



CEDARVILLE CONNECTION

February 3, 2016

Visit us on the web at www.EACS.k12.in.us

Our mission at Cedarville Elementary School is:
To build a solid academic foundation and develop fundamental skills that will lead our students into a lifetime of success.

From the Desk of the Principal...

Do you want to help your child get into the habit of writing? Try making it a regular part of his/her life. Whether you have only a little time or a lot of time, here are some ways to fit writing into both of your schedules.

- ◆ Enjoy writing on-the-go. Carry a small notebook and pencil, and let your child see you use it to make a to-do list or grocery list. Has your child been invited to a birthday party? Suggest that he/she make a list of gift ideas on the way to the store. He/she can draw pictures and write the first letters of the words if he or she is not spelling yet.
- ◆ Start a family journal. Keep a pad of paper in a convenient place. You could write about the weather getting colder and the amount of snow expected, or your child might report (in words or pictures) that the family pet learned a new trick. At the end of the week, read aloud together from the journal.
- ◆ Write a recipe. After making supper together, you and your child can write down the steps it took to prepare your meal. (Your child might also like to make up a silly recipe, too!)

Whatever activity you choose, enjoy the time you are sharing with your child!

Start with Hello ...

This February 8-12, your child will be taking part in *Start with Hello* Week at Cedarville Elementary.

Start with Hello teaches students the skills they need to reach out to and include those who may be dealing with chronic social isolation and create a culture of inclusion and connectedness within their classroom, school or youth organization.

Social isolation is the overwhelming feeling of being left out, lonely, or treated like you are invisible. It is a growing epidemic in the United States and within our schools. Young people who are isolated can become victims of bullying, violence and/or depression.

We encourage you to talk to your child about the *Start with Hello* program and ask them to share what they have learned. Not only will that help you learn how to

support your child to see isolation, reach out and connect, and *Start with Hello*, it also demonstrates to your child that you take this subject seriously and can support them in their actions to create a more connected and inclusive home, classroom, school and community.

For more information on *Start with Hello* and to sign up to receive the *Start with Hello* Parent Guide, please visit: <http://www.sandyhookpromise.org/bringstartwithhello>.

Make-up Snow Day...



Due to the recent school cancellation (Tuesday, January 12, 2016), Presidents' Day on February 15th will be the district-wide 'make-up' snow day. Students, faculty, and support staff will be in attendance on this day.

Wellness Tips...

How slow can you go? When eating sweets, a few bites may suffice!

When was the last time you ate a favorite dessert, whether a slice of birthday cake or a cup of ice cream? It can be tempting to scarf down a whole dessert, but interesting things can happen when you slow down and pay attention to the flavor of what you're eating.

Research suggests that sweet foods peak within a few bites and diminishes from there. Not only that, but you can get more satisfaction from less food when you slow down. In other words, more isn't always better, even when it comes to pure enjoyment.

Eat slowly and pay careful attention to flavor. You may find that few bites are all you really want. Satisfying and better for your health & weight - a new meaning to "quit while you're ahead"

Family Fun Hoopsters Night Countdown to Tip-off...

K105 Radio Personalities vs Cedarville/Leo Staff

WHEN: Thursday, February 11, 2016

WHERE: Leo High School Gymnasium
TIME: Doors open at 6:15 p.m.; Game begins at 7:00 p.m.
TICKETS: Pre-sale prices: Only \$2.00/child (12 and under) and \$4.00/adult.

At the door prices: Only \$3.00/child (12 and under) and \$5.00/adult.

All proceeds go directly to the PTO for use in our schools. The classroom with the most pre-sale orders will participate in the "Dr. Bakle Pie in the Face" contest.

Look for the ticket sales order form to come home and remember to return by February 5th.

Blood Drive Support...



Thank you for your continuing support of the American Red Cross through the Cedarville Elementary annual blood drive. Because of our community, the Red Cross collected 25 units, saving 75 lives. There were also 10 new donors, including Cedarville teachers Miss Harris and Miss Renbarger.

We hope you realize how important your role is to the Red Cross. Your continued blood donations give the gift of life, and are critical to

fulfilling local hospital and patient needs.

Kindergarten Roundup...

If you have a young one entering kindergarten at Cedarville during the 2016-17 school year, you may enroll your child here at the school any time between 8:00 a.m. and 4:00 p.m. on **Thursday, March 10, 2016.**

Thursday, March 10, 2016

Kindergarten Eligibility:

A child may be enrolled if he/she is five years old on or before August 1, 2016.

You will need to bring the following items on the roundup date:

- BIRTH CERTIFICATE
- IMMUNIZATION RECORDS
- PROOF OF RESIDENCY

Radon and Your Health...

What is Radon?

Radon is a gas that you cannot smell, taste or see. Radon forms naturally when uranium, thorium, or radium, radioactive metals, breaks down in rocks, soil and groundwater. People can be exposed to radon

primarily from breathing radon in air that comes through cracks and gaps in buildings and homes. Because radon comes naturally from the earth, people are always exposed to it.

- Having your home tested is the only effective way to determine whether you or your family is at risk of high radon exposure.

- ***For more information on testing your home, check with the Board of Health or call the National Radon Hotline at 1-800-SOS-RADON.***

Radon in the Home

Radon is the second leading cause of lung cancer after cigarette smoking. If you smoke and live in a home with high radon levels, you increase your risk of developing lung cancer. Having your home tested is the only effective way to determine whether you and your family are at risk of high radon exposure.

People who smoke and are exposed to radon are at a greater risk of developing lung cancer. EPA recommends taking action to reduce radon in homes that have a radon level at or above 4 picocuries per liter (pCi/L) of air (a "picocurie" is a common unit for measuring the amount of radioactivity).

Your chances of getting lung cancer from radon depend mostly on:

- How much radon is in your home—the location where you spend most of your time (e.g., the main living and sleeping areas)
- The amount of time you spend in your home
- Whether you are a smoker or have ever smoked
- Whether you burn wood, coal, or other substances that add particles to the indoor air

The chances of getting lung cancer are higher if your home has elevated radon levels and you smoke or burn fuels that increase indoor particles.

Protect Yourself and Your Family from Radon

Having your home tested is the only effective way to determine whether you and your family are exposed to high levels of radon. Steps you can take to measure and reduce radon levels include:

- Testing your home or office
- Testing is inexpensive and easy. It should only take a few minutes of your time. It requires opening a package and placing a small measuring device in a room and leaving it there for the amount of time directed on the kit. Short-term testing can take from a few days to 90 days. Long-term testing takes more than 90 days. The longer the test, the more relevant the results are to your home and lifestyle. Follow the directions on the test kit packaging to find out where to send the device to get the results.

Cold Weather and Your Lungs ...

With winter on our doorstep, many of us are looking forward to the beauty of the season and the unique social and recreational activities that only winter can

offer. Cold weather, and particularly cold air, can play havoc with your lungs and health. Here are some tips and tools to help you enjoy the winter weather, without putting your lungs at risk.

Cold air is often dry air, and for many, especially those with chronic lung disease, that can spell trouble. Dry air can irritate the airways of people with asthma. This can cause things that get in the way of winter fun, like wheezing, coughing and shortness of breath. To help protect yourself from cold, dry air:

- Take all medications as prescribed.
- Cover your nose and mouth with a scarf when going out in the cold.
- Avoid exercising outdoors in severe cold weather.

With cold weather comes cold and flu season. Take some common precautions to avoid getting and spreading a cold, the flu, and even the more serious pneumonia.

- Get your flu shot. Immunization is your best protection.
- Wash your hands. As a good rule of thumb, get rid of germs by scrubbing your hands under warm, soapy water for about 30 seconds, or long enough to sing the "Happy Birthday" song twice in your head.
- If you have asthma, stay away from people with colds and flu.

"It now seems that grandma was right after all, getting a chill can predispose a person to respiratory infection including pneumonia," says American Lung Association Senior Scientific Advisor, Norman H. Edelman, M.D. "As she would have recommended, dress warmly, keep your feet dry, and your head covered."

Although a wood-burning fireplace may seem like the perfect place to warm up, the smoke and fumes from fireplaces can be very irritating to people with allergies or lung disease. An alternate heat source and a warm blanket might be the best choice for beating the chill.

Enjoy your favorite winter activities by keeping the following tips in mind:

- Loosely wrap a scarf around your nose and mouth to warm the air before it enters your lungs. Breathe in through your nose and out through your mouth.
- Monitor air quality forecasts to stay healthy. Air pollution can be very high in the winter, especially in areas with a lot of wood burning. Those with asthma and other lung diseases are at higher risk for being harmed by air pollution.
- If you have asthma always keep quick-relief medications with you. Stop activity and use your quick-relief medicine as soon as you begin to have symptoms.
- Keep others informed of your activity plan and whereabouts in case of emergency.
- With just a little care, planning and common sense, anyone can enjoy the brisk cold weather

this winter... while the rest of us look forward to spring!

Calling All Super Heroes...



Mark your calendar for the Leo-Cedarville PTO's 2016 carnival! **We are "Calling All Super Heroes" to join us Saturday, March 12, 2016 from 4-8 p.m. at Leo High School!** There will be games, prizes, bounce houses, amazing raffle baskets, food and fun for the whole family!

Create a Game Winner!

Thank you for so many AMAZING game ideas! Congratulations to **Jazzlyn Hullinger**, Kindergarten, for her winning game: Pin the Cape on the Superhero.

Calling ALL Super Crafters!

The Carnival Decoration Committee needs you! If you love decorating, crafting, or just want to volunteer some time, contact Julie Drummond at jdrummondinc@aol.com

Carnival Sponsorships

Nearly 2000 people visit the PTO Carnival each year. If your family, group or business would like to sponsor an inflatable or game, please contact Jennifer Melchi at jenmelchi@hotmail.com. All sponsors have a banner placed at their sponsored event and are included in carnival promotional materials.

Carnival Dates to Remember

February 5: Raffle Donations (\$5) Due. **Watch for Volunteer, Raffle and Game Ticket forms in February!**

February 26: Volunteer Forms Due

February 26: Pre-sale Raffle Ticket Collection #1

March 4: Pre-sale Raffle Ticket Collection #2

March 9: Last Day for Game Ticket Pre-sale

March 12: "Calling All Superheroes"

Carnival Bake Sale Help!

Each year the Carnival has a great selection of baked goods donated by families for the bake sale. All goodies must be placed on disposable plates and wrapped in clear plastic or placed in clear plastic bags. Please label all items. Store bought is okay, too!

Each family is encouraged to donate the following items:

Kindergarten & 1st grade: brownies, cookies, or dessert bars

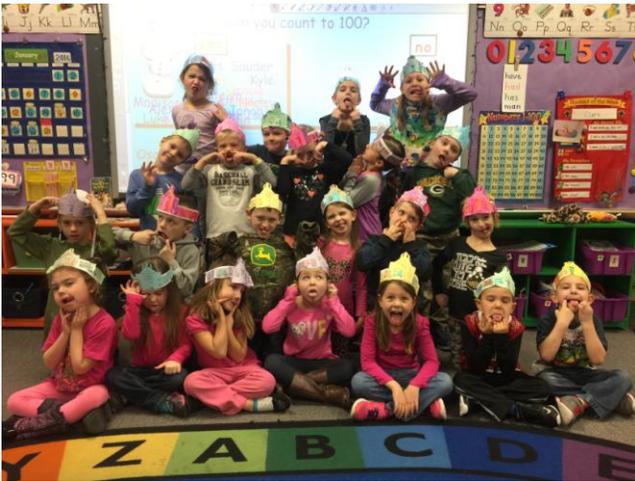
2nd & 3rd grade: cupcakes, cakes, or candies

Bring the baked good to Leo High School between 9 am and 12 pm on the day of the Carnival - Saturday March 12

Thank you parents and staff for all the help you've given in so many ways. Questions, contact Amanda Chavarria,

Bake Sale Chairperson at 260.409.9568 or Amanda.Chavarria@gmail.com

100th Day Celebrations...



Students in Kindergarten and Grade 1 celebrated the 100th day of school.

Fort Wayne Philly Woodwind Quartet Pays Visit to Cedarville Elementary...



The Fort Wayne Philharmonic has a long tradition of bringing live concert experiences directly to Cedarville Elementary. Nine Fort Wayne



Philharmonic chamber ensembles offer in-school educational programs that include musical performances, instrument demonstration and



opportunities for student interaction. Each ensemble program is designed to address the Indiana Department of Education Standards of Learning in Music

and may be crafted to support multidisciplinary themes.

This year the Fort Wayne Philharmonic gave two 40 minute performances which taught and entertained through their Woodwind Quartet; and as every student could tell you is comprised of French Horn, Oboe, Bassoon, and Flute.



Assistance Dogs for Achieving Independence...

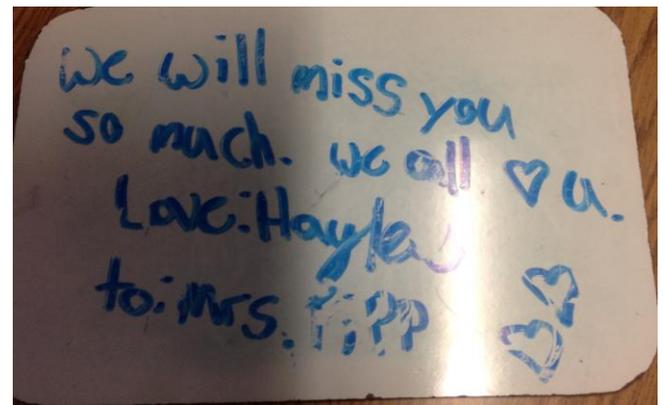
Most of us take our independence for granted. However, individuals with disabilities face daily challenges to their independence. For many, life takes on a new purpose with the help of a highly trained and dedicated assistance or therapy dog. That is where Assistance Dogs for Achieving Independence benefits those in need. The dogs help children and adults with disabilities achieve



greater freedom in support of the individual's daily needs. For over 25 years assistance dogs have helped transform the lives of individuals and their communities. From children with muscular dystrophy and spina bifida to adults with cerebral palsy and spinal cord injuries, these service dogs provide their owners with self-reliance, self confidence and self-esteem, and most importantly, a chance to live their lives to the fullest potential. Cedarville Elementary is proud to be a supporter of ADAI this year, and we thank you for the generous donations of over \$563 in demonstration of that support.

Memorable Moments In School...

With Mrs. Fipp

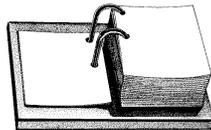


This picture represents one of my favorite teaching moments. The 3rd grader who wrote this (not a Cedarville student) was a very troubled child. Her young

years were filled with many hardships. Before I met her, she was having daily outbursts in her classroom (the room next to mine at the time). Her teacher didn't know what to do with her. She was angry and defiant. She was being sent to the school next door every day for her uncontrollable behavior until she and I had a small conversation in the hallway one day on her way out. This led to a few more conversations. Then, she convinced the administrators that she would behave herself if they would let her be a student in my classroom. She finished the year in my classroom from that day on it was a turning point for her as a student and for me as a teacher. She left this message for me on the last day of school and I will treasure it always. It is my reminder of the teacher I want to always be, the one that can make a difference

Mark Your Calendar...

- Feb. 8-12: **"Start With Hello" Call-to-Action Week**
- Feb. 9: District-wide In-service Day for teachers – **NO SCHOOL** for students
- Feb. 10: Midterms go home to those not receiving weekly progress reports via e-mail
- Feb. 10: PTO meeting @ CEEL cafeteria 9:30 (make-up date from Jan. 12 snow day)
- Feb. 10: **Walk Through Wednesdays Tours from 10:00 AM - 2:00 PM. Prospective parents wanting tours for school choice or tuition transfers will be "dropping in".**
- Feb. 10: Collaboration Day – dismissal @ 3:10
- Feb. 11: Real Men Read Round 4 for grades 2 & 3
- Feb. 11: **Hoopsters Basketball Game 7:00 p.m. @ LEHS (CEEL and LEEL staff vs. K105!!!) Doors open @ 6:15**
- Feb. 12: **BOX TOP\$ for Education** collection day
 - Feb. 12: Labels for Education collection day
 - Feb. 12: **Valentine's Day Parties**
 - Feb. 15: **Presidents Day – we do have school as a make-up for January 12th.**
- Feb. 16: Yearbook Candid Pictures day
- Feb. 16: Grade 2 Dental Health programs in The Pit with Dr. Hoagburg's Dental Team
- Feb. 17: Bus Evacuation Drill before school starts
- Feb. 17: Grade K and 1 CogAT testing through 2-27
- Feb. 17: Collaboration Day – dismissal @ 3:10
- Feb. 17: **Walk Through Wednesdays Tours from 10:00 AM - 2:00 PM. Prospective parents wanting tours for school choice or tuition transfers will be "dropping in".**
- Feb. 18: Carnival pre-sale raffle ticket contest begins. Collection dates are Friday, February 26th and Friday, March 4th. Top selling class will win an ice cream party.
- Feb. 19: **BOX TOP\$ for Education** collection day



- Feb. 24: **Walk Through Wednesdays Tours from 10:00 AM - 2:00 PM. Prospective parents wanting tours for school choice or tuition transfers will be "dropping in".**
- Feb. 24: Collaboration Day – dismissal @ 3:10
- Feb. 25: Carnival Pre-Sale Game Tickets go on sale. Collection as money comes in.
- Feb. 25: **All grades to Moon Mouse A Space Odyssey anti-bullying @ Embassy 11:00 – 2:00**
- Feb. 26: **BOX TOP\$ for Education – Final Collection**
- Feb. 26: Popcorn/Pretzel Friday and Spirit Day
- Feb. 26: Carnival pre-sale raffle tickets collection day.
- Feb. 27: Grade K and 1 CogAT testing window closes
- Feb. 29: Johnny from the Tin Caps to visit as we talk about Book-It and the baseball game May 1
- Mar. 1: Grade 3 ISTEP+ Applied Skills testing through 3-11
- Mar. 2: Collaboration Day – dismissal @ 3:10
- Mar. 3: *Pizza Pals for February in the Art Room 11:10-1:40*
- Mar. 4: Carnival pre-sale raffle tickets final collection day.
- Mar. 7: **National School Breakfast Week**
- Mar. 9: Dollar Day for Food Bank
- Mar. 9: Carnival game pre-sale tickets last day to purchase
- Mar. 9: Collaboration Day – dismissal @ 3:10
- Mar. 10: **Kindergarten Round-Up Day**
- Mar. 10: PTO meeting @ LEEL cafeteria 9:30
- Mar. 11: Grade 3 ISTEP+ Applied Skills testing window closes
- Mar. 11: End of the third grading period.
- Mar. 12: **"Calling All Superheroes" PTO Carnival @ LEHS 4:00-8:00 p.m.**
- Mar. 14: Grade 3 IREAD testing through 3-18
- Mar. 17: **St. Patrick's Day**



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