

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 Through
Personalized Learning



OCTOBER 26, 2018

Important Times

Arrival 8:25am
School opens 8:30am
Tardy bell 8:40am
Pre-school starts 8:45am
Pre-school ends 11:15 am
Dismissal 3:20 pm

Lunch

Lunches will be \$3.15
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 home-
work 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 **2:00 pm** 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

- Student Council met and created a list of expectations for Halloween costumes:
Do:
 1. Have Fun
 2. Be Colorful (minor face paint/makeup is okay as long as the student's face can be recognized)
 3. Be Creative
 4. Wear shoes
 5. Hats are okay as long as the face can be seen
Don't:
 1. No violence or weapons
 2. No masks or clothing that can be a tripping hazard
 3. Morphs suits can be worn but not over the head
 4. Nothing too scary; they identified zombies, clown costumes, and costumes that show blood as being too scary.
- The Halloween Parade will start at 2:15 pm on October 31st. Family members are welcome to attend and observe in the atrium area by the KES gym. Please remember, only PTA room parents that are signed up to help with parties will be allowed into classrooms so we monitor who is in our building.
- In November, students are encouraged to wear yellow on Tuesdays to celebrate Hardworking.
- Registration for the Kirtland Youth Basketball League has started and ends on November 3. Go to <http://tshq.bluesombrero.com/kybl> and/or p. 5 for more details.
- Registration for Kirtland Wrestling Club has started. Please see p. 6 and 7 for details.
- Volunteers are welcome and appreciated at KES. Please remember you must be fingerprinted to volunteer for school activities including field trips. If you have not been printed and want to, let your child's teacher know ASAP and he or she will get it set up. Fingerprinting validation is good for 5 years.
- Every Friday is Spirit Day at KES. Students are encouraged to wear Hornet apparel and/or blue and gold. And in October, we are wearing Orange on Tuesdays to celebrate being Noble.
- If you shop at Heinen's, please go to <http://www.heinensrewards.com/secure/home.aspx> to register Kirtland Elementary for rewards. This must be done every school year. Please see p. 9 for other places to register and help KES.
- If you shop at Giant Eagle, please register for the Apples for Students Program at <https://www.gianteagle.com/about-us/in-your-community/education>.

Important Dates:

- October 27 Make a Difference Day
- October 29 Grade 3 Concert at 6:30 pm in Hornet Hall
- October 31 Halloween Parade at 2:15 pm
- November 2 -End of 1st Trimester
- November 6 -Week of Book Fair
- November 7 -Report Cards go home
- November 7 & 8 -Grade 4 to Cleveland Museum of Natural History
- November 13 -PTA Meeting at 7:00 in Hornet Hall
- November 15 -Conferences 4:00-7:00 by appointment
- November 16 -NO SCHOOL for KES Students– Conferences by appointment
- November 19 -Conferences 4:00-7:00 by appointment
- November 21 -NO SCHOOL- Thanksgiving break begins (November 21-26)
- November 26 -Board of Education meeting at 7:00 pm in KHS Cafeteria
- November 27 -Classes resume



KIRTLAND SCHOOLS WELLNESS CHALLENGE

NOVEMBER 2018

NAME _____

SCHOOL _____

Staff or Student (circle one)

VEGGIE CHALLENGE

Say yes to Veggies! Give Veggies some love this month and incorporate some extra servings into your regular diet. During this month of the final Fall harvest there are many vegetables to enjoy. Root vegetables add some extra crunch and texture and are rich in vitamins. Bring veggies to munch on during the midafternoon when hunger hits. Choose to add salads during dinner. Sneak some vegetable into your morning smoothies. For every ½ cup of vegetables you eat give yourself 1 POINT.

Remember to add up your points at the end of the challenge and enter them in the TOTAL POINTS FOR THE MONTH.

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	

THE DEADLINE FOR ENTRY OF THIS FORM TO THE CAFETERIA OR SCHOOL OFFICE IS DECEMBER 6th^H

TOTAL POINTS FOR THE CHALLENGE _____

Information from the Clinic

Hand, Foot and Mouth Disease is a viral infection that is commonly seen in children and babies.

The main symptoms include fever, sore throat, and raised rash that appear on the palms of hands, soles of feet, in and around mouth, and sometimes buttocks. The rash progresses to blisters, then scabs.

**The child may at first feel tired, develop a sore throat, and have a fever 101-103 for 1 to 2 days. Skin sores will appear and may be painful. Sores in mouth may make swallowing painful.

This virus is contagious, being spread through human contact. It can be passed on to others through saliva, mucus, discharge from nose or throat, and feces.

The incubation period is 3-6 days.

Treatment is not usually needed, as it often goes away within 10 days. Tylenol or Motrin is recommended for discomfort. GOOD HAND WASHING and disinfecting any soiled objects will also help control the spread of the virus.

Any questions, please feel free to call the school nurses, at 256-3344, ext. 2006.

Kim Crawford and Cindy DiCarlo

News from the Kirtland Public Library

Storytimes:

10:00 am on Tuesdays: **Storytime**

Make new friends as we enjoy songs, rhymes, games, and books together.

10:45 am on Tuesdays: **Lapsit**

Lapsit is geared for families with children under the age of three. Enjoy bounces, tickle rhymes, a story, scarves, shakers, and a big finish of bubbles!

1000 Books Before Kindergarten

Reading to your young child regularly will encourage a love of reading, and the Library is here to cheer you on! Sign your child up for the 1000 Books Before Kindergarten program. Come get more information at the Children's Desk.

STEAM Party: Colors: Friday, November 2 at 11:00 am

Science, Technology, Engineering, Art, and Math, all while learning about colors? Yes, please! Families with children up through age 5, please register for this event.

Wee Play: Friday, November 16 at 11:00 am

Can't go outdoors due to the weather? You and your little one up through age 5 can come get some of that energy out by tossing beanbags, rolling beach balls, crawling through the tube, and more. Take a book break while reading some of our books to your child, then knock down bowling pins and hit the golf ball into the hole, all while making new friends. Please register for this event.

Make An Apple Pie: Monday, November 19 at 7:00 pm

Kids in grades K-12, bring your favorite adult and create an 8" apple pie from scratch, then take it home to bake or freeze for later. Please bring a clean pillow case or pastry cloth, and a rolling pin. Please register for this event.

Do Re Me and You Dance Party: A dance party for families with children up through age 5. 11am on Friday, November 9th in the Carousel Room. Spend a fantastic half hour dancing with your child! Please register.

Lego Club: For children up through 6th grade on Saturday, November 17th at 2:00. Create with the library's LEGO bricks, and afterward we might even display them in the library!

2018-2019 KYBL
PLAYER REGISTRATION INFORMATION

Online Player Registration is required at <http://tshq.bluesombrero.com/kybl>

Cost: \$75.00 for 1st player
 \$65.00 for 2nd player
 Free for 3rd player

Payment will be required with your registration

REGISTRATION DUE by Nov 3rd

Practice Schedule:

Jr and Sr Girls: Sunday Nov 4th and 11th 12:00-1:00
Tuesdays: Nov 6th-Dec 18th and Jan 8-15th: 7:00-8:00
KES gym (jr girls) KMS gym (sr girls)

Jr and Sr Boys: Sunday Nov 4th and 11th 1:30-2:30pm
Thursdays: Nov 8th-Dec 20th and Jan 17th 7:00-8:00
NO Practice Nov 22nd
KES gym (jr boys) KMS gym (sr boys)

NO Practice or Games during winter break (Dec 23rd-Jan 5th)

Teams to be determined after the Nov 4th practice.

League Games: Sundays: starting Nov 18th through Jan 20th, 2019
KES gym (jr girls and boys), KHS gym (sr boys), KMS gym (sr girls)
Times TBD



Questions? Please contact:
kirtlandhornetsyouthbasketball@gmail.com

President: Suzanne Boyd
Vice President: Tom Green
Treasurer: Mike Young
Secretary: Chris Young

KWC SINGLETS



ADDITIONAL GEAR TO BE AVAILABLE ON AN ONLINE STORE:



2018 District Champion/ State Qualifier M. Boyd



Kirtland Wrestling Club 2018/19



Grades:
K, 1, 2, 3, 4, 5, 6

Kirtland Coaches:

Mike Turk, Chris Caimi,

Dan Cosimi, Chad Gron,

Brad Bledsoe, Rob Mei,

Shawn Haines, Evan Johnson



KWC MISSION:

The Kirtland Wrestling Club is a volunteer organization based in Kirtland, Ohio, powered by a strong, welcoming and continually-growing community committed to creating an engaging experience in which student-athletes will grow via the learning the sport of wrestling, the camaraderie of the team and the community, healthy competition with peers, the discipline of practice and the fun of sport.

Dates and Times

Sign up: On the first day of practice Nov. 6th. (Please do not return forms or payment to KES.)

First Practice: Nov. 6th

Parents Meeting: AT THE 1ST PRACTICE

Practices: Every Tuesday/Thursday
Practice Times: 6:00PM-7:30PM

Location: Kirtland High School Varsity Wrestling Room (parking outside of door)



League Matches: Every Sunday @ Mentor Memorial Middle School either in Session 1 @ 10:30am or Session 2 @ 1pm (KWC competes in the competitive Ohio Youth Wrestling Association, with teams from Mentor, Lake Catholic, West Geauga, Chardon, Shaker Heights, Eastlake, Newbury, Willoughby, Mayfield, Garrettsville, Painesville, and NDCL)

Cost: \$85.00 per wrestler (\$55.00 for 2nd and \$150 max per family)

Information:

GEAR:

- Paid participants will receive a Kirtland Wrestling Club t-shirt and shorts, to be worn on match day.
- Wrestlers will be provided the use of a singlet, which will be returned after the season.
- Wrestling shoes and headgear are required. No street shoes allowed in the wrestling room. (We will have a shoe exchange during the first few weeks of practice)
- Additional gear for wrestlers and their family will be available to purchase on an online site.

CONTACT:

- We will use the Remind app for messages, updates, cancellations, and match numbers.
- The code to join Kirtland Wrestling Club is @7ahga3

Contact person: Mike Turk
at 216-650-7525 (cell) or
mturk33@hotmail.com

2018-19 Season

Please make checks payable to:
Kirtland Wrestling Club
(Do not return checks to school)
Payment is due by the first practice
November 6th.

classroom
Antics

AFTER-SCHOOL

Engineering Club @



Kirtland Elementary



NUTS & BOLTS

Mechanical Engineering



SOUNDS LIKE ENGINEERING

Acoustic Engineering



WACKY WEATHER

Meteorology Engineering



CRAZY CHEMICALS

Chemical Engineering



PLANES, TRAINS, & AUTO ENGINEERS

Transportation Engineering



GOLD MEDAL ENGINEERS

Sports Engineering

Join us **after school** for a new, fun, educational experience learning about **the world of engineering**. Each week, we apply math and science skills to build and discover through hands-on lessons and labs.

Space is limited, sign-up today!





Details of each module, including brief overview of activities, are available at classroomantics.com.

FALL SCHEDULE (K-5)

MONDAYS FROM 3:30-5:00 PM

PROGRAM	DATES	FEE
Nuts & Bolts	9/17, 9/24, 10/1, 10/8	\$90
Sounds Like Engineering	10/15, 10/22, 10/29, 11/5	\$90
Wacky Weather	11/12, 11/19, 12/3, 12/10	\$90

REGISTER AT CLASSROOMANTICS.COM

PROGRAM	INFORMATION	LOOK FOR THE LOGO
BOX TOPS FOR EDUCATION	<p>WEBSITE: http://www.btfe.com</p> <p>HOW YOU CAN HELP: Send completed Box Tops forms or bags of Box Tops into school. Remember to include your students name so they can receive credit.</p> <p>HOW IT BENEFITS KES: Kirtland Elementary School is a part of the national Box Tops for Education program. Each Box Top is worth \$0.10. Money generated from this program goes towards t-shirts, assemblies, Caught Being Good, technology and other supplies.</p>	
APPLES FOR THE STUDENTS	<p>WEBSITE: http://www.gianteagle.com/Save/Supporting-Our-Schools/Apples-for-the-Students/</p> <p>KES SCHOOL ID: 2437</p> <p>HOW YOU CAN HELP: Register your card online.</p> <p>HOW IT BENEFITS KES: Earning points is simple! With every scan of your registered Giant Eagle Advantage Card at the cash register, points are automatically credited to your selected school.</p> <p>Points can go towards educational equipment, including classroom technology, recreational and playground equipment, science materials, art supplies, music enrichment items, nutrition programming and more.</p>	
HEINENS	<p>WEBSITE: heinens.com/schools</p> <p>HOW YOU CAN HELP: Register your card online. This is required annually.</p> <p>HOW IT BENEFITS KES: Kirtland will receive a check in April/May from Heinen's. Money generated from this program goes towards t-shirts, assemblies, Caught Being Good, technology and other supplies.</p>	
Primary Kids Inc	<p>Www.primary.com/school/Kirtland Order Code: Kirtland</p>	
SHOPAROO	<p>WEBSITE: http://www.shoparoo.com/</p> <p>HOW YOU CAN HELP: Download the app to your phone and snap pictures of receipts. Each receipt is worth points, and points are converted to cash at the end of the year.</p> <p>HOW IT BENEFITS KES: Kirtland will receive a check in August for the previous school year. Money generated from this program goes towards t-shirts, assemblies, Caught Being Good, technology and other supplies.</p>	



October is National Depression Awareness Month

The month of October has been designated National Depression Awareness Month. Additionally, October 11th is National Depression Screening Day (held annually on the Thursday of the first full week in October). Project AWARE Ohio has developed an information brief entitled: *Depression in Adolescents*. Please refer to that information brief (which can be found at: <http://resources.oberlinkconsulting.com/>) for an introduction to depression in adolescents, an understanding of the risk and protective factors, and suggestions for how schools can help adolescents experiencing depression. Included both in the information brief and below is a listing of online resources for adults working with depressed youth.

Depression Awareness Resources

- **Erika's Lighthouse - A Beacon of Hope for Adolescent Depression:** Erika's Lighthouse offers a variety of programs for classrooms and works to educate school communities on teen depression, eliminate the stigma associated with mental illness and empower teens to take charge of their mental health. <http://www.erikaslighthouse.org/>
- **HelpGuide:** This is a guide to inform and educate families and friends about how to provide useful help to a loved one suffering from depression. The HelpGuide goes over six firm rules to follow to achieve success when helping a loved one but, at the same time, staying emotionally stable. <https://www.helpguide.org/articles/depression/helping-a-depressed-person.htm>
- **iFred (International Foundation for Research and Education on Depression):** iFred's mission is to shine a positive light on depression and eliminate the stigma associated with the disease through prevention, research and education. Its goal is to ensure 100 percent of the 350 million people affected by depression seek and receive treatment. <http://www.ifred.org/>
- **Anxiety and Depression Association of America (ADAA):** 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. There are links to resources specific to children and adolescents. <http://www.adaa.org/living-with-anxiety/ask-and-learn/resources>

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



Register Online!
valleyregistration.com

Sign up now for Fall I and II

Fall I September 10 – October 20 | Fall II October 29 – December 15



VALLEY



CENTER

*Explore Art
Experience Yourself*



Photographs by Michael Steinberg

155 Bell Street, Chagrin Falls, OH 44022 | www.valleyartcenter.org | 440.247.7507

Here is the link to the VAC website for children's classes:

<https://www.valleyartcenter.org/children.html>



alpine valley

Kirtland Ski Club



AGES 8-18

Starting Date: Friday, January 11, 2019
6:00pm – 10:00pm

Rent or Own
\$223.00

WHAT YOU GET:

- Club Card good for every Friday 6:00pm-10:00pm
- Ski or Snowboard Rental
- (5) 1 hour lessons
- 4 Value Passes good anytime any day

HOW THE SKI CLUB WORKS

- Ski Club starts Friday January 11th ends Friday February 8th
- After 5 weeks (Feb 8th) you can continue to use your Club Card independent from the ski club every Friday from 6pm – 10pm until closed for the season.
- Club Cards are *non-transferrable*

HOW VALUE PASSES WORK

- Value Passes are encoded into your Club Card
- Value Passes can be used up to 4 times
- And can be used anytime any day at Boston Mills, Brandywine and Alpine Valley
- Value Passes are transferrable and can be used by friends or family

SIGN UP INSTRUCTIONS

➤ LOG IN TO:

➤ AlpineValleyOhio.com

➤ Click "Plan&Buy" and select "Ski Club"

➤ Click "ONLINE REGISTRATION"

➤ LOG IN: kirtland

➤ PASSWORD: wish4snow

ADVISOR: CAROLYN NAMCIU

Carolyn.namciu@sbdinc.com

440-478-8872