

Kay Carl Elementary School

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Season's Greetings

During the December 19- January 2 winter break from school, we are grateful to everyone for helping to restore a routine for showing up to school while supporting students and families.

We appreciate everyone's efforts to avoid taking extra time off before or after winter break. **As long as your child is healthy, please encourage showing up to class when school is in session.**

Every day of school is an important opportunity for students to learn as well as to connect to their peers and teachers.

We thank:

- Our students and their families who do their best to show up daily even when it isn't easy.
- Our teachers who go above and beyond to make school a welcoming and safe place for all students to learn.
- Our administrators who help us work together to ensure we create a physically and emotionally safe and engaging learning environment.
- Our many, many healers and helpers – the support staff and community volunteers who provide the extra hands and attention our children need.

We appreciate each one of you. May winter break be restful and healing.

Thank you for partnering with us!



Preschool Picture Book

Mrs. Allen's Preschool classes have a very busy December planned. Our classroom activities include learning about Hanukkah, Kwanzaa, and Christmas traditions. We will decorate a stocking, sing holiday tunes, and make gingerbread houses and reindeer food. In January, we will be learning about the season of winter: arctic animals, using snow, and

Upcoming Events

December 2

Progress Reports sent home

December 4-10

Five Below Fundraiser

December 6

SOT Meeting @ 3:45 p.m.

December 6

Raising Cane's 4-8 p.m.

December 9

Kid Zone 6-10 p.m. *by application only*

December 14

Winter Festival 6-8 p.m.

December 19- January 2

WINTER BREAK

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temperature. We will continue to identify letters and write our first name independently. Please help us by having your child practice putting on their coat by themselves.

Fifth Grade Folklore

5th Grade is off to a great start! We have a school wide communication system through Class Dojo. If you are not connected to your class, please join ASAP!



Important **REMINDER**---Please remember that ALL 5th grade students can “redo” any assignment in the Friday Folder or CANVAS. Students are allowed to redo the assignment for a better grade on **any** assignment that is less than 100%. This process also helps with standards mastery. They have 2 weeks to complete this process! Kay Carl ES uses the Accelerated Reader (AR) Program. The program is intended to help children at school manage their reading, to provide teachers with assessment of the reading ability of a class, and to encourage reading. When children finish their books, they are to take a quiz that will test their comprehension of the material. With that, Fifth grade students are working hard in AR to read and challenge themselves by taking AR tests, which earn them points and prizes. Many students have surpassed goals and continue to read daily, challenging themselves to further raise their comprehension levels and continue to develop a love for reading. Students are able to check out books from the Kay Carl library, from other teachers, as well as read digital books online during the day at school. Class points, as well as student goals are assessed weekly. Keep up the great reading Champions! Your child is highly encouraged to be reading at home as well.

In Reading class we have covered main ideas, key details, theme, compare and contrast...the list goes on. Students have been working with informational text and RACES responses. Please ensure that your students are completing their reading homework nightly and working towards their AR goals.

In Social Studies our students have covered the colonies of Roanoke and Jamestown, Salem Witch Trials, and are currently working on the Pilgrims. Our students are also participating in The Great American Award Program here at Kay Carl ES. All students have a copy in their binders. Please have them practicing at home as well. This program brings to light the foundation and struggles of our nation in the hopes to instill pride. Although every fifth grade student is required to participate, special recognition will be given to those who are successful in completing the program in its entirety. A special award will be given to each fifth grader who successfully completes the following requirements: Recite the Gettysburg Address, recite the names of the 45 Presidents in order, locate and spell the 50 states and capitals, recite or sing the National Anthem, recite the Preamble to the Constitution of the United States, and write the Pledge of Allegiance.



In Math class, we have been working with place value, rounding, adding/subtracting decimals, and adding/subtracting multi-digit multiplication and division. We now know about exponents and bases and can work with powers of ten. We have learned how to multiply and divide decimals and even had a chance to look at Thanksgiving menus.



ATTENTION!! Fifth grade will be starting up MAPS and iReady Winter Benchmark diagnostic testing. Diagnostic growth reports will go home with your child's report card at the end of the semester. Be on the lookout! In the near future, 5th grade students ONLY, will be coming home with information regarding their participation in the Kay Carl Scholarship Program. Stay Tuned!!

Goldilocks' Guide

Regular exercise boosts your child's health and academics

Physical fitness provides many benefits for children. Studies show that regular physical activity is linked to higher self-confidence and attentiveness in school. It also lowers the chance of health problems such as type 2 diabetes. To increase your child's activity level:

- **Plan family outings.** Pick activities your family enjoys and create some new healthy traditions. You might bundle up and go for a short walk after dinner or head to a park every Sunday afternoon.
- **Make suggestions.** When your child has a friend over, suggest they play games that involve movement, such as tag, soccer and jumping rope. Indoors, try games such as Simon Says and Red Light, Green Light.
- **Add movement to screen time.** Have your child take breaks that involve activity when watching TV or playing video games. For example, see how many sit-ups your child can do during commercial breaks.
- **Be creative.** During chore time, play music or race to finish a job. While doing errands, park a few blocks away from a store and walk. Or, make a quick stop at a playground on the way home.
- **Set an example.** Children are more likely to be active when they see family members staying fit. Let your child see you stretching, biking, walking with a friend, etc.



Source: A. McPherson and others, "Physical activity, cognition and academic performance: An analysis of mediating and confounding relationships in primary school children," BMC Public Health, BioMed Central.

Downtime is vital for your child's health and academic success

Some parents schedule every minute of their children's time in an effort to prepare them for success in later life. But studies suggest that kids benefit from enjoying unscheduled free time. When days are packed with lessons, sports and other structured activities, children can become overwhelmed and stressed out. As a result, they don't do as well in school and are more likely to get sick. To determine if your child's schedule is balanced, ask yourself:

- **Does my child have time to play with friends?** Practices that are planned and run by adults don't count. Kids need time to relax and just "hang out" with other children.
- **When does my child complete assignments?** Working on them while traveling between activities isn't effective. Schoolwork takes concentration, and that takes time.



News You Can Use

Acknowledgements

Thank you for all of your support for our recent fundraisers. We are thankful for the wonderful community that we have surrounding us. The monies raised will be used for student incentives and events, A.R. prizes, etc.

*McDonald's- \$500



2022-2023 Survey

The Annual Districtwide Survey is open until December 16, 2022. Please take a moment to participate at www.ccsd.net/survey.

Kindness Challenge

Check out the December Random Acts of Kindness calendar insert. How many activities you can do during the month?



- **Why is my child in these activities?** Sometimes, parents are the ones who want their child to take a class or participate in a sport.
- **Does my child get enough sleep?** Children between the ages of six and 12 need nine to 12 hours of sleep each day to function well. School is your child's most important job. If too many activities are getting in the way, ask your student to make a choice: "Which two activities do you enjoy the most?" For safety, middle school students should still be supervised, but increasing unstructured free time will increase your child's happiness and health.

Source: C. Hennig, "The Lost Art of Play: How Overscheduling Makes Children Anxious," CBC News.

Miniature Memoirs

Christina Kirschner (Second Grade)

Years teaching: 18th year

Classroom book: Coco by RH Disney

Excited about: I am excited to get to know a new group of kids this year and to see how much growth they make from the beginning of the school year until the end of the school year.



Jennifer Dittman (Third Grade)

Years teaching: 2nd year

Classroom book: Magic Treehouse series by Mary Pope Osborne

Excited about: I am most excited being able to enjoy face-to-face interaction with students and their families. We missed a lot of that the past couple of years so it has been a joy for me to be able to host events and have meaningful conversations that have allowed me the privilege of getting to know the families in our community.



Kristina Barral (Fourth Grade)

Years teaching: 10th year

Classroom book: Magnus Chase and the Gods of Asgard by Rick Riordan

Excited about: I am excited to have all our events back, to get to a normal school year, and to watch the gains the students make throughout the year.



Meshel Clements (Fifth Grade)

Years teaching: 20th year

Classroom book: Harry Potter and the Sorcerer's Stone by J.K. Rowling

Excited about: I am excited about teaching reading and writing together again. I'm always excited to see the "magic" happen in my classroom with the growth of knowledge in my kiddos!!

