



# EAST CLIFF ELEMENTARY SCHOOL STUDENT— PARENT BULLETIN November 3, 2016



Dear Parents,

Your child received their first report card on Monday, October 31st. The report card is a way for parents to evaluate the progress of their child. These report cards identify strengths and weaknesses. The report card should be used as a tool to help the child learn as much as she/he can. If you have concerns, please set up a parent-teacher conference. This conference is designed to provide an opportunity for teachers and parents to share information and work toward a common goal. Working together will help the school attain the goal of providing a quality education for our children.

Sincerely,

*Alma Linda Munoz*  
Principal



## GRANDPARENTS' DAY November 18, 2016

East Cliff Elementary will host Grandparents' Day on Friday, November 18, 2016, during the school day. An invitation will be coming home soon with class activities and times. Lunch shifts may run behind regular schedule by approximately 10-25 minutes. Kinder will begin at 10:15 AM. The menu is Jennie-O diced turkey with gravy or Tyson home-style breaded chicken nuggets, buttered mashed potatoes, seasoned green beans, cranberry sauce, cornbread dressing, freshly baked yeast roll and choice of milk or water. The cost for visiting adults will be \$6.00.



## THANKSGIVING HOLIDAY NOVEMBER 21-25

Our students and faculty will celebrate the Thanksgiving holiday beginning on Monday, November 21 thru Friday, November 25, 2016. School will resume on Monday, Nov. 28, 2016, at 7:40 am.

Have a happy and safe holiday!

## FAMILY MATH NIGHT

Come join us for fun family math activities and student-focused math stations.

WHO / WHEN / WHERE???

Grades 3-5 on November 7, 2016 from 6-7PM in the Cafeteria

Grades 1-2: November 8, 2016 from 6-7PM in the Cafeteria



## BOOK FAIR FAMILY NIGHT NOVEMBER 15, 2016 6:00-8:00 PM

Our Fall Book Fair will be November 14th-18th. The theme will be Buccaneer Book Fair: "Come Meet your Mateys for a Good Book!" Please join us for Family Night on Tuesday, November 15th from 6:00-8:00 PM. We will also be having a special Grandparent event on Friday, November 18th.

**PLEASE COME OUT AND SUPPORT  
OUR LIBRARY!**



## COUNSELOR'S CORNER

### Cool Kids Skills of the Month

#### 1. Asking a Question

- A. Think about the idea.
- B. Signal and wait.
- C. Use a pleasant voice.
- D. Use questioning words.
- E. Stay on the topic.

#### 2. Introducing Yourself

- A. Look and smile.
- B. Use a pleasant voice.
- C. Use greeting words.
- D. Say your name.
- E. Shake hands.

#### 3. Joining In

- A. Look, listen, and wait.
- B. Ask "May I please join?"
- C. Wait for and answer.
- D. Say "OK".

### Character Pillar —RESPECT

- Treat others the way you want to be treated.
- Be polite and courteous.
- Treat others well even if they look, act, or believe differently.

### RECYCLE!

Coach Krebs and Mrs. Vacek are teaming up to raise money for our programs through Funding Factory. We are asking you to please donate all empty/used inkjet and laser cartridges as well as old cell phones, MP3 players, GPS devices, digital cameras and laptops. (NO TONER CARTRIDGES please.) If you need a box for your office, please contact one of us.

#### Reminder for PE/Music:



- Tennis Shoes are required for PE and Music. Please remind your child to put tennis shoes in their backpack so that they can change into them before they come for PE. We do several movement activities that require proper footwear. A helpful suggestion: when you wash your shoes, place the wet shoes in front of your refrigerator vent to cut the drying time in half. By the next morning your shoes should be dry.
- Keep Your Feet Happy!
- Coach Krebs

## Nurse's Corner

Sonia Marquez, R.N.

### CDC Says "Take 3" Actions To Fight The Flu

*Flu is a serious contagious disease that can lead to hospitalization and even death.*

*CDC urges you to take the following actions to protect yourself and others from influenza (the flu):*

#### 1. Take time to get a flu vaccine.

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.
- While there are many different flu viruses, the flu vaccine protects against the three viruses that research suggests will be most common.
- Everyone 6 months of age and older should get a flu vaccine as soon as the current vaccines are available.
- Vaccination of high-risk persons is especially important to decrease their risk of severe flu illness.
- People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.
- Vaccination also is important for health care workers, and other people who live with or care for high-risk people to keep from spreading flu to other high-risk people.
- Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for them should be vaccinated instead.

#### 2. Take everyday preventive actions to stop the spread of germs.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.

- Try to avoid close contact with sick people.

- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. Your fever should be gone without the use of a fever-reducing medicine. While sick, limit contact with others as much as possible to keep from infecting them.

#### 3. Take flu antiviral drugs if your doctor prescribes them.

- If you get the flu, antiviral drugs can treat your illness.
- Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter.
- Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications. For people with high risk factors, treatment with an antiviral drug can mean the difference between having a milder illness versus a very serious illness that could result in a hospital stay.
- Studies show that flu antiviral drugs work best for treatment when they are started within 2 days of getting sick, but starting them later can still be helpful, especially if the sick person has a high risk health or is very sick from the flu. Follow your doctor's instructions for taking this drug.
- Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever.

## P.T.O. Meeting

Tuesday, November 15, 2016  
6:00 PM  
East Cliff Elementary Cafeteria

Fourth Grade students will provide  
the program following this meeting.



## REMINDER



For the safety of our students, please be sure to get a visitor's pass each time when visiting or volunteering. Please wear the badge on the collar or upper part of your shirt/blouse so that it is easily visible. Thank you for your co-operation.



Earn Cash for Our School!

### BOX TOP NEWS!

The class winners are as follows:

Kinder - Ochoa (304)  
1st - Dendy (376)  
2nd - Garcia (281)

3rd - Pyles (289)  
4th - Foley (288)  
5th - Coleman (162)

Mrs. Dendy's First Grade Class won school-wide with the most Boxtops collected this month! Thanks again for your support.

## NOTEWORTHY NEWS

from

Betty Vacek, Music teacher

**ONLINE MUSIC:** All students may get on the website that correlates to our music curriculum. It is [www.musicplayonline.com](http://www.musicplayonline.com). The user name is **gregory st** and the password is **0923**. Your students can sing songs and play games on this website. Fourth graders may use it to practice recorder. All of their check-off songs are found under the recorder tab on the left. Fifth grade students who purchased ukuleles can find songs to play along to under the ukulele tab on the left.

**PTO PROGRAM:** The 4th grade students will present the PTO program, "Thankful," on Tuesday, November 15, 2016. The students need to dress in blue jeans/capris and their class t-shirts which will arrive before the program. They need to meet in the music room at 5:50. The program will start after the 6:00 p.m. PTO meeting. Please remind them to practice their recorder pieces.

**CHOIR:** Choir continues to meet on Tuesdays and Wednesdays at 7:07 a.m. We are preparing for our December performances. Participation in the performances is dependent on attendance. Please get your children to school on time, especially if they eat breakfast at school.

**CHOIR T-SHIRTS:** If your child was in choir and no longer wears the East Cliff Choir t-shirt, please donate them back to the choir to be used by students who cannot afford a shirt or forget theirs at home when we perform. THANKS!

**FIRST GRADE PARENTS:** We will be studying about Native Americans and how they made instruments from the things around them. I invite the first graders to make an instrument out of recyclable items. Please supply them with some recyclable item that can be made into a **drum, shaker, or scraper**. Keep it SIMPLE. These will be due the week of November 7 -11. Please don't send them before that.

**SMENCILS:** A Smencil sale is held most mornings to raise money for equipment for the music room. A Smencil is a scented pencil. The cost is \$1 each. They are sold in the cafeteria before announcements begin. Thank you for your support.

**RECYCLE:** Don't forget to send in your old cell phones, ink cartridges, laptops, and other small electronics for recycling. Businesses can send items directly to our collection agency for free and those items can be credited to our account. E-mail me if you are interested: [bvacek@g-pisd.org](mailto:bvacek@g-pisd.org).

## DYSLEXIA NEWS

From  
Veronica Allan



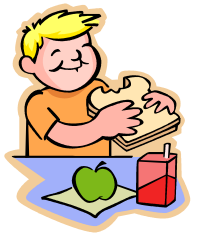
### Ways to Make Story Time Fun

1. Find creative ways to fit time for reading such as during a sibling's sports practice, bedtime, or to wind down when you get home from a busy day.
2. Take turns choosing books. Your youngster may want to hear old favorites again and again. Use your turn for new titles and variety such as nonfiction or poetry.
3. Have child play an active role such as turning the pages, finishing sentences that rhyme, or fill in words she/he knows. Give enough time to understand the story and look at the illustrations.
4. Use different voices for different characters, substitute your youngster's name for the main character's name, and use family members' names for other characters.

Children will enjoy reading when presented in these fun ways.

Source: The Reading Connection

## Cafeteria News



If you are visiting for lunch, there is a designated table in the cafeteria for guests to sit with their student. These tables are located opposite the stage and are signed "Parent Table."

As a reminder, when you are visiting the campus please be sure to sign in and get a visitor's badge at each visit. Please wear the badge on the collar or upper part of your shirt/blouse so that it is easily visible.

If you choose to bring an outside meal for your student, please remember that you may not bring meals for other students. Also, students are not permitted to share their meals with others for safety reasons.

Thank you!

## B.E.S.T. CLUB NEWS

The B.E.S.T. Club met on October 19, 2016 in the gym at 7:15 AM for the monthly meeting. Members made drug-free posters to decorate the campus for Red Ribbon Week. The next meeting will be held on November 2nd in the gym at 7:15 AM. Members will decorate boxes for the annual food drive for the Portland Food Pantry. The food drive will be held the week of Nov. 7-11, 2016. The cans will be picked-up on Friday, Nov. 11, and delivered to the Portland Food Bank. The class with the highest number of canned goods in each grade level will receive a goody bag.

English: It is the policy of Gregory-Portland ISD not to discriminate on the basis of race, color, religion, national origin, sex, or handicap in its programs, services, or activities as required by Title VI of the Civil rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; and Section 504 of the Rehabilitation Act of 1973, as amended.

Spanish: Es norma de el Escolar Independiente de Gregory-Portland no discriminar por motivos de raza, religion, color, origen nacional, sexo o impedimento, en sus programas, servicios o actividades tal como lo requieren en Título VI de la Ley de Derechos Civiles de 1964, según enmienda; el Título IX de las Enmiendas en la Educación, de 1972, y la Sección 504 de la Ley de Rehabilitación de 1973, según enmienda.