



Meneley Monthly Messenger – March 2018

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Ms. Rugger's Message

In mid-March, student week 24 report cards will be distributed in student folders. Please review the results of this trimester with your student and congratulate them on their successes and discuss with them the areas they may need support to help them achieve at school.

Check their attendance on the report card – students who do not come to school consistently will miss educational opportunities. If you have not already done so, start building habits so they learn going to school on time, every day is important. Good attendance will help children do well in high school, college and at work.

What You Can Do:

- Set a regular bed time and morning routine.
- Have your child turn off electronic devices and leave them with you until morning.
- Lay out clothes and pack backpacks the night before.
- Don't let your child stay home unless they are truly sick.
- Schedule appointments and extended trips when school is not in session.
- Develop back-up plans for getting to school if something comes up. Use our school buses – they are free!

I would like to compliment the students who went to Aspen Park on February 15th. They were respectful during the presentation and opening of the new play structure and very well-mannered while playing at the park and having lunch provided by the Douglas County Parks & Recreation Department. I am proud of the CCMES Mountain Lions for following expected behaviors!

Friday, March 16 is our Annual Friendship Dinner from 5:00 to 7:00 PM. Prices are \$5 adult, \$3 child or \$15 for a family of four or more! There will be great music, silent auction, raffle prizes, Monty the Mascot, and of course great food! Thank you to Aramark for their wonderful contributions.

I hope everyone will be able to join us for this family fun-filled event.

Together In Education,

Becky Rugger



Preschool Parents

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



Professional & Late Start Days

March 5th is a staff professional development day and there will be no school for students.

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

Register
for
Kindergarten



The School District Kindergarten Registration for the 2018-2019 school year has begun! 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. If you have an incoming Kindergartener, please stop by and pick up a registration packet. 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.



School Lunch Menu Updates

March 5th-9th is National School Breakfast Week and March is National Nutrition Month! Did you know that students who eat school breakfast are more likely to:

- Reach higher levels of achievement in reading and math
- Score higher on standardized tests
- Have better concentration and memory
- Be more alert
- Maintain a healthy weight

Join us for breakfast this week to participate in the breakfast coloring contest. Color the picture and return to the cafeteria for a chance to win a prize!

Make sure to eat breakfast with us on Friday March 9th to try our new breakfast bowls!

Parents, mornings can be hectic and your children have healthy breakfast options to purchase every morning at school. Every meal comes with a serving of fruit!

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.

Yogurt lunch meals will now be served on Tuesdays and Thursdays only.

March 2nd is Dr. Seuss's birthday and there will be green eggs and ham on this day for breakfast!



Student Safety

Important student safety reminders: C. C. Meneley is prepared for school emergencies as we have practiced different safety drills following the school district protocol. One of the best ways you as a parent can help, is to be sure your emergency contact information is up-to-date and correct. Students will be released only to designated individuals who are documented as emergency contacts. School information and updates are available on our school and district websites. If an emergency occurs, please do not call the school, phone lines are needed for emergency response efforts. Updates will be made through the District Messenger System when time permits. If your phone number changes, you must update to get the auto dialer. We will continue to keep you informed of important safety protocol updates.



Nurses Roundup

The Health Services Department has the utmost concern to provide a healthy learning environment for all students. Please help us in making the school environment healthy by following the guidelines below to keep the spread of communicable disease to a minimum in school. Please keep your child home if: Fever - 100° or higher currently or within the last 24 hours
Signs/symptoms of possible severe illness

- Diarrhea – 6 loose stools in a 24-hour period, or 3 in a school day. To remain

- excluded for 24 hours or cleared by a doctor.
 - Vomiting – two or more episodes in the previous 24 hours, or once in the school day.
 - Mouth/Face Sores (Impetigo) – Must be seen, diagnosed and treated by a doctor, and have a doctor's note stating when the student may return to school.
 - Rash with fever or behavior change – The student remains excluded until a medical exam indicates these symptoms are not those of a communicable disease that requires exclusion.
 - Suspicious skin lesions – The student remains excluded until treatment has begun.
 - Conjunctivitis – The student remains excluded until treatment has begun, when pus-like drainage has been resolved, or in non-treated cases, when symptoms have subsided.
 - Unusual color of skin, eyes, stool, or urine – The student is to remain excluded until a medical exam indicates no evidence of hepatitis (jaundice, gray or white stool, dark urine).
- Exclusion may also occur for the mildly ill child if the child is unable to participate in normal activities or if the child needs more care than can be provided by school staff.



Counselors Corner

Building Empathy in Children

In a world where our kids often face bullying, stress and fear of being different, building their empathy skills is a critical way to help them thrive. But what can parents do to help? And what does empathy even mean?

What is empathy?

Empathy is the ability to understand and share another person's experiences, emotions and feelings. Empathy allows us to understand how another person might feel in a specific situation, even when different from our own feelings.

Why empathy helps kids:

- Helps a child understand that she is a separate individual with her own feelings
- Helps a child understand that other people can have different thoughts and feelings (and that's okay)
- Builds self-esteem by valuing a child's individual thoughts and affirming their right to those thoughts
- Supports mental health by enabling a child to express emotions, cope with stress, and understand it's okay to be different
- Allows a child to develop healthy relationships because they can relate to, communicate with and share feelings with another person

How parents can build empathy:

- Help your child understand his or her own emotions; ask them to share their feelings by talking openly about emotions and sharing your own.
- Help them learn how to label and validate those feelings so they can do the same when interacting with others.
- Encourage your child to consider the feelings of others in specific situations; ask them how they might feel in the same situation (whether it's a sibling conflict or a situation at school, etc.).
- Role play situations where empathy is critical: bullying, peer pressure, conflict with siblings/friends to help them prepare for challenges where empathy might be especially difficult (and important).



Parent Involvement

Parents who are involved with their schools can expect their children to have:

- *higher grades and test scores,*
 - *better attendance,*
 - *higher motivation & better self-esteem,*
 - *less violent behavior, and*
 - *a greater chance of getting into college*
- Here are some ways to accomplish this:
- *ensure your child arrives to school on time every day*

- provide a consistent and quiet place for homework to be done
- read to your child
- review your child's homework with them
- read a book, magazine or newspaper while your child reads
- play games with your child
- participate in school events
- be informed – read school newsletters, announcements
- log on to Infinite Campus weekly and know your child's grades (Grades 3-6)
- congratulate your child when they do well
- attend PTO meetings and parent-teacher days
- offer to volunteer to help with events, field trips, and other classroom activities.
- network with other parents



Sunday, March 11, 2018 at 2:00 AM, daylight savings time will take effect. This means "spring forward" one hour, or set your clocks ahead one hour. Please check your clocks before going to bed and enjoy that extra hour of daylight!



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, March 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.

Upcoming Events:

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|-----------------|--|
| 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 | Week 24 Report Cards go home in Student Folders |
| March 15 | Spring Pictures & 5 th Grade Panoramic |
| March 16 | Friendship Dinner, 5-7:00 PM |
| March 19 | Barnes & Noble and City National Bank Holiday Book Drive Presentation |
| March 23 | Jump Rope Assembly, 1:15 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 |

When you shop at Grocery Outlet, remember to mention C. C. Meneley Elementary School. Last quarter Grocery Outlet donated \$430.32 to C. C. Meneley. 5% of your grocery bill is donated to the school of your choice. Thank you Grocery Outlet and shoppers!



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.**

- April 13 Haunted Wind Chimes Band Assembly
- April 16-20 Spring Break
- May 2 PTO Meeting, 3:30 PM
- May 9 Late Start Day, school begins at 10:20 AM
- May 10 DARE Graduation
- May 21 4th Grade Nevada History Field Trip
- May 24 5th Grade Tour of PWL
- May 28 Memorial Day Holiday
- May 30 The Frog Prince by Bruka Theatre Assembly

NATIONAL SCHOOL BREAKFAST WEEK
MARCH 5-9, 2018

I  SCHOOL BREAKFAST

Students who eat school breakfast are more likely to:

Reach higher levels of achievement in reading and math	Score higher on standardized tests	Have better concentration and memory	Be more alert	Maintain a healthy weight
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PARENTS!
Hectic mornings?
Your child has healthy breakfast options at school!

THE SCHOOL BREAKFAST PROGRAM SERVES OVER **14 MILLION** CHILDREN EVERY SCHOOL DAY.

#NSBW18



MADE POSSIBLE BY:  

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[@SchoolNutritionAssoc](#)
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**C. C. Meneley's
Annual Friendship Dinner
Friday, March 16
5:00-7:00 PM
Pasta & all the fixins'
\$5-Adult, \$3-Child or
\$15 for a family of 4 or more!
Great entertainment, Silent Auction, Raffle Prizes, plus Our Mascot "Monty"!**







PBIS At Home **March 2018**

It turns out that yelling is no fun for kids either, according to psychotherapist Alyson Schafer, author of *Ain't Misbehavin': Tactics for Tantrums, Meltdowns, Bedtime Blues and Other Perfectly Normal Kid Behaviors*. If yelling is your main form of discipline, it can diminish your child's sense of security and self-esteem, she explains. "If you just yell on occasion, you won't damage your kids," assures psychotherapist Jim Hutt, Ph.D., creator of counselorlink.com; still, it's not a good strategy for getting good behavior. Yelling is scary, so it activates a child's emotional "fight or flight" response while shutting down his logical thinking. "If I yell at a kid, he's going to stop processing information, and if I want him to learn why his behavior is inappropriate, I need him to be able to understand what I'm saying," Dr. Hutt explains. When parents raise their voice, all it teaches kids is to do the same when they're upset. "If we hit, they hit; if we yell, they learn to yell. If we are calm, they learn how to be calm," Dr. Hutt says. Of course, given the right triggers, even the most Zen parents lose it sometimes. When you do, it's important to apologize to your kid and admit that you should have handled things differently. "Parents can't preach that it's okay to make mistakes, then neglect to admit their own mistakes and, worse yet, fail to apologize," Dr. Hutt says. It can also help to identify the situations that most frequently get you shouting -- that way you can plan ahead about how to react, so you're more in control of your emotions in the moment. We went to the experts to get better solutions for some of the most common scream-inducers.

The Power Struggle

Your daughter wants a cookie for breakfast, and she won't take no for an answer. She's probably thinking, "If I cry and scream, maybe Mom will give in." As her demand escalates into a full-blown battle of wills, you lose control and end up yelling at her. Why parents lose it When kids undermine our authority (doing things they know we disapprove of or ignoring what we say) it leaves us feeling helpless. When you find yourself screaming, it's probably not even about the cookie anymore; it's an attempt to take back control. "The power struggle is a contest about who has the upper hand in the moment," Schafer says. "We want to impress upon our kids that we are the one in charge." The no-scream solution To keep a power struggle from escalating, make a conscious effort to get out of fight mode. Rather than focusing on winning or losing this particular battle with your kid, try to work together to find a better solution. First, state your position simply ("We don't have cookies for breakfast"). Then offer some choices ("Would you like to have yogurt or cereal?"). This will make her feel like she has some control over the situation, Schafer says. If that doesn't work, you might try defusing the tension with humor. Doing a silly dance out of the blue may be just the trick for putting your child into a happier mind-set, one in which she's willing and able to find some middle ground.
