

# Newsletter Title

## Inside this issue:

From Mr. Large's Office	1
Theme of the month: Self-Discipline	2
Photo Gallery: Science Fair	3
Photo Gallery: Second Grade Living Museum	3
Daily Plate Menu	5
Daily Plate Menu	5

## From Mr. Large's Office

April 5, 2010

The month is April is here! These are busy times in the elementary school. We are excited to share with you what we have been doing. The year seems to be moving all too quickly. We do hope your children are happy and enjoying their elementary school experiences.

As **Friday, March 26** was the last day of the 3<sup>rd</sup> quarter, we will be sending report cards home on **Friday, April 9**. Report cards will be sent via email.

We will hold an **elementary school parent meeting** in the cafeteria on **Wednesday, April 14**, at 8:00 a.m. Hope to see you there!

On **Wednesday, April 14**, the teachers will be participating in a professional development day. Students will be dismissed at 12:00 noon.

Our theme for March in our Life Skills program is "**SELF—DISCIPLINE**". Please spend some time with your child discussing our theme for the month. We will hold our life skills assembly with "Billy and Katy" this month on **Thursday, April 15**, at 8:15 p.m. in the cafeteria.

**Swimming lessons**, which are part of the Physical Education program in first through fourth grades, will begin on **Monday, April 19**, and will continue until **Friday, May 28** for students in **grades 1—4**. A written note from home will be required for a student to be excused from swimming. We recommend that students wear their bathing suits to

school, under their P.E. uniforms, so that they can save time in changing. They will also need to bring a towel, change of underwear, bathing cap, and a comb or brush. Please make sure that all items are clearly labeled with your child's complete name and grade.

Beginning the week of April 19, all elementary students are welcome to wear "**Crocs**" to school **only** on their P.E. day. They may wear them as part of the P.E. uniform.

In celebration of **Earth Day**, we plan to provide our students with a number of special related activities from **April 19—23**. More details about this event will be sent to you soon. If you are interested in being a guest speaker or wish to share an environmental project with your child's class, please let Mr. Large know.

We will also celebrate **Arts Week** the week of **April 19—23**. We will be providing our students with a number of activities related to the art, including music, dance, drama, and visual arts. More details about the festival will be sent to you soon. If you would like to offer an activity for art week, please let me know.

We invite you to attend our annual **Open House**, to be held on **Wednesday, April 28, from 5:30 - 7:00 p.m.** Parents are encouraged to come to school with their children at 5:30 p.m. to see what they have been working on this semester (please note that Wednesday is a full day of school). We remind you that Open House is not a time to conference with your child's teacher, rather a time to share a wonderful experience with your children and their teachers. Students are encouraged to be



William B. Large  
Elementary School Principal

your tour guide as they show you what they have been working on in all of their classes. We ask that you accompany your children at all times during Open House. We look forward to seeing you on the 28th.

We will also hold the **Scholastic Book Fair** in the Cafeteria during Open House. We are looking for parent volunteers who would be willing to help sell books for the Book Fair. Please let Chris Thomas know if you are interested.

We also wish to invite all the fathers and their daughters to attend the **5th Annual CDS Father / Daughter Dance** to be held on **Friday, April 30**, from 7:00 - 9:00 p.m. in the school cafeteria. Invitations will be sent soon. The theme this year is Flower Power!

As you can see, April is a busy month. We look forward to seeing you at our upcoming school events. Your support is greatly appreciated.

Warmest regards,  
William B. Large  
Elementary School Principal

## Special points of interest:

- **Report Cards:** To be sent home on Friday, April 9
- **Half Day Dismissal—Teacher Professional Day:** Wednesday, April 14
- **Open House:** Wednesday, April 28 from 5:30-7:00 p.m.
- **Swimming Lessons** begin for 1—4 grades on April 19
- **Father / Daughter Dance:** Friday, April 30.

# Theme of the Month: Self-Discipline

## Self-Discipline, The Character Builder: 3 Ways to Instill It in Your Kids

Jean Tracy

In Nelson Mandela's 1994 Inaugural Speech, he instructs us to be brilliant, successful, talented, and fabulous. Do your kids lack the self-discipline to become such a person? Are you uncomfortable showing them the way? Would you like to know how to instill self-discipline? Here are 3 ways to help your kids be the fabulous people they were meant to be.

**Build Character with Chores:** First, start giving your children age appropriate chores. Perhaps, when they're 3 years old, they'll start putting their toys away. Maybe

they'll get dressed with some help or empty their bath water. As they get older, teach them to set the table, sweep, dust, and help fix meals.

By the time they're nine they can wash and dry clothes, take out the garbage, start dinner and much, much more. You are teaching them to take care of themselves, a valuable skill for life. You are teaching them self-discipline too.

**Build Character with Earning Power:** Second, teach your kids to earn what they want. If you smother your children with material things today, you'll be creating the gripers, groaners, and grumblers of tomorrow.

They'll grow up thinking the world owes them. Do your kids a favor now. Let them earn what they want. Give them a feeling of accomplishment. You'll be teaching self-discipline too.

**Build Character with Goals:** Third, teach them to create and achieve goals. Goals take consistent effort. Having a goal without

create and climb the stairs step by step. If your child wants to be the pitcher on the baseball team, encourage your child to practice.

If your child wants to pass to the next level in gymnastics, encourage your child to practice. If your child wants to learn multiplication tables, encourage your child to practice. The steps to achieving goals takes practice, practice, practice. When you coach your children to achieve their goals, you help them make their dreams come true. You are teaching them self-discipline too.

When children take care of themselves through chores, they build character. When children earn the things they want, they build character. When children create and achieve goals, they build character. With character, they become brilliant, successful, talented and fabulous, all because you led the way.

## Returning Student Form

Dear parents,

As we are making plans for the next school year, we'd like to know if your child will be returning to Country Day School for the 2010 - 11 school year. Please fill out the attached slip and return to the elementary office. Thank you.

Warmest regards,

William B. Large  
Elementary School Principal

### Country Day Elementary School Returning Student Form

My child (ren) \_\_\_\_\_ in grade (s) \_\_\_\_\_:

\_\_\_\_\_ will return to Country Day School for the 2010 - 11 school year.

\_\_\_\_\_ will not return to Country Day School for the 2010 - 11 school year.

Comments: \_\_\_\_\_  
\_\_\_\_\_

Parent Signature

Date

## Science Fair



## Second Grade Living Museum



## Community Service: Visit to El Carmen School



## Field Day 2010



# Daily Plate Menu— April 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 <i>Beef ravioli</i> <i>Garlic toast</i> <i>Vegetables</i> <i>Salad</i>	6 <i>Parmesan chicken</i> <i>Rice</i> <i>Vegetables</i> <i>Salad</i>	7 <i>Beef with vegetable</i> <i>sauce</i> <i>Rice</i> <i>Black beans</i> <i>Salad</i>	8 <i>Oriental style chicken</i> <i>with vegetables</i> <i>Rice</i> <i>Salad</i>	9 <i>Beef and black bean</i> <i>quesadilla</i> <i>Nachos</i> <i>Dessert</i>	10
11	12 <i>Spaghetti with hot dog</i> <i>pieces</i> <i>Garlic toast</i> <i>Vegetables</i> <i>Salad</i>	13 <i>Tex Mex chicken</i> <i>Rice</i> <i>Vegetarian chili</i> <i>Salad</i>	14 <b>Half day for all students</b>  <b>Professional Development for Staff</b>	15 <i>Chicken with BBQ</i> <i>sauce</i> <i>Rice</i> <i>Vegetables</i> <i>Salad</i>	16 <i>Fish with white sauce</i> <i>Mashed potatoes</i> <i>Vegetables</i> <i>Dessert</i>	17
18	19 <i>Fusilli pasta with chicken</i> <i>Garlic toast</i> <i>Vegetables</i> <i>Salad</i>	20 <i>Cantonese rice</i> <i>Refried black beans</i> <i>Salad</i>	21 <i>Shredded beef</i> <i>Gallo pinto</i> <i>Picadillos</i> <i>Baked plantain</i> <i>Salad</i>	22 <i>Hamburger</i> <i>Garden salad</i> <i>Nachos</i>	23 <i>Chicken with mushroom</i> <i>sauce</i> <i>Rice</i> <i>Vegetables</i> <i>Dessert</i>	24
25	26 <i>Spaghetti with meat</i> <i>sauce</i> <i>Garlic toast</i> <i>Vegetables</i> <i>Salad</i>	27 <i>Glazed chicken</i> <i>Rice</i> <i>Vegetables</i> <i>Salad</i>	28 <i>Beef fajitas</i> <i>Rice</i> <i>Black beans</i> <i>Salad</i>	29 <i>Breaded chicken</i> <i>cutlets</i> <i>Rice</i> <i>Lentils with vegetables</i> <i>Salad</i>	30 <i>Fish with tartar sauce</i> <i>Mashed potatoes</i> <i>Vegetables</i> <i>Dessert</i>	