

George Washington Carver Elementary School



Carver Family News

May 2017

- May 2 2T and 2V Field Trip to Ham House, 9:15 a.m.-12:40 p.m.
- May 3 Carver Walk-A-Thon, during specialist time
- May 4 2B and 2M Field Trip to Ham House, 9:15 a.m.-12:40 p.m.
- May 4 Conflict Manager Training, 9:10 a.m.-3:00 p.m. at Keystone
- May 4 DCSD 4th and 5th Grade Track Meet, 4:30 p.m., Dalzell Field
- May 4 Band Concert, 6:30 p.m., Roosevelt Auditorium (only for band students attending Roosevelt next year, arrive 5:30 p.m.)
- May 5 Late Arrival, 9:40 a.m.
- May 5 Spirit Day, popcorn at Lunch Recess (Thanks to Mindframe Theater for donating the popcorn and to PTG for bagging this treat.)
- May 5 Fourth Grade field trip, Go the Distance Day, Loras College, 10:15-11:45 a.m.
- May 8 3rd-5th Grade Skating unit during P.E. begins
- May 9 Orchestra Concert, 7:00 p.m., Roosevelt Aud. (orchestra students attending Roosevelt next year, arrive 5:30)
- May 9 Parent Teacher Group (PTG) Meeting, 6:30-7:30 p.m., room B-208
- May 11 KB Mother's Day Tea, 10:00-11:30 a.m.
- May 11 Band Concert, 6:30 p.m., Washington Auditorium (only for band students attending Washington next year, arrive 5:30 p.m.)
- May 12 Late Arrival, 9:40 a.m.
- May 12 KG and KK Mother's Day Tea, 10:00-11:30 a.m.
- May 12 District Battle of the Books, 1:30 Bryant Elementary
- May 16 Orchestra Concert, 6:30 p.m. Washington Auditorium (orchestra students attending Washington next year)
- May 17 Carver Volunteer Appreciation Breakfast, 8:30 a.m., Carver Gym
- May 19 Late Arrival, 9:40 a.m.
- May 19 Preschool Field Trip to National River Museum and Aquarium, 10:15 a.m.-1:15 p.m.
- May 19 Carver Fun Night, 4:30-6:30 p.m., playground
- May 23 Carver Skate Night, Skate Country, 6:00-8:00 p.m.
- May 24 All library books due back to Carver library
- May 24 Morning Preschool Field Trip to Asbury Library and Asbury Park, 9:00-11:00 a.m.
- May 25 Kindergarten field trip to Cherry Lanes, 9:15-11:30 a.m.
- May 25 2nd Grade Book Club (Mrs. Budde's class), 11:45 a.m.-12:15 p.m.
- May 25 Afternoon Preschool Field Trip to Asbury Library and Asbury Park, 1:00-2:30 p.m.
- May 25 Band Concert, 6:00 p.m., at Marshall Elementary School (only for band students attending Jefferson next year, arrive 5:30 p.m.)
- May 26 Late Arrival, 9:40 a.m.
- May 29 No School, Memorial Day
- May 30 3H and 3P Trolley Tour, 10:00 a.m.-12:15 p.m.
- May 30 3D and 3K Trolley Tour, 1:00-3:15 p.m.
- May 31 5th Grade Field Trip, Skate Country, 1:00-3:00 p.m.
- May 31 Field Day during specialist time
- June 1 Last Day of School

Orientation day for
2017-18 school year is
August 22, 2017.
The first day of classes
is August 23, 2017.

The DCSD Inclement Weather Line (563) 552-3035
www.carver.dbqschools.org

Lunch Menu Line (563) 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,

There are so many days that I sit in awe of the wonderful work completed by Carver staff to support our students and families. The complexity of teaching is well recognized. A teacher must consider the range of personalities and motivate students while connecting with diverse student needs and establishing relationships of caring and concern.

Planning productive activities for 25 or more individuals, and successfully executing these plans while meeting demands from parents, principals, and central office staff could leave teachers discouraged and worn out. The physical demands of the job are daunting, and teaching demands tremendous stamina. Carver teachers leave the school exhausted, but they also leave with smiles on their faces and the knowledge they will return the next day with revitalized energy. They know they have the tremendously important job of educating the citizens of the next generation.

Take time to thank your child's teachers for their exceptional work. I have worked in many schools, and I can sincerely say you will not find a more dedicated, knowledgeable, and caring staff than the one at Carver. I am thankful every day I have the opportunity to work with such outstanding professionals.

One of our greatest gifts as a school, and one that is highly praised in the surrounding area, is our group of Carver Volunteers. With limited funds and resources, it would be impossible to offer the many enrichment activities and special opportunities without the support of our families. The many people who share their time and talents provide numerous opportunities for students. The Carver PTG cannot be praised enough. I truly believe there is nothing this organization cannot do in pursuit of their goals. You need only walk through the school and look at the list of activities the PTG undertakes to understand their impact on students.

Thank you to all who have given time to help in any way this year. If you have volunteered in some capacity this school year, you should receive an invitation to the Carver Volunteer Appreciation Breakfast on May 17. Be looking for these invitations in the next couple of weeks.

Enjoy your summer in whatever form it takes (i.e., camping trips, afternoons by the pool, family vacations, etc.), and remember, everything you do this summer can be a learning experience. The Carver staff and I encourage all students to have fun, but don't take a vacation from learning. Remember to visit the library often and read every day. Most importantly, enjoy your time together as a family!

Sincerely,

Mrs. Cindy Steffens
Carver Principal

Carver Staff Retirements

Meegan Harkey - Vocal Music Instructor

Well, the end of the show has come for me. (I won't say it's the Grand Finale or the final chapter, but it's definitely the last song of this show!) I have been teaching for almost 34 years and have decided to take some time for myself and my family. The following describes my career in a nutshell:

M - Many wonderful students and staff that I've worked with. I have taught in 9 of the elementary schools in Dubuque and 1 Catholic School. I have crossed paths with all sorts of different people who have enriched my life in one way or another.

U - Unforgettable memories for me. There are so many countless memories that I will cherish for the rest of my life.

S - So many shows that were over the top! A lot of work was put into each and every performance --not only from me, but from each student, too. The end result was well worth the time and effort!

I - Incredible Career. The adventures that I have gotten to experience throughout my career have enriched my life in so many different ways.

C - Carver - the final place. I have had a wonderful time teaching at Carver. The staff, students, and parents are AMAZING! I will miss you all and wish you the best.

"Today I close the door to the past... open the door to the future, take a deep breath and step on through to start the next chapter in my life."

Becky Berg, Instructional Coach

I have extremely enjoyed the last 3 years of my teaching career at Carver. After teaching for 34 years in 6 schools in 3 states, I definitely saved the best for last! Getting to know the students and parents topped off with working with an amazing staff has been the highlight of my days here.

In retirement, I am looking forward to many trips to the public library as I love to read. I will also be traveling and spending time with my grandchildren. Our first trip is to New Jersey for a graduation and then on to Niagara Falls.

Thank you for all the wonderful memories!

**Congratulations to Carver's own
Mrs. Jennifer Donath. She is a finalist for
the Dubuque Community School District's
Teacher of the Year!
We are proud of you, Mrs. Donath!**



Thursday mailbag items can be accessed at any time by going to the Carver website, www.carver.dbqschools.org, clicking on the "Parents" tab, and selecting "Thursday Mailbag" from the dropdown menu. You may also click on the links below.

20 for 20 Reading Challenge 4 27 17

Make the commitment to read with your child the last 20 school days. Your child could win prizes like books, posters and even a NEW BIKE!

Yearbook Flyer 4 27 17

Time to order your 2016-17 yearbook!

River Museum and Aquarium Summer Camp 4 27 17

Register by June 1st for a summer camp session

Roll and Sole a Thon 4 27 17

Help raise money for ARK Advocates. Sign up to walk or bike.

News from the Carver Library

The **Battle of the Books** competitions took place on April 25th and 26th.

In the 4th grade competition, the winners were: Addy White, Annabelle Ng, Lauryn McManus, Ava Lassen, and Enola Mustedanagic.

Second place went to Addy LuGrain, Avery Lex, Mahi Patel, Morgan Ludescher, and Melia McDonnell. Taking third place was the team of Mitchell Tackney, Quinn Breitbach, Evan Bratten, John D'Souza, and Collin Bowers.



In the 5th grade competition, the winners were: Sophia Phelan, Payton Lenhart, Gabbi Anderson, Riana Tugade, and Rachel McDonough. They will compete against the winning teams from other elementary schools on May 12th at Bryant School. Good luck!

Second place went to the team of Matthew Glennon, Matthew Hanselman, Shreya Ravada, Ryan Yu, and Drew Lewis. Taking third place was the team of Lauren Hefel, Mallory Zeman, Annabel Blanchard, Rachel Rhomberg, and Gwen Deutsch.



The Iowa State Fair is sponsoring a Spelling Bee for elementary school students. The Spelling Bee will be held at the Iowa State Fair in Des Moines on Friday, August 11, 2017.

Students who have completed first thru sixth grade are eligible. Entry forms must be received by June 1, 2017. The number of participants is limited to 70 students.

If you are interested in a registration form, please contact Mrs. Walsh.

Parents of Incoming Kindergarten Students

Please contact the Carver School office, 552-4500, if you did not attend the Kindergarten Orientation Event on April 25. Your phone call will ensure that you receive the necessary information for your child to begin Kindergarten in the fall.

Registration 2017-18

The registration process will be similar to last year. In August, families will receive information to register for school using e-registration in PowerSchool. Computer access will be available in the Carver School computer lab if you need assistance or do not have access to a computer prior to the start of school.

News from the Carver PTG

The winner of the extra recess for the March box top collection was ... Mrs. Valentine's class with 355 labels and Milk Moola! Coming in 2nd place was Mrs. Potts' class with 111 labels, and 3rd place went to Mrs. Bell's class with 105 labels.

The last day to send labels to be counted for this school year is May 19th. If you've been saving them, please check the expiration dates and send them to school with your student.



**May 9 is the last PTG meeting of the year.
We will be discussing Fun Night activities.
All are welcome!**

**Carver Fun Night will be May 19th. Please
watch for information regarding pop and
snack donations.**

*Thank you to all who have helped volunteer
throughout the year. Volunteers are greatly
appreciated! You make Carver AMAZING!*

*PTG will be voting for a new VP and Volunteer
Coordinator at the May meeting. Interested individuals
can contact the Carver office regarding this matter.*



www.shutterstock.com · 24855277

Carver Skate Party

Date: May 23, 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

Carver PTG will receive 100% of the profits
of this skate party!

Skate Country Summer Passes

Need an inexpensive way to entertain the family over the summer? How about Skate Country?

Summer Passes are available. **The cost is only \$7.00 for 15 admissions**, skate rental is extra.

Carver PTG gets \$5 from every pass sold.

Offer runs from May 20th through September 25, 2017.



SKATE COUNTRY

5630 Saratoga Rd.

Dubuque, IA 52002

(563)556-4224

Good at the following summer sessions:

Wednesdays 1:00-4:00 p.m. and 6:00-8:00 p.m.

Saturdays 1:00-4:00 p.m. and 7:00-10:00 p.m.

Sundays 1:00-4:00 p.m.

Send in your order form and money to Carver's office by Friday, May 19th. PTG will send the passes home with your child in a marked envelope.

STUDENT NAME: _____ TEACHER/GRADE _____

Total number of passes ordering (\$7.00 each) _____

Total amount paid \$ _____ cash or check (please circle)

Please make checks payable to Carver PTG.

News from the Carver Gym



- Please remind your child to wear appropriate **gym shoes** and socks for physical education class! Thank you!
- **May 3rd** will be our **Carver School Walk-A-Thon**, sponsored by our PTG. All students will be walking around our neighborhood during their specialist time on May 3rd. The money/donations raised will help pay for recess equipment for all grade levels, the skating unit for 3rd-5th grade, and many other expenses that your child will benefit from throughout the school year. More information has been sent home from PTG.
- The **Elementary Track Meet** will be held on **Thursday, May 4th** at Senior High School, Dalzell Field. The meet will begin at 4:30 pm. All participants should report to the stadium by 4:00 pm.
- On **May 5th**, all **4th grade students** in the Dubuque Community School District will be attending the **Go the Distance Day field trip** at Loras College. This is a great opportunity to be physically active while having fun! Additional information will be sent home with all 4th grade students at Carver.
- From **May 8-26**, all **3rd-5th grade students** will be participating in a **skating unit** during their physical education classes. During your 3rd-5th graders' class, we will be walking to Skate Country. This opportunity is only made possible from our PTG and the money raised from our Walk-A-Thon. There is no cost to students, and they may choose inline or quad skates which will be available for them. *Please remind your child that they must wear socks for skating (preferably, tall socks).* Thank you Carver's PTG!!!
- **Carver Field Day** will be held during students' specialist times on **Wednesday, May 31st**. Please have your child wear appropriate running shoes and clothing! Students will participate in activities to promote fitness and fun with all students at their grade level.

From the Carver Health Office



Environmental/Consumer/Community Health

This month's health topic focuses on how to find and assess health information and recognize the role of community health helpers. Children also learn about the harmful effects of pollution and how to reduce, reuse, and recycle.

Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

What to Eat? Snack Attack!

Snacks are foods eaten outside of a scheduled, structured meal setting. Snacking can be part of a healthy meal plan. However, many snack foods and beverages that give us the most calories are low in important nutrients.

According to a United States Department of Agriculture study, after-school snacks provide about one-third of children's calories. Because children have smaller stomachs, they need the energy and nutrients snacks provide.

Choosing snacks that offer essential vitamins and minerals, protein, carbohydrates, and healthy fats allow children to get the energy they need while helping them meet their daily nutrition requirements. Use these smart snacking strategies:

- **Plan snacks.** Make them part of daily food choices and provide options from several food groups.
- **Encourage regular snack times and amounts.** Don't let children nibble constantly during the day.
- **Be a label detective.** Limit convenience-type snacks that are high in sugar, fat, and salt and ones that use excessive packaging.
- **Create snack stations.** Package your own ready-to-go snacks. Set up snack areas in the refrigerator and in a kitchen cupboard. Allow children to choose from either.
- **Allow children to be "chefs in training."** Have them help pick out fruits, vegetables, and cheese when shopping. Include them in snack food preparation. Use snacks to introduce new foods.

One snack to try is hummus. Hummus packs a lot of protein and fiber and is easy to make. Raw veggies, crackers, or pita chips can be dipped into this healthy and tasty snack.

Download and print "Snacks for Healthy Kids" at store.extension.iastate.edu/Product/4605.



After School Hummus

Serving Size: 2 tablespoons
Serves: 8

Ingredients:

- 1 can (15 ounces) reduced sodium garbanzo beans (chickpeas)
- 2 medium garlic cloves (minced) or 1/4 teaspoon garlic powder
- 1 1/2 tablespoons lemon juice
- 1 teaspoon ground cumin
- 1 tablespoon oil (vegetable or olive)
- 1/8 teaspoon ground black pepper
- 1/2 cup plain nonfat yogurt

Instructions:

1. Use a blender or food processor to combine all the ingredients except yogurt. Blend on low speed until beans are mashed.
2. Stir in yogurt with a spoon.
3. Refrigerate several hours or overnight so flavors blend.
4. Serve with pita chips, crackers, or fresh vegetables.

Tips:

- Mash the beans with a fork, chop garlic finely, and then stir ingredients thoroughly before adding to the blender.
- Store hummus in an airtight container in the refrigerator. Use within 2 to 3 days.
- Add 1/3 cup chopped red peppers

Nutrition information per serving:

70 calories, 3g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 80mg sodium, 9g total carbohydrate, 2g fiber, 2g sugar, 3g 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.



www.extension.iastate.edu

Jill Weber
Human Sciences Specialist
Nutrition and Wellness
3420 University Ave, Suite B
Waterloo, IA 50701

(319)-234-6811 (office)
(319)-240-1730 (cell)
(319)-234-5581 (fax)

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

Food Safety: It's in Your Hands

When preparing food, one of the most important ways to avoid spreading germs is to wash hands correctly and often. This may seem like common sense; however, many individuals don't wash their hands for the recommended length of time, nor do they wash their hands each time they're contaminated. Did you know handwashing should take approximately 20 seconds overall?

Steps to Wash Hands:

1. Wet hands. Use warm running water.
2. Apply soap and lather hands.
3. Scrub hands for 10–15 seconds. Hum the “Happy Birthday” song twice or watch the second hand of a clock. Focus on scrubbing between fingers and under fingernails.
4. Rinse thoroughly under running water.
5. Dry hands with a paper towel or air dry. Bacteria numbers increase in damp cloth towels.

We can become less aware of the many times our hands become contaminated. Remember to wash hands after using the restroom; coughing; sneezing; running your fingers through your hair; touching or scratching a wound; petting your dog or cat; changing a diaper; handling money; working with raw meat, poultry, or seafood; and anytime hands touch something that may contaminate them.

For more information, visit www.cdc.gov/handwashing/fact-sheets.html or search for “5 Myths of Handwashing” and “Wash Your Hands” at the Extension Store, store.extension.iastate.edu

“Exercise is Medicine”—A Worldwide Fitness Trend for 2017

The American Medical Association and American College of Sports Medicine partnered on a global initiative called “Exercise is Medicine.”

The vision encourages primary care physicians and other health-care providers to assess every patient's level of physical activity at each clinic visit. This means the health-care provider will determine whether or not the patient is meeting the U.S. National Physical Activity Guidelines. A treatment plan is then designed to meet recommended physical activity guidelines. A patient could also be referred to additional health-care or other qualified community-based professionals as part of the continuum of care.



Sources:

Exercise is Medicine - exerciseismedicine.org

Health & Fitness Journal - doi: [10.1249/FIT.0000000000000252](https://doi.org/10.1249/FIT.0000000000000252)

PM 2099AB May 2017

Iowa State University Extension and Outreach does not discriminate on the basis of age, disability, ethnicity, gender identity, genetic information, marital status, national origin, pregnancy, race, religion, sex, sexual orientation, socioeconomic status, or status as a U.S. veteran. (Not all prohibited bases apply to all programs.) Inquiries regarding non-discrimination policies may be directed to Ross Wilburn, Diversity Officer, 2150 Beardshear Hall, 515 Morrill Road, Ames, Iowa 50011, 515-294-1482, wilburn@iastate.edu.

Summer Learning

With summer around the corner, families are diving into outside activities and programs. Summer brings an abundance of sun and fun, but also many opportunities for parents to engage with their children in meaningful, everyday activities that promote play and learning. To celebrate summer, below is a handful of activities that you can try with your family, either indoors or under the sun!

This summer, you and your child can...

Talk.

Enjoy the beautiful summer weather with a walk or a visit to your local park. Use this time to talk to your child about everything you see along the walk; describe the color, shape, and size of the sun and trees.

Read.

Travel to new places and different worlds through books. Summer is a great time to visit and explore your local library. In one sitting, you and your child can take a walk down Shel Silverstein's "Where the Sidewalk Ends" or travel as far as "Where the Wild Things Are."

Sing.

Sing a song about summertime in *any* language. Celebrate summer with sing-alongs in English, or another language! You can build your child's vocabulary in any language by talking, reading, and singing

Play.

Explore sensory play outdoors. Imagine the outdoors as a grand experiment for your child's senses.

And lastly, finish strong with a summer reading challenge.

Challenge yourself and your child to see how many books you can finish together this summer. Reading aloud together, even for just fifteen minutes a day, is a great way to bond with your child while supporting her development. Watch your child's vocabulary change and grow from the start to the end of summer.



The Twenty-Fourth Annual Super Shot Saturday

The UnityPoint Health Finley Visiting Nurse Association and Rotary Club of Dubuque are proud to host an immunization clinic for infants, toddlers, children entering kindergarten and adolescents.

As a Vaccine for Children provider all vaccinations are free; however, a \$19.68 donation per vaccine is suggested. Children must meet one or more criteria for VFC eligibility: Medicaid enrolled, noninsured, underinsured, American Indian, or Alaskan Native. Appointments are required. Please remember to bring your child's insurance/Title XIX /MCO card. (if applicable). **No walk-ins this day.**

**Saturday
May 20, 2017
9 am – 1 pm**

**UnityPoint
Health-Finley
Hospital**

**Call for an appointment:
563-556-6200 or
800-862-6133**

Visiting Nurse Association
1454 Iowa Street
Dubuque, IA

unitypoint.org



Rotary Club of Dubuque, Iowa
ROTARY CLUB
DISTRICT NO. 5970



UnityPoint Health
Finley Hospital

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

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.