

ALDEN ELEMENTARY NEWSLINE

March 8, 2017
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The mission of the Alden Community School is to provide a caring educational environment where All Belong, All Learn, All lead to Succeed.

Principal Kim Nelson
515-859-3393

Upcoming Events

- ❖ Thurs., March 9 1 Hour early dismissal - P.T.C.
- ❖ Thurs., March 9 P.T.C. 3:30-7:30 p.m.
- ❖ Tues., March 14 1 Hour early dismissal - P.T.C.
- ❖ Tues., March 14 P.T.C. 3:30-7:30 p.m.
- ❖ Wed., March 15 1-Hour early dismissal for teacher in-service
- ❖ Fri., March 17 NO SCHOOL - LATE WINTER BREAK
- ❖ Wed., March 22 - 1-Hour early dismissal for teacher in-service
- ❖ Fri., March 24 - K-5 Donuts for Dads - 7:45-8:30am

Check out the calendar online:
www.ifacadets.net



The Band students did an awesome job at the All Schools Band Concert!

Service Learning Means Lots to Second Graders

By: Mrs. Young

Students at Alden Elementary have been raising money to be donated to the University of Iowa's Children's Hospital in Iowa City. We worked with UNI's Dance Marathon group on this service project. Second grade students worked hard to make cards to send to some of the children who are being treated at the hospital. Students felt good about the impact their cards would have on these children. Brooks said making the cards "made me feel good because I was bringing joy to the kids at the hospital". Avery said, "sometimes if I get a card when I don't feel well, it makes me feel a little better", so she hopes her card will help the recipient feel better too. A group of fourth graders presented to our class about some of the main reasons children need to spend time at the hospital, sharing information about diseases like cancer that send kids to the hospital for treatment. We used fundraisers like wearing a hat to school, spraying silly string at a teacher, and getting teachers to kiss a pig to help us exceed our original goal of \$1,000. Our school as a whole raised over \$2,000 (double our goal) to help the hospital! We got to celebrate this accomplishment with an afternoon of dancing with some students from the University of Northern Iowa's Dance Marathon group on March 2nd. We learned a lot through this experience, and also got to make a difference in the world around us.



Reminder:

Parent teacher conferences are being held on Thursday March 9th & Tuesday March 14th from 3:30-7:30pm. Please make sure you are signed up for one! Students do need to attend.

Spring Pictures

Reminder to return photos that you do not wish to keep or send payment. You can also go online to pay Lifetouch directly. Please let us know if you have any questions! Lifetouch will be picking up the pictures that have been turned back into the office on the following dates:
March 8th, 15th, & 24th



Students enjoyed the dance marathon last Thursday! They also enjoyed the photo prop!



Students enjoyed participating in the Foot Stomp Race at the carnival!

Reading, Writing, Speaking, and Listening
By: Kim Kuhnle

Our 6th grade students at Alden Elementary have been busy creating and presenting speeches in class. The students' task was to choose something that they were passionate about and teach it to their peers. During this process, students were enlightened and educated about topics like baking, cooking, creating various crafts, performing sports techniques, fishing, and mushroom hunting, among many others! The students worked on writing and organizing their speeches in an outline, creating visuals, practicing professional speaking skills, and demonstrating effective listening skills as an audience participant. We enjoyed the "fruits of their labor," as many students chose to share food that they had created, and we all learned how to do some new things!

One of the standards in the Iowa Core stresses that students learn how to speak and listen effectively. We live in a society that is bombarded by electronics and technology. Our children need to develop skills that will allow them to communicate successfully when it comes to writing and face-to-face interactions with others. Writing and presenting speeches to classmates has been a comfortable way to scaffold interactions with peers, future employers, and co-workers!

"Thank You"

IFA Soup Supper Thank You - to all who donated food or items to the IFA Band booster soup supper on February 28! Thank you to the many volunteers in the kitchen and dining area to help make the night a success!



Counseling Corner

Screen time. How much is, too, much? Is it really that bad for kids? I've been reading a few studies on the subject and thought that it would be beneficial to pass some of what I've discovered onto parents. Screen time, in excess, has huge impacts on the brain. It slows the growth of the frontal lobe, which is the area of the brain that largely determines success in every area of life—from sense of well-being to academic or career success to relationship skills. The brain of person playing video games is comparable to a drug addict's brain. The brain craves the stimulation just like when addicted to drugs. Screen time, also, decreases the amount of dopamine and receptors in the brain. Dopamine is the 'happy' chemical that the body produces. Without dopamine, a person can become depressed or easily angered.

Screen time guidelines:

0-18 months- no screen time

18 months to 6 years old- one hour a day

6 years old to 18 years old- two hours a day