



Meneley Monthly Messenger – April 2018

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<http://www.dcsd.k12.nv.us/ccmes>

Ms. Rugger's Message

Our Annual Friendship Dinner has been rescheduled due to the weather and will now be held on Friday, April 6. We hope you can all join us!

We will be busy in April and May with state testing for 3rd through 5th grade students and MAP testing for K-5th grades. Be sure your students eat a good breakfast and get plenty of rest to do their very best. Please watch for specific information from each classroom teacher regarding testing dates and opportunities to help with class snacks.

Due to adverse weather the conditions, the School District had a snow day on Friday, March 2nd and Friday, March 16th. **Currently, this means our students will be required to make-up two snow days at the end of the year. The new last day for students will be Monday, June 11th with an early release at 12:40 PM.**

Together In Education,

Becky Rugger



Preschool Parents

Due to the late school start on Wednesday, April 11th, preschool will be in the afternoon for the three year old program only from 12:30 to 3:00 PM.



Late Start Day & Spring Break

Wednesday, April 11th is a late start day with school beginning at 10:20 AM. Students can be on campus no earlier than 10:00 AM.

School is closed April 16th through 20th for Spring Break.

Register for Kindergarten

Thank you to those of you who have completed a Kindergarten Registration packet for the 2018-2019 school year! Children must be 5 years old by September 30, 2018 to attend. Original birth certificate, up-to-date immunizations and proof of residency (e.g., utility bill with street address) are required to register your child. All registration packets are date/time stamped, and students are accepted on a first come, first serve basis.

2018-2019 School Variance

If your child is on a variance, you need to reapply for the variance. Variances are considered when space is available at the requested school. Variances may be denied or revoked due to a history of poor attendance (including late arrivals) and/or inappropriate behavior on the part of the student involved. When staffing allocations and enrollment is solidified, we will review class sizes to determine what, if any, variances can be approved. Kindergarten variances cannot be approved until we know actual enrollment due to class size restrictions. This may take up to a month (or longer) until after school begins.



Principal Input

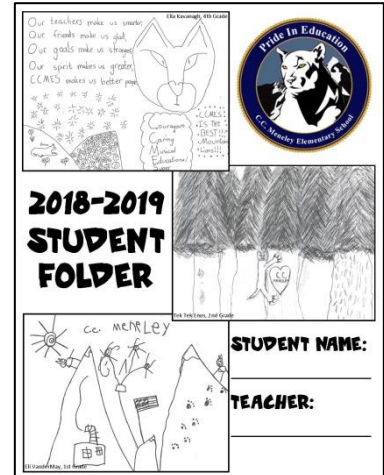
As part of the interview process for hiring the next Principal of Pau-Wa-Lu Middle School, the School District is seeking your thoughts and comments. Please take a few minutes to provide your feedback on what you would like to see in a school Principal. Go to the school district website at <https://dcsd.k12.nv.us/>. The link is on the homepage. Once you

complete, don't forget to click 'SUBMIT' so your responses are recorded. The deadline to complete the survey is April 6. Thank you for your time and participation!



Friday, April 6

Friday, April 6 we will be holding a School Bus Transportation Evacuation Drill for those students who ride the bus in the morning. **Please drop your children off in front of the school as the upper parking lot will not be available on this morning.** Thank you for your cooperation. Any questions, please call the school at 265-3154.



C. C. Meneley Elementary School Mission Statement

C. C. Meneley challenges and supports students to be the best they can be in a caring and respectful environment.

2018-2019 Student Folder Contest

Winners of C. C. Meneley's 2018-2019 Student Folder Contest are:

- 5th Grade – Timothy Wooster
- 4th Grade - Ella Kavanagh
- 3rd Grade – Emery Christensen
- 2nd Grade – Tek Tek Enos
- 1st Grade – Eli VanderMay
- Kindergarten – Audrey Warden
- Preschool - Khloe Ziemer

Thank you to everyone who participated.



Emergency Contact Information

Up-to-date emergency contact information is critical should an emergency occur and the school needs to contact you. Please follow the steps below in order to update your emergency contact information when logged into Infinite Campus.

1. Select your student
2. Select the demographics page
3. Go to Non-Household Contacts
4. Add new or update current contact and complete all necessary information.

NOTE: It is important you then click Send Update after each entry. You may repeat this as often as necessary. If you need assistance in logging into your parent account, please call the office and we will be happy to help. Infinite Campus is a valuable resource for parents in updating information, checking grades / assignments, adding money to your student's lunch account and more!



Let's Take A Bit Out Of Hunger!

1 in 6 people in America face hunger; nobody is immune. Hunger is increasing and prevalent in Carson Valley, too, and our local food pantry can help! In order to help our food pantry help families, C.C. Meneley will be hosting a food drive to

collect canned goods and non-perishable. Please give whatever you can. One grocery bag of food can provide as many as 11 meals. Every single donation helps, and together we hope that our donations will make a real difference. Some suggestions for food include:



Also applesauce, canned beef stew, rice, ketchup, salad dressing, oatmeal, multigrain and low-sugar cereals. Donations will be collected each morning at the school entrance. If you would like to donate cash, please make your check out to C.C. Meneley Elementary School Food Drive. Your help is sincerely appreciated.



Nurses Roundup

Everyone needs to be alert and proactive when it comes to the flu and the common cold. Although it is at the tail end of its duration for the season, please do not let your guard down. The flu and common cold are contagious infections which affects millions annually. Avoid close contact with others; use tissues or inside of your elbow to cover coughs and sneezes and dispose of the tissue once used! Wash your hands with soap and water after coughing or sneezing. Additionally, this time of year causes fluctuations in temperature and weather. Be sure your child dresses in layers and is prepared for the elements outside.



Counselors Corner

We have really been working on ways to express and show empathy in our counseling lessons over the last month. Students have been learning how to use

their words when noticing a classmate, peer, friend, or family member are having uncomfortable feelings. Empathy allows students to try and understand how someone else feels even though they, themselves, might not be feeling that way. Connecting to other people through feelings often allows for a sincere concern to show. During our counseling lessons, we role play and model how to apologize when making a mistake/being part of an accident, how to notice someone's feelings and go up to them to see how we can help, and how to take into account someone's facial expressions and body language in order to understand how they feel. We've also been really working on trying to pause before we do or say something in order to predict how our words and behavior might affect someone else. Sometimes the most helpful thing we can do as parents is to talk out loud through some of our uncomfortable feelings and let our kids know what goes on in our minds when we are sad, disappointed, mad, scared, or jealous. Showing our students positive coping skills like going to a quiet corner, using deep breathing, talking out our feelings, and/or going for a walk or riding a bike are helpful to practice when the child is calm, so that when a student gets really uncomfortable feelings, those positive coping behaviors are readily available.



Spirit Fridays!

Remember to wear your C. C. Meneley shirt or our school colors (blue, white, silver) on Fridays. If you do not already have a Meneley shirt, we have them for sale in the office - \$7 for short sleeve and \$13 for a hooded pullover sweatshirt – we have two designs to choose from (thank you to the Douglas High School screen printing students who created these fabulous designs). Go Meneley Mountain Lions!



Parent Teacher Organization (PTO)

Our next PTO meeting is on Wednesday, April 4 at 3:30 PM. Please note PTO meetings are now being held on Wednesday afternoons. You can also reach our PTO via email at ccmespto@gmail.com.



Mark your calendars for family fun on Sunday, June 3rd at the Reno Aces Ballpark. Game time is 1:05 PM against the Las Vegas 51s. C. C. Meneley will

have a special section and receive a portion of ticket sales. Tickets are \$16 per person, include a free Aces baseball cap and there will be \$1 menu items! Flyers will be sent home in your child's Student Folder to purchase tickets.



BINGO

Our last Bingo night is right around the corner – please mark your calendars for: April 12 from 5:30 PM to 7:00 PM in the CCMES Commons. Cash prizes, children's prizes, pizza and snacks will be sold. If you would like to volunteer with this

event, please contact Mrs. Michitarian at pmichita@dcsd.k12.nv.us.



Our lost and found rack overflows with jackets, sweaters and other student belongings. Please check with your child and see if they have misplaced any clothing or other personal items. Clothing which goes unclaimed for a period of time will be donated. **Please be sure to put your child's name inside clothing.**



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| April 4 | PTO Meeting, 3:30 PM |
| April 6 | School Bus Evacuation Drill |
| April 6 | Friendship Dinner, 5-7:00 PM |
| April 11 | Late Start Day, school begins at 10:20 AM |
| April 12 | Bingo, 5:30-7 PM |
| April 13 | Haunted Wind Chimes Band Assembly |
| April 16-20 | Spring Break |
| April 25 | GT Field Trip to the Discovery Museum |
| May 2 | PTO Meeting, 3:30 PM |
| May 7 | GT 5 th Grade Field Trip to tour UNR |
| May 9 | Bike To School Day |
| May 9 | Late Start Day, school begins at 10:20 AM |
| May 10 | DARE Graduation |
| May 21 | 4 th Grade Nevada History Field Trip |
| May 24 | 5 th Grade Tour of PWL |
| May 28 | Memorial Day Holiday |
| May 30 | The Frog Prince by Bruka Theatre Assembly |
| June 11 | Last Day of School – Minimum Day with school ending at 12:40 AM |



PBIS At Home

April 2018

Positive Parenting

Parents have an important job. Raising kids is both rewarding and challenging. You're likely to get a lot of advice along the way, from doctors, family, friends, and even strangers. But every parent and child is unique. Being sensitive and responsive to your kids can help you build positive, healthy relationships together.

"Being a sensitive parent and responding to your kids cuts across all areas of parenting," says Arizona State University's Dr. Keith Crnic, a parent-child relationship expert. "What it means is recognizing what your child needs in the moment and providing that in an effective way."

This can be especially critical for infants and toddlers, he adds. Strong emotional bonds often develop through sensitive, responsive, and consistent parenting in the first years of life. For instance, holding your baby lovingly and responding to their cries helps build strong bonds.

Building Bonds

Strong emotional bonds help children learn how to manage their own feelings and behaviors and develop self-confidence. They help create a safe base from which they can explore, learn, and relate to others.

Experts call this type of strong connection between children and their caregivers "secure attachment." Securely attached children are more likely to be able to cope with challenges like poverty, family instability, parental stress, and depression.

A recent analysis shows that about 6 out of 10 children in the U.S. develop secure attachments to their parents. The 4 out of 10 kids who lack such bonds may avoid their parents when they are upset or resist their parents if they cause them more distress. Studies suggest that this can make kids more prone to serious behavior problems. Researchers have been testing programs to help parents develop behaviors that encourage secure attachment.

Being Available

Modern life is full of things that can influence your ability to be sensitive and responsive to your child. These include competing priorities, extra work, lack of sleep, and things like mobile devices. Some experts are concerned about the effects that distracted parenting may have on emotional bonding and children's language development, social interaction, and safety.

If parents are inconsistently available, kids can get distressed and feel hurt, rejected, or ignored. They may have more emotional outbursts and feel alone. They may even stop trying to compete for their parent's attention and start to lose emotional connections to their parents.

"There are times when kids really do need your attention and want your recognition," Crnic explains. Parents need to communicate that their kids are valuable and important, and children need to know that parents care what they're doing, he says.

It can be tough to respond with sensitivity during tantrums, arguments, or other challenging times with your kids. "If parents respond by being irritable or aggressive themselves, children can mimic that behavior, and a negative cycle then continues to escalate," explains Dr. Carol Metzler, who studies parenting at the Oregon Research Institute.

According to Crnic, kids start to regulate their own emotions and behavior around age three. Up until then, they depend more on you to help them regulate their emotions, whether to calm them or help get them excited. "They're watching you to see how you do it and listening to how you talk to them about it," he explains. "Parents need to be good self-regulators. You're not only trying to regulate your own emotions in the moment, but helping your child learn to manage their emotions and behavior."

As kids become better at managing their feelings and behavior, it's important to help them develop coping skills, like active problem solving. Such skills can help them feel confident in handling what comes their way.

"When parents engage positively with their children, teaching them the behaviors and skills that they need to cope with the world, children learn to follow rules and regulate their own feelings," Metzler says.

"As parents, we try really hard to protect our kids from the experience of bad things," Crnic explains. "But if you protect them all the time and they are not in situations where they deal with difficult or adverse circumstances, they aren't able to develop healthy coping skills."

He encourages you to allow your kids to have more of those experiences and then help them learn how to solve the problems that emerge. Talk through the situation and their feelings. Then work with them to find solutions to put into practice.