

George Washington Carver Elementary School



Carver Family News

January 2017

What's Happening This Month

- Jan. 1-2 No School
- Jan. 6 Late Arrival, 9:40 a.m.
- Jan. 10 Parent Teacher Group (PTG) Meeting, 6:30-7:30 p.m., room B208
- Jan. 13 Late Arrival, 9:40 a.m.
- Jan. 16 No School, Martin Luther King Jr. Day
- Jan 17 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.
- Jan. 20 Late Arrival, 9:40 a.m.
- Jan. 20 5th Grade Field Trip, Bald Eagle Watch, Grand River Center, 11:30 a.m. - 2:20 p.m.
- Jan. 25 2nd Grade Book Club (Ms. Maneman's class), 11:45 a.m. - 12:15 p.m.
- Jan. 26 2nd Grade Book Club (Mrs. Valentine's class), 11:45 a.m. - 12:15 p.m.
- Jan. 27 Late Arrival, 9:40 a.m.
- Jan. 27 2nd Grade Book Club (Mrs. Tracy's class), 11:45 a.m. - 12:15 p.m.
- Jan. 28 Carver Ski Night, 3:30 p.m. - 9:00 p.m., Sundown Mountain, sign-up form with Thursday Mailbag
- Jan. 30 Carver Skate Night, Skate Country, 6:00-8:00 p.m.
- Jan. 30 Online sign-up begins for Parent-Teacher Conferences
- Jan. 31 2nd Grade Book Club (Mrs. Budde's class), 11:45 a.m. - 12:15 p.m.
- Feb. 4 Carver Night at the Saints (more information to come)



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 Families,

January is a very busy assessment month. Students in **Kindergarten** will be taking the **FAST** early literacy assessment. Students in grades **1-5** will be taking the **DIBELS** reading assessment. These assessments are made up of short, individual tests. The FAST and DIBELS schedule is very flexible based on how many students the testers assess each day.

Students in **2, 3, 4, and 5th grades** will be taking the Winter **Measures of Academic Performance (MAP)** test beginning the week of January 9 through January 27. The MAP test will be used as a diagnostic measurement. It is a unique assessment that accurately measures what a child knows and needs to learn. It is a computerized adaptive test, meaning that the difficulty of each question is based on how well the student has answered all of the questions up to that point.

TEST TAKING TIPS FOR PARENTS:

- ✓ Mark down test days on your calendar so you and your child are both aware of testing dates.
- ✓ Make sure that your child gets enough sleep on the night before the test.
- ✓ Make sure that your child gets up early enough so that he/she will be on time to school.
- ✓ Ensure that your child eats a healthy breakfast.



Carver staff believes that the information we gain from these assessments will help us to make the best possible educational decisions to meet your child's needs.

Sincerely,

Cindy Steffens, Principal

Tentative FAST and DIBELS assessment schedule

January 17	January 18	January 19	January 20
KB-Kindergarten FAST	KG-Kindergarten FAST	KK-Kindergarten FAST	Finish FAST with K 1L-DIBELS
2B-DIBELS	2M-DIBELS	2T-DIBELS	2V-DIBELS
4E-DIBELS	4E/4J-DIBELS	4J/4H-DIBELS	4H/4K-DIBELS

January 23	January 24	January 25	January 26	January 27
1L/1G-DIBELS	1G/1T-DIBELS	1T-DIBELS	Finish 1 st gr. DIBELS	
3DA-DIBELS	3DA/3DI-DIBELS	3DI/3H-DIBELS	3H/3P-DIBELS	3P-DIBELS
4K/5W-DIBELS	5W/5F-DIBELS	5F/5D-DIBELS	5D-DIBELS	Finish 5 th gr. DIBELS

Carver Winter MAP schedule

	January 9	January 10	January 11	January 12	January 13
9:15-10:30		3Di, 3H, 3P	2B, 2V	2M, 2T, 3Da	
10:45-12:00	4E, 4H	5D	5F, 5W	4J, 4K	
12:15-1:30					
1:45-3:00		3Da		3Di, 3H, 3P	

	January 16	January 17	January 18	January 19	January 20
9:15-10:30		3 rd , 4J, 4K make-up	2B, 2V	2M, 2T	
10:45-12:00		5D	5F, 5W	4J make-up	
12:15-1:30					
1:45-3:00			4J, 4K	4E, 4H	5 th make-up

	January 23	January 24	January 25	January 26	January 27
9:15-10:30	4E, 4H, 4K make-up	2 nd make-up	2 nd make-up		
10:45-12:00					
12:15-1:30					
1:45-3:00	5 th make-up				



Parent/Teacher Conferences will be Thursday February 16th, Wednesday February 22nd and Thursday February 23rd. Online Conference Scheduling begins January 30th at 6:00am.

You may go to www.myschoolsystems.com/dubuque/carver to schedule your conference. You will use the same password that you have used in the past for orientation. If you have forgotten your password, please call the Carver Office, (563) 552-4500, and they can assist you.



Counselor's Corner

In January, we will cover the following topics in large group guidance:

Grade 5 - Personal responsibility

Grade 4 - Bullying

Grade 3 - How to handle anger

Grade 2 - Accepting responsibility for your actions, no excuses

Grade 1 - Accepting others

K – Effort, try and push yourself



Welcome back to school, we hope you had a wonderful winter break. It is fun to hear about everyone's individual winter break celebrations and gift giving. Did you know the best gift you can give your child is the gift of a good education? And the best place to get that education is in school. Every day. On time.

Building a habit of good attendance is your child's ticket to success in school and eventually in life and on the job. Every year, absences spike in the weeks before and after winter break. It's time to break that cycle. We know it's tempting to extend your break by a few days on either side of the holiday. We hope our DCSD Families have not done that this winter break.

Just a few missed days here and there, even if they're excused absences, can add up to too much lost learning time and put your child behind in school. This is as true in kindergarten as it is in high school.

So make sure your child is in school every day. Our teachers will be teaching, and our students will be learning. But it's harder to teach, and it's harder to learn when too many students are absent. If missing school is unavoidable, talk to your children's teachers in advance to create a plan for making up missed work.

Give your child the gift of attendance and the habit of attendance.

Thanks to all the Carver families who donated so generously to our Giving Tree. Many families who may not have had warm clothing for winter or toys for Christmas benefitted from your generosity. Carver families are AMAZING!

Major Mason from the Salvation Army sent a letter of thanks to all the Carver families for "your generous donation" which helps them to assist families in need.



Bike Found

Last month, a bike was left on our playground. If you are missing a bike or know of someone who is, please contact the Carver office at (563) 552-4500.

From the Carver Gym...

- **Reminder: All students must have appropriate gym shoes for class!!!** There are many students coming to school with only their boots or their shoe laces are broken or they have out grown their shoes! PLEASE, check your child has shoes that fit and are safe and appropriate for running, jumping and moving in the gym! Thanks for your cooperation with this!!!
- Congratulations to the following students: 10-11 year old division—Lauren Hefel (5W) and Justin Potts (5D), 8-9 year old division—Macey Rosenkranz (4E) and Kinnick Kehoe (4E)/Carson Viertel (4H). They were the top free-throw shooters at Carver for the Elks Free-throw Contest!!! They qualify to represent Carver Elementary School at the all area basketball free-throw contest on January 7, 2017 at Kennedy Elementary School. The event is sponsored by the Dubuque Elks Lodge #297. Good luck!!!
- During the month of January, physical education classes will focus on Speedstacking activities and a variety of jumping rope.

Dubuque Sports & Recreational Festival: Sport Stacking

When: Saturday, January 28th
9:00 a.m. to 11:30 a.m.
Where: The Grand River Center
Who: Stackers of All Ages and Abilities
Provided by: DCSD Elementary School Physical Educators



No pre-registration necessary. All mats, timers, and speed stacks will be provided.

Anyone is welcome to come be a Stacker. This event is for experienced as well as beginning stackers. Tables will be set up for students who wish to practice stacking or for those who wish to learn how to stack. Stackers may choose to be timed in the 3-3-3, 3-6-3, and/or the cycle stack. After a student stacks, a P.E. teacher will record their times on their registration form. When finished, stackers put their form in the basket located by the laptop computer. Parents and guardians, brothers and sisters...all are invited to try Sport Stacking!

To assure that all participants have fun and remain safe, we ask that an adult accompany all children. We hope all students will leave this event with an appreciation for the benefits of exercise and an appreciation for Sport Stacking.

What is Sport Stacking?

Sport stacking is an exciting individual and team sport where participants stack and unstack specially designed plastic cups (Speed Stacks) in pre-determined sequences. Stackers race against the clock for the fastest or best times. With practice, a person can stack at lightning speed that has to be seen to be believed!

What are some of the benefits of Sport Stacking?

Sport Stacking can be individualized, allowing each student to work, successfully, at his/her own level. It is geared to include students of all ability levels, allowing every student to succeed, while still challenging the more fit and athletic students. Sport Stacking has proven to increase bilateral proficiency (equal performance on both sides of the body) that develops a greater percentage of the right side of the brain which houses awareness, focus, creativity, and rhythm.

Where can I learn more or purchase Speed Stacks?

www.speedstacks.com



Free Meals in the Community

Below is a daily schedule of FREE meals that take place in the Dubuque community. Everyone is welcome. This list is current as of January 2017, however, you may wish to call first.

SUNDAYS	Breakfast	Dubuque Rescue Mission 7:00 a.m. / 398 Main Street (563/583-1394)
	Lunch	Dubuque Rescue Mission 12:00–12:30 p.m. / 398 Main Street (563/583-1394) St. John Episcopal Church (5 th Sunday of the Month Only) 12:00 p.m. / 1458 Locust Street (563/556-0252)
	Dinner	Hope House Catholic Worker 6:00 p.m. / 1592 Locust Street (563/582-9079)
MONDAYS	Breakfast	Dubuque Rescue Mission 7:00 a.m. / 398 Main Street (563/583-1394)
	Lunch	Dubuque Rescue Mission 11:30 a.m. / 398 Main Street (563/583-1394)
	Dinner	Dubuque Rescue Mission 5:00 p.m. / 398 Main Street (563/583-1394)
TUESDAYS	Breakfast	Dubuque Rescue Mission 7:00 a.m. / 398 Main Street (563/583-1394)
	Lunch	Dubuque Rescue Mission 11:30 a.m. / 398 Main Street (563/583-1394)
	Dinner	Dubuque Rescue Mission 5:00 p.m. / 398 Main Street (563/583-1394)
WEDNESDAYS	Breakfast	Dubuque Rescue Mission 7:00 a.m. / 398 Main Street (563/583-1394)
	Lunch	Dubuque Rescue Mission 11:30 a.m. / 398 Main Street (563/583-1394)
	Dinner	Dubuque Rescue Mission 5:00 p.m. / 398 Main Street (563/583-1394) St. Patrick's Catholic Church 4:00–5:30 p.m. / 1425 Iowa Street (563/584-0640)
THURSDAYS	Breakfast	Dubuque Rescue Mission 7:00 a.m. / 398 Main Street (563/583-1394)p
	Lunch	Dubuque Rescue Mission 11:30 a.m. / 398 Main Street (563/583-1394)
	Dinner	Dubuque Rescue Mission 5:00 p.m. / 398 Main Street (563/583-1394) First Congregational United Church of Christ 5:30 p.m. / 255 West 10 th Street (563/582-3648)
FRIDAYS	Breakfast	Dubuque Rescue Mission 7:00 a.m. / 398 Main Street (563/583-1394)
	Lunch	Dubuque Rescue Mission 11:30 a.m. / 398 Main Street (563/583-1394)
	Dinner	Dubuque Rescue Mission 5:00 p.m. / 398 Main Street (563/583-1394)
SATURDAYS	Breakfast	Dubuque Rescue Mission 7:00 a.m. / 398 Main Street (563/583-1394)
	Lunch	Dubuque Rescue Mission 11:30 a.m. / 398 Main Street (563/583-1394)
	Dinner	St. Luke's United Methodist Church 5:30 p.m. / 1199 Main Street (563/582-4543)

Carver Ski Sign up 1-5-17

Sundown Mountain Ski Opportunity on January 28th from 3:30-9:00

After School Basketball 1-5-17

4th & 5th Grade Intramural Basketball Program. Registrations are accepted on a first-come, first-served basis. Deadline is January 20th.

Bell Tower Winter 2017 1-5-17

Kids Take the Stage. Registration form is due January 16th.

U.D. Winter Baseball Skills Camp 1-5-17

Sign up for UD Skills camp on January 29th and February 5th

News from Carver PTG



The Carver PTG is seeking an individual to serve as **Box Top Coordinator** starting immediately. Also, there are 2 positions that will be vacant for the 2017-2018 school year—**Fundraiser Coordinator** and **Volunteer Coordinator**. If you would like information about these positions, contact the Carver office, (563) 552-4500.

Box Tops for Education December Update

The winner of the extra recess for the December collection is ...

Mrs. Evarts' 4th grade class with 361 Box Tops and Milk Moola!

Coming in 2nd was Mrs. Jokiel's class with 51, and coming in 3rd was Mrs. Heiar's class with 46.

Keep them coming in to help your class earn an extra recess!

Reminder: Box Tops or Milk Moolah should be placed in a baggie or an envelope **marked with the name of your student's teacher**. If Milk Moola and Box Tops and not labeled, no credit can be given to the classroom.



We ♥
Volunteers

*The Carver PTG would like to extend a big thank you to the volunteers that bagged popcorn for Spirit Day in December.
You are amazing!*

2016 SPELLING BEE UPDATE

On Thursday, Dec. 1st, Carver School held the annual Spelling Bee in the gym.



Congratulations to the Carver spellers who will compete in the Sectional Spelling Bee at Clarke University on January 5th.

Our top 3 winners are:

Shreya Ravada (5th) Brendon Zheng (4th) Quinn Breitbach (4th)

Good Luck in the next round!



PRESCHOOL REGISTRATION 2017 – 2018

When: February 6, 2017

Time: 7:30 AM

Where: Carver Office

What to bring: Child's proof-of- age (This includes a birth certificate. If a birth certificate is not available immunization records or a passport may be used)

Other information for Preschool Registration:

- Students must be 4 by September 15, 2017
- Students must reside in the state of Iowa to be able to register for Preschool.
- Students do not have to attend preschool at their homeschool.
- If your child is 5 on or before September 15, 2017 they may not attend free preschool.

**If you have any questions, you may call the Carver Office at:
563-552-4500.**

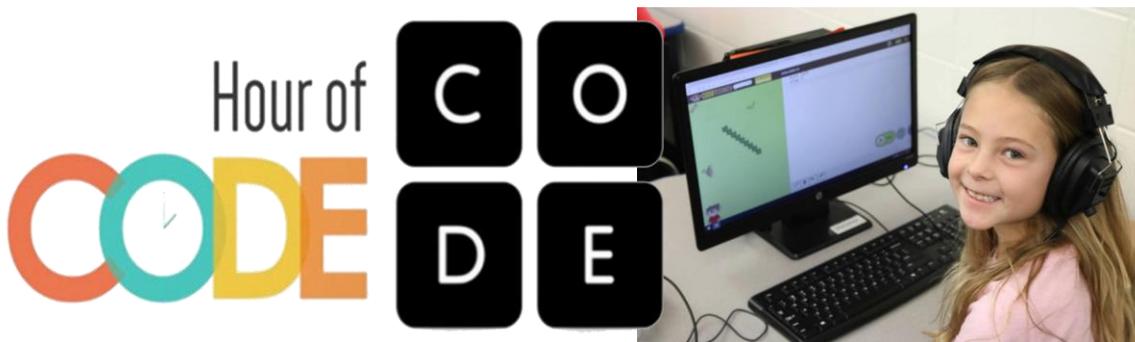
Books Wanted...

SPRING USED BOOK SALE

**WHEN:
April 13th**



Looking for a place for those slightly used books?
Please send them to the Carver library for our Spring
Carver Used book sale.
Please drop off in the library before April 10th



December 5th kicked off Computer Science Education Week, with students in every country around the globe participating in the Hour of Code, a one-hour introduction to computer science. The Hour of Code campaign was started by Code.org in 2013. This year marked the 4th year that ALL Carver students in grades PreK-5th participated. According to Hadi Partovi, CEO of Code.org, “The goal of the Hour of Code was not to teach anybody to become an expert computer scientist in one hour. One hour is only enough to learn that computer science is fun and creative, that it is accessible at all ages, for all students, regardless of background. The measure of success of this campaign is not in how much CS students learn - the success is reflected in broad participation across gender and ethnic and socioeconomic groups, and the resulting increase in enrollment and participation we see in CS courses at all grade levels.” This year, Pre-K, Kindergarten and 1st grade students all learned how to use a coding app called Scratch Jr on the iPad. Students in grades 2 and 3 worked on the tutorial Code Monkey. There are many monkey themed coding problems students can continue to work on if they go to: <https://www.playcodemonkey.com/> Students in grades 4 and 5 learned the basics of Scratch and can sign up for a FREE account at: <https://scratch.mit.edu/>. Please talk to your child about their coding experience and encourage them to check <https://code.org/learn>.

A special thank you to Debbi Stork and the University of Dubuque student mentors that participated in our week long Hour of Code.

Mrs. Schmitt

News from the Health Office

With the frigid temperatures we have been experiencing, the Health Office has been seeing lots of chapped cheeks and lips, and just plenty of dry skin in general. It is always a good idea to moisturize daily, especially this time of year. Feel free to send a tube of chap-stick with your student so they can apply as needed.

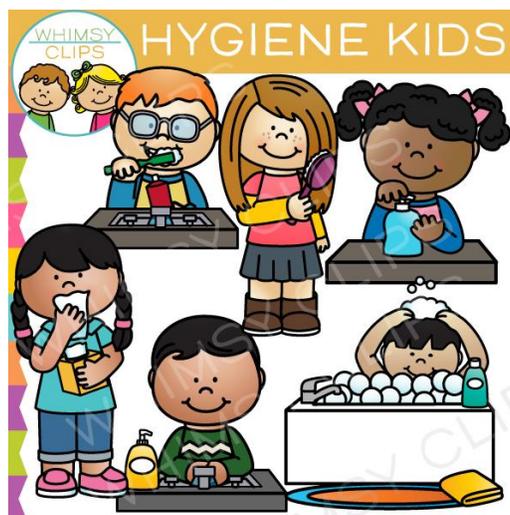
Colds and respiratory viruses are in full swing. Just a reminder if your student needs to use cough drops in the classroom, they need to be brought in from home and stored in the Health Office, along with a parent-signed note stating that the student has permission to use them as needed. Cough drops are the only form of over-the-counter medication that can be administered with a parent note. All other over-the-counter medication (Tylenol, Motrin, Tums, Benadryl, etc.) needs to be supplied to the Health Office with an order from a healthcare provider.

Thank you for your cooperation in making sure we are accurately following District policy/protocol.

January Health Topic:

Personal Health/Physical Activity/Hygiene/Healthy Goals

This month's health topic focuses on the importance of keeping the body clean, physically active, and healthy.



Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

A New Face for Spend Smart. Eat Smart.

You can choose healthy foods and stick to your budget—Iowa State University Extension and Outreach's Spend Smart. Eat Smart. website is here to help!

Spend Smart. Eat Smart. has helped shoppers save money and make healthy choices for more than seven years. We are proud to announce a brand new design for the website that is more modern, simpler to navigate, and functional on all your devices.

Whether your goal is to eat healthier, plan your family's meals, or save money at the grocery store, you can find tools to make it easier on Spend Smart. Eat Smart. The website is home to the following:

- More than 150 recipes that are delicious, inexpensive, and easy to prepare
- How-to videos featuring recipes, kitchen organization tips, and basic food-prep techniques
- Strategies for saving money in each part of the grocery store
- Meal-planning templates and resources
- A grocery budget calculator to help you determine how much to spend at the store

Visit the website, spendsmart.extension.iastate.edu, today to connect with us through our blog, Facebook, Twitter, or Pinterest.



Minestrone Soup

Serving Size: 1 cup
Serves: 8

Ingredients:

- 2 teaspoons oil (canola or vegetable)
- 1 onion, chopped
- 2 or 3 large garlic cloves, minced, or 1/2 teaspoon garlic powder
- 2 cans (14.5 ounces) low sodium chicken broth
- 1 can (16 ounces) stewed or diced tomatoes
- 1 can (16 ounces) kidney beans (drained and rinsed)
- 1 package (10 ounces) frozen vegetables
- 1 teaspoon dried basil, oregano, or Italian seasoning
- 1/2 cup uncooked pasta (such as rotini, macaroni, or small shells)

Instructions:

1. Heat oil in a large saucepan. Sauté onion and garlic. If using garlic powder, add with seasonings.
2. Add broth, tomatoes, beans, vegetables, and seasonings. Stir to mix.
3. Bring to boil over medium heat.
4. Stir in pasta. Reduce heat to medium low. Simmer about 20 minutes until the pasta is tender.

Nutrition information per serving:

150 calories, 2.5g total fat, 0.5g saturated fat, 0g trans fat, 0mg cholesterol, 260mg sodium, 26g carbohydrate, 5g fiber, 5g sugar, 8g 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

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Counties served: Allamakee,
Black Hawk, Bremer,
Buchanan, Butler, Chickasaw,
Clayton, Fayette, Grundy,
Howard, Tama, Winneshiek

Deep Clean in the Deep Freeze

When spring arrives, we typically deep clean for the coming season. With the cold weather outside, it's a good time to clean the freezer. It's important to keep the freezer clean of frost and food debris. Here are some tips for cleaning and maintaining your freezer:

- Remove all frozen food items.
- Check items for expiration dates and for freezer burn.
- Consider throwing out any food that appears old and dried out. It may still be safe to eat, but the quality may be poor. Ice crystals on the inside of packages may indicate thawing and refreezing—those packages may need to be thrown out. Frozen food can be stored up to 1 year.
- Pack food items you are keeping in another freezer or a cooler until you can return them to the freezer.
- Wipe down the freezer with one tablespoon of baking soda in one quart of water. Then wipe with clean water before turning the freezer back on.
- Let the freezer cool down for about 30 minutes before placing the frozen items back into it.

Put a freezer thermometer near the door of the freezer and check it periodically. Adjust the temperature control as needed to keep foods at or below 0°F.

You can see a video on how to clean your refrigerator on the Spend Smart. Eat Smart. website, spendsmart.extension.iastate.edu/cook/organize-your-space/.

Source: Michigan State University Extension, www.msue.msu.edu.

For more information, visit www.FoodSafety.gov.

Keep Movin' in the New Year

The cold weather, along with snow and ice, can make it hard to move outside. Don't let the cold winter months discourage you into cutting back on your exercise routine. If you don't currently have an exercise routine, there is no time like the New Year to get started.

Consider these indoor activities:

- Walk at your local mall or your building's hallways during lunch or coffee breaks.
- Take the stairs whenever possible.
- Follow an exercise DVD rather than watching a movie.
- Do chair exercises while watching the television.



Whatever activity you choose, you'll burn extra calories instead of storing them. The key to an active family is finding fun things to do in every season. Aim for a goal of 30 minutes of moderate activity daily for adults and 60 minutes for kids—no matter the weather!

Information from the Academy of Nutrition and Dietetics:
www.eatright.org/resource/fitness/exercise/family-activities/family-exercise-for-every-season

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.