

# February

**Nurse Maggie & Mrs. Smith-PE Teacher:**

## **JUMP ROPE FOR HEART**

During the month of February, our P.E. teacher, Mrs. Smith, and Nurse Maggie will be having the students participate in Jump Rope for Heart. We will be kicking off the month with an assembly for the kids on February 3<sup>rd</sup> at 9:00 am with a representative from the American Heart Association talking about the Jump Rope for Heart program. During some P.E. days, Nurse Maggie will be discussing healthy cereal choices with students while Mrs. Smith is helping them to get heart healthy by jumping rope. Nurse Maggie will share with students that healthy cereal should have whole grain as the first ingredient, at least 3 grams of fiber and less than grams of sugar. Some examples of healthy cereal are: Cheerios, Wheat Chex, Shredded Wheat and Kashi 7 whole grain flakes. Watch for Jump Rope for Heart envelopes to come home on February 3<sup>rd</sup>. Please return all envelopes to school by Friday, February 24.

**Nurse Maggie:**

Adult lice are difficult to see in the hair. What you mainly see are nits (eggs) on the hair. Nits are white specs attached or glued to the hair and they will not move unless they are pulled off of the hair.

## **1<sup>st</sup> Grade News:**

February in First Grade:

This month has many areas of study and focus! We will go back in history to learn about the great presidents, George Washington and Abraham Lincoln. February is Black History Month so we will also focus on important African Americans both past and present as well as read of variety of multicultural books. The month also has the 100<sup>th</sup> Day of School, Dental Health Month, and Valentine's Day.

The Alton School district does not hold Valentine's Day parties so please do not send valentines to pass out at school. However, at school we will be making Valentine's Day cards and showing ways to express caring and kind thoughts through written expression.

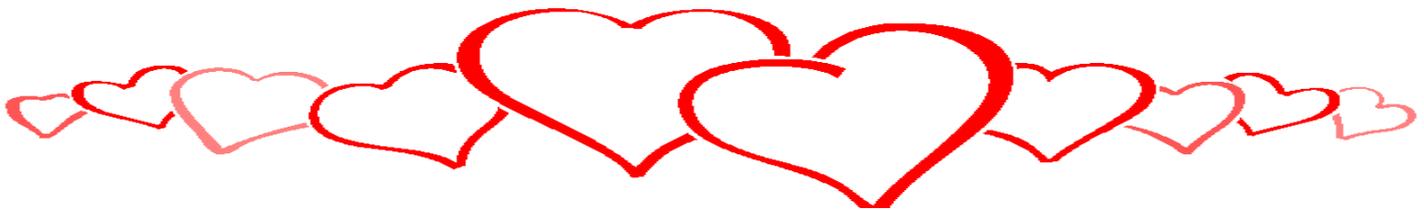
Reading:

As our first graders develop into stronger readers, we are working on several comprehension strategies to help them understand more difficult text. We will continue to make connections to stories, and will focus on visualizing and adding detail in their retelling of stories and recalling information.

Math:

Chapter 7 is short. We will work on comparing numbers. Students need to understand greater than and less than when comparing numbers. After Chapter 7 is Chapter 3. We will be using some of the math strategies like making a ten and using double facts to get an answer.

Look for progress reports to come home February 3<sup>rd</sup>, 2017.



### **Kindergarten News:**

February is a busy month in kindergarten! We are celebrating 100 days in school on February 1<sup>st</sup>. During the month of February we also celebrate and learn about Presidents Day, dental health, and hibernation. You may have noticed that your child is bringing home books on his/her reading level. Please make sure you are reading them multiple times to improve fluency and expression. The kindergarteners are working hard on writing at least 2 sentence stories using inventive spelling and their word wall words. Please continue to practice word wall words and counting to 100 with your child.

### **Mrs. Curvey's News:**

#### **BUS BEHAVIOR**

Please take some time to remind your child(ren) about how they can show our three school rules on the bus: Being Responsible, respectful and safe. To show responsibility on the bus is to sit like the driver asks them to and to keep the bus clean. To show respect, students should listen to both the driver and the monitor's directions, to stay in assigned seats and to follow the bus rules. Finally, displaying safety on the bus means staying seated until the bus stops, keeping feet out of the aisle, keeping hands and feet to oneself and using a quiet voice so as to not distract the driver. Thank you for your help in keeping our buses safe and comfortable for all who ride them.

### **Mrs. Noble's News:**

#### **SOCIAL WORKER**

I will begin going into every classroom teaching a lesson based on Erin's Law at the end of February. The state of Illinois requires all schools to present lessons to Pre-K through 12<sup>th</sup> grade on how to recognize and respond to sexual abuse. There will be a letter coming home soon giving more information and explaining the "opt out" procedure. For more information about the law, you can go to [www.erinslaw.org](http://www.erinslaw.org)

