



CASCADE ELEMENTARY

Cascade Elementary School Newsletter

April 2023

Message from the Principal

Hello Cascade Elementary families,

How is it April already? It seems like the school year has flown by!

April brings a couple of very important events for us as we monitor student growth and school performance. ISASP Testing begins next Tuesday, April 4 for all 3rd through 5th grade students with the reading test. Fifth graders will do their science test on Wednesday 4/5. And then the week after Easter all 3rd through 5th grade students will test on Tuesday 4/11 (math) and Wednesday 4/12 (language/writing).

The extended holiday weekend in the middle of testing is interesting. However, I think it will be beneficial to students to spread out the testing. With our schedule this year, we will avoid day after day testing which I think students will appreciate and benefit from.

Also, the conditions for learning survey will be made available in April. I sent some communication yesterday and will send more next week. The survey helps us to assess safety, security, and how students feel at school. As parents and families, you are an important part of this data collection. Next week I will be sending information about a survey that will take 10 to 15 minutes. We take a deep look into our student responses, staff responses as well as family responses on the survey. We would greatly appreciate it if each family took time to complete this for us.

Let's hope that spring is here to stay! Thank you for your ongoing support of the students and staff at Cascade Elementary!

Sincerely,
Dan Wendler

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Dan Wendler—Principal, 563-663-9443

Tammy Connolly—Secretary, 563-424-6038

Ashley Botsford—Counselor, 563-258-7609

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Website: http://www.wdbqschools.org/cascadeelementaryschool_home.aspx



Classroom Spotlight

5th Grade

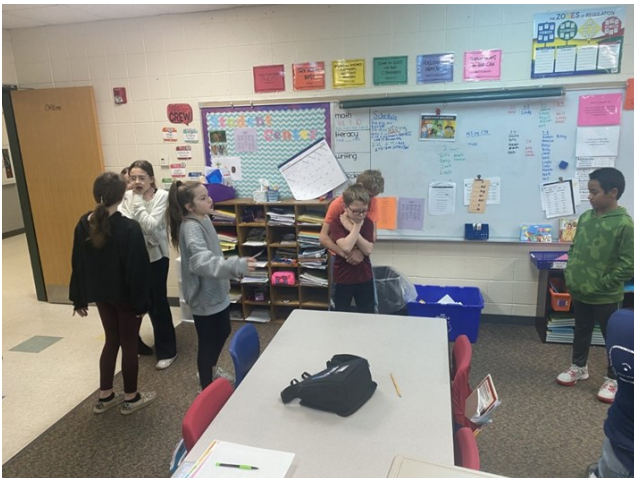
This past month students have been working hard preparing for the ISASP test in April. It is incredibly exciting to see how hard all the students work each day. We continue to work on positive self-talk and having a growth mindset while testing.

Get a good night's sleep
Eat a healthy breakfast
Positive self-talk
Thought Stopping
Refocus
Focus on yourself
Muscle relaxation
Bubble breathing

In math we have spent time reviewing standards and improving our math skills, especially with fractions. In 5th grade students learn to add, subtract, multiply and divide fractions. These skills are particularly challenging.

In social studies we are working on taking a different approach than what has typically been taught in the past. We are starting to do more inquiry, where students do their own thinking and questioning. Our first unit is "What can we learn from what is in someone's pocket?" It has been fun listening to the student's conversations and the questions they have analyzing artifacts from the past.

We began our new science unit this past week. It is called Earth and Sun. The students started off learning about shadows and why they occur. They then moved to learning about what happens to a shadow as the day passes. We will continue to explore patterns of our sun and moon in this unit. Keep an eye out for some of the exciting things that you can see in the night sky!



Students are observing the Heimlich maneuver (Leah Boyle, Benji Jones). Sam Stecklein, Brennan Fischer, and Eloise Supple all demonstrating.

Dates to Remember:

April

4-5—ISASP Testing 3rd-5th grade
6—Snow Make up Day #1, PreK No School
7—No School
10—Snow Make up Day #2
11-12—ISASP Testing 3rd-5th grade, PTO Meeting at Two Gingers at 6:45 pm
17—Color Run Kickoff Assembly
20—PreK Family Fun Night 5:30 pm
21—4th Graders Go The Distance Day
26—Cougar Pride Assembly

May

1—5th Grade Field Trip
2—Music Program 6:00 pm
4—1st Grade Field Trip, 3rd Grade Trip, 4th Grade Field Trip, 5th Grade visit CHS, 5th Grade Band Rehearsal
10—Yoga in School
11—Color Run
12—2nd Grade Field Trip, 4th & 5th Grade Track Meet
15—5th Grade Band Performance, Band Assembly for 4th Grade
16—Color Run Rain Date, End of Year Celebration and Talent Show, 5th Grade Band Concert
17—Prek Last Day of School, Kindergarten Field Trip
19—Last Day of School

Fechas para recordar:

Abril

4-5—Exámenes ISASP 3º-5º grado
6—Día de recuperación de nieve #1, PreK No School
7—No escuela
10—Día de recuperación de nieve #2
11-12—Exámenes ISASP de 3º a 5º grado, reunión de PTO en Two Gingers a las 6:45 pm
17—Ensamblaje de inicio de carrera de color
20—Pre K Noche de Divertido de Familias 5:30 pm
21—Los estudiantes de 4º grado van el día de la distancia
26—Asamblea del Orgullo del Cougar

Mayo

1-- Excursión de 1 a 5º grado
2—Programa de música 6:00 pm
4—Excursión de 1er grado, viaje de 3er grado, viaje de campo de 4to grado, visita de 5to grado en CHS, ensayo de banda de 5to grado
10—Yoga en la escuela
11—Carrera de color
12—Excursión de 2º grado, 4º y 5º grado
15—Rendimiento de banda de 5º grado, montaje de banda para 4º grado
16—Fecha de lluvia de Color Run, Celebración de fin de año y programa de talentos, Concierto de la banda de 5º grado
17—Pre K último día de clases, excursión al kindergarten
19—Último día de clases



During a life skills lesson Aleena Meyers and Mack Ryan learn to fold laundry.

Jack Miller, Aidan Snyder, Benji Jones & Conner Moats learn to tie ties.



While learning to make bread students also learned to make butter.
Pictured: Odette Ortiz Moncada



Students learning basic first aid with Nurse Cyndi Trumm.



Carson Loes, Tate Andrews, Brielle Miller, and Conner Moats with their sun dial.



Alba Caspers, Reed Schoenherr, Hunter Mausser, and Piper Bergfeld with their sun dial.



Lyla Moody, Lily Graham, Emmitt Ryan and Trey Krogman marking their sun dials.

Health Office

Healthy Smile Tips

Brush your teeth 2 times every day with fluoride toothpaste.
Floss every day.
Eat healthy foods and limit sugary beverages.
See your dentist at least 2 times per year.

Tips on how to handle common dental emergencies:

1. Toothache – Toothaches should be taken seriously since they could be an indicator of a bigger issue or lead to greater dental problems if ignored. If you have a toothache, always contact your dentist and they will help determine if you need to be seen immediately.
2. Tooth trauma – Tooth trauma can happen in multiple ways and can result in chipped or cracked teeth or teeth that are knocked out. If a permanent tooth gets knocked out, hold it by the crown and not the root. Place the tooth back into the socket and hold it in place. If this cannot be done, place the tooth in a clean holder with milk, saliva, or emergency tooth preservation solution. **DO NOT PLACE THE TOOTH IN TAP WATER!**
See your dentist right away!

The most important thing to remember in the case of a dental emergency is that it's better to take action sooner rather than later to avoid greater problems later on.

School Requirements

***All children newly enrolling in an Iowa elementary or high school are required to have a dental screening. This requirement was passed by the 2007 legislature and became effective July 1, 2008. The purpose of the dental screening requirement is to improve the oral health of Iowa's children. Dental screenings help with early detection and treatment of dental disease, promote the importance of oral health for school readiness and learning, and contribute to statewide surveillance of oral health.

The following are highlights of the school dental screening requirement:

The requirement applies to kindergarten and ninth grade students only.

A screening for kindergarten may be performed by a licensed dentist, dental hygienist, physician, nurse, advanced registered nurse practitioner, or physician assistant.

A screening for ninth grade may be performed by a licensed dentist or dental hygienist only.

Screenings performed by out-of-state providers are allowed.

The Iowa Department of Public Health Certificate of Dental Screening is the only acceptable form.

A screening for kindergarten is valid from age three years to four months after enrollment date.

A screening for ninth grade is valid from one year prior to enrollment to four months after enrollment date.

*Information taken from the American Dental Association and the State of Iowa Department of Health and Human Services websites.

Health Office

Once you have the opportunity to witness the learning and development occurring in a classroom, you believe 80% of what we learn and perceive comes from our sense of sight. Your student's vision helps them to understand the world around them and plays a role in their development. Without question vision health is important. Vision can change as students age, as they grow so does their eye, potentially causing some vision problems. School age students who complain of any of the following symptoms may benefit from a professional eye exam:

- Frequent headaches and eye discomfort especially after doing schoolwork.
- Sitting too close to TV.
- Trouble reading or concentrating.
- Squinting, tilting head to see better or rubbing eyes.
- Complaining of not being able to see blackboard or to front of classroom.

Just as we take care of our body, it's important to take care of our vision health. Here are some tips from the CDC on how to protect your child's vision:

- Eat well:** Eating a healthy diet rich in fruits and vegetables can help protect your child's vision. Fruits and vegetables have many vitamins and minerals necessary to maintain healthy eyes and vision.
- **Limiting screen time:** Limiting screen time each day and having your child take frequent breaks will help to protect their vision.
- **Get enough sleep:** As we sleep, our bodies heal and recharge, this includes our eyes. Not getting enough sleep can affect how well your child's eyes heal from every day eye strain and irritants.
- **Spend time outdoors:** Many children spend hours each day doing near-vision activities. Just like other muscles in the body, the eye muscles need time to relax.
- **Wear sunglasses:** Spending time outdoors has many health benefits, but you must also protect your child's eyes from the sun.
- **Use protective eyewear:** If your child is involved in sports or other activities, make sure they wear protective eyewear.
- **Regular eye exams:** Eye exams can help keep vision strong and discover vision problems early. Eye exams are encouraged before your student attends kindergarten and 3rd grade.

Your child's vision health affects how well they can see, learn, and enjoy life.

Information obtained from Centers for Disease Control and Kidhealth.org

Counselor News

Weekend Backpack Food Program:

Backpacks include extra food items for breakfast, snacks, and other meals.

They will be distributed on Fridays to students at school.



Please contact Mrs. Gansen for more information or questions!

563-258-7609 | ashley.gansen@wdbqschools.org

Test Taking Tips 101

ISASP testing will be starting on April 4th! During guidance, 3rd-5th learned about having a growth mindset and helpful test taking strategies they can do before and during the test to ease their worries! Review these with your child to help them feel even more prepared. We are so proud of our CES students!

Before:

Get a **good night sleep** the night before the test! They will need to **rest** their brains and energy to be at their best.

Eat a **healthy breakfast** to boost their energy

Try not to dwell on or think about the test too much. **Relax!**



During:

Listen to the teacher's directions

Read **all** instructions, questions, and answer choices carefully

Ask for help if you are unsure about something

Take your time

If you have a hard time with a question, leave it and move to the next! Come back later.

Consider all answers before checking the best one!



Non-Discrimination Policy Statement: It is the policy of the Western Dubuque County Community School District not to illegally discriminate on the basis of race, color, national origin, sex, disability, religion, creed, age (for employment), marital status (for programs), sexual orientation, gender identity and socioeconomic status (for programs) in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy please contact the district's Equity Coordinator at 310 4th Street SW, Farley, Iowa 52046 or 563-744-3885.