

Marshall Elementary School

2016/17 Marshall Messenger

Marshall students are...

Respectful, Responsible & Caring



Tuesday, November 22, 2016

Daily Schedule

8:10 a.m. – Supervision Begins

- Students should not arrive prior to 8:10 a.m.

8:10 a.m. – Breakfast Begins

8:25 a.m. – First Bell

8:40 a.m. – Tardy Bell

3:20 p.m. – Dismissal

AM Preschool: 8:35-11:05 a.m.

PM Preschool: 12:45-3:15 p.m.

Monday 11/28/16

Hearing Screenings

Tuesday 11/29/16

No Calendar Events

Wednesday 11/30/16

Hearing Screenings

Thursday 12/1/16

Take Home Folders go home

Friday 12/2/16

1-hour late start (District PD)

2:15 pm – Community Groups

Pajama Day – School Wide

Monday 12/5/16

6:15 pm PTO Movie Night @

Mindframe Theaters

Tuesday 12/6/16

No Calendar Events

Wednesday 12/7/16

7:30 am – Marshall Site Council Mtg.

Thursday 12/8/16

Take Home Folders go home

Friday 12/9/16

1-hour late start (District PD)

Principal's Corner

Cooler Temperatures:

We are seeing much cooler temperatures (especially in the morning). With that said, I would ask that you make a point to ensure that your child is leaving the house dressed appropriately for the weather. Please see our Winter Weather Guidelines for appropriate attire during the winter months.

Morning Arrival Time:

Please be sure that your children DO NOT arrive to school prior to 8:10 a.m. as there is no supervision until that time. Upon arrival they should go directly to their assigned lines.

Food Drive:

 Thanks to everyone who participated in our recent Food Drive. We were able to collect over 1,000 items to donate.

PTO Movie Night:

 The Marshall PTO will be sponsoring a Family Movie Night on Monday, December 5 at Mindframe Theaters. The movie, Finding Dory, will begin @ 6:15 p.m. The PTO is covering the cost of the movie. Families will have the opportunity to purchase their own snacks at the concession stand.

Winter Weather Guidelines...

* Students will be outside in the morning for line-up and for recess if the wind chill is zero degrees or above, so make sure they always wear the proper clothing for the weather.

* All students are required to bring boots to school every day beginning with the first snowfall. Additionally, students should have winter coats, hats and mittens / gloves at school each day.

* Students should have an extra pair of shoes at school (in addition to their boots), so they have something dry to wear on their feet during the school day.

* If students do not have boots they will be expected to remain on the blacktop at recess time, in order to keep their shoes and feet dry.

* All students who play in the snow or on the field are required to wear snow pants, hat, gloves and boots.

* **Note:** Families who need hats or gloves/mittens for their child should contact the school office as we have received donations from community groups for these items. Families are strongly encouraged to label your child's clothing with their first and last name. This will assist students to locate any lost or misplaced items.

It's a Great Day to be a Marshall Eagle!

Preschool News...

Preschoolers at Marshall have been giving their best efforts at being respectful, responsible, and caring students. Since the beginning of the school year, they have learned a lot of new routines and how to be the best Marshall Eagle they can be. They look up to all of their peers in the school and love to learn from them.

Inside the classroom we have been learning so much! One of our favorite things to do in preschool is learn new songs. We learn a new song each week. This week's song is about a turkey and its colorful feathers. When we sing this song, each student gets a colored feather with a number on it. They get to add the feather to the turkey when Ms. Erin and the class sings their color or number. It is a lot of fun and helps us get better at using listening ears and identifying our colors and numbers. Preschool is looking forward to learning more about this season of giving thanks. Our classroom of preschoolers is most thankful for the amazing students and teachers we are surrounded by at Marshall each day.



Ms. O'Donovan

Overdue Library Books...

Please remember to return library books to school on time so that the students are able to check out books the following week. If you currently have any fines it would be great to have them paid so we can replace the lost books as soon as possible.

Kindergarten News...

In Lead 21 we have begun Unit 3: Home and Family. We are discussing what makes a home a home and why we need a home. We are also deciding how families are alike and different. Our vocabulary words are home, family, busy, alike, and stairs. Our sight words are can, have, do, what, and it.

Math is all about number ID to 50, data collection, graphing, and counting to 100! We are learning faster ways of counting to 100 by 5's and 10's. We are also using ten frames to transfer a specific amount of dots and making number sentences to go along with it.

In Science we have started our Life Science unit, Animals 2x2. Students are enjoying having classroom pets in the habitats we created, to observe and care for. We continue to learn about trees through the seasons and how

they change with the weather. In Social Studies, we have been discussing the election process, which included a classroom mock election. We are incorporating ideas from Lead 21 as we learn more in depth about families and traditions. With the holidays approaching we are learning the differences between wants and needs and discussing the First Thanksgiving Story and how family traditions are both similar as well as different from traditions in the past.

We are thankful this year for the gift of learning and the love of family and friends!

Mrs. Ellerbach
Mrs. Moeggenberg



4th Graders visiting the
Veteran's Freedom Center

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Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

Healthy Gifts from the Heart

Giving gifts of homemade cookies, cakes, and candies is a happy holiday tradition. But for many people, the gift of a plate of high-sugar, high-calorie goodies may not be as welcomed as it used to be. Two-thirds of adult Iowans are overweight, and many of them are struggling to keep a healthy weight. For them, the holidays can provide too many temptations to overeat.

So how can you give a delicious food gift from your kitchen that will also support the health of your loved ones? Think outside the cookie box. You can make these healthier treats packed with good flavor and loving care:

- Individual snack packs of healthy trail mix or granola, attractively packaged.
spendsmart.extension.iastate.edu/recipes/crispy-granola
- Individual bags of homemade and high-calcium cocoa mix, with a cinnamon-stick stirrer.
www.ag.ndsu.edu/food/recipes/mixes/cocoa-mix
- A fresh loaf of homemade whole grain bread, wrapped in foil and ribbons.
spendsmart.extension.iastate.edu/recipes/no-knead-whole-wheat-bread
- A healthy soup basket with a bowl! In a basket or other gift container, place all the ingredients for a healthy winter soup. For example, for a winter black bean soup kit, assemble a jar or can of black beans, a small bottle of canola or olive oil, an onion, a packet of premeasured chili powder and cumin, a can of tomatoes, a lime, and a copy of the recipe.
spendsmart.extension.iastate.edu/recipes/winter-black-bean-soup
- If you like, you can accompany these gifts with items from the ISU Extension Store:
 - Healthy and Homemade Cookbook (\$5)
store.extension.iastate.edu/Product/SSSES9
 - 2017 Healthy & Homemade Nutrition and Fitness Calendar (\$3)
store.extension.iastate.edu/Product/SSSES230A



Popcorn Trail Mix

Serving Size: 1 cup
Serves: 14

Ingredients:

- 6 cups air-popped popcorn
- 2 cups chocolate-flavored Chex® cereal
- 2 cups toasted oat ring cereal
- 2 cups mini pretzels
- 2 cups honey-flavored mini shredded wheat
- Optional: 1 cup unsalted peanuts

Instructions:

1. Combine all ingredients in a large bowl or bag.
2. Divide into servings using measuring cups.
3. Place each serving in individual resealable bags or bowls.
4. Decorate each bag or container with ribbon and/or a gift tag.
5. Optional: Put a nutrition label on bag or container.

Nutrition information per serving:

110 calories, 1.5g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 200mg sodium, 22g total carbohydrate, 2g fiber, 4g sugar, 2g protein

This recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit spendsmart.extension.iastate.edu

IOWA STATE UNIVERSITY
Extension and Outreach

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