

Butler Creek Elementary

Bobcats



A Monthly Newsletter
Andrea Sande Principal

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PRINCIPAL'S CORNER



Dear Parents and Families,

Do you ever ask your kids about their day at school and they respond by saying "fine"? Do they claim that they learned "nothing" during the school day?

The trick is to ask about things that are specific, but still open-ended. Move beyond "fine" and "nothing" by asking your child to describe his/her world.

Try one of these conversation-starters:

- * Tell me about the best part of your day.
- * What was the hardest thing you had to do today?
- * Did any of your classmates do anything funny?
- * Tell me about what you read in class.
- * Who did you play with today? What did you play?
- * Do you think math (or any subject) is too easy or too hard?
- * What's the biggest difference between this year and last year?
- * What rules are different at school than our rules at home? Do you think they're fair?
- * Who did you sit with at lunch?
- * Can you show me something you learned (or did) today?

Engaging your child in these regular conversations is just one idea of ways to stay engaged in their school experience!

On a separate note, as we head in to the last few weeks of the calendar year, I just want to express my gratitude for all this community has shown to me in my first few months here. The staff at Butler Creek know how important you are in the success of our students and we want to thank you for your continued support.

Sincerely,
Ms. Sande
Principal

LIFESKILLS FOR NOVEMBER—

INITIATIVE: To do something because it needs to be done.
FLEXIBILITY: The ability to alter plans when necessary.

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November

November 21 - Book Fair Begins

November 21 - SnowCap Collection Begins

November 21 & 22 - No School K - 6 - Report Card Conferences

November 23 - No School K-6

November 24 & 25 - No School Thanksgiving Break

December

December 2 - Santa's Breakfast for Dinner & Holiday Bazaar - 6:00 p.m. - 9:00 p.m.

December 14 - Brilliant Bobcat Assembly 1:00 p.m.

December 19 - January 2 - Winter Break

January

January 3 - School Resumes

January 12- 7:00 p.m. PTA Meeting

January 16 - No School K-6 Dr. M.L. King Day



BUTLER CREEK MISSION STATEMENT

Butler Creek serves to prepare well-educated, respectful students who make meaningful contributions to their global community.

Volunteering

We love volunteers at Butler Creek! If you would like to be a volunteer at Butler Creek or would like to help on Field Trips you must first fill out a background check and pay a \$5.00 dollar processing fee for the state. The background check is good for 3 years. If you have not yet done this please drop by the school office and pick up the information. It only takes a few minutes to fill out and we will be happy to take a check or cash for the fee. Thank you for all the help you give your students and the staff at BC. You're Great!

LIFESKILLS FOR DECEMBER

Patience: To wait calmly

Caring: To show/feel concern

Snowcap Collection Begins November 21st

Butler Creek will be starting their Snowcap collection of non perishable foods on November 21st. We are asking for your help in making this one of our most successful years ever. Please help us and send or bring your food items to school and place them in the barrels that we will have placed around the building. Thank you for helping us to help other families in need this season.



“ Above all, an education prepares you to make choices in life - to evaluate and decide based on information, knowledge, experience and wisdom.”

Arne Duncan, Secretary of Education



Changing Weather

Our weather is certainly changing fast so with that we want to make sure that our students are nice and warm when they go outside for recess. Please make sure that they leave home in the morning with their coats and hats.

Butler Creek students do go outside for extra recess and for lunch recess unless the weather is extremely rainy or the chill factor is very low. Thank you for helping to keep BC children warm and dry during the next few months of challenging weather.

Please Remember Conferences

Conferences are November 21st & 22nd
No School on Wednesday, November 23rd.

Please remember to check your students time for their conference. If your are unsure of your conference time please call the school office or child's teacher to find out. See you soon!

Absence Line

Please **remember to call** in student's absence or if they will be late! The Absence Line is **503-762-6111** (Leave student name, teacher and reason for absence.) Please do so by 8:30 a.m. or 9:30 on Wednesdays or you will get a call from our automated system. Thank you!

Please Don't Be Tardy!

With the weather changing and the time change more and more students have been filling up the office because they are **late** to school. The winter months are darker and colder which makes everyone enjoy their beds.

Tardiness is a hindrance to efficient education. It reduces academic achievement. It affects the progress of not only the individual but of the entire class.

Parents should teach children, and insist on promptness around home establishing a valuable life skill. Teaching punctuality leads to successful schooling. Please help your child develop this fundamental character trait that will serve them well through out life.

Birthday Snack Alternatives

At Butler Creek we are trying to move towards a more healthy celebration for our students and their birthday celebrations. Here are a few suggestions:

- Trail mix (pretzels, dried fruit, whole grain low-sugar cereals, sunflower or sesame seeds, etc.)
- Fruit Kabobs made with a variety of fruits
- Light or low-fat popcorn
- Low-fat pudding
- Applesauce or other fruit cups
- Raw veggies served with low-fat dip like salad dressing or hummus
- Berries with low-fat whipped topping (Cool Whip)
- Bananas or strawberries using chocolate syrup as a dip
- Graham crackers with jam or apple butter
- Fresh apple slices with caramel or yogurt dip
- Raisins or dried fruit such as bananas, apples, peaches, apricots, plums, etc.

These are just a few suggestions. We know that we have some very creative parents out there that certainly have some very healthy recipes of their own. Thank you for supporting your students, teachers, and BC in the effort to help make our school a healthier environment for all of us.

FRIENDLY REMINDER . . . From Transportation

It is important that students get to their correct bus when leaving school to go home. While we want every eligible student to be sure and board their assigned bus we also want enough flexibility to accommodate authorized special requests (e.g. student going home with a friend) which may involve riding a different bus or using a different established bus stop.

All requests for a temporary drop at another authorized bus stop requires a note from the parent, shown to the teacher, and signed by the office. It must then be given to the bus driver. This simple procedure helps to insure the safety of our students. Thank you for your support and help in this matter.

Title 1 Corner

Make Books Special!

Turn reading into something special between you and your child. Spend quality time with them, taking them to the local library and letting them get their own library card. Buy them books as special gifts for birthdays and holidays, or store them in a special basket. Read books with your child that were special to you growing up, sharing warm memories you have from these stories and the people that shared them with you. Most importantly, turn these reading moments into fond memories your child will cherish when they are grown.

Early Pick Up

If you know ahead of time that you will be picking your student up early from school please send a note to the teacher so they can try and have them ready for you. It is not always possible for the office staff to reach the teacher by phone or to leave the office unattended to find a student. Thank you for your cooperation.

Snow Day Information

Snow day info - If we have a two hour delayed start due to weather No breakfast will be served to students.

For school closure - Information listen to your favorite local TV or radio station and listen for:
“**CENTENNIAL SCHOOL DISTRICT.**” Also, a very good source is to look on our **Centennial Website** and the District will send out a **Blackboard Connects call** as well.



Butler Creek's Positive Behavior Intervention System

Today I earned a	Name _____
BRAVO BOBCAT COUPON	Grade _____ Room # _____
for being . . .	Be SAFE
safe	Be RESPECTFUL
respectful	Be RESPONSIBLE
responsible.	
	Way to go Bravo Bobcat!

What is the positive behavior system about?

On a daily basis students can earn BRAVO BOBCAT coupons (see above). Students earn a coupon when they are caught being respectful, responsible, safe and/or doing their best. There will be many instances that a student will receive verbal praise instead of a BOBCAT coupon. The BOBCAT coupon will be given by all staff members so as to have more impact.

All staff has the opportunity to hand out BOBCAT coupons. This is a school-wide effort to positively reinforce student behavior.

BOBCAT coupons are designed to be user friendly. They are small enough to fit in your pocket and will only take a quick moment to fill out.

How does the process work?

- Initially, during a school day, each staff member will be asked to hand out at least 10 BOBCAT coupons. Students can receive coupons at any time, in any area of the school and from any staff member.
- Giving a coupon is easy! When you see a student whom you decide deserves a BRAVO BOBCAT coupon, simply follow these easy steps:
 - The staff person may (or a student may) fill out the coupon with the student's name, grade and room # . The adult should also initial it.
 - Give the coupon to the student and specifically explain why he/she is receiving it.
 - Students may not solicit coupons for themselves or others.
- A student who receives a coupon should put it in their classroom jar. They may cut or tear off the left side of the ticket to keep.
- Friday morning, teachers will draw 3-4 names from their classroom jar. These students will earn an ice cream pass from the teacher.
- After the weekly classroom drawing, tickets from each class are placed in the appropriate lunch container and names are drawn to receive popcorn in the Café on the following Thursday. One lunch is used per week and the # of names drawn depends on the # of bags filled using our new popcorn machine.
- Each quarter, we will all (including ALL teachers and ALL classified) celebrate school-wide with an all-school assembly, or other identified activity. This celebration is for ALL students! This time together will be used to reinforce expectations and celebrate positive behaviors.
- Substitute teachers should have YELLOW BOBCAT coupons in the sub folder. Please include this outline of our PBS system in the folder. Subs are to hand out 10 per day, (5 within the first hour). Remind students that sub coupons are worth TWO regular classroom coupons. When a sub hands a student a YELLOW BOBCAT coupon, the student can trade it in for the 2 regular BOBCAT coupons upon the classroom teacher's return.

Other Positive Recognition Opportunities

- Positive note sent home from Principal
- Monthly Lifeskill Certificates and Lunch with the Principal
- Teacher created recognitions
- Staff recognized for recognition

BUTLER CREEK

Monthly Lifeskills/Guidelines

September	PERSONAL BEST: To do one's best given the circumstances and available resources
October	COURAGE: To be willing to take risks
November	INITIATIVE: To do something because it needs to be done (Incitativa): Hacer algo porque se necesita hacer FLEXIBILITY: The ability to alter plans when necessary (Flexibilidad): La destreza de cambiar los planes cuando sea necesario
December	PATIENCE: To wait calmly (Paciencia): Esperar con calma CARING: To show/feel concern (Caridad): Manifestar y sentir empatía
January	EFFORT: To do your very best (Esfuerzo): Hacer siempre lo mejor posible ORGANIZATION: To work in an orderly way (Organización): Trabajar en una forma ordenada
February	INTEGRITY: To act according to what is right and wrong (Integridad): Actuar (decidir) de acuerdo con lo que es bueno y malo COMMON SENSE: To think everything through (Sentido común): Pensar bien
March	PROBLEM-SOLVING: To seek solutions (Resolviendo problemas): Buscar soluciones PERSEVERANCE: To keep at it (and not give up) (Perseverancia): Nunca dars por vencido
April	SENSE OF HUMOR: To laugh and be playful without hurting others (Un sentido de buen humor) Reír y tener buen humor sin lastimar a otros RESPONSIBILITY: To do what is right (Responsabilidad) Hacer el bien que nos corresponde
May	FRIENDSHIP: To make and keep a friend through mutual trust and caring (Amistad): Hacer y mantener un amigo por medio de confianza y cariño mutuo COOPERATION: To work together toward a common goal (purpose) (Cooperación): Trabajar juntos hacia una meta común
June	CURIOSITY: To investigate and seek understanding (Curiosidad): Investigar y buscar comprensión

DEAR PARENTS/GUARDIAN:

PLEASE DO NO SEND AN ILL CHILD TO SCHOOL! There could be some serious health problems for your child and other students. If your child is ill or his/her fever is higher than 103°, you should contact your health care provider for advice. If you need help in finding a health care provider, you may call: the Multnomah County Health Department (503-988-3816), or School Health Services (503-257-1732).

Some students have medical conditions which can become life threatening when exposed to: measles, chicken pox/shingles, fifth's disease, Rubella and hepatitis. Should your child be diagnosed during the school year with any of these diseases, please call immediately to our office.

WHEN SHOULD I KEEP MY CHILD HOME?

STUDENT'S SYMPTOMS/ DIAGNOSED ILLNESS:	STUDENT MAY RETURN TO SCHOOL WHEN:
1. Fever greater than 100° (orally).	1. Temperature below 100° (orally) for a minimum of 24 hours without use of fever-reducing medication.
2. Rash or rash with fever—new or sudden onset.	2. Rash disappears. Written or phone consent* from M.D. to school nurse.
3. Brown, gray, tan or yellow drainage from nose, eyes, or any other part of the body.	3. Discharge must be gone or student must have been on antibiotics for 24 hours and have written or phone consent* from M.D. to school nurse.
4. Vomiting	4. Symptom-free for 24 hours.
5. Diarrhea	5. Symptom-free for 24 hours.
6. Cough	6. Symptom-free or student must have been on antibiotics for 24 hours and have written or phone consent* from M.D. to school nurse.
7. White, clay colored or bloody stool.	7. Symptom-free or written/phone consent from M.D. to school nurse.*
8. Redness, crusty, painful or itchy eyes	8. Symptom-free or written/phone consent from M.D. to school nurse.*
9. Brown or bloody urine.	9. Symptom-free or written/phone consent from M.D. to school nurse.*
10. Stiff neck or headache with fever.	10. Symptom-free or written/phone consent from M.D. to school nurse.*
11. Unusually sleepy, lethargic or grumpy.	11. Symptom-free or written/phone consent from M.D. to school nurse.*
12. Strep throat diagnosed by M.D.	12. Must have been on antibiotics for 24 hours and have written/phone consent from M.D. to school nurse.* If no antibiotic given, call school nurse before sending child to school.
13. After an illness of two or more weeks, surgery, or other change in health status.	13. Written instructions from the Dr. and parent regarding medication or special health needs must be provided to the school nurse.

* The R.N. may consult with your physician about his recommendation to return your child to class.

Ready to Learn

Give your elementary schooler the tools needed for learning

A carpenter would never come to a job site without a box of tools. He knows that he can't do his best work without the proper tools for the task.

That's a good way to think about how your child can do her best in school. She needs to show up with the right tools to do the job. Here are a few:

- **Enough sleep.** Doctors say that children between the ages of seven and 12 need 10 to 12 hours of sleep per day. Without proper rest, she won't be able to concentrate on the multiplication tables or her history lesson. So do some math yourself. When does your child need to leave for school in the morning? When does she need to get up to be ready at that time? Ten to 12 hours before that is when she needs to go to bed.
- **A healthy breakfast.** Cars can't run without fuel, and kids' brains are no different. Many studies show that children who eat breakfast do better in class, earning better grades and test scores. They are better able to focus. And they have fewer behavior problems. And don't worry if your child doesn't like "breakfast food." Peanut butter on a tortilla or a slice of pizza will give her a great start.
- **High expectations.** When you believe your child can do her best, she'll believe it, too. So send her off with a big smile and she'll have the confidence she needs to tackle another day.

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Parent Quiz

Are you making fitness a priority in your family?

Today's kids sit too much and move too little. As a result, childhood obesity is a growing health problem. There are ways parents can encourage children to be more active--and have fun at the same time. Are you doing what you can? Answer yes or no to each question:

- ___ 1. **Do you try** to make exercise part of everyday activities? If you can, do you walk or bike places?
- ___ 2. **Do you make time for fitness?** Do you block out some time when you can be active as a family?
- ___ 3. Are you a good role model? Do your children see you being active? Do you do some activities together?
- ___ 4. **Do you turn off the TV** and the computer at some times of the day?
- ___ 5. **Have you planned** some activities you can do regardless of the weather?

How well are you doing?

Each yes means you're helping your child be more active--and healthier. For each no answer, try that idea from the quiz.

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Preparación para el aprendizaje

Dele a su escolar de primaria las herramientas para aprender

Un carpintero nunca se presentaría a un lugar de trabajo sin una caja de herramientas. Él sabe que no puede hacer su trabajo sin las herramientas apropiadas.

Esta es una buena forma de pensar en cómo su hijo puede dar su mejor esfuerzo en la escuela. Necesita ir con las herramientas apropiadas para hacer el trabajo. Aquí hay algunas:

- **Haber dormido suficiente.** Los doctores dicen que los niños entre los siete y 12 años necesitan dormir de 10 a 12 horas diariamente. Sin un descanso apropiado, no podrá concentrarse en las tablas de multiplicación o en su lección de historia. Así es que haga un poco de cálculos matemáticos usted mismo. ¿Cuándo necesita salir para la escuela en la mañana su hijo? ¿Cuándo necesita levantarse para estar listo a esa hora? De 10 a 12 horas antes de esa hora es cuando necesita irse a acostar.
- **Tomar un desayuno saludable.** Los carros no pueden andar sin combustible, y los cerebros no son diferentes. Muchos estudios muestran que a los niños que desayunan les va mejor en la clase, y sacan mejores calificaciones en las pruebas. Pueden concentrarse mejor. Y tienen menos problemas de conducta. No se preocupe si a su hijo no le gusta "la comida del desayuno." La mantequilla de cacahuate embarrada en una tortilla o una rebanada de pizza le proporcionará un buen comienzo.
- **Tener expectativas altas.** Cuando usted cree que su hijo puede hacer todo lo posible, él también lo creará. Entonces mándelo a la escuela con una sonrisa, y de esta manera tendrá la confianza que necesita para enfrentar otro día.

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Cuestionario para padres

¿Está haciendo que el buen estado físico sea una prioridad?

Los niños de hoy en día permanecen sentados mucho y se mueven muy poco. Como resultado, la obesidad infantil es un problema de salud creciente. Hay maneras en que los padres pueden animar a los niños a ser más activos--y que se diviertan al mismo tiempo. ¿Está haciendo todo lo posible? Conteste sí o no a cada pregunta:

___ 1. **¿Trata de hacer** que el ejercicio sea parte de las actividades cotidianas? Si pueden hacerlo, ¿caminan o van en bicicleta a diferentes lugares?

___ 2. **¿Aparta tiempo para** el buen estado físico? ¿Dedica un poco de tiempo cuando pueden para mantenerse activos como familia?

___ 3. **¿Es usted un buen modelo** de conducta? ¿Sus hijos lo ven ser activo? ¿Realizan algunas actividades juntos?

___ 4. **¿Apaga la televisión** y la computadora algunas horas del día?

___ 5. **¿Ha planeado actividades** que pueden hacer a pesar del clima?

¿Cómo le está yendo?

Cada respuesta sí significa que está ayudando a su hijo a ser más activo--y más saludable. Para cada respuesta no, intente la idea correspondiente del cuestionario.

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