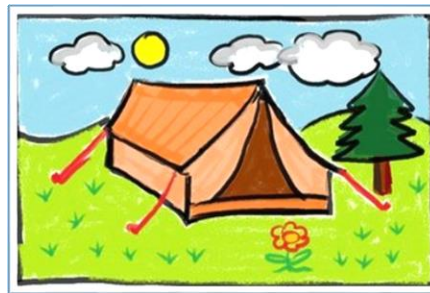


Kay Carl Elementary School

5625 Corbett Street, Las Vegas, Nevada 89130

kaycarl.net T: 702-799-6650



Upcoming Events

November 9

SOT Meeting in the 70's pod (3:45-4:30)

November 10

Progress Reports sent home

November 11-12

No School

November 23

Progress Reports sent home

November 24-26

No School

November 30

Café Zupas Night (4 p.m. – 8:00 p.m.)

What is Champ Camp?

Champ Camp provides enrichment activities for all students with a summer camp feel on most Fridays. Students have been split into cabins, have their own cabin chant, and matching tie-dye shirts. Ask your student about their cabin's animal and activities.

After School Sports

Flag Football: Flag Football is approaching playoff time and it looks like our teams will all make the playoffs. Good luck to all of our teams as they get prepared to make a run for the championships.

Archery: We are half way through our second Archery program, which has been a huge success. A lot of our students have gotten really good at shooting and we plan to make a solid appearance this year at the CCSD archery competition.

Physical Education

Physical Education has just finished learning about playground games and are now in the process of learning the different ways to jump rope. Students also learned about strangers and Halloween safety. PE will continue to look for ideas to keep our students motivated to work out and stay "KAY CARL INVOLVED."

Counselor Connection

Navigating social challenges leads to increased confidence

When parents are overly involved in their children's social lives, their kids can't develop the confidence and resilience they need to thrive. Swooping in and saving your child from every social challenge won't help him in the long run—it might actually hurt him. Your child is more likely to establish healthy friendships and feel more sure of himself if he is armed with social and emotional skills. And these skills won't just help him navigate the playground successfully. They'll make him feel more confident in the classroom, too. To help your child strengthen his social skills:

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- **Empower him to take action.** If he comes to you with a problem, listen closely while he tells you about it. Say, “That sounds frustrating. What did you do next?” Then, give him a chance to find his own solution. Sometimes, all kids need is someone to listen to them.
- **Model resilience.** Talk about your own social struggles and how you faced them. When children hear stories about how family members overcame obstacles, they become more resilient in the face of challenges.
- **Teach him to be assertive.** Help your child learn how to speak up for himself. When he wants something, ask him to make a strong case for it. Or, have a family debate night. When you encourage your child to speak up at home, he’ll find his voice at school and in the world.

Positive discipline methods yield positive results

The discipline strategies you use at home can increase your child’s likelihood of succeeding in school. And experts agree that the best discipline methods are positive, not harsh. Studies have shown that physical punishments may actually increase children’s risk for mental health problems. The American Academy of Pediatrics recommends that parents:

- **Develop loving,** supportive relationships with their kids. This gives children a strong foundation and motivates them to behave well. When kids feel loved and respected by their parents, they are more likely to cooperate at home and at school.
- **Focus on the positive.** Compliment what your child does right—and be specific. “You started your homework without my reminding you. Great job!”
- **Use time-outs** and other non- physical consequences when needed. A child who speaks disrespectfully may need some time alone in his room. A child who puts off homework may miss other fun activities.
- **Let natural consequences** do the work. If your child forgets to complete his homework again, don’t make excuses for him. Instead, allow him to get a zero. He will be more likely to remember to do his homework tomorrow!

Source: A. Heilmann and others, “Physical punishment and child outcomes: a narrative review of prospective studies,” The Lancet, Elsevier.

Are you helping your child build community spirit?

The same qualities that help people live together in families can help them live in their communities—and get along with others in school. Are you helping your child be civic minded? Answer yes or no to the questions below to find out:

- ___ 1. Do you talk with your child about school and family rules and why they’re important?
- ___ 2. Do you volunteer your time as a family on a regular basis?
- ___ 3. Do you show your child that it is important to honor commitments by keeping your promises?
- ___ 4. Do you model sportsmanship when you are watching sporting events and playing games?
- ___ 5. Do you expect your child to take responsibility for his actions and do you hold him accountable for his choices?

How well are you doing?

More yes answers mean you’re raising your child to be a responsible community member. For no answers, try those ideas to help your child cooperate with others.

Habit 3: Put First Things First

Work First, Then Play - I spend my time on things that are most important. This means I say no to things I know I should not do. I set priorities, make a schedule, and follow my plan. I am disciplined and organized.

Suggested Activity: A planner is a great organizational tool to write down and plan ahead for what is most important. Help your child find and use a simple planner. This could be one you buy at the store or a simple notebook that your child decorates.



News from the Nurse

Dear Parents,

As the weather gets cooler, there may be a few health challenges ahead.

- The first and most important thing to make sure that students, and all of us, stay as healthy as possible this winter is to **WASH OUR HANDS!** Please set a good example for your child. It is most important that hands are washed with good friction and for at least 30 seconds. A good rule is to wash your hands as long as it takes to sing the "A, B, C" song. Germs are spread quickly when hands aren't washed.
- Make sure your child has a hearty breakfast and gets enough sleep. If the body isn't at an optimal health status going into cold and flu season, it will be easier to pick up an illness.
- Please ensure that your child is dressed appropriately for the weather as it gets cooler. Make sure your child has a sweater or jacket (with their name inside) for outdoor activities, such as PE or recess.
- If your child is not feeling well in the morning. **KEEP THEM HOME.** There are many illnesses going around. Students do not learn when they aren't feeling well.
- Remember that all medications at school **MUST** be kept in the Health Office. If your child is caught carrying a medication, they will be sent to the office.
- Medications, including cold and sinus medication, cough medication and even cough drops cannot be carried in a backpack or with a student.

Your School Nurse,

Kathy D'Amora

Kindergarten 'K'ommentary

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

- Taking your shoes on and off

News You Can Use

Need to report a COVID-related Exposure or Illness?

Please utilize the Clark County School District's new COVID-19 Parent/Guardian Hotline to report your student's positive COVID-19 test result or your student's recent exposure to a COVID-19-positive individual. The CCSD COVID-19 Parent/Guardian Hotline is available Monday through Friday (excluding holidays) from 8:00 a.m.-4:00 p.m. and can be reached by calling (702) 799-4322.

Cell Phones

Please monitor whom your child talks to and texts on their phones. We want to keep everyone safe.

Dismissal Times

At KCES we have a staggered dismissal after school:

3:10 – Walkers at the gate on El Campo Grande

3:10 – Bikers

3:15 – Pink Kiss-N-Go (Grades 3-5)

3:20 – Green Kiss-N-Go (Grades K-2 and older siblings)

- Tying your shoes
- Taking your coat on and off
- Practice doing up a zipper
- Practice Buttoning and unbuttoning
- Washing your hands by yourself
- How to sneeze with your mask on
- Appropriate bathroom behavior

Also, please remember to send in an appropriate change of clothing. Our weather is changing, and kiddos need warm clothing (with their name on it) for the upcoming months. Last, please make sure your student has a water bottle and extra masks in their backpacks.

Many Thanks!

We had such fun during our Fall Harvest Festival Week of Celebration! Thank you for participating.

Thank you to our Harvest Festival Sponsors!

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