

KIRTLAND ELEMENTARY
9140 CHILlicothe RD.
KIRTLAND, OH 44094
(440) 256-3344
CHAD VANARNHEM, PRINCIPAL
LINN BOWEN, GUIDANCE COUNSELOR
TERRY WARDER, SECRETARY

News from the Nest



The KES Newsletter

Our Goal is to Maximize Student Achievement

MARCH 2, 2018

Important Times

Arrival 8:25am
School Starts 8:30am
Tardy Bell 8:40am
Dismissal 3:20 pm
Preschool 8:45-11:15 am
12:15-2:45 pm

Lunch

Lunches will remain \$3.00
Milk can be purchased
separately for \$.50

Absent

Please call our absence line
(available 24-hours) at
440-256-3344 ext. 2000 by
8:30 am to inform the
school of your child's
absence. Request
homework by 10 am to
allow time to gather
materials for the end of the
day pick up.

Change with Dismissal

Please call the office
before 2:00pm with any
changes on how your
child is going home after
school.



Follow KES on
Twitter @KESHornets
Facebook- Kirtland
Elementary School

A Few Points from the Principal

- Part of student safety involves discussions and monitoring what children are doing on the internet/social media. Our district has implemented Digital Citizenship Lessons in grades K-12 this school year using Common Sense Media. Here is a link to the website that offers internet safety tips for students and parents: <https://www.common sense media.org/privacy-and-internet-safety#>
- See p. 4 for the next healthy challenge for students that is based on starting the day with a balanced breakfast. The challenge sheet went home with students on Thursday.
- On Tuesday, March 6, there will be a Community Levy Presentation with Mr. Wade in the KHS Gym at 7:00pm. I encourage you to attend to get the facts and your questions answered.
- If your child has an appointment and needs to leave early from school, please send a note/email to the teacher and to Mrs. Warder in the office. If your child is scheduled to attend an after school program and will not be attending on a specific day, please let the office know.
- Here is a list of the most dangerous apps from 2017 that many students are using and it offers explanations on how they can be used against children. <https://educateempowerkids.org/dangerous-apps-2017/>
- Here is a link to the 2018-2019 school calendar that can be found on the district website: https://target.brightarrow.com/Attachments/3003_-1/18022714320062.pdf
- Registration for baseball and softball signups have started for Kirtland: <http://www.htosports.com/teams/default.asp?u=KBL&s=baseball&p=registration>
- Kindergarten registration for the 2018-2019 school year will take place on **Friday, May 18, 2018. You must call the office to set up an appointment at 440-256-3344 ext. 2000** Your child must be 5 years old by September 30, 2018. All required enrollment documents are on the Kirtland Schools website under the Parents tab. If you need a paper copy, please stop in the Kirtland Elementary office. **Parent(s) and child will both attend registration.**
- See p. 6 for the Spring AIR testing schedule for grades 3, 4 and 5.

Important Dates:

Monday, March 5	-One Book, One School kickoff (more details will be coming)
Tuesday, March 6	-Community Levy Presentation at 7:00 pm in the KHS Gym
Wednesday, March 7	-Grade 3 Spelling Bee in Hornet Hall at 2:00 pm
Sunday, March 11	-Daylight Saving Time starts
Monday, March 12	-Student Council meeting after school 3:30-4:30
Tuesday, March 13	-PTA Meeting at 7:00pm in Hornet Hall
Monday, March 19	-Kirtland Board of Education Meeting at 7:00pm at KHS
Thursday, March 22	-Spring Pictures
Wednesday, March 28	-Grade 2 Spelling Bee at 2:00 pm in Hornet Hall
Thursday, March 29	-Grade 3 Living Wax Museum at 9:00am on first floor
	-Grade 4 to Great Lakes Science Center
Friday, March 30	-NO SCHOOL- Spring Break starts
Monday, April 9	-Classes resume

Kirtland Elementary March Spirit Wear



Design- The Green Hornet

T-Shirt -\$15 or 2 for \$25

*This month we have a **GREEN** 50/50 t-shirt with a **GREEN, YELLOW and WHITE** logo.
A great way for a Hornet to celebrate March!*

Sizes available:

Youth Small, Youth Medium, Youth Large, Youth XL
Adult Small, Adult Medium, Adult Large, Adult XL, Adult XXL

Name: _____ Grade/HR Teacher: _____

T-Shirt -\$15 or 2 for \$25 (Please add \$2 for Adult XXL)

Size _____
Size _____
Size _____
Size _____
Size _____
Size _____

Total Enclosed: _____ (Make Checks Payable to: Kirtland Elementary School)

KES Make It Club • Questions: bob.lasecki@kirtlandschools.org

ORDERS DUE: 3/2 (Attention: Mr. Lasecki)

News for the Kirtland Community Center

Egg Hunt—at The Kirtland Community Center

Saturday March 24 from 9:30-11:00. Hunt at 11:00 outdoors. Free. For children 10 and under.

Join in the annual egg hunt for children 10 and under (adult chaperones required). Kids can bring their Easter baskets to collect eggs in. Outdoor hunt begins promptly at 11:00 (dress appropriately!). Prize baskets are awarded to the finder of the Golden Egg. Indoor activities include games, craft, and a visit with the Easter Bunny. In the case of inclement weather, the outdoor hunt is cancelled and eggs are handed out indoors on a first-come, first-served basis until they are gone. **However**, all the activities will still take place **indoors**. Enjoy donuts, hot chocolate, and coffee (bring your favorite mug!) for a donation. Registration is not required. Just show up. CommunityCenter@kirtlandohio.com / 256-4700

News from the Kirtland Public Library

I wanted to send another reminder that we in one week the Kirtland Public Library **will close the Children's Department for one week. During the week of March 5**, we will be replacing the carpet, and the Children's materials will be unavailable. We will reopen that half of the library the week of **March 12**. It is going to look great!

Also, I wanted to let you all know the programs that are planned for the month of March.

Saturday, March 3 at 2:00 pm: LEGO Club

Spend an hour creating with the Library's LEGO bricks, then place your finished creation on display!

Thursday, March 22 at 7:00 pm: Shadow Puppets

Watch a shadow puppet show, then create your own shadow puppet theater and shadow puppets to take home. Please bring a flashlight. For families with kids up through 5th grade. Please register for this event.

Friday, March 23 at 11:00 am: Preschool Dance Party

Bring your best dance moves! When we take a break from all that dancing, we will create a craft that we can dance with. For families with kids up through age 5, please register.

Thursday, March 29 at 3:30 pm: Paper Circuits

Kids in grades 6 and up, we will use paper, batteries, and LEDs to create paper greeting cards that will actually light up! Please register for this event.

In our ongoing efforts to promote a safe and secure campus, the Kirtland Local Schools want to review visitor security procedures, outlined below:

1. Approach the main entrance and push the buzzer located near the door (at KES, this is inside the main entrance doors).
2. Please state your name and reason for your visit to the building secretary.
3. Please proceed directly to the office to sign in or to conduct any business.

KIRTLAND SCHOOLS WELLNESS CHALLENGE

MARCH 2018

"BREAKFAST CHALLENGE"

NAME _____
Staff or Student (circle one)

SCHOOL _____


BREAKFAST IS CONSIDERED THE MOST IMPORTANT MEAL OF THE DAY. WHY? FIRST YOUR BODY HAS BEEN AT REST AND WITHOUT ANY FUEL FOR AT LEAST 8 – 12 HOURS. EATING BREAKFAST STARTS YOUR ENTIRE METABOLISM. STUDIES SHOW THAT BREAKFAST EATERS HAVE HIGHER TEST SCORES, MORE ENERGY, AND ARE ABLE TO LOSE OR MAINTAIN THEIR BODY WEIGHT EASIER. THIS MONTH GIVE YOURSELF 1 POINT FOR EACH SERVING OF A BREAKFAST FOOD YOU EAT BEFORE YOU START YOUR INSTRUCTIONAL DAY. EATING A BALANCED BREAKFAST AT SCHOOL OR HOME COULD GIVE YOU 4 POINTS EACH DAY. A FULL SERVING OF THE FOOD GROUP MUST BE CONSUMED. FRUIT OR JUICE (A 4-6 OZ SERVING) = 1 PT. GRAINS SUCH AS A SLICE OF TOAST OR BOWL OF CEREAL =1 POINT, PROTEINS SUCH AS EGGS, YOGURT, OR CHEESE = 1 PT, MILK OR DAIRY SUBSTITUTE = 1 PT. TOTAL YOUR POINTS DAILY AND THEN AGAIN TOTAL THEM FOR THE MONTH BEFORE YOU SUBMIT YOUR ENTRY. START THE DAY WITH A HEALTHY BREAKFAST!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

ALL ENTRIES MUST BE RECEIVED BY WEDNESDAY, APRIL 11TH TO QUALIFY FOR A CHANCE TO WIN – TOTAL POINTS _____

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 <h1>MARCH 2018</h1> <h2>Kirtland Elementary Menu*subject to change</h2>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 *BONUS* MINI CORN DOGS WITH CRISPY POTATOES AND ROLL Available Sides: Romaine Salad, Baked Beans, Assorted Fruit Cups Variety of Milk *SUGAR COOKIE*	2 DOMINO'S PIZZA
5 MINI PANCAKES WITH SAUSAGE LINKS AND POTATO TRIANGLES Available Sides: Romaine Salad w/Ranch Packet, Fruit Cups Variety of Milk	6 SUPER NACHO'S WITH BAKED TORTILLA CHIPS Available Sides: Shredded Lettuce, Black Bean Salsa, Carrot Snack Pack, Fruit Cups and Applesauce Cups Variety of Milk	7 POPCORN CHICKEN WITH SEASONED RICE AND PEAS AND CARROTS Available Sides: Celery Sticks w/Dip, Garbanzo Bean Cups, Assorted Fruit Variety of Milk	8 *BONUS* CHICKEN NUGGETS WITH HASH BROWN TRIANGLES Available Sides: Romaine Salad Cup, Fruit Cup and Fresh Fruit Variety of Milk *CHOCOLATE CHIPCOOKIE*	9 DOMINO'S PIZZA
12 FRENCH TOAST STICKS WITH SAUSAGE LINKS AND POTATO TRIANGLES Available Sides: Romaine Salad w/Ranch Packet, Carrot Sticks, Mixed Fruit Cups Variety of Milk	13 SUPER NACHO'S WITH BAKED TORTILLA CHIPS Available Sides: Shredded Lettuce, Black Bean Salsa, Carrot Snack Pack, Fruit Cups and Applesauce Cups Variety of Milk	14 CHEESE FILLED BREADSTICKS WIMARINARA SAUCE Available Sides: Romaine Salad w/Ranch Packet, Broccoli Florets, Fruit and Juice Cups Variety of Milk	15 *BONUS* MINI CORN DOGS WITH CRISPY POTATOES AND ROLL Available Sides: Carrot Sticks, Romaine Salad, Baked Beans, Ass't Fruit Cups Variety of Milk SUGAR COOKIE	16 DOMINO'S PIZZA
19 MINI PANCAKES WITH SAUSAGE LINKS AND POTATO TRIANGLES Available Sides: Romaine Salad w/Ranch Packet, Fruit Cups Variety of Milk	20 SUPER NACHO'S WITH BAKED TORTILLA CHIPS Available Sides: Shredded Lettuce, Black Bean Salsa, Carrot Snack Pack, Fruit Cups and Applesauce Cups Variety of Milk	21 POPCORN CHICKEN WITH MASHED POTATOES Available Sides: Romaine Salad with Ranch Packet, Garden Peas, Garbanzo Bean Cups, Assorted Fruit Variety of Milk	22 *BONUS* CHICKEN NUGGETS WITH HASH BROWN TRIANGLES Available Sides: Romaine Salad Cup, Carrot Sticks, Fruit - Fresh & Ass't Variety of Milk *CHOCOLATE CHIP COOKIE	23 DOMINO'S PIZZA
26 FRENCH TOAST STICKS WITH SAUSAGE LINKS AND POTATO TRIANGLES Available Sides: Romaine Salad w/Ranch Packet, Carrot Sticks, Mixed Fruit Cups Variety of Milk	27 SUPER NACHO'S WITH BAKED TORTILLA CHIPS Available Sides: Shredded Lettuce, Black Bean Salsa, Carrot Snack Pack, Fruit Cups and Applesauce Cups Variety of Milk	28 POPCORN CHICKEN WITH SEASONED RICE AND PEAS AND CARROTS Available Sides: Celery Sticks w/Dip, Garbanzo Bean Cups, Assorted Fruit Variety of Milk	29 *BONUS* MINI CORN DOGS WITH CRISPY POTATOES AND ROLL Available Sides: Romaine Salad, Baked Beans, Assorted Fruit Cups Variety of Milk *SUGAR COOKIE*	30 NO SCHOOL

Elementary Meal Additional Entrée's

Students may select in place of the entrée of the day a different entrée that includes all the sides of the day. The following entrees are available daily:

- Crispy Chicken Sandwich
- Cheese Pizza
- Smucker's Uncrustable Sandwich
- Cheeseburger

The Yogurt Meal is also another option students may select. This includes a 4 ounce cup of yogurt, string cheese, 2 packages of the student's choice of snack type crackers, fruit and vegetables of the day and milk.

Domino's pizza in both cheese and pepperoni is available each Friday.

A complete lunch is only \$3.00
Milk is only .50

A full variety of milk in flavored nonfat and plain milk is available with all meals.

KES Spring Testing Schedule

(All tests begin promptly at 8:45 am and will conclude around 10:30 am)

GRADE 3

April 20th: ELA Part I, Mrs. Grandini's and Mrs. Swick's reading classes
April 23rd: ELA Part I, Mrs. Greer's class; ELA Part II, Mrs. Swick's class
April 24th: ELA Part II, Mrs. Greer's and Mrs. Grandini's reading classes
May 4th: Math Part I, Mrs. Grandini's and Mrs. Swick's math classes
May 7th: Math Part I, Mrs. Greer's class; Math Part II, Mrs. Swick's class
May 8th: Math Part II, Mrs. Greer's and Mrs. Grandini's math classes

GRADE 4

April 12th: ELA Part I, Mrs. Molchen's and Mrs. Ribelli's reading classes
April 13th: ELA Part I, Mrs. Donovan's and Mrs. Ribelli's reading classes
April 17th: ELA Part II, Mrs. Molchen's and Mrs. Ribelli's reading classes
April 18th: ELA Part II, Mrs. Donovan's and Mrs. Ribelli's reading classes
April 30th: Math Part I, Mrs. Molchen's and Mrs. Karikas' math classes
May 1st: Math Part I, Mrs. Molchen's and Mrs. Karikas' math classes
May 2nd: Math Part II, Mrs. Molchen's and Mrs. Karikas' math classes
May 3rd: Math Part II, Mrs. Molchen's and Mrs. Karikas' math classes

GRADE 5

April 16th: ELA Part I, ALL FIFTH GRADERS
April 19th: ELA Part II, ALL FIFTH GRADERS
April 25th: Math Part I, ALL FIFTH GRADERS
April 27th: Math Part II, ALL FIFTH GRADERS
May 1st: Science Part I, Mrs. Held's science classes
May 2nd: Science Part I, Mrs. Reilly's science classes
May 3rd: Science Part II, Mrs. Held's science classes
May 4th: Science Part II, Mrs. Reilly's science classes

Summer Camps

We are excited to announce Kirtland and Mentor Schools will offer five (please note Kirtland Students would not be able to participate in Summer SPRKs as we are still in session through May 31st) summer camps this year for students entering grades 3-9 for the 2018-2019 school year. Please view the attached flyer to find out more information about the various camps and the grade levels they are being offered to serve. Registration will open for the camps on **March 2, 2018 at Noon** on Mentor's website, www.mentorschools.net. Billing information will be posted to the Infinite Campus parent portal at a later date. Payment information is not necessary at the time of registration. Camps have limited capacity and may fill-up quickly. Contact your child's building principal with any questions. See the next page for the different classes.



K

SUMMER Camps!

5 Day Camps \$175
4 Day Camps \$140

REGISTRATION OPENS MARCH 2ND AT NOON

WWW.MENTORSCHOOLS.NET All Camps Run From 8:00 a.m. until Noon

Camp Enrollment Based on 2018-19 Grade Level

Lego Robotics

June 4 - June 8
MMS Media Center
6 & 7th Graders

Experience the amazing world of FIRST LEGO League! This camp is designed to give beginners a taste of the fun of the FLL season. Campers will learn the basics of building and programming a Mindstorms EV3 Robot. They will develop collaborative skills while working in teams to research a real world problem and develop an innovative solution. Please bring a light snack, a water bottle, and earbuds.

Coding

June 18 - June 22
Paradigm
3-5th Graders

Participants will explore the basics of computer coding and work with free web tools and apps. We will also work with a small programmable robot and play games to learn the language of coding. Students will use code to create a unique artistic design that they will wear home on a tee shirt. We'll end the week with an exposition for families so we can share all the wonderful things we've explored. Campers will need to bring a light snack, a water bottle, and earbuds to camp each day.

3D Design

June 11 - June 14
Shore Middle School
7 & 8th Graders

3D printing and design are some of the fastest growing STEM fields. 3D Printing and Design Camp is a four-day experience. Campers will have the opportunity to design and 3D print, vinyl cut and laser engrave their own original creations, and objective-based pieces for camp projects and challenges. All campers can take home their projects at the end of the week. Come experience the latest and greatest 3D modeling and printing products Mentor Schools has to offer!

SUMMER SPRKS!

May 29 - June 1
Shore Media Center
7 & 8th Graders

The mission is for students to increase their knowledge in science, technology, engineering and math through Summer SPRKS! using hands-on, engaging activities while becoming skilled using the robot ball called "Sphero". Sphero is the world's first app-controlled robotic ball and is a sophisticated companion for a iPad, iPod, Smartphone or tablet. Play is a powerful tool and by fusing technology with robotics, it will be inspiring tomorrow's inventors and innovators.

VEX Robotics

June 4 - June 8
MHS I-107
8 & 9th Graders

VEX Robotics Camp will take students through designing, building, programming and racing a VEX robot. After creating a ClawBot, students will compete in the ClawBot Olympics, a Mario Kart bot where participants will race and try to knock out fellow campers' bots, and a Mars Rover bot that will be programmed to go through an obstacle course. Parents are invited to race/competition days. Students will learn robot design, problem solving and collaboration.

COOKING WITH CARDS

June 4 - June 8
MHS D-101
4-6th Graders

Cooking with Cards will give your child(ren) the opportunity to work in a kitchen with other students their age while being supervised by experienced Family & Consumer Sciences teachers. Students will learn basic cooking techniques including safety & sanitation practices. Students will utilize their reading, math, & teamwork skills during this camp when reading & preparing recipes. This camp will help students gain confidence in the kitchen as well and encourage them to try new foods & recipes.

Kirtland Baseball & Girls Fast pitch Registration Now Open!! www.kirtlandbaseball.com

All registrations will be done on-line. There will not be any walk-in registration opportunities.

Ages 4-18

Fees for this season are:

First Child \$90

Second Child \$85

Third Child \$80

Fourth Child \$75

Players will be drafted to the team on which they will play.

Late registrations will be assigned to a team if there is a spot available.

**REGISTER BY MARCH 16th, 2018
TO AVOID LATE FEE OF \$20.00
PER REGISTRATION**



Notes from the Nurse

Notes from the Nurses ~

We have had many cases of strep throat lately. Here are some reminders about strep.

Strep Throat: What You Need to Know

Kids often come down with sore, scratchy throats. Colds and other viruses are usually to blame. One way to tell the difference is that a virus will often cause a runny nose, too. Strep throat is different -- it's caused by bacteria.

How do I catch it? Strep throat is a bacterial infection of the throat and tonsils. Like other infections, it spreads through close contact. When people who are sick cough or sneeze, they release droplets, with bacteria, into the air.

You can infect yourself if you touch something a person with strep has coughed or sneezed upon and then brush your eyes, mouth, or nose with your hand. You can also get sick if you share a glass or other personal item with someone who has strep.

Symptoms- A sore throat is the main sign your child has strep. With strep, the sore throat comes on quickly. Your throat feels raw, and it hurts to swallow. Strep is also more likely to cause these other symptoms as well:

- A fever of 101 F or higher
- Red, swollen tonsils
- White patches in the throat
- Tiny red spots on the roof of the mouth
- Appetite loss
- Stomachache
- Headache
- Nausea, vomiting
- Rash

How is it diagnosed? Your doctor will ask about your child's symptoms. The only sure way to tell strep from viruses that cause a sore throat is with a test. There are two kinds: rapid test and overnight culture.

If the strep test is positive, the doctor will prescribe antibiotics to treat it. Make sure your child takes all of the doses. If the strep test is negative, a virus likely caused the sore throat, and antibiotics are not used.

Self-care tips Try these home treatments to ease symptoms:

- Gargle with a mixture of a quarter-teaspoon of salt and 8 ounces of warm water.
- Take ibuprofen (Motrin, Advil) or acetaminophen (Tylenol) to bring down a fever and ease pain. Don't give aspirin to children or teens. It can cause a rare but dangerous condition called Reye's syndrome.
- Suck on a throat lozenge or piece of hard candy. Don't give small pieces of candy to children under age 4.
- Drink warm liquids such as tea and broth. Or, suck on something cold such as an ice pop.
- Get lots of rest.

How to keep it from spreading-

Have your child stay home from school until the fever is gone and he has been on an antibiotic for at least 24 hours. (The same goes for you and the workplace.) Other tips:

- Don't share cups, dishes, forks, or other personal items with someone who's sick.
- Ask children to cover their mouths with a tissue or sleeve whenever they cough or sneeze.
- Have everyone in the house wash their hands or use an alcohol-based hand sanitizer many times daily.

Math+Science Connection

Intermediate Edition

Building Understanding and Excitement for Children

Kirtland Elementary School
Mr. Chad Vanarnhem, Principal

INFO BITS



Open-door angles

Doors in your house are the perfect place for hands-on practice with angles. Take turns opening or closing a door and asking, "Acute, right, or obtuse?" Partially open a door, and it's an acute angle. Open it straight out, and it's a right angle. Open it wider, and it's obtuse.

Habitat for rent

Help your child think about what animals need to survive (shelter, food, water). Then, have her choose an animal (monkey) and write a classified ad for a home that will meet its needs. Example: "Tall tree in a tropical rain forest. Large river nearby for drinking. Plenty of leaves, fruit, and insects to eat."

Book picks

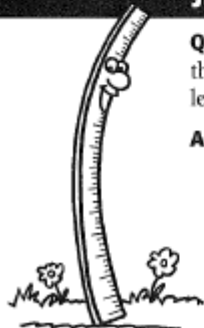
▣ *The Man Who Counted: A Collection of Mathematical Adventures* (Malba Tahan) combines an adventure story with interesting math puzzles.

▣ Learning about the solar system is fun when planets tell the story themselves. Dan Green's *Astronomy: Out of This World!* contains fascinating facts and details along with cartoon illustrations your youngster is sure to love.

Just for fun

Q: What has three feet but no legs or arms?

A: A yard.



Fractions of fun

Understanding fractions is much easier when your child can visualize them. Here are ideas to help her see—and use—fractions.

Keep a diary

Show your youngster that fractions are a part of everyday life. For a week, have her record and illustrate each one she notices. For instance, she might write, "We had a half day of school today," or "Mom asked for $1\frac{1}{2}$ pounds of turkey at the store." How many examples can she find and draw?

Play a game

Have each player cut a sheet of construction paper into six horizontal strips. She should leave the first one whole and then cut the second one in half (fold it, and cut along the fold), and the others into thirds, fourths, sixths, and eighths. With bits of masking tape, label a die: $\frac{1}{2}$, $\frac{1}{3}$, $\frac{1}{4}$, $\frac{1}{6}$, $\frac{1}{8}$, and "wild." To play, roll the die,



and lay the matching piece of paper on your whole strip (for "wild," choose any piece). The goal is to be the first one to fill your strip without overlapping any pieces (example: $\frac{1}{2} + \frac{1}{4} + \frac{1}{4} = 1$ whole strip).

Put in order

Together, make a set of fraction cards, with one fraction per index card ($\frac{1}{2}$, $\frac{1}{3}$, $\frac{3}{4}$, 1 , $1\frac{1}{2}$, $1\frac{1}{4}$, $1\frac{3}{4}$, 2). Shuffle the cards, and see how quickly your child can put them in order. Then, while she closes her eyes, lay the cards in order but leave out a few. Give her the missing cards, and have her put them where they go.

Look at me!

Help your youngster learn about the science of optics with this mealtime activity.

Have him look at himself in a clean spoon. What happens if he looks in the bowl of the spoon? (He's upside down.) What happens on the other side? (He's right side up.)

Next, have him bring his finger toward the spoon and watch what happens on each side. The bowl (the *concave* side) will magnify his finger, or make it look larger. The back (the *convex* side) will make his finger look smaller. Ask your child how scientists might use this information to make eyeglasses, cameras, or telescopes.

Tip: He can remember which side is which by thinking of concave as "caves in."



Multiply and divide

Learning to multiply and divide can be more about *thinking* than memorizing. Strategies like these can help your child practice.

Make it fun. Practice using toys or food. If your child collects toy animals, you might ask, "How many legs do 4 horses have?" He can "skip count" the legs by 4s (4, 8, 12, 16) to see that $4 \times 4 = 16$. If he has 17 pretzels and wants to give 3 friends an equal amount, he can "deal them out." He'll see that each person gets 5, and there are 2 left over. ($17 \div 3 = 5$, remainder 2)



Use what you know. Encourage your youngster to look for clues to help him solve problems. For 8×7 , he could consider other facts he knows. "I know 4 groups of 7 = 28. I need 8 groups, so I can double that answer. If $28 + 28 = 56$, then $8 \times 7 = 56$." For $30 \div 5$, he might say, "I know $10 \div 5 = 2$. There are three 10s in 30, and $3 \times 2 = 6$. So $30 \div 5$ must be 6."

Q & A Ask math questions

Q: I've never felt comfortable with math. How should I talk to my children about what they're learning in math class?

A: Try to show enthusiasm for what your youngsters are doing in math. You might ask them each day at dinner or homework time what they studied in math that day. Let them explain the concepts they're working on, and follow up with questions. For instance, if they're learning about decimals, you could ask how decimal points are used in money (they separate the parts of a dollar from the whole dollar).



Then, when your children finish their homework, have them show you how they solved a few problems. As they explain their methods to you, they'll be reinforcing their own skills. And they'll be proud to be teaching you something!

OUR PURPOSE

To provide busy parents with practical ways to promote their children's math and science skills.

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MATH CORNER

Find, build, compute

What do a shoebox, book, and refrigerator have in common? They are all rectangular prisms, or solid shapes with rectangles for their faces (sides). Encourage your child to explore geometry with this common shape.

Volume. Let her build a rectangular prism out of dice, sugar cubes, or same-sized Legos. Her model should be solid, with no hidden spaces. When she finishes, have her figure out the volume (count the cubes along the height, width, and length, and multiply the three numbers together). To check her math, she can take apart her structure and count all the cubes.

Dimensions. Give your youngster 36 blocks, and see how many different sizes of rectangular prisms she can build. Have her record dimensions of each one. *Examples:* $2 \times 2 \times 9$ and $2 \times 3 \times 6$. What do the sets have in common? (Each product equals 36.)



SCIENCE LAB

Save your breath

Your youngster can inflate a balloon without using his breath. A chemical reaction will do the job for him!

You'll need: empty plastic soda bottle (20 fl. oz.), $\frac{1}{4}$ cup water, 1 tsp. baking soda, uninflated balloon, lemon juice

Here's how: Have your child add the water and baking soda to the bottle, close the cap, and swirl it around until the water is cloudy. Then, help him stretch out the

balloon and place the opening over the top of the bottle, leaving a small space. He should very quickly add a little lemon juice, seal the balloon completely over the bottle, and shake lightly.

What happens? The balloon inflates.

Why? When you mix an acid (lemon juice) with a base (baking soda), they create carbon dioxide. The molecules spread out as the gas forms, pushing against the walls of the balloon and causing it to inflate.



North Eastern Ohio Elementary School Ice Skating Championships

Saturday, March 10, 2018



**All Pre-school, Grade School and Bus Program Students
are eligible to participate!**

Skaters will compete and earn points for their school. Events offered include Skating Skills, Free Skate, On-ice Races, Hockey drills, and Synchro Skills. School with the most points will win the Championship Trophy for their school. All participants will win a medal for their event.

For more information:

**Contact Michelle Walters at walters@cityofmentor.com
or Sue Clemente at sueclemente@att.net**



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DATES & TIMES

Camps are weeklong during the summer as full-day or half. Check website for pricing, locations, and availability.

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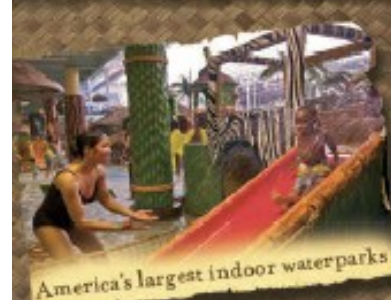
Kirtland Elementary Family Night!!



Kirtland Elementary Family Night!!

Thursday, May 10, 2018: Only \$122!!

Mark your calendar to take a break!! Support your school while having fun! Get away without going too far from home to America's LARGEST indoor waterpark and enjoy a special rate for families and friends! Rooms are ONLY \$122 and feature 2 Queen beds and INCLUDE waterpark passes! A portion from EACH room booked will benefit Kirtland Elementary. BOOK EARLY to avoid being shut out. For reservations call: 1-877-525-2427.



Ask for the Kirtland Elementary Group Rate. Standard Rooms sleep 4-6, includes admission for 4 to the Waterpark! Up to 2 guests may be added for \$25 each. Rates prior to 13.75% tax.



Information Brief Available: Promoting Coping Strategies in Youth

The Project AWARE Ohio team has developed an information brief entitled *Promoting Coping Strategies in Youth*. This brief includes information about 1) what are coping strategies and why are they important, 2) what does the research say about stress and coping strategies, 3) characteristics of coping strategies, 4) examples of coping strategies/styles, 5) how can adults support effective coping skills for adolescents, and 6) additional online resources when these strategies are not enough.

Online Resources Promoting Coping Strategies in Youth

The American Institute of Stress

American Institute of Stress is a nonprofit organization founded in 1978 that provides a diverse and inclusive environment that fosters intellectual discovery, innovative knowledge and improves human health and leadership on stress-related topics.

Phone: (682) 239-6823
<http://www.stress.org/>

Active Minds

Active Minds is a nonprofit organization that works to increase students' awareness of mental health issues, provide information and resources, and serve as the liaison between students and the mental health community.

Phone: (202) 332-9595
<http://www.activeminds.org/>

Anxiety Disorders Association of America

ADAA is an international nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depressive, obsessive-compulsive, and trauma-related disorders through education, practice, and research.

Phone: (240) 485-1001
<http://www.adaa.org/understanding-anxiety>

National Institutes of Mental Health (NIMH)

The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders. NIMH is one of the 27 Institutes and Centers that make up the National Institutes of Health (NIH), the nation's medical research agency. NIH is part of the U.S. Department of Health and Human Services (HHS).

Phone: (866) 615-6464
<http://www.nimh.nih.gov/index.shtml>

The Project AWARE Ohio team includes partners in 3 county ESCs. If you are from those local areas and want more information about Project AWARE services, please contact:

Cuyahoga County ESC: Mary Wise; (216) 901-4201; mary.wise@esc-cc.org

Warren County ESC: Vycki Haught; (513) 379-2310; vycki.haught@warrencountyesc.com

Wood County ESC: Angela Patchen; (419) 354-9010 x228; apatchen@wcesc.org

For information about Project AWARE in other regions of the state, please contact:

Emily Jordan: emily.jordan@education.ohio.gov

Cricket Meehan: meehandc@miamioh.edu

Kathy Oberlin (Ohio Mental Health Network for School Success): oberlink2@gmail.com

WHAT ARE COPING STRATEGIES AND WHY ARE THEY IMPORTANT?

All people experience stress in their lives. Stress affects people of all ages, ethnicities and socioeconomic backgrounds, and it can have a major impact on both mental and physical health. Life stressors often are described as negative events (e.g., the death of a loved one, divorce) but also can be positive events (e.g., getting a new job, moving to a new city). Coping strategies are the behaviors, thoughts and emotions that individuals use to adjust to the changes that occur in their lives. Some coping strategies are effective, whereas others are ineffective or even harmful, and they can have both short-term and long-term effects. In order to maintain mental and physical health, youth must employ good coping strategies when dealing with stress.

Effectively dealing with stress is an important component of wellness. Without this skill, chronic stress has the potential to contribute to physical health problems. For example, increased stress levels have been associated with higher cardiovascular risk.¹ One recent cross-sectional study found that higher stress levels resulted in decreased sleep duration for adolescents, and a longitudinal study found that chronic stress had lingering negative effects on sleep.²



Figure 1. Google images

WHAT DOES THE RESEARCH SAY ABOUT STRESS AND COPING STRATEGIES?

People who respond better to everyday stress are less likely to suffer from depression and anxiety and have more positive outcomes in stressful situations.³ Learning positive coping strategies also can reduce the effects of existing health problems. In 2011, a group of psychologists found that for a group of participants with chronic migraines, simply learning better stress-management skills resulted in improvements in their headache pain.⁴ Another research finding shows that once you are sick, stress also can make it harder to recover. In this study, cardiac patients who faced chronic distress were at a higher risk of bad cardiological outcomes.⁵ Stress has similar effects on the health of adolescents. A very recent study on adolescents found that those with existing medical conditions were more likely to have negative health outcomes due to higher levels of stress if they had low sleep satisfaction. Those with better sleep satisfaction in response to stress had better health outcomes.⁶ Knowing how to effectively cope with stress can be beneficial to your health. These research findings show why it is important to have good coping skills in response to life stressors.

CHARACTERISTICS OF COPING STRATEGIES

Psychological research on coping strategies also asserts that people respond to stressors using a variety of strategies that tend to fall into broad categories or coping styles.⁷ These coping styles can be characterized by the ways in which an individual attempts to counteract the negative effects of stress. These coping styles can be instrumental, emotional, active or avoidant to name a few.^{7, 8} Instrumental, or problem-solving, coping styles focus on ways to tackle the issue in order to reduce the stress around a given situation. Emotion-focused coping styles focus on gathering tools to soothe a person's emotional well-being during a stressful event. Active coping strategies are characterized by awareness of the stressor and attempts at reducing the negative outcomes, while avoidant coping involves ignoring the cause of the stressor, which often results in harmful activities or denial.

EXAMPLES OF COPING STRATEGIES/STYLES

Humor (Emotion-focused)

- Recognizing the humorous aspects of the problem/stressor
- Example: Joke about your situation

Seeking Support (Emotion-focused)

- Asking for help or emotional support
- Examples: Consult a doctor, join a support group

Problem-Solving (Instrumental/Active)

- Locating the source of the problem and determining solutions
- Examples: Delegate responsibility, alleviate the stressor

Relaxation (Emotion-focused)

- Engaging in relaxing activities or practicing calming techniques
- Examples: Meditate/pray, Get a good night's rest, listen to music

Physical Recreation (Emotion-focused)

- Engaging in regular exercise
- Examples: Running, team sports, yoga, meditation, progressive muscle relaxation

Adjusting Expectations (Active/Emotion-focused)

- Anticipating various outcomes in order to better prepare for future stressors that may come from life changes/events
- Example: Alter your priorities

Denial (Emotion-focused)

- Avoiding the issue, usually with distractions
- Examples: Substance abuse, overworking, sleeping more than usual

HOW CAN ADULTS SUPPORT EFFECTIVE COPING SKILLS FOR ADOLESCENTS?

- **Model effective coping strategies:** Adolescents learn a lot of skills through modeling the behavior of the adults in their lives. This allows adolescents to see real-life representations of how to effectively cope with stress.
- **Support their involvement in sports or other pro-social activities:** Involvement in sports or other extracurricular activities can reduce stress. Encourage and support your child's participation in these kinds of activities.
- **Encourage help-seeking behaviors:** Teach adolescents that they should seek help whenever they feel overwhelmed or unsure of how to help themselves. You should be ready to provide valuable resources when adolescents do come to you seeking help.
- **Help them look at the situation from a more helpful perspective:** Looking at the situation from a more positive perspective

can be very useful in situations where the stressor cannot be changed or altered.

- **Acknowledge and validate their feelings:** Some adolescents may feel shy about sharing their feelings or admitting that they need help. Make the adolescent feel that their feelings are valid once they do open up.
- **Remind your child of a time they coped with something similar in the past:** Drawing on past coping successes gives adolescents confidence that can help them better deal with their current stressors.
- **Help to identify current coping strategies and problem-solve their effectiveness:** This can help adolescents understand what strategies they naturally gravitate toward and problem-solving their effectiveness together is more effective than simply telling adolescents whether their strategies are effective or not.
- **Brainstorm personalized coping strategy ideas:** Positive coping strategies will be more effective when they are tailored to the specific needs and circumstances of the adolescent.
- **Develop a plan for coping:** With personalized coping strategies in mind, you and the adolescent can develop a series of steps for coping. The first step should be easily attainable, and the adolescent should proceed at a pace that is comfortable for him or her.
- **Promote and acknowledge attempts at using coping strategies:** As adolescents use their plans for coping, praise their attempts, even if they aren't always successful. And if that's the case, reflect and give them feedback for improvement.

WHEN THESE STRATEGIES ARE NOT ENOUGH

The following organizations are resources for more helpful information to refer to if stress becomes overwhelming:

The American Institute of Stress

American Institute of Stress is a nonprofit organization founded in 1978 that provides a diverse and inclusive environment that fosters intellectual discovery, innovative knowledge and improves human health and leadership on stress-related topics.

Phone: (682) 239-6823

<http://www.stress.org/>

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