

Tiger Cub News

Delano Elementary School Newsletter



November 2019

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Dates to remember

November

3.....Daylight Saving Time ends

5.....Anxiety speaker, 6:30 p.m.

7.....Title 1/Basic Skills parent night, 4 to 8 p.m.

8-9.....Elf musical, details inside

11...Vets Day program, 9:30 a.m.

11.....Apex Kickoff, 1:30 p.m.

12.....ES PIE, 7 p.m.

14-16...Elf musical, details inside

20.....Two-hour late start

27-29.....Thanksgiving break

26.....Grade 2 field trip

26.....Grade 3 field trip

26.....End of ES Trimester

Find us on...



Bucket beats

Artist-in-residence Katie Condon worked with DES students on musical skills for two weeks in October. See the article on Page 2 for additional information, and a video featuring Condon's visit is available on the Delano Public Schools Facebook page.

A new approach to language arts

By Darren Schuler
Principal

Thank you to all of our parents who attended parent/teacher conferences this fall. We appreciate your time and dedication to learning more about your child's educational experience at Delano Elementary. Nearly 100% of our students' parents and guardians attended!

As you may have heard during your child's conference, our school has transitioned to a new approach in the way we teach reading and language arts. Many of my articles this



Darren Schuler

year will be focused around the changes students and parents will notice in the way our

teachers are providing reading instruction.

One of the focus areas for Benchmark Literacy is comprehension. Students will be reading complex informational and literary text that is supported by metacognitive strategies.

You may ask, what are metacognitive strategies? They are strategies such as visualizing, summarizing, determining text importance, making inferences, and making connections. All of these strategies will help students increase their

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Artist on hand

Condon visit highlights rhythm, literacy

By Paul Downer
Communications Coordinator

Thanks to two weeks with a visiting artist-in-residence, Delano Elementary students now have a stronger sense of rhythm, ensemble playing and music's connection with literacy.

Katie Condon taught students through fun bucket-drumming exercises, group games like "add a sound," and music and literacy discussions with younger students.

DES music teacher Hannah Rosholt explained that funds for hosting resident experts are available on a rotating basis, thanks to the DES Parents in Education (PIE) group, and this year it was the music department's turn.

"That was an exciting opportunity for us to look at different people or groups we could bring in to fill some areas that Ms. (Sharon) Dake or I don't already do in music class," said Rosholt.

Rosholt had worked with Condon in the past, and was well aware of her wide variety of talents and her skill with young students. Condon, a Watertown native, is a faculty member at MacPhail Center for Music, is the educational specialist for Classical Minne-



Artist-in-residence Katie Condon worked with students on maintaining steady beats and duplicating patterns earlier this month.

sota Public Radio, and is also the narrator for the Friends of the Minnesota Orchestra's Kinder Konzerts Series, among other musical pursuits.

Bucket drumming

One of Condon's signature activities when she visits schools is to lead students through a variety of bucket-drumming exercises that include both group playing and solo improvisation.

"I love doing the bucket drumming because I feel like it develops a lot of skills and ensemble skills without having to worry a whole lot about technique -- 'hold your finger here' or 'hold your finger there,'" Condon said. "It's pretty immediate, what to do with a bucket. But still, we can do a lot with watching and responding and listening."

Starting and stopping as a group, playing together, pattern recognition and blending one's sound with the whole group were areas of focus.

"If you're playing in a band or orchestra or choir you have to watch that ensemble leader to stay together. There are students who haven't had that experience, or haven't had it yet," said Condon. "And when you play music you might all be playing together, but everyone also has an individual job."

Condon explained that she developed the bucket drumming program while working with schools that had little money for more sophisticated equipment.

"A bunch of buckets is a lot cheaper than a full battery of percussion equipment, so we thought, 'Let's start there,'" said Condon. "And when we started doing it, it was fun. It was engaging. There was a lot beneath the surface in terms of music learning."

Condon added that while students initially enjoy making noise with the buckets, they quickly realize that there are additional elements to learn.

"There is that temptation to



Students learned to operate as an ensemble.

just whack, but once you start giving specific direction to listen for different things, they get into that exploratory part of it," she said.

Rosholt said the school will keep the buckets and sticks used during Condon's visit and will pull them out to practice rhythms and improvising going forward.

Music and literacy

While older students enjoyed bucket drumming, the elementary's younger learners in kindergarten and first grade pursued a different focus that connected music with literacy.

Students put music to stories, assigning melodies or instruments to different aspects of the tale, while also focusing on regular classroom themes like characters, predictions and story sequences. Discussion fused together elements of story and accompanying music, and included lessons about steady beats, melody, instruments and timbre.

"The neat part is that after we did a couple of books they could actually see we would do stories in other ways," said Rosholt. "We told stories by singing or we listened to a



Bucket drumming was a fun way to practice a variety of skills.

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Halloween parade

Superheroes, princesses, monsters and more populated the DES Halloween parade on Thursday afternoon, Oct. 31. Many more photos are available on the Delano Public Schools Facebook page.



Music

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sound story and challenged kids to think about the next time they're reading a story, what kind of music might fit with that. Or vice versa, the next time you're listening to a song, what story might be behind that song."

Rosholt said the timing of that program, along with Delano's district-wide literacy initiative, was perfect.

"I think for Ms. Dake and I it was helpful to see how much of the literacy vocabulary Katie brought into the lessons," Rosholt said. "I've done books before with the students, but seeing how you can really

connect it and make it cross curricular and link in to what they're doing in the classrooms was really helpful for us in a way that we can continue throughout the year."

"I think there are a lot of great connections that come from teaching literacy in a different way, using a lot of movement," said Condon. "It

reinforces all the great work that the younger elementary teachers are doing in the classroom, just from a different angle."

• A video featuring Condon's visit is available on the Delano Public Schools Facebook page at <http://bit.ly/DESBucket-Drum>.



From left, DHS Principal Dr. Steve Heil, DHS media center specialist Monica Kunkel, DES Title I teacher Karla Vieau, and Director of Teaching and Learning Joe Vieau represented Delano at the Leaders in Educational Excellence ceremony. Other teachers who were honored but are not pictured included sixth-grade teacher Sara Potter, along with DHS Spanish teacher and current Delano Teacher of the Year John Fitzer.

Leaders in learning honored

Four staff members from Delano Public Schools received Leaders in Educational Excellence Awards during a ceremony at the River's Edge Convention Center in St. Cloud on Wednesday, Oct. 23.

Those honored were DHS media center specialist Monica



John Fitzer



Sara Potter

Kunkel, DES Title 1 teacher Karla Vieau, sixth-grade teacher Sara Potter, and DHS Spanish teacher and current Delano Teacher of the Year John Fitzer. Additional information about Delano's honorees will be available in their respective building newsletters next month.

Speakers to address anxiety

Delano Elementary School will host a free speaking event featuring Rob Winker and Amy Lou Anderson of Playmore and Prosper from 6:30 to 7:15 p.m. on Tuesday, Nov. 5.

The speakers are sponsored by a grant from the United Way, and will deliver their message in the school cafeteria.

Parents, educators and community members who work with children and teens are encouraged to attend. Free childcare and CEUs will be available.

Defeating anxiety

It is very important to bring the body and mind together to heal anxiety.

Anxiety is prevalent among kids and teens, yet it is under identified, and under treated. It is vital to empower youth with strategies for coping with anxiety.

Play therapy and pediatric occupational therapy combine wonderfully to offer practical mind and body strategies for dealing with anxiety.

The presentation will offer several strategies parents, teachers and kids can immediately implement in their lives. The strategies will range from general regulation and calming practices



Rob Winker, along with Amy Lou Anderson, will offer coping strategies for dealing with anxiety on Nov. 5.

to specific mind-body strategies for overcoming and defeating anxiety.

Winker has his master's degree in counseling psychology and is credentialed as a registered play therapist.

Anderson, OTR/L, is a pediatric occupational therapist.

Raptor portal makes volunteer information available

By Peg Max and Shelley Hutchins
Volunteer Coordinators

Are you looking for ways to get involved and volunteer at school? Want to check how many hours you've volunteered? The Raptor Volunteer Portal makes it easy to do so.

Upon approval as a volunteer, Raptor sends you an email providing instructions to access the portal.

Click the link in the approval email, create a password, and log in using your email and password. Bookmark the Raptor Volunteer Portal website for future access.

If you no longer have access to your original approval email, you can access it via the volunteer page on the school website.

After setting up your account, you can view your hours by clicking on the hours tab.

Clicking "Details" will give you information about your logged hours.

Clicking "Add Hours" will allow you to report any additional hours you've worked.

Want to find out about upcoming events? Click on the "Events" tab and "Details" to get specific information. And if you want to help out, click "Sign Up."

The volunteer portal also has options to contact other volunteers, allows you to set up your preferences for communication, and has a profile tab where you can change your password.

DELANO DRAMA PRESENTS:



The Musical

Book by: Bob Martin Music by: Matthew Sklar Lyrics by: Chad Beguelin
Based on the New Line Cinema Film by David Berenbaum
Directed by: Kerri Olson

at the

**DELANO PERFORMING
ARTS CENTER**

Students

\$5

Adults

\$7

NOV
8

NOV
9

NOV
14

NOV
15

NOV
16

7PM

3PM

7PM

7PM

7PM

Tickets available online at: <https://www.delano.k12.mn.us>



Sea of orange

All DES students and staff members gathered in the media center for a photo on Unity Day, Oct. 23, then enjoyed a variety of fun activities to promote kindness and prevent bullying. Classes discussed how to handle bullying, how to speak kindly and help others, how to be a good friend, how to use the buddy bench on the playground, and more. In the Imaginarium they watched a short video, signed a pledge, received stickers and bracelets, and more.



Apex Fun Run returns

Fundraising program runs Nov. 11 through Dec. 3

The Apex Fun Run will serve as a fundraiser for the DES Partners in Education (PIE) group later this month.

"Apex has been a very successful fundraiser for PIE," said DES Assistant Principal Greg Hinker. "It has raised a lot of money, but it has also brought a lot of character lessons with it, so it's more than just a fundraising opportunity."

The nationwide Apex program will promote leadership and fitness for students from Nov. 11 through Dec. 3 while they raise pledges to help the school.

This will be the DES PIE group's only fundraiser for the year.

During the Apex Fun Run, students are challenged to obtain pledges for the laps they run on Tuesday, Dec 3. Students will run for 30 minutes and average 26-36 laps, with a maximum lap limit of 36 (each lap is 1/16th of a mile). Sponsors can pledge \$1, \$2, \$5 or any other amount for each lap students run. All participants will receive an access code that allows you to enter pledges online.

The Apex Fun Run is for every student, regardless of financial giving. Parents are welcome to come to the run.

"We've been named an active school, and we feel this fits our mold and mission," said DES Principal Darren

Schuler. "It's a healthy option for a fundraiser."

How to help

- Help connect your child to potential sponsors (family or friends) to acquire pledges.
 - Ask your child about the character lessons, and download the "Apex Fun Run" app.
 - Come to the Apex Fun Run and invite others.
 - Volunteer for the race!
- Parents are needed to help cheer on students and mark laps. If you would like to volunteer for your student's race, a signup form will be available online. Information on how to access this form will be released when it is available.

Candy collection benefits veterans

Delano Elementary has partnered with Blue Star Mothers of Wright County to collect extra Halloween candy this year. Don't get stuck with an oversupply of leftover Halloween treats!

During the holidays, the Blue Star Mothers organization will send the donated candy, along with hand-decorated cards, letters and pictures, to service members stationed overseas.

There are boxes located in the elementary office for candy collection. Candy will be collected until Thursday, Nov. 7.

Curriculum update

By Greg Hinker
Assistant Principal

We are excited about the new Benchmark Literacy program that was adopted last summer.

Teachers were satisfied with our old program, but after years of use, teachers began to notice gaps and shortcomings. For years, teachers worked to supplement these missing pieces. The areas of phonemic awareness and phonics were two weak areas in the old curriculum that we made sure our new program did a better job of addressing.

Phonemic awareness is the ability to hear and manipulate the sounds in spoken words. It is essential to learning to read in an alphabetic writing system, because letters represent sounds. Without phonemic awareness, phonics makes little sense. To practice these skills teachers have students manipulate the sounds in words by segmenting words, blending sounds, rhyming, and deleting and replacing sounds.

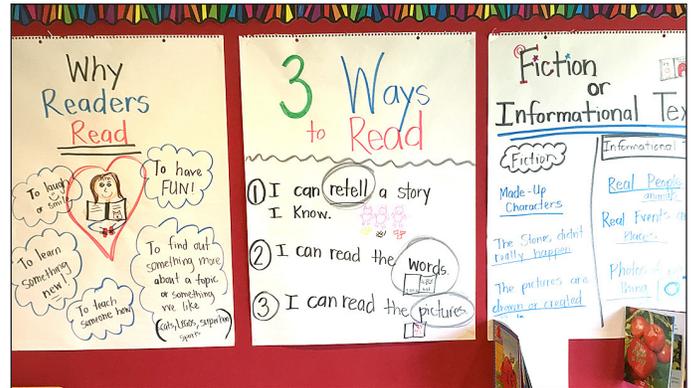
Phonics is the ability to match a sound with the letter, or group of letters, that are



Greg Hinker

used to represent that sound. To develop phonics skills across grades K-3, students need to learn the essential skills of letter-sound correspondence, decoding and sight word recognition.

Our new literacy program, Benchmark Literacy, does a much better job of systematically covering these topics at increasing levels of difficulty from kindergarten all the way through fourth grade. A greater emphasis on these areas will have a positive impact on students' reading, decoding, comprehension, writing and spelling.



The Benchmark Literacy curriculum has been implemented at Delano Elementary this year.

Schuler

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understanding of the text they are reading. With that being said, students will also be taught specific comprehension strategies, such as how to analyze a character, analyze elements of a story, compare and contrast different stories, draw conclusions, and identify cause and effect.

Benchmark Literacy instruction will help students

build on the above strategies so that students can successfully navigate narrative, informational and opinion/argument text to analyze the content and learn new information, as well as develop a rich vocabulary.

It has been exciting to step into classrooms to hear and see the high level of student engagement and the rigor in our language arts instruction. Great things are happening at DES!

Clothing drive ends Nov. 11

Delano Public Schools is conducting its annual clothing drive for veterans in need again this year.

The drive began on Monday, Oct. 21, and ends on Veterans Day, Monday, Nov. 11. All donated items must be newly purchased. It supports veterans who are hospitalized at the St. Cloud VA Hospital, in addition to the Eagle's Healing Nest. Please consider donating the following items.

For men: Socks, boxers, undershirts, pajama pants, T-shirts, sweatpants or sweatshirts, jeans (waist 30-36, length 30-34), winter boots (size 9-14), slippers and winter coats, hats and gloves.

For women: Socks, underwear, pajamas, shirts, sweatpants, jeans of any size, winter boots, hats and gloves, and slippers with rubber bottoms.

If you would like to make a monetary donation, collected funds will be used to purchase winter boots. Make your check payable to Delano Public Schools, and note "veterans clothing drive" in the memo.



Firefighter visit

First-graders observed Fire Safety Day with the help of Delano firefighters on Tuesday, Oct. 15. Students learned safety tips and also had the opportunity to explore the truck.



Report to PARENTS

So Many Activities, So Little Time

Students who are involved in extracurricular activities—from chess club to cheerleading to chorus—tend to have higher self-esteem and stronger connections to school. But an overloaded schedule with too many activities can have the opposite effect, leaving your child—and you!—stressed. Keep these tips in mind for managing your child’s activity load.

Aim for 3 activities.

Though every child is different, psychologists often suggest involving a child in no more than three activities at a time: one social activity (like Boys’ Club or a church group); one physical activity (like gymnastics, swimming, or basketball); and one artistic activity, such as an art class or music lessons.

Limit involvement.

To avoid burnout, keep involvement in any one activity to just a day or two a week, unless your child absolutely begs for more. Check with them periodically to make sure they are still eager to attend; if not, scale back.

Broaden their horizons.

Although following your child’s interests is important, introduce your child to something new, whether it’s a new sport, a musical instrument, or a group like Boy Scouts or Girl Scouts.

The secret to keeping enthusiasm high is to start slowly and gauge your child’s interest before committing beyond the first few sessions.

Be supportive, not critical.

No matter what your child is interested in, remember that your job as a parent is to be supportive. The point of activities is to expand your child’s interests and abilities, not to transform him or her into a child prodigy or the next sports superstar.

Schedule downtime.

Children need time to ponder, explore, and play—but an overloaded schedule prevents that. Make sure that when the day is over and the homework is done, there’s still time for your child to be a kid.



Change it up.

Specializing in one activity—especially a sport—at a very young age can be harmful. Pediatricians discourage the kind of repetitive movements that come from concentrated effort in one sport. Plus, kids who dedicate themselves to a single sport early can burn out later and may regret not trying other sports.

Watch for signs of stress.

The stress of trying to keep up with too many planned activities can take a physical toll on your child. Watch for signs of stress, including stomachaches and headaches, difficulty paying attention, a drop-off in interest in activities he or she used to enjoy, and increased “clinginess” with a parent or other close adult (e.g., teacher, babysitter). If you notice any of these signs, chances are your child needs to cut back on activities and de-stress.

Decompress at home.

Make sure there’s room in your schedule for family time. Children need to have meals with their parents, hear bedtime stories, share chores, and play games. Extra-curricular activities can help children learn and grow, but remember that what your child needs first and foremost is to feel special and loved.

Sheridan offers meal support

The Sheridan Story, a weekend food program, is available again this year. The organization strives to make a difference by focusing on food gaps -- the times when children aren't at school to access meal programs. The Sheridan Story offers food over the weekends, summers and extended school breaks.

The program is free for all families, and no qualifications are required for enrollment. No information is collected for enrollment, and privacy is protected for participating families. Those interested can sign up at any time during the school year, and school staff will discreetly place food bags in students' backpacks on Fridays during the school year.

Families can choose from a variety of food bags that contain nutritious, non-perishable food, including fruits, vegetables, proteins, grains and soups or entrees. For more information, contact your school counselor or social worker. A sign-up form is available online at bit.ly/SheridanDPS.



Walk to School Day

Delano Elementary had an active start to October, with Walk to School Day (shown here) on Oct. 2, followed by the Walk, Roll and Stroll event the following week. Both events attracted large numbers of participants.



LUNCH					NOVEMBER 2019					Delano Elementary School \$2.95				
Delano Elementary School														
Monday	Tuesday	Wednesday	Thursday	Friday										
 <p>Hot Dog 4 A)BBQ Rib Sandwich Sun Chips Baby Carrots Baked Beans Rosy Applesauce</p>	<p>Chicken Gravy 5 A)Polish Sausage Mashed Potatoes / Peas Lettuce Roll Baked Apple Slices</p>	<p>Chicken Nuggets 6 Tritater Green Beans Veggies / Bread Fruit Cocktail</p>	<p>Cheese Pizza 7 Corn Lettuce Salad Pears</p>	<p>Quesadilla 1 Refried Beans Corn Lettuce Salad Salsa Fresh Fruit</p>										
<p>Chicken Drumstick 11 Brown Rice Carrots Lettuce Salad Roll Pineapple</p>	<p>Corn Dog 12 Potato Smiles Baked Beans Veggies Rosy Applesauce</p>	<p>Italian Dunkers 13 A)Egg Salad Sandwich Corn Lettuce Salad Fresh Fruit</p>	<p>Chicken Patty – Bun 14 A)PBJ Sandwich Chicken Noodle Soup Lettuce Salad / Crackers Veggies Peaches</p>	<p>Tacos – Beef 8 Lettuce / Cheese / Salsa Refried Beans Fresh Fruit</p>										
<p>Nachos – Beef / Cheese 8 Lettuce / Onions / Salsa Refried Beans Fresh Fruit</p>	<p>Cinnamon Roll 19 Cheese Omelet Steamed Broccoli Tritater Orange Wedges Apple Juice Cup</p>	<p>Hamburger 20 Sun Chips Baked Beans Lettuce / Tomatoes / Pickles Carrots Fresh Fruit</p>	<p>Teriyaki Chicken 21 Brown Rice Stir Fry Vegetables Lettuce / Bread Pineapple / Fortune Cookie Ice Cream Cup</p>	<p>Walking Taco 15 Lettuce / Cheese / Salsa Refried Beans Fresh Fruit Teddy Grahams</p>										
<p>Domino's Pizza 25 Cheese / Pepperoni Green Beans Lettuce Salad Pears</p>	<p>Chicken Patty 26 Mashed Potatoes Country Gravy / Carrots Lettuce / Roll Orange Wedges Chocolate Chip Cookie</p>	<p>Holiday 27 No School</p>	<p>Holiday 28 No School</p>	<p>Tomato Soup 22 Grilled Cheese Sandwich Goldfish Lettuce Salad Veggies Orange Wedges</p>										
<p>Holiday 29 No School</p>	<p>Holiday 29 No School</p>	<p>Holiday 29 No School</p>	<p>Holiday 29 No School</p>	<p>Holiday 29 No School</p>										

Jensen, Huikko named 'Best of Delano'

By Paul Downer
Communications Coordinator

When readers of the Delano Herald Journal finished casting their votes for favorite teacher in the 2019 Best of Delano feature, two from Delano Elementary School stood above the rest.

Meredith Huikko and Nicole Jensen tied for first place, an honor that both said reflected well on their school and their colleagues, past and present.

"I was hired here as my first job, but I also attended school K-12 here," said Huikko, a kindergarten teacher who is in her 20th year at DES. "I had those teachers that really made me feel a part of the classroom, who made school a good place to be. So I kind of feel like I owe it back to the community to give the same as what I received."

Jensen said she now teaches in the same first-grade room where she did her student teaching under the mentoring of Kathy Workman.

'It really does drive you to make yourself better when you're working with such wonderful people.'

Meredith Huikko

"In my 12 years, there are a lot of teachers that have retired. We have some big shoes to fill," said Jensen. "We can do it, and we want the next generation of teachers cycling in to look at us and go, 'Wow, they put in so much effort.' That's how we



First-grade teacher Nicole Jensen, left, and kindergarten teacher Meredith Huikko tied for best teacher in the Delano Herald Journal's Best of Delano voting.

remember it, and we want to continue that legacy."

Huikko added that she had John Bingea as her fourth-grade teacher when Bingea was a rookie, and when she started teaching in Delano her classroom was next to Bingea's.

"To have him as a mentor for my first year of teaching was just amazing, because he was one of the teachers I idolized and was part of what drove me to want to be a teacher," Huikko said. "I wanted my classroom to have that same feeling and atmosphere that his did."

While past colleagues provided inspiration and mentorship, Jensen and Huikko said their current peers are helpful in the same way.

"Everybody works so hard here," said Jensen.

"And it's collaborative," added Huikko. "It's not just, 'This

is my room so this is what I do that works.' There is definitely a whole lot of sharing to make each other better. It really does drive you to make yourself better when you're working with such wonderful people."

Favorite parts of the job

While the community recognition provided a boost of affirmation, Jensen and Huikko said their enthusiasm for the job is renewed every morning as their students arrive. Both teachers embrace the opportunity to serve their students holistically.

"We can teach academics and standards and all these sorts of things. But it also sometimes involves helping with hygiene, helping with hair or those types of things," said Jensen. "You're kind of a teacher and mom and caretaker. You teach them to be kind to

people and to work hard, and they want to do it."

"They want to learn. Sometimes those other things need to happen first," said Huikko.

Both teachers said the support of families has been outstanding, and that the rapid progress their students make in kindergarten and first grade is both gratifying and motivating.

"What's fun, especially in early elementary, is you see more of those 'aha' moments," said Huikko. "That light bulb above their head, you can see that come on in the look on their face."

"You don't have to wait all year to see the progress," added Jensen. "The growth they make month by month and week by week, it's continuous."

The bottom line is that Jensen and Huikko aim to make their students' school experience the best it can possibly be.

"I feel like I'm successful if I make them enjoy coming to

'We want this to be a place they love.'

Nicole Jensen

school and want to be here," said Huikko. "The learning will happen. If they don't like coming here, then the learning is not going to happen."

While accolades are appreciated, Jensen said the feedback from students means more than anything.

"I got a letter just last week that said, 'Dear Mrs. Jensen, I love coming to school because you make it feel like home.' That gave me chills. That's what I want," she said. "We want this to be a place they love."



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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