



Eisenhower Express

The Mission of Eisenhower School is to inspire,
to educate, and to expand the total student.

March 2, 2016

Issue 7



School Principal News!

~Mr. Ferguson

Hello Eisenhower Families!

I hope this newsletter finds you all well and looking forward to spring! We are in the midst of our spring conferences and I hope that you have had productive and informative meetings with each teacher you had on your schedule. We strive to create a strong partnership with you so that each student at Eisenhower can reach their full potential. I extend a big thank you to those who attended on behalf of your child(ren).

At conferences, you may have noticed our continued focus on helping your child achieve to their full potential. One area that we continue to spend a great deal of time is in the area of reading and language arts. Some of our work has been influenced by current Iowa legislation under the "Chapter 62" law. Various components of this legislation include schools providing intensive support for struggling students, offering summer school reading support, and potential retention in 3rd grade for students not meeting certain reading achievement. We will continue to try and keep you informed about how this law is impacting our children and school but feel free to contact me at Eisenhower if you have specific questions. You can find more information about Chapter 62 of Iowa Code either through a Google search or at the Iowa Department of Education website at this link: <https://www.educateiowa.gov/early-literacy-implementation>

If you are looking for additional ways to be involved at Eisenhower, our wonderful PTO is always looking for additional people to assist with their activities throughout the year. There are a number of events this spring such as Spring Fling and Field Day and extra hands are always appreciated. The next PTO meeting is April 18 at 6:30 p.m. in our school library. Free childcare is offered! Stop in and see what it's all about! Or check out their Facebook page for additional info.

Thanks again for all you do to help collaborate with us on behalf of your children. Eisenhower is **AWESOME!**

Have a great month of March!



Hello Eisenhower families! I hope you are all doing well! Spring is coming! It was great to see so many families at our first movie night! Thank you to all who came out. We will not have a PTO meeting in March as it is a short month with the extra breaks. There is planning for lots of fun spring activities under way. We will be having a BookSwap for the students again, more skate parties, Spring Fling, ARK Advocates Roll and Sole-A-Thon, and an extra fun Field Day. Please let me know if you're interested in helping with these. Thank you!

* Please send any classroom/field-trip pictures you have to yearbook.eisenhower@gmail.com. Our yearbook committee is working hard to put together this year's memory book!

* Please remind your children to try our new **Little Library**. It is located by the main drop off lane. Students can trade in a book they are finished with and pick out a "new" book to take home and enjoy!

* There are still short sleeve **Eisenhower t-shirts** available in all sizes for purchase. Please contact Darci Thoma at darcithoma@outlook.com.

* Every parent and Eisenhower employee is automatically a member of the PTO, and has voting rights. Our next **PTO meeting** is on **April 18, 2016** in the library. There is free childcare available. New perspectives and ideas are always welcome, please join us!

Please contact Rebecca Jones, PTO President, with any questions or ideas at Eisenhower.PTO.Dubuque@gmail.com

MONTH AT A GLANCE

MARCH 1	PARENT TEACHER CONFERENCES 4:10-7:50 PM
MARCH 2	PARENT TEACHER CONFERENCES 4:10-8:10 PM
MARCH 3	NO SCHOOL PARENT TEACHER CONFERENCES 7:50 AM-12:50 PM
MARCH 4	NO SCHOOL
MARCH 8	CHOIR FESTIVAL 6:30 PM @ HEMPSTEAD
MARCH 17	2nd TRIMESTER PROGRESS REPORTS SENT HOME
MARCH 21	WENDY'S NIGHT 5-7 PM
MARCH 24	NO SCHOOL-EASTER BREAK
MARCH 25	NO SCHOOL-EASTER BREAK
MARCH 28	NO SCHOOL-EASTER BREAK
MARCH 29	DISTRICT BAND FESTIVAL 6:30 PM @ SENIOR

School Nurse News!

~Mrs. Ernzen

Physical Activity Guidelines

The relationship between diet and physical activity contributes to calorie balance and managing body weight. A key recommendation of the 2015 Dietary Guidelines is to meet the Physical Activity Guidelines for Americans, which help promote health and reduce risk of chronic disease.

Remember the following:

- Regular physical activity offers health benefits for everyone
- Some physical activity is better than none.
- Most health benefits occur with at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity physical activity, such as brisk walking. You can get this amount in by being active 30 minutes 5 days a week.
- For most health outcomes, additional benefits occur as the amount of physical activity increases through higher intensity, greater frequency, and/or longer duration.
- Both aerobic (endurance) and muscle-strengthening (resistance) physical activity are beneficial.

(From: "Words on Wellness," March 2016. Iowa State Extension Office)

Parent/Student Open House Orientation for Incoming Sixth Graders

7:00 – 8:30 pm in the Eleanor Roosevelt School Auditorium

Thursday April 7, 2016

Carver Eisenhower Hoover Fulton
Sageville Audubon Prescott

Tuesday April 12, 2016

Kennedy Lincoln Table Mound Bryant
 Irving Marshall

If you are unable to attend on your assigned evening, feel free to attend on the alternate date. If you are not in the Dubuque Community School District currently or change addresses before August please call our guidance office for information at 563-552-5013 and we will help you with registration materials.

School Counselor News!

~Mrs. Klein

During the month of March, our guidance theme is *Healthy Coping Skills/Resiliency*. As we all "spring" forward into this special time of year of longer and sunnier days with warmer temperatures to enjoy the great outdoors, we can continue our path of living healthier lives. Even in the best of circumstances, it can be challenging to deal with many aspects of living. Knowing and practicing calmness, clear thinking, positive self-talk, kindness, dignity and respect of self and others can help us all to be stronger and more resilient. Taking time every so often to make a self-inventory of healthy coping strategies and practicing them as needs arise can make it easier to rebound. Even with children, setting a family goal of working on a home life with quiet, peaceful and gentle voices can provide a break from "all the drama" that we see and hear on a daily basis. We are all in this together and we can support and cheer each other along as we move throughout this New Year.