



# WEST BURLINGTON ELEMENTARY SEPTEMBER 2007 NEWSLETTER

## Principal's Note

Dear Parents/Guardians:

Great things are happening at West Burlington Elementary. In this newsletter you will read about our new "Strong Hearts for Life" program and "Have You Filled a Bucket Today?" program. Both are positive activities designed to assist students in making positive choices. The students have shown a lot of interest and enthusiasm about both programs.

We are currently administering 07-08 fall assessments. Once we gather and record the data, the teachers will be analyz-

ing it and creating plans to assist children who are below grade level in reading and math. As a parent or guardian, you may receive a call to assist in helping with your child's plan. The teacher may ask you to complete additional activities at home to support the goal in the plan. Our focus is to assist each child in meeting grade level standards. Together we can make a difference.

In future newsletters, I will be reporting the learning activities the teachers are doing on district initiatives such as Every Child Reads

(reading), Every Student Counts (math) and Differentiated Learning (all subjects). These teacher teams will be going to the AEA to learn new strategies to help students be more successful.

Please remember to not pull in the parking lot to pick up students and to drop off and pick up students only at the crosswalk. This will make it safer for everyone.

Have a great September!

Mrs. Crozier

### DATES TO REMEMBER:

- September 11 -  
School Board Election
- September 13 -  
School Pictures
- September 19 -  
Early out 1:30
- September 28 -  
Birthday Friday



## Safe Routes to School

The City of West Burlington received grant dollars to be used for making routes to school safer for children. Surveys were sent home after Labor Day to gather information in assisting the Safe Routes to School committee. The teachers are tallying information given by the students, and volunteers are around the community counting students walking and riding their bikes. The focus of the committee will be to analyze the collected data and to create solutions resulting in safer routes to school. Thank you for completing the survey and returning it to school.

## “Strong Hearts for Life”

“Strong Hearts for Life” has been implemented this year to encourage and promote healthy lifestyles for our elementary students. At the beginning of every recess all students will be expected to jog and/or walk 3 times around the cement slab prior to having the opportunity to play on the playground or other activities. Four trips around the slab equals approximately  $\frac{1}{4}$  of a mile Please support your child in this endeavor as we try to build strong hearts at West Burlington Elementary.



## “Have You Filled a Bucket Today?”

Our school is launching the “Have You Filled a Bucket Today?” program to encourage students to make positive choices, discourage bullying behavior, and practice respectful behaviors at school. Mrs. Crozier has been reading the book “Have You Filled a Bucket Today?” A Guide to Daily Happiness for Kids, by Carol McCloud to all homeroom classrooms and discussing with the students ways to fill other’s buckets.

It is a story about everyone having an invisible bucket, and its purpose is to hold your good thoughts and good feelings about yourself. A person feels very happy and good when the bucket is full, and they feel very sad and lonely when the bucket is empty. People need

other people to fill their buckets and other people need you to fill theirs. People can fill a bucket when they show love to someone, when they say or do something kind, or even when



they smile. However, people can also dip into a bucket and take out some good feelings when they make fun of someone, when they say or do mean things, or even when they ignore someone. That is being a bucket dipper. People never fill

a bucket when they dip into someone else’s bucket. When a person fills someone’s bucket, they are filling their own bucket too!

So, how does this work at school? When students see someone filling another person’s bucket, they are encouraged to fill out a slip and put it in the classroom bucket. During Character Counts assemblies (once a month) the classroom buckets will be emptied into a large bucket. Our goal is to have our buckets overflowing with positive behaviors. Ask your child about how they are filling a bucket every day.

This program can easily be adapted to behaviors at home. Don’t be a bucket dipper, fill someone’s bucket today!

## Appropriate Clothes for School

Students are expected to dress in a fashion that does not disrupt the orderly, disciplined atmosphere of the school or classroom learning environment. This means there are several items in which students should not wear to school. We know many of our classrooms are warm, but students should not be wearing the following:

- Short shirts & other attire that reveals the midriff
- Tube tops, halter tops and white undershirts
- Spaghetti strap shirts
- Miniskirts
- Short shorts
- Low-rise pants or skirts
- Exposed underwear.

Please help your child select appropriate clothing choices for school. Students will be asked to make corrections in their dress or personal appearance in order to be appropriate for an educational environment.



## “Smiles for Education” @ Hy-Vee



Hy-Vee is donating up to \$500,000 to local schools in the Mid-West. Parents, teachers and staff from our school are encouraged to enter a student in the “Smiles for Education” program each week at Hy-Vee stores. This can be done by simply registering a student’s name and their school name in the “Smiles for Education” drawing. Each week Hy-Vee will hold a drawing to select ten winning stu-

dents, and their schools. Each winning student will receive a Dell Inspiron 1501 laptop computer, and each of the winning schools will receive a donation of \$5,000 from Hy-Vee. Hy-Vee wants to give back to its communities and its loyal customers by supporting its beliefs in education and our communities. Remember to register each week.

The Nurturing Program “Because kids don’t come with instruction manuals...”

Young House Family Services is providing discussions and activities to teach positive parenting skills to parents and children 4 -12. The group will meet on Monday evenings from 6:00 to 8:00 p.m. from September 24 to November 26 at the First Presbyterian Church, 321 North 5<sup>th</sup> St., Burlington. The cost is FREE, and babysitting will be provided for children age 0-3.

Below is a list of topics:

Lesson 1 – The “Ingredients” of a Healthy Family

Lesson 2 – Family Morals & Values/ Establishing Family Rules

Lesson 3 – Power of Praise

Lesson 4 – Discipline, Rewards & Punishment

Lesson 5 – Personal Power/1,2,3 Magic

Lesson 6 – Red, White & Bruises/ Anger Management

Lesson 7 – Choice & Consequences/

Charts

Lesson 8 – Effective Communication/ Stress Management

Lesson 9 –Ignoring/Ages & Stages/ Decision Making

Lesson 10—Pot Luck Supper/ Party Games/Gifts

You may register by calling Young House Family Services, (319) 752-4000, ext. 101. Love is...learning new parenting skills to be the best parent you can be.

# ABC's For Parents

(Source: unknown)

---

**A**sk your child about the school day.

**B**egin your child's day with nourishing breakfast.

**C**ongratulate your child for doing well.

**D**iscuss homework with your child.

**E**ncourage your child to read.

**F**ind a quiet place for your child to study.

**G**ive your child responsibility.

**H**ug your child to build self worth.

**I**nclude your child in making simple family decisions.

**J**oin a library with your child.

**K**eep your child on a schedule that includes exercise and sleep.

**L**imit TV viewing by selecting programs with your child.

**M**ake the time you spend with your child special.

**N**otice and discuss changes in your child's behavior.

**O**ffer to help your child organize school papers.

**P**rovide your child with good role models.

**Q**uestion the activities your child shares with friends.

**R**espect your child's right to have opinions different from yours.

**S**hare an interest or a hobby with your child.

**T**ake time to listen to your child.

**U**rge your child to say "NO!" to unwanted touching.

**V**isit places of interest with your child.

**W**ork with your child to set up rules of behavior.

**X**erox and save records or articles that benefit your child.

**Y**ield results by encouraging your child to do better.

**Z**oom through these ABC's again and again!

---