



# Meneley Monthly Messenger – November 2017

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

## Ms. Rugger's Message

We are in our 12<sup>th</sup> week of school and all families of 3<sup>rd</sup> through 5<sup>th</sup> grade students should be utilizing the Infinite Campus Parent Portal on the Internet to view their child's progress on a regular basis. This powerful tool allows you to track grades, assignments and attendance to ensure your child has a successful year. Communication between home and school will help to ensure your student's success!

Our first trimester report cards will be distributed toward the end of November. December 1<sup>st</sup> is our second round of Parent Teacher Conferences in the afternoon – if you have not had a conference with your teacher during our first conference date you should receive a letter inviting you to this important meeting to review your child's progress. Additionally, December 1<sup>st</sup> is a minimum day with school ending at 12:40 PM. If there is something specific you want to discuss please let the teacher know ahead of time so they are prepared. I would also encourage you to bring your student and remember the purpose is to work as a team to discuss progress and support your child in having a successful school year.

Our school district uses an automated message to relay important messages to keep families informed. **Please be sure we have your current telephone number(s) and email address(es) so you can receive these important announcements.** Call the school office to update any changes at 265-3154.


As a reminder, we do not allow parents on the playground per our safety protocol. We utilize staff members for supervision as they are trained to help students with medical and/or behavior plans, or other needs. We continue to ask parents to drop off at the fence.

In November, we are reminded of all the things in our lives for which we are thankful. Here at CCMES, we are truly

thankful for our volunteers who give their time so willingly and regularly. Without all of these volunteers, our staff would not be able to provide such a quality education for our students. Our volunteers make a difference each and every day at CCMES! Thank you to each and every one of you for all you do!

Together In Education,

*Becky Rugger*



**Thanksgiving Break**  
**Wed., Nov. 22-Fri., Nov. 24**  
 Wednesday, November 22 through Friday, November 24 there will be no school for Thanksgiving/November break.



## Counselors Corner

In our counseling lessons, we have been discussing the importance of self-talk, specifically the power of positive self-talk. Self-talk is a skill which can be very helpful for remembering steps/directions in order to be a first time listener, self-talk can help regulate our emotions, and self-talk can allow our brains to stretch and grow rather than shutting down. Often times, we are our own worst enemies. We say things to ourselves we wouldn't dare say to our good friends; we often give up too easily. By modeling and reminding our students to use self-talk when things get tough ("keep trying, ask the teacher, it's okay--you'll get through this), when we are distracted ("focus, don't let \_\_\_\_\_ distract you, pay attention), and when we are trying to remember directions ("my mom said to first take out the trash, then to get a snack, and then to start on my homework"). Remind your student they

can utilize self-talk to increase remembering and self-calming.



## Donations During The Holidays

Sometimes we have families who experience emergencies or fluctuating needs which impact their ability to provide extras during the holidays. We are asking for donations during the holidays to provide for those families. Some items which are helpful/needed: a meal for a family, board games, dolls, legos (or other building type toys), warm clothing. If you can donate, or know of an organization or someone who would like to donate, please contact Katie Emm, School Counselor at [kemm@dcsd.k12.nv.us](mailto:kemm@dcsd.k12.nv.us) or by telephone at 775.265.3154, ext. 1506.



## Grades 1-3 Food For Thought

The reading team is happy to announce Grades 1-3 Reading Services Food For Thought Program on Thursday, November 2, 2017 from 5:00 to 7:00 PM. If your family was invited and signed up for this event we will be looking forward to seeing you to provide reading strategies you can use at home to help your children succeed and achieve to their highest potential in reading! ARAMARK will be providing us an amazing Spaghetti Dinner, we will have some grass roots entertainment provided by some of our students and former students, gift card prizes, and learning strategies take-aways for all families!



## Daylight Savings Ends Nov. 5

We "fall back" with the end of Daylight Saving Time on Sunday, November 5.

## **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.

When you go to bed on Saturday be sure to turn your clocks back one hour.



### **November 27-December 1**

The book fair will be in the school gym November 27 through December 1. Students will have access to many new titles all that week before school, lunch recess and after school. We welcome parents to shop during any of these timeframes. We will have great reading choices for your student as well as gift giving picture books, cookbooks and a small selection of books for adults too. Please come by and check it out! If you would like to volunteer to help cover lunches, please contact Lisa Youngblood-Bytheway at [lbythewa@dcsd.k12.nv.us](mailto:lbythewa@dcsd.k12.nv.us) or 775-265-3154, ext. 1544.



### **C. C. Meneley's Literacy Fair**

Tuesday, November 28 will be our 3<sup>rd</sup> Annual Literacy Fair! Students will prepare "literacy boards" to showcase their favorite fiction or non-fiction books. Students will be given guidelines and rubrics to follow from their teachers. All students will be provided with a board (similar to the science fair boards) donated by our PTO! Students will showcase their boards to the public from 5:00-7:00 PM at CCMES Tuesday evening. Students will also be provided an opportunity to express original poems they have written in a poetry-café type setting. This is an evening to promote writing, reading, and expression. Please be talking to your child about his/her favorite book. We look forward to seeing you at the CCMES Literacy Fair on Tuesday, November 28 from 5:00 to 7:00 PM. Happy Reading!



### **ART is BOOOOotiful!**

Student creations are lining the hallways with volcanoes, pumpkins, eagles, and tsunamis. So much more to come. A local artist, Charles Muench, known for his fabulous oil paintings in the high Sierra joined his wife, our playground aid, Maria and the fifth grade students for a power point presentation on Inspiration. Kids were so enthused by the breath taking mountain landscapes many asked for autographs. Don't forget the CCMES Art Show and family night coming this December 7<sup>th</sup> from 5 to 6:30 PM.



### **Merry Market Night**

Mark your calendars for Merry Market Night on Thursday, December 21<sup>st</sup>, 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.



### **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.



### **Are You Protecting Yourself From Germs?**

Make sure you do these four things every day:

- Wash your hands often with soap and running water for 20 seconds, especially after using the restroom and before you eat snacks and meals.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid kissing, hugging, and sharing cups or eating utensils with people who are sick.

**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)**

Just a reminder, our school participates in the *Box Tops for Education* program. We collect them throughout the school year. Please send to school with your child or drop off at the office. Funds raised support various programs at our school. Thank you for your support of our school

by clipping and sending in those Box Tops!  
 Our local *Grocery Outlet* will donate 5% of your purchases to our school. Simply tell the checker which school your child attends and the Grocery Outlet will donate 5% of your total bill to our school.  
 Our next PTO meeting is on Tuesday, November 7 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](mailto:ccmespto@gmail.com).



**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](mailto:pmichita@dcsd.k12.nv.us).



Our lost and found rack continues to overflow 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.*



**School Bus Behavior**

Riding the school bus is a privilege and school/district rules apply. Please remind your child of the following school bus rules:

1. The driver is in complete charge of the students they are transporting.
  2. Students are to remain seated, facing forward with hands to themselves
  3. No loud or vulgar language – students must observe “quiet time” when instructed by driver.
  4. Fighting, violence of any kind, or harassment of others can result in suspension of riding privileges.
  5. No eating or drinking on the bus.
- Students need to follow the driver’s instructions the first time they are issued. Thank you for reviewing these rules with your child.

**Upcoming Events:**

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|-----------------------|--|
| November 2            | Grades 1-3 Reading Food For Thought ( <i>by invitation</i> )                               |
| November 7            | PTO Meeting – Library, 3:30 PM   |
| November 9            | 3 <sup>rd</sup> Grade Environmental Science Field Trip, 9 AM-2:30 PM                       |
| <b>November 10</b>    | <b>Veteran’s Day Holiday</b>   |
| <b>November 17</b>    | <b>Teacher Work/Professional Development Day – No School for Students</b>                  |
| <b>November 22</b>    | <b>Non-School Day – No School for Students</b>   |
| <b>November 23-26</b> | <b>Thanksgiving Holiday Weekend</b>  |
| Nov. 28-Dec. 1        | Scholastic Book Fair   |
| November 28           | Literacy Fair  |
| December 1            | Minimum Day for students (school ends at 12:40 PM) & Parent Teacher Conferences afterwards |
| December 5            | PTO Meeting, 3:30 PM   |
| December 7            | Art Show, 5-6:30 PM  |
| December 13           | <b>90 Minute Late Start – school starts at 10:20 AM</b>                                    |

December 14	Bingo, 5:30-7 PM
December 21	Merry Market Night
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 11	Kindergarten Reading Food For Thought
January 15	Martin Luther King Jr. Holiday
January 17	<b>90 Minute Late Start – school starts at 10:20 AM</b>
February 1	PTO Meeting, 3:30 PM



## **PBIS At Home** **November 2017**

Parenting is hard work. Communication is the key to creating calm, helpful, positive interactions with your students.

- Notice times when your kids are most likely to talk — for example, at bedtime, before dinner, in the car — and be available.
- Start the conversation; it lets your kids know you care about what's happening in their lives.
- Find time each week for a one-on-one activity with each child, and avoid scheduling other activities during that time.
- Learn about your children's interests — for example, favorite music and activities — and show interest in them.
- Initiate conversations by sharing what you have been thinking about rather than beginning a conversation with a question.

### Let your children know you're listening

- When your children are talking about concerns, stop whatever you are doing and listen.
- Express interest in what they are saying without being intrusive.
- Listen to their point of view, even if it's difficult to hear.
- Let them complete their point before you respond.
- Repeat what you heard them say to ensure you understand them correctly.

### Respond in a way your children will hear

- Soften strong reactions; kids will tune you out if you appear angry or defensive.
- Express your opinion without putting down theirs; acknowledge it's okay to disagree.
- Resist arguing about who is right. Instead say, "I know you disagree with me, but this is what I think."
- Focus on your child's feelings rather than your own during your conversation.

### Remember:

- Ask your children what they may want or need from you in a conversation, such as advice, simply listening, help in dealing with feelings or help solving a problem.
- Kids learn by imitating. Most often, they will follow your lead in how they deal with anger, solve problems and work through difficult feelings.
- Talk to your children — don't lecture, criticize, threaten or say hurtful things.
- Kids learn from their own choices. As long as the consequences are not dangerous, don't feel you have to step in.
- Realize your children may test you by telling you a small part of what is bothering them. Listen carefully to what they say, encourage them to talk and they may share the rest of the story.

### Parenting is hard work

Listening and talking is the key to a healthy connection between you and your children. But parenting is hard work and maintaining a good connection with teens can be challenging, especially since parents are dealing with many other pressures. If you are having problems over an extended period of time, you might want to consider consulting with a mental health professional to find out how they can help.