



CASCADE ELEMENTARY

Cascade Elementary School Newsletter

November 2022

Message from the Principal

Hello Cascade Elementary families,

I have some news to share that we are very excited about and proud of. Cascade Elementary was rated as a "High Performing" on the Iowa School Performance Profile!! This is an incredibly high honor that only 12% of Iowa schools earn. The Iowa School Performance Profile is a compilation of literacy and math performance combined with student safety survey information called Conditions for Learning. The State of Iowa uses all of this data to rate public schools.

Our profile came in is the 43rd highest rated school in the State of Iowa (top 3%) and the 34th highest rated Elementary school in Iowa, out of 1,293 schools. We are also the highest rated school at any level within Keystone AEA (all of Northeast Iowa). You can find more info by searching 'Cascade Elementary' at www.iaschoolperformance.gov

Our success is because of many things, however we would not be able to perform at this level without the amazing teachers and staff, students who show up and give their best effort every day and families that support us. Thank you so much for all that you do for your kids and our staff!

We look forward to seeing the halls filled on November 8th and 9th for Parent / Teacher Conferences. This is a great opportunity for us to connect with you and to share the progress that your child is making.

Thanks again for your ongoing support. If you need anything at all don't hesitate to reach out.

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

Cyndi Trumm—School Nurse, 563-663-9341

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



Classroom Spotlight

3rd Grade

The Third Graders have been working very hard so far this year! They are making awesome growth in their reading and writing skills.

In math class they are learning the strategies to solve multiplication and division problems. Students have learned many fun games and have done some great activities to help them memorize these facts and strategies.

In social studies class they had the chance to learn the history of Halloween, when the tradition started and how celebrations have changed throughout the years. We also have been learning about the planet we live on. The continents, oceans, and our country/state we live in.

In science class, we are working on motion and matter. Right now, their experiment is all about being an engineer with planning, designing, and building a car out of few materials such as straws, tape, popsicle sticks, tongue depressors, binder clips, and wheels. Students are working with partners to complete this experiment. They are being challenged to build a sturdy car where it will not fall apart when I give it a slight push and that it is able to move forward. The groups are competing against other groups to see which car can go the farthest with a slight push from the teacher. They are working on their teamwork skills along with learning about motion and matter.

We look forward to many more great lessons and activities!

Dates to Remember:

November

- 1—Picture Retakes
- 7—Veteran's Day Assembly
- 8—Parent Teacher Conferences
- 9—End of Trimester, Yoga in School, Parent Teacher Conferences
- 10—No School, Teacher In-Service
- 11-14—No School
- 15—3rd Grade Arts Trek (Orchestra) Concert
- 16—PTO Meeting at Corner Taproom 6:45 pm
- 23-25—No School, Thanksgiving Holiday
- 30—Cougar Pride Assembly

December

- 11—Holiday in the Garden 3:30-5:00 pm
- 14—Yoga in Schools
- 19—Cougar Pride Assembly & Holiday Celebration
- 22—No School for PreK
- 23—Jan. 2—No School, Winter Break

Fechas para recordar:

Noviembre

- 1—Retomas de Imágenes
- 7—Asamblea del Día de los Veteranos
- 8—Conferencias de padres y maestros
- 9—Fin del trimestre, Yoga en la escuela, Conferencias de padres y maestros
- 10—Sin escuela, maestro en servicio
- 11-14—Sin escuela
- 15—Concierto de 3er grado de Arts Trek (Orquesta)
- 16 - Reunion de PTO en Corner Taproom a las 6:45 pm
- 23-25—Sin escuela, vacaciones de Acción de Gracias
- 30—Asamblea del Orgullo del Puma

Diciembre

- 11—Vacaciones en el jardín 3:30-5:00 pm
- 14—Yoga en las escuelas
- 19—Asamblea del Orgullo del Puma y Celebración de la Fiesta
- 22—No hay escuela para PreK
- 23-2 de enero—Sin escuela, vacaciones de invierno

Classroom Spotlight

3rd Grade



--- PTO News ---

Current Events –

Thank you for a successful Trunk or Treat event this year! We had a great turnout despite the weather and we are grateful to be able to provide such a fun event for the community.

Thanks to everyone that set up a table (trunk) at the event. We had a great variety of creative themes. Start getting your ideas ready for next year!



PTO Meetings:

Next Meeting –

Wednesday, November 16th

6:45 pm at Corner Taproom

Please consider attending a PTO meeting. At the next meeting we will be planning for our upcoming Holiday in the Garden event. We encourage new ideas and are always open to feedback.

PTO Officers:

Kendra Kedley–President

Stephanie Zalaznik-Vice President

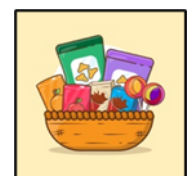
Jody Noonan-Treasurer

Lisa Aschtgen - Secretary

Fall Conferences

Conferences will be held on Tuesday, November 8th and Wednesday, November 9th. PTO would like to have some willing parents provide snacks and treats for teachers. If you are interested in dropping off a snack or treat please use the following link to sign up.

[Click Here to Sign Up](#)



Nurses Page

What is Influenza (Flu)?

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The first and most important step in preventing flu is to get a flu vaccine each year. Flu vaccine has been shown to reduce flu related illnesses and the risk of serious flu complications that can result in hospitalization or even death.

Influenza causes more hospitalizations among young children than any other vaccine-preventable disease. The single best way to protect against seasonal flu and its potential severe complications is for children to get a seasonal influenza vaccine each year. Flu vaccination is recommended for all children aged 6 months and older. Making healthy choices at school and at home can help prevent the flu and spreading flu to others.

- Stay home when you are sick. Stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness. Avoid close contact with people who are sick.
 - Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Clean and disinfect surfaces or objects. Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill.

Flu Symptoms

Influenza (flu) can cause mild to severe illness, and at times can lead to death. Flu symptoms usually come on suddenly. People who have flu often feel some or all of these symptoms:

fever* or feeling feverish/chills

cough

sore throat

runny or stuffy nose

muscle or body aches

headaches

fatigue (tiredness)

some people may have vomiting and diarrhea, though this is more common in children than adults.

*It's important to note that not everyone with flu will have a fever.

How Flu Spreads

Most experts believe that flu viruses spread mainly by tiny droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose or possibly their eyes.

Period of Contagiousness

You may be able to spread flu to someone else before you know you are sick, as well as while you are sick.

People with flu are most contagious in the first 3-4 days after their illness begins.

Some otherwise healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick.

Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.

Onset of Symptoms

The time from when a person is exposed and infected with flu to when symptoms begin is about 2 days, but can range from about 1 to 4 days.

Treating Flu

There are influenza antiviral drugs that can be used to treat flu illness.

(Information taken from the Centers for Disease Control & Prevention website)

Counselor's Corner

BACKPACK PROGRAM



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 Ms. Botsford for more information or questions!

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

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.