



# Grant Wood SCENE

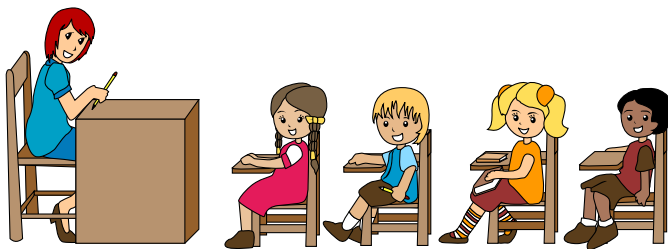
January 2012

## TEACHER FEATURE

By Karla Westpheling

I would like to introduce to you one of the newest members of our Grant Wood family, first grade teacher Sara E. Carter. Sara is a graduate of Luther College and is married to Keith. She has been teaching at Grant Wood for four months and her favorite subject in school is reading and language arts. Her favorite book is *Little House on the Prairie*. I still remember to this day, my fourth grade teacher reading us the whole entire series. I remember sitting at my desk late in the afternoon with the lights off and being swept away to those prairie days... good memories!

An avid Chicago Bears fan, when asked what other occupation she would consider besides teaching, she said that she would like to own and operate her own bakery....yum! Sounds like Mrs. Carter can provide us with some delicious holiday goodies. Speaking of such, she said her favorite holiday treat is Spritz cookies and favorite holiday tradition is decorating the Christmas tree together with all of her family. Sara's most memorable Christmas gift as a child was a Cabbage Patch Kid doll. For those of you that are too young to remember these, they were the



## JANUARY CALENDAR

- 3.....classes resume
- .....News items due
- 10..... Stanford and Goldensoph to the Library 9:30-11:00
- 11..... 1:30 dismissal
- 12....Schoeneman to the Library 9:30-11:00
- 13.....PTA game night/ book swap 6:00-8:00
- 16.....inservice no school
- 25..... 1:30 dismissal
- 27..... Newsletter goes home
- 31.....News items due



hot commodity much like the Tickle Me Elmos and mothers went to blows over them. Sara's mom must have been really resourceful to get her one. Mrs. Carter's favorite holiday song is *Silent Night*; favorite movie is *Elf* ("Hello, this is Buddy the Elf. What's your favorite color?") and favorite book is the holiday classic, *Polar Express*.

When Sara isn't teaching at Grant Wood you can find her at home either scrapbooking or baking. Her favorite TV show is *Friends*, which we can imagine her enjoying with a heaping bowl of mashed potatoes (her described "soul" food). Interestingly, when asked about meeting

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a famous person, she responded that it would be anybody on the Titanic, because she would like to talk to them about the ship and the events that led to its sinking. Lastly the best advice that Sara's mom ever gave her was "to do your best and always be me!" Welcome Mrs. Carter to our community!

If you have been around Grant Wood for the last four years then you are sure to know one of our fourth grade teachers, Tricia Weber. However let's just take a moment to learn more... did you know that her birthday is in May? And that her husband's name is Tim and surprisingly she has 10 year old twins, Blake and Reygan as well as 8 year old Colby? Mrs. Weber went to school at UNI for her Bachelors in Arts and received her Master's from Maycrest International. Her favorite subject in school is reading and her favorite author is Mary Downing Hahn.

For anyone that has been up to Mrs. Weber's room it is no surprise that she is a HUGE Hawkeye fan! Her hobbies besides following the Hawkeyes include spending time with her kids, shopping and being outdoors. Her favorite TV show is anything on the E channel.

If Mrs. Weber wasn't teaching she said she would like to be a pediatric nurse. Combining her love of the outdoors and the medical field leads us to her famous person to meet, which is Lance Armstrong. She describes him as a remarkable man who has pushed through adversity and still stays on top. Sounds like a great hero to research for the Hero's Fair. He is a legendary cyclist that overcame cancer to win once again the grueling Tour de France bicycle race. His biography, *Its Not About the Bike*, is an extraordinary and inspiring tale of fighting back and cheating death. His foundation is the LiveStrong campaign for fighting cancer and his yellow bracelets are iconic.

Reminiscing about the holidays, Tricia's most memorable Christmas gift is a waterbed that she got in 5<sup>th</sup> grade. Now that is a blast from the past and probably got it from Big-Sur Waterbeds and we all wanted one or had one. I especially loved that they were heated in the winter time! Mrs. Weber says her "soul" food is caffeine, which I call Life's Elixir or God's nectar. I remember a shirt that says "Instant Human, Add Coffee" ...so true for many of us.



Favorite holiday tradition is leaving milk and cookies for Santa and favorite holiday treat is Chex mix (mine too...I will eat buckets of it till I get heartburn). Mrs. Carter and Mrs. Weber share the same favorite movie, *Elf* and why wouldn't they, it's hilarious. All of sudden I've got a hankering for spaghetti and maple syrup.

Lastly Mrs. Weber would like to pass on the best advice from her mom, "know when to say when!" Great advice for the upcoming Holidays.

The next teacher that I would like to introduce is our very own Iowa's Outstanding Teacher of the Year, Liz Altemeier. Mrs. Altemeier has been teaching 1<sup>st</sup> Grade for six years at Grant Wood. I will let you in on a little secret, at first it wasn't as easy as she makes it seem. It was a struggle adjusting to working full time after staying home and raising her 3 girls but with the support of her husband Mike, Olivia (15), Maya (13), and Sarah (12) she persevered to become the amazing teacher that she is today. I think this is an important lesson for all of us... it may not always come easy at first but by not giving up and trying our very best can lead to great things if we are willing to put in the work. Liz was born in April and her Zodiac Sign is Taurus the Bull which may explain her can-do-attitude. I can't imagine Liz doing anything else than what

she is doing today unless she was given the chance to be a world traveler she says...who wouldn't?

Mrs. Altemeier was born in Muscatine, Iowa to parents who are teachers as well. She has two older brothers and was active in swimming and soccer. Today she has many hobbies but her most recent are exercising with her fellow Griffins and watching soccer, which leads us to her favorite sports teams, CRSA U12 Girls and the Washington Warriors! Her favorite subject in school is Math and her favorite book is *Bridge to Terabithia*. Her most memorable Christmas gift as a child was a tape player/recorder, a Sony Walkman no doubt.

This holiday break you can be assured that we will find Liz relaxing watching her favorite movie, The Best Christmas Pageant Ever and enjoying her Grandma Betty's pecan log. But after the festivities are over she will go back to watching her favorite TV shows, *Modern Family* and *The Middle* while enjoying her "soul" food, Happy Joe's Taco Pizza! Speaking of pizza, Liz makes a homemade heart-shaped pizza every year for Valentine's Day and that is her favorite holiday tradition. Something else that many of you may not know about Mrs. Altemeier, unless you have been in her class, is that she is an avid PEZ collector. Along with her brother they have collected them for years and you will have to ask her what her most prized PEZ possession is. I will leave you with the best advice that her mother ever gave her and it is a classic..."Treat others the way you want to be treated!"



## PROPER WINTER DRESS/FROSTBITE

As cold weather approaches, students need to be reminded of what they should be wearing before going outside. Hats, mittens or gloves and a winter coat are essential for all students to wear during winter weather. Much body heat is lost when hats are not worn and children lose body heat faster than adults. If your child participates in recess, please see that they also have boots and snow pants so they can enjoy the outdoor fun.

Frost nip usually affects areas that are exposed to the cold, such as cheeks, nose, ears, finger and toes, leaving them white and numb. Frost nip is an early warning sign of frostbite and if caught quickly, can be treated at home.

What to do:

- Come indoors immediately.
- Take off wet clothing.
- Immerse chilled body parts in warm water (100 degrees) until sensation returns.

Frostbite is literally, frozen body tissue and must be handled carefully to prevent permanent damage. It can occur very quickly and any exposed skin is vulnerable. Frostbite causes an aching pain or numbness. The skin feels hard with a white, waxy or purplish appearance. Ears, fingers, toes and the nose are at a greater risk. Treatment is usually done at a hospital or doctors office.

For more information, check out "KidsHealth.com". Click on "About Kids Health", then "First Aid Safety".

Kim Seward, School Nurse

Patty Breja, Health Secretary

## LUNCH ACCOUNTS

We are trying to keep lunch accounts from having negative balances, therefore we are notifying families twice a week. On Monday mornings our Cafeteria Cashier prints out all students whose accounts have negative balances. These notes are given to classroom teachers to pass out to their students. On Wednesday mornings our cashier prints out all the students whose accounts are \$5.00 and below. These notes are then stuffed in the brown envelopes for students to take home on Thursday. Students who qualify for free lunches and have a negative balance will also be receiving notices, please make every effort to pay on your account. These balances could be from before a family qualified for free/reduced prices on their children(s) lunches. A quick reminder that when students, who qualify for free/reduced lunch, bring a lunch from home milk is not included and would have to be purchased for \$0.45.

We all appreciate your effort to keep money in your child's account. These reminder notes are meant to help you out at home, since often children do not remember the need by the end of the day. Please let us know if you are experiencing extenuating circumstances (unemployment, major health concerns, etc.), as you may be eligible for some assistance. Please contact the office at 558-2467 if you have questions or need assistance.



## FROM THE CAFETERIA

Parents, if your plan to eat with your child, please call the cafeteria at 558-2813 by 9:30am on the day that you wish to eat. This will help ensure that all students have the meal that they ordered. Thank you.

Deb Seefeld  
Cafeteria Manager

### On-Line Lunch Account Access

Great news! You can now access your child's meal account balance, account history, and make account deposits through the Internet using LunchDeposit.com.

Your child's six digit District ID number will allow you to access this feature. If you are unsure of the number, please contact your school or the Food & Nutrition Office at 558-2305. At the elementary level, the ID# also appears in the lower left hand corner of the low and negative balance letters sent home from the cafeteria.

Visa, MasterCard and Discover credit cards are accepted for LunchDeposit payment. A bank handling fee of \$1.50 per transaction will be assessed when depositing funds. There is no fee to access the balance and account history. Please note that the Cedar Rapids Community School District does not profit from this service.

To create an account, go to [www.sendmoney-toschool.com](http://www.sendmoney-toschool.com) for detailed instructions. You will receive an email with your account password as soon as your students' ID numbers have been validated.

## PTA NEWS

Happy New Year!! We hope everyone had a wonderful New Year and a restful and happy Holiday Season. School is back up and going for the New Year and the PTA has many events planned. Game night and the Book Swap are



on Friday, January 13<sup>th</sup> from 6:00 – 8:00. Come to Grant Wood on a cold winter's night and enjoy the evening playing games with other Grant Wood families. It is always a fun night for all. PTA will not have a meeting in January. Our next meeting will be on Thursday, February 9<sup>th</sup> at 7:00. Please try to attend. We have a lot to discuss after 2 months off. Do not forget to save the date for our 2<sup>nd</sup> annual skate day at the Cedar Rapids Ice Arena. The PTA has once again booked the Rough Riders Ice for Grant Wood families only on Sunday, February 12<sup>th</sup>. This is a free event including skate rental. We hope to see everyone there. Last year was so much fun!!

Wishing all a Happy and Joyful New Year,  
Jillian Knutson and Melissa Peckosh  
PTA Co-Presidents

## ATTENDANCE LINE

Please call the attendance office when you know your child will be late or absent. You may call 558-2281. This line is a 24-hour line so you may call any time. When calling, leave a message stating: Your child's name, teacher's name, and reason for your child's absence.



## EARLY MORNING ARRIVAL

There are a number of students who are arriving to school too early. Teachers are preparing for the school day and are not available to supervise your child on the playground in the morning. Children should not arrive before 8:45 and should not play on the equipment. The breakfast program begins at 8:30. Students eating breakfast can go to the cafeteria, all other students should line up to come into the building at 8:50.



## WEATHER CHANGING

Students will need to dress appropriately for the fall and winter weather. Students will go outside for recess every possible day unless it is raining or the wind chill is below 10 degrees. Students should bring an extra pair of socks to keep in their lockers for days when they might get wet feet at recess.



## USEFUL URL'S

<http://www.coreessentials.org/home.php>

On this sight you will find information about our Core Essentials program that we are implementing here at Grant Wood.

<http://www.scholastic.com/>

Scholastic provides an outstanding website for students, parents and teachers also...check it out!

<http://everydaymath.uchicago.edu/>

This website is a great resource for helping your child with our new math program.

<http://www.ala.org/greatsites>

This is a great resource for neat facts. Do you want to know our state's animal, insect, motto, dance and song? Some are listed at this site... check it out!

<http://www.familyeducation.com/home/>

The goal of this site is to provide trusted educational information, resources, and services for families. It is like an online community center.

<http://www.howstuffworks.com/>

Have you ever wondered how a car engine works or why a refrigerator is cold inside? Then How Stuff Works is the place for you!

[http://www.geocities.com/ljacoby\\_2000/math.html](http://www.geocities.com/ljacoby_2000/math.html)

Great Math site to be working on facts and other math strands



## HOMework TIPS ON READING: WHAT PARENTS CAN DO

Source: Reading is Fundamental

Submitted by: Jackie McDermott, Reading Specialist

1. Have your child read aloud to you every night.
2. Choose a quiet place, free from distractions, for your child to do his nightly reading assignments.
3. As your child reads, point out spelling and sound patterns such as **cat, pat, hat**.
4. When your child reads aloud to you and makes a mistake, point out words she has missed and help her to read the word correctly.
5. After your child has stopped to correct a word he has read, have him go back and reread the entire sentence from the beginning to make sure he understands what the sentence is saying.
6. Ask your child to tell you in her own words what happened in a story.
7. To check your child's understanding of what he is reading, occasionally pause and ask your child questions about the characters and events in the story.
8. Ask your child why she thinks a character acted in a certain way and ask your child to support her answer with information from the story.
9. Before getting to the end of a story, ask your child what he thinks will happen next and why.



# HEALTHY STUDENTS ARE BETTER LEARNERS

NOTES FROM THE SCHOOL NURSE

## NUTRITION

Much has been in the news regarding obesity and children. Some families eat out many times a week. Processed foods seem faster for us to prepare when we are busy with activities. Body mass index screening of the Cedar Rapids School District kindergarteners and fifth graders indicate that some students are at risk for being obese. Where do we go from here? Here are some ideas for healthier choices.

### Eating out:

-select a salad with low fat dressing on the side. Dip your fork in the dressing before each bite of lettuce instead of pouring it on the salad.

-select meats that are grilled instead of fried or breaded.

-avoid super sizing.

### Snacks:

-try freezing fruits such as blueberries, grapes and strawberries or eating frozen peas as a refreshing treat.

-make your own granola mixture with whole grain low fat cereals, dried fruits, nuts and a small amount of chocolate.

-instead of pop or a sports drink consider a glass of cold water, milk or 100% juice

## FOOD FOR THOUGHT

According to the U. S. Department of Agriculture, the average cost of a serving of fruit or vegetable (all types-fresh, frozen, and canned) is 25 cents per serving. This is a good deal compared with a 69-cent single-serve bag of potato chips or an 80-cent candy bar.

Kim Seward, School Nurse

Patty Breja, Health Secretary



## BOX TOPS AND CAMPBELLS SOUP LABELS

Please remember to turn in your Box Tops and Campbells Soup labels to the locker in Turner Alley down the hall from the office. Thanks for all your support!!



## NON-DISCRIMINATION POLICY

It is the policy of the Cedar Rapids Community School District not to illegally discriminate on the basis of race, color, national origin, gender, disability, religion, creed, age (employment only), marital status, sexual orientation, gender identity, and socioeconomic status (students/program only) in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. District employees with questions or a grievance related to this policy should contact Jill Cirivello, Director of Human Resources, 319-558-2421; [jcirivello@cr.k12.ia.us](mailto:jcirivello@cr.k12.ia.us). Students and others should contact Aaron Green, Director of Student Equity, 319-558-2964; [agreen@cr.k12.ia.us](mailto:agreen@cr.k12.ia.us). The District mailing address is 907 15th Street SW, Cedar Rapids, IA 52404.



AROUND GRANTWOOD