



March

Upcoming Events

March 3 - STEM Shirt Day

March 3 - Early Release at 1:20 p.m.

March 6 - HMS-7 Visit to Allen

March 7 - PTA Meeting 6:00

March 10 - STEM Shirt Day

March 12 - Daylight Savings Time Begins

March 16 - Class Pictures

March 17 - St. Patrick's Day

March 17 - Early Release at 1:20 p.m.

March 20 - 1st Day of Spring

March 21 - March Birthday Lunch

March 21 - Gambino's Night

March 24 - Jean Day

March 27 - 31 - Spring Break

Principal's News

Returning to more information about STOIC, this month we look at "O" which stands for Observe and Supervise. Previously we discussed structuring the classroom for success and teach behavior expectations. Observe and Supervise is just what it sounds like. Effective teachers monitor student behaviors by physically circulating the classroom or playground whenever possible. Teachers frequently scan over all the parts of the classroom, observing student behaviors and interactions. The theory and research behind this is simple. When students know they are being observed they are more likely to exhibit positive behaviors. More importantly if the effective teacher has established a positive relationship with the student, then the student doesn't want to disappoint the teacher. A real life analogy to this could be related to the driving on the highway. If one chooses to drive over the speed limit they are risking a speeding ticket. However, nothing gets traffic following the speed limit like the presence of a highway patrolman or police officer. The fact that the driver knows or feels they are being observed will increase the chances of the driver to model the behavior following the speed limit.

At home, observe and supervise remain the same. Children are more likely to follow the expected behaviors when they know they are being observed or supervised. More specific examples of this would include electronic devices. Once you have taught your expectations for device usage, you may want to frequently check the apps, games, or texts they are involved with. The fact that they know you will check in at any given time may prevent misuse of the devices. Observe and supervise doesn't end with electronic devices. Really, no matter what the activity a child participates in, whether that be playing outside, with a friend, or watching TV, they should be observed and supervised frequently.

The simplicity of proximity, observing, and supervising may proactively guide students into making positive life choices setting them up for future success.

Parent Field Trip Training

If you are planning on going on any field trip with a group of students, you must be cleared through training and background screenings. The **Last training date is scheduled for March 2nd at 9:30am**. The meeting will be held at the Ad Center, 1520 North Plum. These screenings can take up to six weeks to get back.

March is National Nutrition Month

National Nutrition Month is a campaign that focuses on the importance of helping children and teens make healthy food choices and develop sound eating and physical activity habits. Here is a great website with lots of information, tips, and games for your family to learn about nutritional eating habits.

<http://www.nourishinteractive.com>

Counselor's Corner

Sarah Rodriguez



Happy March! We just wrapped up our Random Acts of Kindness Month in February. The students never cease to amaze me with all of their caring and kindness. Here are some tips for instilling Good Character and Positive Behaviors in our children: Set family rules. Communicate clear and consistent expectations for your household.

♥ Practice saying "No." Say "no" when you need to and help your children understand that you mean what you say. Children actually want you to set limits. Saying "yes" after you have said "no" ten times prior doesn't count. It only teaches your children persistence. They learn to continue to challenge you with the hope that you will finally say "yes."

♥ Teach your children patience. The "I want it and I want it now!" attitude only leads to more impatience. Teach your children that they may need to wait when you are on the phone, when you are talking to someone else and when they want a new toy or video game.

♥ Model healthy expressions of anger by using respectful words. Encourage your children to communicate their feelings in a positive and healthy manner.

♥ Treat family members with respect and teach your children that it is never okay to harm, insult or make fun of anyone in your family. Encourage them to take care of siblings and respect the personal belongings of others.

♥ Share family responsibilities. A family takes a lot of work to run smoothly. All family members can contribute to the family unit through chores and household responsibilities. Children feel a sense of pride when they believe they are contributing members of a household.

♥ Think of others. When children can see that the world doesn't only revolve around them they can begin to see the importance of giving and doing for others. This helps diminish that sense of entitlement they may feel.

♥ Have children earn or wait for those things that they "absolutely must have." You know, those toys and trinkets that they see at the store every time you go shopping. Help children to delay gratification. When they have to wait, children tend to make thoughtful decisions about what they need or want.

♥ Hold children responsible for their actions. Allow children to receive natural consequences for their behaviors. Don't rescue them from the very experiences that will teach them how to handle life's predicaments in the future.

♥ Don't soften the blow. If your children suffer from consequences and are unhappy, let them experience the discomfort. It's okay to feel sad or uncomfortable sometimes. Help your children to work through their feelings, not just push them aside. Be wary of comforting them with food, toys or things. If you realize you have been overindulgent, don't try to change everything at once. Start with small changes. Accept that your decision to not overindulge your children will not make them happy. That's okay. It's not a parent's job to see that their children are happy all of the time. In the end it's worth the changes you make. Your children will grow to be happier and more delightful to be around.



Expectations

Remember, the important **thing in life isn't** things!



AHCHOO!

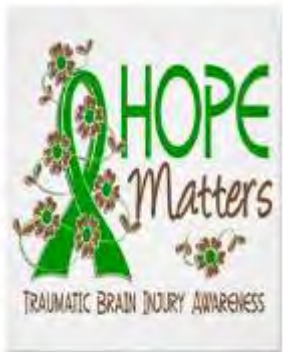
Note from the Nurse

March is Brain Injury Awareness Month Concussions

Each year, U.S. emergency departments treat an estimated 135,000 sports-and recreational-related traumatic brain injuries, including concussions, among children aged 5-18. (MMWR July 2007)

A concussion is a brain injury that disrupts the normal function of the brain. It is caused by a bump or blow to the head, neck, face, or a blow to the body that causes a sudden jarring to the head. Signs and symptoms of a concussion can present at the time of the injury or they may not present until hours or days after injury. Some symptoms include vomiting, seizures, trouble walking or sleeping, confusion, weakness, and decreased coordination. The Centers for Disease Control (CDC) has excellent resources for concussions

http://www.cdc.gov/concussion/pdf/TBI_factsheets_PARENTS-508-a.pdf



Jeans Day

As a reminder, jeans may be worn only on Jeans Day. The next Jean Day is March 24th. Friday's you may wear your STEM t-shirts but uniform pants must be worn.



PTA Happenings for March

Thank you to all of the AMAZING volunteers who helped with the Book Fair, classroom parties, and donated food items for the staff luncheon. Your support, time, and resources are greatly appreciated!

THE UNIFORM SHOP NEEDS YOUR DONATIONS!

Please drop off donations in the school office (please note-we cannot accept stained or torn items). We appreciate your contributions!



March 7th = Uniform Shop open 5:15-5:45 pm. Stock up on gently used uniform pieces for only \$1. The Uniform Shop is located in the basement (through the gym). Please remember, the Uniform Shop is run by donations and we cannot guarantee that all sizes of clothing will be available.

March 7th = PTA meeting at 6:00 in the School Library. Everyone is welcome! We would love to see you there.

March 10th = Uniform Shop open 7:40-8:00 am.

March 21st = Gambino's Night 5:00-8:00 pm.

March 24th = Uniform shop open 7:40-8:00 am.

April 13th = Mark your calendars now...the PTA is hosting a very special Family Night Carnival. More information will follow soon!



Home & School CONNECTION[®]

Working Together for School Success

March 2017

Hutchinson Public Schools



SHORT NOTES

Which way?

Improve your youngster's sense of direction by having her observe the sunset from a window in your home—that's west. Then, let her make north, south, east, and west signs to hang on the walls. Next, hide a toy, and give her directions to find it. ("Take two steps south and three steps east.") When you walk outdoors, she can try using the sun to figure out directions.

Use medicine safely

Teach your child about drug safety from an early age. If medicine is prescribed for him, read the label together, and explain that it's important to take it exactly as directed. Then, dispense doses yourself, and store it in a locked cabinet. Also, tell him he should never share medication—or accept medicine from a friend.

DID YOU KNOW?

The first day of spring (March 20) is also World Storytelling Day.

Celebrate it by spending an evening telling family stories. Your youngster will probably enjoy hearing tales from your childhood—or the story of the day she was born.

Worth quoting

"Sunshine is delicious, rain is refreshing, wind braces us up, snow is exhilarating; there is really no such thing as bad weather, only different kinds of good weather." *John Ruskin*

JUST FOR FUN

Q: What was the farmer doing on the other side of the road?

A: Catching all the chickens!



The importance of helping others

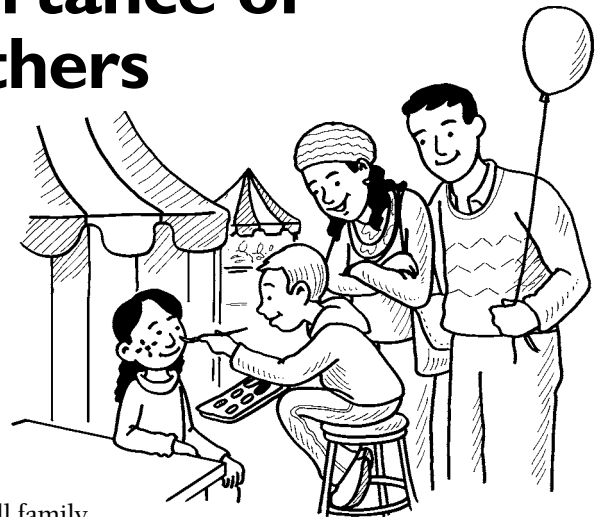
Your child will discover that the world is a better place when people help each other. Consider these ideas for raising a helpful youngster.

Take on chores

Helping starts at home, and regular chores are a good place to begin. Point out that your household runs more smoothly when all family members help take care of it. Get your child in the habit of everyday chores (washing dishes, folding laundry). Then, suggest that he look for other ways to help, perhaps cleaning the attic or weeding the garden.

Assist classmates

Let your youngster see that he has the power to help others. If he mentions someone who might need help (say, a classmate who is struggling with math facts), ask, "What could you do?" Your child could invite the student to study with him. Tell your youngster about



everyday ways you lend a hand, such as bringing morning coffee to a coworker who broke her ankle.

Volunteer together

Your child can be a community volunteer with your help. For ideas, contact the parks and recreation department, community centers, and service agencies like the United Way. Your family might take part in a park cleanup day, be a foster family for rescue dogs, or do face painting at a fund-raiser. When your youngster sees how good it feels to make a difference, he may want to make volunteering a habit! ♥

Tips for test day

Good news: Everyday strategies your youngster uses in reading and math will come in handy on standardized tests. Here's how:

- Help your child prepare for sections where she has to read paragraphs, answer questions, and give supporting details. When you read to her at home, talk about the book, and ask her to show you *evidence* to back up her ideas and opinions.
- Your youngster may be asked to show how she solves math problems during the test, just like she does on regular assignments. Tell her that it's better to write too much rather than not enough, especially if the test isn't timed. She might also include drawings, such as a sketch showing how she found the area of a trapezoid. ♥



It's cool to learn new words!

At home or on the go, your youngster can expand her vocabulary. Try these suggestions.

My word wall. Many classrooms have word walls—why not let your child make one at home? Her closet door, a side of the refrigerator, or any other open spot will do. She could write words she



is learning on index cards and arrange them by category. *Examples:* History words (*expansion, treaty*), science terms (*photosynthesis, mineral*). Each time she adds a word to her wall, ask her what it means. Then, she can refer to the wall as she does her homework or writes stories.

Games to go. In the car, let your youngster pick a random letter (say, G), and take turns calling out something you see that begins with

that letter (*grass, gazebo, girl*). If you say an unfamiliar word, point out the item so she learns it. When you reach the next block, someone else can pick a different letter. *Tip:* Later, help her remember the words by asking questions like “What was that round wooden structure that started with G?” (*gazebo*)♥

ACTIVITY CORNER

Structural engineering

Your child will have fun exploring engineering with homemade building blocks. Share these steps.



1. Make triangle blocks

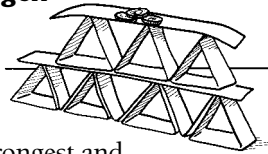
Let him cut poster board, file folders, or index cards into 24 strips, each about 1" x 5". Then, have him fold each strip into thirds, bend it into a triangle, and tape the ends together. (*Note:* He should save a few unfolded strips to use for building.)

2. Build a structure

Encourage your youngster to experiment with different designs. He can fit triangles together into rows with every other block pointing up, lay an unfolded strip on top, and continue alternating layers. Perhaps he'll make the rows all the same length or make them different lengths.

3. Test strength

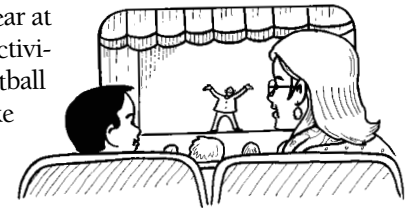
Ask your child to check each structure to see which design is the strongest and most stable. He could put a strip of paper on top and add pennies, counting as he goes, until the structure topples. Which arrangement of blocks holds the most pennies?♥



PARENT TO PARENT

Spring events: A family affair

The last quarter of the year at my son Andy's school is always filled with fun activities like plays, concerts, a student-teacher basketball game, the book fair, and curriculum nights. I like to attend or take Andy to as many as possible, but I'm a single mom with two jobs, so we usually end up missing some.



This year, I sent the calendar of events to my mom, my brother, and my cousin, and I asked whether they could each take Andy to one. They were happy to help! My mom took Andy to the school play, and my brother is going with him to the basketball game. My cousin, who's studying to become a teacher, is excited about literacy night.

I'm relieved that my son will attend so many evening activities. And Andy looks forward to sharing his school events with other family members.♥

Q & A

Encourage good school behavior

Q: My daughter has been misbehaving in school. The teacher sent home a note saying she's goofing off and not listening. What should I do?

is struggling in a particular subject, or maybe sitting beside her best friend makes it a challenge for her to follow the rules.

Then, talk to your daughter about the importance of behaving well in school.

A: First, contact your child's teacher. Find out when your daughter tends to act up, maybe during silent reading time, in the hallway, or at lunch. Together, you and the teacher might be able to figure out what triggers the behavior. Perhaps she



Discuss strategies for solving the problem like asking for help when an assignment is hard or sitting near different kids. Finally, plan to keep talking to your child and to stay in touch with the teacher to make sure her behavior improves.♥

OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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March 2017

Magnet School at Allen Breakfast

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|---|
| | | 1 Entrée Choice: • French Toast Sticks served with Syrup • Chocolate Mini Wheats Choice of Sides: • Fresh Banana • 100% Fruit Juice | 2 Entrée Choice: • Biscuit & Gravy • Lucky Charms Choice of Sides: • Chilled Mandarin Oranges • 100% Fruit Juice | 3 Entrée Choice: • Blueberry Muffin and Go-gurt Yogurt • Honey Nut Cherrios Choice of Sides: • Fresh Apple Half • 100% Fruit Juice |
| 6 Entrée Choice: • Breakfast Pizza • Cocoa Puffs Choice of Sides: • Chilled Pineapple • 100% Fruit Juice | 7 Entrée Choice: • Mini Chocolate Donuts • Golden Grahams Choice of Sides: • Mixed Fruit • 100% Fruit Juice | 8 Entrée Choice: • Pancakes served with Syrup • Chocolate Mini Wheats Choice of Sides: • Chilled Peaches • 100% Fruit Juice | 9 Entrée Choice: • Sausage on a Stick • Lucky Charms Choice of Sides: • Chilled Pears • 100% Fruit Juice | 10 Entrée Choice: • Chocolate Chocolate Chip Muffin and Go-gurt Yogurt • Honey Nut Cherrios Choice of Sides: • Chilled Applesauce • 100% Fruit Juice |
| 13 Entrée Choice: • Bacon Scramble Breakfast Pizza • Cocoa Puffs Choice of Sides: • Fresh Orange Wedges • 100% Fruit Juice | 14 Entrée Choice: • Mini Cinnis • Golden Grahams Choice of Sides: • Tropical Fruit • 100% Fruit Juice | 15 Entrée Choice: • French Toast Sticks served with Syrup • Chocolate Mini Wheats Choice of Sides: • Fresh Banana • 100% Fruit Juice | 16 Entrée Choice: • Biscuit & Gravy • Lucky Charms Choice of Sides: • Chilled Mandarin Oranges • 100% Fruit Juice | 17 Entrée Choice: • Blueberry Muffin and Go-gurt Yogurt • Honey Nut Cherrios Choice of Sides: • Fresh Apple Half • 100% Fruit Juice |
| 20 Entrée Choice: • Bacon Scramble Breakfast Pizza • Cocoa Puffs Choice of Sides: • Chilled Pineapple • 100% Fruit Juice | 21 Entrée Choice: • Mini Pwd Sugar Donuts • Golden Grahams Choice of Sides: • Mixed Fruit • 100% Fruit Juice | 22 Entrée Choice: • Pancakes served with Syrup • Chocolate Mini Wheats Choice of Sides: • Chilled Peaches • 100% Fruit Juice | 23 Entrée Choice: • Sausage on a Stick • Lucky Charms Choice of Sides: • Chilled Pears • 100% Fruit Juice | 24 Entrée Choice: • Chocolate Chocolate Chip Muffin and Go-gurt Yogurt • Honey Nut Cherrios Choice of Sides: • Chilled Applesauce • 100% Fruit Juice |
| 27 No School | 28 No School | 29 No School | 30 No School | 31 No School |

Milk Available Daily: Available Everyday., 1% Lowfat Milk , Chocolate Skim Milk , Served on Fridays:, Strawberry Skim Milk

Assorted Juice- Nutrition Information: Apple Juice , Grape Juice , Orange Juice

More Details: <http://usd308.nutrislice.com/menu/magnet-school-at-allen/breakfast/>
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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

- Taco Burger served with Lettuce Tomato Salsa Cheese
- Choice of Sides:**
- Fresh Kiwi
 - Seasoned Corn
 - Refried Beans

2

- Pulled BBQ Chicken Sandwich served with BBQ Sauce
- Choice of Sides:**
- French Fries served with Ketchup
 - Cucumber Slices served with Ranch Dip
 - Chilled Peaches

3

- Chicken Drumstick
- Choice of Sides:**
- Mashed Potatoes served with Gravy
 - Garden Salad choice of Ranch Dressing or Dorothy Lynch Dressing
 - Clementine
 - Hot Roll served with Margarine

6

- Fiestada Pizza served with Salsa
- Choice of Sides:**
- Refried Beans
 - Rosy Applesauce
 - Seasoned Corn

7

- Cheeseburger served with Lettuce Tomato Ketchup Mustard Pickles
- Choice of Sides:**
- French Fries
 - Chilled Pears
 - Baby Carrots

8

- Chicken & Noodles
- Choice of Sides:**
- Mashed Potatoes
 - Calif. Mixed Vegetables
 - Chilled Mandarin Oranges
 - Hot Roll served with Margarine

9

- Papa John's Pepperoni Pizza
- Choice of Sides:**
- Garden Salad choice of Ranch Dressing or Dorothy Lynch Dressing
 - Strawberries & Bananas
 - Green Beans

10

- Corn Dog served with Ketchup Mustard
- Choice of Sides:**
- Emoji Fries
 - Broccoli & Cheese
 - Grapes
 - Carnival Cookie

13

- Mac & Cheese served with Little Smokies
- Choice of Sides:**
- Sweet Peas
 - Baby Carrots
 - Chilled Peaches
 - Hot Roll served with Margarine

14

- Taco Salad served with Lettuce Salsa Cheese
- Choice of Sides:**
- Refried Beans
 - Fresh Kiwi
 - Seasoned Corn

15

- Penne Lasagna
- Choice of Sides:**
- Garden Salad served with Ranch Dressing or Dorothy Lynch Dressing
 - Calif. Mixed Vegetables
 - Fresh Banana
 - Cheese Breadstick

16

- Turkey Sandwich served with Lettuce Mayo
- Choice of Sides:**
- French Fries served with Ketchup
 - Seasoned Broccoli
 - Fresh Orange Wedges
 - Sugar Cookie

17

- Chicken Nuggets
- Choice of Sides:**
- Mashed Potatoes served with Gravy
 - Mixed Fruit
 - Seasoned Carrots
 - Hot Roll served with Margarine

20

- Hotdog served with Ketchup Mustard
- Choice of Sides:**
- Curly Fries
 - Baked Beans
 - Chilled Pineapple

21

- Roast Beef
- Choice of Sides:**
- Mashed Potatoes served with Gravy
 - Garden Salad served with Ranch Dressing or Dorothy Lynch Dressing
 - Blushing Pears
 - Hot Roll served with Margarine

22

- Breaded Chicken Sandwich served with Tomato Lettuce Mayo
- Choice of Sides:**
- Seasoned Wedges
 - Grapes
 - Fresh Broccoli

23

- Cheese Pizza
- Choice of Sides:**
- Garden Salad served with Ranch Dressing or Dorothy Lynch Dressing
 - Fresh Strawberries
 - Green Beans

24

- Chili Cheese Crunch
- Choice of Sides:**
- Baby Carrots
 - Celery Sticks
 - Fresh Orange Wedges
 - Cinnamon Puffs

27

No School

28

No School

29

No School

30

No School

31

No School

Milk Available Daily: Available Everyday:, 1% Lowfat Milk , Chocolate Skim Milk , Served on Fridays:, Strawberry Skim Milk

More Details: <http://usd308.nutrislice.com/menu/magnet-school-at-allen/lunch/>
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