

Tiger Cub News

Delano Elementary School Newsletter



February 2019

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Dates to remember

February

- 4.....Kindergarten math night
at Coborn's, 6 to 7:30 p.m.
- 7.....Second grade math night
at Coborn's, 6 to 7:30 p.m.
- 12.....ES PIE, 7 p.m.
- 13.....DQ night, 5-8 p.m.
(Beck, Pohlmann)
- 15.....Workshop day, no school
- 18.....President's Day,
school is in session
- 19.....Kindergarten Round-Up,
5:30 to 8 p.m.
- 21.....Kindergarten Round-Up,
5:30 to 8 p.m.
- 27.....DQ night, 5-8 p.m.
(Kessler, Eckness)
- 28.....Grade 2 concert, 6:30
p.m. in PAC (Goudreault, Kurth,
Westphal, Williams)
- 28.....Grade 2 concert, 7:30
p.m. in PAC (Schmidt, Swan,
Uselding, Ward)

Find us on...



Competitive readers

Zeke Schwehr, Lincoln Hanson and Thomas Depa are ready to buzz in during the championship round of the third-grade Battle of the Books on Jan. 9. The trio read 14 books in eight weeks, studied 450 possible questions about those books, then emerged as the top group among 30 teams. See the story on Page 3.

'Dino-mite' readers in February

By Darren Schuler
Principal

February, also known as "I Love to Read Month," is one of the most exciting times of the year for students and staff at Delano Elementary. Here is a brief overview of some of the events and happenings at our school this month.

The month will start with a school-wide "Drop Everything and Read" time, when all students and staff will stop what they are doing and read for 15 minutes. Themed dress up days are planned for each Friday of the month. We will also welcome Minnesota author/



Darren Schuler

illustrator Derek Anderson to DES.

Mr. Anderson will provide our students with a two-week

residency in which he will present to each classroom on his journey as a young author and illustrator, how he generates his ideas, and how he creates characters and books.

Mr. Anderson will also share stories about his own life and how those experiences have influenced his work. He will demonstrate his drawings and answer students' questions. We look forward to his visit Feb. 25 to March 8.

Thank you, DES Partners in Education (PIE), for funding this residency!

**See Schuler
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Anderson to speak on writing and illustrating

Minneapolis author and illustrator Derek Anderson will spend two weeks at Delano Elementary beginning Monday, Feb. 25, to share about his work.

Anderson's course as an artist was set in kindergarten when the first crayon picture he remembers drawing was hung in the principal's office of his elementary school.

He wrote his first story in second grade and has never stopped. Persistent effort eventually allowed him to find success in the children's book industry, and he has now created more than 25 books.

His work has appeared on the bestseller lists compiled by the New York Times and Publishers Weekly, and he has earned numerous awards.

For more information, see www.derekanderson.net/.

'Reading is Dino-mite' at DES during 'I Love to Read Month'

February is "I Love to Read" month for the Elementary School. This year's theme is "Reading is Dino-mite!"

There will be many different ways to encourage students to read more throughout the month, including a competition between the students. Team Schuler and Team Hinker will go head to head in a friendly read-off to see who can log the most reading minutes during the month.

Author visit

A highlight of the month will be an extended visit from author-illustrator Derek Anderson, who will begin a two-week residency at the school on Monday, Feb. 25.

Anderson will meet with the entire student body on that day, and for the next two weeks he will meet with two classes at a time to create stories and characters of their own.

Anderson's books include "Croc and Ally: Friends Forever," "Croc and Ally: Fun, Fun, Fun!" "Gladys Goes Out to Lunch," "Ten Hungry Pigs" and the forthcoming "What About Harry?"

The author visit has been a highlight of past February events, as students



'I Love to Read' month in February is a fun time to focus on the bedrock skill of literacy.

love to see what it takes to be a "real" author or illustrator.

Dress up days

A few special dress up days will help create excitement for reading. They include:

- Friday, Feb. 1 - "I Love to Read" month kickoff with Dress Like a Dinosaur or Cave-man/Cavewoman and Drop Everything and Read (DEAR) time. Wear a costume or something with a dinosaur on it.
- Friday, Feb.

8 - Dress for Success Day. Dress to impress for a fu-

ture career or for an interview.

- Friday, Feb. 15 - Wacky Color Day. Wear bright colors or colors that do not match.
- Friday, Feb. 22 - Book Character Day. Dress like your favorite book character.
- Friday, March 1 - Dr. Seuss Day and "I Love to Read Month" Carnival. Dress in red, white and black or dress as your favorite Dr. Seuss character.

The teachers at DES love to see all of the excitement for reading during the month of February, and The Language Arts Committee would like to thank PIE for its generous support of "I Love to Read Month."



Schuler

from Page 1

Last, but certainly not least, we will end the month with the popular Reading Carnival. Students can earn tickets for carnival attractions during the month of February by accumulating reading minutes at home.

Reading at home

Speaking of home, we ask

for your continued support of reading at home. We encourage you to read aloud to your children on a daily basis. Reading aloud is a simple yet highly effective way to build your child's desire to read. Here are some more ideas for families as you prepare for "I Love to Read Month":

- Read in a comfortable location. Find a spot where you can curl up with pillows and possibly a blanket. Have a snack or something to drink

before you begin so there are no interruptions.

• Remove distractions. In our technology driven world, we need to turn off electronic devices to provide our readers with uninterrupted reading time.

- Encourage reading together. Have your child choose a book of their choice and take turns reading a page. Try to highlight some of the key events and characters from the story.

• Find your child's reading level. Most elementary students have reading levels that have been given to them by their teacher through reading assessments. Try to find books at your child's appropriate level.

- Make reading fun! Reading should never be a punishment.
- Children watch what their parents do. Set a good example for them to follow for years to come.

Depa, Schwehr, Hanson win book battle

By Paul Downer
Communications Coordinator

After reading 14 books in eight weeks, then answering from a pool of 450 possible questions during three rounds of competition involving 30 teams, Zeke Schwehr, Lincoln Hanson and Thomas Depa were basking in the glory of their first-place Battle of the Books finish on Wednesday, Jan. 9.

"It feels like we just won the Stanley Cup," said Hanson.

The third-grade competition began with three preliminary rounds on Monday, through which the 30 teams were whittled down to nine for the semifinals on Tuesday. There, Schwehr, Hanson and Depa sweated out a tough challenge from their classmates to secure a tie between the second- and third-place teams and be one of three teams to advance to the finals.

"I felt like we were doomed" in the semifinals, said Schwehr. "It looked like we were done. We were in third place going into the finals, but the underdogs have brought it home."

Hanson felt the same way.

"I didn't think we were going to make it out of the semifinals," he said. "We're bringing home gold though."

In the finals they relied on quick reflexes and strong memories to buzz in first, quickly discuss their answer, then reply to the question before the



From left, Thomas Depa, Zeke Schwehr and Lincoln Hanson took first place.

12-second time limit expired.

"It's very competitive. At the same time, it's friendly competition," Schwehr said.

"It's just fun to see your friends and compete against them," said Depa.

The second-place team included Sadie Rosenow, Sienna Clare and Alivia Rodriguez. Third-place winners were Max Schmit, Austin Kazin and Marshall Sipe.

All about reading

Angela Kalthoff, the gifted and talented coordinator for Delano Elementary, organized this year's competition and

said she was pleased with the outcome.

"This is the first year they can do it, so we usually have a large group that is interested," she said, adding that many teams performed well in the early rounds even though they did not advance.

The overall objective is to get students excited about reading and to introduce a variety of genres.

"You have fantasy, non-fiction, historical fiction and more, so there are all different sorts of genres they are exposed to," said Kalthoff. "These are tried and true books. They

are books that are pretty well known and are great for kids to read, so it's great to see the excitement and the participation."

Depa said his favorite book was fantasy adventure "The Forests of Silence." Schwehr preferred "The Bite of the Gold Bug" about the Alaskan gold rush. Hanson liked "Princess Sonora and the Long Sleep," a variation on the story of "Sleeping Beauty."

A separate Battle of the Books for students in grades four through six will take place in the intermediate school next month.



Second-place team members included, from left, Sadie Rosenow, Sienna Clare and Alivia Rodriguez.



Third-place winners were, from left, Max Schmit, Austin Kazin and Marshall Sipe.

Use proper crossing areas for safety

Student safety is Delano Public Schools' greatest priority. In addition to emergency preparedness and response, providing safe routes to schools for students via the bus, parent drop off/pickup, walking and biking is critical to ensuring the safety of our students.

Delano Public Schools is working with officials from the City of Delano and Wright County to monitor these routes and develop improvements as demographics and traffic patterns change in the vicinity of the school campus.

The purpose of this article is provide direction to all parents, students, and staff for the proper paths that should be used to safely access our schools during the critical times of arrival and dismissal (7:30 to 8 a.m. and 2:40 to 3:15 p.m.). **Please note that the crosswalk at Tiger Drive and County Road 30 should not be used by pedestrians during these times.**

To effectively implement these routes, parents, staff, visitors, and students must work together to perform their respective roles.

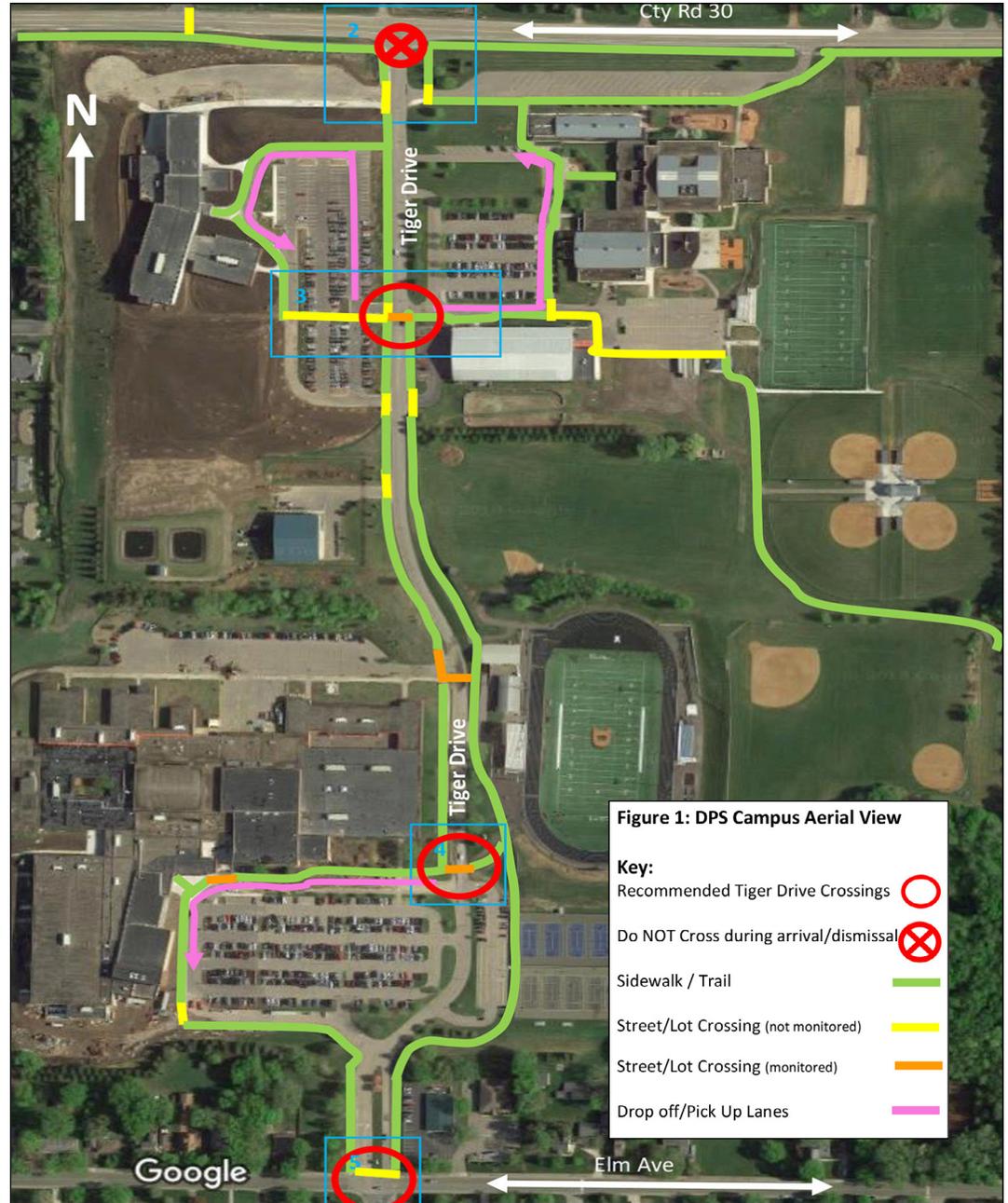
Expectations

- District staff will communicate the expectations for safe travel to/from school and monitor/control the designated crosswalks.

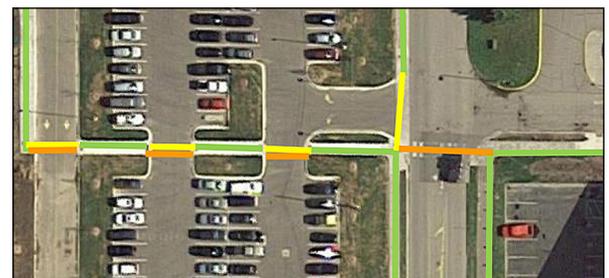
- Parents will communicate the expectations set forth with their students and help students learn the proper routes to school. Parents will only use the drop off/pick up zones when getting students to/from school during arrival and dismissal times.

- Students should not enter the parking lot to meet parents during these high traffic times. Students will follow the expected paths to school, follow the directions of crossing guards, and be attentive to their surroundings.

- All campus visitors will drive slowly and attentively through campus roads and parking lots.



Crossing Tiger Drive at the crosswalk along County Road 30 is not recommended during drop off and dismissal times. Students should continue south on the sidewalks and cross Tiger Drive at the ice arena, which is monitored.



The crosswalk at the ice arena is the required Tiger Drive crossing for all students accessing DIS or DES. This crossing is guarded on school days during drop off and dismissal times. In addition, the internal parking lot crosswalks at DIS are guarded during dismissal on school days.



Songs of the season

Delano Elementary students gathered in the media center for a sing-along send-off just before winter break on Friday, Dec. 22. Groups of students led the songs from the second floor balcony, and staff members also put on a play highlighting the values of the Tiger Way. Here are a few photos from the event.



'Be Kind to Everyone' a new initiative

This school year DES staff members have been wearing "Be Kind to Everyone" T-shirts on the first and third Monday of every month.

Be Kind has been added to the DES Positive Behavior Support (PBS) expectation checklist. The checklist currently includes Be Responsible, Be Respectful and Be Safe.

The idea for the shirts came from an effort that Principal Darren Schuler was aware of called "Jordyn's Summer Shirt Project."

Jordyn is 17 years old and has autism. A shirt project was created in which participants sell shirts with the purpose of teaching Jordyn job skills. Jordyn rolls each shirt, puts it in the package and adds a signed thank you card. She does this with the help of Sarah, a typical teenager from her high school.



Delano Elementary staff members show off their "Be Kind to Everyone" T-shirts, which is part of the school's Positive Behavior Support program.

It started out as small project but has now spread kindness across the country. Shirts have

been ordered from all 50 states. If you are interested in ordering a Be Kind to Everyone

T-Shirt, the link is <https://bekindtoeveryone.com/>.

LUNCH					FEBRUARY 2019					Delano Elementary \$2.85											
Monday		Tuesday		Wednesday		Thursday		Friday		Monday		Tuesday		Wednesday							
Nachos – Beef / Cheese Lettuce / Salsa / Onions Refried Beans Fresh Fruit OJ Cup		Cinnamon Roll Cheese Omelet Steamed Broccoli Tritater Apple Juice Cup Orange Wedges		Spaghetti – Meatballs A)Chicken Caesar Salad Garlic Bread Green Beans Lettuce Pears		Chicken Nuggets Tritater Veggies Corn Fruit Cocktail		Chicken Drumstick A)Egg Salad Sandwich Brown Rice Stir Fry Vegetables Lettuce Pineapple		Hamburger A)Sloppy Joes Waffle Fries Lettuce / Tomatoes / Pickles Orange Wedges		Dominos Pizza Cheese / Pepperoni Green Beans Lettuce Pears		Chicken Patty Mashed Potatoes Country Gravy Carrots Roll / Lettuce Orange Wedges		Tomato Soup Grilled Cheese Sandwich Goldfish Crackers / Carrots Lettuce Salad Fruit Cocktail		Teriyaki Chicken Brown Rice Oriental Vegetables/Lettuce Pineapple/Fortune Cookie Ice Cream Cup		Teacher Workshop No School	
Holiday No School		French Toast Sticks Sausage Tritater Broccoli OJ Cup		Hamburger Sun Chips Baked Beans Lettuce / Tomatoes / Pickles Baby Carrots Fruit Cocktail		Chicken Parmesan Pasta California Blend Vegetables Lettuce Pears		Walking Tacos Lettuce / Cheese / Salsa Refried Beans Fresh Fruit Teddy Grahams		Hot Dog A)BBQ Rib Sandwich Sun Chips / Carrots Baked Beans Rosy Applesauce		Chicken Gravy A)Polish Sausage Mashed Potatoes / Peas Lettuce Salad / Roll Baked Apple Slices		Chicken Nuggets Tritater Green Beans Veggies Fruit Cocktail		Cheese Pizza A)Beef Taco Salad Corn Lettuce Salad Pears					

Mid-year adjustments meet student needs

By **Greg Hinker**
Assistant Principal

Three times a year, DES students participate in FAST (Formative Assessment System for Teachers) testing.

Teachers use this test to screen all students on their acquisition of essential grade-level skills. The goal is to identify students who are at-risk of not meeting end-of-the-year grade level targets and give them additional instruction to help them catch up. While the FAST test does not fully describe the learning of a student, it is a reliable estimation of how well a student is performing.

Students participated in



Greg Hinker

mid-year math and reading testing the week of Jan. 7. The results of the tests were shared

with families during winter conferences. On Jan. 16, teachers met during the school day to review the results and make mid-year adjustments.

DES teachers use the tools in the PRESS curriculum to analyze each student's results. Teachers look closely at the results of any student achieving below grade level to determine what specific skill they are struggling with and also choose an intervention to address that need.

Teachers then formed intervention groups and began working with students in small groups. Some students can meet with their teacher in the classroom to get the addition-

al instruction and practice. Other students meet with an intervention teacher in a small group that meets outside of the classroom. This information was also shared with families during conferences.

As teachers work with students, they closely monitor their progress. Adjustments are made when students are not making adequate progress. When students do catch up and show consistent achievement at or above grade-level expectations, the teacher reduces the intensity of the intervention until the students demonstrate they can maintain grade-level achievement with the reduced support.

Take action to beat the winter blues

Children are not immune to Seasonal Affective Disorder

Winter can be a long season. The cold temperatures and shorter days can mean spending more time indoors.

While people react to the winter months in many ways, approximately 6 percent of the population suffers from Seasonal Affective Disorder (SAD). It is a form of depression that follows a predictable course. Symptoms emerge in the fall and decline in the spring. While SAD is more common among adults, preliminary research suggests that children and adolescents can suffer too.

Like depression, SAD ranges from mild to moderate or severe episodes. While exact symptoms in children are largely un-researched at this time, professionals suspect that symptoms of child and adolescent SAD are consistent with symptoms of depression. Any of these may impact a child's self-esteem, interfere with extracurricular activities, and impair social and academic functioning. Symptoms of SAD include:

- Changes in mood, such as irritability and sadness

- Increased crying
- Fatigue or loss of energy
- Increased sleep and difficulty waking in the morning
- Changes in appetite
- Difficulty concentrating
- Withdrawal from typically enjoyable activities.

If you notice marked changes in your child's mood during the winter months, consider the following points:

- SAD is marked by distinct changes in mood lasting for multiple weeks and correlates with a change in seasons.

- SAD is marked by other changes in behavior related to school, attitude, appetite, sleeping patterns, and social functioning. Keep in mind that SAD consists of a number of symptoms at once and is not related to a particular situational stressor.

Environmental factors

There are several theories about the causes of SAD, though few focus specifically on children and adolescents. Many theories connect SAD to environmental factors -- in particular, varying exposure to light, which causes subsequent

changes in the brain. There is preliminary support for treating SAD with phototherapy, which is exposure to bright lights.

Research has also shown that the prevalence of SAD varies by geographical region. People who live in northern regions experience SAD at higher rates. Additionally, levels of serotonin — a neurotransmitter linked to major depression and other mood disorders — has been shown to change with the seasons and may correlate with SAD.

Shaking the blues

In milder cases where your child's seasonal mood shifts are due to a non-disorder-level case of the winter blues or cabin fever, consider the following suggestions to help ease winter's wrath:

- Exercise increases the amount of serotonin in the brain and helps to improve mood. Though you may not be able to get outside on the coldest days, pick a fun exercise video, challenge the family to a Wii Sports tournament, or throw a dance party in the

living room.

- Get out of the house whenever possible. Bundle up and take a brisk walk to get some fresh air and a little sunlight.

- Engage in fun activities. Board games, arts-and-crafts projects, or baking have been proven to elevate mood.

- Fun activities can be enjoyable by ourselves, but are often even more pleasurable when done with other people. Plan a lunch or dinner party with your neighbors or your children's friends.

- Being productive and accomplishing goals can also elevate our mood. Take advantage of having to stay indoors by tackling chores or projects you don't usually have time for.

- Rest and relax. Listen to calming music, read a good book, or practice meditative breathing or visualization.

For more information, contact DES social worker Lisa Armstrong at lisa.armstrong@delanoschools.org or 763.972.6200 ext. 1315.

Math nights Feb. 4, 7

Store aisles to become classrooms at Coborn's

Delano Elementary and Coborn's grocery store will once again present a "Night of Math Mindfulness" for Delano kindergarten and second-grade students and their parents in February.

Dates are Monday, Feb. 4, for kindergartners and Thursday, Feb. 7, for second-graders. Both nights run from 6 to 7:30 p.m.

Grocery store aisles will be the classroom for these students to participate with their families in projects that allow them to make connections between "school math" and "real-world math."

Accompanied by their parents, and depending on their grade level, the students might go on mathematical scavenger hunts, work with a budget to plan a party, or compare homemade to prepared products as they solve fun math problems throughout the store.

Delano Elementary School teachers, along with Principal Darren Schuler or Assistant Principal Greg Hinker, and Coborn's Store Director Joe Tipka, will be there to direct the event.

Please plan accordingly for this fun-filled event.



Announcements

Kindergarten Round-Up

Delano Elementary School invites you to attend Kindergarten Round-Up on Tuesday and Thursday, Feb. 19 and 21, for children entering kindergarten in the fall of 2018. Note that these dates are a month earlier than usual.

Families with last names beginning with A through K should attend on Tuesday, Feb. 19, and families with last names beginning with L through Z should attend on Thursday, Feb. 21. If you have a conflict on your assigned evening, please come on the alternate evening.

Registration begins at 5:30 p.m. and special activities will begin at 6:05 p.m. The evening will include an informational meeting for parents while children participate in classroom activities, and concludes around 8 p.m. Children and parents will have the opportunity to meet the exceptional and caring DES staff, tour the school, participate in fun activities, and learn about the kindergarten program.

Those who have not received a kindergarten registration packet, or who are new to the area, can contact Delano Elementary School at 763.972.6200.

Free clothing, books available

Free clothing is available to all families with children ages 0-18 from 10 a.m. to 6 p.m. on Thursday, Feb. 14, at Zion Lutheran Church in Buffalo, located at 1200 Hwy. 25 S.

The Blessing Closet will offer many new and slightly used clothing items for kids and their parents with no restrictions, qualifications or requirements. In addition, all children will receive a new book and a pair of new, colorful crew socks. Everyone is welcome.

Become a substitute teacher

Have you ever wanted to try your hand at teaching? A two-day workshop is planned for people with a non-education four-year bachelor's degree from an accredited college who would like to become a limited, short-call substitute teacher.

Participants will receive training in:

- The process for applying for the two-year license through the Minnesota Professional Educator Licensing and Standards Board
- The substitute teacher's role in the classroom and district
- The basics of classroom management, instruction, and child development
- Communication skills
- Awareness of legal issues relating to students and a teacher's obligations.

The workshop takes place from 9 a.m. to 3 p.m. on Tuesday, Feb. 19, and from 8:30 a.m. to 2:30 p.m. on Wednesday, Feb. 20, at Resource Training & Solutions (137 23rd Street S, Sartell). **The registration deadline for this course is Tuesday, Feb. 5.**

There is a fee to attend. To register, go to www.resourcetraining.com, enter the course code in the "Search for Events" box located to the right on the homepage, then follow the prompts. The course code is 8683. For more info, visit www.resourcetraining.com.

Weather make-up days

After extreme cold resulted in the cancellation of school Tuesday through Thursday, Jan. 29-31, make-up days will be in effect.

Make-up days set before the beginning of the school year include Monday, Feb. 18, which is President's Day, and Monday, April 22. In addition, one day has been added to the end of the school year, so class will be in session on Wednesday, June 5.



Tiger Cub News is published by Delano Elementary School. Editor, Paul Downer, District Office, 763.972.3365, ext. 1911, paul.downer@delanoschools.org



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