



CEDARVILLE CONNECTION

November 9, 2016

Visit us on the web at
cdv.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...

November is National Diabetes Awareness Month. It only seems fitting that a bit of information should be shared to raise your awareness. In particular, parents should be most cognizant of Type 1 Diabetes.

What do you know about diabetes?

Diabetes is a group of metabolic diseases where the body's pancreas does not produce enough insulin or does not properly respond to insulin produced, resulting in high blood sugar levels over a prolonged period. There are several different types of diabetes, but the most common forms are type 1 and type 2 diabetes. Both impact glucose levels, and if left untreated, can cause many complications.

What is type 2 diabetes (T2D)?

Type 2 diabetes (T2D) typically develops after age 40. If a person is diagnosed with type 2 diabetes, the pancreas still produces insulin, but the body does not produce enough or is not able to use it effectively. Those diagnosed with type 2 diabetes manage their disease through a combination of treatments, including diet control, exercise, self-monitoring of blood glucose, and in some cases, oral drugs or insulin.

What is type 1 diabetes (T1D)?

Type 1 diabetes (T1D) can occur at any age, but is most commonly diagnosed from infancy to late 30s. In the past it was most frequently referred to as **Juvenile Diabetes**. Type 1 diabetes is a disorder characterized by abnormally high blood sugar levels. In this form of diabetes, specialized cells in the pancreas called beta cells stop producing insulin. Insulin controls how much glucose (a type of sugar) is passed from the blood into cells for conversion to energy. The lack of insulin results in the inability to use glucose for energy or to control the amount of sugar in the blood. In other words, people with type 1 diabetes can no longer produce insulin. This means that glucose stays in the bloodstream and doesn't get into the cells, causing blood glucose levels to go too high.

Those diagnosed with type 1 diabetes must inject insulin several times every day or continually infuse insulin through a pump, as well as manage their diet and exercise habits.

People with T1D not only need their daily administration of insulin. To be well rounded in the management of T1D, exercise and proper nutrition are key components. Untreated type 1 diabetes can cause coma. It can even kill you. The good news is that treatment can help you prevent these problems.

What causes diabetes?

Researchers are still trying to get a clear picture of what causes diabetes—they've found that genetics do not tell the whole story, and that environmental factors also play a role. There is also a misconception that the cause of diabetes is hereditary, and primarily occurs in families where there is someone else with diabetes. Despite active research, type 1 diabetes has no cure. But it can be managed. With proper treatment, people with type 1 diabetes can expect to live longer, healthier lives than did people with type 1 diabetes in the past.

What are symptoms for diabetes?

Knowing the warning signs for type 1 diabetes could help save a life! Type 1 diabetes can often go undiagnosed in its early stages because the symptoms can be mistaken for more common illnesses, like the flu. Take notice if you or your loved one experiences the following:

- Extreme thirst
- Frequent urination
- Drowsiness and lethargy
- Sugar in urine
- Blurred or sudden vision changes
- Increased appetite
- Sudden weight loss
- Fruity, sweet, or wine-like odor on breath
- Heavy, labored breathing
- Stupor or unconsciousness

Call your doctor immediately if one or more of these symptoms occurs in you or your loved one. It is extremely important to receive medical attention—misdiagnosis or leaving your condition untreated can have tragic consequences.

Marco's Pizza Family Night...

The Leo-Cedarville PTO is sponsoring Marco's Pizza Family Nights on Monday, November 21st, and Tuesday, November 22nd. The PTO earns 15% of all sales for both days so tell your neighbors and relatives to go too!



Weekly Wellness Tip...

Simple swaps can have big payoffs for overall health and flavor. Look for trades that help you drop saturated fats, added sugar or stripped carbohydrates while adding nutrients.

Nonfat plain Greek yogurt

Adds creamy goodness to chili or tacos, in place of sour cream. You will hardly notice the difference, but you're getting more than four times the protein with no saturated fat. Yogurt also serves as a great substitute for mayonnaise in chicken or tuna salad.

Avocado

Full of nutritious fats & fiber!!! Use it on sandwiches in place of cheese or mayonnaise, blend into pasta sauce for a vegan Alfredo, or in smoothies for creaminess without dairy. It blends well into desserts too, in place of dairy or eggs.

Whole Fruit

Nourishing, fiber-rich source of sweet goodness!! Instead of snacking on stripped and processed carbs, try apple slices with nut butter or cheese, or pour sautéed berries instead of syrup on whole-grain pancakes.

Character Counts at Cedarville Elementary...



The character pillar we are studying for the months of November and December is **Caring**. This is a natural time of year to focus on the quality of caring for others and the spirit of giving from one's heart. We hope that parents will continue to support and emphasize the

qualities of caring with their children over the holiday season. The Character Counts Coalition uses the color red to symbolize this pillar.

There are two main ideas that pertain to the pillar of Caring. The first is concern for others. This means that a caring person would show compassion and empathy, be kind, loving and considerate in their actions, be grateful for the things that other people do for them, forgive others for their shortcomings and mistakes, be sensitive to the feelings of others, and are not mean or cruel to others. The second idea is that of charity. This means that a caring person is giving to others of their time, money, support and comfort to help make someone

else's life more comfortable or better and that they would do this without thinking of what or how they will be rewarded for their deeds in return.

Caring means...

- ❖ Be kind
- ❖ Be compassionate and show you care
- ❖ Express gratitude
- ❖ Forgive others
- ❖ Help people in need
- ❖ Be charitable and altruistic

Food for Thought...

Watch your thoughts, for they become words.
Watch your words, for they become actions.
Watch your actions, for they become habits.
Watch your habits, for they become character.
Watch your character, for it becomes your destiny.

— Unknown

Help Us Help You...

Occasionally, parents may find that there needs to be a change in transportation at the end of the day; for example, a child may need to be picked up who normally rides the bus, or a child who normally is a car rider with a parent may need to be picked up by someone else.



Should you find yourself in this or a similar situation, please call the school until you reach a real person who can pass your message on to your child's teacher. Please do not leave this information as a message on voice mail, especially if you call later in the day.

Thank you for your cooperation! The extra moments you may need to spend in contacting a real person may save a lot of time and avoid confusion or frustration.

Dental Hygiene...

Regular dentist visits can do more than keep your smile attractive – they can also tell dentists a lot about your overall health, including whether or not you may be at risk for chronic disease.

New research suggests that the health of your mouth mirrors the condition of your body as a whole. For example, when your mouth is healthy, chances are your overall health is good, too. On the other hand, if you have poor oral health, you may have other health problems.

Research also shows that good oral health may actually prevent certain diseases from occurring.

A very big thank you to Katie Nuttle from Dr. Dellinger's office for visiting with our grade 3 classrooms to do her "dental hygiene" presentation.



Hypnotic Brass Ensemble...



The Hypnotic Brass is a seven-piece, Chicago-based brass ensemble consisting of seven brothers who come from an extraordinary musical family. The

band freely mix the brass band tradition with generous doses of jazz, hip hop, soul, and funk. Their song, "War" was featured in the blockbuster hit movie, The Hunger Games, and Cedarville Elementary kindergarten and grade 1 students had the pleasure of hearing them play at a special young persons performance at the Embassy.

Pumpkin Math and Science...



So, you think that math is something boring where you sit at your desk and do calculations all day? You

couldn't be more wrong. Students in Mrs. Marino's and

Mr. R's classes took the fall season and some pumpkins to perform fun math activities.

Their investigations included measuring circumference and height, counting the ribs of the pumpkin and grouping/counting pumpkin seeds by tens.



Election Day...

Grade three students sampled what it would be like to go to the voting booth. Fortunately, the election was not nearly as contentious, nor were the choices so...well, you know. They even had to wait in line for ten minutes to decide on their favorite third grade story.



Principal for the Day...



On Wednesday, November 9th, we welcomed Mr. David Nicole, President and CEO for the United Way of Allen County, as **Principal for the Day**. Mr. Nicole's visit was part of a district-wide event to promote understanding and build relationships

between schools and the business community. As "Principal", Mr. Nicole had the opportunity to experience a "typical" day in our school, including welcoming students in the morning, a tour of the building, classroom observations, time to meet and visit with some of our staff members and students, and an overview of other administrative duties.

Fall Parties...

An influx of parents made their way into the building on October 31st as Cedarville Elementary celebrated the season with costumes, decorations, treats, and games. By the end of the day we had over 240 visitors for lunch or assisting in party activities.



Following up with Conferences...

Thanks to each of you who took time from your busy schedule to talk with your child's teacher during Parent – Teacher Conferences! As we move ahead, our staff will continue to make every effort to make sure that every child benefits from the interactions between parents and teachers.

It can be very helpful, too, for parents to talk about conferences (and other topics) with their children. It is most effective if we, as parents, approach these topics in as positive a manner as possible. Although you may already be familiar with them, it never hurts to review these tips for communicating with your child:

- **Listen to what you are saying.** Listen to your words, the tone of your voice, and think about the look on your face.
- **When possible, explain why certain behavior or action is desired.** This not only provides your child with a guideline for the moment, but also gives him/her the tools to evaluate situations for future behavior.
- **Do not use terms that belittle, humiliate, or embarrass your child.** Negative words have a negative impact. A child may, after being told enough times, begin to *believe* he/she is a "dummy" or "stupid".

- **Get to the point.** Long lectures can confuse your child and cover far more issues than the one at hand.
- **Be perfectly clear.** Use words that your child understands, and make sure your child knows what behavior was desirable or undesirable.
- **Don't compare.** Make allowances for differences in talents, capabilities, and personalities.
- **Set an example.**
- **Be honest with your child.** Share your feelings. A child can understand worry, fear, and concern.
- **Admit your own mistakes.** Your child will appreciate knowing you're not perfect.
- **Make sure rules and expectations are understood.** Sometimes criticism comes from misunderstanding of rules, expected behaviors, and the consequences of misconduct.
- **Let your child have a part in making decisions about things affecting him/her.** By helping decide rules and consequences, children better understand the things that affect them.
- **Be a good listener.** Let your child know you care about his/her feelings and are willing to work problems out together.
- **MOST IMPORTANTLY:** Try to put everything in a positive perspective so that criticism is CONSTRUCTIVE and not destructive.

Please feel free to contact with your child's teacher whenever you have questions or concerns. As we all continue to work together, we build the best possible learning environment for our students.



Parents, Orders can still be placed for Art to Remember.

All Art to Remember paper orders sent to school will end on Nov. 14th.

You can order online Art to Remember orders with the students I.D. code. The online ordering will be available online until Nov. 16th.

Any orders placed on or before Nov. 16th you will receive those items before Christmas break.

Any orders placed after Nov. 16th will not arrive until sometime in early February.

Thanks for your Support :-)

Ms. Jill Maroney
jmaroney@eacs.k12.in.us
260-446-0110 #4956

Mark Your Calendar...



- Nov. 14: National Bullying Awareness Week
- Nov. 16: PTO Meeting @ LEEL 9:30
- Nov. 16: Collaboration Day - dismissal @ 3:10
- Nov. 16: Midterms go home to those not receiving weekly progress reports via e-mail
- Nov. 19: Lyndsay Buesching-Lee batons practice 11:00-12:30
- Nov. 21: Canned Food Drive begins and runs through Dec. 19th. Items go to Grabill Food Bank for ACELINK presentations to Grade 3 all day in "The Pit" 9:10-9:55 Oliver and Firestone 11:45-12:30 Lewis 1:30-2:15 Linson and Hunter 2:20-3:05 Kaylor and Kiningham
- Nov. 21: Marco's Pizza Night
- Nov. 22: Mrs. Kinsey has an ACELINKS @ 11:00...Sailing into Thanksgiving
- Nov. 22: Marco's Pizza Night - Day 2
- Nov. 23: Popcorn/Pretzel Wednesday and Spirit Day
- Nov. 23: Collaboration Day - dismissal @ 3:10
- Nov. 24 - 25: **Thanksgiving Break - NO SCHOOL**
- Nov. 28: **Polar Express Shoppe Week**
- Nov. 30: Collaboration Day - dismissal @ 3:10
- Dec. 1: Pizza Pals for November in the War Room
- Dec. 1: District Writing Prompts window opens today and runs through January
- Dec. 3: Lyndsay Buesching-Lee batons practice 11:00-12:30
- Dec. 5: Mrs. Kinsey has an ACELINKS @ 11:00...Around the World with Santa
- Dec. 5: Winter Intramurals begin and run on Mondays and Wednesdays through Feb. 2
- Dec. 7: Collaboration Day - dismissal @ 3:10
- Dec. 8: Winter Music Program for grade 2 @ 2:00 and 6:30 p.m.
- Dec. 10: Lyndsay Buesching-Lee batons practice 11:00-12:30
- Dec. 12: Tacky Holiday Sweater/Sweatshirt/Shirt Day for adults and students

