

The SCOOP



SEGO LILY ELEMENTARY SCHOOL
 550 E 900 N
 Lehi, Utah 84043
 801-610-8717
 OFFICE HOURS: 7:30 am-4:00 pm

Important Dates

- Feb. 3-5:** Parent Teacher Conf.
- Feb. 3-5:** Book Fair
- Feb. 5-Mar. 12:** Mad Science Club
- Feb. 20:** Kindergarten Registration for 2015-16 School Year, 8:30-11:00 am & 12:30-3:00 pm

Principal's Message

By COURTNEY JOHNSON



When I was attending BYU earning my teaching degree, I worked as a clerk for my father's insulation company. One day, an elderly man, entered the store and asked about installing insulation in his attic. I shared with him how much money he would save by doing it himself and that if he followed a few simple steps, he could be successful. I was kind and respectful. He returned a couple days later after completing the installation and was very happy. I asked him what he did for a living and he replied that he was the personnel director for a local school district. At the time, teaching jobs were

scarce. However, because I treated him respectfully, he arranged for me to have an interview with his school district. A few days later, I was offered one of only eight teaching contracts that spring.

I share this story with you because you never know how being respectful may open doors of opportunities later. I truly believe your reputation precedes you. You never know who is watching and you never know when a person might be in the position to help you.

Developing a culture of respect was our focus this month in the Troll Patrol program. Helping students learn how to treat others respectfully, even if they are disrespectful to them, will serve them well in school and in life. Please see what students learned about being respectful this month on page 4.

Sego Lego Team Competes at UVU!



The Sego Lily FIRST LEGO League team wrapped up its pilot season. FIRST LEGO League is an international organization composed of elementary and middle school students. Each year, students receive a challenge that focuses on a different real-world topic related to the sciences.

On January 17, Sego Lily's team participated in an event at Utah Valley University with many other teams from Utah County. The teams presented research projects, worked in team building activities, learned about robotics and engineering career fields, and competed with their own robot that the team built and programmed to complete tasks in a robot game. The event was a lot of fun and was a great culmination activity for the whole season!

Troll Patrol VALUE OF THE MONTH

Be Respectful



Miss Siglin's Scientists & DonorsChoose.org



"Teacher!!! When is science??? When is SCIENCE?????? I've never been taught science before!!! When is SciEenCe???"

"In about 10 minutes!"

On a typical day, my students run into class ready for partner reading! They rush to the non-fiction area and vie for their favorite science books. I would love to provide more opportunities for hands-on learning in science. Through a DonorsChoose.org project, we plan to purchase more science materials.

My class is an active, imaginative class of 28 first graders who love to learn, especially about science! They get so excited as soon as the word 'science' is spoken! Through hands-on experiments, reading, and problem solving, students have fun while learning fundamental skills in perseverance, problem solving techniques, math, reading, working with others in small groups and whole group settings, learning to explain their ideas clearly, writing about their ideas and findings, and using their creativity. All of these skills will also support their emotional growth and learning in language arts, math, and social studies.

Through donations to this project, my students will be able to delve further into their love of science while supporting their emotional growth and academic growth in language arts, math, and social studies. Please visit, www.donorschoose.org/miss.siglin to help fund learning for our future scientists.

Smith's Earn & Learn Contributions



Thank you families and friends who are enrolled in the Smith's Earn & Learn program. We earned \$346.22 for our school last quarter. To enroll in Smith's Earn & Learn program, visit <https://www.smithsfoodanddrug.com/topic/earn-and-learn>.



School Website Links



Check it out!! Our school website has some amazing links to awesome resources.

Here is a list of some of the links you will find on our website <http://segolily.alpineschools.org/>:

- **Videos:** Multiplication, Be a Friend, Gem Master, Be a Problem Solver, I Can Do Hard Things, and Troll Patrol Introduction
- **Newsletter**
- **Forms**
- **Stakeholders Report,**
- **Meal Pay,**
- **TumbleBooks,**
- **Calendar,**
- **Lunch Menu,**
- **Schedules,**
- **Skyward,**
- **Lunch Schedules**
- **So much more!**

Eating Right When Money's Tight

Article by Kelsey Casselbury, *School Nutrition* magazine

This month's *School Nutrition* magazine article, *Eating Right When Money's Tight*, offers some very informative tips for helping children and adults to eat right without breaking the bank.



The Harvard School of Public Health announced that it takes \$1.50 more a day to choose a healthy diet that is rich in fruits, vegetables, fish, and nuts over one with processed foods and fatty meats. This can add up quickly, especially when your budget is stretched to the max. Experts repeatedly explain that it is worth the investment to eat healthy now to save on future health care bills. They claim that by making minor budget adjustments such as cutting your cable package or skipping your latte or soda, you can easily find funds to help you eat healthy. *School Nutrition* claims it can be done without skipping those luxuries. Rather, they suggest you plan your meals BEFORE you go to the supermarket and consider the following:

1. Shop your pantry.
2. Save your grocery stores' weekly ads.
3. Note sales on favorite items and buy at least one extra package.
4. Create a chart. Allow spaces for one week of meals and snacks and times eaten away from home.
5. Plan meals around supermarket sales and what's in your pantry.
6. Eat perishables first.

These are just a few ideas. With some crafty thinking and different recipes, this could turn out to be an equitable year, not only for your pocket book, but also for your health.

World eBooks

For the last few years World Book and the Alpine School District have formed a partnership providing your children access to World Book Online. These online reference sites have a complete line of digital products that fit all grade levels.

Below are some of the key eBook product features of our brand new eBooks:

- 24/7 unlimited simultaneous access on our user-friendly, web-based platform (great for computer lab use when studying a curriculum topic as a class. (Science Example: "Matter").
- Accessible for a wide range of grade levels.
- Interactive features including fun learning games for select titles and audio and video to enhance student understanding of the content.
- Notes, highlights, and bookmarks features can be utilized with any title.
- Free Downloadable iTunes App allows user to download eBooks in a personalized bookshelf.
- Supported on Tablets and Handheld Devices including iPad®, Google Nexus 7™, Samsung: Galaxy Note® 10.1; Galaxy Tab™ 2 10.1.



How to access World Book's eBooks:

From School & Home:
www.worldbookonline.com

ID: alpinedistrict
Password: student

To access a training video on our eBooks, please go to http://www.worldbookonline.com/training/html/webinars_ebooks.htm



4. It increases your creativity.

The right side of the brain is responsible for creativity. Activating this side of the brain helps develop creativity.

5. It improves your memory.

Being a good player means remembering how your opponent has operated in the past and recalling moves that have helped you win before.

6. It increases problem-solving skills.

Chess is like a big puzzle that needs solving and solving quickly because the parameters are always changing.



7. It improves reading skills.

Dr. Stuart Margulies found definitive results that playing chess caused increased performance in reading.

8. It improves concentration.

The game of chess involves intense concentration which improves with more practice at the game.

9. It grows dendrites.

Dendrites are much like antennas picking up signals from other brain cells. The more antennas you have and the bigger they are, the more signals you'll pick up. Learning a new skill like chess playing causes dendrites to grow.

10. It teaches planning and foresight.

One of the last parts of the brain to develop is the prefrontal cortex, the area of the brain responsible for planning, judgment, and self-control. Strategy games like chess can promote prefrontal cortex development and help them make better decisions in all areas of life.

Source: <http://www.onlinecollegecourses.com/2012/03/25/10-big-brain-benefits-of-playing-chess/>



Chess for Kids Today

All about kids playing chess

Chess Club meets every Wednesday and is coached by Mrs. Sorenson. Chess is a great activity to build the brain in a child. Here are the 10 big brain benefits of playing chess:

1. It can raise your IQ.

At least one study of 4,000 Venezuelan students has shown that moving those rooks and knights around can in fact raise a person's intelligence quotient.

2. It helps prevent Alzheimer's.

The brain works like a muscle and it needs exercise like any other muscle in the body. Chess is a brain-stretching activity that builds strength and can prevent Alzheimer's. It also adds to the brainpower of a child.

3. It exercises both sides of the brain.

A German study found that those that play chess use the left side of the brain but also activate the right side.

January Students of the Month



Congratulations to our Students of the Month! Special thanks to *Del Taco*, *Chick-fil-A*, *Applebee's*, *Pizza Pie Café*, and *Classic Fun Center* for helping us recognize our students' accomplishments.

Healthy Hints

Ellie Bodily, RN-School Nurse

Let's talk about how to help parents help their kids to "get healthy". We all know that the right home environment can lay a strong foundation for health and fitness. Parents are the "gatekeepers" to the nutritional and physical activity habits formed by their children. Take a look at the ideas below on how to direct your kids to healthy habits:

- **Be a good example.** The whole "childhood obesity" epidemic is a direct result of the "adult obesity" issue. Kids mimic the behavior of their parents. If parents buy and eat healthy foods, kids learn to make healthier food choices. If parents enjoy being physically active, kids will model this behavior. These examples of healthy living should be modeled in the home while children are very young.
- **Use behavioral programs to encourage exercise.** Remember when you were potty training your kids? Having a sticker chart or small reward system was a great motivator for your child. Try this on a small scale to reward being physically active. Kids love being able to visually track their progress.
- **Limit computer/video game use.** Studies have shown that "permissive" parenting has led to a generation of kids with limitless access to computer and video games. Using electronic devices for long periods of time can be detrimental to a child's cognitive development. Make a plan that works for your family and remember it's still okay to just say, "No".
- **Manage stress.** Kids are experiencing high levels of stress these days. They are actively worried about issues that we as parents may not be aware of. Talk to your kids on a regular basis and watch for signs of struggling with academic or social issues. Teach them to learn coping mechanisms that will help them relax and deal with their problems. These techniques will help them independently solve problems and learn to manage stressful situations on their own.



Troll Patrol Value of the Month—Be Respectful

One of the best ways to develop relationships is to show respect for others. When people are careful and thoughtful, they are showing respect. Respect is giving regard to someone else and showing admiration for another's abilities. This includes using good manners and other simple things like saying, "thank you" and "please" when someone gives you something.

Using kind words and actions are also examples of how parents and children can show respect. Respect helps everyone feel welcome, comfortable, and safe. It is our goal at Sego Lily Elementary to make everyone feel welcome, comfortable, and safe.

In the Troll Patrol book, *Be Respectful*, Anthony starts the book by only showing regard and admiration for himself. When the troll pointed out to him the disrespect he showed others, Anthony realized he had to change. When he used respect for others, he discovered the magical rewards of being able to make friends and feel happy. It is amazing how the magic of respect brings new friends and helps build better friendships with others.

- **Think of Others' Feelings**
- **Respond Kindly to Others**
- **Help Others**
- **Ask Permission to Use Others' Property**
- **Only Speak Kindly of Others**