



Meneley Monthly Messenger – December 2017

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Ms. Rugger's Message

As we wrap up 2017, I would like to thank you all for your continued support to your child's success. Parents and guardians are a child's first teacher and as evidenced by our wonderful turnout for Parent Teacher Conferences, you have a great interest in your child.

I also want to let you know what a pleasure it is to see so many adults at our school events – PTO, WAT, Bingo, Food For Thought Program, Literacy Fair, and Book Fair. I know December is busy but we hope to see you at our upcoming Art Show and Merry Market Night.

Report cards went home in November. While there should have been no surprises for parents, we highly recommend all parents with students in grades 3-5 continue to utilize Infinite Campus on a regular basis. This will keep you informed of your students' progress including homework assignment completion, grades for quizzes and tests, and tardies/absences (as well as cafeteria money account balances). Review this information with your child to help them understand the importance of consistency in their work.

Please welcome Maddy McDuffee, C. C. Meneley's School Mental Health Worker. Maddy was born and raised in Carson Valley. After graduating from Douglas High School, she attended school in both Reno and San Diego, receiving a bachelor's degree in Psychology and a master's degree in Counseling Psychology. She has experience in working with children, teens, families and adults; and she is especially excited to be a resource for the families of C. C. Meneley. Please welcome Maddy when you see her.

C.C. Meneley is a wonderful school and it is with the help of our amazing parents and volunteers that we accomplish so much. Thank you all for your ongoing support.

I hope you all have a wonderful holiday and enjoy time together with family and friends during our winter break.

Together In Education,



Winter Break/Professional Day No School For Students

Winter break will be held December 25-January 5. Additionally, Monday, January 8 is a Teacher Professional Development Day and there will be no school for students on this day. **School will resume on Tuesday, January 9.**



Counselors Corner

Recently in classrooms, we have been discussing the importance of predicting the feelings of others prior to acting or reacting to any given situation. Predicting how someone may feel helps students to pause before acting which ultimately guides them to make better, more empathetic choices. Talking to your students in everyday situations about people's feelings and understanding them based on body language and facial expressions can really allow kids to be aware of their surroundings, and how their words and actions can directly affect the people around them.



ART is BOOOOtiful!

Student creations continue to line the hallways with volcanoes, pumpkins, eagles, and tsunamis. Thursday, December 7th from 5 to 6:30 PM is C. C.

Meneley's Art Show. Come visit student's creative styles of art including the famous black light fluorescent art room!.



Merry Market Night

Mark your calendars for Merry Market Night on Thursday, December 21st, from 5:15 PM to 7:15 PM! What is our Merry Market? It's an evening set aside to accomplish three goals: **1.** To use our math skills by playing games in classrooms and earning "funny" money, **2.** To participate in a school-wide community experience where students create stores, buy and sell goods and services (using the "funny" money earned while playing games in the classrooms earlier in the evening), and learn some valuable economic lessons, **3.** To share fun and fellowship with our neighbors! Watch for more information as it comes home in your child's Student Folder.



Preschool Parents

There has been a change made to the Preschool school calendar. December, 13th, has been changed to a NO School day for preschool only. Both AM and PM classes are canceled this day. This only applies to Pre-K classes throughout the District, the rest of the elementary schools will still have a normal late start day. This change was made to accommodate training for a new curriculum.



Nurses Roundup

Help Keep Our School Healthy

Please do your part to help our students be healthy. If your child has a fever, is throwing up, has diarrhea, or is showing other signs of a communicable disease,

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.

he or she should stay out of school for at least 24 hours after the symptoms have stopped. This gives your child a chance to fully recover and be ready to learn, and also helps to prevent germs from being spread to others.

VFC Vaccines Available at School

Our school nurse can now offer vaccines at school through the Vaccines for Children Program, which covers children who have Medicaid or NV CheckupZ, have no insurance or insurance that would not cover the cost of vaccine, or are American Indian/Alaskan Native. Vaccines required for school will be available; other vaccines may be available. Please contact Nurse Jerry at the school if you are interested.



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 Thursday, January 11 at 3:30 PM. Please note starting in January, PTO meetings will be held on Thursday 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

Bingo is returning to C. C. Meneley! Mark your calendars for: December 14, February 15 and 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.



Bike Racks

Students who enjoy riding their bicycle, skateboard or other wheeled mode of transportation to school, we encourage them to bring a locking system to secure their bike during the day. The bike rack is located on the west field of the school. Additionally, please remind your child they need to walk their bike while on school property to avoid an accident.



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 that may be shed during recess, PE and other activities so these articles of clothing can be found in the event they are left somewhere.*

Upcoming Events:

- December 7 Art Show, 5-6:30 PM
- December 13 **90 Minute Late Start – school starts at 10:20 AM**
- December 13 Family Life Sex Education/AIDS Preview Night for 5th Grade Parents at Minden Elementary School, 6PM
- December 14 Bingo, 5:30-7 PM
- December 21 Merry Market Night, 5:15-7:15 PM
- December 22 1st Grade Community Field Trip to Carson Valley Senior Living (morning)
- Dec. 25-Jan. 5 December/Christmas Break
- January 8 Professional Development Day – No School For Students
- January 9 School Resumes
- January 9 PTO Meeting, 3:30 PM
- January 15 Martin Luther King Jr. Holiday



PBIS At Home December 2017



Importance Of Sleep

Is your child getting enough sleep? The National Sleep Foundation recommends 10 to 11 hours of shut-eye per night for children ages 5 to 12. Additionally, teens needing nine to 10 hours/day and preschoolers 11 to 12 (this amount can include naps). One quick rule of thumb: If your child wakes up fairly happy and easily in the morning and does not have a meltdown in the late afternoon from being over tired, he or she is probably well-rested. How to get more sleep:

- **Make sleep a priority** (avoid scheduling activities which could delay bedtime)
- **Create routine** (the 4 B's of bedtime: bathing, brushing teeth, books and bedtime)
- **Exercise** (children should have at least one hour of exercise per day every day and earlier in the day – vigorous exercise too close to bedtime may just keep kids awake)
- **Shut off electronics** - do not keep screens such as computers or TVs in your child's bedroom and have portable electronics (iPad, cell phones, hand-held games) put away at the "family central charging station" where all family's electronics spend the night.

Exciting or violent programming can make it difficult for children to fall asleep. Bright screens (or brightly lit rooms) can delay melatonin release and, as a result, the onset of sleep. Setting the stage for good sleep now is an important habit that can make a difference in your child's future health. If you have concerns, talk to a pediatrician, or check out the National Institutes of Health's guide to healthy sleep:

http://www.nhlbi.nih.gov/health/public/sleep/healthy_sleep.pdf