

Central Jr. Raider Express

October 26, 2011

Yearbooks For Sale

It's yearbook time! We are now selling yearbooks for the 2011/2012 school year. You can purchase a yearbook for \$12.00. Your child should have brought home a yearbook order form in their backpack. Checks are made payable to Central Elementary. Please remember that lunch & milk money need to be separate from yearbook money. **Be sure to order your yearbook at this time, as every year we have disappointed children and parents when the yearbooks arrive in the spring and they realize they did not order a yearbook. The dead line to order a yearbook is December 1st.**

Kindergarten Classes Sail the Ocean Blue

The **kindergarten** children went on a voyage for Columbus Day! First they read and discussed the big book Young Christopher Columbus. Next they mapped the journey of Columbus on a map and looked at the globe to see his theory of the earth being round. This activity was also an introduction to several of the continents on the map.

Their favorite activity was re-enacting the voyage of Christopher Columbus. The class went to Queen Isabella (played by **Principal Teri Dow**). They pretended to be Columbus. After much serious thought, the Queen gave them three ships and money for their voyage.

Next the children went on their voyage of the ocean (on the school grounds) where they discovered gold.



The children enjoyed making Christopher Columbus hats on this day.

Key concepts that the kindergarten children were introduced to included: Queen Isabella and King Ferdinand of Spain, the three ships: The Nina, the Pinta, and the Santa Maria, the mistaken identification of the "Indies" and "Indians", and the idea of the "New World".

Central Elementary New Address

Central Elementary now has a new address because our front door is on 7th Street. Our new address is 900 7th Street.

First Grade News

First Graders have been working on addition strategies. We have been adding pockets on shirts, pants, and jackets and then writing addition number sentences. We have also been adding pennies in pockets. The students had to sort out pennies into pockets and then write number sentences representing the pennies in the pockets.

The students then worked on these skills in centers using the Promethean Board, the teacher board and actual pockets.



Build A Book At Central

Where Kids Walk in and Authors Walk Out

- Increases family involvement
- Builds community

COME AND CREATE A BOOK AS A FAMILY

October 27, 2011

6:30-8:00p.m.

The Build a Book Kits may be ordered for \$3.00 each. Students will be bringing home a note about this project with additional information.

The kit includes a 10 page book with foam shapes, googly eyes, design paper, glue stick and mini pen. This activity includes art, crafts, drawing, writing, and promotes literacy.

Please come and join us.

Thanksgiving Celebration

The **kindergarten** students will be busy preparing for a Thanksgiving program they will be giving for their parents and friends on **Friday, November 18. The program will start at 2:30 p.m. in the gym.**



The students will be studying about the Pilgrims and Native Americans and the first Thanksgiving they shared. The students will be making costumes for the program and will learn finger plays, songs and stories to help them tell the Thanksgiving story.

Anyone is welcome to attend. Come and share this special holiday with us!

Eat Your Breakfast!

It is 10:00 a.m. and many children have visited the nurse's office complaining of stomach upset, headaches, or tiredness. Not surprisingly, many of them haven't had breakfast. They aren't feeling well because they are hungry! The school nurse hears many excuses for not eating breakfast such as, "I overslept and didn't have time to eat", "I'm not hungry when I get up in the morning, "my parents didn't have time to fix me breakfast".

Whatever the reason may be, studies show breakfast is the most important meal of the day. A good breakfast provides fuel for the body, energy, gives proteins, vitamins, and minerals, and tastes good. Children who eat a nutritious breakfast perform better at school and are better learners. The few minutes it takes to fix breakfast can result in several hours of greater efficiency and achievement in the morning. Chances are those extra few minutes of sleep won't benefit you as much as a good breakfast.

Author Visit by Dianna Kemnitz

Local author, **Dianna Kemnitz**, will be visiting Central Elementary on Monday, November 14. She will be speaking to classes in the library as well as autographing books purchased by students.

Her books feature her own black calf, Jack, as well as other calves and animals on her farm. Dianna takes digital photos and uses a graphics program to incorporate them into her books. She uses the animal characters in her stories to write about real life situations such as friendship, consideration, and sharing.

The titles of her books are:

Meet Jack and His New Friend, A New Hat for Jack, and King Eli Speaks to Jack.

Kindergarten Students Study Community Helpers

The **Kindergarten** classes have been learning about different helpers in the community. They have been discussing doctors and nurses and their roles in the hospitals. During October the kindergarten classes plan to visit the hospital for a tour. They have also been studying about other community workers and illustrating a community helper booklet.

The kindergarten teachers would like to thank **Brian Hornaday**, DARE officer and **Tim Schuck**, police officer for visiting the kindergarten classes to talk about safety.

Andrew Couchman will also be bringing an ambulance to show the students during the week of the hospital visit.

Students have learned much about various careers through fiction and nonfiction books and other integrated activities as well as learning centers with this theme.

Best Buy Reward Your Schools

Dear Friends and Family of Central Elementary,
We are very excited to be one of the pilot stores for the new Reward Zone Program for Schools, because we know that your families value their schools and the schools are always looking for inventive ways to add to their technology.

The way this works is when a customer purchases products in our store they have the option to receive Reward Zone points for their purchases. As the points accumulate they get Reward Zone Certificates to use when making future purchase at the store. The accumulation is based on 2% of each purchase back in certificates.

During the purchase we will ask our customers if they would like to donate their points to a local school of choice. When members choose to donate their points it results in the 2% of their purchase being credited to that school which can be used on future purchases for the schools. This does not require anything of the school themselves except for receiving the certificates and purchasing the products.

If you have any questions regarding this program, you can e-mail michelle.koch@bestbuy.com or you can call **Michelle Koch** at (785) 313-1465. We are very excited to be able to help support Central Elementary! - Your Manhattan Best Buy.

Donuts for Dads Sponsored by PTO

Wednesday, November 2 is “**Donuts for Dads**” at Central Elementary. This is the day dads can come enjoy a morning donut with their child(ren) from 7:30-8:10 a.m. in the cafeteria. There is no charge for this as this event is sponsored by PTO.

Preschool News

October is a fun-filled month for our preschoolers. We enjoyed our time at Kiddie Barnyard on October 4th. (It was so nice to walk across the street instead of having to put in a bus request for transportation!) We appreciate **Mr. Morton** and his students inviting us over every year for this event.

We will take our annual field trip to the **Little Munchkins Pumpkin Patch** on October 25th. The children are full of excitement and anticipation for our trip! The Pumpkin Patch has many activities for the children to enjoy, such as a bale jump and barrel train. They also get the opportunity to observe pumpkins in various stages of growth while walking through the pumpkin patch.

October 27th will include a trick-or-treat outing to **Valley Vista**. This is another annual event enjoyed by not only our preschoolers, but the residents also. The children will “perform” some Halloween songs before trick-or-treating.

The month will end with our Halloween parties on October 31st. The morning party will be at 10:00 and the afternoon party will be at 2:00.

CENTRAL SITE COUNCIL

Central Elementary **Site Council** met on Monday, October 17. The following officers for the upcoming year are:

President – Angie Matthews
Vice President – Claudia McAlister
Secretary – Janelle Fulton

The next Site Council meeting will be Monday, November 28 at 6:00 p.m. in the school library. Childcare will be provided.

CENTRAL PTO NEWS

Central Elementary **PTO** met on October 17. The following officers for the upcoming year are:

President – Stacie Jones & Julene DeRouchey
Vice-President – Amy & Lee Hecke
Secretary – Jessica Lane
Treasurer – Amy Donahue

The next PTO meeting is scheduled for Monday, November 28 at 6:45 p.m. in the school library. Childcare will be provided.



All the News That's Fit to Eat!

Brought to you by USD320 Food Service



November is Good Month.

Parents are children's most important teachers. Talk to your kids about smart food choices, and how important they are for learning and doing well in school, playing for fun and sports, and feeling good and staying healthy.

- **Use positive messages.** Let kids know that all foods fit into a healthy diet - there are no "good" or "bad" foods.
- **Set expectations.** It's easier for children to make healthy food choices when they know your family's "nutrition rules for the road."
- **Talk about nutritious choices wherever you go.**
- **Make good nutrition convenient.** Pack the kitchen with nutritious foods that are ready to eat: fruits, vegetables, milk, and whole-grain snacks.
- **Involve children.** Let children help plan meals, make the grocery list, unpack groceries and prepare meals.
- **Make Mealtime Family Time.** Eating together as a family promotes good eating habits and overall good nutrition. Involve kids in the planning and preparing. It helps them learn that mealtime is important time.

Sack Lunches

- Try to avoid foods that are high in fat & sugar and pack fruits/vegetables as opposed to packaged snacks.
- Encourage your child to buy milk at school. Calcium is essential for growing and developing bones.
- Include protein items like a lean meat sandwich or PB&J.
- Keep lunch safe to eat by packing with ice packs.

Healthy After School Snack Ideas

- Low fat chocolate milk
- Bagel with light cream cheese
- Banana/grapes/apple wedges
- Carrot sticks with peanut butter
- String Cheese
- Oatmeal cookies
- Low fat Yogurt

