



Sierra Enterprise

Elementary School Newsletter

Soaring Like Eagles.....Towards Success

Jason Campbell,
Principal

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Principal's Message

Giving Thanks!

I personally want to thank you for your support in helping to make Sierra Enterprise a great learning environment for all children. The time you spend working with your children is making an impact.

As we complete the first grading trimester, I would like for you to give me some input or ideas. Your input is always appreciated and can provide us with insight and strategies to continue doing great things or improve certain areas. Just like a report card, we at Sierra want for you to grade us on our ability to work with your child. We can only improve with the appropriate feedback.

Take the time this month to work with your child and your child's teacher on helping your child succeed. Make the connection by attending your child's parent conference.

"Alone we can do so little; together we can do so much."

Helen Keller

Please return the attached Sierra Report Card sheet to your child's teacher

Mr. Jason Campbell

Cartridges For Kids

Our school is still collecting used/dried up printer cartridges through a program called **Cartridges For Kids**. Please bring these cartridges (the small, ink jet ones) to school and we will get them recycled and earn more money for our school.

Calendar of Events

Nov. 2-13 Parent Conferences - Minimum days

Nov. 11 Veteran's Day - No School

Nov. 20 Student of the Month Awards-
8:30 AM Primary, 9:15 AM Intermediate

Nov. 25-27 Thanksgiving Break

Phone Interruptions



Do you ever forget to let your child know that they need to catch the bus or ride home with their grandparents? If you are that parent, please refrain from calling the school with this information. These calls interrupt instruction and cause for the teacher and your child lose out on quality time learning in class. In the future, please be proactive and let your children know the plans for the day. This will help your child and the rest of the class benefit from instruction without interruption.



S.H.A.R.E.S.

S.H.A.R.E.S. is an acronym for Supporting Humanities, Arts, Recreation, Education & Sports in our community. The S.H.A.R.E.S. card program is an easy and efficient way for us to fund-raise.

You can use a **S.H.A.R.E.S.** card when purchasing groceries at Save Mart or FoodMaxx. Ask your child's teacher for a card.

The school will then receive the benefits of a quarterly check for 3% of the qualified purchases. It's that easy!

Ask Anne & Lisa

The *Ask Anne & Lisa* column featuring district dietitians Anne Gaffney, R.D. & Lisa Vorce, R.D., appears in EGUSD school newsletters and is designed to help families build healthy lifestyles. You can email questions to Anne & Lisa at Communication@egusd.net.

Dear Anne & Lisa,

I was just wondering if diet sodas are okay to drink since they don't contain calories, carbs, or fat? Also, I heard somewhere that caffeine free soda's can be counted towards your daily water consumption. Is this true? Anyway, any help would be appreciated!

Sincerely,
Soda Lover

Dear Soda Lover,

Diet sodas don't contain any sugar, so they are a better choice than regular sodas. However, just like regular sodas, diet sodas replace more healthful beverages such as water and 1% or fat-free milk. Also, both types of sodas often contain caffeine and artificial ingredients. Since all sodas replace beverages that provide nutrients that our bodies need and contain artificial ingredients that our bodies don't need, neither type of soda is considered a healthy beverage.

While caffeine-free beverages can count towards the amount of water that your body needs daily, I wouldn't recommend having soda of any type daily. Soda should be considered as a seldom or occasional beverage, not an everyday beverage.

Thanks for asking,
Anne & Lisa



eScrip

Our school is participating in the eScrip program. This program allows us to raise a great deal of money for our school. Stores/merchants **donate** a portion of your purchases to our school. All you have to do is go online and register.

To help us out, just go to their website: <http://www.escrip.com> and click on "Sign Up." Then enter our **Group ID (6630481)**. Follow the steps to complete your registration and you're done.

Homework Help!

Every evening, millions of families struggle with homework issues. Here are a couple of tips to help with the "homework blues".

- **Look**- Look at the material your child brings home each day. Discuss any notes from the teacher or school. Ask your child if she/he knows how to do the work and offer help getting started if they are not sure. Look at corrected homework, too, and ask your child if he/she understands the corrections. If not, take time to both explain and practice the concept.
- **Listen**- Show your child that his/her school life is of interest to you. Ask about what happened at school each day, and really listen to the answer.
- **Learn**- Have your child teach the lesson to you. Children love to **SHOW WHAT THEY KNOW**
 - Discuss with your child and reach agreement as to an appropriate time of day and place for homework. When a particular time and location is associated with studying, it's easier to get started and to concentrate
- **Praise**- Display and encourage positive attitudes toward homework.(Kids are more likely to do it if it brings pleasant experiences.) Show pride in your child's work by displaying it prominently in your home-on a family bulletin board or homework wall.

