

# Hound Dog Headlines

HERITAGE  
ELEMENTARY

Volume 6, Issue 9

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RESPECTING others  
EDUCATING minds  
EXPECTING results

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## It's the "Principal" of the Thing!

### Test Tips for Your Child

Standardized testing is stressful for most students, and parents often wish they could do more to help their children cope. Here are some ways to help your child be better prepared, more relaxed, and more focused so he or she can do well at assessment time.

### Help Your Child Be Academically Prepared

Maintain a consistent homework routine.

Check your child's work for accuracy and to pick up on problems your child may not have told you about.

If your child's struggling with a subject, provide help yourself or seek out a tutor via another student, a teacher, or a professional tutoring center.

### Help Your Child Be Physically Prepared

On the night before the big test, make sure your child goes to bed on time, or early if possible.

A good night's sleep is essential for a sharp mind.

On test day, feed your child a good breakfast, including protein. Protein foods, like eggs, are "brain food." They contain special nutrients that assist the brain in mental processing, memory, and concentration.

### Help Your Child Be Prepared Psychologically

Remind your child that while it is important to do the best he or she can on an assessment, it is not really a measure of the child's worth or overall intelligence.

Reassure your child that as long as he or she does his or her best, you will be proud of the child, and the child should be proud too.

### Test-Taking Tips for the Child

Relax as much as possible. Take a couple of deep breaths, close your eyes, and "center" yourself within your own body. Try to push all outside distractions to the background.

Reduce your mental focus to include only your desk, your test papers, and yourself.

Listen carefully to the teacher's instructions.

Read all test directions carefully. Make sure you know what is being asked.

Read every possible answer, even if you think you have found the right one. It only takes a moment to clarify that you have the right answer. If reading all the answers makes you doubt your first choice, re-read the question to clarify which answer provides the *best* response.

If you are uncertain about an answer, first eliminate the choices that you are sure are wrong. Then use reason to determine the best answer. Avoid random guessing.

Periodically check to make sure you are recording your answers in the proper spaces on the answer page.

If a question is too difficult, skip it and make a note of the item number on your scrap paper. Come back to it if you have time at the end of the test. Be sure to skip the answer space for this question as well.

To help with recall, think back to the time when you were learning about or studying the material in question. Recalling the scene where the learning took place helps bring back other associated memories, likely including the answer you need.

## No School Days

### March 5th

No Kindergarten Classes - Kindergarten Round Up/Enrollment 9:00 AM-3:00 PM

### March 15th-19th

Spring Break

### March 22nd

Professional Day

# Kindness is Contagious at Heritage!

We would like to thank Terri Bertone and Racquel Kos and all of the wonderful cooks who provided a delicious soup dinner for the teachers during conferences. You ladies are wonderful!

A big THANK YOU to our Heritage Students, Parents and Staff for helping to spread kindness throughout the building by sending ValenKIND Grams!  
Not only did this project lift the spirits of students

and staff but we raised **\$200.00** to support the Leukemia and Lymphoma Society!  
It is so amazing how Heritage reaches beyond its own walls in serving others in the community!

## Kindergarten Round Up

is March 5, 2010 from 9:00-3:00 in the Kindergarten Room.

Please call the school office if you have not received your informational letter for your future kindergartener.

780-7490

Congratulations, Billie Dick!

Billie won 2nd place in Form and 4th place in Weapons at the Tae Kwon Do Tournament in St. Louis.



## Olathe Public Schools Foundation

### \$50,000 Donated to Olathe Schools!

Olathe Public Schools Foundation (OPSF) board members presented a check for \$50,000 to Superintendent Pat All, providing summer school scholarships for Olathe's most vulnerable students. Together with the more than \$300,000 in classroom grants, educator recognition, scholarships and student aid already flowing into the district from the Foundation, this gift marks a record year of support.



"The Foundation is pleased to be able to assist the district during these difficult economic times," commented Cindy VonFeldt, OPSF Executive Director. "While we can't replace \$6 million in lost state funding this year, we can work to make sure children who need extra support in the summer months through summer school receive that opportunity regardless of their ability to pay."

The summer school scholarships, as well as other foundation-funded programs are made possible by the support of the Olathe community through the purchase of Major Saver Discount Cards, and participation in the Foundation's two annual fundraisers, the Annual Autumn Breakfast and the OPSF Golf Classic.

For more information on the Olathe Public Schools Foundation and how you can help, please visit the OPSF website at [www.olathepublicschoolsfoundation.org](http://www.olathepublicschoolsfoundation.org).

## Counselor's Corner

### The Importance of Teamwork

Whether on the basketball court, in the classroom or within the work place, effective teamwork can produce incredible results. Decades of research have demonstrated that working in small, structured teams is one of the most effective ways for students to master the curriculum. Students who learn cooperatively typically make significant social and academic gains.

However, we also know that working successfully as a team is not as easy as it may seem. Effective teamwork certainly does not just happen automatically; it takes a great deal of hard work and compromise.

During our counseling lessons we will be reinforcing the skills necessary for students across all grades to work cooperatively with each other.

These skills include:

- Listening without interrupting
- Taking turns
- Being open minded and fair
- Being mindful of our own tone of voice
- Including everyone in the groups decisions
- Serving as an active and supportive member

Solving conflicts in a positive way



## New Kids on the Block

Our first “**New Kids on the Block**” activity for future Heritage kindergarten students will be on Monday, March 29<sup>th</sup> from 10:00-10:45 am. This transition activity will be a fun opportunity for the children to see the kindergarten classroom and go on a special tour of the building!

The students will hear a story in the library from our Principal, Mr. Reves and then go on a “tour” that ends in the kindergarten room. Parents will stay in the library with Mrs. Hicks, our kindergarten teacher and have an informational meeting about kindergarten readiness and the ABC’s of kindergarten. The children will be picked up in the kindergarten classroom at 10:45 am.

Please feel free to pass along this information to friends and neighbors who live in the Heritage boundaries and will have a child who is five years old on or before August 31, 2010.

We also request that you call the Heritage office, 780-7490, to **RSVP** if you’ll be attending March 29<sup>th</sup> so we can be sure to have enough snacks prepared for all of our future hound dogs!

We look forward to seeing you soon!



**Don't forget to check your Refrigerator News for important upcoming events like Spring Break and our All School Eat Out Social!**

The artwork of **Gabby Turvey** and **Dakota Monroe** will be representing Heritage at the downtown Olathe



Library exhibit which is on display now for the next month.

Congratulations!

Don't forget to check out Mrs. Tyrel's site on the Heritage website for ongoing art information.

## Summer School SAIL Program

The dates for the summer SAIL program are June 1-July 1.

The locations for SAIL for the Heritage attendance area this summer will be: **Chisholm Trail Junior High** and **Sunnyside Elementary**. This includes the Kindergarten Carousel Program.

Heritage 6th graders will attend the Summer Trails Program at Santa Fe Trail Junior High with all district 6th graders unless otherwise noted.

Separate fliers for Summer Trails and SAIL were available at conferences in February. Please contact the Heritage office if you need a flier. 780-7490

## Kansas State Assessments

### Chocolate Boosts Brain Power

According to a University of Nottingham study, consumption of a cocoa drink rich in flavanols--a substance found in dark chocolate--gives the brain two to three hours of increased blood flow.

Lead researcher Ian McDonald, professor of metabolic physiology, says the increased blood flow can enhance performance and improve general alertness. The study raises the possibility that the ingredients of chocolate could be used to treat vascular impairment, such as strokes or dementia, and to maintain vascular health. It also points to the possibility of using cocoa flavanols to enhance brain function in people suffering fatigue, sleep deprivation, and the effects of aging.

McDonald emphasizes that the level of cocoa-rich flavanol beverage was specifically designed for the study and not available commercially. Flavanols are also found in red wine, green tea, and blueberries.

### Top Foods for Brain Power

Like every system in the body, the brain needs good food. It uses 20 to 25 percent of the total energy a person consumes, and the better you feed it, the better it works. According to the New Jersey Medical College, these are the top 10 best foods for the brain:

- eggs, low fat milk, yogurt
- lean meats such as flank steak, chicken, or other poultry, salmon
- spinach and other leafy greens
- whole-wheat bread
- oranges
- black beans and other legumes
- enriched brown rice
- salmon



# Nurse's Notes

Cindy Harrington School Nurse

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## Teachable Moments About Healthy Hearing

A teachable moment offers a great opportunity to help your tween learn what to do to protect his or her hearing from noise-induced hearing loss (NIHL). You can use any spontaneous or unplanned event as a learning opportunity. In these moments, your child is suddenly open to learning new ideas. Teachable moments are particularly effective because they give real-world meaning to the lesson you want to share. For example, it's much easier for a child to understand that noise can damage his or her hearing after an ambulance, with its siren screaming, has passed by.

**When listening is enjoyable.** At almost any time of day and almost any place, you can share the pleasure of healthy hearing with your tween. If your child comments on a bird singing or a favorite band playing, this is a teachable moment. Talk with your tween about sounds in her environment and why healthy hearing is important.

**When listening may *not* be enjoyable.** A good time to discuss why hearing needs to be protected—and how—is when the noise around you is too loud. A few examples of noisy situations are:

- Waiting for a subway.
- Walking by a road with heavy traffic or construction.
- Doing yard work or housework involving noisy appliances.
- Attending a sports event or concert.
- Watching a parade.

In these and other noisy situations, help your children remember three ways to protect their hearing:

- Block the noise (wear hearing protectors, such as earplugs or earmuffs).
- Avoid the noise (walk away).
- Turn down the sound.

**When noise is in the news.** NIHL has received increasing attention in the news. Hearing protectors have also been featured in news stories, such as when celebrities or their children wear earmuffs to protect their hearing while attending a concert. A photo of any professional wearing hearing protectors, including musicians, race car drivers, and construction workers, can be part of a teachable moment. Some news articles discuss the loudness of certain sounds, such as a whale's song or the noise levels in restaurants. Point out news articles involving sound and hearing to your tween. For stories of noises in the news, visit the [Noisy Planet Web site](#).

**When buying noisy toys and musical instruments.** Battery-operated toys, video games, and band instruments can create a lot of noise. When buying these items, discuss ways to limit your child's exposure to dangerous noise levels. For example, some toys allow you to turn the sound off or to lower the volume. At the music store, look for earplugs that musicians use to protect their hearing.

**When your tween makes a healthy hearing choice.** Is your child listening to the television at a reasonable level? Has she put on earmuffs to mow the lawn? Has he put in earplugs to practice his trumpet? Be alert to opportunities to praise your child for healthy hearing behaviors.

To find out more about how to protect your hearing and that of your family, visit the [Noisy Planet Web site](#).

## HERITAGE ELEMENTARY

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# Science Fair News

Congratulations to every sixth grader because each sixth grader completed an invention project. The sixth graders have been working hard to think of new products that haven't been invented yet. After calling stores and researching the internet to find out if their invention idea had not yet been created, they set out to create the invention. On January 21<sup>st</sup>, parents helped out with "Backboard Night" when students put their information on the backboard. Students then took their projects to the Olathe Science Fair which was held at Santa Fe Trail Junior High. Out of the 58 projects created, 20 projects were chosen to compete in the Kansas City Science Fair which will be held on March 24<sup>th</sup>. Congratulations to the following students for being chosen to attend the K.C. Science Fair:

**Valeria Cintora, Andrew Fales, Jared Haworth, Anna Johnson, Anna Linan, Kamryn Snyder, Deon Wade, Caedyn Leatherland, Taylor Boots, Jacey Jones, Mathew Baldew, Hannah Leeds, Haley Miller, Bethany Traylor, Logan Woodward, Rachel Grindle, Rebecca Rasberry, Lindsey Records, Heather Smith, and Kylie Thompson.**



### Interpreter Services Available Upon Request

Interpreters are provided for special events if sufficient notice is given. Please let the building Principal know of your needs at least 5 days prior to the scheduled event. This is a free service provided by the district.



**Notice of Non-discrimination:** It is the policy of Olathe USD233 not to discriminate on the basis of race, color, age, national origin, sex, handicap, or disability in its programs and activities as required by Title IX of the Education Amendments of 1972 and Section 504 of the Rehabilitation Act of 1973. Inquiries regarding compliance with Title IX may be directed to Staff Counsel, 14160 Black Bob Road, Olathe, KS 66063-2000, phone (913) 780-7000. Inquiries regarding compliance with Section 504 may be directed to the Executive Director of Special Services at (913) 780-7024. Interested persons, including those with impaired vision or hearing, can also obtain information as to the existence and location of services, activities, and facilities that are accessible to, and usable by, disabled persons by calling the Executive Director of Special Services.

## Heritage Elementary Hound Dog Headlines