

# George Washington Carver Elementary School



## Carver Family News April 2017

### What's Happening This Month

- April 3 Washington Middle School Open House for incoming 6<sup>th</sup> graders, 7:00-8:00 p.m., auditorium
- April 4 Jefferson Middle School Open House for incoming 6<sup>th</sup> graders, 6:30-8:00 p.m.
- April 5 Deaf and Hard of Hearing Field Trip, 9:00-3:00, Camp Courageous
- April 6 Roosevelt Middle School Open House for incoming 6<sup>th</sup> graders, 7:00-8:30 p.m.
- April 7 Late Arrival, 9:40 a.m.
- April 7 Spirit Day - Popcorn at Lunch Recess (Thanks to Mindframe Theater for donating the popcorn and to PTG for bagging this treat.)
- April 11 5<sup>th</sup> Grade Field Trip to Planetarium, 12:45-2:30 p.m.
- April 11 Parent Teacher Group (PTG) Meeting, 6:30-7:30 p.m., B208
- April 11 Roosevelt Middle School Open House for incoming 6<sup>th</sup> graders, 7:00-8:30 p.m.
- April 13 Used Book Sale, library
- April 14 No School
- April 18 Spring Pictures
- April 21 Late Arrival, 9:40
- April 25 4<sup>th</sup> Grade Battle of the Books, 9:00, Carver gym
- April 25 2<sup>nd</sup> Grade Book Club (Mrs. Tracy's class), 11:45-12:15
- April 25 Kindergarten Welcome Event, 5:00 p.m.
- April 25 Carver Skate Night, Skate Country, 6:00-8:00 p.m.
- April 26 5<sup>th</sup> Grade Battle of the Books, 9:00, Carver gym
- April 26 2<sup>nd</sup> Grade Book Club (Mrs. Valentine's class), 11:45-12:15
- April 27 2<sup>nd</sup> Grade Book Club (Ms. Maneman's class), 11:45-12:15
- April 28 Late Arrival, 9:40
- April 28 2<sup>nd</sup> Grade Book Club (Mrs. Budde's class), 11:45-12:15
- May 2 2T and 2V Field Trip to Ham House, 9:15 a.m.-12:40 p.m.
- May 4 2B and 2M Field Trip to Ham House, 9:15 a.m.-12:40 p.m.
- May 4 4<sup>th</sup> and 5<sup>th</sup> Grade Track Meet, Dalzell Field, 4:00 p.m.
- May 5 Fourth Grade field trip, Go the Distance Day, Loras College

**Snow Make-Up  
Day will be:  
June 1**

The DCSD Inclement Weather Line (563) 552-3035  
[www.carver.dbqschools.org](http://www.carver.dbqschools.org)

Lunch Menu Line (563) 552-3250  
[www.dbqschools.org](http://www.dbqschools.org)

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



## A MOMENT WITH THE PRINCIPAL

Carver School had an AMAZING ten year anniversary on Tuesday. To have such a noteworthy celebration, it took a lot of planning and support. I feel all who worked on or at the event need to be recognized and thanked.

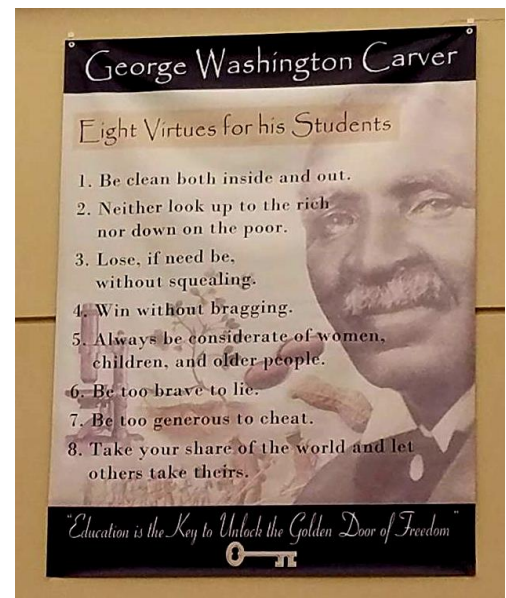
- Thanks to Keystone and Deb Henkes, Kathy Hay, Randy Farnum, Laura Staner, Jason Martin-Hiner, and Jarod Bormann for hosting some of our STEM sessions during the day. You may have heard your students talk about the Skylab, robots, coding, and green screen projects. Keystone staff provided the materials and hosted these sessions with all of the students. Special thanks to Deb Henkes for helping organize the schedule and the day's events. They taught 535 students about science, technology, engineering, and math.
- Many of the students enjoyed the stomp rocket activity provided by Brittany Clayton and Tyler Simmons from the Iowa State Extension Office. This was another favorite activity involving creativity, exploration, and inquiry.
- The faculty and students from the University of Dubuque provided all the activities and materials for the evening STEM events. What a lesson on collaboration! Seven departments shared sessions, and over 70 U.D. students and faculty supervised and presented. From our calculations, over 900 people participated in the night event. It was an AMAZING experience for all, but we could not have done it without the students and staff from U.D.
- Thanks to Ramon Riley from U.D. Ramon played the role of George Washington Carver, shared facts about Carver's life and encouraged students to follow their dreams.
- Of course, the Carver PTG supported the event by selling anniversary shirts, purchasing the cakes for lunch, buying decorations, and getting food for our U.D. partners.
- Envision printed a brand new banner, designed by Mrs. Becky Schemmel, which will hang in our commons area for years to come. The banner includes the 8 virtues of George Washington Carver. I think it is AMAZING that these still apply to our school and our TRRFCC pledge today. If you did not see it on Tuesday, look for it next time you are in the building. The banner hangs above the garage door to the kitchen.
- Thank you to Olive Garden for providing food for the staff and guest presenters.

A big thank you to the teachers of Carver school past and present. Their work over the last 10 years has created the identity of the school. They have spent countless hours making sure that we fulfill our mission statement: Invigorate the Mind, Invest in the Heart, Invent the Future. The teachers at Carver are, simply put, AMAZING!!!!

Finally, thanks to all of our families. The children and staff at Carver are very lucky to have your support.

Sincerely,

Cindy Steffens





Thursday Mailbag items can be accessed at any time by going to the Carver website, [www.carver.dbqschools.org](http://www.carver.dbqschools.org), clicking on the "Parents" tab, and selecting "Thursday Mailbag" from the dropdown menu.

#### Kids & Critters Camp 3 30 17

Camps for kids entering grades 2-6, sponsored by the Humane Society

#### Month of the Young Child 3 30 17

Calendar of events for families during the month of April (see pg. 2 for details)

## News from Carver PTG

PTG NEEDS TO VOTE IN A NEW  
VICE PRESIDENT AND VOLUNTEER  
COORDINATOR IN MAY. IF YOU ARE  
INTERESTED OR HAVE QUESTIONS  
REGARDING THE POSITIONS, PLEASE  
CONTACT THE OFFICE, 552-4500.



**Carver Fun Night will be May 19, from 4:30-6:30  
on the playground here at school. Mark the date on  
your calendars!**

## 2017-18 Kindergarten Welcome Event

Carver will have our **Kindergarten Welcome Event** on **April 25th**. Kindergartners who have already registered by turning their forms in to Carver or the Forum will get a postcard with more information. If you have not registered your kindergartner for the 2017-18 school year, please contact the Carver office to start the registration process.

## Open Enrollment

Open Enrollment applications for Elementary School are being accepted until May 1<sup>st</sup>. You may pick up a form in the office. If you currently live outside of the Carver area and wish to attend Carver next year, you will need to complete a form. Open Enrollment forms need to be filled out every year. If you have any questions please call the office at 563-552-4500.

## Open House/Orientation for Incoming 6<sup>th</sup> Graders



George Washington Middle School April 3, 7:00-8:00,  
51 N. Grandview Avenue, Dubuque, IA 52001

Thomas Jefferson Middle School April 4, 6:30-8:00,  
1105 Althausen Avenue, Dubuque, IA 52001

Eleanor Roosevelt Middle School April 6, 7:00-8:30,  
2011 Radford Rd., Dubuque, IA 52002  
(There is also an orientation on April 11, 7:00-8:30 if you cannot make it on the 6<sup>th</sup>.)

*If you are planning on open enrolling your student, you should attend your home school open house.*

**Spring Picture Day  
is Tuesday,  
April 18, 2017!**



## Student Arrival Safety



Parents, please take a moment to review the arrival policy from the Caver School Handbook. We have had students arriving before 8:30, but there is no one on duty to supervise them at that time.

Students arriving before staff is on duty must wait in the office.

### **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. Children should always use the crosswalks provided and never cross in the middle of the street.

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 main 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.

Please help by providing the safest possible conditions for your child on the way to and from school. It is best when children come to school in groups or with friends at the same time and route each day.

***Please have students arrive close to the start of school. Supervision is assigned to front doors and playground at 8:30 until the bell rings.***



## Counselor's Corner

Conflict manager training will be May 4th from 9:00-3:00 at Keystone. Twenty-four 4th grade students will be chosen to be conflict managers for next year and will be trained by the current 5th grade conflict managers.



Spring is here! This is the time of year when many kids start thinking more about the nicer weather and less about school. It's hard to sit in class when you see the snow has melted, the sun shining, and warmer temperatures tempting kids to just stay home.

Try and help your child stay focused so that they can finish the year off strong! Help your child learn to persevere. Today, your child learns to overcome spring fever. In the future, your child will have the grit to triumph over even greater obstacles towards their dreams!



## Spelling Bee Update



**Congratulations to Shreya Ravada and Quinn Breitbach for their amazing performance in the Regional Spelling Bee! This was held on March 4th, at Clarke University. They both worked very hard at preparing for the words. They participated in the Carver School BEE, Sectional BEE and Regional Spelling BEE. We are proud of both of you!**

### Carver Skate Party

Date: April 25, 2017

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

Admission: \$4.00

Where: Skate Country

Quad Skate Rental: \$1.50

In-Line Skate Rental: \$2.50



## 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 April 13.

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

## From the Carver Gym...



- Thank you to all families that raised money for the American Heart Association through our Jump Rope for Heart fundraiser! All K-5 students participated in the event by jumping in a variety of ways during physical education classes on February 20-22. The total amount raised by our Carver community was \$6,286.24. Way to go, Carver!!! “It takes a heart to be a Hero!”
- During April, all classes/grades K-5 will be doing fitness assessments to measure their individual endurance, strength, and flexibility levels. Our number one goal is for each student to show growth/improvement when compared to their previous scores from the fall.
- May 8-26, all 3<sup>rd</sup>-5<sup>th</sup> grade classes will be participating in a skating unit during their physical education classes. During their physical education class, we will be walking to Skate Country. Students will have the choice of inline or quad (traditional) skates. This opportunity has no cost to the students...It is made possible from our PTG and the money raised from our Walk-A-Thon. We will be hosting our 2017 Walk-A-Thon in the beginning of May...be on the lookout for more information. Thank you Carver’s PTG for supporting our curriculum!!!



- As the weather gets nicer, please remind your child to wear appropriate gym shoes and socks...Also, be sure their shoes fit as many students have grown over the last few months.

## April Health Topic--Communicable/Non-Communicable Diseases

**This month’s health topic focuses on strategies for lifelong disease prevention.**



## **News from the Art Room**



During the month of March The Dubuque Museum of Art featured a Kindergarten through Eighth Grade Art Show. The opening reception was on March 2<sup>nd</sup>, from 5:00-6:30. The following artists and guardians attended:

**Mallory Zeman, Owen Wagner, Sierrah Orr, and Holly Roling.**

Second grade students had to opportunity to visit **Shiny, Sticky, Smooth: Pop Art and the Senses** at the Dubuque Museum of Art. The tours took place on March 8 and 9<sup>th</sup>. This field trip was made possible by the partnership between the Dubuque Museum of Art and Dubuque Community Schools. Second graders created beautiful thank-you notes for the Dubuque Museum of Art.

George Washington Carver School is celebrating their tenth anniversary. In honor of the celebration the following fifth grade students volunteered after school on three evenings to paint the windows. Thank you to the following students for volunteering to paint the windows:



**Brett Graney, Leah Morrow, Annabel Blanchard, Gwen Deutsch,  
Danielle Blosch, Paige Ohara, Riana Tugade, Gabbi Anderson, Maya Dirksen,  
Krysti Conry, and Alexa Vaske.**

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

Thanks for your support,

Mrs. Lammer and Mrs. Deppe

## 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  
(563) 557-9545 or (800) 226-3369

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### **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) 552-3000.*

# Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

## Online Tools for Healthy Choices

The ChooseMyPlate website, [ChooseMyPlate.gov](https://www.choosemyplate.gov), includes a list of reliable online tools for making healthy choices: [www.choosemyplate.gov/supertracker-other-tools](https://www.choosemyplate.gov/supertracker-other-tools).

- **SuperTracker** can help you plan, analyze, and track your diet and physical activity.
- **What's Cooking? USDA Mixing Bowl** is an interactive tool to help with healthy meal planning, cooking, recipes, and grocery shopping.
- **MyPlate Daily Checklist** shows your food group targets—what and how much to eat within your calorie allowance. Your food plan is based on your age, sex, height, weight, and physical activity level.
- **ChooseMyPlate** quizzes let you test and expand your knowledge about the MyPlate food groups and making healthy choices.
- **Portion Distortion** quizzes you on changing portion sizes over the past 20 years and how much physical activity is required to burn off the extra calories provided by these larger portions.
- **Pregnancy Weight Gain Calculator** helps women determine suggested weight gain for pregnancy.
- **Preschool Growth Charts** are online growth charts that you can personalize for your child.



## Fish Tacos

Serving Size: 2 tacos | Serves: 5

### Ingredients:

1/2 cup light ranch dressing  
2 tablespoons lime juice  
1 teaspoon chili powder  
1/4 teaspoon ground black pepper  
1 jalapeño pepper (seeded and chopped finely; optional)  
4 cups coleslaw mix or broccoli slaw

10 (6 inch) corn tortillas  
3 tablespoons oil (canola or vegetable)  
2 tablespoons cornmeal  
1 pound firm white fish (tilapia, mahi-mahi, or halibut), cut in 1 inch pieces or in 10 strips  
1 tomato, chopped

### Instructions:

1. Stir together the dressing, lime juice, chili powder, ground black pepper, and jalapeño pepper (if desired). Pour over coleslaw mix and stir to mix well. Cover and place in refrigerator until serving time.
2. Warm the corn tortillas according to package directions.
3. Heat the oil in a small nonstick skillet over medium heat until hot, but not smoking. Spread the cornmeal on a plate while the oil heats. Pat the fish pieces in the cornmeal to coat on all sides. Fry the fish in hot oil until the cornmeal is lightly browned, 1–2 minutes per side. Remove and drain on paper towels.
4. Top each tortilla with some of the fish and some of the coleslaw mix. Fold in half and serve with the chopped tomato.

**Nutrition information per serving:** 370 calories, 16g total fat, 2g saturated fat, 0g trans fat, 55mg cholesterol, 430mg sodium, 38g total carbohydrate, 5g fiber, 4g sugar, 23g 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](https://spendsmart.extension.iastate.edu).

## RECIPE





[www.extension.iastate.edu](http://www.extension.iastate.edu)

### Seafood Recommendations for Pregnant and Breastfeeding Women and Young Children

The FDA (U.S. Food and Drug Administration) and the EPA (U.S. Environmental Protection Agency) have issued new recommendations about eating seafood. The advice is specific for pregnant and breastfeeding women and caregivers of young children to help them make informed choices about fish and seafood.

Fish is a high-quality protein source and is rich in omega-3 fats. Americans, including pregnant women, are encouraged to eat 8–12 ounces of fish per week. The new guidelines categorize fish for safety and mercury content into three categories:

**Best Choices**—Eat 2–3 servings a week

Example: canned light tuna, salmon, cod, tilapia, shrimp

**Good Choices**—Eat 1 serving a week

Examples: halibut, snapper, grouper, tuna (yellowfin), albacore/white tuna, canned and fresh/frozen

**Choices to Avoid**—Highest mercury levels

Examples: King mackerel, marlin, orange roughy, shark, swordfish, tilefish (Gulf of Mexico), and tuna (bigeye)

To learn more about the recommendations, read *Eating Fish: What Pregnant Women and Parents Should Know*, [www.fda.gov/Food/FoodbornellnessContaminants/Metals/ucm393070.htm](http://www.fda.gov/Food/FoodbornellnessContaminants/Metals/ucm393070.htm).

### Body Weight Training

Body weight training is listed as one of the top fitness trends by the American College of Sports Medicine (ACSM) over the past several years (including 2017). Body weight exercises are a basic fitness approach that requires a minimal amount of equipment. Many of these are exercises people have been doing since elementary school: sit-ups, push-ups, pull-ups, lunges, crunches, squats, etc. The popular plank exercises are another example of body weight training.

Some of the benefits of body weight training include that they are free and versatile, can be done anywhere, and improve movement and strength.



This article provides some ideas for body weight training moves: [www.acsm.org/public-information/articles/2016/10/07/a-strength-training-program-for-your-home](http://www.acsm.org/public-information/articles/2016/10/07/a-strength-training-program-for-your-home).

For more information about the 2017 fitness trends survey, visit the ACSM website: [www.acsm.org](http://www.acsm.org).

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