



Meneley Monthly Messenger – May/June 2018

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

Ms. Rugger's Message

Our Kindergarten end of the year celebration will be held on Wednesday, June 6 at 9:30 AM for our kindergarten students. Families are invited to attend. Kindergarten classes will still be held this day during their regularly scheduled times.

As the warm weather is upon us, please remember we do enforce a student dress code and students will be required to call home for a change of clothes. Tank top straps should be at least two inches and tops may not be revealing, undergarments must be covered at all times. Skirts and shorts need to be mid-thigh or as long as one's fingers when arms are hanging by their side. Please remind your student(s) wearing hats and sunglasses is not permitted indoors. T-shirts with inappropriate language, gang affiliations, or vulgar or violent pictures are also prohibited. Students need to wear appropriate shoes, which allow for safe play and participation in PE and recess. Please keep this in mind as your child prepares for school and when purchasing clothes for the upcoming school year. We appreciate your cooperation in this matter.

Next year's classroom teacher assignments will be mailed out to families prior to the beginning of the 2018-2019 school year. As a reminder, we develop balanced classes for all of our students and do not accept specific teacher requests. If you are planning to relocate or move during the summer, please let the office know. You may leave a message on the school answering machine during summer break to notify us of any changes (we check our messages on a regular basis throughout the summer). This will assist us in planning classes for next year and we appreciate your support of this important task.



Last Day of School

Our last day of school will be Monday, June 11 with school ending at 12:40 PM.

Report cards will be sent home on the last day of school. Students need to have all of their fines paid in order to receive a report card or any type of school verification. This includes cafeteria accounts, borrowed instruments or equipment, library books, textbooks and picture money. Report cards will not be released early, even if a child is not in attendance on the last day of school. If a child is unable to attend school on the last day of school (June 11), we will mail the report card home. Please be sure we have your current home address.

School resumes Monday, August 13th and the school calendar is available on the school district website (<http://dcsd.k12.nv.us/>). Please review the new school calendar carefully to assist you in planning any unavoidable absences and to schedule any medical / dental appointments and vacations. Additionally, there are eight 90-minute late starts for students where students will arrive 90 minutes later than our scheduled start time. Mark your calendar for some tentative 2018-2019 school event dates:

- **August 9 – Welcome Back Ice Cream Social, 4:30-6 PM**
- **August 13 – First day of school for grades 1-5**
- **August 16 – Kindergarten Orientation, 5:30-7 PM**
- **August 21 - Family Bingo Night, 5:30-7 PM**
- **August 23 – Back To School Night for Grades 1-4, 5:30-7:30 PM**
- **August 30 – Grade 5 Food For Thought, 5:30-7:00 PM**

Enjoy family time this summer and keep your children's brains engaged! The C. C. Meneley website has great programs as well as the Douglas County Public Library has many wonderful programs to keep your child focused on reading this summer. On behalf of the entire staff at Meneley, have a safe and enjoyable summer break.

Together In Education,



2018-19 Preschool

Preschool screenings will be held on Saturday, July 14, 2017 by appointment only.



Register for Kindergarten

Thank you to those of you who have incoming kindergarteners and 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

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.

registration packets are date/time stamped, and students are accepted on a first come, first serve basis.



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 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. This also helps to prevent germs from being spread to others.

Sun Safety Tips!

Just a reminder to make sure your children dress appropriately for weather conditions – as they can change very quickly here in the Carson Valley. This is also a good time to remember important sun safety tips*:

- Apply sunscreen with at least an SPF of 15. Re-apply after swimming or sweating.
- Wear protective clothing (long sleeved shirts, pants, wide-brimmed hat and sunglasses with UV protection).
- Seek shade when appropriate – the sun's rays are strongest between 10 a.m. and 4 p.m.
- Use extra caution near water, snow and sand as they reflect the damaging UV rays, increasing the chance of sunburn.

- Drink plenty of water!

*Sunsafetyalliance.org



Counselors Corner

We've recently been focusing on managing strong emotions in our Second Step Lessons. I hope you are seeing the homework come home; thank you, Parents/Guardians, for taking the time to do the counseling homework with your

student(s)! It's really important that the counseling lessons taught in class are being reaffirmed at home. I appreciate your time and effort! Managing big emotions can get tricky. We've been learning the three steps to calm down: 1. STOP 2. Name your feeling 3. Calm down; it is important for students to be aware of *what* they are feeling rather than simply reacting. We are looking for students to respond to big emotions as opposed to react. We've been learning that our Amygdalas are the part of our brain responsible for keeping us safe when in danger; the amygdalas allow us to duck, flinch, or run when we are in serious danger. Unfortunately, our Amygdalas cannot differentiate between real and fake danger. Fake danger being hurt feelings, feeling left out, etc. We are starting to train our brains to STOP when we want to react, name what we are feeling, and to choose from a calming down method. The calming down method could be deep breathing (deep breathing sends a message to our brains that we are okay--we are not in real danger), counting, or using positive self-talk. Positive self-talk is vital because how we speak to ourselves is how we will respond. If we tell ourselves negative things, we react accordingly. However, if we use calm, feeling centered words, we can come up with a plan of how to manage those big feelings with a helpful, assertive response rather than an unexpected, unhelpful reaction.



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)

Please join us in congratulating this year's Ely Weigel and Nicole Snyder Scholarship recipients – Ann Keasling and Sarah Grove.

Our next PTO meeting is on Wednesday, May 2 at 3:30 PM. Our last PTO meeting for this school year will be Wednesday, June 6 – this meeting will be a Walk-A-Thon Planning Session – your ideas are welcome! You can also reach our PTO via email at ccmespto@gmail.com.

Our first PTO meeting of the year will be Wednesday, September 5 beginning at 3:30 PM. We will discuss the upcoming year's activities and events. Free childcare is provided during the meeting. We hope you can take time out of your busy schedule and attend. Please contact Sascha Wagner, PTO President via email at ccmespto@gmail.com if you have any questions or ideas. All are welcome, come see what PTO is about.



Tickets are for sale for the Reno Aces vs. Las Vegas on Sunday, June 3rd at the Reno Aces Ballpark, game time is 1:05 PM. 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! Please turn in your flyer by May 18th to guarantee your tickets!



Don't forget to clip and save over the summer! Every box top means ten cents for our school. They add up quickly and allow us to buy school materials for our students. We recently received \$449 for our last quarter!

GROCERY OUTLET
Bargain Market

The Grocery Outlet Gardnerville store offers 5% of your total purchase to be donated to our school. Please remember to mention your child attends C. C. Meneley Elementary School when shopping here.

Thank you for your continued support of these fundraising projects, it helps us fund many student activities and needs.



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.**

Social Media & Apps with Children

Parenting can be a challenge and the prevalence of social media and technology in most children's lives makes it much more important for parents to be aware of what their children are doing. Smartphones and social networking apps have introduced a whole new dimension to what parents have to stay on top of. While most parents are up-to-date on Twitter, Facebook and Snapchat, there are new networking apps launching every day. Shown to the right are some of the apps which not only teens are using but also younger children. Parents and

guardians should review what applications their children are using on their phones and to check these on a regular basis. Most apps are free and can be added and/or deleted at any time. If they are being used respectfully, appropriately, and with parental guidance, some are fine. Please take the time to take inventory of your child's apps. The more you know, the better you'll be able to communicate with your child about safe choices. If you are not sure where to begin, please contact Kelly McCue, C. C. Meneley's Media Tech – she would be happy to assist you. She can be reached via email at kmccue@dcsd.k12.nv.us.

dates
to Remember

- May 2 PTO Meeting, 3:30 PM
- May 7 GT 5th 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 5th Grade DARE Graduation, 6:00-7:00 PM
- May 15-17 5th Grade Family Life
- 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
- June 1 Family Dance
- June 5 Music Concert
- June 6 Kindergarten Celebration
- June 6 3rd thru 5th Grade Field Day
- June 7 Grades 1 and 2 Field Day
- June 8 5th Grade End Of Year Celebration
- June 11 Last Day– Minimum Day, school ends 12:40 PM

10 APPS TEENS ARE USING THAT PARENTS NEED TO KNOW

- Calculator%**
This app looks like a calculator but functions like a secret photo vault.
- Hot or Not**
Strangers rate your profile. Goal is to lead to a hook up.
- Omegle**
A free online chat website that promotes chatting anonymously to strangers.
- Burn Book**
Post anonymous rumors about people through audio messages, texts, and photos.
- Yellow**
This app is designed to allow teens to flirt with each other in a Tinder-like atmosphere.
- Wishbone**
An app that allows users to compare kids against each other and rate them on a scale.
- Whisper**
An anonymous app where the creators promote sharing secrets and meeting new people.
- Kik**
Messaging app. Kik has built in apps and web content that would be filtered on home computer.
- Ask.fm**
Ask an anonymous question and get an answer. This app has been linked to the most severe forms of cyberbullying.
- Instagram**
Many kids are now creating fake accounts to hide content from parents. Kids also like to text using Instagram because messages are deleted once a user leaves conversation.

FOR MORE INFO: APPSOLUTELYAPRIL.COM



PBIS At Home

May 2018

Screen Time: Using Technology as a Consequence or Reward for Your Child

By [Megan Devine, LCPC](#)



Let's face it, we all have things we don't want to do, and we put them off until the last possible moment. Paperwork. House-cleaning. Those things that need to get done whether we really want to do them or not. It's normal for grown-ups to choose fun things over required tasks –and it's normal for your kids, too. It's important to understand that you can't get your child to care about homework, chores or hygiene just because you do. What you *can* do is help them complete those tasks and reach certain goals regardless of how they feel about them. You do this by offering something important to *them*, in order to get them to complete something important to *you*. What do kids value? Screen time. In other words, phone, Internet, TV and video games.

"When you've identified the places you can exercise some control over your child's actual devices, how do you use that to improve their behavior?"

The trouble with all these screen-based items is that if you restrict the use of one, as you've probably already found out, your child will just shift over to another venue. In your child's head, he or she is saying, "No cell phone? Fine. I'll use my computer. No computer? Fine. I can text. Or watch TV. Or zone out on video games." The truth is, they'll find almost anything to do instead of doing whatever it is you *want* them to do.

And, you might also have run up against these very real issues: using screen time as a privilege or consequence can get tricky when other people in the house need to use the internet and you can't physically wrestle the phone away from your child.

In order for screen time to be an effective consequence – and a motivating incentive – it needs to be offered, and restricted, wisely. Parents have come up with some creative ways of monitoring and restricting screen-time access in their households:

- Rather than let their child move onto another platform, some families let kids earn access to "screen time" in general, rather than restrict a specific device.
- Some parents change their family's internet password daily, and give a time frame for certain tasks or responsibilities to be done before their child can have the password.
- Some phone companies let you turn a phone off and on remotely, or give windows of time when texting is available – this lets you monitor and control usage without a physical power struggle.
- For things like video and tv, some parents have opted to take the cable box or game controllers with them in the morning, and only hook it back up in the evening when homework or other tasks have been done.

**Please note: one big wildcard here is that each service provider – phone, internet, cable – is different. Please be sure to explore what the options are with your carriers. Don't be afraid to ask!*

So, after you've identified the places you can exercise some control over your child's actual devices, how do you use that to improve their behavior?

Here's a great example: Homework and Time Management

If your child tends to put things off until the last possible minute, add a time-specific window in which their task needs to be completed. For example, you might say: "When you can show me that your homework journal has been completed, then I am happy to give you the internet password for the day." (Again, check with your internet provider. You might even be able to have your daily password expire at a given time, say 9 pm. Local options vary widely.) Remember, you can script this ahead of time with your kids. When they roll their eyes and sulk that it's not fair, (and oh, you know they will!) you can respond: "I know you want your time online. What can you do tomorrow to make sure you'll get your homework done on time?" Encourage them to give you some ideas of how they'll reach those goals the next time.

You want your kid to be successful. Keep reminding yourself of that, amidst the eye rolling and huffy behavior. Your teen doesn't have to like the rules of the house, but she does need to find ways to follow them. She doesn't need to think getting her homework

done is a fantastic idea, she just needs to get it done. Keeping clear expectations and giving appropriate rewards will help her to learn the time management skills she needs to be successful.

Problems with Using Screen Time as a Consequence

Parents often tell us that they've tried using screen time as a privilege, and it just doesn't work. Here are some common problems parents have reported:

"Why do they not seem to care if I take their stuff away? I know they care – they use that phone all the time. It just doesn't seem to bother them."

Of course your child claims indifference. One, they likely have lots of other options – phone, computer, TV, Xbox. Restrict one, they can just scoot on to another. But even if you take away all the screens, they can still pull that, "I'm unaffected by your actions" attitude. That's alright. If you know your child, you know what they value. They certainly aren't going to melt down and let you know you've taken away their favorite thing. Maybe if they have no reaction, you won't take it away again, right? You're smart – you're onto that game. Know your child. Know what they value. Both so you can use it as an effective consequence, and so you can effectively reward and acknowledge improved behaviors.

"I've banned them from all screens, and it doesn't work!"

Yes. We hear that all the time from frazzled parents: "I did what you told me to do, and it didn't change anything." First, remember that every child, every family, is different. What works for one family might not work for all families. James Lehman gives us lots of different options to help change our kids' behaviors. When things haven't worked, sometimes just one small thing needs to change in order for you to start seeing results. James Lehman, co-creator of The Total Transformation, gives parents lots of options to help change kids' behavior. When nothing seems to be working, sometimes just one small thing needs to change in order for you to start seeing results. (If you need specific help for your family and you already have one of our programs, be sure to get in touch – the Empowering Parents Parent Coaching can help you find ways to work with your unique family situation.)

If you've got clear expectations, are able to follow through with consequences consistently, and have set a timeframe for your child that is within their reach, you might just need to wait it out a little while. Habits take some time to change. It's normal to find some resistance as you begin this process. Unless there is a clear safety issue, see if you can wait it out – stay clear and consistent, and remember to give your child a chance to earn their privileges every day.