



COLUMBUS ELEMENTARY SCHOOL

"Where Young Minds Set Sail."

Vincent Schlueter – Principal
656-5167

A few words from Mr. Schlueter



Parents,

I can't believe we are already in the second quarter of the school year. It seems like we just began the year. I would like to take this time to remind parents of some school procedures and upcoming events.

- Please remember that students should not arrive at school earlier than 8:45 am. We are not set up to supervise students prior to that time.
- Students should never be dropped off at school in an area where they need to cross the street. We have procedures and a designated drop-off zone for students.
- With the cold weather, please make sure your child dresses appropriately. They will be outside if the temperature is 15 degrees or higher.
- Don't forget to sign-up for your Parent/Teacher Conference. The dates and times are listed on the calendar to the right.
- Our Book Fair will be held on November 19 & 20 for classes to visit. It will be open during the first two days of Parent/Teacher Conferences for a portion of the time.

I would like to wish everyone a Happy Thanksgiving.

Sincerely,

Vincent J. Schlueter
Principal



NOVEMBER CALENDAR

Wednesday 11/4	-	Papa John's Pizza Night
Monday 11/9	-	School Board Meeting (7:30 pm @ Woodland)
Tuesday 11/10	-	5 th grade Veteran's Day Parade 2:30 pm
Wednesday 11/11	-	Veteran's Day – No School
Thursday 11/12	-	PTO Meeting (4:00 pm–Teacher's Lounge)
Monday 11/23	-	Parent/Teacher Conference (5:30 – 8:30 pm)
Tuesday 11/24	-	No Student Attendance Parent/Teacher Conference (1:00 – 7:30 pm)
Wednesday 11/25	-	No Student Attendance Parent/Teacher Conference (8:00 – 12:00 pm)
Thursday 11/26	-	Thanksgiving Day (No School)
Friday 11/27	-	No School
Wednesday 12/2	-	Papa John's Pizza Night

Reminder:

All visitors must present a photo ID to the School Security Officer upon entering the building.

Columbus School PTO Officers – 2009/10

President - Janet Connelly (kjskr@sbcglobal.net)
 Vice President - Michael Chiaurro (thehandler@brick.net)
 Treasurer – Dave Leggitt (goblooze@sbcglobal.net)
 Secretary – Danielle Henke (henkedanielle@yahoo.com)

Next PTO meeting is on November 12 at 4 pm.

The Book Fair will be held on November 19, 20, 23, and 24.

Character Word of the Month

Reliability

Definition: Completing what you say you will do.

Sentence: Students demonstrate reliability when they complete all of their assignments each day.

Parents,

Please make sure to call in by 9:30 a.m. and let the office know if your child is going to be absent.

The Social Work Corner

Mary Williams

Columbus School Social Worker

A Reliable Bystander

Students at Columbus have learned about bullying and what to do if they are a victim. If a student is bullied, they should tell the bully to stop and what will happen if the bully does not stop. (Example—"Stop, and if you don't I'm going to go get help"). Then they immediately go get help. If it is a situation in which they do not feel safe, they should seek assistance immediately rather than first telling the bully to stop.

They have also learned what to do if they are a bystander to bullying. We have defined bystander as someone who sees bullying or knows about it happening. Bystanders are very important people because they help the victim and they help keep bullying from happening again. Columbus students have learned that if they are a bystander, they should immediately tell an adult, do not laugh, and offer friendship to the victim.

Please talk to your children about bullying and ask them to describe what it looks like when someone is being bullied. Have them show you what they will do if they are the victim. They love acting out these scenes! Lastly, ask them to show you what they will do if they are a bystander. Talk with them about being a reliable bystander-one that will get help when needed.

Please remember that there is no supervision of students before 8:45 a.m. In the afternoon, students are engaged in classroom activities until 3:30 p.m. Adhering to these times helps keep students safe and ensures that they receive the maximum benefits of their classroom time.



Nurse's Notes

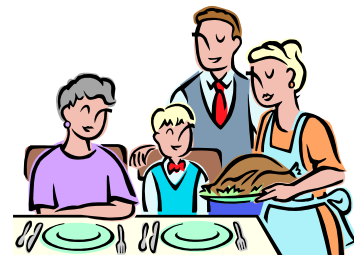
Sandy Hillmer

Holiday Weight Gain

The holiday season brings festive family get-togethers, and lots of parties. What common thread do these activities have? Food, food and more food! The average American gains 5 to 7 pounds over the holidays. Over the years these added pounds add up to an unhealthy weight for you and your children. However, there are things we can do...not only so our families can get through the holidays without the extra pounds, but we can also create some healthy holiday traditions and memories. Physical activity and healthy eating must be a part of our daily lives to reduce the risk of heart disease and stroke. Some helpful tips may include:

- ♥ Create healthful holiday habits, such as taking a walk around the neighborhood after dinner to look at holiday lights, or a morning jog or bike ride.
- ♥ Use the holidays to create quality family time. Turn off the TV and play ball with the kids.
- ♥ Set out healthy snacks like roasted almonds. At 160 calories per serving, they're packed with protein and vitamin E. Other smart choices include fruit or low-fat yogurt.
- ♥ Take time to enjoy the holiday season with family and friends. Gather around the fire to enjoy low fat hot chocolate and share favorite holiday memories.
- ♥ Offer vegetables in addition to traditional side dishes such as stuffing or mashed potatoes at your holiday meals.
- ♥ Cut down on saturated fat in creamy dressings by mixing in some nonfat or low-fat plain yogurt.
- ♥ Use non-stick cookware so you can cook with a minimum of oil or vegetable oil spray.
- ♥ Substitute chopped vegetables for some of the bread in your stuffing recipe.
- ♥ Don't starve yourself the day of the party so you can fill up on food that evening. If you eat Normally throughout the day, you're much less likely to overeat at the party.
- ♥ Be creative! You will be surprised what a little healthy thinking can do for your family.
- ♥ Enjoy your family. Children will remember how they feel about their memories, not what was on the table.

(Source: American Heart Association)



What we hope ever to do with ease we may learn first to do with diligence.

John Milton