

Kay Carl Elementary School

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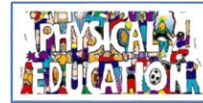
What you can do to help build the habit of good attendance:

- Set a regular bedtime and morning routine.
- Lay out clothes and pack backpacks the night before.
- Keep your child healthy and make sure your child has the required shots.
- Develop backup plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.
- Try to schedule non-COVID-19 related medical appointments and extended trips when school isn't in session.
- If your child must stay home due to illness or quarantine, ask the teacher for resources and ideas to continue learning at home.

Source: attendanceworks.org

Fitness Manual

Physical Education has just finished with our Education test on teamwork, germs, and healthy eating habits. We will have our Snowball fight and ninja course coming up as we move into our Winter unit. PE will continue to look for ideas to keep our students motivated to work out and stay "KAY CARL INVOLVED".



Sports Update



Flag Football: Congratulations to all of our teams who did great this year in our Flag Football league. Good luck to our Gremlin and JV teams that will be playing in the playoffs on

Nov. 5th. We will miss those 5th graders who are moving on after this year.

Soccer: Our Soccer teams will be getting formed after Winter Break as the season starts February 4th. We will have registration forms go out the first week back from break.



Upcoming Events

November 8

NO SCHOOL

November 9

Crystal Palace 4-8 p.m.

November 10

Progress Reports sent home

November 11

NO SCHOOL

November 15

SOT Meeting @ 3:45 p.m.

November 23-25

NO SCHOOL

November 28

U-Swirl Fundraiser 12-10 p.m.

December 4-10

Five Below Fundraiser

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Kindergarten Literature

It has been great to watch all of our friends exploring and engaging in various activities and learning new things as the year has begun. We would like to share some self-help skills you can practice at home to help your kiddos at school.

- Taking shoes on and off
- Tying shoes
- Taking a coat on and off
- Zipping and unzipping
- Buttoning and unbuttoning
- Washing hands on their own
- How to sneeze with and without a mask
- Appropriate bathroom behavior



Also, remember to send in an appropriate change of clothing. Our weather is changing, and kiddos need warm clothing for the upcoming months. Last, please ensure your student has a water bottle and a large backpack for a folder.

Health Digest

Safeguard your hearing.

Sounds can harm your hearing when they are too loud and last too long. The louder the sound, the quicker it can damage your hearing. For example, everyday sounds such as emergency sirens range from 110-129 dBA. Just two minutes at 110 dBA can damage your hearing. The good news is that noise-induced hearing loss is preventable.

Noisy Planet and the National Institute on Deafness and Other Communication Disorders (NIDCD) have created free, shareable resources on why, when, and how to wear hearing protectors to prevent hearing loss from noise.

		Decibel Level (Unit of sound measurement)	How long can you listen without protection?	Noise Source
DANGER		130	0	Jet take off
		120	0	Music concert
HEARING PROTECTION NEEDED		115	Less than 1 minute	Sports event
		109	Less than 2 minutes	Car horn
		106	3.75 minutes	Personal music player at maximum volume
		103	7.5 minutes	Belt sander
		100	15 minutes	School dance, machinery
		97	30 minutes	Motorcycle
SAFE		94	1 hour	Electric drill
		91	2 hours	Shouting, lawn mower
Level at which damage begins				
		85	8 hours	Vacuum cleaner
		55	Safe	Conversation

NOISE LEVELS

Once a noise reaches over 85 dB (approximately the level of a vacuum), damage to your hearing may begin.

After this, every 3 dB increase in sound halves the length of time that your ears can handle the noise before damage starts.

You can only listen to personal music players (PMPs) for approximately 3.75 minutes on a high volume before it starts to damage your hearing.

The lower the volume, the longer you can safely listen for.

When you can't turn down the volume or move far enough away from loud sounds, you can use hearing protectors to keep your hearing healthy. The best kind of hearing protectors are the ones you like and will use.

Two types of hearing protection devices—earplugs or protective earmuffs—can help prevent hearing damage. Hearing protectors limit the level of sound. They do not block out all noise. Earplugs fit directly into the ear canal, the narrow passageway between the outer ear and the middle ear. They come in disposable and reusable options and in various sizes. A parent should help young children insert earplugs and make sure they fit properly.

Protective earmuffs are easy-to-use, reusable, plastic cups that reduce noise by completely covering both ears. They come in sizes that fit most people, including infants and children. Earmuffs are easier than earplugs to wear correctly, especially for young children.

Practice safe listening for yourself and for your family by taking these three simple steps:

- Lower the volume.
- Move away from the noise.
- Wear hearing protectors, such as earplugs or protective earmuffs.

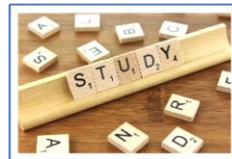
Source: It's a Noisy Planet. Protect Their Hearing® from National Institutes of Health

Goldilocks' Guide

Show your child how to become a more confident test-taker

Test anxiety often comes from self-doubt. When students don't think they will succeed on a test, they often don't. To help your child become more confident before a test:

- Take off the pressure. Tell your child that tests just show the teacher what students have learned so far, and what they need help with.
- Find out what the test will cover. Encourage your child to listen carefully when the teacher talks about the test—and to ask questions if needed.
- Avoid last-minute panic. Your child should begin to study several days before the test. Cramming the night before a test rarely works.
- Teach efficient studying. Tell your child to focus on the not-yet mastered material first.
- Help connect new material to information your child already knows. These connections improve students' recall ability.
- Encourage positive self-talk. When stuck during a test, your child can say, "I am prepared and I know this. The answer will come to me."
- Talk about your child's strengths. Confidence in one area can lead to success in other areas.
- Visualize success. With eyes closed, have your child picture all of the test questions answered correctly.



Source: S.M. DeBroff, The Mom Book Goes to School: Insider Tips to Ensure Your Child Thrives in Elementary and Middle School, Free Press.



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.

*Mini Grand Prix- \$181.16

*Harvest Festival- \$ 16,205.57

*U-Swirl (October)- \$ 110.84



Kindness Challenge

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



Social Emotional Learning- Teach your child to persevere when faced with challenges

If your child has set a goal to reach, such as earning an A on a project or making the competitive soccer team, achieving it will probably take hard work. And there may be times your child will feel like giving up. That's why it's important to encourage perseverance, especially when things are difficult. Here's how:

- **Discuss past successes.** Did your child save money to buy something? How did your child do it? What did success feel like? What did your child learn?
- **Choose a fun, realistic goal.** Make it something that can be reached quickly. If your child wants to read an entire series of books, start small. Set a goal for your child to read the first book.
- **Listen for ideas.** Kids often mention goals without actually setting them. ("I'd love to be in the talent show" or "I hope I finish my report on time.") Together, create a step-by-step plan for success.
- **Brainstorm different strategies** to try if your child doesn't meet a goal. And help your child revise a goal if it is too ambitious.
- **Be a cheerleader.** Say things like, "You are really sticking with this. I'm impressed!" Even if your child misses the mark, praise effort.

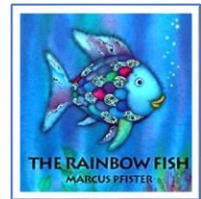
Miniature Memoirs

Molly Lomassaro (Primary Resource)

Years teaching: 13th year

Classroom book: Rainbow Fish by Marcus Pfister

Excited about: I am most excited about watching all of the students develop and grow into amazing human beings. Plus, I can't wait for all of the fun, family-centered events!

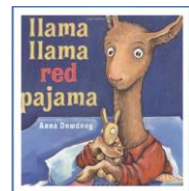


Angela Reinhard (Read by Grade 3 Strategist)

Years teaching: 26th year

Classroom book: Llama Llama Red Pajama by Anna Dewdney

Excited about: I am most excited this year to grow another batch of confident readers. I also am really enjoying my time in Game Club and STUCO.



Damon Wahl (GATE)

Years teaching: 21st year

Classroom book: Lunar Chronicles by Marissa Meyer

Excited about: I am excited for this year in GATE. We are looking at what it means to be human and how the arts are part of the whole experience.



Jamie Felipe (Intermediate Resource)

Years teaching: 4th year

Classroom book: Where the Sidewalk Ends by Shel Silverstein

Excited about: I love the holiday parts of the year where we focus on projects.

