

McNotes

Brennan McLaughlin, Principal
January-February 2010 Issue #4



PE focus for the month: *Running the mile in 15 minutes*

Word of the Month:

Tolerance – Respecting the dignity and rights of all persons, even those whose beliefs and behaviors we disagree with.

Principal's Message:

We are one month into our new year – 2010! I hope everyone enjoyed their December break with family and friends.

“Congratulations” to our first-grade teacher Mrs. Thorpe and second-grade teacher Mrs. Russell who have had their babies.

A special ‘thank you’ to their substitute teachers, Mrs. Smith and Mrs. Mauricio, who have been educating the first and second graders during their absence.

On February 1, our students participated with schools all across the United States in the Guinness Book of World Records jump roping, record-setting event. This event was sponsored by the American Heart Association. “Thank you” Mrs. Lederman and Mrs. Robbins for organizing this event at our schools.



The third phase of enrichment at Clover Flat includes music with Mrs. Drake and Readers Theater with Mrs. Robbins. We are looking forward to group performances in the future.



As we begin the month of February, we will be starting our preparation for the California State testing which begins the week of April 26, two weeks after Spring Break.

Mr. McLaughlin

Attendance = Success

Attendance makes a difference. Teachers can't teach students who aren't in school, are late to school, or leave early.

- ∞ Make sure your child is in school every day.
- ∞ Don't schedule medical appointments during school hours.
- ∞ Don't take your child out of school for a family trip or activity.
- ∞ Don't allow your child to be tardy. Have your child get ready the night before so they can get to school on time.

Good Health = Success

Getting ready for school requires more than just studying.

- ∞ **Breakfast** – get in the habit of taking time for a nutritious breakfast every day. Even toast and a piece of fruit will provide body and brain energy.
- ∞ **Sleep** – everyone needs a regular sleep routine every school night. Most children need at least eight hours of sleep each night.
- ∞ **Exercise** – exercise every day to increase oxygen to the brain to help with thinking and memory.

Read for Success

A child who can read well is more likely to succeed in school and do well on tests. Here are some reading skills that are important for success and ways to help improve:

- ∞ **Comprehension** – recognizing, pronouncing, and making sense of what words say. Comprehension is often measured by finding the main idea in an article or story.

Use a newspaper or a magazine article. Cut out a short article and cut off the headline. Have your child read the article and write a headline that summarizes the main idea. Compare your child's headline to the article's headline.

Use Nonfiction. Nonfiction writing is about real people, places, and things. Many tests use nonfiction text for reading comprehension. So ask your librarian to help your child find interesting nonfiction books to read. Then ask your child to tell you the main idea of a paragraph or a chapter from a nonfiction book.

∞ **Reading Rate** – Reading rate is the speed at which a child reads. Since most tests are timed, it's important for your child to have a good reading rate. Just remember, it doesn't help your child to read faster if your child doesn't also have good comprehension. Here's how you can help:

Schedule reading time every day. Research shows that students who read every day are more likely to read faster.

Have your child read silently. Sometimes a child reads slowly because they are whispering the words aloud.

∞ **Vocabulary** – the more words your child knows, the more likely they are to do well. So help your child:

Learn a new word every day. Find words in the books your child is reading. Each morning or evening help your child write a new word on a file card. Write the definition on the back. At dinner, have family members try using the word in a sentence. At the end of the week, review all the cards.

CELL PHONES

Your child may bring a cell phone to school; but for security reasons, it must be kept in their backpack and turned off so as not to disturb the learning environment. If you need to leave your child a message, please go through the school secretary.

