

January 2024

Paw Print

Together, We Grow at Coronado Elementary



ROCK STAR WINNERS!



A Note from the Principal

Coronado Family,

I hope that you all had a wonderful holiday break. Here at Coronado I look forward to getting our Spring semester off and running. The Spring semester is filled with so many activities from concerts to field trips to play day! As a school, we look forward to conferences that are coming up, as well as those daily interactions we get to have with our students!

We are excited to make our Spring semester even better than the Fall.

Tyler Burnett

Principal

Nurse News

Did you make New Year's Resolutions this year? The New Year can be a time for our kids to start some healthy new habits, also. The American Academy of Pediatrics offers some age-appropriate resolutions for kids. Read through this list with your child and pick a few to work on!

- I will try to find a sport (like basketball or soccer) or an activity (like playing tag, jumping rope, dancing or riding my bike) that I like and do it at least three times a week!
- I will always wear a helmet when riding a bike, scooter or skateboard.
- I will wear my seat belt every time I get in a car. I'll sit in the back seat and use a booster seat until I am tall enough to use a lap/shoulder seat belt.
- I'll be friendly to kids who may have a hard time making friends by asking them to join activities such as sports or games.
- I will always tell an adult about any bullying I may see or hear about to help keep school safe for everyone.
- I will keep my personal information safe and not share my name, home address, school name or telephone number on the Internet. Also, I'll never send a picture of myself to someone I chat with on the computer without asking my parent if it is okay.
- I will try to talk with my parent or a trusted adult when I have a problem or feel stressed.
- I promise to follow our household rules for video games and internet use.

Nurse Jessica

ART

To start the new year, students will begin painting their own wintery landscape. We will learn about horizon lines and how to work with watercolor paints. The technique of wet-on-wet will be used to create colorful skies. Using space to create a background, middle ground and foreground will be taught, as we paint trees in our landscapes.

Landscape paintings of artist, Monet, will also be viewed and discussed to help us brainstorm our own ideas. Parents be watching for another masterpiece heading your way!



Counselor Notes

KINDNESS helps our minds and bodies in so many ways. Here is some of the science related to kindness:

1. **When we experience kindness**, a hormone called dopamine is released in our brain which gives us a feeling of elevation and lifts our mood.
2. **Kindness is good for the heart.** Have you noticed that when you are kind to someone you feel good inside? Acts of kindness are often accompanied by a feeling of emotional warmth, which in turn produces the hormone oxytocin in your body. Oxytocin causes the release of a chemical called nitric oxide, which expands your blood vessels, reduces blood pressure and protects your heart.
3. **Kindness has been shown to slow the ageing process.** Remarkable research found that oxytocin can reduce levels of free radicals and inflammation (two main culprits of ageing) in our cardiovascular system, which slows ageing at the source.
4. **Kindness improves relationships.** We tend to like people who show us kindness. This is because kindness reduces the emotional distance between two people and helps us feel more 'bonded'. Our evolutionary ancestors had to learn to cooperate with one another. The stronger the emotional bonds within groups, the greater were the chances of survival and so 'kindness genes' were etched into the human genome. So today, when we are kind to each other, we feel a connection that strengthens our existing relationships and helps us to create new ones.
5. **Kindness is contagious.** Just as a pebble creates waves when it is dropped in a pond, so acts of kindness ripple outwards. When we are kind, we inspire others to be kind and studies show that it actually creates a ripple effect that spreads outwards to our friends' friends' friends – that's an amazing three degrees of separation! This means that when you are kind to one person, that one act of kindness will positively affect numerous people! (Taken from www.schoolofkindness.org)

Beginning in January 2024, Coronado is starting a "Kindness Crew" which will be open to any 4th or 5th grader who wants to attend. The goal of the Kindness Crew is to create a positive, caring environment within our school and promote random acts of kindness. During our time together, I will be presenting a brief lesson on kindness and then we will focus on completing a specific kindness project for the school.

The Kindness Crew will meet after school, once a month, from 3:30 - 4:15 in the library. The dates scheduled are on Tuesdays: January 9, February 6, March 5, April 2, and May 7. Transportation home will be the responsibility of the parents.

Please be looking for a permission slip to come home with your student in December. Students may not attend the after school "Kindness Crew" without a permission slip.

If you have any questions, please feel free to call or email me.

Shirley Luce,
Coronado School Counselor
785-309-4156
shirley.luce@usd305.com

Library

Oh the weather outside can be **frightful**, but a book is so **delightful**.

And since it gets dark so soon, **Read a book, Read a book, Read a book!**

Let's repeat a couple of our winter challenges from 2023 and fill the library with wintery fun. Looking for a way to unfreeze those winter, boredom, blues? Complete one or both of the reading challenges below. Not only will you be enjoying a good book, but you will also be celebrating the gift of reading!

Reading is SNOW much fun Challenge

- Read a book of choice.
- Make a paper snowflake.
- Write what you enjoyed about the book you read on the snowflake.
- Put your name and class code on the back of the snowflake.
- Bring the snowflake to Ms. Werth in the library to be put on display!

Brown Bag Book Swap Challenge

- Have a gently used book at home that you have enjoyed reading but would like to share with others? Bring your book to the Coronado Library for a Brown Bag Book Swap. Each book brought, and swap made, is an entry into the prize drawing.
- When you give Ms. Werth your book, you will get to pick from one of the mystery Brown Book Bags that you will get to take home and add to your collection. You never know what book you may get. It may be just right for you, just right for you to read to a younger person, or just right for an older person to read with you. Each brown bag also includes a snack.

Ms. Werth - Library Media Specialist

Science/Social Studies

For the month of January we are learning about some interesting topics with fun, hands-on learning in Science, Critical Thinking and Social Studies.

Science:

Kindergarten – Weather and Climate [Why does it get cold in Winter? How can you get ready for a big storm? How many different kinds of weather are there?/Thermometers]

1st – Space Systems [When can you see the full moon? Why do the stars come out at night? Patterns in the sky. Four seasons and day length, What is the coldest place on Earth?]

2nd – Earth Systems/Weather & Climate [How can you stop a landslide? Timescale of earth's events, Maps of earth's surface, Oceans, Lakes & Rivers.]

3rd – Weather & Climate [Why are some places always hot? How can you keep a house from blowing away in a windstorm? Weather vs. Climate.]

4th – Earth Systems/Energy & Matter [What did your town look like 100 million years ago? How could you survive a landslide? Earth's landscapes, Renewable and Natural Resources.]

5th – Earth and Space Systems [Water quality and distribution, How fast does the earth spin? Who set the first clock? How can the sun tell you the season? Why do the stars change with the season? Why does the moon change shape?]

Critical Thinking/Social Studies:

Kindergarten & First:

They are viewing short videos allowing them to use their critical thinking skills. They talk about how the characters are feeling, problem-solving, and how they would deal with different situations that arise.

Second, Third, Fourth and Fifth:

- Learning how to connect the dots between ideas or concepts, solving problems, thinking creatively, and applying knowledge in new ways

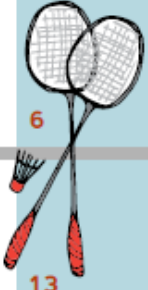





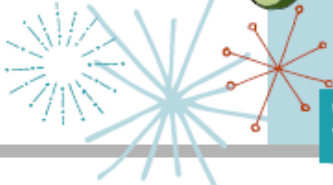

Students will view a photograph [Social Studies or Science related] and think about and answer the following questions:

- What is going on in this picture? What do you see that makes you say that? What more can you find?

Based on personal reflection and understanding, these skills assist students in determining how to understand the world around them.

The students are also having fun with critical thinking puzzles and games as well as logic puzzles. They will be working on "Cracking the Case" where they will use inferences and problem solving skills.

January NEW YEAR'S GOALS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 What's your word or theme of the year?	2 How many books do you want to read this year?	3 What's a new habit you'd like to make?	4 What's an old habit you'd like to break?	5 What were you the most proud of last year?	6 
7 	8 What's the biggest thing you want to do this year?	9 What do you want to do more of this year?	10 What do you want to do less of this year?	11 What risks do you want to take?	12 What's a new thing you'd like to learn this year?	13
14	15 What's a new place you'd like to visit?	16 What's something you'd like to change in your school?	17 What's something you'd like to change in your neighborhood?	18 What's one way to have more fun this year?	19 What's one change you can make to take better care of yourself?	20 
21 	22 What do you want to be different about this year?	23 What do you want to be the same about this year?	24 What old traditions would you like to keep this year?	25 What new traditions would you like to make?	26 What's a new food you'd like to try this year?	
28	29 What do you want to do this summer?	30 What do you want to do by the end of the year?	31 What's one way you can make a positive impact in your school or classroom this year?			

WE ARE TEACHERS

School Board Appreciation Month

January marks the start of a brand new, exciting year. It is also when we celebrate School Board Appreciation Month, a time to express our gratitude to the dedicated individuals who serve on our Board of Education (BOE).

In addition to welcoming our newest board member, January is also a time to look forward to the upcoming year. Follow us on social media as we feature what our board members are looking forward to in 2024. Their excitement for our district demonstrates their ongoing commitment to provide the best possible education for our students and helps us get to know them a little better.

As we move into the new year, let us remember to celebrate the achievements of our district and to support our BOE in their ongoing efforts to provide a high-quality educational experience for our students. Together, we can finish out the school year strong!

Building Resilient Schools and Homes

Learn how to create safe, connected and problem-solving environments that allow adults and kids to function in their best brain state!

Who Should Attend?
Free and open to all adults

Through this social-emotional program, we will learn to discipline ourselves to help our children learn. Conscious Discipline provides an array of behavior management strategies that anyone can use to **turn everyday situations into learning opportunities.**

Building Resilient Schools and Homes is a 10-week E-Learning course from Conscious Discipline. Attendees will be provided with:

- **One graduate credit** from MidAmerica Nazarene University is available to certified staff. Information will be given at the first class.
- **FREE KDHE Hours** are also available for sessions attended in person.
- Material resources
- Individual registration for E-Learning course
- Free childcare for ages 2+, limited slots available
- Snacks

Questions?

Contact Jody at jody.craddockiselin@usd305.com



Register by scanning the QR code. Registration will close one week before the first day of class.

Congratulations!



Stephanie Baughman, administrative assistant here at Coronado, received the Growing Greatness award for November.

Stephanie was recognized for her friendly and caring manner as well as her connections with students and support for school staff.

Outstanding work, Stephanie! We appreciate your commitment to and influence in our school each day!

January Calendar

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

1-3 - Winter Break

9 - PTO @ 6 p.m.

12 - Rock Rally @2:30 p.m.



15 - No School

16 - Site Council 11:30 a.m.

Contact Us

Tyler Burnett - Principal
 Stephanie Turowski - Lead Teacher
 Stephanie Baughman - Secretary
 Main Office Phone Number: 785-309-4100

 Coronado Elementary

 @Coronado305

 School Website

 District Website

#CoronadoGrowsGreatness
#305GrowsGreatness