



Paton-Churdan Community School



February 2017

Lunch Reminder

February lunch money is now due. Cost of student lunch is \$54 and breakfast is \$33. Reduced prices remain at \$8 for lunch and \$6 for breakfast. We ask that all families pay the first of every month to keep a positive balance in student accounts.

Preschool is "In A Stitch" over the Clothing Study

by Mrs. Olson

The PC Preschoolers have been studying clothing recently. This study entails everything from fabrics, colors, textures, patterns, sizing, laundering, uniform use, and more! They have been washing clothes, designing shirts, shopping in our clothing store, dressing up, tallying types of clothes, and showing off some of their favorite clothes.

The preschoolers had some visitors who shared their expertise in knitting and crocheting. They also visited the Laundry Depot in Jefferson to see what a laundromat was like.

They will be taking more field trips to

DIABETES BUSTERS

On Tuesday, January 24th, Ame Bolles, from the American Diabetes Association, came to the Paton-Churdan School and presented an educational program about diabetes to the 3rd & 4th grade classrooms. The aim of the program is to raise awareness about diabetes with students and their families and to educate them about ways to prevent diabetes.

The program started with each student taking a short test to assess baseline knowledge about diabetes and overall health. This was followed with discussion about what diabetes is, what organs of the body play a role and are affected, the difference between Type 1 & Type 2 diabetes, and some common myths students may have regarding diabetes such as, can you "catch" diabetes?

Ame then showed the students product labels from healthy and non-healthy foods and explained the different terms listed. She also showed the food plate and recommended servings from each food group.

The final activity was encouraging physical activity. The students had to run laps or perform another activity to balance their food intake. They learned that eating 3 cookies required more exercise to burn off the calories than a serving of fruit.

At the end of the program, the students received a "goody bag" with information to share with their family. They also received a diabetes bracelet and a pedometer to keep track of their steps.

We truly appreciate Ame coming to Paton-Churdan to share her knowledge about diabetes and early prevention. Parents ask your 3rd or 4th grade student about this program and encourage them to help you make healthy, nutritious food choices for your family.

— Kathy Beckman, RN
Paton-Churdan School Nurse

8TH Grade Proud Class~January



2nd Grade Proud Class~January



CAPS Lessons

By Mrs. Towers

All Kindergarten through 5th grade students receive weekly CAPS lessons. CAPS lessons focus on the three domains of a well-rounded school counseling program designed to offer the most benefit to all students, Careers, Academics, and Personal/Social skills. Below is a reCAP of topics and lessons during January. I often encourage students to take work home and tell their parents about what we are learning in CAPS. I now encourage you to talk to your child about CAPS lessons and find times to incorporate these lessons into your daily interactions.

K- We continued our focus on emotions. We discussed how to recognize when we're getting angry and then some skills to properly handle that anger, with an emphasis on our 3 rules to anger. Ask your student if they can tell you the three rules! We also began talking about empathy, which is a fancy word for understanding how others feel and caring about how they feel.

1st- With the start of the new year, we reviewed setting goals and what is needed to be successful with our goals. We also reviewed the need for a growth mind instead of a fixed mind. A growth mind allows us to accept challenges and not give up. At the end of the month we went back to discussing emotions starting with anger. We learned the three rules to anger-- it's okay to be angry, but we must not hurt others, ourselves or property! We sang "If You're Angry and You Know it." This gave us new tools to help us properly handle our anger. Our second emotion was learning about empathy and determining how someone might feel in given situations.

2nd & 3rd- Both 2nd grade and 3rd grade started discussions on habits. It is encouraged they build positive habits for the 2017 year. We will learn seven habits based off of Sean Covey's, "7 Habits of Happy Kids." So far we have discussed-- Be Proactive and Begin with the End in Mind. In addition to discussing new habits for 2017, we continued our PEACE Club meetings. We learned four additional strategies to use when dealing with small friendship problems-- go to another game, stick with friends, wait and cool off, and make a deal.

4th- We are flying through discussions based off of positive habits for 2017. Discussions are based off of Sean Covey's, "7 Habits of Happy Kids". We've reviewed being proactive, beginning with the end in mind, putting 1st things 1st and thinking win-win. Please encourage your student to explain these habits to you!

5th- 5th graders were introduced to the importance of goal setting and making sure goals are SMART (specific, measurable, attainable, realistic and time-bound) goals. They've all set SMART goals and I'll be checking in with them as the year goes on to see how they are doing with their goals. We also continued our discussions of being mindful with a lesson focusing on mindful tasting.

Please take the time to see what your student can tell you about these lessons and incorporate your own lessons. Building the social and emotional skills discussed throughout the month cannot be mastered in a weekly 30-45 minute lesson. Thank you for your support!

Instrumental Music News

by Ms. Wilke

This year, we had five students accepted into the Buena Vista University Honor Band on Saturday, February 25. Hannah Bundt was chosen for the middle school honor band and Kalysa Baker, Jenna Beyers, Kaleb Fisher, and Madilyn Minnehan were chosen for the high school honor band.

The students will spend the day rehearsing at BVU and will present a concert at 5:30 that evening in the Schaller Memorial Chapel at BVU in Storm Lake.

It's Your Skin!

Friday, January 20th representatives from the John Stoddard Cancer Center and UnityPoint Health talked to 9th-12th grade students about protecting your skin to avoid the dangers of skin cancer. In addition to a powerful presentation, students had the chance to look through the Dermascan to see the current condition of their face (see pic of Mrs. Smith getting ready to look into the Dermascan below).

High school students are encouraged to take the It's Your Skin Iowa pledge to not use tanning beds. Several schools across the state are participating. The school with the best percentage of



Large Group Speech Competition

by Mrs. Pace

Congratulations to the Large Group speech team who attended District speech contest at the Perry site on Saturday, January 21st. We had two groups perform at contest: Group Improvisation and Short Film. Our Group Improv was our returning trio consisting of senior Autumn Gannon, and sophomores Jenna Beyers and Megan Carey. Their performance received a two rating. Short Film consisted of sophomores Megan Carey, Briana Jewett, Carter Meseck, Eric Sabus, Ty Lynn Smith, Mason Sorenson, Eric Thompson, and freshman Kyla Beyers. Their film received a one rating and will be advancing to State at West Des Moines Valley on February 4.