

March 13, 2020

WWW.SPRINGBLUFFPIRATES.COM

573-457-8302

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Pirate News

Early Dismissal Every
Friday @2:03 pm

Upcoming Events

Kindergarten Round-Up 6:30-7:30 pm	3/16
Parent Teacher Conf. 4:30-7:30 pm	3/17
Parent Teacher Conf. 4:30-7:30 pm	3/19
School Board Meeting 6:30 pm	3/19
NO SCHOOL- SPRING BREAK	3/20- 3/23

Kindergarten Round-Up

2020-2021

Kindergarten Round-Up will be held on Monday, March 16th from 6:30-7:30 pm.

This meeting is an opportunity for parents and students to learn about our Kindergarten Program. Please be sure to spread the word. We are looking forward to meeting next year's students.

Kindergarten Screenings will be held on:

Tues., March 24th & Wed., March 25th

Appointments will be made the night of Kindergarten Round Up

This Week's Attachments

- ◆ Auction Dessert Flyer
- ◆ TEAM KADEN Blood Drive Flyer
- ◆ COVID 19 Facts & Information
- ◆ Scenic Regional Library Flyer
- ◆ Home & School Connection
- ◆ Middle Years

SPRING BLUFF EDUCATIONAL FOUNDATION

The annual Spring Bluff Educational Foundation Dinner, Auction, and Dance will be held March 28th at the Sullivan Eagles Hall. This year's theme will be "NEW YORK, NEW YORK". Please join us for a night of fun while supporting our school.

Dinner Auction Tickets are \$40 each until Thursday, March 19th (tickets purchased after the 19th will be \$50 each) and can be purchased through the office now through March 27th. Please make checks payable to the Spring Bluff Educational Foundation.

In order to reserve a table (must be 8-10 people), all tickets must be paid in full at the same time.



D.A.R.E Graduation will be held on Thursday, March 26th @ 10:30 a.m. in the school gym.

There will be no Open Library on March 16th, 23rd (school not in session) & 30th. The last Open Library will be held on Monday, April 6th.

The Educational Foundation will be raffling a Pit Boss Pro Series 1322 sq. in. Mahogany Pellet Smoker. Students who sell \$50 worth of raffle tickets will jump for bucks after the event is held. If you need more raffle tickets, ask your child's teacher or stop by the school office.

Donated by: Harmon Truck Service & Spring Bluff Bus Drivers.



Ways to Stay Informed this Year:



@springbluffrxv



@springbluffpirates

Website: <http://www.springbluffpirates.com>

Pirate News

Spring Bluff Pirates

Counselor's CORNER

Diana Wiese
K-8 School Counselor
dwiese@springbluffpirates.com

EVERY MINUTE IN SCHOOL MATTERS

Two missed days a month adds up to being a half a year behind by the time your child reaches 4th grade.

And once a child falls behind, they rarely catch up.



Spring Bluff 5th Graders had the opportunity to collect toiletries and canned goods for our area Veterans! This project was completed through the DARE program, which is a cooperative program between law enforcement and schools to help prevent drug abuse and to help students make life-long healthy decisions. All Spring Bluff students were invited to donate to the collection efforts.

Tips From Title I

BUILDING A Reader AT HOME

Explore Books!
Give your child an opportunity to explore books. Visiting a library or bookstore gives your child a chance to find topics and books that interest them.

Read, Read, Read!
Make sure to read for at least 30 minutes per day! Students can read independently, aloud to an adult, or back and forth with a partner.

Ask Questions!

- Predictions
- Characters
- Main Idea
- Problem
- Solution
- Retell Story
- Genre
- Moral

Make it Fun!
Reading shouldn't be a chore. Intentionally read with your child/discuss books but also research topics and do book activities together.

Be an example!
Children learn by example, so let your child see you read whether it be a book, newspaper, cookbook, etc.

Pick Good Fit Books!
A book that is a good match for your child should meet the following requirements:

- Purpose for reading
- Interest
- Can they understand what they are reading? Can they retell the story?
- Do they know most of the words?

For Beginning Readers:

- Point out and read words in natural settings – stores, streets, etc.
- Memorize sight words
- Visualize the story in your head
- Ask questions before, during, and after

Don't immediately tell an unknown word to your student. Instead, ask them to:

- Sound out the word
- Break the word into parts
- Try a different vowel sound (long/short)
- Use illustrations for clues
- Skip the word, re-read sentence, and go back – what word would make sense?

For Advanced Readers:

- Notice interesting, new vocabulary words, and make it a challenge to use them in conversation
- Read with expression
- Explore non-fiction books and their text features (diagrams, table of content, etc.) along with other genres as well
- Compare and contrast books
- Discuss connections to literature
- Think of new titles for books
- Explore multiple books from the same author

Go Pirates!



Sporting News & Events



Monday, March 16th
Monday, March 30th
Monday, April 6th

8B @ Home vs OLL @ 6:00 pm
8B @ OLL vs IC#1 @ 7:00 pm
8B @ IC vs SGS @ 6:00 pm

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT
1

Diseases can make anyone sick regardless of their race or ethnicity.

People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American. Help stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19.

FACT
2

Some people are at increased risk of getting COVID-19.

People who have been in close contact with a person known to have COVID-19 or people who live in or have recently been in an area with ongoing spread are at an increased risk of exposure.

FACT
3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT
4

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

FACT
5

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



For more information: www.cdc.gov/COVID19

What you need to know about coronavirus disease 2019 (COVID-19)

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

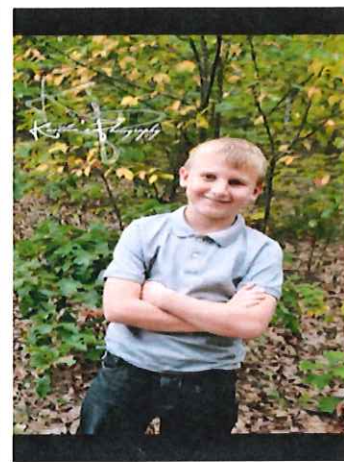
Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.



Donate Blood In Memory of **Kaden Keller**

Kaden Keller was only seven years old in 2009 when his journey with cancer began. Being a typical boy, he loved the outdoors and sports. He cherished the hunting seasons dearly, even when he came home empty handed. During the five years of treatment, Kaden received countless numbers of blood products: platelets, blood and plasma. These were gifts of life that helped extend the time Kaden spent with his family and friends.



Blood Drive

In Loving Memory of Kaden Keller Spring Bluff R-15

Cafeteria
9374 Highway 185
Sullivan, MO

**Saturday, March 21, 2020
9:00 a.m. to 2:00 p.m.**

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: **KadenKeller** to schedule an appointment.

Streamline your donation experience and save up to 15 minutes by visiting RedCrossBlood.org/RapidPass to complete your pre-donation reading and health history questions on the day of your appointment.



American Red Cross

redcrossblood.org | 1-800-RED CROSS | 1-800-733-2767

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We Need Your Desserts

Once again we are requesting your fabulous home-made desserts for our annual dinner auction. The auction will be on Saturday, March 28th. Please bring your desserts to school on Friday, March 27th or to the Eagles Hall on Saturday, March 28th after 4:00p.m.

Date: March 28th, 2020

Thank you for your donation. The dessert auction is always a highly anticipated event. We look forward to seeing all the yummy goodness again this year!



21 DAY CHALLENGE

Read with expression.
Use voices and do sound effects.

DAY 1

Find new words you don't use in daily conversation.

DAY 2

Read a book about shapes and look for them around your house.

DAY 3

Pick up a book about your state, talk about landmarks.

DAY 4

Follow a recipe together.

DAY 5

Visit your local library!

DAY 6

Choose books about events in your child's life, such as going to the dentist.

DAY 7

Stop and define difficult words for little ones.

DAY 8

Explore the seasons.

DAY 9

Read your child a news or magazine article.

DAY 10

Talk about the pictures.

DAY 11

Let your child pick books that excite him/her.

DAY 12

Show your child the front cover. Explain what the story is about.

DAY 13

Read in a group.

DAY 14

Read a book in which you mimic actions.
(e.g., Eric Carle's "From Head to Toe")

DAY 15

Read a book about your child's favorite animal.

DAY 16

Ask your child questions about the characters.

DAY 17

Discuss what might happen next.

DAY 18

Read a rhyming book. Ask your child about more rhyming words.

DAY 19

Read a book about a different culture.

DAY 20

Make a book!
(Available at ReadAloud.org/downloads.html)

DAY 21

Research shows that reading aloud is the single most important thing you can do to help a child prepare for reading and learning.

Learn more at ReadAloud.org

Home & School

CONNECTION[®]

Working Together for School Success

Spring Bluff R-XV School
Mrs. Jeannie Jenkins, Superintendent

March 2020



SHORT NOTES

Heads or tails logic

This brainteaser will encourage your youngster to think logically. Have each family member line up four pennies with heads facing up. The challenge is to turn them all to tails. The catch? Flip over exactly three pennies each time. Who can do it in the fewest number of tries?

A day in the life

What would life be like if your child were a shoe? How about a bicycle? Suggest that he write a diary entry from an object's point of view. Prompt him to imagine and write details about what the shoe or bike would see, hear, feel, and think.

Summer plans

Day camps and other summer programs often fill up fast. If you're looking for one for your child, consider signing up soon. Ask her school about programs—some may be free depending on your income. Also, browse the parks and recreation catalog or website for summer programs that match your youngster's interests.

Worth quoting

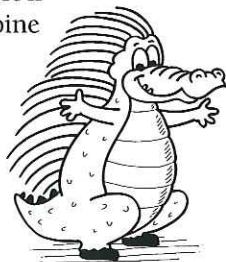
"The beautiful thing about learning is nobody can take it away from you."

B. B. King

JUST FOR FUN

Q: What do you get if you cross a porcupine with an alligator?

A: I don't know, but you probably shouldn't hug it.



Standardized test success

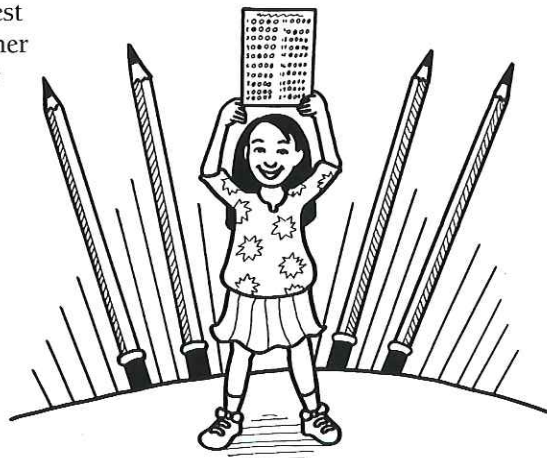
Doing well on a standardized test starts way before your child's teacher says, "You may begin." Boost your youngster's confidence and help her do her best with these tips.

Focus on schoolwork

The work habits your child uses all year long are the same ones she'll need on test day. Have her keep a list of what she does well when she does schoolwork, such as double-checking math answers or proofreading her essay. The night before the test, she can give herself a "pep talk" by reviewing her list.

Try a strategy

Let your youngster practice a key test-taking strategy in a stress-free way. Make up imaginary questions like "What is a unicorn's favorite food?" List answer choices, including one that's "right" (A: rainbow sprinkles), one that seems wrong (B: coal), and two that sound possible (C: pasta, D: pizza). While the question isn't real, the strategy is—discard any



obviously wrong answers, then weigh your first instinct against the remaining choices.

Practice keyboarding

If your child will take tests on a computer, help her work on keyboarding. She might type a story she wrote or email a relative, for instance. She'll practice typing, using special keys (shift, enter), and pointing and clicking the mouse on commands (save, send). *Tip:* No computer at home? Head to the library where she can use one for free. ♥

Sports: A winning attitude

Everyone likes winning. Losing? Not so much. Regardless, here are ways your youngster can be a good sport no matter the outcome:

- Cheer each other on when good things happen ("Nice catch!"), and sympathize when they don't ("You'll get the next one!").
- Shift your child's thinking. Instead of focusing on coming in first or scoring the most goals, suggest that he work on beating his personal best.
- When you watch sports together, point out examples of good sportsmanship. Perhaps his favorite basketball player helps an opponent up after a fall. ♥



Learning as a family

Keep your youngster excited about learning by making it a family affair. With these ideas, he'll see that learning is a lifelong journey.

Interview relatives. Your child can learn from relatives who remember living through an event or a time period he's studying in history. The whole family could gather around to hear about a grandparent's experience watching the first moon landing on television.



Give a lesson. Let your child be the teacher! Say he's learning about states of matter in science. He might help you cook and point out that water turns into a gas (steam) when it boils. Or he could make ice pops to demonstrate that water changes to a solid in the freezer.

On the go. Find family outings related to what your child studies. A high school orchestra concert lets him hear more experienced musicians playing instruments he uses in music class. If he's learning ways to protect the environment, consider participating in a local watershed cleanup as a family.♥

PARENT TO PARENT

Money smarts

The first time a relative sent my daughter Lauren a gift card, she spent it right away. It occurred to me that she might find it harder to part with cash than a piece of plastic. So the next time she got a gift card, I traded her bills and coins for it.

Lauren put the money in a jar to keep on her dresser and labeled it with the total. Now when we go to the store, she thinks carefully about whether she wants to dip into her jar for a pack of trading cards or a stuffed emoji. If she does, she can take out the money before our next shopping trip and write the new total on her jar.

So far this strategy is working. Lauren immediately "sees" how much she's spending—and she doesn't want her jar to be empty.♥



ACTIVITY CORNER

Make an engineering lab

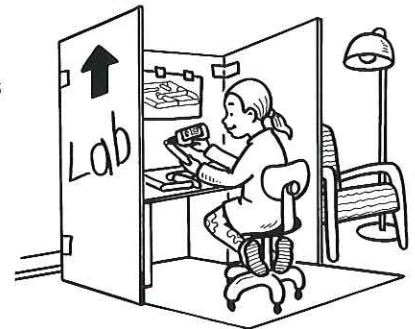
Let your child loose in her own engineering "lab" where she can design objects and solve problems as she builds them. Follow these steps.

1. Gather supplies. Help your youngster collect household objects, craft supplies, and recycling bin items to use for engineering projects. *Examples:* rubber bands, balloons, index cards, craft sticks, tape, glue, string, bottles, boxes.

2. Brainstorm projects. Together, list contraptions she might design in her lab. Can she dream up a way to create a balloon-powered boat? Or maybe she has an idea for building a marble maze.

3. Get to work. Encourage your youngster to set up her lab in a corner of the family room, pick a project from her list, and get started.

Idea: Spark new projects and solutions by having her add supplies from time to time, such as bubble wrap or a cut-up pool noodle.♥



Q & A Anxiety in children

Q: *I've been hearing about kids being diagnosed with anxiety disorders. My son tends to worry a lot. How can I tell the difference between normal worrying and a serious problem?*

A: Some anxiety is just part of everyday life. For example, it's perfectly natural if your child is nervous about giving a speech in class or worries that a friend is angry with him over a disagreement.



With an anxiety disorder, those feelings interfere with daily life. Talk to your son's doctor if you notice any symptoms, which include difficulty sleeping, loss of appetite, unexplained stomachaches or headaches, irritability, trouble concentrating, and avoiding regular activities.

If the doctor suspects an anxiety disorder, your child may be referred to a therapist who will work with him on new ways to react to things that worry him.♥

OUR PURPOSE

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

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Middle Years

Working Together for School Success



Short Stops

Illustrated notes

Your middle schooler has probably heard the phrase “A picture is worth a thousand words.” It’s good advice that she can apply to note taking. Suggest that she incorporate sketches into her notes. She’ll include more detail in a shorter amount of time, and seeing a drawing may help her remember the information more easily.

Let your child be himself

Your tween is likely to face disappointments that you went through at his age, like not making a team or the end of a friendship. Listen to his feelings before sharing yours. He may have a different reaction than you did, and taking cues from him will let him process the experience in his own way.

DID YOU KNOW?

In a disturbing trend, more tweens and teens are “cutting”—meaning they’re cutting their skin in an effort to “feel something” and cope with overwhelming emotions. Signs of this include small, straight cuts on the arms and legs or wearing long sleeves and pants on hot days. If you see any evidence of cutting, call your child’s doctor right away.

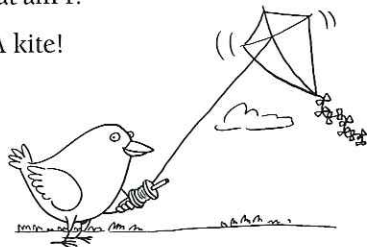
Worth quoting

“Deal with the faults of others as gently as with your own.” *Chinese proverb*

Just for fun

Q: I have a tail but no head. What am I?

A: A kite!



Responsibility all around

Taking care of what needs to be done lets your middle grader accomplish his goals and be a good citizen. Help him become more responsible in these key areas.

Self

Encourage your tween to take responsibility for his actions rather than blaming others. Say he gets a low quiz grade and complains that the teacher didn’t explain the material clearly. Ask what he could do the next time he doesn’t understand something. He might raise his hand or talk to the teacher after class. He’ll learn that he’s in charge of his own success.

Others

Have your middle grader find a way to follow through on his responsibilities to others. He could use his planner, a calendar, or an electronic alert to remind himself about his drama club fundraiser or his weekly video call with his grandparents. Then before he makes



new plans, he should check to see if he’s available.

Community

A responsible community member obeys laws and takes care of shared property. Look for opportunities when you’re out together. While driving, you might point out how you move over when you pass a cyclist. Or at the grocery store, your tween could return a cart someone left in the middle of the lot so it doesn’t dent a car. 👍

Ready for standardized tests

Springtime brings warmer weather—and, for your middle schooler, standardized tests. Help your child prepare with these tips.

■ **Know the dates.** Ask your tween to print out two copies of the testing schedule and highlight the tests she will take. She could post one copy on the refrigerator (so you’re in the loop) and keep the other copy in her backpack.

■ **Be supportive.** Tell your middle grader that you know she’ll do her best. Offer to look over her completed practice tests. Remind her to pack sharpened pencils with erasers, and a water bottle and healthy snack if permitted.

■ **Keep it in perspective.** Encourage her to take the tests and any practice tests seriously—but not to stress. Remind her that the results are only one measure of her performance in school. 👍



Use your (academic) words

Your tween may not text the word *derive* to her friend or say *foreshadow* in everyday conversation. But words like these are important in school and will give her a richer vocabulary for the future. Suggest these fun vocabulary boosters.

Make profiles. Have your child create pretend social media profiles for vocabulary words. On paper, she could include an “About me” section describing the word’s meaning. For



analyze, she may write “I love to carefully examine things.” Under “Friends,” she might place related words and phrases such as *evaluate* and *break down*. Perhaps she’ll include a “Photos” section with drawings showing the concept, such as a detective looking at evidence.

Play I Spy. In this version, the goal is to see how many ways you and your middle grader can use school vocabulary in daily life. She might talk

Up-close science

How do magnifying glasses work? Your middle grader can discover the science behind them by making a curved lens out of gelatin. Share these steps with him.

1. Bring 1 cup water to a simmer on the stove or in the microwave.
2. Pour a 3-oz. packet of light-colored gelatin into a bowl. Add the hot water, and stir constantly for 2 minutes.
3. Let the gelatin cool for 10 minutes. Then, put 1 tbsp. on a plate in the refrigerator for 4 hours until it hardens.
4. Measure 1 tbsp. water into a short, clear glass. Carefully place the hardened gelatin (flat side down) in the glass.



5. Now try to read a book through the gelatin “lens” by moving the glass over the text. The lens bends, or refracts, light, so the words appear larger—just like with a magnifying glass. 👍



about the *perimeter* of a building as you walk by it, hear someone *clarify* an answer during dinner, or notice an *abstract painting* in a waiting room. 👍

Q & A Nutrition for my tween

Q My son is always hungry, and it seems like he eats constantly. Unfortunately, he doesn't always make the best choices. What should I do?

A Your child is growing faster than at any other time since infancy, so it's normal for him to feel hungry. Since your son is likely to reach for what's most readily available when his tummy rumbles, stock up on snacks that are nutritious and filling. Examples include Greek yogurt, nuts (if he's not allergic), hummus, avocados, lean turkey slices, and bananas.

Also, busy tweens may be tempted to skip breakfast, but a healthy morning meal will keep him full until lunchtime. A complete breakfast might include eggs, whole-wheat toast, fruit, and a glass of fat-free milk. Help him plan his meal the night before—or he could meet friends for a nutritious breakfast at school. 👍



Parent to Parent “My mom is so embarrassing!”

My daughter Charlene and I were always close, so I was hurt when she started acting like I was an embarrassment in public. As we headed into her sports banquet, for instance, she walked 10 steps behind me.

I mentioned this to my neighbor who has older kids. She reassured me that this is a normal part of Charlene becoming independent from me. She said that letting her kids

walk apart from her seemed to make them less resistant to going places with her. She also tried to avoid doing things that embarrassed them most, like hugging them in front of their friends. Eventually, she said, this phase will end.

I still don't enjoy Charlene thinking I'm embarrassing. But I'm glad she's becoming her own person, and I know it won't last forever. 👍



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