

The Frost ^{BYTE}

NOVEMBER 2011

Robert Frost Elementary

3101 South Fourth Avenue, Sioux Falls, SD 57105
605-367-6179



A Note from the Principal

Colleen Werner



As the weather turns cold there are many issues we begin to think about. One is energy conservation. The district has been implementing a new energy savings plan that has resulted in Robert Frost having a 12.12% cost avoidance this past year. This translates to a \$7,853.45 savings. Our building ranked 30th out of 36 buildings in the district. Thanks to the combine efforts of our teachers, custodians, and other staff we are receiving \$587 dollars in our building supply budget. We will continue to make every effort to conserve energy and be good stewards of our tax payers' dollars and work hard to receive even bigger incentives next year. I am certain that the new heating system that was installed this past summer is going to prove to be a big saver.

During cold weather it is easy to fall back into habits of dropping students off in front of the building. Please remember that **students are not to enter the building before the bell has rung** and should be **dropped off on the 40th Street or on the parking lot circle** and come to the playground. Both of these drop-off locations are a much shorter walk to the playground than coming all the way around the building from the front. Remember too, that dropping your child off in **the middle of the road can result in \$100 fine**. The Sioux Falls Police have received complaints of parents dropping kids off in the middle of the road and are patrolling the schools before and after school. Please take the time to approach the school from the appropriate direction or pull over and have your children walk to a corner with Safety Patrol to cross. We need to keep our children safe.

This past week the temperatures have dropped down to the teens with the wind chill. Be sure to send your children with the needed winter wear for weather. In South Dakota, the weather can change drastically in a matter of an hour. Remember, students go out for recess unless the temperature is below zero. After Thanksgiving break we will have flags in the entry ways that you can reference when you drop you child off in the morning. If the flag in the window is green, the students stay out on our playground. If the flag is red, students come directly into the building. You may also note that if the temperature is below zero, our Safety Patrols will not be out on their corners either.

Winter weather is just ahead. Together we can keep our children warm and safe during this winter season.



Our School

Colleen Werner, Principal
EC Administrator

Jeanne Jackson, Leadership Intern

3101 S. Fourth Avenue
Sioux Falls SD, 57105
(605) 367-6170
(605) 367-6071 (fax)

Head Start:
(605) 367-4541
(605) 367-8366 (fax)

Hours: 8:00AM - 2:45PM

Fall K-5 Enrollment: 399
Fall Early Childhood Enrollment: 60



- 1/ Note from Principal
2. Supt. Pam Homan
Staff changes
3. Jump for Heart
4. Police: Street Crossing
5. Rewards Program
6. Snow cancellations
7. Holiday Shopping
8. Halloween parties
9. Artsonia award
Word search
10. Healthier schools
Lunchroom lessons



District “Fights” Bullying with Prevention Program

By Dr. Pamela J. Homan, Superintendent



On the playground. At city parks. In the backyard of the kid next door. Wherever children gather, so too do bullies. They've been there since the beginning of time. But never before have schools taken such a strong stand against the damaging physical and emotional behavior that is today defined as “bullying.”

I'm proud to say the Sioux Falls School District is leading the way in our region in terms of bullying

prevention efforts. Despite funding challenges that forced painful cuts last spring, the School Board held firm on its commitment to implement the Olweus Bullying Prevention Program in grades K-8 this fall. Implementation at the high schools will happen in subsequent years.

This fall, teachers and administrators in every elementary and middle school are undergoing intense training with an ultimate goal of reducing the number of bullying incidents reported in their schools.

Students in all elementary and middle school buildings have completed a pre-test survey to determine in what ways they have been bullied or witnessed bullying in the past. Teachers then utilize classroom meetings and PRO-Time to further inform students of the proactive role they can play in stopping bullying behavior. A post-test later in the year will help the District determine what impact prevention efforts are making.

This is not to say that the implementation of the Olweus Program is the District's first attempt at eradicating

bullying behaviors. Through the District's Progressive Discipline Policy, we have always taken a no-tolerance approach to name-calling, physical harm, threats, avoidance and any other form of bullying. We will continue to do so. What the Olweus Program gives students and teachers is a common language that will empower witnesses of bullying to seek help from a trusted adult who is trained to resolve the situation. The Olweus Bullying Prevention Program is the result of decades of research by Dr. Dan Olweus, a professor of psychology from Norway who is often considered the “pioneer” in bullying research. The proven Olweus model requires the involvement of individuals, classrooms, the entire school, as well as parents and communities, if bullying is to be addressed successfully. I hope we can count on your support and ask you to partner with our teachers and administrators as the Sioux Falls Public Schools take a strong stand against bullying. Teaching students to celebrate themselves and respect the differences of others are lessons one can never out-grow – they are good for life.

STAFF CHANGES

Staff Changes:

Mrs. Davids, one of our third grade teachers resigned on Wednesday, November 9th. Her resignation was prompted by health issues. We will miss Mrs. Davids and wish her welling being and good health.

Mrs. Megan Porter has stepped in as our long-term substitute for the remainder of this quarter. She earned her education degree from the University of Sioux Falls. Mrs. Porter served as a long term substitute in a third grade at Lowell Elementary last year and has subbed through out the district. We welcome her to Robert Frost and thank her for taking on the challenge of stepping in to a classroom on short notice.

We will be hiring a teacher to fill this third grade position the second half of the year. As always, a committee will be formed and a field of candidates will be interviewed for the position.

We will be getting a .5 resource teacher for the second semester. Between now and the end of this semester we will be securing a long term sub.

We have a new lunch EA Jill Hanson starting on Monday, November 28. Welcome Jill!



Let us give thanks



Robert Frost Jump Rope Challenge -SUCCESS



On October 5th, Robert Frost Elementary in Sioux Falls, SD hosted Mark Rosthstein's World of Rope Jumping assembly for all students. He spent the morning with an all school assembly and then spent time with each grade individually.

The students were awed by his talent in jump roping as well as his positive message of eating healthy and being active for 60 minutes a day. He strongly promoted the Fuel Up to Play 60 program. He also encouraged good manners, perseverance and kindness. The assembly concluded with a presentation on the Jump Rope for Heart program through the American Heart Association.

The following 10 days included a challenge of each student to commit to 60 minutes of activity with an emphasis on jump roping every day. This could be easily accomplished between recess time and gym class. Students were also encouraged to take part in collecting pledges for the Jump Rope for Heart program. Each day, an educational aspect of heart health, which included eating and activity guidelines, was given to each student during their morning announcements.



Thank you to all of the contributors for the Wake Up to Wellness:

Teddi Mueller
Tiffany Reilly
Nicole Mindt
Lisa Herr
Bagel Boy
Shelly Haan
Nelson Jackie Florey

Julie Rames
Alicia Collura
Mark Phillips
Chad Wolf
Carolyn Meyeraan
Harriet Monson
Pam Strain

Amy Horsted
Ande Carlson
Cynthia Mickelson
Heidi Dooley
Nicole Osmundson
Stacy Wolf

Melissa

Robert Frost Wellness Council



Police instruct on street crossing

Early Childhood Students at Robert Frost had **Police Officer Draeger** and his special car Buddy come and visit. He introduced a proper way to cross the street; looking for cars, he discussed what police officers do, and explained all of the gear that he uses each day. We have also been able to take a field trip to Fire Station #3 to learn about Fire Safety and the duties of the fire fighters in Sioux Falls. We had a wonderful sunny day at the Great Plains Zoo seeing all of the animals and having a picnic lunch

Early Childhood Teachers:

*Dee Crichton
Sonja Watembach
Sara Meekhof*



Robert Frost Technology Tree

NAME OF DONOR: _____

STUDENT(S): _____

GRADE(S): _____

ENCLOSED IS MY DONATION OF \$ _____ FOR THE ROBERT FROST TECHNOLOGY TREE.

PLEASE MAKE CHECKS PAYABLE TO ROBERT FROST PTO. PLEASE RETURN YOUR CHECK WITH THIS FORM.

BYTE INTO TECHNOLOGY



Join RF Rewards Program

Robert Frost PTO Rewards Programs

Your trash is our **treasure** !!!!

LAND O LAKES—WWW.SAVEFIVEFORSCHOOLS.COM

?ROBERT FROST EARNS 5¢ FOR EVERY CAP!

SAVE CAPS FROM LOL MILK, CHOCOLATE MILK AND ORANGE JUICE. BRING CAPS TO SCHOOL **LABELLED W/ NAME & CLASSROOM #**

BOX TOPS 4 EDUCATION—WWW.BTFE.COM

?ROBERT FROST EARNS 10¢ FOR EVERY BOX TOP!

FOUND ON MANY HOUSEHOLD ITEMS & FOOD (SEE WEBSITE FOR PRODUCT LIST) **BRING BOXTOPS TO SCHOOL LABELLED W/ NAME & CLASSROOM #**



COKE REWARDS—WWW.MYCOKEREWARDS.COM

?ROBERT FROST EARNS 3-25 POINTS FROM THE BOT-TLE CAPS AND CARDBOARD PORTION OFF YOUR FAVORITE COCA-COLA PRODUCTS. ROBERT FROST USES THE POINTS TO PURCHASE SUP-PLIES FOR SCHOOL

CAMPBELL'S LABELS—WWW.LABELSFOR EDUCATION.COM

?CLIP & SAVE UPCs AND BEVERAGE CAPS FROM PARTICIPATING PRODUCTS. EXAMPLES ARE: CAMPBELL'S SOUP, PROGRESSO, PREGO, V8, SPAGHETTIOS AND GOLDFISH CRACKERS **LABEL WITH YOUR CHILD'S CLASSROOM NUMBER**

BEST BUY REWARDS—WWW.MYREWARDZONE.COM

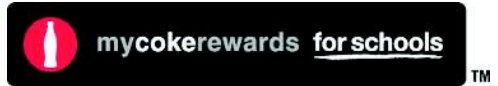
?AT CHECKOUT, CASHIER SCANS A BARCODE AND THE POINTS FROM YOUR SALE ARE DONATED TO **ROBERT FROST!** WE USE THE POINTS TO PURCHASE ITEMS FOR SCHOOL

TARGET—WWW.TARGET.COM/TCOE

IF YOU ARE A TARGET REDCARD HOLDER YOU CAN DESIGNATE ROBERT FROST AS YOUR SCHOOL TO SUPPORT AND UP TO 1% OF YOUR SALES ARE DONATED TO **ROBERT FROST.**

Thank you for supporting our school!

QUESTIONS? CONTACT:
TRACEE BECK 330-0286,
SHELLY HAAN, 376-4396,
MALI TELLER 271-3593



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ARTS • ATHLETICS • ACADEMICS



Season of Fall



School Related **Cancellations and Postponements**

It is important to be prepared for the winter storms and extreme cold that every South Dakota winter brings. Please read the following information so you are aware of the procedures for school related cancellations and postponements.

We rely on experts from the weather service and city/county officials when we make decisions on school cancellations, late starts or early dismissals.

Cancelling School/Late Start

When a severe storm hits the area, or is forecast, we start contacting local officials as early as 3:00 a.m. We communicate with our Operational Services Department, the Weather Bureau, the City Street Department, Sioux Falls Transit, and our transportation contractors. It is our goal to decide whether or not to cancel school by 5 a.m. to allow time for parking lots and sidewalks to be cleared, food services to prepare meals and the bus company to begin operations. In the event that school needs to be cancelled or delayed, families will be alerted via an **Alert Now phone call**. These calls will generally be sent between the hours of 6 a.m. and 6:30 a.m. to accommodate families whose children are picked up by busses at 6:45 a.m. Announcements are also made on KLRN-TV (Cable Channel 20) and over the local radio and television stations.

Because the public schools have a limited rural area, it is often possible for Sioux Falls to have school when nearby towns may not.

Early Dismissal

Storms occasionally move in during the day, making it necessary to assess whether or not to dismiss school early. We choose early dismissal only under the most extreme circumstances. In most cases, it is safer for students to remain at school due to the need for transportation and proper supervision. In the rare instances when schools are dismissed early, families will receive a **Connect Ed phone call** and the information will appear on the District's website at www.sf.k12.sd.us. Announcements are also made on KLRN-TV and over the local radio and television stations.

Notifications refer to dismissal "one hour early" or "two hours early" because of the number of different building schedules. In addition to noting the early dismissal, announcements about evening activities are normally included.

It is very important that every **family has a plan for early dismissal**. Be sure your student knows where to go in case no one is at home. Talk to your student about his/her safety during winter weather emergencies.

Be safe this winter

The school system offers these suggestions concerning cold weather and emergency situations:

1. Listen for an **Alert Now phone call** regarding school closings, late starts, or early dismissals. Check the District's website at www.sf.k12.sd.us for updated information. Announcements will also be made on KLRN-TV and local radio and television stations. (Please avoid calling schools or the Instructional Planning Center. Phone lines are needed for emergency communications.)
2. Make sure students are **properly dressed** for predicted weather conditions so they are prepared for walking or waiting for a bus in the cold or for being delayed on a bus in a weather-related situation.
3. Students should not **arrive at school** until the scheduled time for outdoor staff supervision or the breakfast program begins.
4. Have a **plan of action** as to where your student will go if school is dismissed early.
5. School officials will use their best judgment about school closings, late starts, or early dismissals, but please remember that a **parent has the right** to keep children home or to pick them up from school early if they feel weather conditions require this action.

....It is important for every family to have a plan

Holiday Shopping – Support Robert Frost

As the holiday shopping season kicks into gear we want to tell you about ways you can support Robert Frost as you shop!

1. **eBoxTops**, like physical Box Tops, are worth 10¢ each for our school. However, instead of clipping these Box Tops and sending them to school, eBoxTops are awarded electronically to our school earnings at btf.com and will be included in our school's next Box Tops check amount. You can earn eBoxTops by shopping through the Box Tops Marketplace or the Box Tops Reading Room. You will first need to log in to www.btf.com. Choose your retailer and shop to your heart's content!! Each participating retailer at the Marketplace and the Reading Room has agreed to donate a certain number of eBoxTops for every qualifying \$10 purchase a Box Tops member makes through btf.com. **In order for Robert Frost to receive the eBoxTop credit you must log in to btf.com prior to shopping. Consider making it your homepage so you remember!! **

2. If you are a Target **REDcard** holder, be sure to use your **REDcard** when shopping at Target. A percentage of your sale is donated to Robert Frost. This past September we received \$615.63 from this program! www.target.com/tcoe

3. When you find yourself at **Best Buy** this season,

consider donating the **Reward Zone** points from your sale to Robert Frost. Simply give the cashier the school's phone number, **367-6170**. Robert Frost receives a \$5 reward certificate for every \$250 spent. This year with the help of Reward Zone certificates, we were able to purchase 5 wireless keyboards and mice combos for our teachers to use with their Smartboards. **In order for Robert Frost to receive credit, you must give them the school's phone number**

Find additional hints and updates throughout the year on our Facebook page "Robert Frost Elementary PTO" or at www.robertfrostpto.com

Thank you for supporting Robert Frost and its students!

Robert Frost Rewards Committee



Kindergarten Lunch is from 11:20-11:45

First Grade lunch is from 11:50-11:15

Second Grade lunch is from 12:20-12:45

Third Grade lunch is from 11:25-11:50

Fourth Grade lunch is from 11:55-12:20

Fifth Grade lunch is from 12:25-12:50

Best Buy
Target
REDcard
holder

Princess Ball

For Fathers & Daughters
\$19 per Princess/Dad



Dads, create a special memory with your daughter! Dress-up for a fun evening together learning simple dance steps and then taking them to the dance floor. Grandfathers, uncles, adult brothers and godfathers are also welcome to bring their favorite princess. Light refreshments.

Class Options:

PC107A 1Sa 11/5 7:00 – 8:30pm

PC107B 1Sa 11/12 7:00 – 8:30pm

Contact Community Education to Register:

www.sf.k12.sd.us

Call 605.367.7999



BOO!

It was a *Happy* **HAPPY** Halloween



ARTSONIA

Meagan Rhodes receives Leadership Award

Dear Principal,

On behalf of ARTSONIA, it is my honor to comment you and your school community for demonstrating an outstanding commitment to Arts Education in the 2010-2011 school year. I am pleased to extend sincere congratulations to your art teacher, **Megan Rhodes**, who has been selected to receive Artsonia's annual LEADERSHIP AWARD, an honor extended to teachers from only ten schools per state across the United States.



The Artsonia Leadership Award honors teachers who go beyond the classroom walls to encourage family and community involvement in Arts Education. The award also recognizes significant achievement in the area of technology integration within the school arts program. Participation in a program such as Artsonia clearly shows a teacher's initiative and dedication to not only the field of arts education, but to cultivating family involvement and enhancing the learning experience of the students as well.

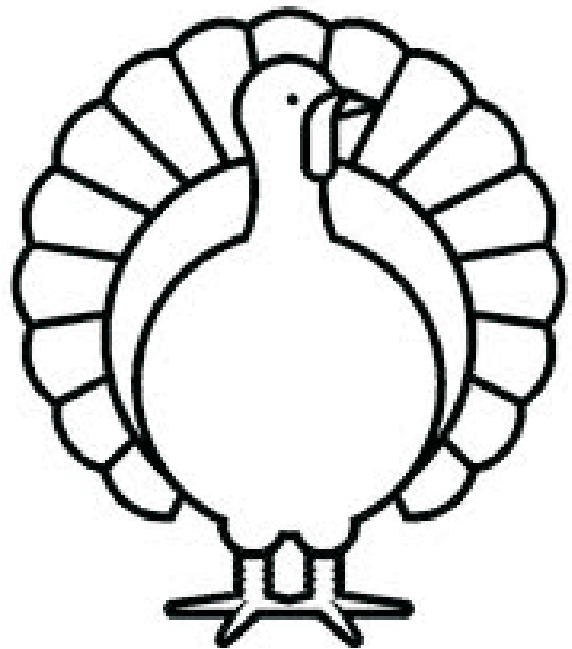
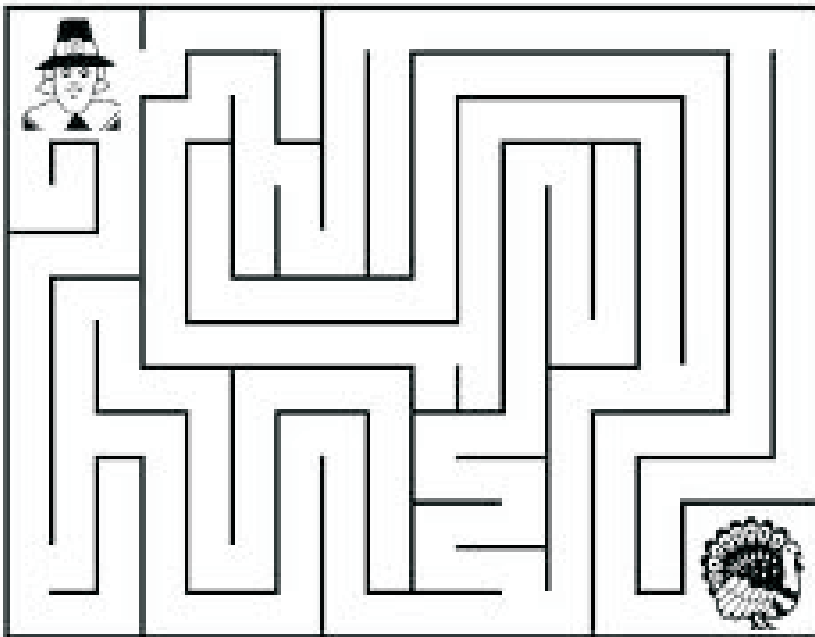
Artsonia showcases over twelve million pieces of artwork from thousands of school, but thanks to Meagan's efforts, your school's online art gallery ranks #3 IN THE STATE. These results are based on the number of artwork published in the gallery, as well as the teacher's ability to cultivate a community of fan club members who actively support your students and their creativity. Below you will see the actual results for Robert Frost Elementary School's online gallery in 2010-2011.

- Total artwork published: 2,236
- Active Fan Club Members: 304
- Comments left for the Artists: 283
- Artist statements about their artwork: 61

Included in this mailing is a certificate for Meagan, recognizing these accomplishments and honoring Meagan as one of Artsonia's outstanding leaders in the areas of Family & Community Involvement and Technology Integration in the Arts. I congratulate you for recognizing the talents of Meagan Rhodes as an education and as always, thank you for your continued support of Artonia at Robert Frst Elementary School.

Sincerely,

Jim Meyers, CEO, Artsonia



Help the Pilgrim find the turkey

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free for non-profit use

Color the turkey

LUNCHTIME LESSONS

By Dr. Pam Homan, Superintendent

When is the last time you ate school breakfast or lunch with your child? If it's been a few years, consider this your personal invitation to try it again.

School food has been a perennial target among students, parents and the media. Perhaps those complaints were warranted in the past, but did you know that all food served in school cafeterias today must meet high health standards set by the federal government? The U.S. Department of Agriculture sets strict guidelines as to the fat, protein and sugar content of each meal served as part of the National School Lunch Program.

The Child Nutrition Staff of the Sioux Falls School District takes those guidelines seriously. So seriously, in fact, that the USDA has recognized our commitment and awarded the elementary schools in the District the "HealthierUS School Challenge Bronze Award." This award was established in 2004 and is given to districts that have created healthier school environments through promotion of nutrition and physical activity.

The award means that representatives from the USDA will visit our District soon to congratulate all 24 of our elementary schools for improved menu choices. Only two other schools in South Dakota have received this recognition. Child Nutrition Supervisor Joni Davis has been invited to the White House to meet with First Lady Michelle Obama to discuss the important role schools play in raising healthier children.

Because we believe in satisfying our customers — our students — the food service staff goes above and beyond to

accommodate their wishes. They hold focus groups to ask students what they'd like to see on the menu and even allow them to taste-test products they are considering before placing them on the menu. It is your child's classmates who are ultimately choosing what is served in the lunch line each day.

While the federal guidelines won't allow us to serve the deep-fat fried foods kids have grown to love, the positive change is that we are helping our students learn to love the healthier options like fresh fruits and vegetables.

We are committed to winning the battle and reducing childhood obesity. In fact, data from the SD Departments of Health and Education prove we are moving in the right direction. In 2008-09, 16.5% of Minnehaha County students were overweight and 15.5% were obese for a combined total of 32% of students overweight/obese. Data from 2010-11 shows 14.7% students in Minnehaha County are overweight and 13.2% are obese for a total of 27.9% of students overweight/obese. There is still work to do, but we are making a difference.

Our schools value the partnership we share with parents and guardians in educating your child and we ask for your support. Encourage your child to eat the healthy breakfast or lunch provided in the school cafeteria. Better yet, set an example and join them for a healthy meal!



The HealthierUS School Challenge (HUSCC) is a voluntary initiative established in 2004 to recognize those schools participating in the National School Lunch Program that have created healthier school environments through promotion of nutrition and physical activity.

Healthier School Challenge

Greetings Sioux Falls School District,

On behalf of the Mountain Plains Regional Office of the USDA-Food and Nutrition Service, I am so pleased to be able to share in your accomplishments of having your schools recognized as **Bronze HealthierUS Award Winning Schools**.

Although I could not join you today to personally celebrate your awards, I want to send my congratulations for these prestigious and important achievements. Each of your schools receiving a HealthierUS School Challenge Award means that they have gone above and beyond to create a school environment that promotes choosing a healthy lifestyle. The HealthierUS School Challenge is a key component of the First Lady's Let's Move campaign, and now your schools join the Country's finest school leaders in promoting childhood health and wellness.

Way to go All-City at Jane Addams Elementary School, Laura B Anderson Elementary, Cleveland Elementary, Discovery Elementary, Harvey Dunn Elementary, Eugene Fields Elementary, **Robert Frost Elementary**, Garfield Elementary, John Harris Elementary, Hawthorne Elementary, Hayward Elementary, Oscar Howe Elementary, Jefferson Elementary, John F Kennedy Elementary, Longfellow Elementary, Lowell Math, Science, Technology Elementary School, Horace Mann Elementary, Rosa Parks Global Studies Elementary, RF Pettigrew Elementary, Terry Redlin Elementary, Renberg Elementary, Anne Sullivan Elementary, Mark Twain Elementary, and Laura Wilder Elementary!

Your cafeteria professionals prepare meals that offer more fruits and vegetables, whole grains, and low-fat milk. Your teachers inspire students to understand the connection between healthy meals and healthy bodies. Also, the curriculum provides ample opportunity for physical activity. And, we know that good nutrition and physical activity help students learn, so thank you HealthierUS School Challenge Award winners at Sioux Falls School District for investing in our students and our future! Best wishes from USDA on your continued commitment to school excellence in promoting health and nutrition for all school students.

Remember ---"Eat Smart. Play Hard."!

DARLENE L. BARNES

Regional Administrator

USDA, Food and Nutrition Service