



# Meneley Monthly Messenger – January 2018

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## Ms. Rugger's Message

Happy Holidays! I hope everyone has an enjoyable and safe winter break. **School resumes on Tuesday, January 9.** We had some great special events in December – Art Show, Bingo, and Merry Market Night!

We continue to inform families about our events through teacher newsletters, the Meneley Monthly Newsletter, special flyers sent home, our website, school marquee, morning classroom announcements and automated telephone messages. **Please be sure to check your child's backpack with them every Thursday evening.** This is the day in which Student Folders are sent home with important announcements.



Safety is always a high priority at C.C. Meneley and we thank you for following the signs we have posted. Please be sure to keep your vehicle outside of our lower parking lot during the designated bus times shown above. Just as a reminder, during bus loading and unloading times we do not allow vehicles in or out. If you are in the parking lot during this timeframe, you will need to wait until buses and students are clear.



We take great pride in our staff's effectiveness and efficiency when conducting fire, earthquake and lock-down safety drills. We hold drills during the instructional day as well as recess/lunch timeframes. This way students and staff can practice how to respond no matter where they are on campus or what the situation might be. If you are volunteering on campus during one of these drills, we appreciate your support and cooperation with staff so we

are able to practice and be prepared for different circumstances. Be sure to always sign in and sign out to ensure we account for everyone during these situations. We also appreciate any feedback you can provide as we learn from every one of these events.

Together In Education,

*Becky Rugger*



## 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.***



### Preschool Parents

Due to the late school start on Wednesday, January 17<sup>th</sup>, preschool will be in the afternoon for the three year old program only from 12:30 to 3:00 PM.



### Counselors Corner

A most important back-to-school supply doesn't fit in a backpack, and it can't be ordered online. It is as essential as a pencil, but unlike a pencil, no technology can replace it. In a sense, like a fresh box of crayons, it can come in many colors. Better than the latest gadget, it is possible to equip every student with it, and even better, when we do, it can transform our world. It's actually a "muscle" that we have been working on through classroom guidance lessons: It's empathy.

### What's the Big Deal About Empathy?

Empathy is different than sympathy, but they are often confused. To sum up the differences between the most commonly used meanings of these two terms: sympathy is feeling compassion, sorrow, or pity for the hardships that another person encounters, while empathy is putting yourself in the shoes of another. Empathy starts with putting yourself in someone else's shoes -- a key step in understanding perspectives that differ from your own. This isn't just a nice thing to do; it's an essential, active skill. It's foundational to embracing differences, building relationships, gaining a global perspective, conducting richer and deeper analysis, and communicating more effectively. This skill is about as "21st century" as it gets. Like a muscle, empathy gets stronger and stronger with practice and can be developed by any grade school child. This is the muscle which allows you to stand up for something, not just stand by.

### How Do I Help Foster Empathy in my Child?

#### *Step 1. Prepare*

*Create the conditions in which empathy can thrive.*

- Create a Safe Space: A trust-based environment is core to unlocking empathy.
- Lead by Example: Consider what empathy looks like in your interactions and model this.
- Develop Emotional Competency: Understand and manage your own emotions in order to identify and interpret these emotions in others.

#### *Step 2. Engage*

*Take action that suits your personality and interests. There is no fixed course of engagement, but here are a few key activities.*

- Group Play: Empathy begins on the playground, where imagination is allowed to run free, where kids learn to solve their own conflicts and enforce their own rules.

## **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.

- Storytelling: Stories challenge our preconceptions, enabling us to wear the shoes of those whose experiences are different from our own.
- Immersion: By immersing ourselves in others' experiences, we learn to look beyond labels and stereotypes, and shift from projection to deep understanding.
- Problem Solving: The act of collaboration builds empathy through shared challenges and victories.

### Step 3. Reflect & Act

Action and reflection complete the circle, and form a vital distinction between "teaching to the test" versus internalizing knowledge and making a difference with that learning.

- Identify Shared Values and Differences: As the Start Empathy road map explains, "Empathy means recognizing the shared humanity in others but also naming and appreciating differences. This is how we move from projection, where we imagine what we would do in someone else's shoes, to empathy, where we understand and respect the decisions of another."
- Instill Courage: Go beyond praising the right behaviors -- proactively counteract the forces that stand in their way. This is where standing up, not just standing by, comes in.
- Enable Action: Finally, create opportunities through which kids can put empathy into action and exercise pro-social behavior intended to benefit others.



### Student Talent Show

5<sup>th</sup> Grade Teachers Mrs. Higgins and Mrs. Michel will be coordinating a student talent show Thursday, February 1<sup>st</sup>. It is open to all grades for Meneley students. A notice will be sent home to give participants plenty of time to prepare for this year's show. We encourage live

singing, dancing, and other entertaining and school appropriate acts – no karaoke.

Tryouts will be held after school on Thursday, January 18<sup>th</sup> from 3:30-5 PM. Dress rehearsal will be Thursday, January 25<sup>th</sup> from 3:30-5 PM. The show will be Thursday, February 1<sup>st</sup> from 1:30-2:45 PM and also in the evening from 5:30-7:00 PM.

Costumes, acts and performers need to be school appropriate and pass staff inspection before performances. All acts must be able to attend and participate in the tryout and dress rehearsal. A permission slip for parents to sign will be sent home outlining all details and will need to be returned by Thursday, January 18. We hope everyone can attend this fun event!



Our volunteers play a vital role supporting our students. We are truly thankful for all of our volunteers who provide such a positive impact for our students. The School District has implemented a volunteer screening process, which requires all volunteers to complete an application process and submit to a state criminal records check. If you would like to volunteer, please stop by the office and pick up a volunteer application to complete. Please stop by the office for further details and to pick up an application. Once again, we extend our thanks for those who continue to volunteer at our school.



### Lunch Money - Where Does It All Go?

Your children have many opportunities to use their lunch account other than for meals. For example, did you know?

- Children may purchase an extra beverage at lunch?
- The cafeteria sells snacks each day?
- Sometimes your generous children buy snacks for friends? (ditto for extra beverages).
- Children sometimes lose or forget to turn in lunch money?
- You may request your child's lunch account be restricted to "lunches only" (*no snacks or breakfast*)?
- You may prepay for any number of lunches and your account carries over year-to-year?

**Lunch:** \$2.75 day/\$13.75 per week

**Breakfast:** \$1.50

**Extra Milk/Water:** 50¢ each

**Snacks:** prices vary

**NOTE:** We recommend paying by check since they are easier to track if lost.

You can prepay your student's lunch account on Infinite Campus. For more information on how to set up an account, visit the [DCSD Student Nutrition Webpage](#) on the school district's website.



### 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, he or she needs to 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 others.

#### Handwashing

Practicing good hand washing and teaching it to our children is a very important part of stopping the spread of germs. Effective handwashing involves using soap and running water, spending at least 20 seconds scrubbing the hands, and drying the hands after washing. Using hand sanitizer is effective at killing germs and can be used at times when washing our hands is not practical.



**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, February 1 at 3:30 PM. Please note PTO meetings are now being held on Thursday

afternoons. You can also reach our PTO via email at [ccmespto@gmail.com](mailto:ccmespto@gmail.com).



Mark your calendars for family fun on Sunday, June 3<sup>rd</sup> 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](mailto: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 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:**

- Dec. 25-Jan. 5      December/Christmas Break
- January 8          Professional Development Day – No School For Students
- January 9          School Resumes
- January 11        PTO Meeting, 3:30 PM
- January 15        Martin Luther King Jr. Holiday
- January 17        **90 Minute Late Start – school starts at 10:20 AM**
- January 18        Talent Show Tryouts, 3:30-5 PM
- January 25        Talent Show Dress Rehearsal, 3:30-5 PM
- February 1        Talent Show Assembly, 1:30-2:45 PM and 5:30-7 PM
- February 1        PTO Meeting, 3:30 PM
- February 14      Late Start Day, school begins at 10:20 AM
- February 15      Bingo, 5:30-7 PM
- February 19-23   Winter Break
- March 1            PTO Meeting, 3:30 PM
- March 2            Spring Pictures & 5<sup>th</sup> Grade Panoramic
- March 5            Professional Development Day – No School For Students
- March 9            1<sup>st</sup> Grade STEM Field Trip to Terry Lee Wells Nevada Discovery Museum
- March 14          Late Start Day, school begins at 10:20 AM
- March 16          Friendship Dinner, 5-7:00 PM



## **PBIS At Home** **January 2018**

It can be a relief for busy parents that school-age kids are more and more focused on the peer group. But on the other hand, if you spend the day apart, it's easy for your worlds to become increasingly disconnected. You may not be able to see it yet, but your influence is already starting to wane, as your child begins to shape his or her behavior outside the home based on the norms of schoolmates or neighborhood kids. Your goal over the next few years is to build a strong relationship with your child, which will provide a counter-balance to peer culture and a solid foundation to get you through the teen years. What does connected parenting look like at this age?

### **Help kids develop problem solving and negotiating skills.**

I know, it's exhausting to negotiate constantly with your children. There are some who believe that the secret of making parenting bearable is to never open that door. But do you want your kids to become people who just follow orders and do what they're told? If so, you leave them open to the pressures of the peer group, as well as to victimization. Not to mention that kids who blindly do what they're told are the ones who end up committing atrocities because they were just following orders.

You don't want your kids to feel powerless. You want them to feel like it matters when they open their mouths, when they take action. Should they get what they want by whining? Absolutely not. Should they learn that they can get their way by marshaling good arguments and making them in a reasonable, humorous, charming way that meets your needs as well as theirs? Absolutely, if you want them to get anywhere in life.

Now, teaching your kids these skills doesn't mean you simply let them constantly nag at you and then give in, against your better judgment. It means you say NO as soon as that's your answer, and you mean it and stick to it. It means that if they want to petition you for a different answer, you set up a discussion time to listen to their arguments and state your objections. If they can overcome your objections, you can allow yourself to be sold, and -- this is crucial -- you say why. In most cases, you will have to brainstorm and problem solve together for a solution that works for everyone. That's win-win parenting.