

# Polk Elementary School

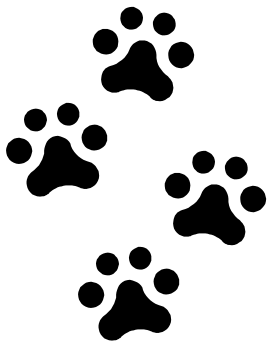
## “News from the Pride”

September 2009  
Volume II, Edition 2



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Cherryl C. Matthews, Principal  
“Goal Directed In Our Golden Year”

## Flu Season Tips

There are some things that everyone can do to slow the spread of the flu and reduce its impact, whether the viruses involved are seasonal or pandemic flu viruses:

Get your yearly flu shot

- Wash your hands with soap and water frequently. This will reduce the chance of spreading flu from one person to another.
- When using an alcohol-based sanitizer, use directed amount of sanitizer, rub thoroughly over all surfaces of the hands, including nail areas and between the fingers. Rub until product dries.
- Cover your mouth and nose with a tissue when you cough or sneeze and clean your hands afterwards. If you don't have a tissue or cloth, cough or sneeze into the inside of your elbow or upper arm.
- Keep your hands away from your eyes, nose and mouth to keep flu germs from entering your body.
- Stay home if you are feeling sick. Get plenty of rest and drink lots of fluids.
- Avoid close contact with people who are sick. Avoid sharing objects such as utensils, cups, bottles and telephones. If you must share, disinfect the objects before using them.
- Keep your living and work areas clean.

The flu, also known as influenza, is a contagious respiratory disease caused by influenza viruses. In the US, there is a flu season that begins every fall and ends every spring. Sometimes a new type of flu virus may emerge that people have no resistance to. When people have no resistance to a flu it can spread more easily from person to person around the world in a very short time, causing serious illness and death. This kind of flu is called “Pandemic Flu”. Some of the symptoms are:

- Stomach problems, such as nausea, vomiting, diarrhea
- Muscle aches and pains
- Fever
- Sore throat
- Cough



## Upcoming Events

- ☉ "Meet My Dad" Parental Workshop  
Thursday, September 24, 2009  
1:00 PM , School Library
- ☉ "Muffins with Mom" Parental Workshop  
Friday, September 25, 2009  
School Library
- ☉ Early Release Day  
Wednesday, September 16, 2009  
12:30 PM
- ☉ Literacy Night: Hats off to Reading  
Thursday, October 9  
6:00 PM  
School Auditorium
- ☉ October 12, 2009 Columbus Day Holiday  
**No School!**
- ☉ Parent Teacher Conferences  
Early Release Days  
Wednesday, October 15,16,& 21  
12:30 PM

**Please do not forget to make arrangements for your child and Schedule your Parent -Teacher conference.**

- ☉ Report Cards go home  
Monday October 19, 2009
- ☉ First Nine Weeks Awards Ceremony  
Friday October 23, 2009  
1:00 p.m.
- ☉ Social Studies Fair  
Friday, October 31, 2009  
School Auditorium

**All parents are invited to come and view the Social Studies projects put together by the students of Polk Elementary.**



## Teacher's Corner

**Just a few friendly reminders from the teachers at Polk Elementary School:**

### What is SW-PBIS?

School-wide PBS (Positive Behavior Interventions and Supports) is a process for creating safer and more effective schools. SW-PBS is a systems approach to enhance the capacity of schools to educate all children by developing research-based, school wide, and classroom discipline systems. The process focuses on improving a school's ability to teach and support positive behavior for all students. Rather than a prescribed program, SW-PBIS provides systems for schools to design, implement, and evaluate effective school-wide, classroom, non-classroom, and student specific discipline plans. SW-PBS includes procedures and processes intended for:

- **ALL students, ALL staff and in ALL settings**
- **Non-classroom settings within the school environment**
- **Individual classrooms and teachers, and**
- **Individual student supports for the estimated 3-7% of students who present the most challenging behaviors**

**SW-PBIS is not a program or a curriculum (there is no kit). It is a team-based process for systemic problem solving, planning, and evaluation. It is an approach to create an environment where school-based teams of educators are trained:**

- **Systems change**
- **Effective behavior management principles and practices; and**
- **Applications of research-validated instruction and management practices.**

### Fundamentals of PBS

1. Establishing clear expectations for all students in all settings of the school
2. Identifying positively stated rules for each expectation tailored to every setting of the school
3. Teaching students these expectations and rules
4. Reinforcing students who behave according to the school's expectations/rules
5. Differentiating between minor (classroom-managed) and major (office-managed) behaviors
6. Developing specific consequences for students who choose not to conform to school expectations/rules
7. Ongoing evaluation of behavioral data and academic data

## Reading and Math Tips for Parents Continued . . .

### Literacy Tips Continued. . .

- Invite your child to read the newspaper with you. Talk about an article that is on a subject of interest to your child. Even young children can gain information from pictures and can read some of the comic strips.

### Math Tips

- Try some of these activities at home with your child to get them interested in math!

### Math Is Everywhere

Whether you are at a restaurant or grocery store, in the car or on vacation, challenge your child to:

- 1) Estimate distance when traveling, and then verify it with an odometer or map.
- 2) Estimate the total bill at the restaurant before it arrives, or the cost of your groceries in the cart.
- 3) Estimate weight of produce, and then weigh on the scale to check.
- 4) Take apart cereal boxes to see how the 3-D shape is made from 2-D shapes.
- 5) Help you budget how much money to spend on your next vacation or shopping trip.
- 6) Count change at the cash register.

### Fractious Fractions

Working with fractions can be troublesome for kids, but you can do a lot to help if you make them real. How? Fractions represent equal parts of a whole, but that whole may be a single object, like an apple, or it may be a group of things, like a bunch of grapes. So next time you have an apple and some grapes handy (or any other examples you come up with) invite your child to show you half of each whole. Ask: How are these two examples of  $\frac{1}{2}$  the same? (*The whole is divided into two equal parts.*) How are the examples different? (*The halves represent different quantities.*) Repeat with other fractional amounts.

### Learning the Times Tables

Make a game out of looking for patterns in the multiplication facts. Multiply by 2, for example, and the product always ends in 0,2,4,6, or 8. When you multiply by 5 and look at the product, the number in the ones place is always 5 or 0. What other patterns can you find?

Make a Hundreds Chart. On a grid or graph paper, write the numbers 1-10 in the first row of squares, 11-20 in the second row, and so on until you complete the 91-100 row. Then use the chart to locate and color the multiples of different numbers.

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**Please sign and return this coupon with your child tomorrow:**

I, \_\_\_\_\_, have read and received the Polk Elementary  
(Parent/Guardian Name Here)  
September 2009 Newsletter.

## Parental/Community Involvement

Parents and Community Partners,

I would like to start by thanking all those that were able to make it out to Polk Elementary 2009-2010 Open House. It was truly a success! I enjoyed meeting many of you and I hope that the information you received was beneficial and enlightening.

So far we have had a great year and there are still several important events on the calendar including:

- Meet My Dad
- Muffins with Mom
- First Nine Weeks Awards Ceremony
- Literacy Night
- Parent-Teacher Conferences, and
- the Social Studies Fair

Parental involvement is necessary to the success of your child and Polk Elementary. Teacher conferences are a great way to learn you child's strengths and weaknesses. Conferences also enable open and continuous communication between parents and educators. We hope that you will be able to come out and participate in our upcoming events. More information will be sent home as reminder of the upcoming events.

Parents remember flu season is around the corner. There are some things that everyone can do to slow the spread of the flu and reduce its impacts. Make sure your child wash their hands with soap and water often. This will reduce the chance of spreading the flu from one person to another. Please feel free to stop by anytime. Remember, I am here for you and your child (ren)! I am determined to make this year a success for you and the students and Polk Elementary School as a whole.

*Mr. Jimmie Brown*  
*Parental Involvement Coordinator*



*Notice: Parents if you would like for your child(ren) to receive Dental care here at Polk Elementary please complete the Dental form and return it back to the school.*

*For more information call the school at 225-383-2611*

## Reading and Math Tips for Parents

### Literacy Tip

Get your child excited about reading. Try one of these helpful tips to inspire and awaken the reader in your child!

- Find movies based on books. Then read the book and compare or vice-versa.
- Subscribe to magazines targeted at your child's interests.
- Have a reading light in your child's room so he/she can read anytime.
- Start your child on series books.
- Get children hooked on books by beginning a book and allowing them to finish on their own.

*Open house was truly a success. I enjoyed meeting many of you and I hope that the information shared was beneficial and enlightening.*

*-J. Brown*

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