



THE FALCON FLYER

VOLUME 1

SEPTEMBER 2023



IMPORTANT DATES AND EVENTS

September 4
Labor Day
School Closed

September 6
Band Instrument Fittings
4:00-7:00pm

September 11-15
Book Fair

September 12
PTO General Meeting
6:30pm

September 15
Falcon Frenzy
5:30-7:30pm

September 27
Kindergarten Apple
Orchard Field Trip

MESSAGE FROM THE PRINCIPAL

WELCOME BACK!

It is hard to believe that we have already completed several weeks of school. There is nothing better than seeing the students enter the building with smiles and a readiness to learn. We cannot wait to see the amazing growth that each of students will have this year and I am thankful that we are able to partner with each of you.

Over the summer, our custodial staff was hard at work. We have new carpet, fresh paint clean classrooms, and updated landscaping in the front of our building. We are blessed to have amazing people who work hard for our students. I cannot thank them enough for their dedication to Cedar Canyon.

I would like to encourage each family to join our Cedar Canyon PTO. Our PTO is dedicated to helping our staff and students throughout the school year. This year, the PTO has purchased lights and frames for an art display in the front of the school. In addition, they help pay for fieldtrips, equipment, and volunteer their time to help teachers. Our next meeting is September 12th at 6:30pm. I would love to see you there. Membership forms are available in the front office or you can check out their website at Cedarcanyonpto.org

Finally, a big thank you to all our families who collected and turned in plastic caps last year. Your generosity allowed us to turn in 353 pounds of caps and receive two buddy benches. One is located on the playground. The other bench is located by door #5.

Please let me know if I can do anything to support your family.

Courtney Bailey, Principal



CEDAR CANYON CARES

This year we are intentionally working to build an even stronger sense of community at Cedar Canyon. Each day we focus on creating a safe learning environment where students learn how to use their voice to communicate their needs and develop genuine relationships with their peers and staff. Students are learning strategies to work together, resolve conflict, monitor their own emotions, and empathize with others.

We are using three new tools from a program called Trust Based Relational Interventions to support a greater sense of community.

- School Rules
- Student Engines
- Nurture Groups

THREE SCHOOL RULES: STICK TOGETHER, NO HURTS, AND HAVE FUN.

STICK TOGETHER MEANS:

- Listen quietly when someone is speaking and not interrupt.
- Follow instructions by staying with the group, going where the group is going, and doing what you are asked to do.

NO HURTS/BE KIND MEANS:

- Not hurting ourselves or others on the inside (yelling, calling names, making fun of, using inappropriate language, saying hurtful things).
- Not hurting ourselves or others on the outside (hitting, kicking, pushing, throwing things).

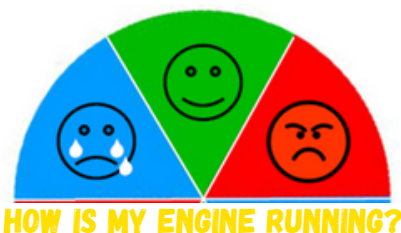
HAVE FUN MEANS:

- If everyone is sticking together and not hurting/being kind to each other, the whole group will have fun!

STUDENT ENGINES:

Is a visual tool to help students monitor which area of the brain is activated and how they might be feeling and/or responding to others. Students are learning strategies to help them stay in and/or get back to the green zone.

- Green Zone - Regulated and Calm
- Red and Blue Zones - Dysregulated, Upset, or Sad



CEDAR CANYON NURTURE GROUPS:

These groups are created to provide a structured time for students to connect and communicate the joys and struggles of life. Nurture groups are led by a variety of staff members to facilitate a positive connection/relationships between students and reinforce face to face communication skills.

WHY ARE THESE GROUPS NEEDED?

In a day and age where social media, technology, and digital communication is more widely used at young ages, these groups help students develop lifelong skills needed for healthy relationships. Discussions focus on skills such as turn taking, using their voice to communicate their needs, and how to ask for help in a respectful way. Students will also learn calm down strategies to manage their emotions and practice appropriate responses to use during life's stressful situations.

GROUP SIZE:

Large whole class groups with classroom teachers and small groups consisting of 3-5 students. Groups are intentionally brought together to strengthen or build friendships.

ACCIDENTS HAPPEN...

...THE NACS DEVICE PROTECTION
PLAN IS THE ANSWER.

ONLY \$25 PER STUDENT

1ST REPAIR IS FREE!

75% DISCOUNT ON SECOND REPAIR.

SEE THE 2023-2024 ENROLLMENT FORM FOR DETAILS

DEVICE PROTECTION PLAN

Please consider purchasing
this optional insurance for your
students Chromebook.

STUDENT COUNCIL

Students in grades 3-5 can sign up to run as a representative of their classroom. A form with details will be coming home soon. Those candidates will need to prepare a short speech to give in their classroom. Two students will be elected students per class and will be required to attend meetings after school and help with our scheduled activities. Contact a fifth grade teacher if you have questions.

Pandy Sinish

5th Grade Teacher – Cedar Canyon Elementary



PTO VOLUNTEER DATABASE SIGN-UP

IF YOU MISSED THE QR CODE ON BACK TO SCHOOL NIGHT, PLEASE SIGN-UP BELOW FOR THE 2023-2024 PTO VOLUNTEER DATABASE. VOLUNTEER OPPORTUNITIES INCLUDE CLASSROOM PARTIES, BOOK FAIR, HOLIDAY SHOP, PARENT WORKROOM, PTO COMMITTEES, LITTLE SHOTS, MOVIE NIGHT, AND MORE.

[HTTPS://CEDARCANYONPTO.ORG/VOLUNTEER](https://cedarcanyonpto.org/volunteer)

AS A REMINDER, YOU MUST COMPLETE YOUR OWN BASIC CRIMINAL BACKGROUND CHECK IF YOU INTEND TO VOLUNTEER, CHAPERONE, OR PARTICIPATE IN ACTIVITIES THAT INVOLVE EXTENDED INTERACTION WITH STUDENTS OTHER THAN YOUR OWN. BACKGROUND CHECKS WILL BE COMPLETED THROUGH RAPTOR TECHNOLOGIES. THE LINK CAN BE FOUND ON THE DISTRICT WEBSITE UNDER PARENTS. THERE IS A COST OF \$15.00 TO SUBMIT THE BACKGROUND CHECK AND IT IS VALID FOR THREE YEARS. IF YOU ANTICIPATE VOLUNTEERING IN THE CLASSROOM, GOING ON A FIELD TRIP, HELPING WITH FIELD DAY OR SIMILAR ACTIVITIES, PLEASE COMPLETE A BACKGROUND CHECK. IF YOU DON'T REMEMBER IF YOU HAVE COMPLETED THIS, PLEASE CALL THE OFFICE AND WE CAN VERIFY THAT INFORMATION.





COUNSELOR'S CORNER

Welcome Back Falcons!

My name is Cassie Antos and this is my 7th year as school counselor at Cedar Canyon. I am so excited to continue working at a school that has so much love and support for staff and students! During the school year, I will visit classrooms for guidance lessons, run nurture groups, help with academic interventions/strategies, and much more! I also meet with students on an individual basis as needed and help regulate our emotions. I am fortunate enough to work closely with Mrs. Bailey & Mr. Degitz to ensure our students feel safe, loved, and cared for at school.

SEPARATION ANXIETY

Separation anxiety is a common developmental stage that many children experience. It is a normal part of a child's emotional development, but it can be challenging for both the child and the parent. Here are some strategies to help you and your child.

Be Patient and Reassuring: Understand that separation anxiety is a natural part of growing up. Be patient with your child's emotions and provide reassurance that you will always come back. Let your child express their emotions and validate their feelings. Acknowledge that feeling sad or anxious is okay and that you understand. Using statements like "of course you are scared, it's your first day of school."

Create a Predictable Routine: Children feel more secure when they know what to expect. Establish a consistent daily routine for getting ready for school and for drop-off and pick-up. **Avoid Lengthy Farewells:** Prolonged goodbyes can make the separation more difficult for both you and your child. Once you say goodbye, leave promptly and confidently. Tears will happen, it is okay for kids and adults!

Say Goodbye: Always say goodbye to your child when leaving, even if they are upset. Sneaking away may lead to increased anxiety and distrust. Keep your goodbyes brief and positive.

Stay Calm: Children can pick up their parent's emotions. Stay calm and confident during drop-offs to help your child feel more at ease.

If Needed, Give a Positive Reminder: Place a picture of your family in their locker/cubby or you can draw a small heart on their hand and yours to remind them you are with them during the day. Make a bracelet together to wear throughout the day. There are lots of ideas out there!

Remind your student that **LEARNING IS THEIR SUPERPOWER!** You got this! Separation anxiety is often temporary, and most children adjust to the school environment quickly! By keeping yourself calm and providing support, understanding, and patience, you can help your child navigate this new stage more smoothly.

**FOR ANY QUESTIONS OR CONCERNS PLEASE FEEL FREE TO CONTACT
MRS. ANTOS, THE SCHOOL COUNSELOR AT
CASSIE.ANTOS@NACS.K12.IN.US OR 260-637-6101.**

RAKTIVIST

This club is for 4th and 5th graders who would like to spread more kindness in the community and around the school. We will meet about once a month at lunch time, starting in September. Applications will be available the first week of September!



Last year, we were able to make two buddy benches for our school by donating, sorting, & packing 353lbs of caps. We spread hearts around the community for kindness, we made cards for breast cancer fighters and survivors at Parkview Hospital. But, our favorite activity is ringing the bells for the Salvation Army in December!

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WANTED!

Is your 5th Grade student interested in joining band? If so, please come to Band Instrument Fitting night on September 6. Students and parents can come in and see and try the different band instruments. Please signed up for a time slot using the following link: <https://www.signupgenius.com/go/8050848A8A82BA5FA7-band1>



JOIN THE PTO - PARENT TEACHER ORGANIZATION

Please consider becoming a member of the Cedar Canyon PTO. Go to cedarcanyonpto.org to join. All who join are provided a PTO Directory with contact information for families who choose to be included. The school cannot give out personal contact information, so getting a directory is a great way to get information needed to set up play dates and carpools for your students. You all received a lime green directory form at Open House. If you haven't completed, please turn it into the office today.



NOTES FROM NURSE BETSY

My name is Betsy Bloom and I am the nurse at Cedar Canyon. The school year is off to a busy start. One of my top priorities is to help keep everyone as safe and healthy as possible. If your child has a health concern and you have not spoken to me regarding it, please do so right away. **If you have paperwork for the clinic that hasn't been turned in or medicine to get to me, please do that as soon as possible.** If there are new medical issues that arise or any changes in your child's health, please keep me informed. My hours are Monday through Friday from 8:00 to 2:30. I can be reached at 637-6101, extension 8508. If it is after hours, just use my extension and leave me a message and I will return your call the next day as soon as I am able. I also check email regularly during the day, so you can communicate with me that way as well at Elizabeth.bloom@nacs.k12.in.us

Please note that if your child has medication here to be given as needed and I administer it, I will do my best to send a note home letting you know what time they received it. There is no way that I can send a note home or make a phone call for every visit to the clinic but I will do my best to send a note or make a phone call if I believe that it is necessary. If there is a better way of communicating with you, (if you would prefer I text or email) please let me know. I have been using text and email more often to communicate with parents and it has worked out well. Of course, if you ever have any questions please give me a call. If I start to notice that your child is making a lot of trips to the clinic, I will also make a call to see if they are having the same complaints/symptoms at home. On the same note, if there is a family situation positive or negative that may be affecting your student please inform me, the school counselor, or the teacher about this if possible because often these situations can cause upset stomachs or other symptoms of anxiety.

Cold and allergy season has already arrived at Cedar Canyon this year, which means that students may need cough and throat drops at school. Students may bring their own supply to school in their bookbag. These will be stored in the clinic, so be sure to mark with their name.

On occasion your child may come home with different clothes on because something was spilled on them at lunch, got a bloody nose, or some other reason. Please wash and return these clothes ASAP because I will need them for another student. On that same note if you have any pants with elastic waistbands that you want to donate to the clinic, any size from 3 toddler to size 16, we can use them. Just send them in with your child and put a note on them that they are for the clinic.

Please keep these NACS policies in mind when deciding to send your child to school or not...Do not send your child to school with symptoms of illness (fever, undiagnosed rash, constant cough, diarrhea, vomiting, etc). A child MUST BE fever free (below 100) without medication (Tylenol, Advil, Motrin, Ibuprofen, etc) and symptom free (see above symptoms) for 24 HOURS BEFORE RETURNING TO SCHOOL. A child requires 24 hours of medication before returning to school for pink eye, strep throat and impetigo. In the case of chickenpox, all lesions must be scabbed over and the student must be fever free before the child can return to school. If there is ever a question about your child returning to school due to an illness, please call me!

Please also keep us updated with any number changes...it is important that we can reach someone during the day in the event of illness or emergency.

Thank you for all you do to help keep Cedar Canyon healthy and safe!

