



FES MONTHLY



Farley Elementary School Newsletter

February 2018

Message from the Principal

Farley Families,

Two weeks ago we celebrated the 100th day of the school year and then, according to our students, the groundhog Punxsutawney Phil saw his shadow. With the prediction of six more weeks of winter we welcomed several inches of snow last week. Our students have certainly enjoy playing in the snow and sledding during recess!

Parent-Teacher Conferences are scheduled at the end of the month and our goal is to connect with every Farley Elementary family. Conferences will be Tuesday, February 27 from 3:30-7:00 p.m. and Thursday, March 1 from 3:30-7:00 p.m. Information, including the link for online scheduling, was shared via e-mail and a printed copy was sent home with your child(ren). If you are unable to attend on February 27 or March 1, please contact your child's teacher to schedule an alternate time to meet. We look forward to discussing your child's learning and growth!

The Farley Elementary School PTO will be rescheduling Family Movie Night. Your family and you can look forward to watching the movie 'Homeward Bound' and enjoying snacks and beverages. The rescheduled date will be shared in the near future.

Please assist us in making arrival as safe as possible for all students by not parking in the driveway between the building and parking lot. The driveway needs to remain clear so buses can safely navigate through the drive. Please enter the parking lot if, for any reason, you need to exit your vehicle. Thank you for your cooperation in keeping our students safe!

This week we celebrated Random Acts of Kindness Week and Valentine's Day! Many students are participating in Kindness BINGO and choosing to share kind words and actions. Whether random, intentional, grand, small, or simple, kindness truly matters! As Mr. Rogers shared, "There are three ways to ultimate success: The first way is to be kind. The second way is to be kind. The third way is to be kind."

Lori Grimoskas, Principal

Main Office 563-744-3308

Lori Grimoskas—Principal ext. 5002

Lynne Plisek—Counselor ext. 8010

Rhonda Weber—Attendance ext. 5001

Sheila Knapp—School Nurse ext. 5005

Website: <http://www.wdbqschools.org/farleyelementaryschool>



Counselor's Corner—Mrs. Plisek

Counselor's Corner

Lessons for January:

Kindergarten - "Got Feelings?" We talked about working well and staying focused. If we're sad or feeling ill, we'll talk with an adult about it. If we're frustrated or upset, we're work at calming down and we'll talk with an adult about it.

Grade 1 - "FLY to Success" We thought about how we do at following directions (the F of FLY), how we do at listening (the L of FLY), and how we do at "You get along well with others" (the Y of FLY). We reviewed how we can do even better at these skills.

Grade 2 - "Great Expectations" We talked about Expected/Appropriate choices and Unexpected/Inappropriate choices that we make at school and at home.

Grade 3 - "That's How We Do It" This lesson was about work habits, study skills, and test-taking skills.

Grade 4 - "Tick Tock Goes the Clock" This lesson was about time management. We looked at "Frantic Fred's" schedule and discussed how we can fit everything we need to do in our own schedules.

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.

Nurse News—Mrs. Knapp

Nurse News

FLU SEASON IS UPON US

Influenza is still around in our community and in school as well. It seems that Influenza B is more prevalent now and (hopefully) Influenza A has reached it's peak, and will be subsiding. We experienced significant absentee rates at FE several weeks ago.

Good hand hygiene with frequent hand washing and annual flu vaccine are the best ways to reduce the risk of getting sick and spreading germs to others. Soap and water is best, but if not readily available use a hand sanitizing gel. Students should be reminded to cover coughs with a tissue or cough into your elbow and stay home when sick!! As a reminder, children should remain home until 24 hours fever-free without the use of fever-reducing medications.

HOW MUCH SLEEP

Children and adolescents who do not get enough sleep may encounter health issues such as higher risk of obesity, diabetes, injuries, poor mental health, and problems with concentration and behavior.

How much sleep a child needs depends on their age. It is recommended that children 6-12 years should sleep 9-12 hours per 24 hours. Teens 13-18 should plan on 8-10 hours per 24 hours.

Better Sleep Tips

Good sleep habits can help your child get a good night's sleep

Some habits that can improve sleep health are as follows:

- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends
- Make sure bedroom is quiet, dark, relaxing, and at a comfortable temperature
- Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom
- Avoid large meals, caffeine, and alcohol before bedtime
- Get some exercise. Being physically active during the day can help you fall asleep more easily at night.

Source: www.cdc.gov

Classroom Spotlight

Quote of the Month:

“Tell me, I forget;
Show me, I remember;
Involve me, I understand”

- Carl Orff

“Music is a moral law.
It gives soul to the
universe, wings to the
mind, flight to the
imagination...”

-Plato



R = I will RESPECT all people at all times.
O = I will be ON MY HONOR always and everywhere.
A = I will be ACCEPTING of all people and feedback.
R = I will be RESPONSIBLE in every way.

Mrs. Feldmann's 3rd Grade Class Science in 3rd Grade

Written by: Mrs. Feldmann's Third Graders

Mrs. Feldmann's third graders have been working hard and learning so much! Recently, we've had a new addition to our classroom! We currently have 12 crayfish that we are observing and studying. We've been taking care of them by giving them a dark, cool area to live. They have rocks and houses to keep them safe and feeling at home. They also have plenty to eat, like the elodea we keep in their tubs. During science, we've been looking at the crayfish. We know just the right way to touch and hold the crayfish. Warning: do not place a crayfish on your palm;) We noticed the crayfish are much calmer and relaxed when it is quiet and there are no sudden movements. Also, we have been looking at their structures and figuring out what they do. We've read about the crayfish to learn more; like if they are male or female. The crayfish will be visiting us for a couple more weeks and then we will send them back to their natural habitat. Some of us are sad to see them go!

Top 5 Interesting Facts About Crayfish— (According to the third graders!)

1. Crayfish store their eggs under the tail.
2. Girl crayfish can lay up to 100 or more eggs.
3. Crayfish molt as they grow.
4. The skeleton of a crayfish is on the outside.
5. Crayfish use their pincers for protection.

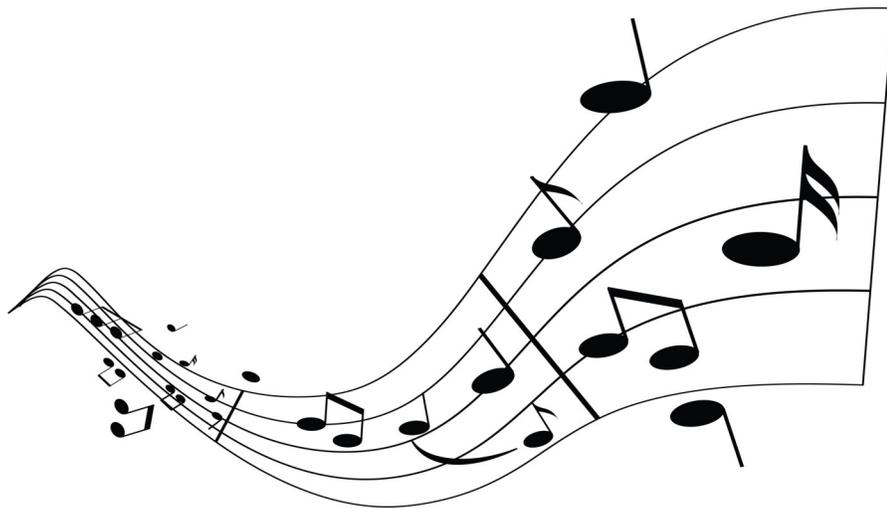


Classroom Spotlight

Mrs. Streif's Music Class

On Tuesday, March 13th, the K-4th grade students will present their spring programs in the auditorium at Western Dubuque High School. K-2nd grade students will perform the musical "It's a Hit" at 6:30 p.m. Their show lasts approximately 25 minutes.

There will then be a short intermission, with the 3rd-4th graders performing "Off Their Rockers" beginning at 7:00. Students are not required to stay for both performances, although they certainly are welcome. More information will be coming in the next couple of weeks regarding costumes and what times students should arrive, so please be on the look out for that! We look forward to seeing you on March 13th!



Dates to Remember:

February

- 8—PTO Movie Night
- 9—No School
- 14—February Birthday Lunch
- 15—Artist in Residence
- 21—July Birthday Lunch
- 19—PTO Meeting 6:00
- 22—3rd Grade Kids on the Block
- 28—Ryan Stuntz dental visit
- 27 and March 1st—Conferences

March

- 1—Conferences
- 13—Music Program

Coaching Corner

February is "Random Acts of Kindness" month. There are many different ways to show kindness to others. At Farley Elementary, we are working on doing something kind for someone else each day in February. Students were given a "Kindness Bingo" card to keep in their take-home folders. Each day students are encouraged to pick an act of kindness and share it with someone else. At home, you can talk about what kind things your child did for someone else, and you can identify the kind things others may have done for you throughout the day. This is another way to focus on the positive and be grateful for

things that happen throughout the day. Feel free to mark kind things your child has done and work on getting a BINGO in any direction. By the end of February our goal is to fill the BINGO card by doing lots of kind things for others. Continue to "choose kind" throughout February!

KINDNESS BINGO					
B	E	K	I	N	D
Smile at 5 people you don't know	Write a nice note to a friend	Write a nice note to your teacher	Give someone a high five	Make a thank-you card for a custodian	
Secretly hide a nice note in someone's backpack	Ask a parent how his or her day was	Write a nice note to your principal	Ask a friend how his or her day is going	Invite someone new to sit with you	
Offer to help someone who is struggling with something	Compliment 5 people	Free Space	Volunteer to do a chore that isn't yours	Find something you have in common with a peer	
Create your own kind act	Spend time with a friend	Tell someone a reason why you are proud of them	Make a list of your friend's 3 best qualities and give it to him/her!	Encourage someone who looks like they're having a bad day	
Write a thank-you note to a lunchroom worker	Help someone who is younger than you	Tell someone they are doing a great job!	Hold the door open for someone	Sit with a new group of people at lunch	

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Reading Fun with Mrs. Griner

Reading Corner

HOW TO HELP YOUR CHILDREN
LOVE BOOKS

MAKE BOOKS AVAILABLE
READ TO THEM REGULARLY
TURN TAYLOR SWIFT INTO AN
AUDIOBOOK
MAKE A COMFY SPOT TO READ
TALK ABOUT STORIES AND
READING
DON'T RUSH THEM

Important Information

We are again collecting the following:

General Mills Box Tops for Education



Kwik Trip Milk Moola milk caps and bag tops



- Send in the cap that has 5¢ on it
- Cut off the top of the bag and send in this portion only



Prairie Farms Milk Caps

- These must have the "peel here" sticker on top with a code underneath



Find us at:

Twitter: @FESBobcats

Facebook: Farley Elementary School @FESBobcats

Remind for Parents:

Get information for Farley Families right on your phone. On your iPhone or Android phone, open your web browser and go to the following link:

Rmd.at/hg2cag

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app if you don't already have it.