



Meadow View News

Meadow View Elementary School
200 N Grand Ave, Sun Prairie, WI 53590
608-478-5000

December Newsletter 2018

Message from the Principal,

Hello Otters,

This time of year you may hear the song "Santa Claus Is Comin' to Town." There's a line in this song that tells us to "be good for goodness' sake."

People are good for many reasons. Maybe they want more presents or more attention. Maybe they want to get a special reward or a pat on the back. But these are the wrong reasons for being good. Being good for goodness' sake means being good because you appreciate goodness. You understand that goodness is important in our world.

The Dalai Lama, spiritual leader of Tibet, once said:

The roots of all goodness are in the soil of appreciation for goodness.

This holiday season, show appreciation for the goodness in life. Be good for no other reason than for the sake of creating more goodness in the world. That's the true spirit of the holidays.

Have a wonderful holiday,

Cynthia Bell





Stopping for Flashing Red Lights

Please remember, drivers must stop on the street or highway 20 feet or more from any school bus that has stopped and is flashing red warning lights.

- This applies both to vehicles approaching from the rear and from the opposing lanes.
- All lanes of traffic must stop for the school bus, except in opposing lanes if the highway is divided with a center median.
- No vehicle may proceed until the bus resumes motion and has turned off the red warning lights.
- The stop arm on the bus is an added communication to other drivers, but the lack of an extended stop arm is not reason to pass a bus whose red lights are flashing.



For more school bus and student transportation safety tips, click [here](#).

Lost and Found

Kobussen has a lost and found for all items left on the bus. The driver will keep the lost item on the bus for a few days, then turn it in at the terminal. If your child has a lost item, don't forget to check with Kobussen. Feel free stop by the terminal at 1500 Forward Drive, Sun Prairie to check the lost and found.

A special THANK YOU to everyone who helped out with the food that was supplied for Parent/Teacher Conferences on Nov 9th. It was so delicious. Also thanks to those who helped work the Book fair.

We also greatly appreciate all those who come and volunteer in our building.

NO ACT OF KINDNESS, NO MATTER HOW SMALL, IS EVER WASTED.

-AESOP





**Happy
Holidays**

December 2018

Sun

Mon

Tue

Wed

Thu

Fri

Sat

						1
2	3	4	5 <i>Math Night 4:30-6pm</i>	6	7 <i>4th Grade Swimming</i>	8
9	10	11 <i>SCO Meet- ing At Daly's</i>	12	13	14 <i>4th Grade Swimming Meadow View Sing Along 2pm</i>	15
16	17 <i>Culver's Share Night! 5-8pm</i> 	18 <i>All School Fieldtrip!</i>	19	20	21 <i>4th Grade Swimming</i>	22
23	24 	25	26	27	28	29 
30	31 	-----Winter Break-----				
				3 <i>First day back from Winter Break</i>		



Physical Education News

I would like to wish our Meadow View families a healthy, peaceful and joyful Holiday season and New Year full of fun!

Students have been practicing their jump rope skills with both long and short jump ropes. Jump rope is great for eye-hand coordination, lateral movement, and agility. Students also had to create their own turkey using different Physical Education equipment. Of course, they had to first compete in a relay race to get the equipment to make their turkey. Finally, it is scooter mania time in PE. Students are participating in different activities such as The Magical Forest, Indy 500, and Partner Protector using their scooters.

Students will be participating in the upcoming PE Units:

- Bowling
- Inside Winter Games

SAVE THE DATES

4th and 5th Grade Ski Trip at Cascade Mountain

4th GRADE- JAN. 14th

5th GRADE JAN. 15th

The 4th & 5th grade students have a wonderful opportunity to spend a day at Cascade Ski Resort enjoying a day on the slopes. Students are taught by trained professionals by participating in a number of different ski stations before they are allowed on the slopes. The day has been planned through the joint efforts of our school, Cascade, and ROCREATION, LLC*.

We would love to have you join us! Chaperones, whether planning to ski or not, may assist with numerous tasks, including helping students get their rental equipment, getting on and off the magic carpet and chair lift, and monitoring student behavior.

AN INFORMATIONAL PACKET AND PERMISSION SLIPS WILL BE SENT HOME DECEMBER 17th.



We are still collecting food items for the food drive. If you are in a position to help out with a food or monetary contribution it would be greatly appreciated. Please contact your child's teacher to find out what items are still needed. Thank you!



Hello Otter Families!!

It's that time of year for a Winter Sing Along! At **2:00 pm on Friday, December 14th**, we will be having an all-school **Winter Sing Along in the Meadow View Elementary Gym**. This will not be a formal winter concert, rather a time to gather as a school and community to sing with one another.

Thank you so much to all of you that filled out the Winter Holiday Survey that I sent out. It gave me a little more insight into the different holidays that each of our students celebrate. As a result, there will be songs from the many different Winter holidays that our Meadow View family celebrates as well as fun songs about Winter itself. Each grade level and the 3rd, 4th and 5th grade choir have been working hard on their own songs.

During the concert, each grade level will stand to lead their own song. The lyrics to each song will be on the projector screen for everyone else to read and sing along to their best ability. Some songs may be familiar and some songs may also be brand new, which makes it all the more fun! I invite you to join us and sing along with our Meadow View family.

If you do join us, please make sure to wait for your child to go back to their classroom with their class and pack up to go home for the day. You are welcome to take your student home at the usual time after the bell rings.

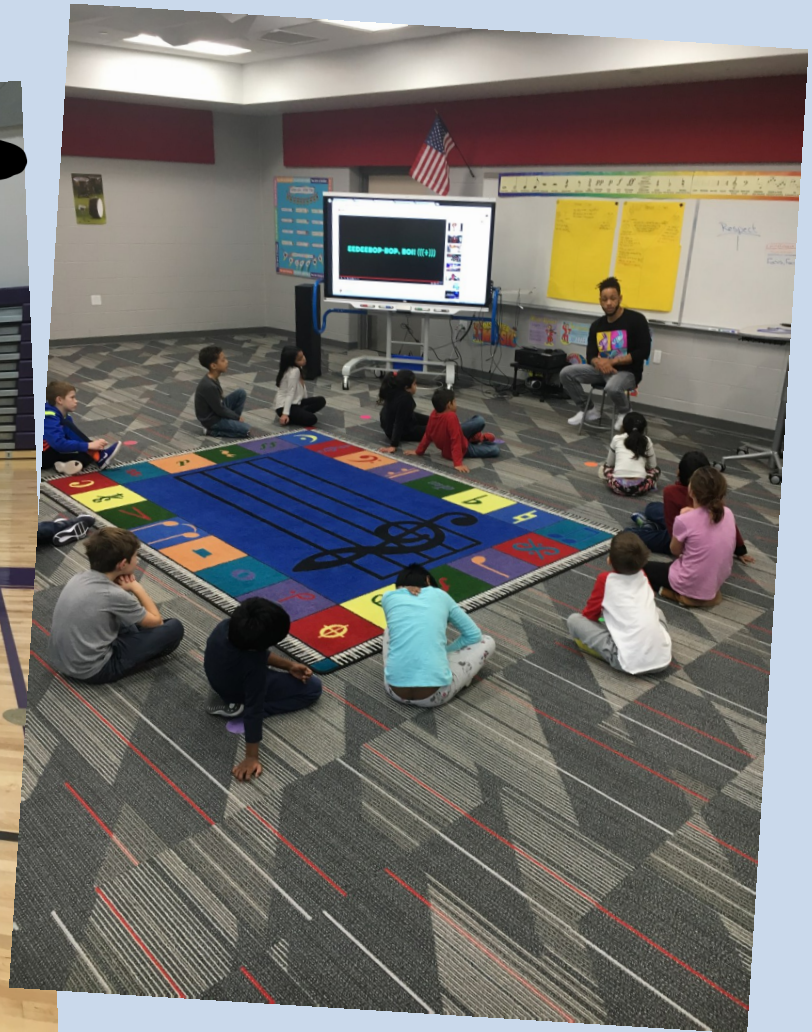
Please feel free to contact me at jeberg@sunprairieschools.org if you have any questions or concerns.

Sincerely,

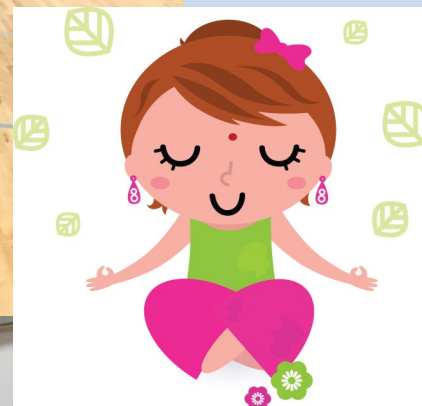
Ms. Berg



We had the pleasure of having JusTme at Meadow View November 26th-30th.



Focus, Focus



Repetition



Mindfulness



KEEP
CALM
AND
CARRY
ON



Mindful Minute

This month's topic: Mindfulness in Our Everyday Life

Resources: The Listening Game; Mindful Sits

Last month, we learned that mindfulness has the potential to build brains that are ready for learning, loving, and living. But, a common question I hear is, "how do I actually *do mindfulness*?" . *The answer: in whatever way helps you feel present and aware in the moment! It might be something as simple as taking 10 slow, deep breaths to clear your head, or something that requires more patience and practice, such as meditation.*

Our students learned from JusTme when he visited Meadow View for a week what mindfulness is, what mindfulness does for our brains, and how to incorporate some simple practices into life. We learned the four steps to being more mindful people:

1. Being Present
2. Being Aware
3. Using Our Thoughts and Emotions

If you're interested in trying to start the practice of mindfulness with your child, check out JusTme's *Mindful Sits* videos and give one a try! Ask your child how they feel before and after--and ask yourself. You may just find that you're able to incorporate mindfulness into your daily life quite easily, and modeling this for you child is the best way to help them learn.

For Students: [The Listening Game](#) (YouTube video)

For Students and Parents: [Mindful Sits](#) (YouTube video)

Next Month's Topic: How do we talk to kids about thoughts and emotions?

Be Well!

Sonya Pavela, School Psychologist



SCO News

As an SCO we would like to have our December SCO Meeting (December 11th) at Dailey's instead of the LGI. We are meeting at 6pm but there will be NO CHILDCARE available. All parents are welcome to attend, but please RSVP to MeadowViewSCO@gmail.org so that we can plan accordingly. (We'll buy a few appetizers to share)

Culver's Share night is December 17th from 5-8pm. Meadow View teachers will be there so be sure to come and see them. The SCO will earn a percentage of the total sales from 5-8pm.



We also have Culver's calendars on sale in the office at Meadow View for \$5. There are \$45 worth of coupons that can be used anytime at any of their locations starting now!



Happy December Otter Friends,

As you and your little Otters may have noticed, it is dipping to very low temperatures for the entire day. Our School District Policy is:

*The school district provides recess to give students time to play and exercise. All students are expected to go outside during recess. It's important that parents/guardians assist their children with dressing appropriately for the day's weather. If a student needs to remain indoors when coming back to school after an illness or injury, please provide written verification from your child's health care provider. **Students will stay indoors during inclement weather or when the air or wind chill temperature is at or below 0°F.** The school principal will check local weather websites for temperature and wind chill factors. (Administrative Guidelines for Cold Weather - Indoor Recess Due to Extreme Cold Temperatures or Wind Chill Temperatures)*

Please make sure your little Otters have all they need to stay warm (SNOW PANTS, BOOTS, SCARFS, MITTENS, HATS, ETC.). To keep some of the snow gear from getting lost, stick it in their hood or sleeve of their jackets (hats, gloves, scarfs, etc.). It would also be a good idea to have extra socks and pants kept at school for those soggy days outside.

Now that there's snow on the ground and much more to come, ask your little Otter what's been going on at the playground. The Otter Way is to keep the SNOW and WOOD CHIPS on the ground-NO SNOWBALL THROWING DUE TO INJURIES IT MAY CAUSE :)

Another Otter way is TEAMWORK: so everything being built on the playground with snow is an all school project (snowman, snowwoman, and/or forts). If there is any issues with the snow or just with a friend, little Otters can find one of the Playground Teachers in a brightly colored vest to help them out.

THIS MONTHS PLAYGROUND EXPECTATION IS: TAKING TURNS ON THE EQUIPMENT

Our Otter Way is to have a 60 second turn with the swings, tire swings, and the orange spinner. This is because we have so many little Otters that want a turn at their short recess times. It also teaches **TEAMWORK AND FAIRNESS. Our climbing equipment does not have a time limit due to being large structures. Please talk to your little Otter/Otters regarding this expectation.**

Happy snowy month,

THE PLAYGROUND/INSTRUCTIONAL TEAM

Social Work Snippets

Greetings everyone! My name is Kelsey Eysers and I am the school social worker. I have had the pleasure of working with many of the students through small groups and one on one meetings. As we continue into the school year, I wanted to send out a few reminders. As always, please feel free to call me at 608-478-5120 (Token Springs) or 608-478-5012 (Meadow View) or email me at kjeyers@sunprairieschools.org



I continue to work with our secretaries on attendance. With it being a new school and a new year, please know that Our number one priority is ensuring your student's success. Research indicates that regular attendance greatly impacts academic success starting as early as pre-school and continuing through high school years. Often, the number of days that students are absent accumulates without parents realizing how many days have been missed. We appreciate your support as we strive towards the common goal of maintaining a strong and positive attendance record for your child.

Spirit of Giving

Spirit of Giving sign up is now closed. If you signed up, you should be receiving a postcard shortly after December 3 with your pick up information. Saturday, December 15 is the food and gift pick up at Sunshine Supper building from 8-11. If you are unable to pick them up, please let me know and we can schedule an alternate pick up time and location. **If you did not sign up for Spirit of Giving and are in need of assistance with gifts for your children, please contact me by December 10.** If your children are in need of any clothing, winter coats, hats, etc. please let me know and we can coordinate support.



Each school has a hot breakfast and lunch provided and available to all students. Breakfast costs: \$1.25, and Lunch costs \$2.65. Your children may qualify for free or reduced priced meals if: the family is receiving FoodShare, are foster children under the legal responsibility of a foster care agency, are homeless, runaway or migrant, and if the family household income is at or below the limits on the federal income eligibility guidelines.

We are now accepting gently used hats, gloves, coats, and snow pants to help build our inventory for students within the school. If interested in donating, please drop off items at the front office.

Thank you.



COUNSELOR CORNER

As parents, we protect and advocate for our child. From their earliest moments, we are in charge of almost all of the decisions regarding their safety and environments. As children grow older and gain independence, they start to make more decisions for themselves. We can help children make responsible choices and learn to promote their own safety. Parents and caregivers can teach children skills that will help them make good decisions, stand up for

Many parents are concerned about bullying, protecting their kids from it, and making sure their kids aren't engaging in it. But with so much talk about bullying, sometimes we call behavior "bullying" that is actually not. So how can you tell the difference? There is little doubt that bullies are not kind to others. They push, shove and call people names. But what many people do not realize is that ***not every unkind thing kids do constitutes bullying.*** Kids, especially young kids, are still learning how to get along with others. They need parents, teachers and other adults to model kindness, conflict resolution, inclusion and responsibility.

Kids will occasionally do or say something that is hurtful. And while it is important to address the behavior, it is inappropriate to label them a bully. Instead, try to distinguish between hurtful or unkind behavior (mean and/or rude) and bullying behavior.

It's inevitable that situations will arise when our children will need to stand up for themselves. Parents need to help children practice talking about what happens when they are away from home so they can feel comfortable talking with adults about their safety. At Meadow View, students can talk to any trusting adult, especially their classroom teacher, Mrs. Bell (Principal), Mrs. Balzer (Associate Principal), Mrs. Evers (School Social Worker), Ms. Pavela (School Psychologist), or me, Mrs. Leon (School Counselor).

is it BULLYING?

When someone says or does something *unintentionally* hurtful and they do it once, that's
RUDE.

When someone says or does something *intentionally* hurtful and they do it once, that's
MEAN.

When someone says or does something *intentionally* hurtful and they *keep doing it*—even when you tell them to stop or show them that you're upset—that's
BULLYING.

News from Mrs. Burgess-Advanced Learner Program

Happy December!

Yahara

All 5th graders received information in October about the Yahara River Writers Competition and have been working on submitting drafts of their work by November 30. I will be working with students during the month of December to support them in making revisions and preparing their final draft. Final drafts are due on January 9, but it is my goal for students to have their final drafts completed by December 21 prior to winter break. Please refer to the following website for more information: <http://www.gdcaln.org/yahara>.

Math 24

Math 24 is currently taking place on Wednesday over lunch recess for interested third, fourth, and fifth graders. The competition for 4th and 5th graders is in March.

Parent Learning Sessions

The Advanced Learner Program will be hosting parent learning sessions. Watch the newsletter each month for a reminder or check the ALP website.

**schedule subject to change*

- January 30- National Association for Gifted Children conference recap
- March 30 - Transitioning

If you have questions or concerns regarding any of the above or about the Advanced Learner Program

Library Link - December

We continue to work on both library and literacy skills during library time. Some classes had the opportunity to work creatively in the Makerspace. Please remind your students to be careful with their library books. We have had quite a few coming back damaged from liquids in their backpacks. We appreciate your help!

Ms. Walters and Mrs. Brockman

Upcoming Events:

Hour of Code (3rd, 4th and 5th grade) – 11:45-3pm, December 18th

Students will have an opportunity to work with volunteers from Google and the high school as they spend time learning about coding.

VOLUNTEERS NEEDED: If you have experience coding, we could use extra hands to help students as they work through the lesson. Please contact Karen Walters, kmwalte@sunprairieschools.org if interested.

Deadline to sign up for volunteering is December 6th. Thanks!

