

October, 2011



# Howard Elementary

[www.howardelementary.org](http://www.howardelementary.org)  
An Apple Distinguished School  
Volume 3 Issue 2

*"We seek to maintain a spirit of joy in learning, cooperation in doing, and optimism for success and the future. Our goal is to have every student exceed state standards in all academic areas."*

## Principally Speaking . . . .by Suzanne Price

We're off and running! Every year brings with it challenges and joys that come with working in a school. Let's not forget to count our blessings, for there are many:

- ☺ The toothless smile of a kindergartner who can't wait to become an official member of the "lost tooth club."
- ☺ The first graders who feel like they have finally *made it* now that they attend school all day.
- ☺ The second graders who have "cracked the code" and are beginning to read with fluency and proudly bring a book to the office to read to the principal.
- ☺ The third graders who now are officially one of the BIG KIDS.
- ☺ The fourth graders who mature so much during the year becoming more settled, mature, and serious about learning.
- ☺ The fifth graders, who are suddenly taller than we are, and whose moods can change almost hourly, are preparing for their transition to middle school.

Our days are often unpredictable and full of surprises. Challenges abound, we approach each day with optimism and wonder. Everyday is different, each one unique. Thank goodness. Thank you for sharing your children with us!

As always, if you have questions, concerns, or praise, please feel free to contact us.

### **Communication is Key**

Curriculum Night was well received with LOTS of our families attending. We hope you found the evening helpful and informative. Curriculum Night and conferences are great ways to learn more about your child's program and performance in school. Lines of communication can also take place more informally by sending a brief note, scheduling periodic meetings, emailing, or phoning your child's teacher. Every teacher at Howard has an email account and voicemail. However, please understand that in order to keep classroom interruptions to a minimum, phone calls during the school day will be sent to a teacher's voicemail (except for emergencies).

# Road Runner News

### **NEW AT HOWARD is our HOWARD ROADRUNNER PLEDGE**

We are excited to share the adoption of a school wide pledge. Students are invited to join in reciting the pledge each morning (optional). We believe the pledge is a great way to start our morning. It serves as a reminder of our commitments and unifies all of us with a common goal!

I am a Howard Roadrunner,  
I am safe, kind, and responsible.  
I am uniquely me,  
and a part of the Howard family.  
I make good choices,  
and I am excited to learn.  
We are Howard Roadrunners,  
and today will be a success.

**YEA for YOU!**

### **Be Good for a Sub**

Substitute teachers are on the lookout for students exhibiting respectful and courteous behavior during their teacher's absence. The guest teacher is asked to record the names of those students who were especially helpful and responsible throughout the day. From this list of terrific students, one name is drawn to receive a free **mini pizza** coupon from **MARIE CALLENDER'S** for being "good for a sub". Following are our most recent recipients of a Subway coupon:

Peyton, Corbin, and Steven in room 3

Joey and Shane in room 6

### **News Crew**

Fifth grade students lead our Roadrunner Announcements each morning. Thank you to Julio and MaKenzy for greeting us each morning during the months of September and October. Alex and Hanna will lead us in November's announcements!

### **IMPORTANT NOTICE: School Calendar Changes**

The 4J school calendar for 2011-12 has changed. Key changes are:

- **School Day Change:** January 30, 2012, now will be a school day.
- **Budget Reduction Days:** Three school days will be cut from the school year. These will be either days when school is cancelled due to hazardous weather or days at the end of the year.
- **Last Day of School:** The last day of school will be June 12, 13, 14 or 15, depending on the number of snow days. The final day will be determined and announced before spring break.

The calendar is changing because 4J employees have agreed to take six unpaid furlough days to reduce costs. Some of the furlough days will be non-instructional days. Students will be in school at least three days more than last year. For more information, please see [www.4j.lane.edu/calendars](http://www.4j.lane.edu/calendars).

### **HALLOWEEN PARTIES**

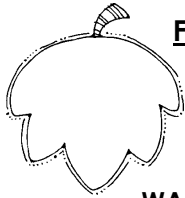
Individual teachers will determine if Halloween parties will take place in their classrooms. If teachers permit costumes during this holiday celebration, the following dress code will be enforced, as it pertains to costumes:

- NO weapons
- NO weapon-like props



- NO excessive bareness (no spaghetti straps, exposed bra straps, bare midriffs)
- NO "gang" attire
- NO masks
- NO especially scary or gory costumes

**Our Halloween Parade will take place on October 31, starting at 1:30. Parents and guardians are invited to enjoy the parade. Guests should gather on the playground at this time in the final leg of our parade route.**



**FALL CONFERENCES** are scheduled for Wednesday evening, November 9 and Thursday, November 10. There will be NO SCHOOL on Thursday, November 10 and Friday, November 18. **Scheduling forms will have been sent home and need to be returned to school no later than Thursday, October 13.**

### **WALK AND BIKE TO SCHOOL DAY ~ OCTOBER 5**

Walk and Bike to School Day was on Wednesday, October 5. Thirty years ago 50% of students walked or biked to school. Today only 15% do. Walking or biking to school is an excellent way to make physical activity a part of students' daily routines. Walking or biking helps improve strength, endurance, decrease anxiety and stress, and helps maintain weight. Students who either walked or biked to school on Wednesday, October 5, received prizes from Oregon Walk and Bike to School Organization. Prizes included Walk and Bike stickers and shoelaces, healthy snacks from Cliff Kids, and for our grand prize, a Nutcase Super Start bike helmet! Don't let exercise only happen during special events; walk or ride to school everyday!

### **FREE AND REDUCED LUNCHES**

As a friendly reminder, you need to fill out a new Free/Reduced Lunch form for your child/children every school year. Even if you do not intend to use this service, and you qualify, please take the time to fill out a form and turn it in. As a Title I school much of our funding is based on the number of students that qualify for free or reduced lunch, so it is **VERY IMPORTANT TO HAVE EVERY ELIGIBLE FAMILY IN THE SYTEM.** If you have not applied yet this year, please pick up an application in the reception area of the school office or visit the Eugene 4j website at [www.4j.lane.edu/nutrition/freelunch](http://www.4j.lane.edu/nutrition/freelunch). Your child/ren should be able to use the form from last year through October 13. Beyond this date, you will need to send \$2.50 with your child for lunch.

### **FRESH FRUIT AND VEGETABLE PROGRAM IS COMING TO HOWARD**

Our school has been selected to participate in the Fresh Fruit and Vegetable Program (FFVP) during the 2011-12 school year. The program is an effective and creative way of introducing fresh fruits and vegetables as healthy snack options and provides children in participating schools a variety of free fresh fruits and vegetables throughout the school year.

The program works by providing selected schools reimbursement for the cost of preparing fresh fruits and vegetables and having them available to all. A few things to note about the FFVP:

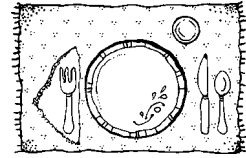
- These fresh fruits and vegetables are provided separately from lunch and breakfast program.
- They are prepared on site and delivered to each classroom daily.
- They are available to all the children who attend our school and are not intended for community residents or adults who are attending school functions.

**Goals** of this program are to help **create healthier school environments, expand the variety of fruits and vegetables children experience, increase children's fruit and vegetable consumption,** and make a **difference in children's diets** to impact their present and future health.

Variety is the key to success and a main goal of the program. Students will be offered anything from grapes to red bananas to parsnip sticks throughout the year. Be sure to encourage your student(s) to try the day's selection and ask them what new produce they were offered each week!

### **FROM THE KITCHEN ~ LUNCH ACCOUNT BALANCES**

**Students with a negative balance on their meal account will be given an "emergency meal" which consists of a cheese sandwich, milk and all-you-can-eat salad bar.** To help communicate to families when students have a negative lunch balance, we regularly send home notices in an attempt to help minimize large overdraft charges. **If you receive one of these notices, it's time to check in with food service about your child's account.**



Please contact Carolyn Tompkins, our Food Services Coordinator, at 541-790-4900; she is happy to work with you regarding your child's account. As always, you can send in money with your student or you can add money to your child's account online. Lunches are \$2.50, or \$.50 if your family was approved for "reduced meal prices".

**As a reminder...we offer a HEALTHY, FREE breakfast, each and every morning, from 7:25-7:50 in our cafeteria. Come join us!**

### **What's New in the Cafeteria for 2011-2012?**

Less is sometimes more and is the approach that will be taking place in the lunch rooms for this school year. Over the summer, several recipes offered on the K-5 menu were evaluated based on their popularity, nutritional quality, cost, and complexity of preparation. From this, the following changes will be taking place as of September 7, 2011:

The top 40 recipes were selected and will make up this year's **4 week seasonal cycle menu.**

- The cycle menu will consist of **2 hot and 1 cold entree each day** and will be adjusted for seasonal favorites every 2 months. By **reducing the daily choices from 5 to 3**, students will be able to make entree choices quicker which will increase the speed of the lunch line
- 1 of the 3 choices will be **a meatless option and a veggie sandwich will also be available daily.**
- To encourage the health benefits of a plant based diet, **Meatless Mondays will begin on 9/19** and will continue every other Monday for the duration of the school year.
- To help students build a balanced plate, **a vegetable side will be available with all entrees** in addition to our daily rainbow offering bar.
- To help reduce children's daily exposure to sugar sweetened beverages, **1% white milk will be the only milk option available during breakfast and lunch.** This will start off as a 2 month trial where milk waste and consumption will be monitored daily in the cafeteria. A 5 gallon bucket will be provided to the kitchens and students will be required to dump unconsumed milk into the bucket so a measurement can be taken by kitchen staff. After the 2 months, we will evaluate the results and make a final decision based off the amount of milk being (or not being) consumed if this is a sustainable change that will not jeopardize kids intake of milk.
- We will continue **offering water stations during mealtime** and will be providing all cafeterias with **reusable cups.**
- To increase the nutritional integrity of our menus, **products like cookies, pickles, and goldfish crackers will no longer be available.**
- To continue our support of local businesses, **we will be purchasing Lochmead vanilla yogurt and frozen blueberries, Lane County apples and other fresh produce as it is available, Truitt Brothers black beans and canned pears.**

- Continue the **Harvest of the month program** which highlights a local (Lane County or Oregon grown) fruit or vegetable each month.
- Continue working with **Organically Grown Company to purchase organic produce such as bananas, oranges, spinach, and romaine lettuce.**

### **STUDENTS AND STAFF RECOGNIZED RED RIBBON WEEK**

Red Ribbon Week is the oldest and largest drug prevention campaign in the country. Red Ribbon Week serves as a vehicle for communities and individuals to take a stand for the hopes and dreams of our children through a commitment to drug prevention and education and a personal commitment to live drug free lives with the ultimate goal being the creation of drug free America. And, perhaps more importantly, Red Ribbon Week commemorates the ultimate sacrifice made by DEA Special Agent, Enrique "Kiki" Camarena, who died at the hands of drug traffickers while fighting the battle against illegal drugs to keep our country and children safe.

At Howard, students will be invited to participate in a week's worth of school spirit activities that will focus on being drug and alcohol free. Our activities will include:



#### **TUESDAY, October 25**

"Color My World Drug Free" Wear our School Colors-BLUE and WHITE.

#### **WEDNESDAY, October 26**

"Team Up Against Drugs!" Everyone is invited to dress up in his or her favorite team jersey.

#### **THURSDAY, October 27**

"Friends Don't Let Friends Do Drugs". Dress like twins and match your friend

#### **FRIDAY, October 28**

"Be RED!" Wear your Red clothing or accessories to show YOU are drug free!!

Class presentations with the Counselor will focus on age appropriate drug awareness and a chance to make a personal promise to not use drugs and/or alcohol.

### **LAPTOPS AND STUDENT RESPONSIBILITY**

Howard Elementary is "in front of the pack" when it comes to technology hardware and its use in everyday teaching and learning. As such, each student is assigned a laptop for use during the school day. To increase longevity, we expect students to treat equipment with respect, and within the parameters we have established for proper usage. Please understand that mistreatment, careless handling, and/or improper use of laptops/desktops may result in loss of privileges.

**LIBRARY VOLUNTEER(S) NEEDED:** We are always looking for volunteers to help in re-shelving books and assisting with student check out during the school day (T, W, Th). Please contact Mr. Grush at 541-790-4933 if you are able to help!

### **DO YOU HAVE NEW CONTACT INFORMATION?**

If you, or any of your emergency contacts, have recently changed numbers, addresses, or email accounts, please make sure you have notified the school office. It is extremely important this information is kept up to date so that we can reach you in the event of an emergency or your child becomes ill at school.



#### **A CHILL IS IN THE AIR....Brrrrrr**

With cooler weather drawing near, it is time to put away those shorts and dig out the sweaters. As you are aware, Oregon weather changes frequently. Please dress your child for the weather. Dressing in layers is always a good idea so that children can adjust to the changing temperature accordingly.

**ATTENTION VOLUNTEERS!** Are you interested in volunteering at Howard? Are you an active volunteer but have no idea how to operate the machines often used by teachers? If so, this is the workshop for you! To help accommodate busy schedules, the workshop will be offered on two different dates and will cover the following:

- Copy machine
- Die cuts
- Laptops (logging in, etc.)
- Book binding
- Emergency procedures
- Working with small groups of students
- What to do if you encounter a difficult situation with a child

**WORKSHOP DATES/TIMES:** October 4 @ 1:30 PM & October 5 @ 9:00AM. After signing in at the office, please meet in room 12.



### **PTO CORNER**

#### **Cookie Dough Sales:**

Products from our Cookie Dough sale will be available for pick up on **October 26, any time after 12:00, in room 22** (located on the backside of the kindergarten classrooms). A parent or adult **MUST SIGN** for the product(s) to be picked up. Please know that products will not be sent home with bus riders. Due to limited storage space, please be sure and pick up your products on the 26<sup>th</sup>. If you have any questions or concerns contact the PTO at [541-933-5336](tel:541-933-5336) or via e-mail at [howardelementarypto@gmail.com](mailto:howardelementarypto@gmail.com).

#### **Welcome Newly Nominated Members For 2011-2013:**

**President:** Stacey Harris

**Vice President:** Lara Bradley

**Treasurer:** Beth Counts

**Secretary:** Becky Benson

**Volunteer coordinator:** Autumn Minson

**Parliamentarian:** OPEN

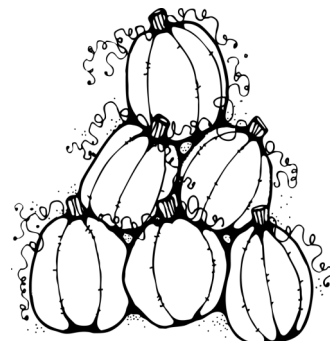
If you might be interested in the open position, or in the PTO in general, please feel free to call the PTO or e-mail. Thank you to all are nominees and congratulations to our new PTO members. We greatly appreciate their time and dedication.

**Our next meeting will be held on October 18, in the school library, from 6-7pm. Childcare will be provided. We hope to see you there!**

#### **Dates to Remember**

##### **October**

- 7 NO SCHOOL: Howard Professional Development
- 12 Early dismissal (11:35KG/1:05)
- 14 NO SCHOOL: Statewide Inservice Day
- 17 BEST after school program begins
- 17-28 Easy CBM Reading Progress Monitoring
- 18 Parent laptop training (2:30-3)  
PTO meeting (6-7)
- 19 Early dismissal (11:35KG/1:05)
- 20 Parent strategies training (6-7)
- 21 School pictures



- 24 Week of Oct. 24; Red Ribbon Week
- 25 Site council (2:30)
- 26 Early dismissal (11:35KG/1:05)  
Cookie dough delivery
- 28 Birthday lunches w/Mrs. Price
- 31 Halloween parties and parade

**November**

- 1-4 Easy CBM & Math Progress Monitoring
- 2 Early dismissal (11:35KG/1:05)
- 3 4<sup>th</sup>/5<sup>th</sup> grade ballet (9:15-11:30)
- 4 Road Runner Assembly
- 9 Early dismissal (11:35KG/1:05)  
Parent/teacher conferences (4-8)
- 10 Parent/teacher conferences (8-8)
- 10 NO SCHOOL: P/T conferences
- 11 NO SCHOOL: Veteran's Day
- 14-18 Easy CBM Reading Progress Monitoring
- 15 Parent laptop training (8:15)  
PTO meeting (6-7)
- 16 Early dismissal (11:35KG/1:05)
- 18 NO SCHOOL: Conference compensation day
- 22 Site council (2:30)
- 23 Early dismissal (11:35KG/1:05)
- 24 NO SCHOOL: Thanksgiving Holiday
- 25 NO SCHOOL: Thanksgiving Holiday
- 28-30 Easy CBM Reading Winter Benchmark
- 30 Birthday lunches w/Mrs. Price  
Early dismissal (11:35KG/1:05)

