

# Tiger Cub News

Delano Elementary Family Newsletter

October 2016



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## Orientation Day Survey Results

I hope the start of the school year has been positive and you and your child(ren) are settling into the routines of the school year. As you know, we kicked off the school year with our new orientation day process. As part of our continuous improvement plan, we conducted a parent survey on the overall Orientation Day experience for students and parents. We received nearly 370 responses to our survey. We would like to share some of the results from the parent survey with you. Here is a sampling of the questions and Responses:

***Do you prefer the Orientation Day format over the traditional format used in previous years?***

- Yes, I prefer the new Orientation Day format process (292 respondents) 81.6%
- No, I prefer the traditional Open House process (66 respondents) 18.4%

***Was your time with your child's teacher a positive and valuable way to begin the school year?***

- Yes (341 respondents) 94.2%
- No (21 respondents) 5.8%

***Did the 8:00 a.m. to 3:30 p.m. format meet your family needs?***

- Yes (269 respondents) 73.9%
- No (79 respondents) 21.7%

***To what extent did Orientation Day meet your expectations?***

- Exceeded my expectations 28%
- Met my expectations 56%
- Somewhat met my expectations 11%
- Did not meet my expectations 5%

We were very encouraged by our parent survey results. We thank you for taking the time to complete the survey. This is valuable data that we will use to improve the Orientation Day process for next school year.

***- Darren Schuler, Principal***



### ***Welcome New Teachers!***

DES would like to welcome our new teachers! In the front row: **Colleen Cleveland, 3rd Grade; Richele Scanlon, Kindergarten; Lauren Kessler, Kindergarten; Derek Picha, Physical Education.** The back row includes: **Nicole Sass, 4th Grade; Ashley Johnson, EL; Veronica McCartney, 3rd Grade; Jill Gareis, Special Education; and Caitlin Pekuri, Special Education.**

Ashley Johnson, English Language, resides in the elementary school yet works districtwide with our English language learners.

# Allina Health's Halloween Candy Collection

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 Tuesday, November 1, and Wednesday, November 2, we will have a collection box at DES to collect candy donations from our students/families. (All items must be store-bought and individually-wrapped) 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 our school collects the most candy (pounds per student), based on the number of students at each participating school or organization in our area, DES will win \$250 to be used towards equipment to help improve the health of our 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. If you have any questions please contact Michelle Krueger, DES Social Worker, via email at [michelle.krueger@delanoschools.org](mailto:michelle.krueger@delanoschools.org) or 763.972.6200, ext. 4273.

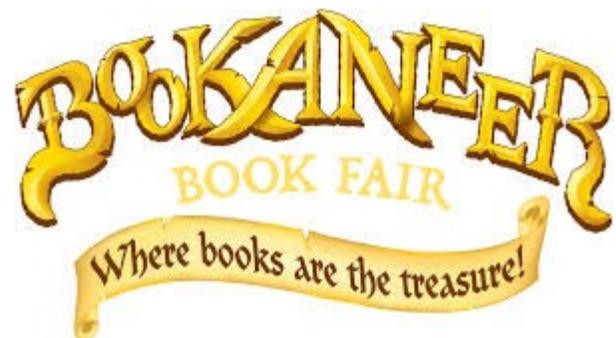
## "PBIS" The Tiger Way

**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 worked very hard to implement this positive behavior system around the three main themes of "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.

Last year, we had four school-wide celebrations to honor the extraordinary efforts of our staff and students. During each of these celebrations, we handed out awards to two students from each classroom that exhibited the Tiger Way. With the initial success of the Tiger Way last year, we look forward to the growth in positive behaviors that we will see from a second 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!



- John McDonald  
Assistant Principal



Come to the Bookaneer Book Fair at Delano Elementary School during parent/teacher conferences. Grab a book or two for your student(s), buy a holiday gift, or just browse for ideas!

**When:** Thursday, October 13 4 - 8 p.m.  
Monday, October 17 4 - 8 p.m.  
Tuesday, October 18 4 - 8 p.m.

**Where:** 2nd Floor Multi-Purpose Room

**All proceeds from the Scholastic Book Fair go to purchase new books for the media center and to support our Bookflix subscription for online books.**

Hope to see you there!

# Get in the Zone!

- Michelle Krueger, DES Social Worker

## What are the Zones of Regulation?

The Zones is 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 zones. 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 problem solve conflicts.

## The Four Zones: Our Feelings & 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.

The Zones can be compared to traffic signs. When given a green light or 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 the Red Zone, this often is the case. 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 one 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](mailto:michelle.krueger@delanoschools.org).*

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

## Let's Unite Against Bullying on Wednesday, October 19!



Wednesday, October 19, 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 [www.pacerkidsagainstabullying.org/kab/](http://www.pacerkidsagainstabullying.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!**



## Volunteers: You 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 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/descriptions on the Delano Schools website.

For more information or to register as a volunteer, please 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.

# Volunteer Opportunities

Check the volunteer opportunities in which you are interested and return with your registration paperwork

### Elementary School Opportunities

- Battle of the Books \_\_\_\_\_
- Book Fair \_\_\_\_\_
- Classroom Helper \_\_\_\_\_  
Teacher/s name \_\_\_\_\_
- Coborn's Labels for Learning \_\_\_\_\_
- 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 Opportunities

- 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 Opportunities

- After School Snack Program \_\_\_\_\_
- Box Tops for Education \_\_\_\_\_
- Cafeteria Friendly Presence \_\_\_\_\_
- Coborn's Labels for Learning \_\_\_\_\_
- 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 \_\_\_\_\_  
(eg. profession, hobbies, travel,  
languages)
- Volunteer On Call \_\_\_\_\_
- Youth As Resources Board Member \_\_\_\_\_



DES Outside Movie Night



Homecoming Concessions

# 2016 Green Apple Day of Service

On Friday, September 23, students at Delano Elementary School were presented with an apple that symbolized the global movement to put all children in schools where they have clean and healthy air to breathe, where energy and resources are conserved, and where they can be inspired to dream of a brighter future.



Since its inception in 2012, Green Apple Day of Service has had more than 750,000 volunteers in 73 countries contribute to the learning environments of 7 million students and teachers around the world. This year's event on Saturday, September 24, gave parents, teachers, students, companies and local organizations the opportunity to transform all schools into healthy, safe and productive learning environments through local service events. The Center for Green Schools at the U.S. Green Building Council, the organization behind Green Apple Day of Service, was founded to ensure green schools for every child in this generation. The Center believes that all students deserve the opportunity to attend schools that sustain the world they live in, enhance their health and well-being, and prepare them for 21st century careers.

***Delano Elementary School would like to thank Landscape Structures for donating green apples to all of our students as a symbol of the 2016 Green Apple Day of Service.***

## Parent/Teacher Conferences

Our fall parent-teacher conferences are just around the corner - October 13, 17 and 18. 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. Here are a few tips for you as parents to 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 skill development.

**Visit the Specialists** - Take time before or after your twenty 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 other 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 area the teacher addressed. This may include dedicating more time each evening at home to help your child succeed.



**- John McDonald  
Assistant Principal**



## Walk, Roll & Stroll With Us!

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

Our annual Walk, Roll and Stroll event is on Monday, October 10 at 5:30 p.m.

Registration will begin at 5:15 p.m. on the north side of the elementary school building in the bus parking lot. The course is about a mile and a half long. Each participant will receive an apple and water bottle at the conclusion of the event.

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



Delano Elementary P.I.E. (Partners in Education) is an organization of parents, teachers and community members that help raise over \$45,000 every year for our students by hosting carnivals, family fun nights, Dairy Queen nights and the Fall Fundraiser, just to name a few.

We welcome any community members with an interest in DES to attend our meetings. Whether you are a regular member or never attended before, you are welcome! The 2016-17 meeting dates are as follows: October 11, November 15, January 10, February 7, March 14, April 11, and May 9.

Here are some events coming up that need volunteers:

DQ Art Volunteers: Please consider signing up for hanging up/taking down art work for one of our DQ Art Nights throughout the school year. You can sign up at: <http://www.signupgenius.com/go/20f0949a5ab29a0f58-dairy1>

DES P.I.E. will be providing meals for staff during the upcoming conferences in October, and our Tiger Hop is on Friday, October 28! If you would like to volunteer or have questions, please contact Meredith Huikko at [meredith.huikko@delanoschools.org](mailto:meredith.huikko@delanoschools.org).

## CHANGING YOUR CHILD'S 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 11:00 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, please click on this link to the Student-Parent Handbook:

[http://www.delano.k12.mn.us/docs/DES/16-17/STUDENT-PARENT\\_HANDBOOK\\_2016-17.pdf](http://www.delano.k12.mn.us/docs/DES/16-17/STUDENT-PARENT_HANDBOOK_2016-17.pdf)

### October

- 6 1st Grade Field Trip  
(Jensen, Kern, Kurth)
- 10 Fall Fundraiser Kick-off
- 11 Picture Retake Day  
ES PIE Meeting 7 pm  
Media Center
- 12 Dairy Queen Night 5-8 pm  
(Artwork by Mrs. Wiese's & Mrs Jensen's classrooms)
- 13 ES Conferences & Book Fair 4-8 pm
- 17 ES Conferences & Book Fair 4-8 pm
- 18 ES Conferences & Book Fair 4-8 pm
- 19 3rd Grade Field Trip
- 20-21 **MEA - NO SCHOOL**
- 24 Fall Fundraiser Ends
- 26 Dairy Queen Night 4-8 pm  
(Artwork by Mrs. Ludwig's & Mrs. Petersen's classrooms)
- 28 Halloween Parade 1:45 pm



**Remember to bring store bought and/or individually wrapped candy on November 1 and 2 for Allina Health's Halloween Candy Collection!**



**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)



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Monday	Tuesday	Wednesday	Thursday	Friday
<sup>3</sup> <b>Hot Dog</b> <i>A - Mr. Rib</i> <b>Sun Chips; Carrots</b> <b>Baked Beans</b> <b>Rosy Applesauce</b>	<sup>4</sup> <b>Chicken Gravy</b> <i>A- Polish Sausage</i> <b>Mashed Potatoes; Roll</b> <b>Lettuce Salad; Peas</b> <b>Orange Wedges</b> <b>Cranberries, Apple Crisp</b>	<sup>5</sup> <b>Chicken Nuggets</b> <b>Tri Tater</b> <b>Green Beans; Veggies</b> <b>Fruit Cocktail; Bread</b>	<sup>6</sup> <b>Pizza-Cheese</b> <b>Lettuce Salad</b> <b>Corn</b> <b>Pears</b> <b>Banana Bar</b>	<sup>7</sup> <b>Tacos-Beef</b> <b>Lettuce/Cheese/Salsa</b> <b>Black Bean Salsa</b> <b>OJ Cup; Fresh Fruit Mix</b> <b>Frosted Graham Cracker</b>
<sup>10</sup> <b>BBQ Chicken Drumstick</b> <b>Brown Rice</b> <b>Stir Fry Vegetables</b> <b>Lettuce Salad</b> <b>Pineapple</b>	<sup>11</sup> <b>Hamburger</b> <i>A- Sloppy Joe</i> <b>Waffle Fries</b> <b>Steamed Broccoli</b> <b>Orange Wedges</b>	<sup>12</sup> <b>Italian Dunkers</b> <b>A- Chicken Casar Salad</b> <b>Corn</b> <b>Lettuce Salad</b> <b>Fresh Fruit Mix</b>	<sup>13</sup> <b>Chicken Patty on Bun</b> <i>A- PBJ Sandwich</i> <b>Chicken Noodle Soup</b> <b>Crackers</b> <b>Lettuce Salad</b> <b>Veggies; Peaches</b>	<sup>14</sup> <b>Pizza Hotdish</b> <b>A- Egg Salad Sandwich</b> <b>Broccoli Normandy</b> <b>Garlic Breadstick</b> <b>Lettuce Salad</b> <b>Pears</b>
<sup>17</sup> <b>Nachos - Beef &amp; Cheese</b> <b>Lettuce; Onions; Salsa</b> <b>Refried Beans</b> <b>Fresh Fruit Mix</b> <b>OJ Cup</b>	<sup>18</sup> <b>Cinamon Roll</b> <b>Omelet; Tri Tater</b> <b>Steamed Broccoli</b> <b>Orange Wedges</b> <b>Yogurt Cup</b>	<sup>19</sup> <b>Spaghetti w/ Meatballs</b> <b>A- Chicken Salad Sub</b> <b>Garlic Bread</b> <b>Lettuce Salad</b> <b>Green Beans</b> <b>Pears</b>	<sup>20</sup> <b>MEA-NO SCHOOL</b>	<sup>21</sup> <b>MEA-NO SCHOOL</b>
<sup>24</sup> <b>Assorted Pizza</b> <b>Lettuce Salad</b> <b>Green Beans</b> <b>Pears; Banana Bar</b>	<sup>25</sup> <b>Chicken Fillet</b> <b>Mashed Potatoes</b> <b>Country Gravy; Roll</b> <b>Steamed Carrots</b> <b>Cranberries; Lettuce Salad;</b> <b>Orange Wedges</b>	<sup>26</sup> <b>Chili w/ Breadstick</b> <b>A- Ham Sandwich</b> <b>Tortilla Chips</b> <b>Carrots; Lettuce Salad</b> <b>Fruit Cocktail</b>	<sup>27</sup> <b>Teriyaki Chicken</b> <b>Brown Rice</b> <b>Oriental Vegetables</b> <b>Pineapple; Lettuce Salad</b> <b>Fortune Cookie</b> <b>Ice Cream Cup</b>	<sup>28</sup> <b>Walking Taco</b> <b>Lettuce &amp; Cheese</b> <b>Black Bean Salsa</b> <b>OJ Cup; Fresh Fruit Mix</b> <b>Teddy Grahams</b>
<sup>31</sup> <b>Creepy Popcorn Chicken</b> <b>Batty Brown Rice</b> <b>Spooky Steamed</b> <b>Broccoli</b> <b>Lettuce Salad</b> <b>Prickly Pineapple</b>	The USDA is an equal opportunity provider and employer		<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.	