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Sageville Elementary Newsletter

March 8, 2018

## From the desk of Miss Mac:

National School Breakfast Week is March 5-9th. Did you know that Sageville School offers a hot breakfast each morning? Currently approximately 37 of our students eat every day. Betty Smith, our breakfast coordinator, is a grandmother to several of our students! Learn more about the DCSD breakfast program by visiting the district website.

Next Friday is our PTC movie night. Parents must accompany and supervise their children during this event. The last movie night left many Sageville community members disappointed. Children were running around the gym and trash was left on the gym floor. We're hoping for an improved atmosphere this time around.

Don't forget to access your child's progress report or Standards-Based Report cards. If you'd like a printed report, please send a note to the office. Thank you!

#### Save the dates:

**Open House** for next year's Preschool and Kindergarten class is Thursday, April 26th. 6:30-7:30 PM.

**The 5th Grade movie**, The Mystery of Locker 13, will debut on May 25th at the University of Dubuque's Heritage Center at 6:00 PM. This event is free of charge and open to all. We're grateful to UD for hosting us!



Everyone enjoyed the Sweetheart Dance!

#### **Calendar of Events**

# Sageville apparel orders are due tomorrow! Penny Wars starts next week!

#### Monday-March 12

8:00 Robot Club 6:30 DCSD Choral Festival @ Grand Harbor 4:00 Black Team BB game

#### Tuesday-March 13

6:30 DCSD Orchestra Festival @ Grand Harbor

#### Wednesday-March 14

Gr.2 Two by Two 6:30 DCSD Band Festival @ Grand Harbor

#### Thursday-March 15

9:00 Bully Play by Clarke University

# Friday-March 16 Spring Picture orders due

Scrip orders due
9:45 Late Start
10:30-2:30 Gr. 2 field trip
6:00 Doors Open for Movie
Night
6:30 The movie, **Coco**, begins
Parents must accompany &
supervise their children.

#### **Friday Focus:**

Running Records & Collaborative Inquiry

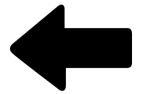
Letting the kiddos watch a funny YouTube video or play a counting game on your smartphone is definitely a lifesaver when you're trying to cook dinner, pay bills or just spend a few moments alone to decompress from a hectic day. But it's easy to go overboard and rely too much on electronic distraction. And too much screen time can lead to lower reading scores, attention problems and increased snacking!

To avoid some of these negative behaviors, below are tips and tricks to setting screen time limits:

- Set a basic rule, such as no TV or mobile games before homework or chores are done.
- No TV during meals.
- Use a timer when the bell rings, it's time to turn off the TV or quit the video game.
- Keep books, art supplies, puzzles and board games in the living room or easily accessible to the
- Set family guidelines for age-appropriate shows. If you do allow screen time, limit it to 2 hours per day on the computer, TV, video games, tablets and smartphones. Healthy screen time means:
- No TV/computer in the room where the child sleeps
- No TV/computer under the age of 2
- One hour of educational TV/computer time between ages 2 and 5
- After the age of 5, two hours or less per day

Striking the right balance to encourage healthy screen time habits is important for the whole family. Learn more about lowa's 5-2-1-0 Healthy Choices Count program here.

#### Screen Time Tips for Parents





### Counselor Corner...Mrs. Kaiser

#### Counselor's Corner

During the week of March 5<sup>th</sup> -9<sup>th</sup> I have been in grades kindergarten thru second. The focus this month is on life changes and loss. In kindergarten, the students watched a short video of Sesame Street and the loss of Big Bird's friend. Each student then drew a picture of their favorite memory of something they've lost. In first grade, we watched a short video on loss and made memory tags. In second grade, we watched a read aloud of the book, Lifetimes. The students then came up with three coping skills to utilize during life changes and loss. Next week I will be in grades 3-5.

Tips for Parents: Please visit my website for helpful resources and tips! https://sagevillecounselor.weebly.com/helpful-tips.html



Will enjoys the dance with his mom!



Sassy photo-bombed Tyler and Lane's picture!



David dresses up for the dance!