

HAWK HARRISON TALK

GREAT THINGS START HERE

FEBRUARY 2012

SCHOOL-WIDE CELEBRATION

On January 27, 2012, Harrison students and staff celebrated with hot chocolate and a spirit assembly. Our students filled up our school jar with Hawk Tickets they earned. When the jar gets filled to the top we celebrate!!

Every classroom was treated to hot chocolate and marshmallows. Then we had a spirit assembly with school songs, chants, cheers and some "Minute to Win It" competitions.



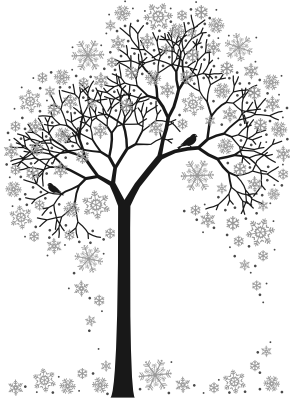
For the first School-Wide Celebration at the end of the school day students and staff went into the hallways and danced!

Students are looking forward to filling our jar with Hawk Tickets again soon to see what our next celebration will be.



DRESS FOR WINTER

Please remember to send your child to school with a warm coat, mittens, and hats. Boots and snow pants are needed to play in the snow. Students will go outside every day at recess to play when temperatures are above 10 degrees with the wind chill.



STOMACH VIRUS ON THE RISE

Iowa public health department reports of norovirus outbreaks have been increasing in recent weeks. The quick-spreading bug includes diarrhea, vomiting, nausea and stomach cramps among its symptoms.

The Iowa Department of Public Health recommends that people stay home when they are ill with diarrhea and vomiting.

The illness can spread in food, in the air, by shaking hands and by touching things such as door knobs and counters that a sick person has touched.

Health authorities say people can help stop the spread of norovirus by washing hands frequently, especially after using the toilet or changing diapers, and always before preparing or eating food.

FROM THE PRINCIPAL

It is hard to believe that we have already celebrated our 100th day of school and soon the second trimester will be over. We have many things to celebrate: our students are showing the Hawk Traits throughout the building, our periodic reading and math assessment data show that students are learning the intended curriculum and we



have a large number of students involved in activities outside of the school day. But there are also areas for growth: our office referrals have increased and our attendance is down. You can help by making sure your child has his homework done, is in school daily and understands the importance of making good choices about behavior.

Conferences are scheduled for Thursday, February 23 and Tuesday, February 28th. It is important that you attend conferences as this is an opportunity for you to hear about your child's growth. Please let the teacher know if your schedule time will not work, so that she will have time to reschedule. I look forward to seeing you.

CALENDAR of Events

February

- 7..... Kindergarten Family Math night 4:30-6:30 pm
- School Closure Public Input Forum from 4-7pm at Kennedy High school Band Room
- 8..... Early Dismissal
- 9..... Kids on Course 5:30-7 Family Club
- 18..... Westside Gymnastics Meet
- 20..... Snow Day MAKE UP
- 23..... Conference Night
- 28..... Conference Night

March

- 1..... End of 2nd Trimester
- 1..... K-2 Musical
- 2..... KINDERGARTEN REGISTRATION for next year
- 2 & 5..... Trimester Break – No school for students
- 8..... Kids on Course 5:30-7 Family Club
- 14..... Early Dismissal
- 15..... Lifetouch Spring Pictures
- 20..... 3-5 Musical
- 22..... Kids on Course 5:30-7 Family Club
- 26-30..... Spring Break – OFFICE CLOSED

April

- 2..... Return from Spring Break

WHAT HELPS STUDENTS LEARN?

Students must...

Believe they can succeed;

Be **internally motivated** to do well in each class;

Know how to **manage** their own learning; &

Know how to **ask for help**, especially from teachers.

Step 3: **HOW** parents can help their children learn.

Positively encourage your child in all their academic efforts.

Model ways your child can be academically successful.

Reinforce your child when s/he does something well.

Teach your child.

Step 2: **WHAT** parents can do to help their children learn.

Discuss your **values**, goals expectations, and aspirations.

Learn more about how to help your student **learn at home**.

Maintain clear **communication** with your children's teachers.

Learn more about how to be involved in learning **at school**.

Step 1: The 3 most important messages parents can give their children

You need to **try hard**.

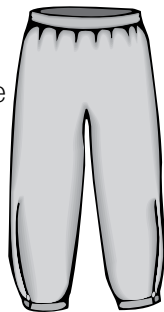
Homework is very important

School and education are very important.



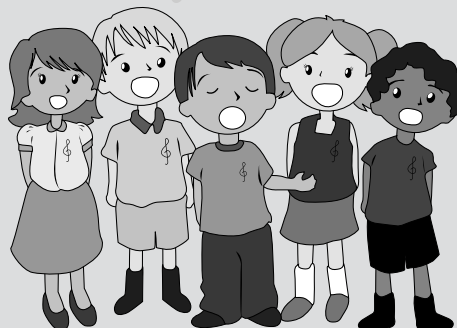
BACKUP CLOTHING

Please double check with your younger children that they have appropriate back up clothing for the season. Kindergarten and first grade students should have a backup pair of pants and underwear for those times when they need to change. Our supply of back up clothing at Harrison this year has already been diminished. Please wash and return any clothing that has been borrowed.



MUSIC PERFORMANCES

This year the kindergarten, first and second graders will have their musical performance on March 1st (not February 14th) at 6:30 pm. The third, fourth and fifth grades will perform at 6:30 on March 20th. If you would like information about the practice performance please contact Ms. Manternach.



WHY IS HAND WASHING SO IMPORTANT?

“Did you wash your hands?” How many times did you say that today? Kids may not always listen when you tell them, but it’s a message worth repeating. Hand washing is by far the best way to prevent germs from spreading and to keep your kids from getting sick.

Think about all the things your kids touched today from pencils to the toilet. Whatever they did today, they came in contact with germs and those germs can easily find their way into the body, especially when eating.

Good hand washing is your first line of defense against the spread of many illnesses, including colds, influenza, meningitis, hepatitis A and most types of infectious diarrhea.

The best times to wash your hands are before eating or touching food, after using the bathroom, and after blowing your nose, touching pets or playing outside.

Use these hints when washing your hands.

- Use **warm** water
- Use soap
- Work up a good lather, rub for at least 15 seconds
- Rinse and dry well with a clean towel

Don’t underestimate the power of good hand washing. The extra time you spend at the sink will save you even more time at the doctor.



KIDS NEED A GOOD NIGHT’S SLEEP!

According to several research studies a poor night’s sleep (less than 9 to 10 hours) can result in behavior problems during the day. Sleep disruption has also been associated with obesity and poor school performance. One large study determined that:

1. Children who did not sleep in their own beds had ADHD-like behaviors 7 times more frequently than children who always slept in their own beds.
2. Children who did not sleep in their own beds hit, pushed, or kicked their parents 13 times more frequently than children who always slept in their own beds.
3. Children who did not have a regular bedtime had ADHD-like behaviors 8 times more frequently than children who had a regular bedtime.
4. Children who did not have a regular bedtime hit, pushed, or kicked their parents 10 times more frequently than children who had a regular bedtime.

What can parents/caregivers do?

1. Get on the Same Page – Make sure all caregivers are in agreement about schedules and bedtimes.
2. Wind Down – Starting with dinner, have your child’s activities move from more to less active.
3. Be Consistent – Put your child to bed at the same time, every night, in his/her own room. The rules must be specific and clear. There must be very little room for negotiation.
4. 100% consistency for two weeks. Over the first two weeks of the new bedtime rule, there can be no exceptions.



Get TV’s and Video Games out of your child’s bedroom!

Children need a quiet and dark environment to get a restful night’s sleep. Television is a very engaging medium that tends to keep people awake. Watching TV close to bedtime has been associated with bedtime resistance, difficulty falling asleep, anxiety around sleep, sleeping fewer hours, trouble with morning alertness and daytime sleepiness.

Children with television sets in the bedroom scored between seven and nine points lower on standardized reading and math tests than children without a television set in the bedroom.

Does your child snore?

Loud and regular nightly snoring is often abnormal in otherwise healthy children. Sometimes it is a sign of a respiratory infection, a stuffy nose or allergy; other times it may be a symptom of sleep apnea. Snoring can disrupt your child’s sleep resulting in daytime sleepiness and behavior problems. Children who snored loudly were twice as likely to have learning problems. Following a night of poor sleep, children are also more likely to be hyperactive and have difficulty paying attention. Contact your child’s health care provider if you have concerns about snoring.

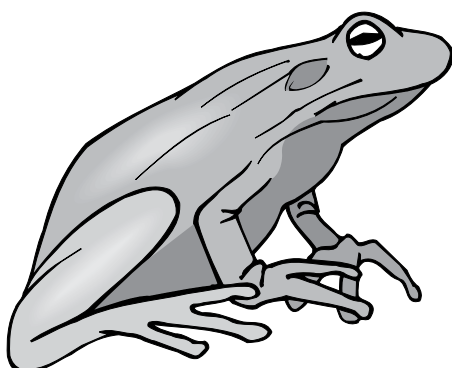
KINDERGARTEN REGISTRATION, MONDAY MARCH 2ND

Parents of children who will be five years old on or before September 15, 2012 and live in the Harrison attendance area are asked to come to the school between the hours of 8am- 5pm on Friday, March 2, 2012 to register their child for kindergarten for the 2012-2013 school year. Please bring your child's birth certificate to registration. Also, if you know of a family that has a child who will be five before September 15th, please tell them about the registration date. If you have questions about registration, please call the school office at Harrison School at 558-2269.



THIRD GRADE CLAY

Third Graders worked hard in the art room creating clay frogs and lizards for the Third Grade Coe Clay Exhibit. Each student picked out what kind of frog or lizard they would like to create. The students first made a blueprint from a picture then formed the clay. After the clay dried, it was fired, and then glazed to look like the picture. The third graders clay along with all the other schools third grade clay can be viewed by the public between **4-6 p.m.** January 20th-February 5th **in the Sinclair Gallery 1220 First Ave NE.** The third grade had a field trip to the Sinclair Gallery to see the clay exhibit on January 27th with Mrs. Reedich.



COUNSELOR'S CORNER

Does Your Life Have ADHD/ ADD In It? - Looking for other people who understand what it's like?

Join the Cedar Rapids C.H.A.D.D. Parent Support Group

(Children & Adults with Attention Deficit/ Hyperactivity Disorder)

When: 3rd Thursday of each month (check the CHADD web site for specific meeting dates)

Time: 6:30-7:30 pm

Location: Mercy Medical Center, 701 10th St SE. Cedar Rapids

Training Room B- lower level/ basement

Please be sure to check the CHADD web site listed below to verify meeting dates/times in case of changes.

Questions: Contact Kathy Harriott at 319-786-7771 (work) or 319-551-8352 (cell) or e-mail at cedar-rapids@chadd.net

For more info, visit www.chadd.org



HARRISON STUDENTS SPREAD GOOD CHEER!

December 20th the Harrison first graders set on a mission of spreading good cheer throughout the neighborhood. As a service project the PTA put together Cookie Mix Jars and then the first graders went caroling and giving out the gift jars. The students had a lot of fun and the recipients enjoyed



listening to the young voices serenading them with Holiday songs!



IMPORTANT NUMBERS TO USE WHEN CALLING SCHOOL

Attendance 558-2314

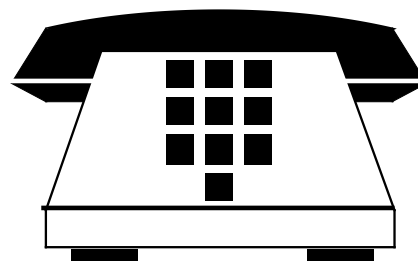
To notify school that your child will be absent

Main office 558-2269

To notify staff that your child will be leaving early for an appointment

Clinic 558-2803

To discuss your child's health or a medical situation



HARRISON ELEMENTARY SAYS “GOODBYE” TO TONY, THE ART DOCTOR

Anton (Tony) Rajer, known as “The Art Doctor,” passed away in November, 2011. For several months this past spring, summer and fall, Tony worked diligently at Harrison, restoring the mural, titled: Transportation. The mural, which is located in the lower hallway at Harrison Elementary School, is oil on canvas painting by William Henning, measuring 22 feet long and 5 feet high.

Tony enjoyed and loved his unique career as a Professional Art Conservator. He was educated at the University of Wisconsin in Art History and Chemistry. He attended the University of Wisconsin and Harvard University in Art Conservation and the University of London, England and the University of Rome, Italy, for Mural Restoration.

Tony authored five books on Heritage Preservation and continued teaching at the University of Wisconsin in Madison until his untimely death.

Tony was a very dedicated “Art Doctor,” who held great pride in his work. He worked with Q-tips and special cleaning solutions to clean square inch by square inch, rubbing away grime and dirt which had accumulated on the mural over the many years since the painting was completed in 1934. It also needed a few paint touch ups in some areas, so the progress was tedious, but the outcome is tremendous! The colors are so vibrant, the mural almost seems 3-D! I do believe the artist would appreciate Tony’s efforts in the restoration.

When students and staff stopped by to ask him questions, Tony was always friendly and took the time to speak with each person, very interested in what they said, and loved explaining what he was doing.

Tony not only had a unique career, but also strongly believed in humanitarian work. Among his many services were volunteering with the Red Cross at Ground Zero after the 9/11 attacks. He worked in many countries and communities throughout the world in disaster relief. Among those were New Orleans, Malaysia, and Haiti.

When we look at the mural today, not only do we appreciate the original artist’s talents, but we can also recognize the hard work which Tony did to restore this magnificent painting. You may want to stop by and take a look!

Tony was a very talented man and most dedicated to his work. He will definitely be missed by the Harrison staff and students.

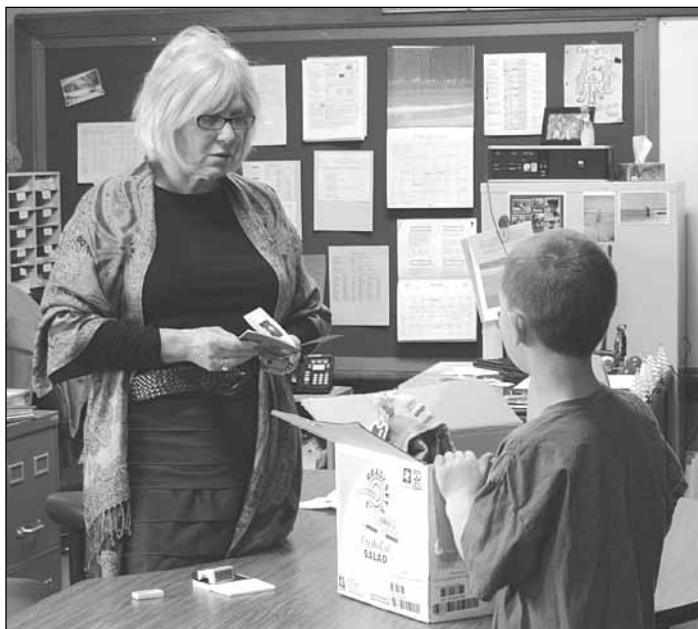
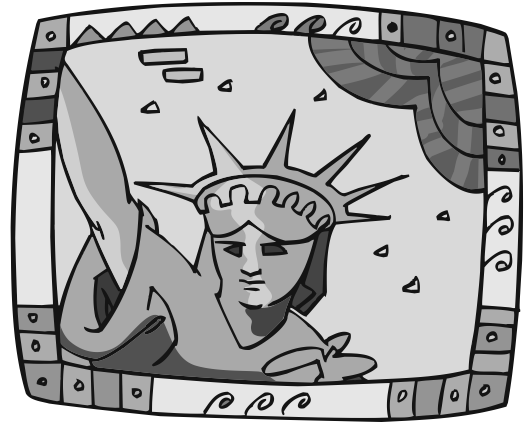
Article by Mrs. Barton and Mrs. Geraghty



BRINGING HISTORY HOME

Harrison second graders experienced the life as an immigrant in December as they “arrived” in the United States to the welcome of the Statue of Liberty. The enrichment activity was a culmination of a variety of classroom activities where the students researched and learned about the factors that influenced people to immigrate to America.

Each child was assigned an Immigrant name and issued a passport. The students then researched and learned about that person and their circumstances. On “immigration day” the students packed their trunks (boxes), headed to the steerage part of the ship (the basement) for their journey to America. Some children commented on how crowded and hot it was in the “ship”. Once they arrived in America their first sight in the new world was the Statue of Liberty. The students were then fed Stew at Ellis Island before they went through a series of interview and medical stations to determine whether or not they were eligible to stay in America. The activity really brought history home for the students!



GET FREE INCOME TAX HELP

Individuals and families that earned \$50,000 or less qualify for free tax assistance. IRS certified volunteers help prepare both federal and state tax returns FREE of charge. Services are provided by Volunteer Income Tax Assistance (VITA) through United Way of East Central Iowa.

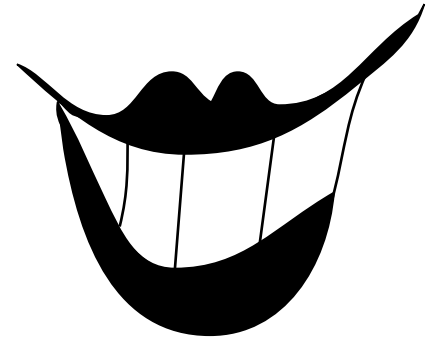
Call United Way 2-1-1 or 319-739-4211 or 1-866-469-2211 (toll free) to schedule a free tax appointment.

More information is available online at www.unitedwayofeast-centraliowa.org/taxhelp



OH, WHAT A SMILE!

On January 3-5, St Luke's Dental Health Center visited Harrison School due to a grant awarded by the State of Iowa to help prevent lost learning time due to dental disease. 37 students were seen. 35 students received fluoride treatments. 90 dental sealants were placed. A \$5,900 value!



IN-DISTRICT PERMITS

The permit process schedule for the 2012-2013 school year has been adjusted to align with the CRCSD Enrollment Study.

Parents requesting their student(s) attend a school outside their resident attendance area for the 2012-2013 school year must complete an In-District Permit Application. Permit applications will be available at all CRCSD buildings after **February 15, 2012**. These applications must be returned by **March 15, 2012**.

Decisions on permit requests will be made after March 15. Parents will be notified by April 15, 2012.

DID YOU KNOW?

An absence is an absence - any time a student misses school, it can affect student performance.

So far this school year we have had 22 students who have perfect attendance. There are 101 students who have missed less than 3 days this school year.

It is not too late to change the pattern of being tardy or missing school. Today is a great day to start striving for better attendance. Your child benefits if appointments and other activities are scheduled out of the school day. If you need support or ideas to achieve this please contact Mrs. Reysack or Ms. Manternach.



DISTRICT OFFICES CLOSED

Please note that the school and district offices will be shut down during Spring Break week.

That week the district will be moving their Computer Servers to the new ELS (Educational & Learning Service) Center on Edgewood Road. Therefore there will be no computer or phone service District wide that week of March 26th - 30th.



**Cedar Rapids
Community School District**
Excellence for All

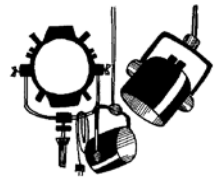
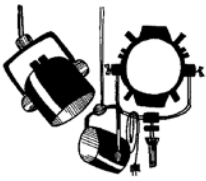
SPRING MUSICALS

The third fourth and fifth grade classes will be performing

LIGHTS! CAMERA! ACTION!

Written by John Jacobson on

MARCH 20TH, 2012 AT 6:30PM.



I am sorry to inform you that the kindergarten, first and second grade music program needs to be rescheduled. As I was setting rehearsals dates I realized that I made a mistake by scheduling the Musical during the same time as Mr. Chicchelly's gymnastics unit. The new date for the performance is March 1 at 6:30pm.

I am sorry for any inconveniences this has caused.

Ms. Manternach

Important
INFO

CHANGING THE WORLD THROUGH CARING FOR KIDS!

SCREENINGS FOR CHILDREN WITH BONE, MUSCLE OR JOINT PROBLEMS.



SCREENING CLINIC
SATURDAY, APRIL 14, 2012
10:00AM TO 2:00PM

LOCATION:
EL KAHIR SHRINE
1400 BLAIRS FERRY RD NE
CEDAR RAPIDS, IA 52402

FOR AN APPOINTMENT CALL:
319.395.0109 OR
TOLL-FREE 1.800.593.0109

WALK-INS ARE WELCOME!

Arthrogryposis (Stiff Joints)
Cerebral Palsy
Clubfoot
Hip Conditions
Osteogenesis Imperfecta
(Brittle Bones)
Juvenile Rheumatoid Arthritis
Limb Deformities
Limb Length Differences
Neurological Disorders
Rickets
Scar Revisions
Scoliosis
Specialized Plastic Surgery
Spina Bifida/Myelodysplasia
Spine Conditions
Sports Injuries



Shriners Hospitals
for Children®

Children are eligible to receive care if they are under the age of 18 with a treatable orthopaedic condition. Income, financial status and/or insurance coverage has no impact on eligibility for services.

HOW CAN WE HELP?

Our class has been studying the historical era known as The Great Depression. We learned about the joblessness, homelessness, and hunger. We also learned that the kindness of others helped get some families through that time period. People in need were able to go to missions, soup kitchens and neighbors helped each other out.

We wanted to get involved and help out families who have similar needs today. Our class set a goal of collecting 100 cans or boxes of food by the 100th day of school, January 30th.

The food collected will be donated to The First Church of the Open Bible, right here in Northwest Cedar Rapids! Visit their website at www.firstopenbible.com for more information on the program that they run.

Our families and staff have been extremely generous. We met the goal of collecting 100 cans. We feel great that we are able to help the community.



NON-DISCRIMINATION POLICY

It is the policy of the Cedar Rapids Community School District not to illegally discriminate on the basis of race, color, national origin, gender, disability, religion, creed, age (employment only), marital status, sexual orientation, gender identity, and socioeconomic status (students/program only) in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. District employees with questions or a grievance related to this policy should contact Jill Cirivello, Director of Human Resources, 319-558-2421; jcirivello@cr.k12.ia.us. Students and others should contact Aaron Green, Director of Student Equity, 319-558-2964; agreen@cr.k12.ia.us. The District mailing address is 907 15th Street SW, Cedar Rapids, IA 52404.

THE 100TH DAY OF SCHOOL!

The Kindergarten and 1st graders celebrated the 100th day of school on Monday, January 30th. We keep track of our days of school with straws, coins, tally marks, and number grid. The kids sorted their collections by 10's and counted to 100. We made hats, trail mix, and wrote about what we would do with 100 dollars, and what 100 items we would like to eat and not eat! The ideas from the students were sweet and funny! Be sure and ask you child all about our 100th day of learning celebration!

