



Meneley Monthly Messenger – February 2018

1446 Muir Drive, Gardnerville, NV 89460

PH: 775-265-3154 FX: 775-265-7193

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

Ms. Rugger's Message

Preparation for C. C. Meneley's Annual Friendship Dinner, which will be held on Friday, March 16, 2018 is well underway! All of our families will have the opportunity to help provide support for this event by taking part in the creation of gift baskets to be sold at the event's silent auction/raffle. Your participation is a great way to help our school. The PTO and individual classrooms will share more details on this event and silent auction. Please mark your calendar for this fun event!

The Nevada Department of Education has released the Nevada School Performance Framework (NSPF) which utilizes several data points to determine a school's performance. Schools are rated on a 5 star scale with 5 being the highest. I am very proud to announce that CCMES is a 3 star school based on student achievement, growth and attendance. It is also very exciting to note that we were 1 point away from being a 4 star school. During our last late start day the staff reviewed the data and worked on ideas to continue to improve as a school as our goal is to move into the 4 or 5 star category through continuous improvement. If you are interested in learning more about NSPF, you can go to the Nevada Department of Education website at www.doe.nv.gov.

With spring right around the corner, we like to plan ahead. If your child is on a variance, you will need to reapply for the variance once the forms become available. Variances are considered only when space is available at the requested school. Variances may be denied or revoked due to over-crowded classes, a history of poor attendance (including late arrivals), and/or inappropriate behavior on the part of the student involved. Additionally, if you are planning to relocate during the summer, please stop by the office and let us know so we may accurately staff for next year.

Over the course of the next couple of months we will be preparing our students for the Annual Spring State Test for Grades 3-5, and MAP Tests for Grades K-5. These tests are very important in measuring our students' educational progress on the Nevada Academic Content Standards. Please watch upcoming newsletters for these critical testing dates.

Together In Education,



Preschool Parents

Due to the late school start on Wednesday, February 14th, preschool will be in the afternoon for the four year old program only from 12:30 to 3:00 PM.



February Break & Late Start Day

February break will be held February 19-23 and there will be no school for students. **School will resume on Monday, February 26.**

Additionally, Wednesday, February 14th is a late start day with school beginning at 10:20 AM. Students can be on campus no earlier than 10:00 AM.

KINDERGARTEN



REGISTRATION IS COMING!

The Douglas County School District Kindergarten Registration for the 2018-2019 school year will begin February 26, 2018. Your child must be 5 years old by

September 30, 2018 to attend kindergarten during the 2018-2019 school year. Original birth certificate, up-to-date immunizations and proof of residency (utility bill with street address) in your neighborhood are required to register your child. All registration packets are date/time stamped, and students are accepted on a first come first serve basis.

Additionally, in the near future we will be screening three and four year olds for our preschool program. Watch for additional information.

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.



Nurses Roundup

When To Keep Sick Children Home

Douglas County School District has guidelines for when children should stay out of school for an illness. These guidelines allow sick students to recover so they are ready and able to learn and help limit the spread of contagious diseases. If children have a fever of 100° or higher currently or in the last 24 hours, they should not come to school. If a child needs Tylenol to reduce a fever, they should stay home until 24 hours after the fever is gone with no Tylenol. If a child

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has thrown up two or more times in the last 24 hours, they should not come to school. If there has been 6 loose stools or instances of diarrhea in the last 24 hours, they should stay home. To see the full Communicable Disease Guidelines, please visit the school district website (dcsd.k12.nv.us); the guidelines are under "Parents", then "School Nursing Services".

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 Check Up, 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.



No Pets On Campus

We have signs posted indicating no pets on campus. Please remember some students have allergies and fears of animals so for safety and health reasons, we ask your pets only visit when special arrangements are made directly with your child's teacher. If your pet comes with you for pick-up or drop-off, please leave them in the car.



Counselors Corner

Following directions is a task which often we, as adults, assume kids just "get". However, sometimes following directions can be difficult if the directions are not given well. This miscommunication can become a task that causes frustration and anger. This month, we will focus on following directions (the first time) because the root of following directions is

understanding and knowing how to be an active listener. Modeling expected behavior (like listening/following directions) is the absolute best way for kids to understand what you expect from them. Below are several at-home tips for helping students follow directions:

1. **Ask for your child's attention:** giving directions when your child isn't focused on you could set both of you up for failure. Ask for your child's attention by saying, "Look toward me, please. I need you to listen now." Some children have a difficult time with the nonverbal aspects of language. Asking your child to look toward you, instead of looking you in the eye, takes this into account. You can make it easier by moving into your child's line of sight.

2. **Minimize Distractions:** once you have your child's attention, you want to keep it. It can be hard for him to hear and follow directions while he/she is playing video games or when the TV is on in the background. Minimize any distractions before giving directions. Turn off the TV. Ask your child to put down his game or book. Make sure he/she is looking toward you. You can model this behavior by giving your child your full attention when giving instructions. This also shows your child what you're saying is important.

3. **Speak Quietly:** it may be tempting to speak louder or speak over your child when there is something you need to say or get done. But you may capture his attention better by speaking in a softer voice. Give directions in a calm, even tone. Your child may be able to focus more easily on the substance of what you have to say when he/she doesn't have to process the tone and the volume, too.

4. **Utilize "wait time":** teachers often use "wait time." So do educational TV shows for kids. "Wait time" is the three- to seven-second pause after you say something or ask a question. Research shows children process better what you have to say—and respond to it appropriately—when they let it sink in. Your child still may not follow directions

or answer your question after the pause. If so, it's OK to repeat what you said.

5. **Check for understanding:** Checking for understanding goes hand in hand with giving your child some "wait time." Ask your child to repeat your directions back to you. Or ask him to explain your directions in his own words. It gives your child a chance to ask questions, if he/she has any. It also gives you a chance to clarify what you said in case he/she misunderstood anything.

6. **Tell, don't ask:** many parents phrase directions as questions, such as, "Would you set the table, please?" Your child may think he has a choice about following directions. Rephrase what you said so you are telling your child what to do instead of asking him. Simply saying, "Come set the table, please," can make a big difference.

7. **Be precise in what you say:** Children who have problems with planning and organization or language may have trouble with vague directions. You may think your child isn't following the directions to clean his room. But maybe he's really having trouble figuring out how to get started. Be specific. For example, you may get better results by saying, "Please put your laundry away, pick up the trash from the floor and make your bed" instead of "Clean your room."



Winter Weather

Dressing for winter weather is a must as recess and PE are still held outdoors except during the most inclement weather. It's important to send students to school with clothing that is ready for all weather conditions, including snow boots, snow pants, gloves or mittens when snow is present. Unfortunately, we are limited on clothing to outfit students who get wet while playing at recess. Additionally, please be sure to label

clothing as sometimes students leave garments in different locations at school.



Student Talent Show

Mrs. Higgins, Mrs. Michel & Ms. McCue are coordinating a student talent show Thursday, February 1st. It is open to all grades for Meneley students. There will be singing, dancing, and other entertaining - all school appropriate acts.

The show will be Thursday, February 1st from 1:30-2:45 PM and also in the evening from 5:30-7:00 PM. We hope everyone can attend this fun event!



Dr. Seuss was born in March, on the second day in fact. This year we'll celebrate his birthday for five days to be exact. On **Monday**, wear as many colors as you can, Then **Tuesday** wearing a fun hat is the plan. **Wednesday** is for wackiness, don't worry about tackiness. **Thursday**, we'll wear red and blue, In honor of Thing 1 and 2. **Friday**, we'll wear our silliest socks, to be just like that sock-wearing fox. With these special dress-up days, we'll honor all the wonderful ways, he made us smile and made sure reading was worthwhile.

Monday, February 26th: In honor of the book My Many Colored Days wear as many colors as you can!

Tuesday, February 27th: In honor of the book The 500 Hats of Bartholomew Cubbins Book wear a fun hat!

Wednesday, February 28th: In honor of the book Wacky Wednesday wear your wackiest hair and clothes (mismatched, backwards, etc.)!

Thursday March 1st: In honor of Thing 1 & Thing 2 from the book The Cat In The Hat wear red and blue!

Friday, March 2nd: In honor of the book Fox in Socks wear your silliest socks!



Safety matters

Student Security

District policy and State law requires the person picking up a child is on the emergency release form. Be sure to keep your emergency contact information up-to-date, **especially phone numbers.**



2018-2019 Student Folder

Cover Contest

Our 2018-2019 annual art contest for next year's Student Folder is underway. Students need to submit their artwork on 8½ x 11 white paper, **drawn with black ink**, the child's name and teacher's name must be on the back side of the artwork. Artwork must be submitted by Friday, February 16th. If chosen, your student's artwork may be featured on the cover!



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, February 7 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

Bingo is returning to C. C. Meneley! Mark your calendars for: 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.



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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Upcoming Events:

February 1	Talent Show Assembly, 1:30-2:45 PM and 5:30-7 PM
February 2	Magician Assembly
February 6	Michel's 6 th Grade Class – Environmental Science Field Trip
February 7	Hackler's 6 th Grade Class – Environmental Science Field Trip
February 7	PTO Meeting, 3:30 PM
February 13	Higgins' 6 th Grade Class – Environmental Science Field Trip
February 14	Late Start Day, school begins at 10:20 AM
February 15	Bingo, 5:30-7 PM
February 19-23	February Break – No School for Students
Feb. 26-Mar. 2	Dr. Seuss Celebration Week (see above article for details)
March 5	Professional Development Day – No School For Students
March 7	PTO Meeting, 3:30 PM
March 9	1 st Grade STEM Field Trip to Terry Lee Wells Nevada Discovery Museum
March 14	Late Start Day, school begins at 10:20 AM
March 15	Spring Pictures & 5 th Grade Panoramic
March 16	Friendship Dinner, 5-7:00 PM
March 29	Tentative Assembly (details to follow)
April 4	PTO Meeting, 3:30 PM
April 11	Late Start Day, school begins at 10:20 AM
April 12	Bingo, 5:30-7 PM
April 13	Haunted Windchimes Band Assembly
April 16-20	Spring Break



PBIS At Home February 2018

Seven Tips for Practicing Positive Discipline

Understand the meaning behind the behavior. Naomi Aldort, the author of "Raising Our Children, Raising Ourselves," says that children want to behave well; if they seem to miss the mark, it's not without a valid reason. "The most important [thing] is to realize that whatever a child does, we may label as bad, [but really] the child is doing the best he can. It's our job as parents to find out why [he is] doing it," says Aldort. "Once we know the valid root of the behavior, we can easily remove the cause or heal the emotions, and the child won't be driven to behave in that way anymore."

So ask yourself: is your child hitting her sibling in a desperate bid for your attention? Maybe you stayed on the phone too long or ignored her as you rushed to get dinner on the table. If so, what correction can you make to your own behavior that will satisfy your child's need? "A lot of what we expect of children is unreasonable," says Aldort.

1. Focus on controlling yourself—not your child. It's hard to keep cool in the heat of the moment, but Dr. Katharine C. Kersey, the author of "The 101s: A Guide to Positive Discipline," says that parents need to model the types of behavior they want their children to emulate. Remember, yelling begets yelling, hitting begets hitting. "We should not do anything in front of [our children] that we don't want them to do," she advises. In the case of an extreme behavioral flare-up, this may mean counting to 10, taking a deep breath or simply walking away until you've had time to collect yourself. Jim Fay, the founder of the organization Love and Logic, agrees. "Anger and frustration feed misbehavior," he says. Fay offers an unusual tactic for keeping your voice in check: instead of yelling that your child is doing something wrong, try singing it. Fay teaches parents what he calls the "Uh Oh" song. If a child throws a toy after he's been asked to stop, you might sing, "Uh Oh, that's sad you threw your truck again. I think it's time the truck went away."
2. Be consistent with your expectations. Aldort says that parents often overlook a certain behavior in the hope that it will pass. "But guess what?" she says. "It doesn't pass." If your child bites another child, for instance, you should hold her arm and tell her

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that the behavior is not acceptable. If she continues, then it is time to remove her from the situation. Sometimes a child might try to test the limits by arguing with the rules. When this happens, Fay suggests neutralizing negotiations by repeating one simple mantra as often as necessary: "I love you too much to argue."

3. Give attention to the behavior you like—not the behavior you don't. Children often act up because they want your attention, so sometimes it pays to ignore those actions you don't want to see more of. Kersey calls this the "Rain on the grass, not on the weeds" principle. Tantrums and whining? Play deaf or walk away, and your child will quickly learn that there's a better way to communicate.
4. Redirect, redirect, redirect. Kids who hear "No" or "Don't" all the time tend to tune those directives out. So instead of telling your child what *not* to do, Kersey recommends instead offering a positive behavior to replace the misbehavior. For instance, a child acting up at the grocery store could be enlisted to help pick out oranges or rearrange the items in a grocery cart, or a kid running around a swimming pool might be challenged to walk "as if on marshmallows."
5. Exploit the "energy drain." Any parent who's been in the trenches knows how tiring it is when a child acts up—but did you know that that fatigue can be used to your advantage? Fay calls this the "energy drain" principle. For instance, you might defuse a sibling confrontation by saying, "Wow, you need to take that fight with your brother somewhere else, because listening to that could cause me a big energy drain, and I don't think I'll have the energy to take you to the park after dinner."

Don't bribe. It may be tempting to offer your child a cookie for behaving well during an outing, but Fay warns against it. Offering a child a reward sends the wrong message; what kids hear is "You don't want to be very good and you have to be paid off," says Fay. Instead, Fay says, "the best reward for a kid is time with the parents." Kersey agrees that quality time is key to a happy, well-behaved child. She recommends that each parent spend at least 15 minutes one-on-one connecting with a child every day. "Do something your child wants to do [during that time]," says Kersey. "Whisper in their ear how wonderful they are, how much you love them. ... It's the best investment you can make in your child."

BINGO
February 15
5:30 to 7:00 PM
Pizza, snacks,
beverages & great
family fun!

Douglas County School District
Kindergarten Registration
 for the 2018-2019 school year will begin
 February 26, 2018

Please register your child at your neighborhood elementary school. Please contact the school if you have questions.					
Gardenville Elementary School 1290 Toler Avenue Gardenville Phone: (775) 782-5117	Jacks Valley Elementary School 701 Jacks Valley Road Carson City Phone: (775) 267-3267	C. C. Meneley Elementary School 1446 Muir Drive Gardenville Phone: (775) 265-3154			
Scarselli Elementary School 699 Long Valley Road Gardenville Phone: (775) 265-2222	Minden Elementary School 1170 Baler Street Minden Phone: (775) 782-5510	Pitkin Hills Elementary School 1479 Stephanie Way Minden Phone: (775) 267-3622			
Zephyr Cove Elementary School 226 Warner Way Zephyr Cove Phone: (775) 588-4574					

Registration materials are available at each school site. Parents must bring the following to register their child:

1. original birth certificate,
2. complete and up-to-date immunization records as required by Nevada Law, and
3. proof of residency (utility bill with street address) in your neighborhood.

You may enroll your child, however, your child may not start school until all immunizations are completed by the start of the 2018-2019 school year.

State of Nevada Immunization Requirements

Kindergartners and new students to the State of Nevada:

- ❖ **DTP/DT/DTAP:** 4 doses are required. A 5th dose must be given if the 4th dose was administered before the 4th birthday.
- ❖ **IPV/Polio:** 3 doses are required. A 4th dose must be given if the 3rd dose was administered before the 4th birthday.
- ❖ **MMR/Measles Mumps Rubella:** 2 doses are required. Ideally, the 1st dose is after the 1st birthday and the 2nd dose is after the 4th birthday.
- ❖ **Hepatitis A:** 2 doses are required and must follow the ACIP schedule.
- ❖ **Hepatitis B:** 3 doses are required and must follow the ACIP schedule.
- ❖ **Varicella (Chicken Pox):** 2 doses are required. Ideally, the 1st dose is after the 1st birthday and the 2nd dose is after the 4th birthday. If students have had the chickenpox disease, the vaccination is not required.
- ❖ **TDAP (Tetanus Diphtheria Pertussis):** 1 dose is required for all students entering the 7th grade and all new students in grades 8-12.
- ❖ **MCV4 (Meningococcal Meningitis):** 1 dose is required for all students entering the 7th grade and all new students in grades 8-12.

DOUGLAS COUNTY COMMUNITY HEALTH DEPARTMENT
 1329 Waterloo Lane, Gardenville, NV 89410
 (775) 782-9038

CARSON CITY HEALTH AND HUMAN SERVICES
 900 E. Long Street, Carson City, NV 89706
 (775) 887-2190

EL DORADO COUNTY HEALTH
 1360 Johnson Blvd., Suite 103, So. Lake Tahoe, CA
 (530) 573-3155

Nevada School Law states that a child must be five (5) years old by September 30th to attend kindergarten during the 2018-2019 school year. Please plan to register your child as soon as possible.