



# Elementary News

*Almighty God,  
you bless us every day with the  
signs and wonders of your crea-  
tion. We thank you for the fresh  
air, trees, stars, and planets, as  
well as all of the animals and  
creatures that live on land and in  
the sea. We are grateful that you  
have entrusted us with care of your  
environment. Amen.*

Our annual Book Fair is October 30—November 2. The Book Fair will be open before and after school, various hours during the school day, and on Thursday evening until 6:30 p.m. Thanks for your support of this project that helps fund the elementary library!

We're still waiting for confirmation of a delivery date for the fundraiser, but it looks like it will be Thursday, Nov. 16th. As soon as the date is confirmed I will send out an email. The delivery truck will be here at approximately 1:30, with pick up scheduled between 3 –5:30. We could use some help unloading the truck, and then organizing the product for pick up in the elementary gym. Please contact the school office if you are available to help!

The students in Grades 1-5 will be taking the Iowa Assessments (formerly ITBS) beginning the week of November 6th. It is always important that the students are well rested for school, but it is especially so when we are doing testing. Please make sure that your child gets adequate sleep that week and the next so that he/she is alert and able to do his/her best on the assessments.

November, 2017

St. Albert Elementary

400 Gleason Ave.  
Co. Bluffs, IA 51503  
323-3703

Black/Orange/  
Halloween play  
clothes day on Tues-  
day, October 31st.  
Last day to wear  
shorts is Oct. 31st.

IA Assessments for  
Gr. 1-5 begin Nov. 6

Gr. 3 Music Program  
honoring Veterans,  
Mon, Nov. 6th 2:00

Picture Re-takes &  
Tues./Thurs PreK  
pictures Nov. 9th

No School on Wed.,  
Thurs., and Fri., No-  
vember 22-24 for  
Thanksgiving break!

Have a blessed  
Thanksgiving!

## Mission Statement

**Saint Albert Catholic School, in partnership with our local parishes, will inspire our students to fulfill their spiritual, academic, moral, and physical potential by following the teachings of the Catholic Church.**

Thank you to everyone who participated in our Fall Fundraiser this year, either by selling products or giving a donation directly to the school. We do not have final totals yet, so we're not sure if we sold enough to have the Master Illusionist show. We will announce the Grand Total as soon as we have it.

Thank you, thank you, thank you for your support!!!!

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The rosary is prayed each Friday morning that we have mass in the Elementary Chapel starting at 8:15 before the school mass at 8:45. We offer the rosary for the needs of the St. Albert School community. Come join us! Rosaries and prayer cards are provided. This month the following classes will be praying the rosary: November 10th, Mrs. Marshall, Grade 5.

This month we will have three special PK-12 All School Masses in the High School Gym. The first is on All Saints Day, Wednesday, November 1st. The second celebrates the Feast of St. Albert the Great, our Patron Saint, on Wednesday, November 15th. The last PK-12 Mass this month is our Thanksgiving Mass and that will be held on Tuesday, November 21st. All masses will start at 9:30. Please join us for mass whenever you are able.

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#### P.E. News!

Things are going well in the P.E. world. All of the grade levels have been learning how to hit volleyballs, or for the younger ones, beach balls. Students in grades 2-5 are playing in a volleyball tournament. It has been exciting to see their progress and there have been some close games. For each game, one player was chosen as the MVP, and one player was chosen who exhibited great sportsmanship.

Mr. Schaeffer has been concentrating on sportsmanship at all grade levels, and before each game, the students recite the Sportsmanship Code. The next unit for the students will deal with Frisbees.

#### Music News!

The 3rd grade students are preparing a Veterans Day program on Monday, November 6th at 2:00 in the elementary school gym. All of the elementary students K-5 are preparing for a Christmas concert on Sunday, December 10th @ 4:00 in the High School gym. The theme of the concert is The Polar Express and students and their families are encouraged to wear pajamas to the concert. The pajamas must be school appropriate.

# Counseling Corner

## Second Step

The topics to be covered in November are:

- Preschool: Identifying feelings; more feelings; identifying anger; same or different feelings.
- Kindergarten: More feelings; identifying anger; same vs. different; accidents.
- First grade: Relaxation strategies; feelings change; accidents.
- Second grade: Relaxation strategies; respecting different preferences; showing compassion; predicting feelings.
- Third grade: Conflicting feelings; relaxation strategies; accepting differences; showing compassion.
- Fourth grade: Showing compassion; relaxation strategies; intro to emotion management; managing strong feelings.
- Fifth grade: Responding with compassion; relaxation strategies; intro to emotion management; calming down.

The Second Step program includes a series of Home Links to help parents reinforce the skills their students are learning. Students will bring home those links throughout the year. Students in pre-school through third grade are not responsible for returning completed Home Link papers to school. Fourth- and fifth-grade students may return their completed and signed Home Links for an incentive that has been discussed in class.

### Requests:

Tangle or Tangle Jr. fidget toys  
Paper trimmer  
Yoga mat cleaner spray

## Faculty Wellness Challenge

Thirty-eight elementary staff members participated in the challenge for September. Thank you to the following businesses and groups for their contributions of incentive prizes to the Faculty Wellness Challenge: Falcon Family Connection; and Eat, Fit, Go.

If you are interested in contributing an incentive prize toward the Faculty Wellness Challenge, please contact Miss Baldwin at [baldwina@saintalbertschools.org](mailto:baldwina@saintalbertschools.org), or by calling her at school (712-323-3703 ext 122).

## Enrichment materials

### Requests:

We would like to add the following games and materials to our enrichment supply closet: Set, Quiddler, Dixit, Apples to Apples Junior, Anomia, Blokus, Sequence, magnetic poetry kits, Settlers of Catan.

## Thank You!!!

Thank you from Mrs. Lynch, our school nurse, to the Till family for the Clorox Wipes.

Mrs. O'Neil would like to thank the Paulsen family for the water jugs, the Reineke family for the new magazines, and the McGrath family for the pumpkins. She would also like to thank Mrs. Bragg for the easels for the art room.

Thank you from Mrs. Johnson to Velda Ring and Emmett Reikofski for the classroom donations.

Ms. Baldwin would like to thank Mary Ann Bragg for the yoga supplies for the Counseling Center.

Thank you from Ms. H. to Nicholas Moses, Braden Stout, & Rian Bentzinger for the classroom donations. Thanks to Ellianna for the books for the classroom library. She would also like to thank Zeta, Ellianna, and Caroline's families for fun "Read-n-Feeds" this month!

Mrs. McColloch would like to thank those families who have donated classroom supplies.

Thank you from Mrs. Rallis to Mrs. Ryan, Mrs. Thompson, Dr. Jones, and Mrs. Simms for reading to her first grade class and bringing a treat for Read and Feed. A special thank you to Jacquie Rallis (aka Grandma Jacquie) for helping out in Mrs. Rallis' classroom.

Mrs. Epperson would like to thank Steve & JoAnn Epperson for the donation of the book baskets for the classroom library, and Joslyn Boswell for the painter's tape. She would also like to thank the families of Gigi Nick, Cael Yrkoski, and Connor King for all of their help cutting things out for the classroom!

Ms. Straka would like to thank the Hoys, Rita Hughes, Sarah Juarez, and the McAlpine family for the treats shared with the office and ele-

mentary staff. Thank you to the Shomshor family for the mini pumpkins!

Ms. Schnitker would like to thank the Zuehlke and Juarez families for the donation of books for the library. She'd also like to thank Kinley Banks for the donation of books. Thank you to Colby Lee, Emma Wiginton, Aaron Lewis, and Kirsten Piskorski for helping in the library.

Thank you from Ms. Ball to the Bentzinger, and McAlpine families for the donations to the classroom. Thank you to Mary Ann Bragg and Lori Upah for their donations to the classroom. Thank you to Karen Jares for reading with the first graders. And thank you to the McClelland, Paulsen, and McGrath families for coming to Read & Feed.

Mrs. Overstreet would like to thank the following families for their classroom donations: Ryan, Watkins, Epperson, and Christensen.

Ms. DeRocher would like to thank the Gaul, Stuhr, and Grudle families for the classroom donations.

Thank you to all of the families who sent in yummy snacks for the teachers/staff to munch on during conferences. They were very appreciated!

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Reminders: Picture Re-takes and the Tuesday/Thursday 3 year old PreK pictures will be taken on Thursday, November 9th.

The last day for the students to wear shorts will be Tuesday, October 31st. They can wear shorts again beginning April 1st, weather permitting.

## Thank You!!! (continued)

Thank you to the following Falcon Family Connection volunteers who have agreed to leadership roles in several different projects that bring in money for the school, or help with classroom needs:

Mrs. Lucy Burgan and her Altrusa Club will be coordinating the Box Tops for our school again this year;

Thank you to Laura Lillie who is organizing our Room Parent Program once again;

Thank you to Jenny Estell who has agreed to line up our restaurant nights again. Please watch for more information to come.

Thank you to Mary Pierson (and Larry) who continues to clean, mend, and keep our used uniform closet up to date;

Thank you to Tara Sommerville for her help coordinating the Fall Fundraiser and pick up.

And thank you to our FFC officers—Lisa Rosloniec, Nicole Juranek, and Mary Pierson for all of their help!

The next Falcon Family Connection meeting will be held on Tuesday, November 14th at 4:00 in the elementary library. Everyone who has children in either the daycare or the elementary school is automatically a member of the Falcon Family Connection. Please join us at our meeting as we discuss upcoming events.

## Classroom Activities

The 3 year old preschoolers have been learning about their 5 senses through their witch's brew activities. They continue to learn their colors and Nursery Rhymes. The students created the secondary colors from primary ones, and did some spooky science activities, too. The STEAM room has had a Halloween theme. The students learned about density, weight, pulley systems, dissolving sounds, and bones. Mrs. O'Neil hopes that you will enjoy your Halloween Parent Day!

In language arts the PreK 4 students have worked on the letters, D, E, & F. They have also begun to work on recognizing words that rhyme. A special story time is enjoyed by the PreK students once a month with Mrs. Anderson from the Council Bluffs Public Library. In math, the students are focusing on number concepts such as counting concrete objects by ones up to 10 and matching numbers to sets of up to 10 objects. Special guests talked to the PreK students about fire safety and stranger danger. Religion lessons have taught the students that they are all special to Jesus and that God made the world.

Kindergarten students have been working on identifying story elements and action verbs. They have explored nature's changes in the fall and they went for a walk to Graham Park to experience it all first hand. They also did a pumpkin investigation to extend their learning of the five senses.

In math, the first graders have been exploring plain shapes and solid shapes. They also learned about a lot of different careers in social studies and even chose a career that they might like to have when they grow up. The first graders also learned about the Rosary in religion class. They explored living and non-living things in science.

The 2nd grade students have been working on number sense and place value in math. They will be assessed on those skills and then move on to graphing. In social studies they have been creating simple maps that include map keys and using a compass rose.

In writing, the third graders have been learning and using the writing process to draft letters to authors. The students have continued learning the Ten Commandments in religion; they now know over half of the commandments and how to relate them to their own life. In social studies, the students are beginning a unit on map skills. In science they are finishing up their planet unit. Each third grader made a model of a planet. They turned out great and are on display in the halls for anyone to come see!

In religion, the fourth graders are finishing their study of the Rosary and will begin looking at the Liturgical Seasons. In social studies the students are exploring the northeastern states. In math they are learning about the properties of addition and subtraction.

## Classroom Activities continued

Mrs. Farris says that her students in 2nd—4th grade have been learning sight words, vowel sounds, and have been reading stories to practice those skills. Others have been reading about hibernation and body systems. Math students have been learning addition and subtraction strategies.

To celebrate Hispanic Awareness month, all grades learned about this culture during art classes. The Indigenous cultures of Mexico, Belize, and South America, specifically the Mayan, Huichol, and Aztecs were explored, as well as artists from Spain, Mexico, and South America. The students also did a variety of art to celebrate the Day of the Dead. Please stop by and see awesome art on the bulletin board by the office.

We will need some supplies for next month. Second graders will need to bring in 3 or 4 leaves for class on Nov. 10th. Fifth grade will need 50 Chinet plates for an art project on November 6th. Fourth and Fifth graders will be doing a harvest mosaic and we will need dry beans, rice, lentils, oatmeal or grains. Please email Mrs. O'Neil at [oneilb@saintalbertschools.org](mailto:oneilb@saintalbertschools.org) if you can donate one or more of these items.

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### Our Wish List

Ms. Edler is requesting sanitizing/disinfecting spray, cleaning supplies, latex gloves, dry dust cloths, band aids and hand sanitizer.

Mr. Schaeffer is asking for plastic bowling pins, volleyballs, small playground balls, and Frisbees—plastic and/or foam.

Ms. H. would like band aids.

Mrs. Epperson would like 2" metal book rings.

Mrs. Behne is asking for colored pencils.

Ms. Ball would like extra crayons.

The elementary office needs gallon and quart sized Ziploc bags.

The third grade teachers are putting together a culture themed book challenge for their students. They want to purchase the specific books and begin the book challenge right after Thanksgiving. Mrs. Stevens and Ms. Assmann are asking for monetary donations to help them purchase and meet their goal of 35 books for this challenge. It will take approximately \$350 to get all of the books. Any donation will be gratefully accepted!

# November 2017

| Sun                                   | Mon  | Tue  | Wed   | Thu                                     | Fri  | Sat       |
|---------------------------------------|--|--|---|---|--|-----------|
|                                       | <i>Oct. 30</i><br>Elementary Book Fair all week                                    | <i>31</i><br>Orange/Black/Halloween play clothes day<br><br>Last Day to wear shorts  | <i>1</i><br>PreK-12 All Saints Day Mass<br>9:30 HS Gym<br><br>Dismissal @ 1:10<br>Faith Journey           | <i>2</i>                                | <i>3</i>   | <i>4</i>  |
| <i>5</i><br>Holy Family Church Dinner | <i>6</i><br>Iowa Assessments Gr. 1-5 begin   | <i>7</i>   | <i>8</i><br>Dismissal @ 1:10<br>Prof. Development for faculty   | <i>9</i><br>PreK 3 and picture re-takes | <i>10</i><br>Rosary @8:15<br>Elem. Chapel Mass @ 8:45<br>Elem. Gym | <i>11</i> |
| <i>12</i>                             | <i>13</i><br>Lions Club eye checks PreK-K<br><br>IA Assessments continue this week | <i>14</i><br>Lions Club eye checks<br><br>5th grade to Dodge House<br><br>Falcon Family Connection Meeting 4:00<br>Elem. Library | <i>15</i><br>St. Albert Feast Day<br>Mass PK-12<br>9:30 HS Gym<br><br>Dismissal @ 1:10;<br>PD for faculty | <i>16</i>                               | <i>17</i><br>End of 1st Trimester                                  | <i>18</i> |
| <i>19</i>                             | <i>20</i>  | <i>21</i><br>Thanksgiving Mass PK-12 @ 9:30 in HS Gym  | <i>22</i><br>No School Thanksgiving Break   | <i>23</i><br>Happy Thanksgiving!        | <i>24</i><br>No School Thanksgiving Break                          | <i>25</i> |
| <i>26</i>                             | <i>27</i>  | <i>28</i>  | <i>29</i><br>Men's Day<br>PreK;<br>Dismissal @ 1:10; PD for faculty                                       | <i>30</i>                               |  |           |



# NOVEMBER BREAKFAST MENU

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|--|---|---|--|
|   |  | 1.<br>Breakfast Burrito<br>w/ Sausage, Egg,<br>cheese & Salsa<br><br>Or<br>Cereal & Toast | 2.<br>Yogurt Parfait w/<br>Granola<br><br>Or<br>Cereal & Toast            | 3.<br>Cereal & English<br>Muffins or Bagel<br><br>Or<br>Cereal & Toast |
| 6.<br>Scrambled Eggs w/<br>Breakfast<br>Hash browns & Toast<br><br>Or<br>Cereal & Toast | 7.<br>Bagel Sandwich w/<br>Eggs, Bacon, &<br>Cheese<br><br>Or<br>Cereal & Toast  | 8.<br>Blueberry Muffins<br>& Yogurt<br><br>Or<br>Cereal & Toast                           | 9.<br>Hot Cream of Wheat<br>w/ English Muffin<br><br>Or<br>Cereal & Toast | 10.<br>Company French<br>Toast<br><br>Or<br>Cereal & Toast             |
| 13.<br>Jan's Pancakes<br><br>Or<br>Cereal & Toast                                       | 14.<br>Potato Sausage<br>Cheese w/ a Fried<br>Egg on Top<br>Or<br>Cereal & Toast | 15.<br>Oatmeal and<br>Cinnamon Toast<br><br>Or<br>Cereal & Toast                          | 16.<br>Egg Bake w/ Toast<br><br>Or<br>Cereal & Toast                      | 17.<br>French Toast<br>Texas Style<br><br>Or<br>Cereal & Toast         |
| 20.<br>French Toast Sticks<br><br>Or<br>Cereal & Toast                                  | 21.<br>Hot Cream of Wheat<br>w/ Bagel<br><br>Or<br>Cereal & Toast                | <b>Thanksgiving<br/>Break</b>   | <b>Thanksgiving<br/>Break</b>   | <b>Thanksgiving<br/>Break</b>  |
| 27.<br>Banana Bread &<br>Cereal<br><br>Or<br>Cereal & Toast                             | 28.<br>Oatmeal and<br>Cinnamon Toast<br><br>Or<br>Cereal & Toast                 | 29.<br>Jan's<br>Pancakes<br><br>Or<br>Cereal & Toast                                      | 30.<br>English Muffin<br>Breakfast<br>Sandwich<br>Or<br>Cereal & Toast    |  |

# NOVEMBER ELEMENTARY LUNCH MENU

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|---|--|---|--|
|  |   | 1.<br>Spaghetti/Meatballs<br>Caesar Salad<br>Bread Stick<br>Chocolate Cake   | 2.<br>Grilled Chicken Sand-<br>wich<br>Roasted Potatoes<br>Apple Salad<br>Fruit | 3.<br>Super Beef Nachos<br>w/ Hamburger<br>Mexican Corn<br>Refried Beans<br>Fruit          |
| 6.<br>Hamburger<br>Potato Wedges<br>Italian Pasta Salad<br>Fruit                         | 7.<br>Pulled Pork Sandwich<br>Cole Slaw<br>Corn on the Cob<br>Sun Chips<br>Fruit  | 8.<br>Chicken Strips<br>Cheesy Potatoes<br>Green Beans<br>Dinner Roll<br>Strawberry Short<br>Cake                    | 9.<br>Pork Tenderloin<br>Sweet Potato Fries<br>Glazed Carrots<br>Fruit          | 10.<br>Cheeseburger Mac<br>Peas<br>Dinner Roll<br>Fruit                                    |
| 13<br>Louisiana Chicken w/<br>Bowtie Pasta<br>Roasted Vegetables<br>Dinner Roll<br>Fruit | 14.<br>Hot Dogs w/ choice<br>Of Chili, cheese,<br>Onion, diced tomato,<br>relish or pickle<br>Lettuce Salad<br>Doritos<br>Fruit | 15.<br><b>Holiday Meal</b><br><b>Roasted Turkey with</b><br><b>all the trimmings</b><br><b>Including Pumpkin Pie</b> | 16.<br>Chicken Noodle Soup<br>Grill Cheese & Ham<br>Sandwich<br>Fruit           | 17.<br>Beef Stroganoff w/<br>Egg Noodles<br>Steamed Green<br>Beans<br>Bread Stick<br>Fruit |
| 20.<br>Cheese Calzone<br>Marinara Sauce<br>Steamed Broccoli<br>Mix Salad Greens<br>Fruit | 21.<br>Meatball Sandwiches<br>Mozzarella Cheese<br>Roasted Zucchini/<br>Squash/Red onion<br>Potato Wedges<br>Fruit              | 22.<br><br><b>Thanksgiving</b><br><b>Break</b>   | 23.<br><br><b>Thanksgiving</b><br><b>Break</b>                                  | 24.<br><br><b>Thanksgiving</b><br><b>Break</b>   |
| 27<br>Soft Shell Taco<br>Refried Beans<br>Fried Rice<br>Fruit                            | 28.<br>Sloppy Joe<br>Potato Salad<br>Bake Beans<br>Sun Chips<br>Fruit   | 29.<br>Chili<br>Cinnamon Rolls<br>Celery/Carrots<br>Sticks<br>Fruit  | 30.<br>Wings<br>Honey BBQ<br>Potato Wedges<br>Corn<br>Fruit                     |  |