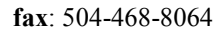




Tobasko Times



From the Nurse:

Melissa Bird, RN



How much physical activity should children get?

Children should aim for 60 minutes of activity per day.

What counts as activity?

Walking the dog, playing on a sports team, walking as a family, riding bikes, playing tag, hiking, swimming, jumping rope, or anything that causes your heart rate to go up!

What benefits will children gain from being active?

Being active for 60 minutes per day has been shown to improve concentration and focus, increase classroom attendance and behavior, and boost academic performance.

How can you help children be more active?

Give children toys that encourage physical activity like balls, kites, and jump ropes.

Encourage children to join a sports team or try a new physical activity.

Limit TV time and keep the TV out of a child's bedroom.

Take the stairs instead of the elevator.

Walk around the block after a meal.

Make a new house rule: no sitting still during television commercials, do push-ups, crunches, or jumping jacks instead.

Find time to spend together doing a fun activity: family park day, swim day or bike day.

How should you get started increasing your family's activity?

Start small: be physically active for just 10 minutes per day and increase by 10 minutes per week until you are at 60 minutes per day.

Set goals as a family: Commit to specific goals, such as "Go for a 30 minute walk 3 times this week as a family."

Make it a part of your daily routine. Get in the habit of being active by scheduling it at the same time every day, such as right after school or after dinner.

Source: <http://www.letsmove.gov/>





For Families: What to do if your child reports bullying to you

If your child reports being bullied or reports knowing someone who is being bullied, here are some ideas you can do to support your child:

- Allow your child to talk about his or her bullying experiences.
- Empathize with your child. Tell him or her that bullying is wrong, and that you are glad he or she had the courage to tell you about it.
- Remain calm.
- Do not encourage retaliating with physical action like hitting or punching.
- Never tell your child to ignore the bullying. Take it seriously.
- Contact a teacher, school counselor or our assistant principal, Mr. George Bode, at our school immediately and share your concerns about the bullying your child has experienced or witnessed.
- Work closely with the school personnel to help solve the problem.

Our rules about bullying:

1. We will not bully others.
2. We will help others when they are bullied.
3. We will include everyone.
4. When we know someone is being bullied, we will tell an adult at school and at home.



Bullying is when someone repeatedly and on purpose says or does mean or hurtful things to another person who has a hard time defending himself or herself.

Coming soon in January: Preventing bullying includes you, too!

Please plan to join us to learn about bullying, the bullying circle and strategies to help prevent bullying in our community. Plan to attend this event and invite others in our community to join us. Together we can prevent bullying. To make a difference, we need you, too! More information to come after the holidays!

Library-Technology Connection



*Accessing Online Resources from Home/ School

A great site to help students when doing research for reports and projects.

1. Go to the St. Rose home page
<http://www.stcharles.k12.la.us/strose>
2. Scroll over FOR STUDENTS and click on LIBRARY
3. On the left, click on ONLINE RESOURCES
Click on Worldbook Online Encyclopedia
(Online Encyclopedia)

Log in: sre (lowercase)
Password: dragons

**To access Gale Group Resources, the magazine, newspaper, encyclopedia database, follow the same steps 1-3. Then click Gale Student Edition Gold Resources.

Password: dragons

**Access the St. Rose Elementary Library Catalog Online from Home

- Go to our St. Rose Home Page
<http://www.stcharles.k12.la.us/strose>
- Scroll over FOR STUDENTS and click on LIBRARY
- On the left, click on LIBRARY CATALOG

Eureka Math Homework Help

- Go to our St. Rose Home Page
- Scroll on FOR FAMILIES and click on EUREKA MATH TIPS & HELP
- Select the grade, then the module

Homework Assistance Offered Through State Library of Louisiana

The State Library of Louisiana offers homework assistance services to parents and students at www.homeworkla.org. Homework Louisiana offers free online tutoring and academic resources from Tutor.com for Louisiana residents from kindergarten students through adult learners. Get help in math, science, social studies or English from a live tutor. The services can be accessed from a Louisiana public library, your home computer or your mobile device.

Library Nook



Librarian- C. Whittaker
Assistant- Ms. Benedic

Sweet Magical Reads

** Our school wide reading program Sweet Magical Reads at SRE is going strong.

-Please remind students to read a book or chapter, complete the book form, and return the form to the library.

***Forms are due by the last Thursday of each month.**

-Remember to check our **SRE library** collection from home by going to the library link from our St. Rose home page. Under students, click library and go to the library catalog link. Go to resource lists then public list to view over 500 new titles purchased this year.

-All students in grades K-5 participate in weekly information literacy lessons in the library which align with CCSS. Ask your child to share about their library visits.

-Sign up with your St. Charles Parish Library Card to access the HOOPLA site which allows you to check out movies and books for your electronic devices.

****Please remind students to keep library books in their school bag and to return them on their library day!**

“Reading opens doors to magical places!”

ESL CORNER

Dear Parents,

Our students are getting ready to take the English test. Students in 3rd, 4th, and 5th will take the English test called ELDA next month. They have been practicing their reading skills to answer questions from fiction and non-fiction passages. They are also writing multi-paragraph essays. 2nd and 1st grade students learned about story elements and opinion writing. Kindergarten students are learning about preposition words to locate objects and people.

Our next Parent-Teacher Conferences will be on January 14 and 15, 2015. Please contact me at school if you need my assistance during the Parent-Teacher Conferences.

We would like to invite our parents to the next ESL lunch at **Saint Rose Elementary School** on January 21, 2015 from 12:00 to 1:30 p.m.

Happy New Year 2016!

Estimados Padres,

Nuestros estudiantes se están alistando para tomar el examen de ingles. Los estudiantes en 3er, 4to y 5to tomarán el examen de ingles que se llama ELDA el próximo mes. Los estudiantes están usando sus habilidades de comprensión para contestar preguntas de lectura. Están escribiendo también composiciones de más de un párrafo. Los estudiantes de 1ro y 2do aprendieron los eventos principales de un cuento. Aprendieron también a escribir opiniones. Los estudiantes de Kindergarten están ahora estudiando como localizar objetos y personas usando preposiciones.

Las próximas conferencias con los padres y los maestros serán el 14 y el 15 de enero del 2016. Por favor llámenme si necesitan mi ayuda.

Nos gustaría invitarles al próximo almuerzo de ESL a la escuela de Saint Rose el 21 de enero de 2015 de las 12 a las 1:30.

Feliz Año Nuevo!



Dragons have spirit!



November Students of the Month



SRE 4-H News

The SRE 4-H Club members hosted a Thanksgiving Food Drive in November. There are some families out there who can't afford some of their meals, so we decided to have a food drive. We collected canned and boxed goods. The 4-H Club really wanted to serve the needy families in our school and in our community. Thanks to all who donated food, especially since you didn't have to.

Be on the lookout for information about the upcoming 4-H Toy Drive. The SRE 4-H Club officers will let students know about the Toy Drive, the more the better! Please donate to help those in need.

Ava Rockefeller
4-H Reporter



Counselors' Corner



We wish you a Happy New Year! Just as many adults use the New Year to make resolutions, ask your child what they resolve to do better in at school or at home. One way students can improve in their school work is to practice simple facts, such as addition, subtraction, multiplication and division nightly to help keep them fresh for testing.

Now that the holidays have ended it is a great opportunity to emphasize routines our students have had in place since the beginning of the school year. Simple breaks in their regular schedule can throw the students off, so now is the perfect time to reinforce routines such as bedtimes, homework times, and organization to meet deadlines.

Also, let's help our children start off the New Year prepared and ready to learn. Check with your child to see if they have enough supplies to last them the rest of the year.

As always, please contact either counselor if we can help in any way.

Mrs. Katie and Mrs. Denise

Migrant Education Services Available!

Any child, ages 3 through 21, who moves with parents or guardians to seek or obtain temporary or seasonal employment in agriculture, or fishing-related activities is eligible for the Migrant Education Program. Families qualify if they have moved to work in traditional crops such as: vegetables, dairy, poultry, livestock, fishing and shrimping, and/or timber.

Migrant Education provides student advocacy within the school district's educational program as well as supplemental educational and supportive services.

If you believe that your child might qualify for this program and are interested please call the school secretary or stop by the office to complete the Migrant Survey.

Servicios disponibles para la Educación de Migrantes

Cualquier niño entre las edades de 3 a 21 años, cuyos padres o representantes legales buscan obtener un empleo temporal o de estación en agricultura o en actividades relacionadas con la pesca, es elegible para el Programa de Educación del Migrante.

Las familias califican si se han movido al área para trabajar en las cosechas tradicionales como las siguientes: vegetales, lecherías, aves de corral, ganado, pesca, camarones y madera.

La Educación del Migrante provee ayuda dentro del programa educacional del distrito, como también servicios educacionales suplementarios y servicios de apoyo.

Si usted cree que su hijo/a puede calificar para este programa y usted está interesado, por favor llame a la secretaria de la escuela o visite la oficina para completar la Encuesta del Migrante.

January PTO News

December's Holiday gift shop was a big success for both the PTO and the students at SRE. The students enjoyed shopping and purchasing gifts for their family members. BIG thanks to the many volunteers that made this such a success for our school and students.

Also, a big THANK YOU to all that supported the SRE PTO Cookie Dough fundraiser this year.



Top Cookie Dough Sellers:

- 1st: Sophia Seither
- 2nd: Kelci Alexander
- 3rd: Abigail Richard



Thank you to all families, faculty and staff that have joined the PTO thus far!

Congratulations to the following faculty/staff members who won raffle prizes for joining the PTO during our membership drive:

Mrs. Whittaker	Ms. Evers
Mrs. Treadaway	Mrs. Mire
Ms. Ball	Mrs. Benedic
Mrs. Balser	Ms. Valore
Mrs. Selena	Mrs. Dailey
Mrs. Perilloux	Mrs. Trahan

Congratulations to the following classes who had the most membership in their grade level. These students received a sweet treat.

Pre-K3 - Mrs. Casanova
 Pre-K - Mrs. Rongey
 K - Ms. Spanolios
 1st - Mrs. Roussel
 2nd - Ms. Evers
 3rd - Ms. Lestelle
 4th - Mr. Thompson

DRESS CODE REMINDERS

- Outerwear (sweatshirts, sweaters, jackets) **must open the entire length of the front** by snapping, buttoning, or zipping.
- Plain white or hunter green sweatshirts/sweaters may be worn over the uniform.



Congratulations to our two retirees!
Thank you for your years of dedication and service.
We will miss you!



Connie D'Oriocourt
 School Office Specialist



Laurie Breaux
 5th Grade Teacher

Bus Notes!!

Riding any bus other than the one assigned to you is not allowed without permission from the office.

*If this is necessary, a **written note** must be sent from home requesting a bus change, and permission must be granted through the principal's office.*

All notes for bus or transportation changes must be given in **writing prior to 2:30 p.m.** each day.

Notes should include your child's full name, the teacher's name, date(s) of the change, and a parent/guardian signature.

You may fax notes (504-468-8064) or email to: scureaux@stcharles.k12.la.us or mbunch@stcharles.k12.la.us.



Sign in and Sign out Procedures

Anyone signing in a student must bring the student to the school office specialist's desk and complete a tardy slip.

Anyone checking out a student must have a **picture ID** and be listed on the Emergency Card.

December Students of the Month



Kindness Is
Key!



I don't
think Fred
is being
nice.



$$\begin{aligned} 4 \times 4 &= 16 \\ 10 \times 10 &= 100 \\ 2/4 &= 1/2 \\ 6 \div 2 &= 3 \end{aligned}$$

Emma L. participated in the T-shirt contest for our Olweus Bullying Prevention Program. Way to go, Emma!

St. Rose Elementary Title 1 Family Center
Family & School: Together We Can Make a Difference

January

Sharon Woolf: swolf@stcharles.k12.la.us

Hours: 8:30am – 3:30pm

Phone: 504-464-9254

Great Expectations for 2016

A famous speaker stood before the audience. A large sheet of butcher paper hung on the wall. Without saying a word, the speaker turned away and drew a large black dot in the middle of the paper. The speaker asked, "What do you see?" The audience stared and murmured. First one, then another, "A dot!" "A black dot!" "A large dot in the middle!" "A blackened circle!" "A period!" The speaker asked, "What more do you see?" The audience was silent. Unexpectedly, a teenager sitting unnoticed in the corner of the room, hesitantly spoke out, "I see lots of paper for more dots or other artwork."

As you begin 2016 what do you see? Does it begin with empty resolutions like a whisper in the wind? Do those resolutions go in one year and out the other like a forgotten dream? OR, are you looking at a blank page full of possibility? On January 1, each person is given 365 blank pages. Every day you and your family write your story. Perhaps it is a story of laughter and love, of success through struggles of dreams being realized. Today is the day to look forward with expectations rather than look back with regret. Robert F. Kennedy said, "There are those who look at things the way they are, and ask why....I dream of things that never were, and ask why not?"

What is your dream for your family and children? Get a piece of paper and write one goal for yourself or family in ten words or less. Post the goal on the refrigerator or bathroom mirror so you see it every day. As much as possible make it a S M A R T goal: **S**pecific, **M**easurable, **A**ttainable, **R**ealistic, and **T**imely. Work toward that goal one day at a time, one week at a time, one month at a time. Be patient with yourself but be persistent. When you achieve that goal write a new goal.

Henry David Thoreau reminds us, "What you get by achieving your goals is not as important as what you become by achieving your goals."

The most important rule for a successful life is that you must create your own definition for success. Only **you** can determine if your goal has value and what it is worth to you.

~ anonymous

Preparing for Parent Teacher Conferences

Parent-teacher conferences are a good time to discuss new goals and concerns. Discuss ways in which you and your child's teacher could support achieving these new goals.

Questions for Parent-Teacher Conference

Preparation is necessary for a successful parent-teacher conference. Below are some questions that reflect some of the most common areas of parental concern. Choose the most important questions you would like to ask the teacher. Write any additional comments you want to remember to mention when you are with the teacher. Take notes during the conference, so you will remember to follow through on items discussed.



- ___ How is my child doing in your class?
- ___ What are my child's grades?
- ___ Is my child in any special classes, groups, or programs? Why?
- ___ How does my child's work compare his/her classmates?
- ___ Is my child working up to his or her ability?
- ___ What new goals have been set for my child? Do you anticipate that my child will meet those goals? Why or why not?
- ___ What programs are available if my child needs extra help?
- ___ Has my child failed to complete any assignments?
- ___ Does my child participate in class discussions and activities?
- ___ How well does my child get along with others?
- ___ What concerns do you have about my child's behavior or academic progress?
- ___ What can I do to help at school and/or at home?



January



Monday	Tuesday	Wednesday	Thursday	Friday
				1 CHRISTMAS/NEW YEAR'S HOLIDAYS
4 School Resumes	5	6 SRE Science and Social Studies Fair	7	8
11	12	13	14 Playgroup 10:00am Early Dismissal 12:35 pm Parent/Teacher Conferences 1:15pm — 6:15pm	15 Early Dismissal 12:35 pm Parent/Teacher Conferences 1:15pm — 4:15pm
18 MLK Holiday	19	20 3rd - 5th grade Awards Day	21	22 Early Dismissal 12:35 pm
25 Pennies for Patients	26 Pennies for Patients	27 Pennies for Patients Volunteer Day 10:00am	28 Pennies for Patients Playgroup 10:00am	29 Pennies for Patients Tobasko Shirt Spirit Day

Tobasko the Dragon is our school mascot. He would love to hear from our SRE parents. If you have any suggestions for school improvement, concerns or input, please write them below and return them with your child. We will print a follow-up in our next newsletter.

Student: _____ Grade: _____ Parent Signature: _____

Suggestions/Ideas/Input/Concerns:
