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# JANUARY 2010 NEWSLETTER

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## Principal's Perspective

Welcome to 2010. As I look back, it is hard to believe it is 2010. There have been many changes at Ella Canavan since we started the school year. After 30 years in education, Mrs. Pat Horton, our Intervention Specialist retired from teaching at the end of November. I would like to welcome Mrs. Karissa Liston as our new Intervention Specialist. She joins us from the Heritage staff. The other big change everyone has noticed is the reduction in transportation. I would like to thank everyone for their patience and cooperation as we put the transportation plan in place. It will take time to get the routine down, but I know everyone will work together to make this a success. As we move through 2010, please take time to reflect and remember what is most important...your family. If we all work together we can make 2010 a great year.

### Reminder-No School-January 15 and January 18

Medina City Schools will be closed on Friday, January 15<sup>th</sup> for a Teacher Report Day/Work Day and Monday, January 18<sup>th</sup> for Martin Luther King Day. Students will not have school on either of these days.

### Yearbook Sale

Yearbook order forms will go home just after break. The sale runs through February 12<sup>th</sup>. Each color memory book is \$15.00 and checks should be made out to Ohio School Pictures.

### Report Cards

The second grading period for 3<sup>rd</sup> – 5<sup>th</sup> ends on Thursday, January 14<sup>th</sup>. Report cards will be sent home on Friday, January 22<sup>nd</sup>.

### Magazine Sale

Our annual magazine sale begins on January 12<sup>th</sup> through January 27<sup>th</sup>. Proceeds are used by classroom teachers to support Ella Canavan's science program. This is a great way to purchase magazines you may be interested in or to renew magazines you are currently subscribing to but at a lower cost. Each year we incur great expenses restocking the many consumable items we use for science. We have also used this money to purchase technology throughout the building. This sale is not affiliated with Canavan PTO.

### P M Kindergarten Reminder

P. M. Kindergarten starts at 1:00 p.m. Students should not be at school before 12:50 p.m. There is no supervision for students before 12:50 p.m. and they are not to be in the building before that time.

### Snow Days and Two Hour Delay Start Times

If we have a snow day, you should receive a phone call and an email through our Alert-Now system. They will call all of the phone numbers on your contact list. Please be sure your contact information in PAM is current. You may update your phone numbers and email by logging into your PAM account and updating the information. The following tv stations and websites will also carry this information.

#### **Websites**

[www.wkyc.com](http://www.wkyc.com)

[www.wtam.com](http://www.wtam.com)

[www.newsnet5.com](http://www.newsnet5.com)

#### **TV Stations**

WKYC - 3

WVIZ - 25

School Channel - 36

### Canavan Late Start Day Schedule

10:30 Students enter building  
 10:45 Students report to classrooms  
 10:55 Tardy Bell  
 12:25 AM Kindergarten Dismissal  
 11:05 Third Grade Lunch  
 11:35 Second Grade Lunch  
 12:05 First Grade Lunch  
 12:35 Fifth Grade Lunch  
 1:05 Fourth Grade Lunch  
 1:55 PM Kindergarten Arrival  
 3:25 Dismissal for walkers  
 3:30 Dismissal for car riders

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#### Technology Usage

Cell phones, walkie-talkies and hand held video games are not permitted to be used on school grounds. Students may use cell phones and walkie-talkies in route to and from school only for safety purposes. However, once on school grounds these items must remain in book bags. If a student needs to call home they must talk to their teacher or the office. *Please note that our school lockers do not have locks and the school is not responsible for lost or stolen technology devices.*

#### Continued Reminder-Winter Dress

Unless the wind chill is below 20 degrees, we will be going outside for recess during these winter months. Please make sure your child comes prepared to play outside with boots, hats, gloves, scarves, and heavy coats. We continue to ask children to be cautious when playing around mud and wet areas in a continued attempt to limit calls home for clothing changes.

#### Transportation Reminders

Thank you for your cooperation with the new transportation procedures. Each day seems to get better!

- \* Students will enter the building at 8:45 a.m. Please remember students are not to be dropped off before 8:30 a.m.
  - \* Please have your child exit and enter your car on the curb side only.
  - \* Out of respect for personal property please do not park in driveways on Lawrence Street to wait for your children. Please find a safe area where you can park on the street to pick up your child.
  - \* Please do not block sidewalks as students are using them to walk home.
  - \* We strongly suggest dropping off your children on nearby streets such as Cardinal, West Park Blvd., Wren Way, Essex or Potomac. Most children are capable of walking a few blocks even in inclement weather.
  - \* Please **do not** drop off or pick up children on Lawrence. This will interrupt the flow of traffic. Medina City Police have stated emphatically that there is **no stopped traffic on Lawrence Street**.
  - \* Once you are in the pick up line, please remain there until you have completed the school loop. It is very dangerous to have students running to cars.
  - \* Please remind children not to run between cars or into the street. We are only concerned with the safety of our students.
  - \* There are signs posted at the exits directing cars to turn right only or left only, please follow these directions during peak traffic times (pick up and drop off), because it creates less congestion.
- Following these guidelines will keep our children safe and get them home in a timely manner.

### This Information is for **PM Kindergarten.**

Kindergarten is a special concern. The half day program presents unique problems in allowing for the state mandated time of two and half hours of instruction each day. P.M. Kindergarten instruction time will begin promptly at 12:55. Drop off for P.M. Kindergarten will remain at the front circle. We will have a staff member on duty beginning at 12:50 to allow students to enter. Walkers (any student walking off of the property) will be dismissed from the building at 3:25. Kindergarten walkers will still leave from the side door on the primary playground. Parents and older brothers and sisters may meet walker kindergarten students on the primary playground at this time. All car riders who plan to be picked up on school grounds will be escorted to the gym (A-L) and the commons (M-Z) to await pick up at 3:30 p.m..

### This Information is for **AM Kindergarten.**

**A.M. Kindergarten** students will be allowed to enter the building beginning at 8:45 when staff will be on duty to monitor them. There will be no staff to monitor students prior to 8:30. The children will report right to their classrooms. 8:55 is still the official starting time for Kindergarten. **At 11:25, A.M. Kindergarten dismissal will begin. Parents are to pull into the Front Circle and follow the normal traffic pattern of North to South. For A.M. Kindergarten Pick-up only Right turn in will be permitted during this time. Right exit turns only from the commons area will be permitted to help with the traffic flow and safety of our students. Parents are to remain in their cars and your child will be brought to your car. AM Kindergarten parents will be given a placard with their name on it. Please display it in your front window for pick-up so we can identify your car. Please stay in a single file line and do not attempt to pass a slower moving car or stopped car in front of you. All day care riders will also be leaving from the front circle. At 11:35 A.M students still waiting will be taken to the office to be picked up. There will not be a noon time crossing guard.**

### Parent Visitation

Visitors are welcome at the school during their child's recess and lunch time. No siblings will be permitted to play on the playground equipment during recess times. This is a district safety policy. **In order to properly monitor the safety of students and staff, each visitor or volunteer must report to the office upon entering the school to sign in and obtain a pass.** Upon obtaining a pass the visitor should report directly to the playground or the cafeteria, not the classroom. Any visitor/volunteer found in the building without a pass shall be asked to report to the office. If a person wishes to confer with a member of the staff, he/she should call for an appointment prior to coming to the school in order to allow for a meeting to take place when convenient for parent and staff member.

### Volunteers

All volunteers must sign in at the office and obtain a volunteer name badge.

### Signing In/Out Students

All students coming to or leaving from school **must** be signed in/out at the office. Students will only be released to the contacts listed on the pupil information card. Late students will be given a tardy pass and sent to class. Parents are not to accompany children to class.

### Student Visitation

Former students who wish to visit teachers must first make an appointment with the teacher they wish to visit. At the appointed visitation time the student must check in at the office.

### Vision and Hearing

If you receive a vision or hearing referral for your child, please understand that this is a screening tool not a diagnosis. This referral lets you know that there could be a problem. We do need you to see a doctor to confirm or deny the results of the screening.

### Upcoming Events

Teacher Workday, No School - January 15  
Martine Luther King Day, No School - January 18  
Valentine Parties - February 11  
Inservice Day, No School - February 12  
Presidents Day, No School - February 15  
COSI - February 18 and 19  
4th Grade Terra Nova Testing - 3/1-3/5  
Spring Break - March 29 - April 2  
3rd Grade Reading & Math Assessment - 4/19 & 4/21  
4th Grade Reading, Math Assessment - 4/19, 4/21  
5th Grade Reading, Math, & Science Assessment - 4/20, 4/22, 4/23

### Intra District Enrollment Option for the 2010/11 School Year

Applications will be available to all Medina City Schools' students who wish to attend an elementary or middle school other than the they are assigned within the school district during the 2010/2011 school year. This option is based on enrollment numbers, as well as space and staff availability. Class assignments are made only to those grades that are at the district class size less one.

Intra District Enrollment Applications will be available on the Medina City Schools Website as of April 1, 2010 at <http://www.medinacityschooldistrict.org> (go over to Administration then scroll down and click on the link to the Student Services page to find the link to Intra District Open Enrollment Option) or call the Office of Student Services 330-636-3090 to receive the paperwork through the US Mail. Completed applications will be accepted at the elementary and middle school offices or at the Central Office from Thursday, April 1, 2010 through Wednesday, June 30, 2010 for the 2010/11 school year. Parents will be notified in writing of their child's acceptance/non-acceptance no later than the second week of August of 2010. Assignments may be revoked in reverse order of date received (last in, first out) if enrollment figures no longer allow for additional classroom space.

**Parents whose children are approved for this Intra District Open Enrollment Option are responsible for transporting their own children.**

As a matter of information, Medina City Schools does NOT allow students from other school districts to enroll in the Medina City School District under the **Inter District Open Enrollment Option**. However, Medina City Schools DOES allow students to leave the district for another district under this enrollment option.

For more information, please contact the Office of Student Services at 330-636-3090.

## **Interesting Info. From Your Canavan Wellness Team**

### A New Beginning...

*"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day."*

*~Edith Lovejoy Pierce*

Happy New Year to all of our friends and families here at Canavan! What an awesome thought to be able to open the "Book of Opportunity" of a new year and write on the pages as we live each new day.

We want to encourage you and your family to make and reach for practical and achievable goals in this new year. Many of our Canavan families have encountered difficult and trying times in this last year. Please take the opportunity to enjoy the wonderful gift of time we have been given to enjoy the company family and friends in 2010!

## The Health Benefits of Friendship

Researchers haven't figured out exactly how, but friends boost your immune system. Good friends help you relax, take a deep breath, and remember what really matters—and why. The connection and relationship you feel when you're with your friends boosts your feelings of hope, faith, and belief that things will be okay. Friends provide comfort and companionship, laughter and honesty. A strong support network can also keep you motivated and energized! This is why it's important to know how to be a good friend.

- **Spend Time Together.** If you can't go for walks or to exercise class together, then telephone or email your friend regularly. The conversations needn't be long or personal; those quick "I'm thinking of you" moments can go a long way in making a strong support network.
- **Make Friends a Priority.** Maybe you "should" clean the house, wash the dog, go grocery shopping, or watch tv (some people feel they should do that!). But give those "shoulds" the brush and prioritize your friendships. There will be plenty of time for those "shoulds" when you're gone from this earth! For now, think about the health benefits of friendship!
- **Be There for the Good and Bad.** Show up for the funerals and the weddings, the surgeries and the celebrations! Be sincerely sad or genuinely happy for your friend - and include them in the good and bad in your life, too. One way to be a good friend is to be inclusive.
- **Don't Keep Score.** Who called who last? Who bought lunch last? Who spend the most on Christmas gifts? Who forgot whose birthday? Who cares? If you have a good friend cut a little slack. If your friendship really isn't that great, then maybe you need to re-evaluate it. The health benefits of friendship will outlast the score-keeping cards.
- **Notice the Little Stuff.** The conversations that matter the most are the quick little ones that last only a few minutes. It's not always the deep long heart-to-hearts that bond friends together—it's the day to day minutes of everyday life. One way to be a good friend is to have short, sweet conversations.
- **Focus on the Positive.** We all have quirks and weaknesses; focusing on your friend's strengths and wonderful qualities will keep your friendship alive and strong. To be a good friend, forget about the things you wish were different.

*"People are so worried about what they eat between Christmas and the New Year, but they really should be worried about what they eat between the New Year and Christmas!" ~ Unknown*

## Practical Dieting: Tips to help you lose weight permanently

Despite all the variations of fad diets that clog bookshelves and magazine pages, the only "diet" that actually works to take off pounds permanently is this one:

**Eat balanced, portion-controlled meals and exercise regularly.**

The secret to permanent weight loss is to make permanent changes in your life. Practical dieting will help you lose weight and keep it off forever.

### *Ten tips for healthy Eating Habits*

- *Redefine the word "diet".* A diet is not something you "go on" for a while to lose weight. It is what you habitually eat.
- *Learn to plan "square" meals.* Every one of your meals should have four corners—a protein, a healthy fat, a grain/legume and a fruit or vegetable.
- *Eat more often.* The human body wasn't really meant to go six or eight hours without nourishment. Plan on eating three full squares and at least two snacks every day.
- *Adjust your diet when you're under stress.* Your body reacts to stress by ramping up its production of certain hormones and other chemicals. Those chemicals can throw off your body's metabolism—and your own perception of hunger. Make a point of nibbling on something healthy about every two hours when you're facing a stressful situation.
- *Spread your carbohydrate intake over the course of the day.* Shoot for about 60 grams of carbohydrates daily. That gives you about 15 grams of carbs at each meal and 7 for each snack.

- *Drink milk-but not too much.* Recent research has shown that milk drinkers tend to have an easier time taking off weight-but that doesn't mean you should overdo it. Limit your dairy intake to three servings or less per day.
- *Skip the soft drinks entirely.* There's a lot of anecdotal evidence that even diet sodas can be "fattening". Many contain high amounts of sodium, as well as unhealthy chemicals and artificial ingredients. In addition, many dieters report that when they replace diet soda with water, they notice a huge reduction in food cravings.
- *Drink at least six 8 oz. glasses of water a day.* Your body needs water to help process nutrients and flush out the waste products. If that's not happening, you'll find yourself suffering the effects of low-level dehydration.
- *Stop eating "white foods".* Most white foods are processed and stripped of a great deal of their nutritional goodies. White flour, white rice and white sugar add little nutritional value and a lot of calories to your diet.
- *Take your vitamins.* Talk to your doctor or a nutritionist about your needs for a good multivitamin. Most now recommend that you take a multivitamin supplement especially while losing weight.

**Looking** up and sharing this information has been very informative to the writer of this newsletter and we hope this will help and encourage all of you as well!

**Have an awesome 2010!**

# **MEDIA CENTER NEWS!**

## **BIRTHDAY BOOK CLUB BOOKS**

Brooke Loftis	December 10, 2009	<u>Loose Leashes</u> By Amy Schmidt
Jayda Pearson	December 17, 2009	<u>The Jellybeans and the Big Dance</u> By Laura Numeroff
Abby Stankard	December 21, 2009	<u>Meet Rebecca-an American Girl</u> By Jacqueline Dembar Greene <u>Candlelight for Rebecca</u> By Jacqueline Dembar Greene
Sydney Hazelwood	December 28, 2009	<u>Betsy B. Little</u> By Anne McEvoy

## **DONATIONS**

The Epplen Family                      December 1, 2009  
Christmas Videos☺  
How the Grinch Stole Christmas  
Rudolph & the Island of Misfit Toys  
A Charlie Brown Christmas  
Rolie Polie Olie-A Jingle Jangle Holiday  
Miracle on 34<sup>th</sup> Street  
Beauty and the Beast-The Enchanted Christmas  
Mickey's Magical Christmas  
Jack Frost  
Jingle All the Way  
The Year Without a Santa Claus

Jessica Brei                                      December 8, 2009

Hannah Montana books ☺

Face-off

Face the Music

Keeping Secrets

Nightmare on Hannah Street

Seeing Green

Super Sneak

Truth or Dare

adapted by Alice Alfonsi

adapted by Beth Beechwood

adapted by Beth Beechwood

adapted by Laurie McElroy

adapted by M.C. King

adapted by Laurie McElroy

adapted by M.C King

**THANK YOU FOR THE WONDERFUL BOOKS AND VIDEOS  
HAVE A MERRY CHRISTMAS & A HAPPY NEW YEAR!**

# **Ella Canavan Elementary School**

## **2010 Magazine Sale**

**Tuesday, Jan. 12<sup>th</sup> – Wednesday, Jan. 27<sup>th</sup>**

**REACH OUT BOOKLET:** Turn your Reach Out Booklet in **WEDNESDAY, JANUARY 13<sup>th</sup>**. Any student who turns in a complete and accurate booklet with (7) or more names will receive a **LANYARD and DUCK** ! We will feed the ducks throughout the sale. Some LUCKY DUCKS will win candy and cash!!



### **One Collection Day**

**TWO GREAT EVENTS  
WEDNESDAY JANUARY 27<sup>th</sup>**

**All who turn in (2) subscriptions will attend the  
GREAT AMERICAN BMX BIKE SHOW!**

Plus

**All students who turn in a total of (4) subscriptions will enjoy the  
MAGIC of RICK SMITH JR.  
(plus attend the BMX BIKE SHOW)**

Plus

**Every (2) subscriptions you turn in throughout the sale earns you one  
additional duck! There are 24 different ducks to choose from!!**

**PLEASE MAKE CHECKS PAYABLE TO "GREAT AMERICAN OPPORTUNITIES"  
CREDIT CARDS WELCOMED !**

**PRESIDENT'S NOTE**

Welcome to 2010. I hope your holiday break was enjoyable with your families and friends. Starting this month we will have new locations for our PTO meetings and we're going to try a day meeting as well. We will also begin looking at fundraising opportunities for the 2010-2011 school years. Please mark your calendars and plan to attend our meetings – the more the merrier!

**Next meeting – January 19, 2010 at  
7:00pm at Panera Bread**

**February and March** meetings both fall on the 9<sup>th</sup> and will be at 7:00pm at Buehler's River Styx Community Room

Mark your calendar as well for Puzzlemania on March 11 from 6:30-8:00. More details to follow.

Thank you to our staff and volunteers for braving the cold during drop off and pick up. Please remember to be patient and courteous during these times.

All the best,

Melody Costello, 330-722-3156;  
costellofamily@zoominternet.net  
PTO President



**COSI**

Our children have a wonderful learning opportunity and you as a parent have the opportunity to have a great time with the students. COSI is coming to our school on February 18<sup>th</sup> and 19<sup>th</sup>. Parent volunteers are needed to work morning and afternoon sessions on both days. Help is also needed on Wednesday for set up.

**TREASURE'S NOTE**

The current bank account balance is \$19,941.48. Please contact Kelly Prostor if you have any questions.

**PTO BOWLING EVENT**

Join your friends and family at AMF Bowling Lanes in Medina on Monday, January 18, 10-12noon for Extreme Bowling. This is a PTO fund raiser event for Ella Canavan. Price is \$7 per person and \$1 for shoe rental. See you there!

