

Cokato Elementary

www.dc.k12.mn.us

February 2009



Paragraphs from the Principal....

Mrs. Force

I've learned in the past eight years of being a principal that many people believe that the majority of my time is spent dealing with student discipline issues. At Cokato Elementary, I'm pleased to report that a small portion of my day is spent "doling" out consequences. I can attribute this to many factors, which I'd like to focus on in this month's column.

We're all familiar with the adage "Spare the rod, spoil the child." I'm grateful that we're working in an educational environment where this isn't practiced! We can all recall times when the teacher "lost it" with a student when we were growing up. That's not to say that our students don't try the patience of our teachers at times, but thankfully, educators have learned more effective ways of working with children than using corporal punishment.

In my experience of working with elementary children, I've learned that students want to know and be part of forming the expectations for behavior in their classroom and throughout the school.

On the first day of school, you can drop in on classrooms where you'll hear teachers and students discussing and establishing classroom rules for the year. There is a common thread running through those rules; being respectful to all students and adults in our school. Certainly there are the routines and procedures that get discussed such as, what happens when papers are turned in late or if someone talks too much in class, but the main theme is respecting each other.

When a student is sent to me for a behavior discussion by either a teacher or a paraprofessional, we first clearly establish that I expect "the whole truth and nothing but the truth." That's another joy of working with elementary-aged children. As difficult as it is, they are forthcoming with the truth, even if it takes a few tries at getting to that place. This is where a great deal of credit is owed to you, their parents. You have instilled in them the core value of honesty, and you have modeled its importance at home. I am extremely grateful for the times when I have had to call parents and discuss their child's

behavior and I have heard, "Thank you, Mrs. Force, for calling about this. We will have a talk with him/her about it tonight." The collaborative relationship we have established is not one of "ganging up" on the child, but it is rather one of working together to help this youngster learn from his/her mistakes and lessen the chances that the behavior will occur again.

The teaching staff is undertaking a book study for the next five weeks reading the book "Discipline with Dignity" by Curwin and Mendler. In addition to having supportive parents on the other end of the phone line, we are blessed to have caring, thoughtful teachers who impact our children with quality academic instruction and positive character development as well.

"There is much that competes for the heart, soul, and mind of our students," says Curwin and Mendler in their book. At Cokato Elementary, we are dedicated to working with you, the parents, to help this generation be educated and respectful adults of tomorrow.



Musical Notes Amanda Spires

We have been busy getting back into the swing of things after coming back from break! First graders continue to develop their voices and learn about the building blocks of music. Second and third graders are diving into more challenging music reading material and fourth graders continue to apply their knowledge of musical elements to recorder playing.

A few parents have asked about where they can find a piano teacher for their child. If you have not found one yet, or are interested in learning more about who is available to give lessons, I have managed to obtain a list of teachers in the area. If you are interested in this list, please send me an email Amanda.Spires@dc.k12.mn.us and I can forward this information on to you.

We will continue to let the sound of music warm us during these chilly winter months!



Salutations from The Social Worker Sarah Terpstra

Spring is on its way, but for some it cannot get here fast enough. There is something called the winter blues also known as Seasonal Affective Disorder. Many people suffer from it every winter season. It affects people differently and the following are symptoms:

- Sleep problems-oversleeping but not refreshed, not being able to get out of bed, needing a nap in the afternoon
- Overeating-craving carbohydrates
- Depression, despair, anxiety, guilt-normal tasks become frustrating
- Family/social problems-avoiding company, irritability, loss of feeling
- Lethargy-too tired to cope and everything is an effort

- Physical Symptoms-joint or stomach problems
- Behavior problems-especially in young children

To prevent symptoms the following advice could help.

1. Get out of bed at your normal time and try not to go back to sleep due to cold weather or darkness.
2. Start exercising which will make you alert and ready for the day.
3. Eat a healthy breakfast, do not drink anything with caffeine, control your sugar intake, and eat foods with fiber.
4. Have a strong will power to be able to do all of this without interruption.

If these tips do not help you may want to contact a professional to see if there is anything else available you could try.



everychild.onevoice.®

The mission of the

Dassel-Cokato PTA is to foster communication between schools and families as well as supporting children in their work of learning. The Dassel-Cokato PTA hopes to create a collaborative effort with the schools, community, and parents/guardians to ensure a quality, well-rounded education for the children in the D-C area.

The mission of the Dassel-Cokato PTA is to foster communication between schools and families as well as supporting children in their work of learning. The Dassel-Cokato PTA hopes to create a collaborative effort with the schools, community, and parents/guardians to ensure a quality, well-rounded education for the children in the D-C area.

Our January meeting was a very informative meeting with Deb Griffiths as our presenter. Deb is the Director of Communications and Community Outreach and has been a parent advocate and chair of Centennial's Legislation Action Committee for over 5 years.

She talked about our schools being underinvested by the state and showed us how our schools are not all funded equally. She also talked about the importance of

letting our legislators hear from us, either in person, by phone call or by email.

Our voice does make a difference! If you would like more information, please go to the Schools for Equity in Education web site at www.schoolsforequity.org.

It is a great, informational site.

Our next meeting is THURSDAY, FEBRUARY 5th at 6:30 in the High School Media Center. Becky Litzau, music teacher, will be giving a demonstration of the Smart Board and how it is utilized to teach music. There will also be information presented about the state's PTA advocacy platform and an update on the school's health and wellness efforts, facilities update and school board update.

The PTA regularly meets the first Thursday of each month at 6:30 in the High School Media Center. The March meeting will be Thursday, March 5th.

Run for Reading - Watch for information about an upcoming fun gym and read night hosted by the PTA for all K-6 students. A flyer will be sent home with more information closer to the date. It promises to be a fun night with healthy activities, stories, and a book exchange!

If you have any question about the upcoming meetings or would like to simply talk to someone about PTA, please contact our Membership Committee Chair, Tonia Olsen at 275-3275. You may also write or email at:

Dassel-Cokato PTA
P. O. Box 632
Dassel, MN 55325
chargerpta@yahoo.com



Mrs. Sorgatz Mr. Berggren

Phy Ed Fundamentals



On Friday, February 13,

2009, our school is participating in Jump Rope For Heart which is a very special community service program to raise funds for the American Heart Association (AHA).

These events are nationwide and help students learn about the benefits of regular physical activity and heart health while raising funds to support vital research and educational programs. The money our school raises will help people in our community learn how to avoid heart disease and stroke and live longer, healthier lives. Last year our school alone raised \$8,501.35, all which went directly to the AHA. If

you prefer your student not participate in Jump Rope For Heart, please contact either Mr. Berggren or Mrs. Sorgatz with a phone call, e-mail, or written note.

Students in grades 1-4 will be involved with the jump rope event. Various stations will be set up in the big gym for the students. Parents/guardians are welcome to come too! In fact, volunteers are needed to help at the stations. If interested in volunteering please contact Krista Cates, the volunteer coordinator, at 286-4100 X 1327. The following is a list of when each grade will be participating in the event.

1st Grade=8:45-9:45

3rd Grade=12:15-1:30

2nd Grade=10:00-11:00

4th Grade=1:45-3:00

Your student should have brought home a packet explaining this event in greater detail. Please look through this packet, as it contains some great informational pieces about the AHA and heart health. You will also find information about how to fundraise, which may be done online if desired, and a pink heart "In Honor" slip. The fundraising portion of this event and the honor slip are optional.

If desired, your student may fill out the honor slip and add it to the large heart at school anytime before February 13th. The intention of this slip to bring attention to the seriousness of heart disease and stroke.

Did you know that heart disease and stroke are the #1 and #3 causes of death in the United States! Does your family have a loved one who has/had heart disease or stroke? If so, please put that loved ones name on the pink heart and return it to school. More pink hearts are available if needed.

Students that do collect money are eligible for prizes donated by sponsors of the AHA. These are the prizes listed on the collection envelope and usually arrive 4-6 weeks after the event. The AHA will also award the top fundraiser in our school a medal. **The collection envelopes and money need to be returned to school no later than February 13th.**

If you have questions about this event, or would like more information, please contact Mrs. Sorgatz at 286-4100 X1355 or by email stacy.sorgatz@dc.k12.mn.us



Headlines in School Health...
Kelly O'Fallon,
LSN

February is National Dental Health Month

Take good care of your teeth! You want them to last a lifetime.



There are five important things that students (and adults!) can do to take good care of their teeth:

- Brushing each morning and night
- Flossing (with your help) every day
- Eat nutritious foods and limit snacks
- See your dentist for regular checkups
- Use fluoride. It is one of the most effective minerals in preventing tooth decay. By making the tooth enamel stronger, fluoride makes the tooth less susceptible to cavities. Fluoride is provided in certain foods, water and toothpaste. If your water supply does not contain fluoride, ask your dentist about fluoride treatments.



Volunteering
Krista Cates
Volunteer
Coordinator

YOU ARE INVITED!

COKATO DASSEL PARENT GROUP MEETING

Tuesday, February 10th at 2:00

Dassel Elementary Staff Lounge

The Cokato Dassel Parent Group is for all parents! These meetings are intended to be an open communication forum between the elementary school principles, volunteer coordinators, and other parents. The meeting location is alternating between Dassel Elementary and Cokato Elementary. It is a fun opportunity to see both schools! The meeting will wrap up in time for you to come back to Cokato to pick up your students if you would like to.

The parent group is a great opportunity to learn more about our elementary schools, get to know your principal and volunteer coordinator, meet other parents, and bring forth any topics that may be of interest to you. Your non-school aged children are welcome, just bring something for them to do. We look forward to seeing you there! If you have any questions, please contact Krista Cates 286-4100 ext 1327.

"The best thing about giving of ourselves is that what we get is always better than what we give."

Orison Swett Marden
American founder of
Success Magazine
inspirational writer

Jump Rope for Heart - Friday, February 13th -

Volunteers Needed!



Jump Rope for Heart is a great opportunity for our students to give back to their community by helping the American Heart Association all while having fun being active doing heart healthy jumping activities. There will be a variety of stations that our students will rotate through. Volunteers will be needed to help run these stations with responsibilities such as turning a long jump rope or helping students record data such as the number of jumps or how long they jumped. You can help with one or more grade groups. Please let me know ASAP if you would like to join the fun.

8:45-9:45 - 1st Grade

10:00-11:00 - 2nd Grade

11:00 take down 1st & 2nd grade stations and set up for 3rd and 4th

12:15-1:30 - 3rd Grade

1:45-3:00 - 4th Grade

This month's volunteer drawing winner is **Monica Berg**. Monica has been a volunteer at Cokato Elementary for many years. She has been a regular volunteer doing a bit of anything and everything! Thank you, Monica, for always being willing to give the gift of your time wherever you are needed! We appreciate you!

Birthday Table



We will be celebrating August 1/2 birthdays and February birthdays at the birthday table in February. The August celebration will be on Thursday, February 19th. The February celebration will take place on Thursday, February 26th. Birthday Table invitations will be sent out the week prior to these dates. Birthday students are invited to bring either adult guests, such as parents and grandparents (preschool siblings are welcome, too!), OR they can invite one school friend. We enjoy having these special visitors join us for lunch



Cokato Dairy Queen Kids Night

The Cokato Dairy Queen Kids Night continues to be a success for our students and school. The kids and community members are enjoying artwork on display at Dairy Queen made by elementary students every Wednesday night. The Cokato Dairy Queen also donates 15% of all of their sales from 5:00-8:00 to our elementary schools! In February, Mrs. Franklin's class will display art on Wednesday the 4th and Mrs. Searle's

class will display art on Wednesday the 18th. The other two Wednesdays will have art displayed by Dassel Elementary students. Stop by and enjoy some talented art and a treat.



Box Tops Drawing

We continue to draw Box Tops for prizes the last Thursday of each month. To participate, clip Box Tops, write student's name of the back of the Box Top, and deposit the Box Tops in the collection bin at the end of the 2nd grade hall. Each Box Top gives our school 10 cents. They add up quickly!



Memory book order envelopes have been sent home with the students. Orders will be taken until February 2. Please call the office if you have questions. \$7.50 / memory book.

Community Education

Upcoming Classes Community Education

For more information call Community Education at 286-4120 or register online at www.dc.k12.mn.us

Friday Night Out (Grades 1-6)

A night just for kids and their friends!

FIRDAY NIGHT OUT is a special night for kids. Children will spend their evening swimming in the pool, doing a project or playing games and relaxing at an evenings end with a movie and a snack. Parents will have time to catch up on shopping, cleaning, playing or simply relaxing. **Maximum 50.**

Gr. 1-6: Activity #3008E -

Friday, March 6 6:30-10:00 PM

Movie: to be decided

Fee: \$8 per session - Pre-registration required.

Location: MS Commons, Door I

Registration deadline: 1 week prior to each event

Family Movie Nights - NEW!!

(Ages 3 and Up)

Want to enjoy a family night at the movies and not spend a fortune? Join us at the DC Performing Arts Center to enjoy a movie on the big screen. Sorry there are no snacks allowed in the auditorium. Children must be age 3 and up and be accompanied with an adult.

Activity #3020A - Friday, February 20

Movie to be shown: *Ratatouille*

7:00 PM - Show time (doors will open at 6:45 PM - NO SNACKS)

Location: HS PAC

Fee: \$8 per family



Dominos Extravaganza

Like to play dominos or want to learn? Come and learn different ways to play. Mexican train, chicken foot and fives are a few versions we will play.

Activity # 6010A - Cokato

Tuesdays, Feb. 3-Mar. 10 3:15-4:30 PM

Cokato Elementary- Rm. #139, pick up at west door

Fee: \$15

Activity #6010B - Dassel

Thursdays, Feb. 5-Mar. 19 3:15-4:30 PM

(no class on Feb. 12)

Dassel Elementary -Rm. #121

Fee: \$15

Skatin' Place (Gr. 1-6)

Have a "wheel" good time with your friends at St. Cloud's Skatin' Place. Chaperons will be on hand to help skaters. Trip fee includes skating, skate rental, one game of laser tag and transportation. Food, rollerblade rental (\$2), additional laser tag (\$3) and amusements may be purchased by participants if desired. You are welcome to bring your own rollerblades.

Monday, February 16th (non-school day)

Activity #3003

Departure: Dassel Elementary - 12:00 pm

Cokato Elementary - 12:15 pm

Return: Cokato Elementary - 4:15 pm

Dassel Elementary - 4:30 pm

Fee: \$11 - Registration deadline: Friday, Feb. 6

Registration deadline: Monday, February 2



Clay Camp - CLAY TREASURES (Gr. K-4)

A Treasure Chest made out of clay! Each student will receive 2lbs. of RED earthenware clay, a template, and shown how to make their own treasure chest. They can add handles, use tools and make jewels out of clay or carve out or add any designs to decorate their treasure chest. The instructor will fire and glaze the project and return it back to school within 4 weeks. They are colorful! Dress for a Mess! Parents you can register and make a project also!

Activity #2201B - Gr. K-4

Tuesday, February 24

3:15-4:45 PM - D.E. - Rm. # 121

Fee: \$29

Activity #2201C - Gr. K-4

Monday, February 23

3:15-4:45 PM - C.E. - Rm. # 139, pick up at west door

Fee: \$29



Chargers Gymnastics Camp

Ages 4-Gr. 6

Come twist, turn and tumble with the high school gymnasts. This two week camp will focus on learning the basic gymnastic skills on all four events. Gymnastics is not only FUN, but will also increase flexibility, balance, coordination, strength and self-confidence in a positive and safe environment. All participants will receive a t-shirt, so specify shirt size when registering. Class size is limited.

Tuesday-Thursday, Feb. 24,25,26, Mar. 3,4,5

Activity #5154-Ages 4-Grade K, 5:15-6:00 PM - MS Gym, Door I - Fee: \$34

Activity #5155-Gr. 1-2, 4:30-5:15 PM - MS Gym, Door I - Fee: \$34

Activity #5156 - Gr. 3-6, 3:30-4:30 PM - MS Gym, Door I - Fee: \$37

Valentine Cupcakes - (Gr. K-4)

Kim Thompson, Wilton Method Cake Decorating Instructor



Do you love cupcakes? Come and make a special set of cupcakes for your special Valentine. All supplies will be provided, including your very own decorating set. During this class you will create sweet treats with frosting. There's nothing like decorated cupcakes -- yum!

Activity #1007B - Cokato

Thursday, February 12 - 3:15-4:45 pm

Cokato Elem. Room #139 (use west door for pick-up)

Fee: \$15 (all supplies included)

Registration Deadline: February 5

Activity #1007A - Dassel

Friday, February 13 - 3:15-4:45 pm

Dassel Elem. Room #111, Door A

Fee: \$15 (all supplies included)

Registration Deadline: February 5



4th Grade Ski Night

Monday, February 9

The Dassel Cokato Community Education Ski Club is open to all area youth in Grades 5-12. Next year YOU will be able to join the club!

Here's an opportunity for you to try it out and see how much fun skiing or snowboarding at Powder Ridge can be! Lessons will be provided. Parents are welcome to register at our club chaperone rate of just \$10, which includes your lift and rental package of your choice. Package fees are listed below. Dress warm and bring a supper or buy food there. Please talk with Leslie Arnold at the time of registration if you are interested in chaperoning.

Monday, February 9

Departure: Cokato Elementary - 3:05 PM

Dassel Elementary - 3:25 PM

Return: Dassel Elementary - 8:50 PM

Cokato Elementary - 9:15 PM

Youth packages

Activity #5004A - \$39 Ski Rental & Lift ticket

B - \$47 Snowboard/boot rental & lift ticket

C - \$25 Lift ticket only

D - \$8 Bus only

Adult Packages

Activity #5005A - \$10 includes lift and ski or snowboard rental

(please specify which rental package you would need for the evening)

Registration deadline: Monday, February 2

Coming Events:

February:

- 13 Jump Rope for Heart
Valentine's Day Celebrations
- 16 NO SCHOOL
President's Day

March:

- 2 Read Across America Day
- 5 Kindergarten Conferences
No School- Kindergarten Only
- 6 NO SCHOOL—
Staff Development/Teacher Planning
- 9 Elementary Conferences 5:00-8:00 PM
- 12 Elementary Conferences 5:00-8:00 PM
- 13 No School- Elementary Only
AM Teacher Planning/
12:30-3:30 Elementary Conferences
- 17 Kindergarten Round-Up
- 23-27 NO SCHOOL- Spring Break

Kindergarten Round-up

WHEN:

March 17, 2009

TIME:

3:45-5:00 p.m.

WHERE:

Cokato Elementary School

If you have a child who will be attending kindergarten next fall and you do not receive an enrollment packet in the mail by February 25th, call the Cokato Elementary School Office @ 320-286-4100 x 1300.



**Media
Messages**
Pam
Osterberg

Finding Just the Right Book

"Mrs. Osterberg can you help me find a good book?" This is a question I am asked daily as students come into the Media Center. The first step is to determine what type of book they like to read. Do you enjoy a mystery, adventure story or do you prefer to read a school story or animal story? Once we determine what type of books to look for we head to the shelves. When a student finds a book they think they might be interested in we use the following guidelines to determine if it is an appropriate book for their reading level.

Five Finger Rule

1. Choose a book.
2. Read the second page.
3. Hold up a finger for each word you are not sure of or do not know.
4. If there are five or more words you do not know, you should choose an easier book.

Still think it may not be too difficult? Use the five finger rule on two more pages.

Read two or three pages and ask yourself these questions,

Will this book be too hard for me?

- Are there five or more words on a page that I don't know or am unsure of?
- Is this book confusing and hard to understand by myself?
- When I read it aloud, does it sound choppy and slow?

If most of your answers were "yes," this book is too hard. You should wait awhile before you read this book. Give the book another try later, or ask an adult to read the book to you.

Keep some of these guidelines in mind when helping your child find a book that is "just right." An excellent reading website is *Reading Rocket* at <http://www.readingrockets.org/>.

Here you will find book suggestions, tips for reading with you child and many other goodies.

Check Out These Award Winning Books


The Caldecott Award was announced this month. This award is given annually by the American Library Association. The Caldecott Medal is awarded to the artist of the most distinguished American picture book for children. This year's award goes to the book *The House In the Night* by Susan Swanson illustrated by Beth Krommes. The 2009 Caldecott Honor books include *A Couple of Boys Have the Best Week Ever* by written and illustrated by Marla Frazee, *How I Learned Geography*, written and illus. by Uri Shulevitz, and *River of Words*, written by Jennifer Bryant and illus. by Melissa Sweet

Cokato Elementary School Patrol earn a pizza party by being "Responsible Patrol Members".



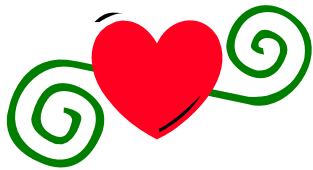


February 2009 DC Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cereal Granola Bar Fruit Juice	3 Waffle Sticks/Syrup Sausage Link Fruit Sauce	4 Cereal Cinnamon Toast Fruit	5 Doughnut Yogurt Fruit Juice	6 Cereal Mini Muffin Fresh Fruit
9 Breakfast Pizza Fruit Sauce	10 Cereal Toast Fruit Sauce	11 Pancakes Sausage Link Fruit Juice	12 Cereal Cinnamon Toast Fruit Sauce	13 Breakfast on a Stick Cheese Sticks Fruit Sauce
16 No School 	17 Cereal Toast Fruit Juice	18 Pop Tart Yogurt Fruit	19 Cinnamon Roll Cheese Slice Fresh Fruit	20 Cereal Granola Bar Fruit Juice
23 Apple Streudel Sticks Cheese Stick Fruit Juice	24 Cereal Muffin Fresh Fruit	25 French Toast Sticks Smokies Fruit Juice	26 Breakfast Cereal Toast W/Jelly Fresh Fruit	27 Cereal Bar Yogurt Fruit Sauce

½ pint milk will be served with each meal

In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age or disability (Not all prohibited bases apply to all programs.) To file a complaint of discrimination, please contact: Tina Palmer, 4852 SW Reardon Ave, Cokato, MN 55321



Cokato Elementary Lunch Menu February 2009



<i>½ pint milk will be served with each meal</i>				
Monday	Tuesday	Wednesday	Thursday	Friday
2 Pizza Seasoned Corn Fruit Sauce Choice	3 Country Fried Steak Mashed Potatoes Country Gravy Carrots Tea Biscuits Fresh Sauce Choice	4 Chow Mein W/ Rice & Noodles Cole Slaw Pineapple/ Mandarin Oranges Fortune Cookie	5 Grilled Chicken Breast Alfredo Noodles Green Beans Bread Choice Fresh Fruit	6 Meat & Gravy Mashed Potatoes Mixed Vegetables Dinner Roll Fresh Fruit Ice Cream Treat
9 French Toast Sticks Sausage Links Tri Tater Orange Sections Fruit Juice	10 Hamburger W/fixings Oven Fries Veg. Choice Fresh Fruit	11 Taco in a Bag W/ Fixings Corn Bread Choice Fruit Sauce	12 Grilled Cheese or Tuna Sandwich Tomato soup/ Crackers Veg. Relish Fruit sauce	13 Riblet on a Bun Potato Rounds Fresh Carrots Heart Pretzel Fresh Fruit
16 No School President's Day	17 Popcorn Chicken Scalloped Potatoes Seasoned Peas Bread Choice Fruit Sauce	18 Mini Corn Dogs Oven Fries Broccoli W/Cheese Bread Choice Fresh Fruit	19 Sub Sandwich / Fix- ings Potato Rounds Vegetable Relishes Yogurt Fresh Fruit	20 Pizza Corn Bread Choice Fruit Sauce Choice Vanilla Pudding
23 Hot Dog/.Bun Oven Fries Bakes Beans Sauerkraut Fruit Sauce	24 Hot Ham/Cheese Chips Carrot Sticks Fruit Choice	25 Ash Wednesday Cheese Sticks W/ Pizza Sauce Lettuce Salad Fresh Fruit Gelatin	26 Chicken Fajita W/ Fixings Rice Pilaf Seasoned Peas Fresh Fruit	27 Shrimp Poppers Oven Fries Green Beans Bread Choice Fruit Sauce Choice



In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age or disability (Not all prohibited bases apply to all programs.) To file a complaint of discrimination, please contact: Tina Palmer, 4852 SW Reardon Ave, Cokato, MN 55321