



CASCADE ELEMENTARY

Cascade Elementary School Newsletter

March 2023

Message from the Principal

Hello Cascade Elementary families,

It's hard to believe that we are already into March. With the weather in winter blues, February is usually a month that feels long, however, this past month has flown by. We hope that everyone who attended enjoyed the PTO VIP breakfast! It was great to have family members very important people of our students in the building, smiling, laughing and enjoying Cascade Elementary.

I also want to thank parents and families for their attendance and participation in parent- teacher conferences. These are very important meetings to build connection between home and school, as well as to share the hard work in progress that your child is making. Thank you for taking time out to come meet with us!

As we get into March, we are beginning preparation for our annual ISASP (Iowa Statewide Assessment of Student Progress) which will be taking place from April 3- April 14 in grades 3-5. This year is the first year that we will be taking these tests on the computer, which is very exciting for a few reasons. First of all, it is an adaptable test, where the questions get easier or harder based on previous answers. This allows students to test based on their skill set with less limitation of how high they can go. The second reason is that there are lots of practice opportunities for the students to prepare. In the coming weeks every 3rd through 5th grade student will take a practice test, preparing for the actual test in reading, math, writing / language and science (5th grade only).

We are very excited to see how our students have grown over the past year. There will be more to come regarding these tests.

Thank you once again for your support. Let's hope that March brings us an early Spring!

Sincerely,
Dan Wendler

Main Office 563-663-9639

Dan Wendler—Principal, 563-663-9443

Tammy Connolly—Secretary, 563-424-6038

Ashley Botsford—Counselor, 563-258-7609

Cyndi Trumm—School Nurse, 563-663-9341

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



Classroom Spotlight

PE

In PE, to start the new year, we learned about the 5 components of fitness (aerobic endurance, body composition, muscular strength, muscular endurance and flexibility). Students know their heart rate changes with their activity level and that it tells them if they are being active enough. We talked about body composition and the percentages of fat, bone and muscles in the body. Muscular strength is the amount of weight you can lift or move, and muscular endurance is how many times you can move that weight without getting exhausted. Flexibility is the ability for joints to move through their full range of motion, which helps improve posture and balance and decreases the risk of injury.



During our gymnastics unit, we discovered different ways to move our bodies with rolls, jumps, balances and weight transfers. We learned how to communicate and trust our partners while balancing, especially in groups of 3 or more. As a culminating activity, grades 3-5 designed their own routines, which included some of the stunts and tricks we learned throughout the unit as well as some that we created ourselves.



We look forward to our upcoming units which include cardio drumming, basketball, floorball and SNAG golf.

Dates to Remember:

March

8—Yoga in School, PTO Meeting at Two Gingers at 6:45 pm
29—Cougar Pride Assembly

April

3-14—ISASP Testing 3rd-5th grade
6—Snow Make up Day #1 for K-5th, PreK does not have school
7—No School
10—Snow Make up Day #2
12—Yoga in School
21—4th Graders Go The Distance Day
26—Cougar Pride Assembly

Fechas para recordar:

Marzo

8—Yoga en las Escuelas, reunión de PTO en Two Gingers a las 6:45 pm
29—Asamblea del Orgullo de Cougars

Abril

3-14—Examen ISASP de 3° a 5° grado
6—Día de recuperación de nieve #1 para K-5th, PreK no tiene escuela
7—Sin escuela
10—Día de recuperación de nieve #2
12—Yoga en la escuela
21—Los estudiantes de 4° grado van al Día de la Distancia
26—Asamblea del Orgullo de Cougars

Classroom Spotlight

Music

Hello from Mrs. Goebel's music room,

Over the last few months, we have been discussing an array of different things! Students in 3rd, 4th and 5th grade have been learning more about reading music. They know how to draw a musical staff, are beginning to understand how to name notes on the staff and learning how to play notes on pitched instruments. We've discussed optimism and pessimism and had some experience in responding to situations from both perspectives. We've discussed how it feels to receive feedback in both ways, from an optimistic point of view and pessimistic. We've been learning about the history of jazz music. Did you know that jazz music evolved from ragtime music and then to Dixieland?

Students in kindergarten, first and second grades have been learning about naming emotions and how we can associate our emotions with a color word in English and Spanish. All our emotions; big or small, are okay! They are learning that the first step in returning to a state of calm is by first, naming how you feel. They are learning to play instruments more musically and gaining an understanding of dynamics. Teamwork is also a big focus of this semester of Mindful Musicians work. We've learned movements to match songs like "Chuggin" and "Colores" and sign language to the song "Grateful." We've also studied different musical pieces. In "Carnival of the Animals" and "Peter and the Wolf, students are describing what they hear; slow, medium, fast, quiet, medium, loud. They are learning to associate a mood with the music they hear as well.

Lastly, we have begun preparations for our spring concert which will be held on the evening of May 2nd (more details to come). We will be learning about what makes a performance good and how to create criteria for giving feedback on a performance.



Sawyer Ehlers, Grace Brehm, Shea O'Meara, Roslyn Brindle, Dean Finzel and Emmanuel Robinson from Mrs. Roller's 2nd grade class demonstrate partner collaboration and learning movements to "Chuggin."

Health Office

Components of a Healthy Lifestyle

Nutrition

Variety

Your child should consume a variety of foods from the five major food groups. Each food group supplies important nutrients, including vitamins and minerals.

The five food groups and typical minimum servings:

- **Vegetables:** 3-5 servings per day. A serving may consist of 1 cup of raw leafy vegetables, 3/4 cup of vegetable juice, or 1/2 cup of other vegetables, chopped raw or cooked.
- **Fruits:** 2-4 servings per day. A serving may consist of 1/2 cup of sliced fruit, 3/4 cup of fruit juice, or a medium-size whole fruit, like an apple, banana, or pear.
- **Bread, cereal, or pasta:** 6-11 servings per day. Each serving should equal 1 slice of bread, 1/2 cup of rice or pasta, or 1 ounce of cereal.
- **Protein foods:** 2-3 servings of 2-3 ounces of cooked lean meat, poultry, or fish per day. A serving in this group may also consist of 1/2 cup of cooked dry beans, one egg, or 2 tablespoons of peanut butter for each ounce of lean meat.

Dairy products: 2-3 servings per day of 1 cup of low-fat milk or yogurt, or 1 1/2 ounces of natural cheese.

Fiber

Fiber is a carbohydrate component of plant foods that is usually un-digestible. It is found in foods like fruits, vegetables, whole-grain breads, cereals, brown rice, beans, seeds, and nuts.

In children: Fiber eases constipation—providing bulk that can promote regular bowel movements, soften the stools, and decrease the time it takes food to travel through the intestines.

Protein

Your child needs protein so their body can grow and function properly. This includes building new tissues and producing antibodies that help fight infections. Without essential amino acids (the building blocks of protein), children would be much more susceptible to serious diseases.

Protein-rich plants—such as dried beans and peas (legumes), grains, seeds, and nuts—can be used as valuable sources of protein. Other protein-rich foods include meat, fish, milk, yogurt, cheese, and eggs.

Fat

Humans cannot live without fats.

As a general guideline, fats should make up less than 30% of the calories in your child's diet. No more than about 1/3 or less of those fat calories should come from saturated fat, with the rest coming from unsaturated (that is, polyunsaturated or monounsaturated) fats. These healthier fats are liquid at room temperature and include vegetable oils like corn, safflower, sunflower, soybean, and olive.

Sugar

Limit the amount of sugar in your child's diet to moderate levels. Sugar has plenty of calories, but dietitians often call them "empty calories" because they have very little additional nutritional value. Children should consume sugar from natural sources including milk and fruit.

Source: American Academy of Pediatrics

<https://healthychildren.org/English/ages-stages/gradeschool/nutrition/Pages/Making-Healthy-Food-Choices.aspx>

Health Office

Components of a Healthy Lifestyle *Sleep, Physical Activity, Screen Time*

Sleep

Once we are adults we often wish we could return to the afternoon naps we had the opportunity to experience in Kindergarten. Sleep is so important for each one of us no matter our age but for children getting regular good quality sleep is linked to better health, including improved attention, behavior, learning, memory, the increased ability to control emotions and mental and physical health.

Suggested sleep requirements by age:

3-5 years old 10-13 hours/day.

6-12 years old 9-12 hours/day.

13-18 years old 8-10 hours per day.

Though the number of sleep hours is important, good quality sleep is essential. Signs of poor sleep quality include not feeling rested even after getting enough sleep, repeatedly waking up during the night, and experiencing symptoms of sleep disorders.

Good sleep habits or sleep hygiene include being consistent. Going to bed at the same time each night and getting up at the same time each morning, including weekends. Make sure your bedroom is quiet, dark, relaxing and at a comfortable temperature. Eliminate all electronic devices, such as TV's, computers and smart phones from the bedroom. Avoiding large meals and caffeinated foods/beverages is also helpful to getting a good night's sleep.

Information obtained from CDC and Mayo Clinic Websites.

Physical Activity

The Physical Activity Guidelines for Americans, 2nd edition [PDF – 13.5 MB], issued by the US Department of Health and Human Services, recommend that children and adolescents ages 6 through 17 years do 60 minutes (1 hour) or more of moderate-to-vigorous physical activity daily.¹ Regular physical activity in children and adolescents promotes health and fitness. Compared to those who are inactive, physically active youth have higher levels of fitness, lower body fat, and stronger bones and muscles. Physical activity also has brain health benefits for school-aged children, including improved cognition (e.g., academic performance, memory) and reduced symptoms of depression. Regular physical activity in childhood and adolescence can also be important for promoting lifelong health and well-being and preventing risk factors for various health conditions like heart disease, obesity, and type 2 diabetes.

Screen Time

The numbers might shock you. The Centers for Disease Control and Prevention (CDC) reports the average daily hours by age group:

8-10 years old: Six hours

11-14 years old: Nine hours

15-18 years old: Seven and 1/2 hours

And these figures don't even include the time kids spend on screens for their school work.

Recommended time limits:

Under 2 years old: Zero screen time, except for video chatting with family or friends

2-5 years old: No more than one hour per day co-viewing with a parent or sibling

5-17 years old: Generally no more than two hours per day, except for homework

To support parents' efforts, the American Academy of Pediatrics (AAP) recommends parents develop a family media use plan, which can be easily constructed on the AAP's website at healthychildren.org.

Other proactive steps for parents to take include:

Screen-free bedrooms: There should be no screens in the bedroom, and children generally shouldn't view a screen for two hours before bedtime. The reason is a screen's blue light can prevent the brain from knowing when it's time to get ready for sleep. Instead of watching TV before bed, kids should engage in other activities, such as reading.

Fill the void: If you need to cut back on your child's screen time, don't leave them to figure out what to do with that free time. Replace it with something positive, such as outdoor sports or other activities.

UD for Kids 2023

UD for Kids is an enrichment opportunity for students in grades 1-7. Students will build reading and math skills while taking courses in the areas of science, math, technology, engineering, visual and performing arts, aviation, and culinary arts.



Guardians/parents can go to www.dbq.edu/udforkids to learn more and complete the application process for their child to participate in this summer opportunity.

All students, grades 1-7, are welcome!

UNIVERSITY of DUBUQUE

www.dbq.edu

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.