



NORTH LIBERTY ELEMENTARY SCHOOL

JOHN GLENN SCHOOL CORPORATION

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PRINCIPAL	ASSISTANT PRINCIPAL	COUNSELOR	SECRETARY	TREASURER
Randy Romer	Rebecca Cummings	Melanie Heiser	Kris Tolleson	Melita Beeney

Greetings Shamrock Family,

We are excited to see the student's excitement and love for school as they walked thru the clean halls. NLES has come alive once again with the energy and enthusiasm for learning by the students. The staff equally share that same excitement for daily improvement in your child's academic and social development.

2016 A-F Grades were advertised by the IDOE and North Liberty Elementary School received a "B" for our overall performance and growth from the Spring 2016 ISTEP+ test. Great effort and continued improvement from our students as they increase achievement and growth scores.

Attached you will notice the January lunch and breakfast menu, Home School Connection, and the JG School Board approved 2017-2018 Calendar. Please plan your family vacations around the dates for next year.

January 6 - report cards will be emailed in the afternoon with KDG sent home

January 10 - PTO meeting after school in the library starting at 3:15 PM

January 16 – School will be in session due to school canceled on December 19

Shamrock Pride,

Mr. Romer

John Glenn School Corporation
2017-2018

12/21/2016

June-17						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
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18	19	20	21	22	23	24
25	26	27	28	29	30	

July-17						
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23	24	25	26	27	28	29
30	31					

August-17						
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27	28	29	30	31		

September-17						
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October-17						
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22	23	24	25	26	27	28
29	30	31				

November-17						
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26	27	28	29	30		

Jun. 5 - Session I Summer School Begins

Jun. 30 - Session I Summer School Ends

Jul. 10 - Session II Summer School Begins

Jul. 28 - Session II Summer School Ends

Aug. 1 - Online Registration Opens

Aug. 3 - Student Registration -
12:30 to 7:00 P.M.

Aug. 14 - Teacher Orientation

Aug. 15 - Classes Begin - Grades K - 12

Sep. 4 - Labor Day, No School

Sep. 20 - Parent/Teacher Conferences 3:15 - 7:15

Sep. 21 - Parent/Teacher Conferences 3:15 - 7:15

Sep. 25 - No School

Oct. 13 - End First Nine Week Grading Period

Oct. 16 - Begin Second Nine Week Grading Period

Oct. 26 - Fall Break Begins, No School

Oct. 27 - Fall Break, No School

Nov. 22 - Thanksgiving Break, No School

Nov. 23 - Thanksgiving Break, No School

Nov. 24 - Thanksgiving Break, No School

Dec. 22 - Classes Dismissed at Regular Time for Winter Vacation
End Second Nine Week Grading Period/First Semester

Jan. 8 - Classes Resume Following Winter Vacation

Begin Third Nine Week Grading Period/Second Sem.

Jan. 15 - Martin Luther King Day -No School (Snow Make-Up Day)

Feb. 16 - No School (Snow Make-Up Day)

Feb. 19 - Presidents' Day - No School (Snow Make-Up Day)

Mar. 16 - End Third Nine Week Grading Period

Mar. 19 - Begin Fourth Nine Week Grading Period

Mar. 23 - Dismiss for Spring Break - 3:00 p.m.

Mar. 26 - Spring Break Begins

Mar. 30 - Spring Break Ends

Apr. 2 - Classes Resume Following Spring Break

Apr. 20 - No School (Snow Make-Up Day)

Apr. 23 - No School (Snow Make-Up Day)

May 28 - Memorial Day - No School

May 31 - End of Year - Last Student Day

End Fourth Nine Week Grading Period/
Second Semester

Jun. 1 - Teacher Records Day (No Students)

Jun. 3 - Commencement

December-17						
Su	Mo	Tu	We	Th	Fr	Sa
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31						

January-18						
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28	29	30	31			

February-18						
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25	26	27	28			

March-18						
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

April-18						
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

May-18						
Su	Mo	Tu	We	Th	Fr	Sa
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

1st 9 Weeks = 43

3rd 9 Weeks = 47

2nd 9 Weeks = 44

4th 9 Weeks = 46

1st Semester = 87

2nd Semester = 93

180 Student Days

183 Teacher Days



JANUARY | 2017

North Liberty Elementary School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL	3 NO SCHOOL	4 Chicken Patty/bun Potato Wedges Steamed Broccoli Beets Red Grapes	5 Hot Dog/bun Golden Corn Baked Beans Applesauce Carnival Cookie	6 Bosco Sticks/sauce Garden Bar Green Beans Diced Peaches
9 Hamburger/bar Oven Baked Fries California Blend Vegetables Baked Beans Diced Pears	10 Chicken & Waffle Crispy Cubed Potatoes Crunchy Carrots & Celery Banana Juice	11 Lasagna Roll Garlic Bread Green Beans Garden Bar Diced Peaches	12 Ham Sandwich Broccoli/cheddar Soup (cup) Sweet Potato Fries Cucumber Coins Crisp Apple Wedges	13 Pepperoni Calzone Garden Bar Golden Corn Fruit
16 NO School (Snow Make Up)	17 Cheese Pizza Slice Garden Bar Mixed Vegetables Orange Wedges Chocolate Chip Cookie	18 Soft Shell Taco Refried Beans Golden Corn Spanish Rice Diced Pears	19 Chicken & Noodles Mashed Potatoes Roasted Baby Carrots Warm Dinner Roll Diced Peaches	20 Grilled Cheese Tomato Soup Goldfish Crackers Green Beans Crisp Apple Wedges
23 BBQ Chicken/bun Oven Baked Fries Golden Corn Beets Diced Pears	24 Cup of Chili PBJ Graham Garden Bar Banana Juice Sugar Cookie	25 Chicken Tenders Baby Baker Potatoes Carrot Coins Warm Dinner Roll Mandarin Orange/Pineapple	26 Mini Corn Dogs Green Beans Tri Tater Mixed Fruit	27 Macaroni & Cheese Garden Bar Steamed Broccoli Applesauce
30 BBQ Rib/bun Potato Wedges Green Beans Beets Warm Cinnamon Apples	31 Orange Chicken/rice Sweet Peas Garden Bar Pineapple Tidbits Blueberry Muffin	Cheese Pizza Slice Garden Bar Golden Corn Red Grapes	Chicken Nuggets Mashed Potatoes/gravy Warm Dinner Roll Rst Butternut Squash Mixed Vegetables Strawberries	<u>National Wear Red Day</u> Turkey Sub Sandwich Heartzel Pretzels Baked Beans Crunchy Veggies/dip Fruit

News

Welcome Back

**Breakfast offered daily
in cafeteria**

Full Pay: \$1.25

Reduced: .30

Lunch

Full Pay: \$1.90

Reduced: .40

**Students must select a
fruit and or vegetable
with each meal.**

**Please keep your
student account
current, assistance
forms available in
school office if
needed.**

Stay warm!!!

January 2017

John Glenn School Corporation

BREAKFAST

**School Information:**

Full Pay: \$1.25 Reduced .30
Milk included with all meals



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts. This institution is an equal opportunity provider



Monday

NO SCHOOL

2

Tuesday

NO SCHOOL

3

Wednesday

Cereal

4

Pop Tart

Fruit and Juice

Thursday

Breakfast Pizza

5

Fruit and Juice

Friday

Donuts

6

Fruit and Juice

Apple Cinnamon Tx Tst

9

Fruit and Juice

Scrambled Eggs

10

Muffin

Fruit and Juice

PBJ Graham

11

Fruit and Juice

Pancake/saus/stick

12

Fruit and Juice

Oatmeal Round

13

Fruit and Juice

NO SCHOOL

16

(Snow make up)

Cereal

17

Pop Tart

Fruit and Juice

Breakfast Pizza

18

Fruit and Juice

French Tst Sticks

19

Fruit and Juice

Donuts

20

Fruit and Juice

Apple Cinnamon Tx Tst

23

Fruit and Juice

Scrambled Eggs

24

Muffin

Fruit and Juice

Cherry Frudel

25

Fruit and Juice

Chicken/Biscuit

26

Fruit and Juice

Oatmeal Round

27

Fruit and Juice

Cereal

30

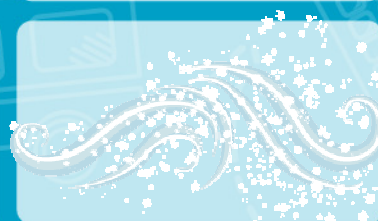
Pop Tart

Fruit and Juice

Breakfast Pizza

31

Fruit and Juice



Home & School

CONNECTION®

Working Together for School Success

January 2017

North Liberty Elementary
Melanie Heiser, School Counselor



SHORT NOTES

Is my child over-scheduled?

Take a moment to review your youngster's after-school schedule together. While there's no magic number of activities that's right for every child, consider whether she has enough time to do homework and enjoy downtime. If one or more days each week are jam-packed, think about having her drop an activity.

School supply inventory

The year is halfway over! Your youngster's school supplies may be running low, so check if he needs more pencils, paper, or calculator batteries. You might also ask his teacher about shared items like tissues or glue. *Note:* Contact the school counselor if you need assistance in getting supplies for your child.

Good handwriting matters

Although your youngster will type more of her work as she gets older, it's still important for her written assignments to be legible. Also, she will be less apt to make math mistakes if she writes numbers clearly. Encourage her to take pride in completing her work neatly.

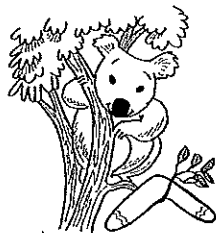
Worth quoting

"I know nothing in the world that has as much power as a word. Sometimes I write one, and I look at it until it begins to shine." *Emily Dickinson*

JUST FOR FUN

Q: What do you call a boomerang that doesn't work?

A: Lost.



Motivated to learn

What's the best way to keep your child inspired to learn? Help him learn to motivate himself! Raise a self-motivated youngster with this advice.

Point to the future

Your youngster may feel more motivated to learn something if he understands how it will be important later. Tell him about ways you use school subjects like math and writing at work. You might explain how you count the money in your cash register and compare it to sales receipts when your shift ends. Or show him advertisements that you helped to write or design.

Move on from mistakes

There are two ways to react to mistakes: Feel discouraged, or get motivated. Encourage your child to look at a mistake as an opportunity to succeed next time. If he made careless errors on a report, for example, he could proofread papers more

carefully in the future (take a break before proofing, read backward).

Celebrate hard work

Have your youngster find natural motivators when he is faced with a big job. For instance, he may plan to read a new mystery he's been looking forward to after finishing a challenging book for school. Or you might let him organize a fun family activity that's related to his science project—perhaps a visit to a cavern if his experiment involves minerals. ♥



Winter workouts

No matter what the weather, your family can stay active this winter. Try these ideas.

Sticky catch. Use gloves for more than keeping warm. Get Velcro circles with sticky backs (available at craft stores), a Wiffle ball, and a pair of knit gloves. Stick Velcro pieces all over the Wiffle ball. Each person wears one glove, leaving one hand free to throw. Go outside for a game of catch!

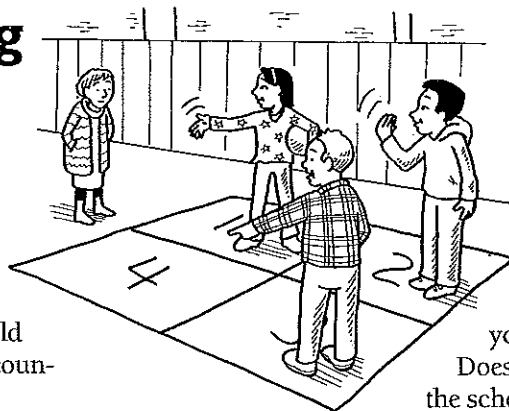
Fitness hunt. Ask each family member to draw and label pictures of physical activities (making snow angels, doing forward rolls). Hide the drawings, and race around trying to find them. When you spot one, do the activity five times. Then, hide that picture for someone else to find. ♥



Speak out about bullying

It can take courage for your youngster to ask for help when she or a classmate is bullied. Here are ways to reassure her that it's okay to speak up.

To start a conversation... "What have you heard in school about bullying?" Simply opening the lines of communication may make your child feel comfortable coming to you if she witnesses bullying or is a victim of it herself. If she doesn't have much to say, you could talk about what you've heard or relate situations you encountered as a youngster.



If she is bullied...

"I'm glad you told me. Let's decide how I can support you." Children who are bullied may feel helpless. Discuss options so your youngster feels more in control. Would she be okay with your talking to her teacher? Does she want to meet with the school counselor?

ACTIVITY CORNER

Think like a historian

Does your child know that history isn't just something that happened a long time ago? In fact, history is made every day. Let him be a historian with this activity.

Find and document

Have him pay attention to history-making events like "firsts" (his little brother's first steps), unusual occurrences (the decade's biggest snowfall), or significant changes (moving to a new house). Encourage him to document each event by writing about it or making audio or video recordings.



Analyze and predict

Like a historian, he should analyze why the event is important and what we might learn from it. He might say, "We normally get a dusting of snow in our state, but this week we got six inches," and "Now we know how snow drifts when the wind blows."

Idea: Let your youngster share his historical "document" with your family by reading aloud what he wrote or playing his recording. ♥



When a classmate is bullied... "What could you do to help?" Together, brainstorm ideas. Have her think about where the bullying takes place. She might ask the child to play with her at recess or sit with her on the bus or at lunch. Or she could walk with her classmate to tell an adult about what happened. ♥

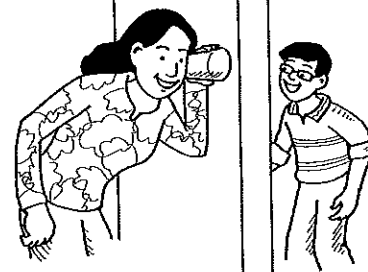
PARENT TO PARENT

Teach me!

My son recently had what I thought was an unusual homework assignment. He had to study for a science quiz by teaching me the material, and I was supposed to write a sentence about what I learned.

It turned out to be interesting and helpful for both of us. I learned something new—about how sound travels better through solid objects than through liquids or gases—and my son earned a good grade on his quiz. We realized that talking it through in his own words was a good way for him to study. Also, I think it boosted his confidence to be able to teach me something I didn't know.

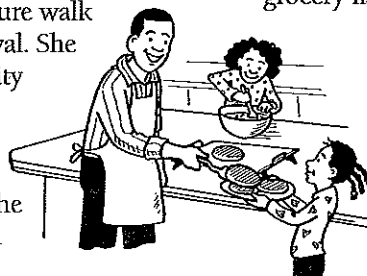
Now instead of asking what he learned in school, I sometimes have him teach it to me. If he struggles to explain it, that's a clue for him to go back and study more, then try again. ♥



Resolve to find family time

Q: Our New Year's resolution is to spend more time together as a family. Do you have any suggestions for getting our daughters on board?

A: Try letting each girl pick one special event a month for your family to do, such as a winter nature walk or a kite-flying festival. She could plan the activity and be in charge for the day. For ideas, look at calendars from the library or the parks and recreation department.



Also, look for ways to carve out small amounts of time. If you know you won't be able to eat dinner as a family, pick a different meal to eat together that day. Do errands cooperatively, and try to add an element of fun. For example, divide your grocery list in half, break into teams at the store, and see who can get their items first.

Finally, post family plans ("Pancake breakfast on Sunday," "Craft night at the library") to get your daughters excited about what's ahead. ♥

OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

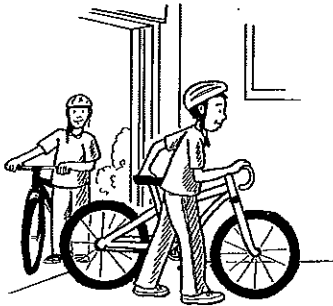
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Building Better Behavior

Good behavior is a habit all parents can try to instill in their children, but it doesn't happen overnight. Use patience and the strategies in this guide to help you lay a foundation for good behavior at home and at school.



Give positive attention. Try to set aside a little uninterrupted time with your child each day, and let her take the lead in deciding how to spend it. She might want to have a special story time with you or take a walk around the neighborhood to talk about the day. She'll feel more important and secure—and be less apt to misbehave in an effort to make you notice her. *Tip:* While you're enjoying each other's company, be sure to give her your total attention. Turn off distractions like your cell phone or the television.



Set ground rules. Your youngster may be more likely to behave if he knows exactly what you expect.

Talk about the rules for behaving at home and in public. These might include things like keeping his hands to himself and listening quietly when others are speaking. Remember, you know your child best—choose rules that fit his age and abilities. As he gets older, you can update the rule list. *Tip:* To help everyone remember the rules, post them where they can be seen. Also, state them in a positive way. Instead of "Don't leave your bike on the driveway," write, "Put your belongings away when you finish using them."

Discuss consequences. The best time to talk about consequences is before a rule is broken. Let your youngster know in advance what will happen if she misbehaves or breaks a rule. For instance, you could say, "If you put your bike in the garage, you will be able to ride it tomorrow." *Tip:* Involve your child in deciding fair punishments for breaking rules.

continued

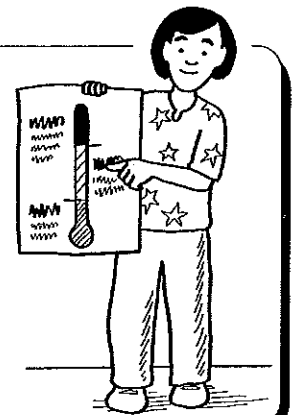
A measure of self-control

This activity can help your youngster practice taking control of her own behavior.

1. Help her draw a thermometer on paper and add horizontal lines to divide it into thirds. She can color the bottom third blue and label it "Keeping my cool." Have her color the middle section yellow and write "Getting warmer." And she should color the top portion red and label it "Danger zone."
2. Together, brainstorm a list of ideas she can use to control herself when her "temperature" starts to rise. For instance, if she's starting to feel frustrated (perhaps her brother makes a

face at her), she might close her eyes and take a deep breath. If she's entering the danger zone (say, she feels like hitting him), she could walk away for a few minutes and cool down.

3. Let her write the ideas on the paper. Then, hang up the thermometer where it can remind her that she is in control of herself.





Point out benefits of behaving well. When your youngster sees the results of good behavior, he may try harder to stay on course. You can reinforce the idea by mentioning the positive consequence in connection with his behavior. "Sam, since you did all your chores without being reminded, we'll have an extra half-hour to spend at the park." *Tip:* It may be tempting to "bribe" your child to behave well, but this can make him dependent on rewards in the future. Skip the sticker or candy in favor of a more natural reward (say, time for an extra bedtime story because he got ready quickly).

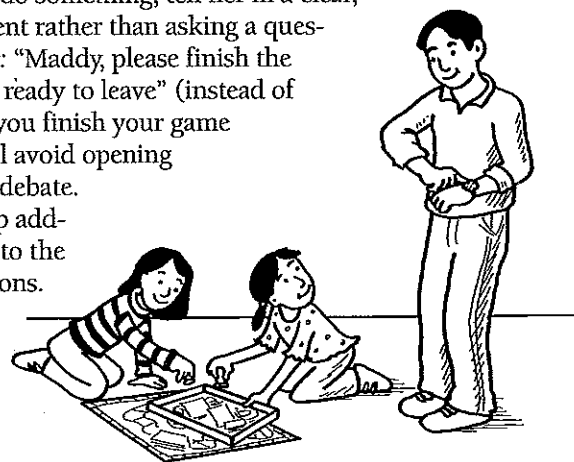
Catch your child being good. Look for times when your youngster is behaving well, and praise her for it. Try to make your compliment specific: "I know you're disappointed your brother got to pick the cereal—you handled it nicely." Pointing out what she did right helps her recognize good behavior so she can repeat it in the future.

Use logic. It's easier for your child to understand cause and effect if the consequences are related to his misbehavior. For example, if he skates without his helmet, it makes more sense to take away the skates than to take away dessert. *Tip:* Where appropriate, use "make it better" consequences that encourage your youngster to correct his behavior in a positive way. If he knocks down his sister's block tower, he could help her rebuild it, for instance.

Use statements instead of questions. When you expect your child to do something, tell her in a clear, polite statement rather than asking a question. *Example:* "Maddy, please finish the game and get ready to leave" (instead of "Maddy, can you finish your game now?"). You'll avoid opening the door to a debate.

Tip: Also, skip adding, "Okay?" to the end of directions.

It makes it sound like your request is optional. Rather than saying, "Let's get ready to go, okay?" just say, "Let's get ready to go."



Be consistent. Even the most well-behaved youngster will act up or test the rules occasionally. When that happens, the best idea is to stick to your rules and consequences for breaking them. Knowing that you will respond exactly the same way every time he misbehaves can motivate your child to make better choices.

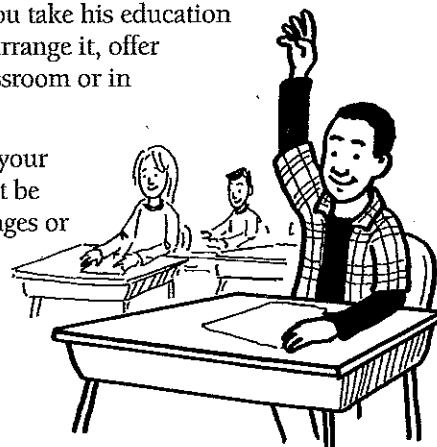
When behavior is a problem at school

If your child acts out at school, what should you do? Here are some strategies to try:

- **Be a team player.** Meet with the teacher to discuss ways you can work together to improve the situation.
- **Communicate regularly.** Find out which method the teacher prefers (notes, emails, phone calls). Ask her to tell you about your youngster's good days as well as the not-so-good ones. That way, you can praise him for his good behavior as well as talk to him about problems.
- **Try to keep expectations consistent between home and school.** Let your child know that you expect good behavior in both places. For example, if talking out of turn is the problem at school, remind him not to interrupt at home.

- **Volunteer.** When you are active in your youngster's school, you show him that you take his education seriously. If you can arrange it, offer to help out in his classroom or in the cafeteria.

Note: If you think your child's behavior might be related to family changes or other stress, or could have a physical cause, check with his school counselor or his pediatrician.



Home & School CONNECTION®

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