



CASCADE ELEMENTARY

Cascade Elementary School Newsletter

December 2019

Message from the Principal

Hello Cascade families and friends,

Welcome to December! This is a wonderful time of the year with the holidays in full swing. The energy at school has been incredible and we are turning that energy into lots of learning experiences for our students.

Parent / teacher conferences were a huge success once again. We had over 99% attendance at Cascade Elementary. We know that our children cannot succeed without a great school and parent support. Thank you for the support you provide us and our students on a daily basis. You all make CES a great place for our kids to thrive.

Our annual winter concert was Monday night. It was a tremendous performance by all of our K-4 and 5/6 choir students. I would like to thank our students, teachers and especially Mrs. Gourley on their hard work to put on a great show. We also split the performance this year for the first time. This was to create enough seating for everyone to watch their children perform. The auditorium was packed for both shows, but hopefully it was a better, more comfortable experience for all. I would love to hear your feedback on what went well as well as what we could do to make this night even better next year.

Our 3rd Annual Holiday in the garden is this upcoming Sunday, December 8th from 4:30-6:30 pm. This is one of the best nights of the year and is open to the entire Cascade community! Santa will be here if you are looking for an opportunity to sit on his lap this season. Thank you to Roamn Hummel and the many parents and families who work together as part of the PTO to make these events possible.

Have a safe and happy holiday season! 2020 is going to be a wonderful year at Cascade Elementary.

Best wishes,

Dan Wendler
Cascade Elementary Principal

Main Office 563-852-3335

Dan Wendler—Principal, ext. 2002

Tammy Connolly—Secretary, ext. 2001

Jane Boffeli—Counselor, ext. 2005

Cyndi Trumm—School Nurse, ext. 1007

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



Classroom Spotlight

4th Grade

Something new in fourth grade this year is the Zones of Regulation. This program is now being used in our district help students identify and deal with their emotions.

Mrs. Boffeli, our school counselor, came into our fourth grade classrooms and taught us about each of the four zones: blue (feeling down), green (feeling calm and focused), yellow (feeling nervous, excited, or anxious), and red (feeling out of control). As part of the lessons, students created booklets to help them better identify what it looks and feels like to be in each zone, and also listing possible strategies and tools to help deal with the feelings in each zone. Some calming tools are now available in each classroom for students to use.

Fourth graders use gratitude journals to identify the zones they are in each day. Within these journals, students also write down two things they are thankful for each day and one awesome thing they remember from the previous day. This helps promote the Happiness Advantage/ Orange Frog initiative our district began several years ago.

Another good thing going on in our school this year is Molly Schreiber's Challenge to Change Yoga instructors leading our classes as we learn yoga concepts once each month throughout the school year. When students were asked how yoga helps them in school, some of the responses include:

"It calms you down and relaxes your body to get you ready to learn." - Elli

"I like to learn poses, like the warrior pose, that help you stay balanced." - Charlie

"During math when you can't take a break, you can do yoga to stretch your body out." - Kylie

"My favorite parts are the songs and the yoga nap. The mudras also help me calm down if we start something new and I'm not understanding it yet." - Faith

"If you are focused on something else, yoga makes you come back and focus on learning." - Spencer

"It helps you get focused and ready to learn for the day and gets you in the green zone." - Hayden

Dates to Remember:

December

8—Holiday in the Garden 4:30-6:30 p.m.

10—PBIS Assembly

11—5th/6th Band 9:00 a.m.

12—5th/6th Winter Band Concert 6:30 p.m. at CHS

13—No School, Contracted Teacher Learning

17—Yoga in School

20—2 Hour Early Dismissal

23-Jan. 2—No School, Winter Break

January

7—Dubuque Fighting Saints Assembly

14—6th Grade DARE Graduation

7:00 p.m. at Ellen Kennedy Auditorium

15—PBIS Assembly

17—5th-12th Choir Concert 7:00 p.m. at Ellen Kennedy Auditorium

21—Yoga in School

Fechas para recordar:

diciembre

8 - Chocolate caliente y música navideña en el jardín de la escuela de 4:30 a 6:30 p.m.

10 - Asamblea para premiar el comportamiento bueno y respetuoso

11 - banda de los grados 5-6 9:00am

12 - El concierto de los estudiantes en la banda (grados 5-6) a las 6:30pm a la escuela secundaria

13 - No escuela, Reuniones de maestros

17 - Yoga en la escuela

20 - Salir 2 horas temprano

23 de dic.-2 de enero— No clases, Vacaciones de invierno

enero

7 - Asamblea del equipo de hockey - "The Dubuque Fighting Saints"

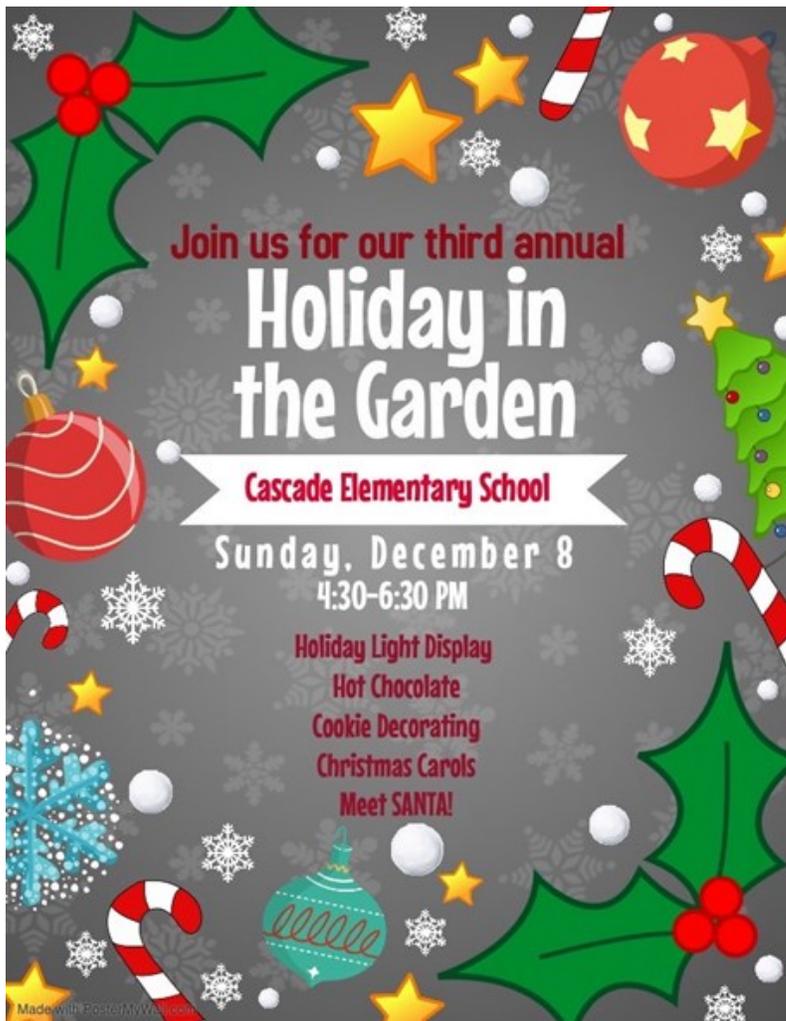
14 - Graduación del programa DARE para estudiantes en sexto grado a las 7pm a la escuela secundaria

15 - Asamblea para premiar el comportamiento bueno y respetuoso

17 - El concierto de los estudiantes en coro a las 7pm a la escuela secundaria

21 - Yoga en la escuela

4th Grade



PTO News

Join the PTO as it presents the third annual Holiday in the Garden. See the holiday light display in the literacy garden, then come inside to see Santa, decorate cookies, sip hot chocolate and sing along to Christmas carols!

Counselor's Corner

Happy Holidays from your school counselor! I hope each of you can spend the holiday season with family, friends and making memories. Please consider taking a moment with your family to reflect about this past year and share what you are most grateful for. In my heart I am very grateful for my health, my family and my career among many other specific things. May your 2019 be full of joy and happiness!

Angel Tree

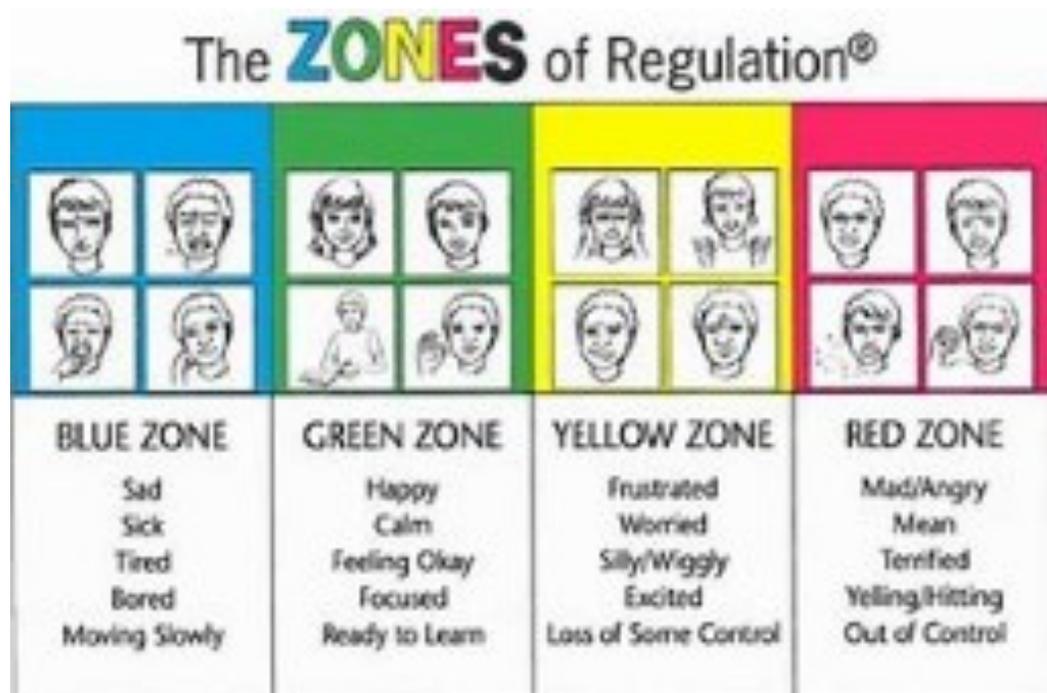
If you signed up as a recipient of the 2019 Angel Tree program with Resources Unite, please pick your gifts up at the **KC Hall in Cascade on Thursday, December 19 from 4:00-6:00**. If you are unable to pick them up, please find someone who would be willing to help you out otherwise you will need to contact Fidelity Bank at 563.852.3245.

For those of you who are purchasing gifts for the Angel Tree at Fidelity Bank, please deliver them to Fidelity Bank by Dec. 16. Thank you for your generosity and kindness in helping others in our community.

Zones of Regulation

Zones of Regulation is social emotional language and awareness your child is familiar with and will see and hear throughout their time at Cascade Elementary by peers and staff. I want to share with you a quick story I encountered while teaching recently. I posed the scenario to a class to think about how they would feel eating dinner with their family. My goal was for them to identify what emotion they would feel and why. I had students share they would be in the blue zone as not everyone would be sitting together, green zone so they could share about their day, yellow zone since everyone was on their phone and not talking to one another, and red zone when siblings fight.

What can you do to be aware of what zone you and your child are in not only during mealtime, but throughout the day?



1. Identify what zone you are in.
2. Ask your child what zone they are in currently and during specific times of their day.
3. Discuss why they are in that zone.
4. If in a zone other than green, ask them what they need from you or what tool they could use at this time to get back to green.
5. Help them problem solve if needed. What can happen or needs to be done to change the situation?
6. Praise your child for identifying what zone they are in and using tools to self-regulate.

Thank you for supporting your child with their social-emotional learning!

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.