

George Washington Carver Elementary School



Carver Family News December 2016

What's Happening This Month

- Dec. 1 - Carver Spelling Bee, 4th and 5th graders, Carver gym, 9:00 a.m.
Dec. 2 - Late arrival - 9:40 a.m.
Dec. 2 - Spirit Day - Popcorn at Lunch Recess (Thanks to Mindframe Theater for donating the popcorn and to PTG for bagging this treat.)
Dec. 5-9 - Computer Science Education Week (see Hour of Code schedule)
Dec. 6 - 1st and 3rd Grade Field Trip to Heritage Center, "Let's Go Science," 9:15-11:10 a.m.
Dec. 7 - Puppet Show, 3rd Grade, 9:30 - 10:15 a.m.
Dec. 9 - Late arrival - 9:40 a.m.
Dec. 13 - Fifth Grade Drumming Concerts, Carver gym,
 5-Waskow, 5:30 - 6:00 p.m.
 5-Fitting, 6:15 - 6:45 p.m.
 5-Donath, 7:00 - 7:30 p.m.
Dec. 16 - Late arrival - 9:40 a.m.
Dec. 16 - Kindergarten making Gingerbread Houses, 10:00 - 11:15 a.m.
Dec. 20 - Carver Skate Night - 6:00 - 8:00 p.m., Skate Country
Dec. 20 - Choir Concert, Carver gym, 6:00 p.m.
Dec. 21 - Choir Caroling, Roshek Building, 12:00 p.m. (time subject to change)
Dec. 23 - January 2 - Winter Break, no school

There is no
PTG meeting this
month.

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.



Dear Parents,

As many of you know I often describe the results of our (teachers, students, and parents) hard work as AMAZING. This year has been particularly so! In the first trimester the Carver community has.....

Added new students to their community groups and had two community meetings, one about working as a team and one teaching the difference between reporting and tattling.

Made good use of the fundraiser money collected by Parent Teacher Group (PTG). They have purchased indoor recess games and paid for transportation for some grade levels to attend field trips. The PTG gives \$15.00 per student to each grade level to use for field trips. The Carver PTG provides direct support to each and every child at Carver so please support their efforts.

Accumulated \$265.76 for the Live Like Jack Thanksgiving food giveaway.

Zinged families with our new electronic take home folder.

Involvement families in school. Parents have had opportunities to visit school for Open House, Vendor Night, and Parent Teacher Conferences. Ninety-eight percent of our families attended Parent Teacher Conferences.

Needed many volunteers to help with the Book Fair, bag popcorn, and provide continued support to students in classrooms.

Given teachers staff development opportunities focused on Iowa Common Core, new science materials, technology, and math strategies.

The above shows that Carver is a very busy place. To help keep informed about upcoming events, be sure to check the school calendar on the Carver website (www.carver.dbqschools.org), check your child's take home folder every Thursday (electronic or paper copy), and sign your child's agenda every night.

I wish you much joy this month, and lots of special family moments. Stay safe and healthy and enjoy each day.

Sincerely,

Cindy Steffens, Principal

Reminders from the Carver Handbook



ARRIVAL

Children should not arrive at school before 8:30 a.m. for their own safety. This is when adult supervision begins. The Safety Patrol goes on duty from 8:25 to 8:45 each morning. Students may enter the school building before school begins for the following reasons only:

- **Eating breakfast at school from 8:25–8:50 a.m. (Use front entrance)**
- **With permission from the teacher**
- **Special Duties**
- **Participating in band, orchestra or choir**

Otherwise, students are to go directly to their designated grade level areas. During inclement weather, students are permitted to enter the building and gather in the Commons Area in the building.

DISMISSAL

Once school is dismissed, students will not be allowed back into classrooms for forgotten items. If homework is forgotten, students will have to wait until the next day to complete it.

CLASSROOM INTERRUPTIONS/SPECIAL DELIVERIES

In order to maximize instructional time, we request that parents do not interrupt classes. When bringing articles, lunches, books, messages, etc., please come to the office. Balloons, flowers, or similar items delivered to school, will not be sent to the child's classroom. This is to avoid disruption of the educational program.

Updates From Carver PTG

Here are a few friendly reminders regarding the Box Tops for Education and Milk Moola. Please make sure that your teacher's name is on the Box Tops or Moola when you put it in the box at school. If you don't have it labeled, your class won't get credit toward the extra recess. Also, the Box Tops have expiration dates on them. Please check the dates before sending them to school.

Carver no longer collects Labels for Education (Campbell's Soup, etc.), Swiss Valley Milk Caps, or pop tabs.

The winner of the extra recess for October was **Ms. Dirks' class with 154 Box Tops and Moola!** Who will earn the next extra recess? Keep them coming in!



The 3rd Annual Carver Holiday Event and Silent Auction was a success!

Thank you to all of the local vendors for providing door prizes.
Thank you to all of our wonderful volunteers who helped arrange the evening, set up, and clean up.

And thank you to our business partners and those who provided items for the silent auction.

This event raised a total of \$2,111 for PTG!!

Carver Skate Party

Date: December 20, 2016

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

Where: Skate Country

Admission: \$4.00

Quad Skate Rental: \$1.50

In-Line Skate Rental: \$2.50





Counselor's Corner

Caring and Sharing

Help the community with the Caring and Sharing Tree by donating the following **BRAND NEW** items: Toys, socks, mittens, gloves, hats, scarves, and other warm clothing.

- The Caring and Sharing Tree starts on November 28 and goes until December 8.
- The Carver Leadership Team will be collecting these items for the Salvation Army.
- When you bring your new unwrapped items, please put them under or on the tree located in the Commons Area.



Thank you in advance for your help in providing families with items for a warm winter season and a good holiday. You are wonderful models of citizenship and caring for our children.



We hope your family had a good Thanksgiving break, and we're happy to see so many students back in school, ready to learn! We want to reinforce the importance of school attendance. This is a tough time of year as everyone is dealing with some sort of illness. Please keep these simple suggestions in mind to help your child stay as healthy as possible during cold and flu season!

- ✓ Eat healthy and don't forget that your brain needs fuel! Eat breakfast!
- ✓ Get your body moving! Participate in gym, recess, and after school activities!
- ✓ Sleep! Adequate rest will help you learn and retain all the information you are learning at school!
- ✓ Turn off all your electronic devices as least 1 hour before bed! The screen from your computer, phone, or television can actually stimulate your brain so much that it makes it harder for you to fall asleep!

Happy Holidays and here's to a healthy 2017!

River Museum Winter Break Day Camp 12-1-16

SPECIAL Day Camp offered Dec 27-30. Register by Dec 16 to reserve your spot.



We had a family donate a 3 ½ foot tall artificial green Christmas tree if a family is in need of a tree. The tree has multi-colored lights on it. Please contact Ms. Weber at 552-4506 if you are interested.

News from the Art Room

Carver is starting to show art work at Integrus Credit Union, 3305 Asbury Rd., Dubuque. Lobby hours are 7:30 am – 4:00 pm.

The following students showed art work at the Asbury location during the month of November. Ella Kiefer (4th), James Busch (K), and Maisey Duehr (2). Sorry the art work was taken down on Nov. 21. I didn't know that it was coming down so soon. Please congratulate those students.

Coming soon . . . Before or after the 5th grade music program on Dec. 13 at Carver, parents will be able to use an iPad or Smartphone to read the QR code under their child's art work and listen to a recording of the Artist Statement that goes with their child's artwork. Students are very excited!

Thanks for your support,

Mrs. Lammer, Mrs. Deppe



Art Department Wish List

Buttons
Keys
Old Jewelry, broken is fine
Watches, etc.

The **HOUR OF CODE** is BACK!

Anyone, anywhere can learn during Computer Science Education Week December 5-11



Dear Parents,

For the 4th year in a row, Carver school is joining in on the largest learning event in history: The Hour of Code, during Computer Science Education Week (December 5-11). More than 100 million students worldwide have already tried an Hour of Code and millions more will try again this year.

You are welcome to join us at Carver during this special programming event. If you come, you might even get a chance to try your hand at coding too.

Mrs. Schmitt

9:00-9:10						
9:10-9:20						
9:20-9:30			Mrs. Donath	Mrs. Fitting	Ms. Waskow	NOTE: Teachers will also participate in Hour of Code with their class
9:30-9:40			5th grade	5th grade	5th grade	
9:40-9:50			27 students	27 students	28 students	
9:50-10:00						
10:00-10:10						
10:10-10:20	Ms. Dirks			Mrs. Bell	Mrs. Heiar	Mrs. Potts
10:20-10:30	3rd grade			Pre-School	3rd grade	3rd grade
10:30-10:40	24 students			25 students	24 students	24 students
10:40-10:50						
10:50-11:00						
11:00-11:10						
11:10-11:20			Mr. Davison			
11:20-11:30			3rd grade			
11:30-11:40			23 students			
11:40-11:50						
11:50-12:00						
12:00-12:30						
12:30-12:40						
12:40-12:50	Mrs. Budde	Mrs. Maneman	Mrs. Goerd	Mrs. Tracy	Mrs. Valentine	
12:50-1:00	2nd grade	2nd grade	1st grade	2nd grade	2nd grade	
1:00-1:10	22 students	22 students	23 students	22 students	23 students	
1:10-1:20						
1:20-1:30						
1:30-1:40						
1:40-1:50	Ms. Blatz	Mrs. Gerdemann	Mrs. Koch	Ms. Lex	Mrs. Treanor	
1:50-2:00	Kindergarten	Kindergarten	Kindergarten	1st grade	1st grade	
2:00-2:10	23 students	25 students	23 students	24 students	21	
2:10-2:20						
2:20-2:30						
2:30-2:40						
2:40-2:50	Mrs. Herman	Mrs. Evarts		Mrs. Jokiel	Mrs. Kruse	
2:50-3:00	4th grade	4th grade		4th grade	4th grade	
3:00-3:10	23 students	26 students		25 students	26 students	
3:10-3:20						
3:20-3:30						

Notes from the Health Office...

With cold and flu season in full swing, this is just a friendly reminder that students need to be free of fever, vomiting, and diarrhea for 24 hours WITHOUT the use of medication before returning to school. Several parents have had questions regarding the difference between the common cold and influenza:

IS IT A COLD OR A FLU?

The symptoms can be confusingly similar and even overlap. Follow this guide to help you differentiate between the symptoms of influenza and the common cold.

	COLD	FLU
<i>Fever</i>	Rare	Characteristic, high (100-102 degrees F); lasts three to four days
<i>Headache</i>	Rare	Prominent
<i>General Aches, Pains</i>	Slight	Usual; often severe
<i>Fatigue, Weakness</i>	Quite mild	Usual and prominent Can last up to 10 days
<i>Extreme Exhaustion</i>	Never	Early and prominent
<i>Stuffy nose</i>	Common	Sometimes
<i>Sneezing</i>	Usual	Sometimes
<i>Sore Throat</i>	Common	Sometimes
<i>Chest Discomfort, Cough</i>	Mild to moderate; hacking cough	Common; can become severe

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 bow! 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

Words on Wellness



www.extension.iastate.edu

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Serving: Delaware, Dubuque,
Jackson and Linn counties
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Upcoming ServSafe® food  
safety certification classes:

- January 12, 2017 (Dubuque)  
Registration deadline: Dec. 22, 2016
- February 22, 2017 (Dubuque)  
Registration deadline: Feb. 1, 2017
- March 14, 2017 (Manchester)  
Registration deadline: Feb. 21, 2017

For more info. & to register:

- [www.iowafoodsafety.org](http://www.iowafoodsafety.org)

## Take Safe Food to the Potluck

Potluck meals are a fun, low-cost way to celebrate the holidays at friend's homes and in offices, classrooms, and churches.

During the rush of the holidays, show your concern for others by following these food transportation safety tips:

- Car seats are often contaminated with germs that can cause illness. Cover your car seat with a clean sheet or large towel before placing the food container on it.
- Keep cold foods cold, 40°F or below. Take cold foods out of the fridge just before leaving home. Keep them in insulated containers with a cooler pack.
- Keep hot foods hot, at least 140°F. Put your piping hot food in a slow cooker set on low. Just before getting into the car, unplug the slow cooker and put it in a quilted carrier or insulated bag. Do not keep the food in the car for more than an hour. At your destination, plug in the slow cooker immediately.
- If hot food has cooled during the car trip, or if you brought refrigerated food that needs to be served hot, do not try to reheat it with a slow cooker. Reheat the food in a microwave or on a stove top until it is 165°F. (For more tips on slow cooker safety, visit [www.extension.iastate.edu/foodsafety/content/slow-cookers](http://www.extension.iastate.edu/foodsafety/content/slow-cookers).)

## Snowshoeing! An Easy Way to Enjoy Winter's Beauty

Many people who enjoy a walk in the woods stay away from parks and nature preserves after a heavy snow. If you don't know how to cross-country ski, it may seem that the trails are impassable.

Unlike skiing, however, snowshoeing is a way of getting around in the snow that nearly anybody can do almost anywhere. Snowshoeing allows you to enjoy the crisp, cold air and the sparkling beauty of a new-fallen snow while burning more than 400 calories an hour!

Snowshoes can cost from \$50 to \$300. If you want to try them out, you can rent them for as little as \$10 a day from some county conservation offices, and also, for a little more, from bike, ski, and sport shops

To learn more, visit [www.polkcountyiowa.gov/conservation/things-to-do/snowshoeing/](http://www.polkcountyiowa.gov/conservation/things-to-do/snowshoeing/) or read how a woman discovered the joys of snowshoeing with dogs at [extension.unh.edu/articles/Snowshoeing-Dogs](http://extension.unh.edu/articles/Snowshoeing-Dogs)



PM 2099W December 2016

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# Winter Weather/Safety Reminders



- Call the DCSD weather line at 552-3035 for school delays or cancellation information rather than calling school.
- Sign up for Iowa School Alerts, a free notification service. Details are available on our district web site at <http://www.dbqschools.org/district/departments/transportation/delays-cancellations/>.
- Cancellation of school, or delays due to inclement weather, will be announced on local radio stations beginning at 5:30 a.m.
- Early dismissals will be announced by 10:30 a.m. Information will also be announced on local radio stations and television throughout the day.
- In the event there is a late arrival, AM preschool will be cancelled. If there is an early dismissal, PM preschool will be cancelled. Students that attend preschool all day will have the same adjusted arrival or dismissal time as the rest of the school.
- Breakfast will not be available if there is a two hour late arrival.
- Establish and talk with your children about a plan for unexpected early outs due to weather BEFORE the next ice/snow storm.
- Dress students appropriately for winter weather. Students will be outdoors for recess unless the temperature dips below zero.
- Students should NOT be on the playground before 8:30 a.m. There is no adult supervision before that time.
- Drivers, please allow extra time for dealing with snow and ice. Follow the parking lot procedures and drive slowly as you come into our school community. It's worth the inconvenience for the safety of our children!

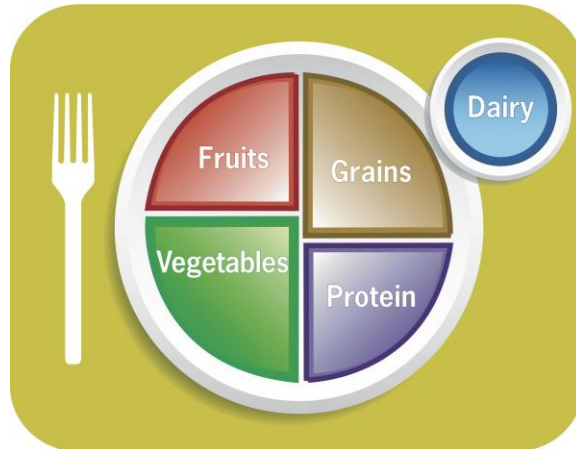




# December Health Topic

## Nutrition

This month's health topic focuses on helpful eating habits. Children will learn about MyPlate and planning healthful meals and snacks.



## 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.*