

JOHNSON ELEMENTARY SCHOOL THUNDERBIRD NEWS

NOVEMBER 2020

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IMPORTANT INFORMATION


Attendance

Attendance is a crucial part of a student's academic process. It is very important for students to be at school and on time. We realize that due to family crisis and other extenuating circumstances, an extended leave may be necessary during the school year. However, we strongly encourage you to plan family vacations during the times that we have normal school holidays.

ID/Driver License

Parents and Guardians - please always have your ID or driver's license available when you check out your student.

November 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 *Robotics Club 3:15-4:15PM	4	5	6
9	10	11	12	13
16 *Spirit Week: Sports Day	17 *Spirit Week: Sock Day *Robotics Club 3:15-4:15PM	18 *Spirit Week: Twin Day	19 *Spirit Week: Hat Day	20 *Spirit Week: JES Colors Day/ Crazy Hair Day
23	24	25	26	27
Thanksgiving Break! Happy Thanksgiving 				
30	December 1st *Robotics Club 3:15-4:15PM	December 2nd	December 3rd	December 4th

Principal's Corner

Is your child getting enough sleep every night? Routines are critical for children and support the foundation for a successful day at school. It is never too late to create consistent bedtime timelines for your household. Your practices may vary a bit on the weekend, but keep in mind that too much of a variance will create sleepiness and negative behaviors.

Devices should not be a part of the bedtime timeline and devices (tablets, phones, televisions, video games) should not be kept in children's bedrooms.

★ How much sleep does my child need? ★

AGE GROUP

HOURS PER NIGHT

Infants 4 - 12 months old

12 - 16 hours per 24 hour period

Children 1 - 2 years old

11 - 14 hours per 24 hour period

Children 3 - 5 years old

10 - 13 hours per 24 hour period

Children 6 - 12 years old

9 - 12 hours per 24 hour period

Teens 13 - 18 years old

8 - 10 hours per 24 hours



Principal's Corner

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN®

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Does your family have a device plan? The American Academy of Pediatrics is a great resource for parents. Their website includes some solid guidance on many topics, including children and screen time.

<https://www.aappublications.org/news/2016/10/21/MediaParents102116>

Recognition

Adaptive PE Teacher of the Year

Congratulations to Danielle Musser for winning the Adaptive PE Teacher of the Year award for the state of Colorado!



!Sí Se Puede!

Congratulations to Allison Gutierrez Campos for winning the Sí Se Puede Award for the month of November.





Backpacks!



On-line Spirit Store



Bumper Stickers!

Proud Parent Of A
Johnson Elementary
Student



Shirts



Socks



Hoodies



- *Shirts • Hoodies • Backpacks •*
- *Socks • Pencils and more! •*

To place an order you can go to www.montroseprintingcenter.com and click on the "Johnson Elementary On Line Store" link and follow the directions to fill out the order and credit authorization forms. You can then email, fax or deliver order forms to Montrose Printing Center 500 N. Townsend Av. Montrose CO.81402. You can also come in or call from 9-4 Mon-Fri to place an order. At this time on line order forms are only set up for short sleeve T-shirts and Hoodies shown above. All other items will be ordered accordingly.



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physical education



Greetings and Happy Holidays JES Parents and Students!

This last month we have been working on foot/eye coordination activities such as soccer and kickball. These activities have been a great help to many of our students in developing their foot/eye coordination as well their ability to strike an object. During our unit, we focused on proper technique when it comes to kicking a ball and how to properly follow rules of a game. We stressed the importance of form and stance. Students also developed their ability to receive a soccer ball while in motion through the air or on the ground.



Over the next few weeks, we will move into our hand/eye coordination units. We will be doing activities such as hockey and cup stacking as well as a variety of seasonal games that come with the beginning of the winter months.



As the winter months approach, we will stress even more the importance of students being prepared for class when it comes to PE attire and footwear. Having PE class inside means less space for students to move around. We will go outside on those random beautiful days that we may have so please make sure your students are bringing jackets as well.



We invite you to join in with your child in doing some Tabata workouts to help maintain fitness and daily exercise!

Thanks!!

Mr. Beller and Mr. Hines



What do you remember from music classes? Here's some insight into what is happening in music classes at Johnson Elementary School.

This week I had **kindergarteners** move to "Common Threads" by Bobby McFerrin. I had stick figure posters that they had to move to make their body match. A few students started laughing and soon most of the room was laughing as they listened and made different shapes with their bodies. We had a great time. It brings great joy to hear students enjoy music.

Last week the **1st graders** played and sang the song game "Naughty Kitty Cat" on the playground that I taught them in music class. It was inspiring to see them enjoying the song game so much that they initiated doing it by themselves.

2nd graders learned the music terms for volume, "forte" and "piano," with the poem "Three Little Muffins in the Bakery Shop." They were also preparing to learn about half-note lengths by using kinesthetic activities such as bouncing and catching a ball to different songs.

3rd graders had huge smiles on their faces as we passed a ball around the circle to the piece "In the Hall of the Mountain King" by Edward Grieg. They experienced "accelerando" near the end of the song. We talked about how it is like pushing down on the accelerator, or gas pedal, in a car.

4th graders enjoyed movement, especially doing the "Chimes of Dunkirk," a longways set dance.

5th graders have submitted their Garageband projects and will have another day to share if they have not yet shared with their class. Next, we will be listening to and comparing different types of recorded music.

Thank you for supporting music at home! Please take some time to use the supplies in the music duffel bags to explore music making and creative thinking with your child. There are ideas for using the music supplies on my teacher website: <https://sites.google.com/mcsd.org/mrsnelsonmusic/home>

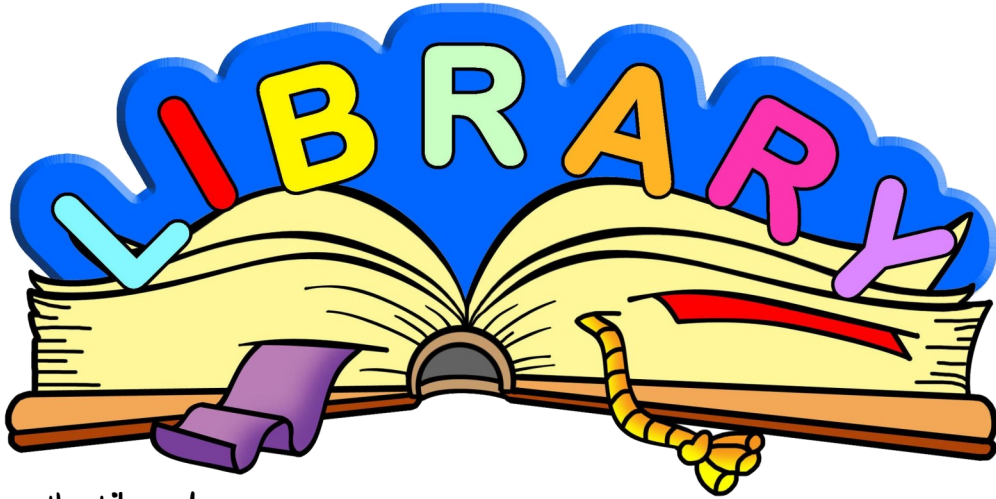
I am also happy to answer email questions or comments:

kelsey.nelson@mcsd.org

Sincerely,

Kelsey Nelson





Hello from the Library!

Thank you for supporting our Online Book Fair this year! We sincerely appreciate all our families and your commitment to fostering a love of reading in your children. Reading is one of the keys to academic success! You can always shop the Scholastic Store Online and Johnson gets 2% rewards back even when it is not Book Fair time.

The SORA app is an online reading app that links to our local public library. Your child should be connected. If your child needs to learn remotely they can utilize this app to access ebooks at home! For help in accessing this app check out the following videos:

https://youtu.be/grmwrxqL_T4

<https://youtu.be/9Wyc2NhfCg>

Thank you!

Mrs. Katie

Mrs. Whitcomb

Health News

It's that time of year when it starts to get colder and there is an increase of illnesses. This year we are being extra-precautious and asking parents to keep their kids home when they do not feel good or are symptomatic.



A student must stay home if they have **ONE** of the following:

- A fever of 100.4 or higher
- Shortness of breath
- New persistent cough
- Loss of taste and smell

They must stay home if they have **TWO** of the following:

- Vomiting
- Diarrhea
- Sore throat
- Runny nose
- Fatigue
- Muscle ache
- Headache
- Congestion

If your child does not feel good, does not want to take part in usual activities, or is not acting their usual self, please keep them home and let them rest and feel better. The best way to prevent the spread of disease and illness is good hand hygiene and staying home until you are better.

Stay safe, be healthy! And remember to gobble till you wobble this Thanksgiving!

-Ms. Nelly

Counselor's Corner



Johnson Elementary Grief Group

Dear Parents/Guardians:

Johnson Elementary Counselor, Marcie Jaramillo, in cooperation with Teri Kinkade from HopeWest Kids, will co-facilitate a grief group for students at Johnson Elementary. Any student at Johnson Elementary who has experienced the death of a special person is welcome and encouraged to attend. There are no limitations to attendance such as relationship to the deceased, the length of time since the death, or the cause of death. The only criteria is that the student feels the death has impacted their life in a significant way. Each session will include grief education and small group discussion. Activities such as writing, art, and literature will assist participants in coping with issues of grief and loss.

Call Marcie Jaramillo 970-249-2584 for more information or the front office if you are in need of a consent form.

