waters
- *The Child Survivor* - Author Joyanna Silberg
- *The Worry Machine* - Author Norma Jean
- *Is a Worry Worrying You?* - Author Ferida Wolff
- *You've Got Dragons* - Author Kathryn Cave
- *Anxiety Workbook for Teens* - Author Lisa M. Schab, LCSW
- *The Opposite of Worry* - Author Lawrence J. Cohen, Ph.D.
- *Worried No More: Help and Hope for Anxious Children* - Author A. Wagner
- *Worried No More: The One-Hour Workshop for Parents* - Author A. Wagner
- *Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children* - Author R. Wilson and L. Lyons
- *The Worried Child: Recognizing Anxiety in Children and Helping Them Heal* - Author P. Foxman
- *The Opposite of Worry: The Playful Parenting Approach to Childhood Anxieties and Fears* - Author L. Cohen
- *Creative CBT Interventions for Children with Anxiety* - Author Liana Lowerstein
- *Please Explain Anxiety to Me: Simple Biology and Solutions for Children and Parents* - Author Laurie Zelinger
- *Today I Feel Silly and Other Moods That Make My Day* - Author Jamie Lee Curtis

Websites

Anxiety and Depression Association of America - www.adaa.org
Anxiety Wellness Center - www.anxietywellness.com
Worry Wise Kids - www.worrywisekids.org

We hope to bring Mr. Winkler to Delano Public Schools in the fall to present to parents on ADHD and anxiety! To learn more about him and his practice at Playmore and Prosper, visit www.playmoreandprosper.com/

- Michelle Krueger
Social Worker

Celebrate a Year of Learning!

We have had a fantastic year at Delano Elementary School! Teachers and students have been working tirelessly and showing their GRIT, especially when this year's school calendar has had fewer breaks than in the past. Please take a look at a "snapshot" of accomplishments that students have made at each grade level this year:

Kindergarten

- Identify all of the letters and sounds in the alphabet
- Blend sounds to read and write words
- Begin to read and understand short stories
- Identify and write numbers up to 49
- Count up to 100 and identify which number is smaller or larger

First Grade

- Read and retell a story
- Identify the main idea and details of a story
- Write sentences
- Count and write numbers up to 120
- Identify penny, nickel and dime

Second Grade

- Answer "wh" questions from a story
- Identify characters, setting, problem and solution in a story
- Write a complete sentence using correct capitalization, a naming part, action part, and punctuation
- Identify the place value of digits within numbers up to the 1000's place
- Solve real-world problems using 1 and 2 digit addition and subtraction

Third Grade

- Answer questions about fiction and nonfiction texts and look back at the texts to analyze answers
- Summarize a story, identify the main idea and retell the key supporting details
- Write a paragraph about a real or imagined event that has a topic sentence, supporting details, and a concluding statement
- Compare and represent whole numbers to 10,000 with an emphasis on place value
- Add and subtract multi-digit numbers, represent multiplication and division in various ways

Fourth Grade

- Use details and examples from reading and then draw inferences from those selections
- Identify the sequence of events in a story and look at how early events affect future events
- Identify the structural elements of poetry and write a poem with sensory words and images
- Identify values of digits up to one billion
- Compare and order decimals in tenths and hundredths and locate fractions on a number line

Please take a moment at the end of the year to thank your child's teacher(s) for their extraordinary efforts to teach your child. Also, consider thanking our school nurse, administrative assistants, paraprofessionals, cooks, and custodians, as without their hard work day in and day out we would not be able to offer a learning environment that promotes educational excellence for all learners. Above all, take time to tell your child how proud you are of their growth this year. Thank you for your continued support. Without you, we could not do our jobs as educators.

- John McDonald, Assistant Principal

2017-2018 School Year Information

- July/August:** Online procedure for completing student health form(s), health care plan and adding/updating emergency contact information
- August 11:** Communication to parents with instructions for scheduling your Orientation Day appointment.
- August 15:** Class lists posted to Family Access.
- September 5 & 6:** Orientations Days

If you do not have your login and password for Family Access, please email Cindy Selchow at cindy.selchow@delanoschools.org, and include your child's name and date of birth.



Moving? Changing Schools? If your family is moving out of the school district and will not be attending Delano Elementary next year, please notify the school office at 763.972.6200.

This information is vital for class assignments and staffing needs for the 2017-18 school year.
Thank you!

School Food Service Accounts End of Year Notice

Effective Wednesday, May 10, through the end of the year, there is no charging of any amount to purchase a lunch or breakfast. This will eliminate negative balances at year end.

Account deposits must be turned in to the office by 10 a.m. each day to be recorded by lunch time. To check your current account balance you can login to Family Access on the Delano schools website at www.delano.k12.mn.us and click on "Food Service."

If you have questions or concerns, please contact Tracie Erickson at 763.972.3365, ext. 2136, or via email at tracie.erickson@delanoschools.org

Volunteer Registration Procedures Changing in 2017-2018

To ensure the safety of our students, beginning with the 2017-2018 school year, volunteers will be required to complete a secure background check prior to participating in most school-related activities.

The entire registration process, including the background check, can be completed on the District 879 website. Each volunteer will be responsible for the background check fee of \$12.

More information will be forthcoming on the district website and in the *Welcome Back* newsletter in August 2017.

May Calendar

- 8-12 FAST Testing
- 8 1st Grade Track & Field Day 9-11:30 am
- 9 2nd Grade Track & Field Day 9-11:30 am
Kindergarten Field Trip - Camp Ihduhapi
ES PIE Meeting 7 pm
- 10 3rd Grade Track & Field Day 9-11:30 pm
4th Grade Band Instrument Testing
- 11 4th Grade Track & Field Day 12-2:30 pm
- 15 Kindergarten Field Trip - The Works/Como Zoo
(Rheingans, Goudy, Heglund, Ludwig)
- 16 Kindergarten Field Trip - The Works/Como Zoo
(Huikko, Kessler, Burns, Scanlon)
- 17 3rd Grade Field Trip - Fort Snelling
(Emmerich, Langton, Petersen, Warne)
Young Authors/Young Artists (YAYA) Conference
Dairy Queen Night 5-8 pm
Artwork by Mrs. Burn's & Mrs. Heglund's classrooms
- 18 3rd Grade Field Trip - Fort Snelling
(Cleveland, Knisley, McCartney, Sohns)
4th Grade Field Trip - Camp Friendship
(Brown, Hall, Risdall/Stern, Sass)
4th Grade Lunch at Middle School
(Berggren, Griep, Hiltner, Schleper)
- 1st Grade Music Program - MS Auditorium 6:30 pm
(Beck, Kern, Wurth, Wiese)
- 1st Grade Music Program - MS Auditorium 7:30 pm
(Conely, Jensen, Schleper)
- 19 Last Day for Breakfast
4th Grade Field Trip - Camp Friendship
(Berggren, Griep, Hiltner, Schleper)
4th Grade Lunch at Middle School
Grandparent's Day - 1st Grade 12:15-2:15 pm
- 22 Elementary Cook Out
(School Lunch Charges Apply)
- 23 1st Grade Field Trip - Minnesota Zoo
4th Grade Lock In
- 24 **LAST DAY OF SCHOOL**

The Tiger Dash and Fun Run originally scheduled for Saturday, May 20, have been **CANCELLED** for this school year.

From all the staff and administration at Delano Elementary School...Have a safe, educational and wonderful



Tiger Cub News is published by Delano Elementary School. Editor, Traci Lawman, District Office, 763.972.3365, ext. 2111, traci.lawman@delanoschools.org



Delano Elementary School
678 Tiger Drive Delano, MN 55328
Phone: 763.972.6200
Website: www.delano.k12.mn.us

Monday	Tuesday	Wednesday	Thursday	Friday
1 BBQ Chicken Drumstick Brown Rice Steamed Broccoli Lettuce Salad Pineapple	2 French Toast Sticks Sausage Tri Tater Steamed Broccoli OJ Cup; Orange Wedges	3 Hamburger Sun Chips;Baked Beans Lettuce; Tomato;Onions Pickles;Baby Carrots Fresh Fruit Mix	4 Chicken Alfredo Alt:Polish Sausage Penne Pasta; Roll California Blend Vegetables Lettuce Salad Orange Wedges	5 Chicken Quesadilla Lettuce/Cheese Spanish Rice Refried Beans Fresh Fruit
8 Hot Dog A - Mr. Rib Sun Chips; Carrots Baked Beans Rosy Applesauce	9 Chicken Gravy A- Polish Sausage Mashed Potatoes; Roll Lettuce Salad; Peas OrangeWedges Cranberries,Apple Crisp	10 Chicken Nuggets Tri Tater Green Beans;Veggies Fruit Cocktail	11 Cheese Pizza Lettuce Salad Corn Pears	12 Tacos-Beef Lettuce/Cheese/Salsa Refried Beans OJ Cup; Fresh Fruit Frosted Graham Cracker
15 <u>Pasta Day</u>	16 <u>Chicken Day</u>	17 <u>Frankfurter Day</u>	18 <u>Breakfast Day</u>	19 <u>Mexican Day</u>
22 <u>Picnic Day</u> Hamburger Chips Lettuce, Pickle, Tomato Apple; Cookie	23 <u>Chicken Day</u>	24 <u>Pizza Day</u> Last Student Day	25	26
29	30	31	<p>Lunch Prices: \$ 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>	