



DUNDEE ELEMENTARY SCHOOL

THE DOLPHIN NEWS SPLASH

~Be Safe, Be Responsible, Be Respectful~



January 2012

Gratitude
is the best
attitude



Mrs. Crueger's Corner

As we work our way into the new month, most families are beginning to breathe a bit easier and settle back into routines for work and school. With the hustle and bustle of the holidays behind us, now is the perfect time to reset routines. February is National Heart Month and as you recreate routines at home please be aware of the amount of screen time your child spends in front of a television, computer or video game. Too much screen time can equal too little active play time for your child. According to the January 2010 issue of Parents Make the Difference Newsletter (elementary school edition), from the Parent Institute, children today are spending too much time in front of a TV and/or a computer and too little time in active play. According to a recent scientific study, this is leading to an increase in childhood health problems including obesity. What can you do?

Here are some suggestions.

- Limit time watching TV, playing video games and being on the computer. If your child has a cell phone, time spent texting is also considered screen time.
- Build in time for active play. Doctors recommend 60 minutes a day. Go to a park or play outside together.
- Add exercise time to screen time. Keep weights or an exercise mat nearby.
- During commercials, challenge your child to do sit-ups or a few jumping jacks. Balance is key!

Start this month off with good habits and healthy routines by balancing screen time with exercise. You'll love it, your kids will love it, and so will your heart!



Special Education Advisory Council

Are you the parent or guardian of a child receiving special education services in the Newberg School District? If so, don't miss out! The next meeting of the Newberg SEAC is **Tuesday, January 31, 2012 at 7:00 p.m.** Our guest speakers will be Kristina Sheppard, Special Education Coordinator, Tifanie Schmidt, ASD specialist and Meghan Beaty, Structured Learning Center teacher. They will be speaking on some of the changes the District has made to better serve students with **Autism Spectrum Disorder**. They will also be sharing information and soliciting feedback on the **Districtwide Autism Spectrum Disorder trainings** that are proposed for both regular and special education teachers and staff.

SEAC meetings are held at the District Office on the last Tuesday of each month. These meetings are a great way to participate in regular and important discussions regarding the provision of special education services in our school district, so don't miss this opportunity to get involved! If you cannot attend the meetings but would like more information about the SEAC, please contact Ava Bartley at [503-267-1445](tel:503-267-1445) or ava.bartley@gmail.com.

National Geographic Bee

We held our 5th annual Geography Bee, sponsored by National Geographic, here at Dundee Elementary on Tuesday, January 10th. Competition actually began weeks earlier in our 4th and 5th grade classrooms to determine 2 winners from each classroom. Our 4th grade semi-finalists were Michael Hopkins, Haley Fieldhouse, Daniel DeLong, and Ben Zatterberg. They took the stage during the first round of competition answering questions based on map information, and geography of the world. At the end of the first round, Daniel DeLong was our 4th grade winner! Semi-finalists from the 5th grade were Maria Cazares, Emerson Harris, Carlos Martinez, Carson Picker, Alexander Jaczko, and Hunter Bensman. Eleven questions later, our fifth grade winner was Alex Jaczko. For our championship round, Daniel and Alex took their seats for the three final questions. In the end, Alex Jaczko was Dundee school champion for the second year in a row! Alex then took the state qualifying test, which was sent to Washington D.C. to determine his eligibility for the Oregon State Bee to be held this spring in Salem.

Congratulations to all of our Dundee school competitors!!

To learn more about the bee, visit

<http://www.nationalgeographic.com/geobee/>

February

Feb. 2: End of the First Semester

Feb. 3: NO SCHOOL - Grading/Planning Day

Feb. 14: Dundee Parent Club Meeting
7pm in the Library

Feb. 14: Valentines Day

Feb. 14: Oregon's 153rd Birthday


Feb. 20: NO SCHOOL - President's Day

Feb. 23: 5th Grade Music Program
2pm in the Gym

Office 503-554-4850 Attendance 503-554-4897
Transportation/Bus Barn 503-538-8265

Music Programs

Mrs. Ganske is an experienced, compassionate and knowledgeable musician. She has a vast knowledge and experience base (24 years as our music teacher) from which she draws upon to design her lessons and teach our students. She also leads our school's choir that meets twice weekly during the year. Our music programs provide a venue for students to share with family and friends what they have learned in her class. Our programs take place at 2:00 pm in our gym on the following dates:

	February 23 - 5th grade	March 8 - 4th grade
	April 26 - 3rd grade	May 10 - 2nd grade
	May 31 - 1st grade	

We are so fortunate to have such a gifted educator leading the music program here at Dundee. We invite you to come and enjoy your child's performance this spring.

Cold and Flu Season



Please remember to keep your child home if he/she has had a fever of 100 degrees or higher, nausea, diarrhea or vomiting within the last 24 hours. Thank you for your help in keeping our children healthy and preventing the spread of colds and flu in the classrooms.



Dress For The Weather!

Students have outside recess every day. Only when temperatures are extremely cold or when the rain "blows sideways" do we stay inside.

Please send your children to school prepared for the weather of the day.

Inclement Weather—Are You Ready?



It's soon to be that snowy, blowing, flooding time of year. Are you prepared for a school closure? Delay in opening? Or early release? After 5:45 am, watch for TV/radio reports, call the First Student Snow Line at 503-538-5897, the District Closure Information Line (Spanish and English) at 503-554-5001, or check the website at www.newberg.k12.or.us. We will also use the One Call phone system to contact parents again this year.

- Has your family made alternative destination plans?
- Does your child understand what he/she is supposed to do?
- Are your plans reflected on the annual student review?
- Does your child's teacher (s) know of your preferences?

All-Newberg Chess Tournament



Elementary ages welcome
Friday, February 3rd
9am-noon
at Ewing Young Elementary

For more information contact Bruce Arnold, chess instructor:
brotherbruce@hotmail.com
503-538-1808



Happy Birthday Oregon
February 14th

Counselor's Corner

12 for 2012

This is the time of year many of us think of what we can change about ourselves for ourselves in the upcoming year. Some of us may also look at what others could change that would make our year better. Lately, though, I have been wondering what the year would be like for us and our children if we as parents would make some resolutions about changes we could make for the good of our children.

Here are some resolutions I have been pondering:

1. Spend more time with our children and without electronics.
2. Read together more.
3. Talk less, listen more.
4. Listen, really listen, to how their school day has gone.
5. Be available.
6. Take time to be outside with our children.
7. Provide more opportunities for healthy food choices.
8. Watch for the good in our children.
9. Find ways to provide opportunities for these good qualities to be used.
10. Find opportunities to do volunteer work as a family.
11. Compliment them more often. Be specific and genuine.
12. Model the behaviors we would like to see in our children.



Maybe these will be helpful. I trust the new year will be good for you and your family.