

George Washington Carver Elementary School



Carver Family News February 2017

What's Happening This Month

- Feb. 3 Late arrival, 9:40 a.m.
- Feb. 3 Spirit Day - Popcorn at Lunch Recess (Thanks to Mindframe Theater for donating the popcorn and to PTG for bagging this treat.)
- Feb. 4 Carver Elementary Night at the Fighting Saints, 7:05 p.m.
- Feb. 6 Preschool Registration, 7:30 a.m.
- Feb. 7 Parent Teacher Group (PTG) meeting, 6:30-7:30 p.m., room B208
- Feb. 10 NO SCHOOL, Teacher Professional Learning Day
- Feb. 12 On-line Conference Scheduling closes
- Feb. 16 Parent-Teacher Conferences and Book Fair, 4:00-8:00 p.m.
- Feb. 17 Late Arrival, 9:40 a.m.
- Feb. 20 2nd Grade Book Club (Mrs. Valentine's class), 11:45-12:15
- Feb. 21 2nd Grade Book Club (Mrs. Tracy's class), 11:45-12:15
- Feb. 22 Parent-Teacher Conferences and Book Fair, 4:00-8:00 p.m.
- Feb. 23 NO SCHOOL, Parent-Teacher Conferences and Book Fair, 8:00 a.m.-1:00 p.m.
- Feb. 24 NO SCHOOL
- Feb. 27 2nd Grade Book Club (Ms. Maneman's class), 11:45-12:15
- Feb. 28 2nd Grade Book Club (Mrs. Budde's class), 11:45-12:15
- Feb. 28 Carver Skate Night, Skate Country, 6:00-8:00 p.m.
- Feb. 28 3rd Grade Music Program, Carver gym, 6:00 p.m., 3H and 3P
6:45 p.m. 3Da and 3Di
- Mar. 3 Late Arrival, 9:40 a.m.
- Mar. 6 District-wide String Festival Concert, 6:30 p.m. Hempstead High School Moody Gym.
Orchestra students need to arrive at 5:00 p.m. for rehearsal.

The DCSD Inclement Weather Line (552-3035)

www.carver.dbqschools.org

Lunch Menu Line (552-3250)

www.dbqschools.org

The mission of Carver School is to: Invigorate the Mind, Invest the Heart, Invent the Future.

A Moment with the Principal

Dear Parents,

Usually in February, there is a piece of me that begins to look beyond the calendar pages to a new school year ... Oh, I dislike that forward thinking piece of me, never being able to “enjoy the moment”! Although I really do have my feet firmly entrenched in the 2016-17 school year, I want to share or remind parents of Carver’s procedure for teacher requests for the upcoming school year. This occurs infrequently; however, parents who wish to make a request must note the following considerations:

- A request must be made **in writing** to the principal **by April 3**.
- A request must be rooted in strong academic concerns, serious social/emotional issues, and/or a desire to have siblings, cousins, or friends **separated**.
- A request will be carefully considered **but is never guaranteed. Late requests will not be considered once rosters have been completed.**

Currently, teachers spend a great deal of time in April/May matching each child with other students and with a new teacher. Achievement and social/emotional issues are strongly considered. Additionally, the current teacher always makes sure each student has another student “anchor” in his/her new class. Therefore, I ask that you trust our work in placing your child in a new classroom for next year. If you must submit a request, please keep in mind the considerations listed above.

This is also a time I begin thinking about the “next generation” of Carver Cougars! How exciting Preschool Registration is for both parents and staff. Please note, Carver **Preschool Registration** starts on **February 6th at 7:30 a.m.** Registration paperwork is on the district website at <http://www.dbqschools.org/parents/registration/preschool/> or at any elementary school in the district. In order to register your four-year-old, you need to bring proof of age such as a birth certificate. Families will be registered in the order we receive the registrations on February 6. There is only one classroom for 10 a.m. and 10 p.m. students, so it fills up very quickly.

We have been getting a lot of phone calls about **Kindergarten registration**. This year, a personalized packet of information will be mailed by the district to families of all district and community preschool students. This packet will include a letter informing families of their home school, required Kindergarten forms, and information on each school’s Kindergarten Welcome Event. All schools will have packets available for anyone who is not currently enrolled in preschool, but will be attending Kindergarten for the 2017-18 school year. More information about Carver’s Welcome Event will be coming.

Just a few safety reminders:

- Do not park in the turn-around in the front of school. This area is for the buses. Buses are arriving later and later because they can’t get to the drop off area.
- Do not walk between parked buses or call students to cross the turn around without an adult.
- Be patient in the parking lot. Safety should always be the number one priority. Children can be very unpredictable, so be especially careful when children are getting out of a car or waiting for pick up.
- There are a number of students at the end of the day who do not know if they are to walk home, take the bus, or wait for a pick up. Make sure your child knows what he/she is doing at the end of the day. Make changes to this routine rare instead of rarely having a routine.
- The lost and found is beyond filled. Stop by the back doors to check for any articles of clothing, lunchboxes, or other missing treasures. Mark all belongings brought to school with your child’s name.
- Please use designated cross walks (in parking lot and at the turn around) when dropping off or picking up a child. It becomes very difficult for staff and drivers to predict when parents and children are going to cross when not crossing at the cross walk.
- The staff is outside to help children get safely to their vehicles, please help them do this by following their directions.



Sincerely,
Cindy Steffens

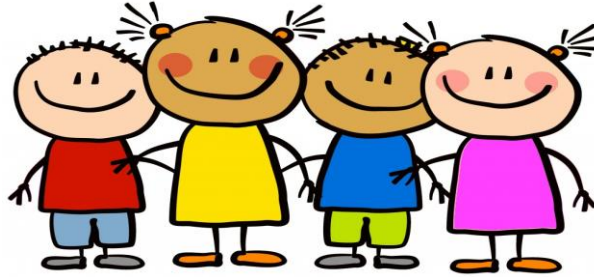
Welcome to the Thursday eMailbag! We will post links from nonprofit community members to which DCSD approval is granted. This will replace sending home flyers in the Thursday mailbag. New links will be posted each week and a reminder email will be sent each Thursday. Distribution of the following publications does not constitute an endorsement by the Dubuque Community School District.

[D.A.S.H. Swim Lessons 2-2-17](#)

[Register today for Spring & Summer Programs](#)

[Clarke University Dance Clinic 2-2-17](#)

[Dance Clinic on Saturday, February 11th](#)



Preschool Registration 2017 - 2018

When: Monday, February 6, 2017, 7:30 a.m.

Where: Carver School

Who: Children must be 4 years old on or before September 15.

- Registration packets are available on the district website at <http://www.dbqschools.org/parents/registration/preschool/> or at any elementary school in the district.
- Registrations will not be accepted early.
- Registration is on a first-come, first-served basis.
- All paperwork, including birth certificate, must be turned in at the time of registration.



Carver Skate Party

Date: February 28, 2017

Time: 6:00 - 8:00 p.m.

Where: Skate Country

Admission: \$4.00

Quad Skate Rental: \$1.50

In-Line Skate Rental: \$2.50

Staff Retirement—Karen Freiburger, paraprofessional

After ten years with the DCSD and considerable thought, I retired in December. The time has flown by these past several weeks with so much to do! I don't know how anyone can get bored being retired. My days have been filled helping out with my grandsons; age 10, 4, 2, and my youngest who was born December 19th. I have also been enjoying spending more time with my mom.

My husband John and I have been discussing (not doing just yet!) projects that we want to get done around the house. We plan to have a busy summer doing some traveling, boating on the Mississippi River, and having a high school graduation party for our youngest son Austin before he starts college in the fall. Our oldest son Adam is getting married in December, so there is much to do with wedding plans, and of course we will be keeping busy with Rachel's little boys; Danny, Jacob, and Zach and Adam's son Jullien.

I have enjoyed my time working at Carver so much! It has been a blessing working with such a wonderful staff. I will cherish the memories of all of the great students that I have been able to work with also.

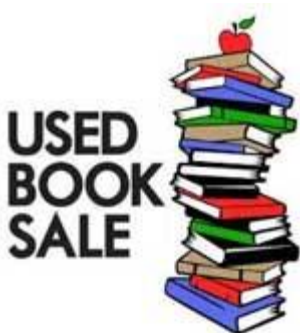
Best wishes and blessings to all!

New Carver Staff Member

Hello everyone, my name is Kelly Meyer. I am a new paraprofessional here at Carver. I'm primarily working with 4th grade. I previously worked at Ana B. Lawther Academy as a teacher associate.

I spend my free time with my boyfriend, Jared and our 5-year-old dog Titan. I also enjoy being an aunt to 4 nephews. Family and friends are everything. I am excited to see what this year at Carver brings and excited for many more!

News from the Carver Library



Do you have books sitting around the house that are looking for a new home? Consider donating them to the **Carver Used Book Sale!**

Please send books to school with your student before the sale on **Thursday, April 13th**.

Looking for summer reading material for your child? All books will be sold for 25¢ each. Depending on the number of books we collect, your child could purchase between 2-4 books.

Thanks for your support! Mrs. Schmitt & Mrs. Miller



Counselor's Corner

For Guidance classes in February, we will be covering lying/trustworthiness in kindergarten, assertive behaviors in first and second grade, yoga and meditation in third grade, bullying in fourth grade, and preparation for middle school in fifth grade.

School Attendance—Every Day Counts!



CHRONIC ABSENCE: 18 or more days

WARNING SIGNS: 10 to 17 days

SATISFACTORY: 9 or fewer absences

Note: These numbers assume a 180-day school year.

How many days has your child missed so far this year? Hopefully, he/she has not missed more than a few days of school up to this point. However, if you find that your child's absences have accrued to 10 or more at this point in the year, please make every effort to assure your child is in school each and every day between now and the end of the year. Every day counts!

How can you reduce absences? Avoid medical appointments and extended trips while school is in session, don't let your child stay home unless he/she is truly sick, set a regular bed time and morning routine, develop back-up plans for getting to school if something comes up!

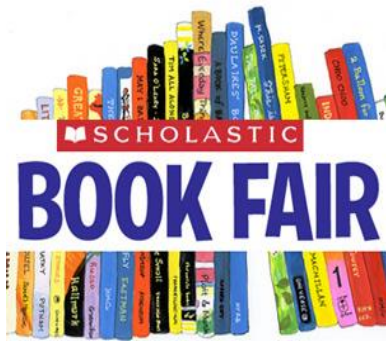
School success goes hand in hand with good attendance!



We had 3 Carver spellers—Quinn Breitbach, Shreya Ravada, and Brendon Zheng—compete in the Sectional Spelling Bee at Clarke University on Jan. 5th. Congratulations to all 3 of them for their achievements that night!

Good Luck to Shreya and Quinn, who are advancing to the Regional Spelling Bee at Clarke University on Saturday, March 4th!

News from the Carver Parent/Teacher Group



Carver PTG will again be holding a Book Fair for 3 days during Parent/Teacher Conferences. Save these dates: [Thursday, February 16, \(3:40-8:10\)](#), [Wednesday, Feb. 22 \(3:40-8:10\)](#), and [Thurs, Feb. 23 \(8:00-1:00\)](#). The PTG will be seeking volunteers for these days. Watch for an e-mail and a Facebook notice with a link to sign up to volunteer.

News from the Art Room

The following Carver students are showing art work at Integrus Credit Union, 3305 Asbury Rd., Dubuque during the month of February:

Brayden Hancock (K), Evan Christ (K), Ava Stocks (K), Eli Curry (2nd), Ben Johnson (2nd), Alivia Paradiso (3rd), and Nathan Jaeger (3rd).

Lobby hours are 7:30 am – 4:00 pm. Please congratulate these students!

During conferences, parents will be able to use an iPad or Smartphone to read the QR code under the 5th grade art work titled *African Animals*, and listen to a recording of the Artist Statement that goes with the artwork. This exhibit will be located in the commons area outside the art room door. Fifth grade students are very excited!

Thank you to the following students for volunteering to paint the Winter Windows after school:

Leah Morrow, Aidan Thompson, Kristy Conry, Chloe Kaufmann, Rachel McDonough, Danielle Blosch, Ember Castillo, Sophia Phelan, Lauren Hefel, Ashton Hall, Keelee Leitzen, and Alexa Vaske



“The more surrounded we are with rich colors, the happier we are!”

Thanks for your support, Mrs. Lammer and Mrs. Deppe

Dear Families:

Get ready to celebrate the love of reading with our upcoming Scholastic Book Fair! Please stop by **room 208** during conferences and visit the Book Fair with your child on **Thursday, February 16th, between the hours of 4:00 and 8:00 p.m., on Wednesday, February 22, between the hours of 4:00 and 8:00 p.m. or Thursday, February 23rd between the hours of 8:00 a.m. and 1:00 p.m.**

This SPRING, one of our goals is to ensure as many children as possible have access to books. One of the ways we can do this is by donating loose coins to the school. With your help, the money collected will be used to purchase books and online reading programs for students in our school and district. By working together, we can help connect kids with more books than ever before.

During the week of **FEBRUARY 13th**, we will be collecting coins. Each day we will collect a different denomination. In the display case near the main office, we will display each classroom teacher's photo. As each class brings in their donations, they can earn a "character key" for the day. Each key that they earn will unlock "accessories" that will be added to the classroom teacher's photo (EX: Trustworthy Key = wild hair, Respectful Key = headband, etc.) Let's see which classroom brings in the most money per student and which teacher gets the most CHARACTER KEYS!



Join the fun by sending...

Monday (Feb. 13)...pennies



Tuesday (Feb. 14)...nickels



Wednesday (Feb. 15)...dimes



Thursday (Feb. 16)...quarters



Friday (Feb. 17)...pennies, nickels, dimes or quarters



Looking forward to watching classrooms earn **CHARACTER KEYS!**

Mrs. Schmitt & Mrs. Miller



Musical Moments



Carver Orchestra members will be part of the **String Festival** concert on Monday, March 6 at 6:30 p.m. in the Moody Gym at Hempstead High School. Fifth grade orchestra members are expected to be there at 5:00 p.m. for tuning, warm-up, and mass rehearsal before the concert. Students will get the opportunity to play the finale with the middle school and high school orchestras. See you there--it's sure to be a fun night for all!

Ms. Tieskotter

News From the Health Office



Happy February!

I am sure many of you have seen the news coverage on the brutal stomach bug, known as Norovirus, that is hitting communities across the country hard-- even closing schools. I have included some key facts on the virus. Keep in mind, this is a virus and needs to run its course. We have seen a few cases here at Carver. As a reminder, our "flu ban" is in full effect, which means students and staff need to be free of fever, vomiting, and diarrhea for 24 hours **WITHOUT** the use of medication before returning to school.

The Health Office is in need of boys and girls pants, sizes 6-10. We prefer to have athletic or some type of comfortable stretch pants with an elastic waist. Our supply tends to run low this time of year.

As always, feel free to contact me with any questions or concerns at 552-4508 or kmcclimon@dbqschools.org.

Kathy McClimon, RN BSN
School Nurse

Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

Build a Better Bowl

"Meals in a bowl" are a popular trend in the food world, providing both sweet and savory options. Look around at your local restaurants or browse through Pinterest and you will see burrito, rice, salad, and even smoothie bowls!

Bowls are a good way to incorporate a variety of food groups, but the calories can add up quickly. Consider the tips below to help you build a healthier bowl.

Bulk up the "bowl" with fruits and veggies

- Fruits and vegetables are naturally low in fat and calories, and eating them can reduce your risk for chronic disease.
- Aim to have at least two color groups represented in your fruit and vegetable selection.

Incorporate a whole grain

- Whole grains pack a nutritional punch by providing fiber, B vitamins, and phytochemicals (compounds produced by plants that may help prevent disease).
- Easy whole grain options include brown rice, oatmeal, whole grain pasta, kamut, quinoa, or bulgur.
- Check out our Whole Grains publication, store.extension.iastate.edu/Product/FAM12, for additional ideas.

Choose a lean protein

- Protein in your bowl means you will stay full longer.
- Eggs, lean meats, tofu, beans, Greek yogurt, and nut butters are great go-to options.

Top wisely

- Select toppings low in added sugar and sodium, such as dried fruits with no added sugar or plain nuts and seeds.

Source: www.cbsnews.com/media/diet-paleo-low-carb-low-fat/9/



Zesty Whole Grain Salad

Serving Size: 1 ½ cups

Serves: 6

Ingredients:

- 2 cups cooked whole grain (brown rice, kamut, quinoa)
- 2 tablespoons oil
- ¼ cup apple cider vinegar
- 1 tablespoon honey
- Salt and pepper to taste
- 2 apples, chopped
- ½ cup chopped nuts
- ½ cup dried fruit (cranberries, cherries, raisins)
- 1 bunch kale or 10-ounce package spinach (about 6 cups), torn into bite-size pieces

Instructions:

1. Cook whole grain according to package directions. Cool.
2. In a large bowl, whisk together oil, vinegar, honey, salt, and pepper.
3. Stir apples, nuts, dried fruit, and whole grain into dressing.
4. Toss greens with other ingredients.

Tips:

- Substitute 2 cups of chopped fruit (strawberries, grapes, oranges) for the apples.
- Do not give honey and nuts to infants under one year of age.

Nutrition information per serving:

300 calories, 12g total fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 65mg sodium, 45g total carbohydrate, 5g fiber, 16g sugar, 5g 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

Words on Wellness



www.extension.iastate.edu

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Jackson and Linn counties
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Upcoming ServSafe® food  
safety certification classes:

- March 14, 2017 (Manchester)  
Registration deadline: Feb. 21,  
2017
- April 3, 2017 (Dubuque)  
Registration deadline: March  
13, 2017
- May 9, 2017 (Dubuque)  
Registration deadline: April 18,  
2017

PM 2099Y February 2017

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### Safe Food on the Big Screen?

Flip to your favorite cooking show and you may observe the chef licking their fingers or even cutting vegetables on the same surface as raw meat. Cooking shows are fun to watch—but do they demonstrate safe food handling practices? A recent study from the University of Massachusetts–Amherst suggests there is room for improvement.

The study involved a panel of state regulators and food practitioners completing a 19-question survey that measured safe food practices, use of utensils and gloves, protection from contamination, and time and temperature control. The panel completed the survey while watching ten popular cooking shows. Lead author Dr. Nancy L. Cohen stated, “The majority of practices rated were out of compliance or conformance with recommendations in at least 70% of episodes, and food safety practices were mentioned in only three episodes.”

A number of safe food handling behaviors were not being done by TV chefs, which could lead to a foodborne illness and make someone sick. Areas for improvement include wearing clean clothing, using a hair restraint, handling raw food safely, and washing hands. Additionally, fruits and vegetables are the leading sources of foodborne illness in the United States, yet less than 10% of the shows demonstrated proper washing of produce. Don’t be a “TV chef” at home; always make sure you’re following safe food handling practices. For food safety tips, visit [www.extension.iastate.edu/foodsafety](http://www.extension.iastate.edu/foodsafety).

Source: [www.sciencedaily.com/releases/2016/11/161108123824.htm](http://www.sciencedaily.com/releases/2016/11/161108123824.htm)

### Wearable Technology Tops 2017 Fitness Trends

Wearable technology tops the list of fitness trends for 2017 according to the American College of Sports Medicine (ACSM). Wearable technology includes activity trackers, smart watches, heart-rate monitors, and GPS tracking devices.

Lead author of the study, Walter R. Thompson, PhD, ACSM, stated, “The health data collected by wearable technology can be used to inform the user about their current fitness level and help them make healthier lifestyle choices.”

Studies done by the American Council on Exercise (ACE) and Iowa State University have examined the accuracy of activity trackers. In the ACE study, the Jawbone UP was the top performer, whereas the BodyMedia Core came out first in the Iowa State study. Researchers in both studies say that even more important than accuracy is the fact that people get up and actually move. They encourage consumers to do whatever it takes to be active—activity tracker included or not.

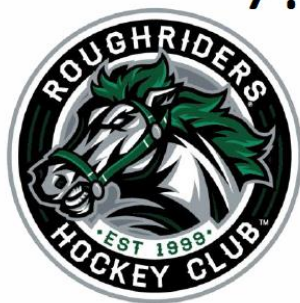
Sources: [www.acsm.org/about-acsm/media-room/news-releases/2016/10/26/top-fitness-trend-for-2017-is-wearable-technology](http://www.acsm.org/about-acsm/media-room/news-releases/2016/10/26/top-fitness-trend-for-2017-is-wearable-technology)  
[http://www.acefitness.org/certifiednews/images/article/pdfs/ACE\\_ActivityTrkr\\_Study.pdf](http://www.acefitness.org/certifiednews/images/article/pdfs/ACE_ActivityTrkr_Study.pdf)  
<http://www.hs.iastate.edu/news/2015/08/19/activity-trackers/>



# Carver Elementary School Night

February 4, 2017

7:05 p.m.



**VS.**



\$11.00

Attack Zone Ticket

Still time  
to  
purchase  
tickets!

*Children 2 years and younger who do not need a seat do not need a ticket.*

To Purchase Tickets:

<http://www.dubuquefightingsaints.com/groups>

Enter Code: Carver2017

**Deadline to Purchase: February 3, 2017**

Mystique Community Ice Center  
1800 Admiral Sheehy Dr. | Dubuque, IA 52001



season presented by

**American Trust**

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## **February Health Topic:**

### **Safety**

This month's health topic focuses on safety rules for school and home.

**Did you know that if your smoke alarms are more than 10 years old or you need new smoke alarms, Dubuque Firefighters and Red Cross of Northeast Iowa will install them for you, free?!**

**To sign up for free smoke alarms and installation, City of Dubuque residents call 563-589-4195, outside of Dubuque residents call 563-564-4566 or go to [www.getasmokealarm.org](http://www.getasmokealarm.org).**



## **CARVER BUSINESS PARTNERS**



Kohl's Department Store  
2595 NW Arterial  
Dubuque, IA 52002



Red Robin Gourmet Burgers  
2775 NW Arterial  
Dubuque, IA 52002



Hy-Vee Food Store  
2395 NW Arterial  
Dubuque, IA 52002



National Mississippi River  
Museum & Aquarium  
350 East Third Street  
Port of Dubuque, Iowa 52001

## **Anti-Harassment/Bullying/Discrimination Assurance Statement**

Any form of harassment, bullying, or discrimination can be devastating to an individual. Therefore, the Dubuque Community School District will not tolerate harassment, bullying, or discrimination based upon a trait or characteristic of a student, staff member, volunteer, or applicant for employment including, but not limited to, age, ancestry, color, creed, familial status, gender identity, marital status, national origin, physical attributes, physical or mental ability or disability, political belief, political party preference, race, religion, sex, sexual orientation, or socioeconomic status. The school district requires all agencies, vendors, contractors, and other persons and organizations doing business with or performing services for the school district to subscribe to all applicable federal and state laws, executive orders, rules and regulations pertaining to contract compliance and equal opportunity-School Board Policies #1001/#1005.

*Any person having inquiries about this statement or the district's compliance with regulations implementing Title VI, Title VII, Title IX, the Americans with Disabilities Act (ADA), Section 504 or Iowa Code Section 280.3 is directed to contact: The Forum, 2300 Chaney Road, Dubuque, IA 52001 (563) 552-3019.*