

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

NOVEMBER 16, 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

- The goal is to have students go outside for recess if the weather permits. We will go outside if it is snowing, so please send your child with boots, hats, gloves and a warm coat. Many students bring snow pants as well. We will stay inside if it is too icy or if the wind chill factor is below 20 degrees Fahrenheit.
- In November, students are encouraged to wear yellow on Tuesdays to celebrate Hardworking. Looking ahead, we will be wearing GREEN on Tuesdays in December to celebrate Trustworthy.
- 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.
- 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://>

Important Dates:

November 16	-NO SCHOOL for KES Students- Conferences by appointment
November 19	-Conferences 4:20-7:20 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
December 3	-Hour of Code starts at KES
December 4	-PTA Meeting at 7:00 pm in Hornet Hall (if needed)
December 5	-Student Council Meeting at 3:30-4:30
December 10	-Deck the Halls starts -Gr. 4 Concert in Hornet Hall at 6:30 pm
December 11	-Gr. 2 Concert in Hornet Hall at 6:30 pm

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

December 2018 Children's Programs

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.

Wee Play:

11:00 am on Saturday, December 8 (in Carousel Room)

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 tunnel, and more. Take a book break while telling each other stories with the flannel board, then knock down bowling pins and hit the golf ball into the hole, all while making new friends. Please register for this event by calling the Library at (440) 256-7323.

Make A Gift

3:30-4:30 pm on Tuesday, December 11, 2018

Kids in grades K-12 can make a couple of gifts, then wrap them for giving this holiday season.

Please register for this event by calling the Library at (440) 256-7323.

Noon Year's Day Party:

11:30am-12:30pm on Monday, December 31, 2018.

It's New Year's Eve and you can't stay up until midnight? Come to our party, where we will have games, crafts, and a countdown to 12:00 noon, followed by a light hotdog lunch! For families, please register for this event by calling the Library at (440) 256-7323.

Do Re Me and You Dance Party

11:00am on Friday, December 7, 2018 (in Carousel Room)

A dance party for families with children up through age 5. Spend a fantastic half hour dancing with your child!

Please register for this event by calling the Library at (440) 256-7323.

Lego Club

2:00pm on Saturday, December 15, 2018

For children up through 6th grade. Create with the library's LEGO bricks, and afterwards we will display them in the library!

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



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

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