

Stewart Shuttle

Stewart's Vision Statement:

"Stewart School is a nurturing, safe and positive community that respects and values all individuals and inspires lifelong learning."

Volume 23, Issue 7

March, 2011

THE PRINCIPAL'S POSITION

The Rewards of Reading

You know how important it is to read to your children. Children whose families read with them do better in school. And the bonds that you make with your children when you read with them help them feel loved, comforted, and secure. Like most families, you want to read with your children, but somehow days can go by without you sitting down with them and opening a book. The key is to make it a priority. Here are several suggestions to help your children improve their reading skills.

Fifteen minutes a day can change their lives. You may be surprised to know that educators recommend just 15 minutes a day of reading, as a minimum. Like exercise, of course, longer sessions are even more beneficial.

Focus on their interests. Reading with you should be for pleasure, so get books from the school or public library that feature characters or topics they're really interested in. It doesn't matter if they're reading a book about NASCAR or NASA—either way, they're reading!

Be a patient listener. It can be difficult listening to your children struggle while reading. But think how terribly important it is that they succeed. Don't jump in and finish the sentence for them, no matter how slowly they're reading. Instead, encourage their effort and let them see that you're proud they're reading, and not annoyed that it's taking so long

But first...Kids make time for a lot of extras in their day. So do parents. TV shows, computer games, and going online can eat up surprising amounts of time. Read first—before the computer goes on or their favorite TV show comes on.

Report to Parents, written to serve elementary and middle-level principals, may be reproduced by National Association of Elementary School Principals members without permission.

Rhoda Harris, Stewart Principal

A NOTE FROM THE NURSE

With spring just around the corner it is a great time to think about getting healthy. What can we do to keep our bodies healthy?

1. Exercise or stay active- encourage your child to be active after school with at least an hour physical activity each day. This could include walking the dog, swimming at the YMCA, or just playing outside.
2. Eat healthy food-keep junk food and sweets to a minimum. Provide your children with healthy choices for snacks, such as fresh fruits and vegetables.
3. Drink plenty of water each day.
4. Get 8-10 hours of sleep each night.

There is no doubt that when we do the above, we feel our best. Sometimes it's hard to get the ball rolling, so start out slow. Maybe for starters, just work on the exercise a few days a week and drink an extra glass of water each day. You can then build on that. Good luck!

Shelly Hoffman, School Nurse

TITLE TIDBITS

Family Math Night Statistics

On January 27th, 127 people attended family math night. Families counted and sorted Fruit Loops, played fun math games and enjoyed counting with physical education activities in the gym. Children and their parents responded to many questions. Here is what we found out about families from Stewart.

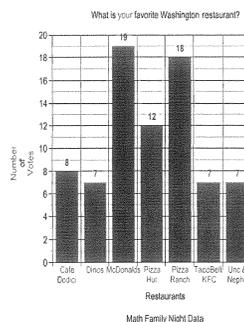
*Favorite Color – Blue (24) with Red as the second favorite (17)

*Most families watch TV together as a family during the week.

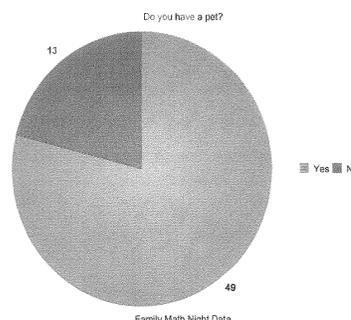
*Cheese Pizza is the pizza flavor of choice.

*Most families would like to go to a beach for a vacation.

We graphed the results of 2 of the questions asked.



Cafe Dodici	8
Dinos	7
McDonalds	19
Pizza Hut	12
Pizza Ranch	18
TacoBell/KFC	7
Unc & Neph	7



Yes	49 (79%)
No	13 (21%)

NEXT FAMILY NIGHT... TUESDAY, MARCH 1, 5:00-6:30PM We will be celebrating our love of reading with an evening of exciting reading activities.

Come have a light supper...Read...Eat... and FEED YOUR BRAIN!

-Title Teachers

On Thursday, January 27, we had our Stewart Family Math Night. We had a great turn out of families coming together to experience math together. We had several give-aways, as well. The following students received a free game to take home after math night.

Areil Mills	Spencer Sotelo
Aidan Miller	Emma Herr
Makenna Conrad	Emma Stalder
Justin Davis	Harley Miller
Ella Leyden	Allison Hamilton

The following families each received a gift card to Hy-Vee. The family of Samantha Smith, and the family of Kole Williams.

Congratulations to all of you!!!

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FEED YOUR BRAIN

Mark your calendars! Stewart Elementary will be hosting a food drive from February 14 – March 11. Bring any non-perishable items to your classroom. The theme of this event is "Feed Your Brain" and will highlight specific themed items each week.



Feb. 14 – 17: Fruits and Veggies

(canned, dehydrated or dried fruits and veggies)

Feb. 21 – 25: Paper Products

(diapers, paper towels, napkins, toilet paper)

Feb. 28 – Mar 4: Boxes

(cereal, macaroni and cheese, stuffing, pasta)

Mar 7 – Mar 11: Your Favorites

(powdered milk, pb and j, sauce, meats, etc)

The Stewart Office will also house a jar for spare change.

Bring in any coins that you would like to donate to the cause.



Let's see if we can fill it!

THE GUIDANCE CORNER

HAPPY MARCH!

As your partner in the ongoing education of your student, I would like to share with you that large group guidance lessons during April will present the Safetouch program.

During the lessons, we discuss general safety rules including topics like fire safety (Stop, Drop, and Roll), car safety (seat belts), bicycle safety (helmets), and other types of safety.

We also discuss ways to keep our bodies safe because we are the bosses of our own bodies and we get to say who can and can't touch our bodies. We discuss touch on the skin or on the clothes from a different person. There are three types of touches we can have on our bodies:

1. Good Touch – A good touch makes us feel happy and comfortable and safe and loved.

2. Bad Touch – These touches make us feel sad, angry, afraid, or hurt.
3. Secret Touch – A secret touch can make us feel confused, upset, or mixed up inside. A secret touch happens when someone touches us on the private parts of our body and then makes us keep it a secret or tells us not to tell anyone. The private parts of our bodies are those parts that are covered up by our swimsuits.

Safetouch Rules include:

1. Say No! We practice in a loud voice together.
2. Run away.
3. Tell an adult.

The children view a video appropriate for their developmental level. Following the video we discuss key points included in the video, we practice the Safetouch Rules, and we discuss who students can go to for help.

We encourage you to continue conversations about ways your child can advocate in keeping safe.

If you have any questions about this lesson or would like additional information, please contact me at 319/653-3244.

"Good Things are Cooking at Stewart Elementary"

A wonderful collection of over 350 recipes from the staff, students and families of Stewart Elementary School



Order your copy today! The books are \$10 each with all proceeds to be used for Stewart Boosters projects at Stewart Elementary. You may choose to have your book shipped to you for an additional \$2.

Questions:

Call Melissa Westphal at 319.461.2390
or e-mail: melissawestphal@hotmail.com



Stewart Boosters, Inc.

www.stewartboosters.org
stewartboosters@hotmail.com

A NIGHT AT THE ACADEMY AWARDS
MURDER MYSTERY DINNER
WASHINGTON GOLF & COUNTRY CLUB

SATURDAY, MARCH 19

SOCIAL HOUR: 5:30 PM DINNER: 7:00 PM

Call Stewart Elementary for more information at 653-3244. Make your reservations today!!!!!!