

Kay Carl Elementary School

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What you can do to help build the habit of good attendance:

- Set a regular bedtime and morning routine.
- Lay out clothes and pack backpacks the night before.
- Keep your child healthy and make sure your child has the required shots.
- Develop backup plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.
- Try to schedule non-COVID-19 related medical appointments and extended trips when school isn't in session.
- If your child must stay home due to illness or quarantine, ask the teacher for resources and ideas to continue learning at home.

Source: attendanceworks.org

Fifth Grade Folklore

Fifth grade would like to thank our families for the overwhelming success of our parent student teacher conferences.



5th Grade SPOTLIGHT!!

Math and Social Studies: We hope to continue working with your family to make this year a great one! In math, we continue to work with decimals. We are starting division shortly. Please make sure your children are fluent in their multiplication facts. In social studies, we will continue studying the colonies while also integrating upcoming holidays into our lessons. Make sure your child continues to work on their Great American award. Check back next month to see what is happening in Reading and Writing!!

Upcoming Events

November 9

Progress Reports: check Campus Parent

November 10

NO SCHOOL: Veterans Day Observed

November 14

SOT Meeting @ 3:45 p.m.

November 22-24

NO SCHOOL: Thanksgiving Break

November 27

U-Swirl 12-10 p.m.

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First Grade Fairytale

The month of October is Fire Safety month. We wrapped up with some lessons and tips about fire safety. Does your family have an escape plan in place? Now, moving into the month of November, we find ourselves thinking about all the things we are thankful for. We will be writing letters to Veterans to thank them for their service for Veterans Day. Then, we will make a grade-level paper quilt to illustrate the things each student is grateful for in their lives. To wrap up the month, we will honor and learn about the traditions of Thanksgiving. Remember, sharing is caring. Share with your family the things that you are most grateful for!



SOT

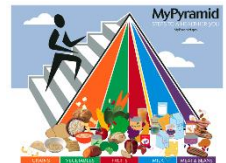
The School Organizational Team meets the second Tuesday of every month in the 70s pod at 3:45 p.m. We meet to discuss student achievement data, the budget, and other school matters. These meetings are open to the public. We'd love to see you there!

Fitness Manual

We are excited to share the latest happenings in our Physical Education (PE) program at Kay Carl Elementary! Our school is buzzing with energy as students, teachers, and staff members fully engage in a diverse range of physical activities and educational initiatives. Here's a glimpse into the exciting world of PE at Kay Carl Elementary:

Our PE program at Kay Carl Elementary is designed to cater to a variety of interests and abilities. From traditional sports like soccer, basketball, and wall ball to creative activities like dance and tumbling, our students are exposed to a wide array of physical pursuits. We believe in the power of inclusivity, ensuring that every child has the opportunity to participate and thrive, regardless of their athletic background.

In addition to physical activities, we prioritize teaching our students about the importance of leading a healthy lifestyle. Through interactive lessons and discussions, our PE classes emphasize the significance of balanced nutrition, regular exercise, and mental well-being. We believe that fostering these healthy habits at a young age will set a strong foundation for our students' future well-being.



Sports Update



We congratulate our Kay Carl student athletes on an outstanding season in flag football and look forward to future successes on the field. Let us continue to support and celebrate our students of Kay Carl, who exemplify the spirit of sportsmanship and dedication as we move into our next school sport, soccer.

Second Grade Short Story

Second grade has continued working hard on our second grade standards this year. In reading, we have been working on Folktales and Retelling as well as Comparing and Contrasting. We have also been working on nonfiction text each week using a nonfiction reader that goes with our weekly literary text. Please encourage your child to read for at least 20 minutes each day and encourage them to take their AR (Accelerated Reader) tests on the books that they are reading. We have started learning to write our "How to" paragraphs. We have begun the writing process and are currently working on revising and editing. In language we are working on adjectives, verbs, and expanding sentences. In math we've been working on double digit and three digit addition strategies. Our current focus is double digit subtraction strategies.

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News You Can Use

School Zone Laws

Nevada has specific laws that apply to school zones:

- Red flashing lights on school bus- both lanes of traffic stop unless there is a physical barrier like a median or raised curb
- Speed limit in a school zone is 15 mph and 25 mph in a school crossing zone
- Do not pass or overtake another vehicle traveling in the same direction in a school zone
- No U-turns are allowed in school zones, unless you are at the corner of El Campo Grande and Leon leaving Kiss-N-Go
- Stopping is required when the crossing guard holds out the sign

Source: Nevada Department of Transportation



Fourth Grade Fantasy

Currently in fourth grade students are learning how to divide a multidigit number by a single digit number. Students' multiplication facts are key for this to be successful! In reading and writing students are exploring heroism. They are analyzing texts to identify what makes a hero and determining if any of our characters in our story would be considered a hero. Students will be submitting an expository essay explaining their thoughts and reasons while using text evidence to support their answer. We would also like to take a minute to thank all the parents and guardians for their support with our Nevada Day projects. They were beautiful projects and the kids did a great job with their presentations!



KIDS Mystery

Ms. Kassie's class is working on fine motor skills through different crafts! We are also working on letter sounds, and how they make words. We can rote count to ten now, so we are working on one-to-one correspondence, and writing our numbers. We know the days of the week, so now we are working on the months of the year, and knowing the date. We are becoming incredibly independent, and barely need



help at meal times, beginning of the day, or end of the day procedures! We are all loving school!

Third Grade Thriller

We have been working on human movement, studying the Oregon Trail and how the pioneers survived their journey. We have been learning how people of all backgrounds had interesting, and even dangerous experiences along the Oregon Trail and relied on many different skills to make it to their final destinations safely. In addition, we have been learning about the different reasons pioneers decided to migrate out West, such as adventure, possibility of improving their lives, political freedom and economic opportunities. We have also been discussing the different resources available compared to the resources that we have now and how times were more challenging and different back then.



Kindergarten Literature

Did you know that the Springs Preserve....is the birthplace of Las Vegas?

Kindergarten went on their first field trip to experience parts of the Springs Preserve. Our tiny humans toured the Botanical Gardens looking for plants of different colors, edible plants, and living and nonliving things. In BoomTown 1905, our students learned a little



about how people lived long ago when Las Vegas was founded. At the Origins Museum, we had a chance to learn about water conservation, flash floods, animals of the desert, the importance of the railroad, and how Las Vegas has grown. The kindergarten team knows our tiny humans gained a better appreciation for nature and its beauty and learned a little about their city. We encourage families to make time to explore all the learning opportunities the Springs Preserve has to offer.

Preschool Picture Book

Mrs. Allen's Preschool classes have a very busy December planned. Our classroom activities include learning about Hanukkah, Kwanzaa, and Christmas traditions. We will decorate a stocking, sing holiday tunes, make gingerbread houses and reindeer food. In January, we will be learning about the season of winter: arctic animals,



Announcements

Acknowledgements

Thank you for all of your support for our recent fundraisers. We are thankful for the wonderful community that we have surrounding us. The monies raised will be used for student incentives and events, A.R. prizes, etc.

- APEX Fun Run- \$16,255
- U-Swirl
 - August- \$221.46
 - September- \$126
- Aviators- \$270
- Twisted Sugar- \$30

Infinite Campus

Did you know Campus Parent and Campus Student are apps that can be downloaded to your smartphone? These apps give you the most current information about your student's grades. Progress reports will only be available via the apps beginning the second semester.



using snow, and temperature. We will continue to identify letters and write our first name independently. Please help us by having your child practice putting on their coat by themselves.

Goldilocks' Guide

Are you helping your child tackle that big project?

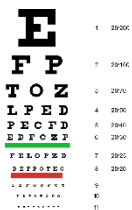
It's a fact of school life: The older the child, the bigger the project. Do you know how to support your child's effort on a big school project? Answer yes or no to the questions below to find out:

1. ___Do you guide your child in selecting a topic? Kids often need help narrowing down a broad topic to specifics they can manage.
2. ___Do you help your child break down the project into small steps? Your student can schedule time for each step on a calendar. As each step is finished, your child should cross it off.
3. ___Do you help your child make a list of all the supplies needed, in order to avoid last-minute trips to the store?
4. ___Do you help your child locate credible books, websites and other resources that can help?
5. ___Do you review your child's work, but avoid taking over?

How well are you doing?

Each yes means you are taking positive steps to help your child succeed on the big school project. For no answers, try those ideas from the quiz.

Your child's vision plays a key role in academic success



Students with vision problems may struggle more than their classmates. When kids can't see what's on the screen—or what's on a worksheet—they are likely to fall behind. Unfortunately, children don't always know that they can't see well. They simply rub their eyes, squint and try their best. So it's important to get your child's eyes examined yearly. To protect your child's eyesight:

- Choose bright lights. Be sure reading lamps are bright enough. If they are too dim, your child will strain to see the page.
- Build in breaks. If your child spends long stretches in front of a screen, suggest taking frequent 10-minute breaks. Experts believe too much screen time leads to blurry vision and problems with focusing.
- Encourage sunglasses. Bright sunlight can damage children's eyes. Remind your child to put on sunglasses when outside.
- Commit to safety. Does your child play sports? Enforce use of proper protective eyewear, such as safety glasses or swim goggles.
- Serve healthy foods. From leafy greens to fortified milk, nutritious foods are proven to support strong minds, bodies and eyes.

Health Digest

Why is hand washing important?

Proper hand washing is the most effective way to prevent the spread of infectious diseases.

Is there a right way to wash your hands?

There is more to hand washing than you think!



- Rub your hands together vigorously with warm, soapy water to remove dirt, oils and germs from the skin.
- The soapy lather traps the dirt, oil, and germs, making them easier to wash away.

Follow these five simple steps:

- 1) Turn on the faucet to start the warm running water. Wet your hands.
- 2) Apply soap and lather well, scrubbing between fingers, wrists, backs of hands and under nails for at least 20 seconds.
- 3) Rinse with warm water running from your wrist down to your fingertips, then into the sink.
- 4) With the water still running, dry your hands well. Disposable towels or air hand dryers are required in public restrooms.
- 5) Using the disposable towel, turn off the sink faucet and then dispose. Keep washed hands covered to prevent recontamination.

Once you have properly washed your hands, an alcohol-based hand sanitizer may be used. Use hand lotion if dry skin becomes a problem.

What type of soap should I use?

Liquid soap is required at all public hand washing areas, however, bar soap may be used in your home. A self-draining holder that is cleaned frequently is recommended for bar soap.

When family members are sick, use liquid soap and disposable towels. Avoid bar soap and shared cloth towels as they may spread germs.

Source: Southern Nevada Health District



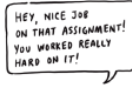


ECSE Edition

Autumn leaves are falling down in ECSE. Ms. Terri's class is looking forward to creating leaf patterns, leaf stained glass projects, and working on our rhyming word pairs. As Thanksgiving is also approaching, we will be talking about our families, foods we like to eat and foods we do not like to eat. We would like to wish all our families a Happy Thanksgiving!



NOVEMBER 2023

RANDOM ACTS OF KINDNESS
FOUNDATION®

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31	1	2	3	4
			Write positive messages on the sidewalk with chalk.	Show appreciation to someone in your school today by leaving an anonymous note.	Give away one of your possessions for free.	Help make your favorite meal today.
 5	6	7	 8	9	 10	11
Start a book about a topic that is new to you.	Do something that you find challenging today.	Put positive notes on the mirrors in the bathroom.	Hand-write a letter of gratitude to someone who has positively affected your life.	Make a healthy fruit salad and share with the family.	Compliment someone in front of others.	Visit randomactsofkindness.org and become a RAKtivist.
 12	13	14	15	16	17	 18
Make first aid kits for local shelters.	Stop what you're doing for a few minutes to just breathe and appreciate your life.	Help a classmate with a tough task.	Ask your family or friends to join you for a hike this weekend.	Write a note of thanks to the cafeteria staff.	Create a gratitude wall in your classroom for all to post notes of thanks to fellow classmates.	Wake up early to appreciate the sunrise.
19	20	21	22	23	24	25
Send someone you care about a surprise care package.	Forgive someone. Tell them you forgave them.	Share an encouraging song with others.	Clean up your classroom during free time.	Play gratitude ping pong; pass a ball back and forth for two minutes sharing things for which you are grateful.	Organize and clean your workspace – appreciate yourself!	Write a letter to your future self at futureme.org , detailing all the things you appreciate about YOU.
26	27	28	29	30	<p> OCTOBER DECEMBER S M T W Th F S S M T W Th F S 1 2 3 4 5 6 7 26 27 28 29 30 1 2 8 9 10 11 12 13 14 3 4 5 6 7 8 9 15 16 17 18 19 20 21 10 11 12 13 14 15 16 22 23 24 25 26 27 28 17 18 19 20 21 22 23 29 30 31 1 2 3 4 24 25 26 27 28 29 30 5 6 7 8 9 10 11 31 2 3 4 5 6 7 </p>	
Text a friend to let them know you're thinking of them.	Find a reason to laugh today. Tell someone a good joke!	Turn on your favorite music when you get home. Do a little dance!	Get to bed early and get a great night of sleep.	Encourage those closest to you to take part in a community event.		

Visit www.randomactsofkindness.org for more kindness ideas.

© The Random Acts of Kindness Foundation



Is it the **COLD** or **FLU**

SYMPTOMS	COLD	FLU
Fever	Rare	Characteristic, high (102-104°F); lasts 3-4 days
Headache	Rare	Prominent
General aches, pains	Slight	Usual; often severe
Fatigue, weakness	Quite mild	Can last up to 2-3 weeks
Extreme exhaustion	Never	Early and prominent
Stuffy nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate; hacking cough	Common, can become severe

Source: National Institute of Allergy & Infectious Disease

www.SouthernNevadaHealthDistrict.org