



CEDARVILLE CONNECTION

October 24, 2012

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 have a favorite teacher? Is there a teacher who has made a difference in your child's life, or perhaps even in your life? You now have a chance to recognize such a teacher through the Fort Wayne *Journal Gazette's* feature spotlighting teachers. Each week the newspaper profiles a teacher who has made a difference.

Nominations (including the teacher's name, school, school district and grade/subject taught, your name, phone number and reason for your nomination) can be sent to Sarah Janssen at *The Journal Gazette*, 600 W. Main St., Fort Wayne, IN 46802, faxed to 260-461-8893 or e-mailed to teacher@jg.net

Mad Ants Get Fit Challenge...



"Mad Ants Get Fit Challenge" activity charts should be returned to the school by November 5th, to receive a Mad Ants Get Fit certificate. A ticket order form will be attached to the certificate for a FREE Mad Ants ticket to Cedarville's Get Fit night. Parents will also have the opportunity to purchase their own tickets at a discounted price.

Nurse's Notes...

Sending medicine to school for your child?

Be sure to follow these EACS policies:



1. The medicine must be in the package in which you bought it, and must have the child's dose on the label.
2. The school must have a signed permission note on file which includes your child's name, the name of the medication, and when the medication should be given.
3. Prescription medicines must have your child's name on the Rx label, or be accompanied by a prescription from the doctor if samples are used.

Osteoporosis Prevention...

Building strong bones, especially before the age of 30, can be the best defense against developing osteoporosis, and a healthy lifestyle can be critically important for keeping bones strong. There are several steps you can take to prevent osteoporosis. Prevention of this disease is very important because, while there are treatments for osteoporosis, there is currently no cure. There are five steps to prevent osteoporosis. No one step alone is enough to prevent osteoporosis but all five may.

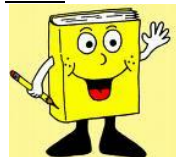
1. Get your daily recommended amounts of calcium and vitamin D.
2. Engage in regular weight-bearing exercise.
3. Avoid smoking and excessive alcohol.
4. Talk to your healthcare provider about bone health.
5. When appropriate, have a bone density test and take medication.

Falling Temperatures...

As you send your child to school each day, please make sure that he/she is dressed appropriately for outdoor play. During cooler weather, your child will need a jacket, sweater, or coat. Please be sure that buttons, zippers, snaps, or other closures are working. All children are expected to go outside for noon recess (20 minutes). (We do not go outdoors when it is raining.)

Book Fees Reminder...

Book fee payment is due on Wednesday, October 31, 2012. Please make checks payable to *Cedarville Elementary School*. Families may also pay their 2012-13 fees with on-line credit/debit card payment through the Parent Access website.



Please help your child remember to treat his/her textbooks with care. An additional charge will be assessed to a parent whose child loses or damages a textbook. The fee is based upon the value and condition of the book at the time of loss or damage.

Teacher Feature

Spotlighting
Mrs. Delagrance,
First Grade Teacher...

Personal Notes:

I am happily married to Mitch Delagrance and have two beautiful children, Hope 8 and Tyler 11. We have a 64 lb. English Bulldog named Butch and a cat named Sundae. I love to do puzzles, read, sing, and spend time with my family. I take karate with my son, which gives me great exercise. Fall is my favorite time of the year because it's cool, colorful, and professional football starts! Go Cowboys!

Professional Notes:

When I was young, I struggled with reading because my eyes didn't work together. I remember how that felt and then how it felt when I was able to "catch up" as I got older. I was never very confident until one teacher made me feel successful and inspired me to expect more of myself. At that moment, I knew I wanted to become a teacher. I wanted to change children's lives. Fortunately, I was able to get my start here in East Allen. I have now taught in East Allen for 15 years. I love working with the children. Every day brings a new challenge, which keeps me on my toes. Teaching has been everything I thought it would be and I have found it to be very rewarding!



Sub RNs Needed...

If you are a Registered Nurse or know a Registered Nurse that would like to be a Sub RN for EACS, please call Wendy Walker at 446-0100, extension 3321 for more information.



Miles Walked at Cedarville Elementary...



Third graders are using pedometers in gym class and have walked 833 miles or approximately 1,999,200 steps.

Here are some cities we have stopped to visit on our way:

Delphos, OH	White Haven, PA
Ementon, PA	New York, NY
Moshannon, PA	Edgewood, MD

News from the PTO...

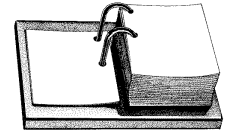
The November meeting of the PTO is scheduled for Tuesday, November 13th, at 6:30 p.m., in the Leo Elementary School cafeteria. Please plan now to join us!

Weight Bearing Activities...

Weight bearing describes any activity you do on your feet that works your bones and muscles against gravity. Bone is living tissue that constantly breaks down and reforms. When you do regular weight bearing exercise, your bone adapts to the impact of weight and pull of muscle by building more cells and becoming stronger. Some activities recommended to build strong bones include:

- Brisk walking, jogging, and hiking.
- Yard work such as pushing a lawnmower and heavy gardening.
- Team sports, such as soccer, baseball, and basketball.
- Dancing, step aerobics, and stair climbing.
- Tennis and other racquet sports.
- Skiing, skating, karate, and bowling.
- Weight training with free weights or machines. (source: www.aaos.org)

Mark Your Calendar...



- Oct. 26: Box Tops Competition ends
- Oct. 26: Fall Parties
- Oct. 30: Rooms 116, 121, 125, 126 to "Focus on Health" @ MEEL 9:50-12:25
- Oct. 30: Parent-Teacher Conference 4:00-7:45
- Oct. 31: Rooms 112, 114, 119, 122 to "Focus on Health" @ MEEL 9:50-12:25
- Oct. 31: Collaboration Day
- Nov. 5: Mad Ants "Get Fit" forms due no later than this date
- Nov. 6: **ELECTION DAY**
- Nov. 7: Collaboration Day
- Nov. 12: National Bullying Awareness Week
- Nov. 13: PTO Meeting @ LEEL 6:30 p.m.
- Nov. 14: Collaboration Day
- Nov. 21: Collaboration Day
- Nov. 22 – 23: Thanksgiving Break – **NO SCHOOL**
- Nov. 28: Collaboration Day
- Nov. 30: Popcorn/Pretzel Friday and SPIRIT DAY

