



PAW'S PRESS

December 2019 • Cherokee Elementary School • (586) 723-4800

<http://www.chippewavalleysschools.org/schools/elementary-schools/cherokee/>



What to Know from Your PTO

~ Next PTO Meeting ~
Jan 15th @ 8:45 a.m.

~ Holiday Event ~
Friday, Dec 13th
6:30 – 8:00 pm
See Flyer.

~ Family Dining Night ~
Tuesday, Dec 17th
See Flyer

Mom/Son Event ~
Feb. 9th
Info TBD

Keep Collecting
Box Tops!

Don't Forget to Sign-Up
for Kroger' Community
Awards!



Hello Cherokee Families~

Happy Holiday! How quickly the past few months have passed – so many activities, events and so much leading and learning! It's hard to believe that the holidays are upon us. From our family to yours – we wish you a wonderful holiday season surrounded with good friends and family!

Last Friday, you should have received your child's report card. The suggested goal reflection form has been included in the Dec. Packet as a resource to discuss progress. We encourage you to talk to your child about their accomplishments, reflect on where he/she wants to improve, set a goal for the next trimester and determine the actions needed to achieve that goal. Remind your child that hard-work, effort and practice pays off and we can all continue to grow and learn.

We are excited for our Watch DOGS kick-off taking place on Tuesday, Dec. 11 beginning at 6pm in the DEN. Please be sure to check out the information in the Packet.

Also this month, we continue working to keep our students safe with safety drills. Information on this month's drill can be found inside this month's packet.

As always, THANK YOU for all you do to support our children's education.

Wishing you all peace, hope, joy & love this holiday season!

~ Lynn Mair & Anthony Lewis

We choose to Inspire, Believe, Achieve and Lead

to empower learners for a lifetime of success.

Cherokee ... a GREAT place to be!



WHAT'S INSIDE THIS ISSUE:

Leadership!

- WATCH D.O.G.S is coming to Cherokee
- Leadership Celebration 12-21
- November Success!

Learning!

- Notes from your Special's Teachers
- Family Activity & Leaders in Me Resources

Events!

- Calendar of Events inside packet
- Watch DOGS 12-11
- Holiday Event 12-13
- Classroom Celebrations 12/19
- Half Day 12/20 – 11:23 Dismissal
- Break 12/23 thru 1/5

Chippewa Valley Schools Board of Education

Ronald Roberts, *Superintendent*

Elizabeth Pyden ~ *President* ~ Denise Aquino ~ *Vice President* ~ Laura Cardamone ~ *Secretary*
Jill DeMuyneck Zech ~ *Treasurer* ~ George Sobah ~ Frank Bednard ~ Andrew Patzert *Trustees*



Cherokee Elementary School

Kicks off the Watch D.O.G.S. Program

WHO: Students and fathers and father-figures of **Cherokee Elementary School**

WHAT: A Dads & Kids pizza dinner and information night to launch a family and community engagement program called WATCH D.O.G.S.® (**Dads Of Great Students**). The WATCH D.O.G.S.® program was created by a group of parents and educators in a single school in 1998 and has since grown to one of the largest and most respected family and community engagement initiatives in the country. Each year thousands of schools across the country utilize the WATCH D.O.G.S.® program to reach out to the fathers and father-figures of their students and invite those men to spend at least one full day volunteering in their child's school. Each year WATCH D.O.G.S.® generates millions of in school volunteer hours in support of our students and educators.

WHEN: **Wednesday, December 11, 2019 at 6:00pm**

WHERE: **Cherokee Elementary School**

WHY:

Students gain a positive male role model. Some students do not have a father-figure present in their home and with the limited number of male teachers, more positive male role models are needed in the school setting.

Schools gain an extra set of eyes and ears. The presence of WatchDOGS (**Dads Of Great Students**) can increase a sense of security at the building for students and staff, and it helps create an environment conducive to learning.

Fathers and father-figures can spend meaningful time with their students in the school setting and gain a greater awareness of the positive impact they can have on their student's life, just by being a 'dad'.

When WatchDOGS invest a day at school, they can learn how better to partner with the school to meet the educational goals of students.

FOR MORE INFORMATION on the WATCH D.O.G.S.® program, call 1-888-540-3647; e-mail info@dadsogreatstudents.com; visit dadsogreatstudents.com.

RSVP for the Pizza Dinner Informational Night by clicking [HERE](#)



Dream Big – Aim High – LEAD ON!

Cherokee Elementary ~ 2019-2020



Welcome Back! PTO Sit & Sob @ 8:45	9/3/19
1/2 Day @ 11:23	9/3/19
Silent Dismissal - Patriot Day	9/11/19
Cub Scouts Info Meeting	9/13/19
Art to Remember begins	9/16/19
Scouting Meeting	9/17/19
PTO Skate Night	9/18/19
K to Westview Orchards	9/27/19
Leadership PJ/Movie Celebration Day	9/27/19
PTO Walk-a-Thon	10/4/19
PTO Skate Night	10/9/19
LifeTouch Fall Pictures	10/11/19
Wildcat Pack #1 – Wear T-Shirt	10/11/19
Fall Book Fair begins	10/21/19
Collaborative Conferences	10/23/19
Collaborative Conferences - Evening	10/24/19
1/2 Day @ 11:23	10/24/19
Leadership PJ/Movie Celebration Day	10/25/19
PTO Trunk or Treat	10/25/19
1/2 Day @ 11:23	10/25/19
Red Ribbon Spirit Week begins	10/28/19
Halloween Celebration	10/31/19
1/2 Day @ 11:23	10/31/19
No School	11/5/19
Wildcat Pack #2 – Wear T-Shirt	11/8/19
Silent Dismissal - Veterans' Day	11/11/19
UMvsMSU Canned Food Drive Week	11/11/19
K-5 to Little Mermaid @ CVS	11/12/19
Giving Tree begins	11/15/19
PTO Meeting @ 6:30 pm in the DEN	11/20/19
LifeTouch Fall Retake	11/22/19
Leadership PJ/Movie Celebration Day	11/22/19
Summer Learning Celebration	11/25/19
No School-Thanksgiving Break begins	11/27/19
Santa Shop Week	12/2/19
2nd Grade Concert – 2:30 & 6:30 pm	12/5/19
Holiday Celebration	12/13/19
Wildcat Pack #3	12/13/19
PTO Holiday Event	12/13/19
Leadership PJ/Movie Celebration Day	12/20/19
1/2 Day @ 11:23	12/20/19
Holiday Break begins	12/23/19

School Resumes	1/6/20
LifeTouch Team Pictures	1/10/20
PTO Meeting @ 8:45 pm in the DEN	1/15/20
Wildcat Pack #4 – Wear T-Shirt	1/17/20
No School - MLK Day	1/20/20
PTO Skate Night	1/22/20
Leadership PJ & Movie Celebration Day	1/31/20
PTO Mom & Son Event	2/9/20
"Sharpen the Saw" Spirit Week	2/10/20
Kid's Heart Challenge Week	2/10/20
Valentine's Day Celebration	2/14/20
Wildcat Pack #5 – Wear T-Shirt	2/14/20
1/2 Day @ 11:23	2/14/20
No School – Mid-Winter Break begins	2/17/20

The
LeaderinMe®

School Resumes	2/24/20
PTO Pastries with Parents	2/26/20
Leadership PJ/Movie Celebration Day	2/28/20
Reading Month begins	3/1/20
CMPL/CSV Literacy Night @ 6:30	3/5/20
Wildcat Pack #6 – Wear T-Shirt	3/5/20
LifeTouch Spring Pictures	3/6/20
4th Grade Concert – 2:30 & 6:30	3/12/20
Spring Book Fair begins	3/16/20
Collaborative Conferences	3/18/20
Collaborative Conferences - Evening	3/19/20
1/2 Day @ 11:23	3/20/20
PTO Skate Night	3/25/20
Leadership PJ/Movie Celebration Day	3/27/20
PTO Book Bingo	3/27/20
Earth Month begins	4/1/20
Wildcat Pack #7 – Wear T-Shirt	4/3/20
1/2 Day @ 11:23	4/3/20
No School - Spring Break begins	4/6/20

School Resumes	4/13/20
Fitness Night (TNT)	4/15/20
Brainstormers Visits	4/17/20
Earth Week/Spirit Week	4/20/20
Earth Day	4/22/20
PTO Meeting @ 6:30 pm in the DEN	4/22/20
1/2 Day @ 11:23	4/23/20
Schoolwide Beautification	4/24/20
Leadership PJ/Movie Celebration Day	4/24/20
PTO Daddy Daughter Dance	4/24/20
Walking School Bus	5/1/20
Wildcat Pack #8 – Wear T-Shirt	5/1/20
1/2 Day @ 11:23	5/7/20
Wildcat Pack #9 – Wear T-Shirt	5/15/20
Kindergarten Kick-Off @ 6pm	5/12/20
PTO Meeting @ 8:45 in the DEN	5/20/20
Silent Dismissal - Memorial Day	5/22/20
PTO Spring Fling	5/22/20
No School	5/25/20
PTO Skate Night	5/27/20
Leadership PJ/Movie Celebration Day	5/29/20
Celebrating Success Spirit Week	6/1/20
Volunteer Appreciation & Fun Day	6/5/20
LifeTouch 5th Grade Pictures	6/10/20
Kindergarten Celebration	6/12/20
Leadership Celebration Day	6/12/20
Wildcat Pack #10 – Wear T-Shirt	6/12/20
5th Grade Completion @ 9:00	6/15/20
1/2 Day @ 11:23	6/15/20
1/2 Day @ 11:37	6/16/20

PTO Meetings in the DEN

- 9/3 @ 8:45 am
- 11/20 @ 6:30 pm
- 1/15 @ 8:45 am
- 4/22 @ 6:30 pm
- 5/20 @ 8:45



Collaborative Conferences

10/23	Evening Only
10/24	Afternoon & Evening
3/18	Evening Only
3/19	Afternoon & Evening

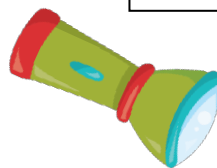
1/2 Day Release - No School

1/2 Day @ 11:23	9/3/19
1/2 Day @ 11:23	10/24/19
1/2 Day @ 11:23	10/25/19
1/2 Day @ 11:23	10/31/19
No School - Elections	11/5/19
No School - Thanksgiving Break	11/27/19
1/2 Day @ 11:23	12/20/19
No School - Holiday Break	12/23/19
No School - MLK Day	1/20/20
1/2 Day @ 11:23	2/14/20
No School - MidWinter Break	2/17/20
1/2 Day @ 11:23	3/20/20
1/2 Day @ 11:23	4/3/20
No School - Spring Break	4/6/20
1/2 Day @ 11:23	4/23/20
1/2 Day @ 11:23	5/7/20
No School - Memorial Day	5/25/20
1/2 Day @ 11:23	6/15/20
1/2 Day @ 11:37	6/16/20



Music Program

12/5	2 nd Grade Concert @ 2:30 and 6:30
3/12	4 th Grade Concert @ 2:30 and 6:30



LifeTouch Pictures

10/11	Fall Picture Day
11/22	Fall Picture Retake
1/10	Team Picture Day
3/6	Spring Picture Day
6/10	5 th Grade Completion Pictures

Our Mission:

At Cherokee, we choose to Inspire, Believe, Achieve and LEAD
to empower learners for a lifetime of success.
Together, we make Cherokee a GREAT place to be!





2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 2 nd Grade Music Program @ 6:30	6 Report Cards go home Giving Tree donations due	7 
	Santa Secret Shop This Week 12-2 thru 12-5					
8	9 	10	11 Family Info & Pizza Night @ 6pm 	12	13 Wildcat Pack #3 Wear your Grade Level T-shirts! PTO Holiday Event 6:30-8 pm	14
15 	16 Mr. Roberts visits Cherokee today – wear Cherokee Gear	17 PTO Family Dining Night 3:30-11pm 	18	19 Holiday Classroom Celebrations	20 ½ Day of School 11:23 Dismissal Leadership PJ Celebration	21 
22	23	24	25 	26	27	28
Holiday Break – School Resumes on Monday, January 6 th				Holiday Break – School Resumes on Monday, January 6 th		

Elementary Monday Pizza

Cherokee
Clinton Valley
Erie
Ottawa
Shawnee
Sequoyah

Food Service: (586) 723-2110
Central Kitchen: (586) 723-2109

Available Daily:

Must Pre-Order

Turkey Salad w/
Roll & Goldfish Crackers

Chicken Popper Salad
w/ Dinner Roll

Chicken Caesar Salad w/
Roll & Goldfish Crackers

Turkey & Cheese Stackers

Sandwiches:

Turkey & Cheese

Ham & Cheese

PB&J Uncrustable w/
String Cheese & Goldfish

Includes:

Fruit and/or
Vegetable & Milk

Free & Reduced Students
You may also choose from
the Daily Offerings!



Student: \$2.75
Plus: \$4.25
(Additional Serving)
Reduced: \$0.40
Milk: \$0.60

BREAKFAST is served daily at
all elementary schools.
Check your school for times!

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pizza Day! Baby Carrots Ranch	3 Whole Grain Breaded Chicken Nuggets Tater Tots Celery Sticks w/ Ranch BBQ Sauce/ Ketchup	4 Chicken Patty Sandwich Baked Beans Carrots w/ Ranch Elf on the Shelf Grahams	5 Cinnamon Pancakes Sausage Patty Trix Yogurt Fruitables Juice	6 Whole Grain Super Soft Pretzel Cheese Sauce Spinach/Romaine
9 Pizza Day! Baby Carrots Ranch	10 Whole Grain Breaded Chicken Nuggets Mashed Potatoes & Gravy Corn BBQ Sauce/ Ketchup	11 Tasty Taco Whole wheat tortilla w/ cheese, lettuce & salsa Refried Beans	12 Mini Confetti Pancakes String Cheese Fruitables Juice	13 Whole Grain Breaded Cheese Ravioli Bites Marinara Dip Sauce Spinach/Romaine Dinner Roll Lucky Tray Day!
16 Pizza Day! Baby Carrots Ranch	17 Whole Grain Breaded Chicken Nuggets Tater Tots Celery Sticks w/ Ranch BBQ Sauce/ Ketchup	18 Whole Corn Chips & Cheese Refried Beans Salsa	19 Apple Cinnamon Whole Grain French Toast String Cheese Fruitables Juice	20 HALF DAY NO LUNCH SERVED
23 	24	25 MERRY Christmas	26	27 

If you have a food allergy please be aware that CVS prepares food that may contain or have come into contact with peanuts, nuts or other possible allergens.

25 Random Acts of Christmas Kindness



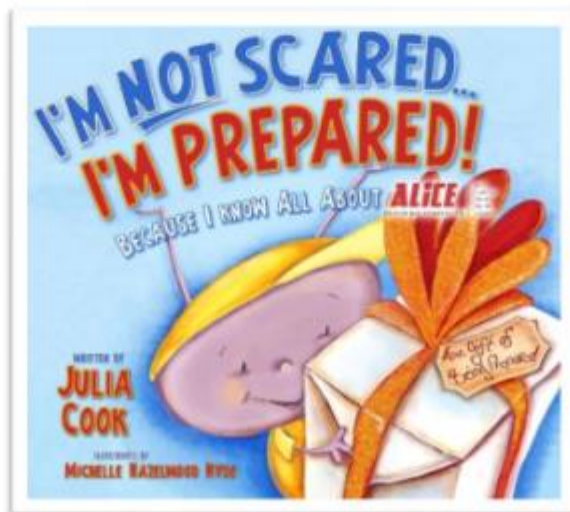
1. Give someone a compliment.
2. Write a letter to a friend.
3. Pick out a gift for someone special.
4. Let someone ahead of you in line.
5. Smile at everyone today.
6. Visit a neighbor.
7. Leave your mailman a treat.
8. Donate clothes to needy children.
9. Make a thank you card for your teacher.
10. Color a picture for an elderly person.
11. Hold the door for someone.
12. Visit someone in a nursing home.
13. Send a letter to someone in the military.
14. Donate your unwanted toys.
15. Tape quarters on a snack machine.
16. Call a relative just to say "hello."
17. Do something nice for a sibling.
18. Hide a dollar in a section of the dollar store.
19. Bake cookies and give some away.
20. Donate canned goods to a food bank.
21. Help your parents wrap gifts.
22. Create a homemade gift for someone.
23. Tell a family member you love them.
24. Leave Santa a special treat!
25. You decide (it can't be - give someone a gift) ☺

Safety at Cherokee

Aim High – Dream Big – Lead On!
Safety First!

- Chippewa Valley Elementary Schools know that we need to prepare our younger students without causing fear.
- Our primary resource for preparing our students will be “I’m Not Scared, I’m Prepared,” by Julia Cook.
- The book follows the nationally adopted concept of A.L.I.C.E (Alert, Lockdown, Inform, Counter, Evacuate).
- CVS will use the terminology: Avoid, Deny, Defend.
- More information will be shared at the Jan. 17th PTO Meeting.
- Cherokee’s AVOID Drill will be held on Dec. 7th – we welcome you to talk with your child after this drill 😊
- Families can view a video version of the text on YouTube, by clicking here:

<https://www.youtube.com/watch?v=KKRS7shr3qs>



CHEROKEE PTO PRESENTS



December 13th

6:30pm-8pm

\$5 per child

Photos with Santa, Music, Crafts, Treats, Letters to Santa and More!



Student Name _____

Teacher _____

Grade _____

Student Name _____

Teacher _____

Grade _____

Total number of children attending _____ X\$5 each _____ NO CASH

Total number of adults attending _____ (FREE) Checks made out to Cherokee PTO

Online Payments can be paid at <https://tinyurl.com/CherokeePTOPayments>



— JOIN US FOR — A DELICIOUS WAY TO RAISE MONEY!

Date: December 17, 2019 - Tuesday

Time: 3:30 PM to 11:00 PM

At this BJ's location:

14455 Lakeside Circle
Sterling Heights, MI 48313
586-519-6250

Enjoy delicious food in a fun atmosphere along with your family
and friends while earning funds in support of:

Cherokee Elementary School PTO

With each flyer presented during this **FUNDRAISING EVENT**, BJ's will donate
20% OF FOOD AND SOFT BEVERAGE SALES to the designated organization!

Valid for dine in or take out. Not valid toward alcoholic beverages or Happy Hour specials. Please do not
distribute flyers on-site during the event. Digital or printed flyer must be presented to the server.



Special Spot



Physical Education

Hello Cherokee Families,

It was great to meet so many wonderful families at the start of school and during conferences. I hope everyone is having a great year! With the holidays in full swing, we have already done some Halloween and Thanksgiving games and Christmas games are right around the corner!

We are currently in the weeks of our "In School Bowling" program. We have eight lanes that the elementary schools share to help practice our bowling techniques. Throughout these two weeks, we are working on the proper fundamentals of bowling which include grip (ask about the fox head), approach, proper foot forward (opposite), release (point your thumb at the pins, like tossing a bean bag), follow through, and aiming/accuracy. The program is a lot of fun and it is a great introduction to the sport of bowling. Make some time to go bowling over the Christmas break - the kids will love it!

In January, we will be gearing up for our annual Kids Heart Challenge. This program is a great partnership and fundraiser for the American Heart Association. It's an awesome time for students to see the positive impact they can have on other people. The students receive "thank you" gifts for their efforts and I will have a few incentives for the individuals and classes that raise the most money and have the most students register online (no donation necessary). As a school, we receive gift certificates to purchase new equipment for the gym. WOOHOO!!!

:::BONUS::: If we can get 50% of our Cherokee students registered online and select a challenge, we receive an additional \$500 in gift certificates!!! We will be having a formal kick-off week mid-January, but the school website is listed if you'd like to get a head start on raising funds or simply signing up so we can achieve our 50% goal!

www2.heart.org/goto/Cherokee

It has been a great start to the school year and I'm looking forward to all that 2020 will bring! Have a fun and safe Christmas break. Try to stay active and keep those sweets and screen time to a minimum. Try to drink more water and eat more fruits and vegetables.

Mr. Walkenhorst
Cherokee P.E. Teacher



Special Spot

Hello Cherokee Families!

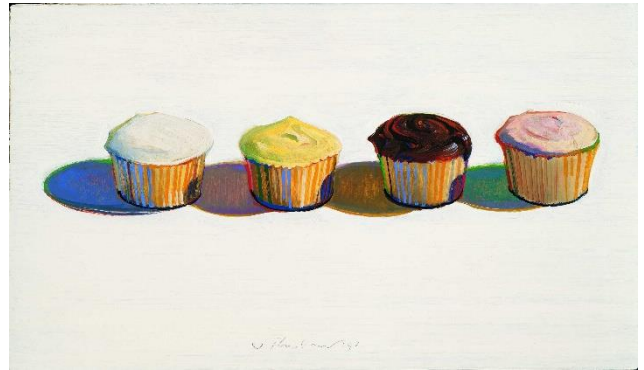
ART



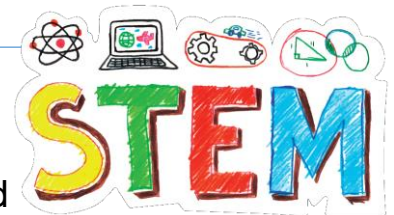
Important dates: Art to Remember orders will arrive here at Cherokee Elementary between December 1st – 10th

- If your child has brought home an order form, you can still order online for a short time longer.
- Don't forget, you can order straight to your house instead of having to have your order sent to Cherokee Elementary

In the art room: Students are working hard; taking ownership of their learning and making those mistakes needed to better themselves. In weeks to come, we will be talking about the artist Wayne Thiebaud and his joy of painting desserts. While learning about Wayne Thiebaud, students will be concentrating on Shape, Form, and Texture through the medium of Paper Mache'.



Hello Cherokee Families with Traveling Science ~



Our Science Specials class lessons have been focused on a STEM approach utilizing the Engineering Design Process (Ask, Imagine, Plan, Create, Improve and Share). We use the Engineering Design Process to assemble various structures such as bridges, towers and the latest that the students have really enjoyed - marble mazes! Our science lessons have also included coding, properties of materials and simple machines.

Please contact me if you have any questions,
Mrs. Stanczak

Special Spot

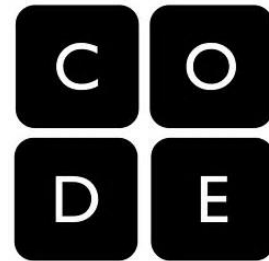


December Monthly Challenge

Complete an Hour of Code on Code.org!

1. Go to www.code.org
2. Click on "Hour of Code"
3. Choose one challenge, complete the challenge and print the certificate.
4. Bring your certificate and receive extra credit! If you can't print your certificate you can take a picture of the computer screen.

Science News



Computer Science Education Week is December 9-15 but in Science class the students learn computer science all year!! First through fifth grade have been working hard on their Code.org lessons. Some students asked if they could work on them at home and the answer is YES! 😊 We have a school Symbaloo page with links the students use in school. I have included the Code.org links by grade level. The students have a picture password to enter. They should know their picture but if they don't please feel free to email me! They Symbaloo page website is <https://www.symbaloo.com/home/mix/cherokeehome>. You can also access it on my website.

Many students have been working on coding at home. When they complete the course they get to sign a board and receive a certificate.

They also join the Super Coder Club.
Congratulations to our first two Super Coders!

Super Coder Club

Erin Moorer
Jayden O'Neil



Special Spot



A Musical Note

Congratulations to 2nd Grade on their success!

Hello Cherokee Families ~

Our students are hard-at-work in the Music Room!



Kindergarten and First graders students are learning/reviewing parts of music notes and music notes/rest and their values. They are also learning many songs with movement.

Second grade will be performing their music program on December 5th! They have been working extremely hard and I cannot wait for their performance. I am so proud of the students! After the program, students will be learning and reviewing dynamics, and notes and rests.

Third, grade is learning about notes, rests and rhythm.

Fourth grade students are beginning to work on songs for their music program. They are also working on making a good tone on their recorders. After the program, students will be setting their own recorder goals as described below. The music program for **4th Grade-Goal!** will be held on Thursday, March 12th, 2020, 6:30pm

*Please mark your calendars. It is important that all students perform in the evening performance as it is part of the music grade.

Fifth grade students are setting a Recorder Karate goal in which they can obtain “belts” for passing each level of competency. Each student is setting their own goal with me. They will also have an accountability partner to discuss their progress in music class. I am so excited to be enhancing the recorder program here at Cherokee!

If you have any questions about your child's music education, the best way to reach me is through my email: ghunter@cvs.k12.mi.us.

Gina Hunter
Music Director

Recorder Karate Goal and Tracker Sheet

Name: _____ Teacher: _____

GOAL: I will earn my _____ belt in Recorder Karate by May 1st.

Highest color of belt I have now is _____.

My Recorder Accountability Partner is: _____.

Strategies for obtaining my goal:

Participate in music class

Ask questions

Follow the recorder Success Criteria

Practice reading letter names and notes

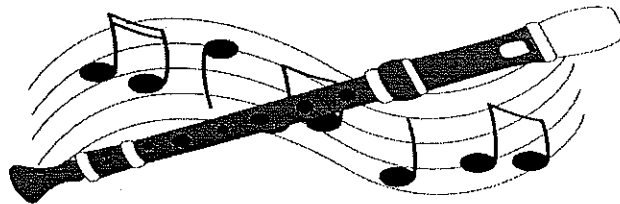
Celebrate Success

Practice Playing

Ask for help from Ms. Hunter or classmates

Identify/Focus on Delta areas

Practice on squeakysrecorderplayhouse.com



Recorder

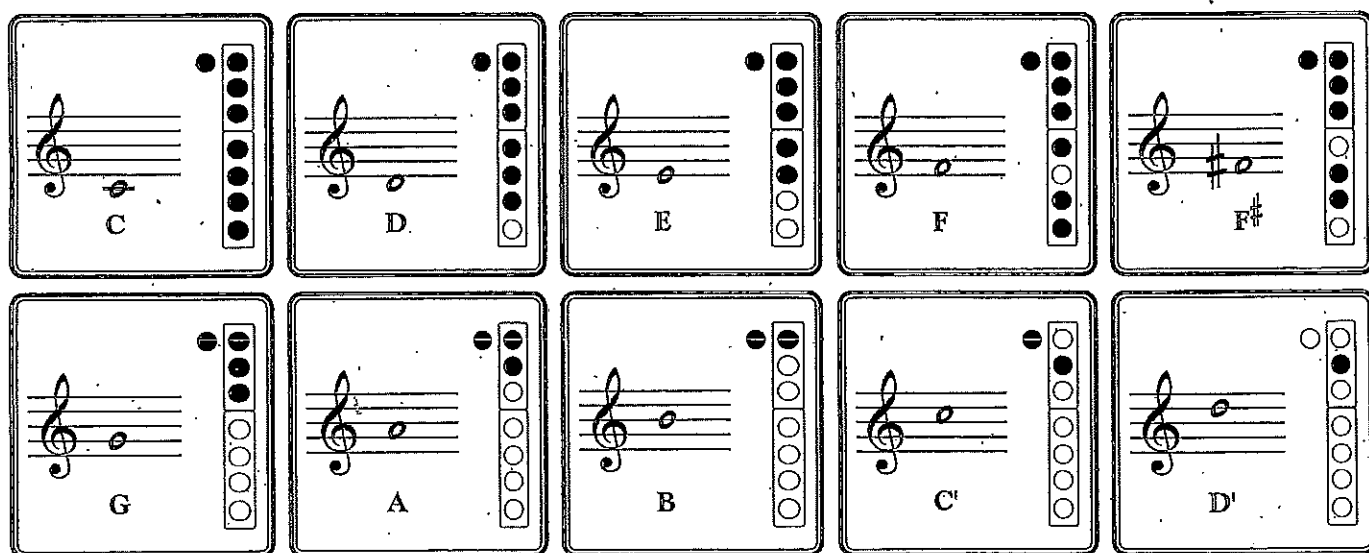
Success Criteria

- Warm Gentle Air
- Tip of recorder rests between relaxed lips
- Correct hand and finger positions
- Cover holes completely
- Correct Rhythm and Notes
- Play with a Steady Tempo

*Use tongue in the "dah" position to begin and end notes.

BELT COLORS	SONG	NOTES I NEED TO KNOW	BELTS I'VE EARNED
White	Hot Cross Buns	BAG	
Red	Gently Sleep	BAG	
Orange	Merrily We Roll Along	BAG	
Yellow	Starlight, Starbright	AGE	
Green	It's Raining	AGE	
Blue	Old MacDonald Had a Farm	BAGE	
Purple	When the Saints Go Marching In	D'C'BAG	
Pink	Ode to Joy	D'C'BAGD	
Brown	Amazing Grace	D'BAGED	
Black	Twinkle, Twinkle Little Star	BAGF#ED	

Recorder Fingering Charts



Leaders in Action!

**CONGRATULATIONS TO 4TH GRADERS
EMILY HINZ, MADELINE MURPHY, GRANT
GRIFFIN & MICHAEL BROADBRIDGE! THESE
STUDENTS TRAVELED WITH MRS. KRISCIUNAS
& THEIR FAMILIES TO LANSING TO PRESENT AT
OUR STATE CAPITAL - ONLY 39 SCHOOLS IN
THE STATE WERE GIVEN THIS HONOR!**

**STUDENTS SHOWCASED WHAT SCIENCE,
TECHNOLOGY & LEADERSHIP LOOKS LIKE AT
CHEROKEE. THEY PRESENTED TO GOVERNMENT
OFFICIALS AND OTHER SCHOOL LEADERS FROM
AROUND THE STATE OF MICHIGAN!**

**THE TEAM WILL PRESENT TO THE CVS BOARD
OF EDUCATION IN JANUARY**



**U OF M - MSU FOOD DRIVE
1578 ITEMS RAISED
A NEW RECORD!**



Leaders in Action!



**ART FOR A CAUSE!
CHEROKEE PARTNERED WITH
GOODBYE TOYS & SWEETWATERS OF
SHELBY TO RAISE MONEY FOR
CHEROKEE'S GIVING TREE!
STUDENTS CREATED & SOLD THEIR
ARTWORK TO RAISE FUNDS FOR
OTHERS IN NEED!**



**A SPECIAL THANKS TO MRS. DEPERRO, MR. SUNDBERG, MRS. WEBSTER & MRS. HINZ FOR THEIR
HARD WORK & EFFORT THIS PAST WEEKEND!**

Celebrating Together!

SUMMER LEARNING CHALLENGE



***OVER 130 STUDENTS
CELEBRATED WORKING
ON THEIR MIND &
BODY THIS
PAST SUMMER!***

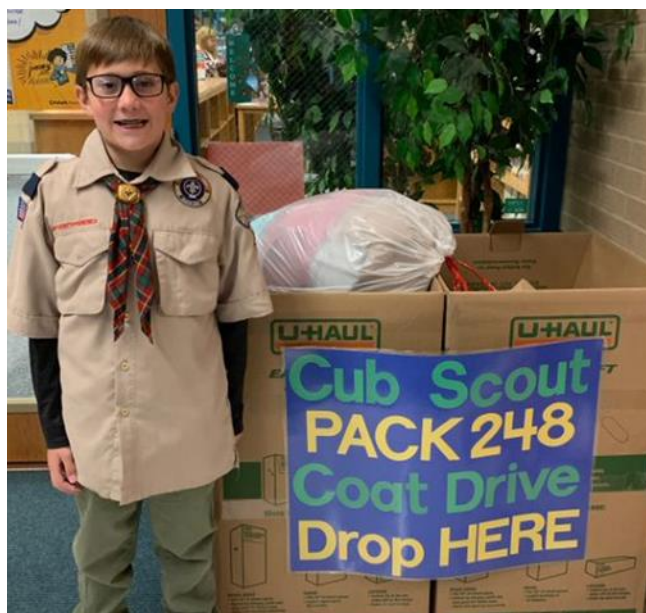
Leaders in Action!



VETERAN'S DAY CARDS & ANNOUNCEMENTS



CUB SCOUT COAT DRIVE! BRINGING WARMTH TO THOSE IN NEED THIS HOLIDAY SEASON!





Leaders in Action



2ND GRADE CONCERT THE UNITY TREE



Celebrating Together!



**GRADE LEVELS & CLASSROOMS
REFLECTED ON SUCCESS & CHALLENGES
THEN SET TRIMESTER 2 ACADEMIC,
BEHAVIOR & CULTURE GOALS**



**BRAG TAGS &
STUDENT
LEADERSHIP
AWARDS!**



Leading the Way



***CHEROKEE STAFF AWARDED THE FOLLOWING
STUDENTS THE LEADERSHIP AWARD FOR
ILLUSTRATING OUTSTANDING LEADERSHIP
DURING SEPTEMBER & OCTOBER!
THANK YOU FOR LEADING THE WAY!***

Ella Awwad
Zachary Belau
Scott Belau
Malana Bennett
Jada Bogos
Ryan Bohland
Michael Broadbridge
Chase Brown
Ethan Chmiel
Eden Cook
Paris Cringler
Andre Dimkoski
Caitlyn Dismuke
Raphael Essi
Aminata Fall
Rocco Gatlin
Aubrey Gilley
Lilian Gryniewicz
Kylie Gurunian
Victoria Hang
Harper Hanson
Aleezeh Imran
Delanee Karrumi
Julianna Karrumi
Connor Kowalski
Henry Kozinski
Austin Lane
Lauren Liebau
Jasmine Maceri
Gabriella Malaj
Niko Maurer
Erin Moorner

Kylie Mucha
Madeline Murphy
Maya Nader
Michael Nawrocki
Mackenzie Naylor
Alexandra Neeman
Jaida Nichols
Brycen Nichols
Noah Odle-Terry
Jayden O'Neil
Roman Purol
Raniyah Reyonlds
Lucy Sadowski
Dominic Savich
Rebel Snider
Brooklyn Staley
Ben Stockel
Alex Stojanoski
Tarik Sukanovic
Aydin Vandenheede
Jackson Via
Nathaniel Wallace
Isaac Whayley
Payden Winfield
Jack Wolf
Cruz Yap

What to Know from Your PTO

Cherokee Elementary is a part of Kroger Community Rewards for the 2019-2020 school year!

- This is an exciting opportunity for our families to help earn additional funds for Cherokee just by shopping. Each purchase from Kroger can earn our school 1% with a minimum of \$25 each quarter and a maximum of \$50,000!!! **Think of the potential!**

How Can I Help!

There is NO additional cost to you, just a little bit of computer time.
All you have to do is register your Kroger Plus Card:



- <http://www.krogercommunityrewards.com>
- **Sign In** or **Create an Account**
- **Link** your Kroger Plus Card to your online account using your Kroger Card #, or Alternate ID (such as the phone number associated with account)
- View your **Account Summary** and scroll to the bottom to select **Community Rewards**
- Under "**Find your Organization,**" search for **Cherokee Elementary** or enter our NPO number HI588.
- Click to select **Cherokee Elementary** from the list and click **Confirm**
- **Verify** you are enrolled correctly, see your organization's name on the right side of your information page (Computer version, not necessarily Mobile version).

If you do not have a Kroger Plus card, you can stop by any Kroger location and pick one up from the customer service desk. It takes a couple of days to fully attach your card with the school. Watch the bottom of your receipt for it to indicate Cherokee Elementary!



Tips from CVS Transportation

Bus Stop Etiquette



Here at Chippewa Valley Schools we take pride in providing safe and reliable transportation for more than 11,000 students each day. To provide this level of service we depend on our caring and skilled drivers and the cooperation and commitment of our parents, students, and the entire school community.

The Pupil Transportation Department occasionally receives phone calls from residents who have bus stops in front of their homes. The major concerns that have been brought to our attention involve student behavior and a lack of regard for homeowner property.

As always we will continue to address specific bus stops, however, we felt that it would be a good idea to pass along some general guidelines regarding what we call bus stop "etiquette."

Please remember the following:

- Although we expect students to be waiting for the bus when it arrives, **students should not arrive any earlier than 5 – 10 minutes before their scheduled pick up time.** We have observed bus stops where students are arriving as much as 20 minutes prior to the scheduled pick up time. In these cases, having students unsupervised for that length of time can sometimes pose problems.
- **While waiting for the bus, students should remain on the sidewalk or public area.** Students and those waiting with students should not congregate on lawns, driveways or other private Property. In some cases, we have received reports of individuals trampling new lawns and flowerbeds.
- **Please Do Not Bring Pets to the Bus Stop.** Many children and family members are afraid of dogs so as friendly as your family pet may be, please be courteous to those who are not comfortable around dogs of any size. Additionally, residents have indicated droppings are sometimes left behind.
- **Please take care not to litter while waiting.** Residents have indicated in some cases that candy wrappers and cigarette butts are sometimes left behind. In other words, please be considerate of the homeowner's property. No one wants to have to clean up after others.
- **Please keep noise to a minimum.** Speaking in conversational tones should not disturb residents around the stop, however, yelling, practicing cheers, etc., can be bothersome.
- **Please do not use a homeowner's driveway to turn your vehicle around. *We have also received calls about headlights and engine noises waking up residents as well as vehicles blocking driveways preventing homeowners from exiting.*** Also, for safety reasons please do not park in such a way as to impede the bus as it continues on the route. Again, please be considerate of your neighbors.



Holiday Baseball Camp!



IT'S COLD OUTSIDE! But that doesn't mean we should stop playing our favorite sport!

And since football is done and basketball hasn't started, lets get together and play some BASEBALL! The Chippewa Valley Big Reds will be offering a Winter Training Camp. Our goal is to get all of our young players out and help them build on the skills their spring/summer coaches helped them with last season.

So sign up and let's PLAY SOME BALL!



When: Saturday, December 21st
Session 1: 1st-3rd Grade – 9:00-12:00
Session 2: 4th-6th – 12:30-3:30

Check-in begins a half hour before camp in the hallway between gyms.

Where: Chippewa Valley High School

Auxiliary Gym

Cost: \$35

Includes Snack

***Girls Are Always Welcome!**

Please Register on or before Friday, Dec. 13th.

Forget to Register? Got the flyer late? Email Coach Sadowski for a late registration request.



Points of Focus for the Camp:

Participants will be split into groups based on age and ability level. Each group will go through a rotation of stations. Each station will have drills and activities that will help build and develop your young athletes baseball skill set.

Throwing
Hitting
Infield

Outfield
Pitching
Base Running

Please bring proper baseball equipment: Bat, Glove, Helmet, Protective Gear, Etc.

Questions: Contact Varsity Baseball Coach, Gregg Sadowski at chippewavalleybaseball@gmail.com

Registration Information: On-line at <https://onlinereg.cvs.k12.mi.us> or mail the completed the application below, enclose your payment for \$35.00 and mail to Chippewa Valley Schools, Community Education, 19230 Cass Avenue, Clinton Township, MI 48038. We accept cash, checks, VISA or MasterCard. All withdrawals are subject to a \$8.00 processing fee. Withdrawals after registration due date but before the start date are refunded at 50%. A \$20.00 fee will be assessed for any returned checks. Coaches cannot accept registration payments. Payment is due in full at the time of registration.

(Return this stub with complete payment)

(Return this stub with complete payment)

CV Baseball – Holiday Baseball Camp – Saturday, December 21st, 2019

Class Number- Session 1: 636027-01

Session 2: 636027-04

Players Name: _____ DOB: _____ School: _____ Grade: _____

Parents Name: _____ Phone: _____

Address: _____ City: _____ Zip: _____

Email Address: _____

Payment Info (circle one): Cash / Check / Credit

Visa/MasterCard # _____

Exp. Date: _____

Name on Card: _____

Check #: _____

"MAKE-A-DIFFERENCE" AWARD



2020 Nomination Form



The "Make a Difference" Award is given on an annual basis to individuals who have made a significant positive impact on the educational experience of a special needs student. The nominee must be presently employed by a school district within Macomb County or the MISD. As parents, we feel that it is important to recognize these people who have had a positive effect on the lives of our children.

Please consider the following criteria when completing your nomination. The candidate for this award must have the following characteristics, but is not limited to:

- Communicate with you as a parent
- Excite students to reach their maximum potential
- Meet your child's individual needs
- Help to increase your child's self-esteem
- Demonstrate team member skills

Criteria on back of this form supporting the nominee must be provided for all nominations to qualify!

Describe in detail the impact this special person has had on your child's educational experience.

You may nominate a teacher, paraprofessional, support personnel (OT, PT, social worker, psychologist, speech pathologist) or any school personnel who is involved in your child's education.



Questions? Contact anyone listed below:

Christine Coppola
PAC Leadership Team

christinecoppola19@gmail.com

Nancy Crampton
PAC Leadership Team

ncrampton@gmail.com

Shelley Petty
PAC Leadership Team

Luvbugsmom@gmail.com

Jennifer VanderMark
PAC Leadership Team

jennifervandermark20@gmail.com

Monika DeLuca
Special Education Management Services
MISD

mdeluca@misd.net

NOMINATION FORM

(Must be completed along with supporting criteria document. Recommendation letter optional.)

NOMINEE

Name of **NOMINEE**

Position of Nominee (SE teacher, parapro, etc.)

Nominee works at (**PLEASE CHECK ONE**): ☐ MISD ☐ Elementary ☐ Middle School ☐ High

School District

School/Building Name

Nominated By

Address

Email

City & ZIP Code

Telephone Number

Does your child have a current IEP or IFSP in effect? ☐ Yes ☐ No

NOMINATED BY

TO NOMINATE, PLEASE:

- ☐ Complete this page and the required supporting criteria form (attached)
- ☐ Return both the nomination form and supporting criteria by Friday, **February 7, 2020**

By sending to:

Monika DeLuca
Special Education Management Services
Macomb ISD
44001 Garfield Road
Clinton Twp., MI 48038

DEADLINE:
February 7, 2020

***OVER**



***MANDATORY—Criteria for Make A Difference Award Nominee**

In order to best assist the PAC Leadership Team in their selection of this year's Make a Difference Award winners, please provide *detailed examples* of how your nominee qualifies in the following areas:

1. **Communication with parent(s)**_____

2. Helps child reach maximum potential & meets their needs

3. **Increases child's self-esteem** _____

4. Displays team member skills _____

[illegible]

***You may use additional sheets of paper, as *your response is not limited* by this form.**



School & Community Wellness

December 2019



**HENRY FORD
MACOMB HOSPITAL**
School & Community Wellness

Staff:

Jill Yore, RN
Manager
(586) 263-2106
jyorel@hfhs.org

Amanda Krieg, RD
Nutrition Educator
(586) 263-2176
aaudel@hfhs.org

Lauren McKenzie, RN
School Health Coordinator
(586) 263-2109
Lmckenz3@hfhs.org

Emmanuela Shepherd, MPH
Community Educator
(586) 263-2114
eshephe2@hfhs.org

Loraine Cusumano, RN, BSN,
MSA
School Health Coordinator
(586) 263-2161
lcusuma3@hfhs.org

Wanda Baum
Program Assistant
(586) 263-2107
wbaum1@hfhs.org

School & Community Wellness

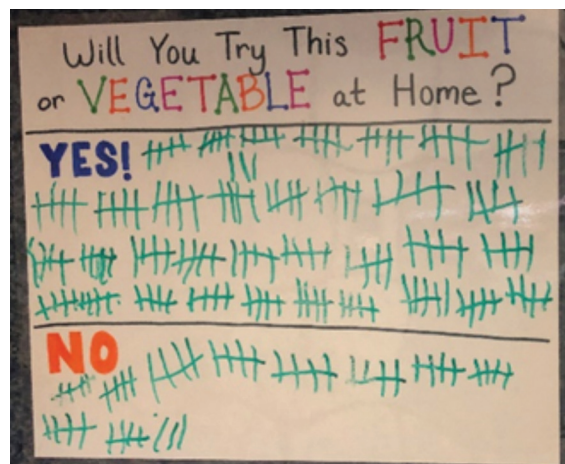
43421 Garfield, Suite 200
Clinton Township, MI 48038
Phone: (586) 263-2107
Fax: (586) 203-1088
hfmschoolhealthnetwork.org

This newsletter from School & Community Wellness is delivered electronically via email. If you or someone in your school is interested in receiving our e-newsletter, please email hfmhschoolhealth@hfhs.org with your request.

School spotlight

Briarwood Elementary students are now official taste testers

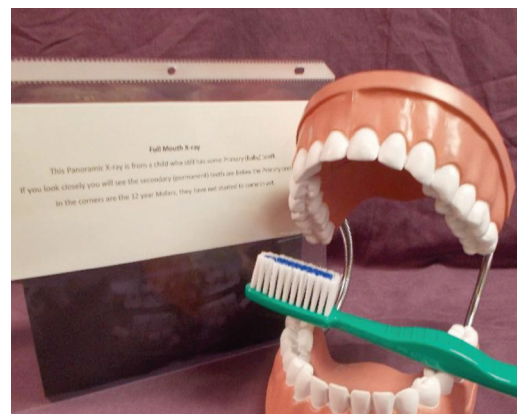
Briarwood Elementary School teamed up with Henry Ford Macomb Hospital and Action for Healthy Kids to host six school-wide taste testings during the 2019-2020 school year. During the month of October, dried apricots were taste tested and 252 samples were given during all 3 lunches. Of the 236 students surveyed, 173 said they would eat apricots again at home. The students loved the chewy, sweet snack. Parents were encouraged to talk to their students about how they liked the tasting and to consider trying dried apricots at home for snacks and as part of their students' lunches. The remaining five taste tests are set to feature sugar snap peas, kiwis, cherry tomatoes, mangos and cauliflower.



Resource room spotlight

The Resource Room at School & Community Wellness is filled with educational health and wellness kits and displays that can be loaned out to your school. Lesson plans and suggested handouts are included. Call today to reserve a kit (586) 263-2107.

Featured Kit: Teach the importance of Dental Health with this teeth model and tooth brush. This kit includes 2 sets of dental x-rays, complete lesson plans and reproducible handouts. February is National Children's Dental Health Month.



Mindfulness activities for the classroom series

Sensory Challenge

Supplies: timer, calming music

This can be done anywhere – inside the classroom, on the playground, or on a field trip. Ask students to sit comfortably and close their eyes. Take a few deep breaths together and then offer the following prompts.

1. For 30 seconds, focus deeply on what you can hear. Even the smallest noises.
2. For 30 seconds, focus deeply on what you can smell.
3. For 30 seconds, focus deeply on what you can feel.
4. Open your eyes and look up. For 30

seconds, focus deeply on what you can see.

For the entire article, visit <https://education.cu-portland.edu/blog/classroom-resources/mindfulness-activities-kids-classroom/>

How to Keep Healthy During the Holiday Season

by Nino Anthony Moscone

As we know, the holiday season is upon us. If you're like me, these holidays are all about eating... and being with our loved ones of course. However, we all know that holiday recipes consist of high amounts of sugar, cream, salt, butter, etc. With so many foods and snacks available, how do you make the healthy choices that will keep you on track towards your health goals? It's not always the easiest, but it's possible. Let's take a look at a few different ways we can keep healthy this holiday season.

Let's start off with menu picking and grocery shopping. When helping your parents pick their holiday menu, you should take into consideration the winter season and what's available. For example, in Michigan, food items like mushrooms, potatoes, squash, onions, carrots and cauliflower are most popular. It's important to shop for what's in season because not only will it be easier on their wallet, these foods will taste better and be more nutritious too. Generally, when a food item is in season, their nutrients tend to be more readily available for us to utilize, in turn making us feel stronger and healthier.

Healthy Alternatives. Most holiday recipes, as mentioned earlier, will contain high amounts of fat, sugar, salt, cream, etc. All these ingredients are the main reason why our foods taste so good! Unfortunately, they're

also the reason why our pants may not fit after the holidays. Making simple substitutions to your favorite recipes can be your savior and not make you feel so bad about having that extra piece. Here are some easy alternatives: Instead of sour cream, use plain Greek yogurt. Try mashed cauliflower or sweet potato rather than regular mashed potatoes. Those fatty dips like ranch or spinach that we can't seem to get enough of? Trade them in for hummus or a black-bean dip. Use lighter cheeses like mozzarella, cheddar or parmesan (try purchasing unprocessed cheese and grate it yourself if you need shredded cheese). Sugar substitutes such as monkfruit, stevia, Splenda or brown sugar are good alternatives to regular table sugar. Using these alternative items will leave you feeling full without all the guilt – all while still tasting as delicious as before.

Stay hydrated. It's the holidays and you want to partake in the holiday festivities and getting into the holiday spirit by having eggnog. No problem. However, most of the eggnog varieties around this time of year are loaded with sugar and contain empty calories. By empty calories, we mean, foods/drinks that are high in sugars/fats that serve absolutely no nutritional value. In moderation, it's okay to enjoy. To prevent yourself from having more than just one glass, try having a full glass of cold water just before or directly after. This can help signal our body that we are full. This concept works with eating too! Generally, having a glass of cold water 30 minutes before a meal may prevent us from overeating. Having the glass of water after may restrict us from going up for seconds or thirds.



Crunch Berry Protein Donuts



Yield: 6 donuts

Ingredients:

Donuts

2 1/4 C Cap'n Crunch Cereal, blended or ground
2 Tbsp coconut flour
1 scoop vanilla protein powder

1/2 C fat-free Greek yogurt
3 Tbsp liquid egg whites
3 Tbsp sugar free syrup
1/2 C mixed berries

Glaze

1/2 scoop vanilla protein powder
1/2 Tbsp corn starch
1 Tbsp stevia or 0-cal sweetener
2 Tbsp almond milk

Directions:

1. Preheat oven to 325 degrees F and spray donut pan with nonstick cooking spray.
2. Grind Cap'n Crunch in a food processor until it reaches a flour-like consistency.
3. Add remaining dry ingredients to a mixing bowl.
4. Once you've mixed all dry ingredients, add Greek yogurt, egg whites and the sticky sweetener in gradually.
5. Finally, gently fold berries into your mixture. Since every protein is different, you may need to add a bit more egg whites if your mixture is too thick.
6. Add the mixture to the donut pan, making sure to remove excess batter from the pan's edges.
7. Bake for 25-28 minutes or until a donut can pass the toothpick test like cake.
8. To make the donut glaze, blend the dry ingredients for 30-60 seconds. Once you've got your powdered sugar replacement, simply mix with your choice of milk and stir.
9. Pour or spoon the glaze on top of the donuts and give them 1-2 minutes to set.

NUTRITION INFORMATION PER SERVING: 116 CALS | 10P | 16C | 1F | 3SP

12 hacks to get you exercising more

by Henry Ford Health System Staff

Sneaky Strategies

If the idea of hitting the gym makes you want to crawl back under the covers, don't fret. Aimee Richardson, a health coach at Henry Ford Health System, has a dozen exercise hacks to help you sneak more activity into your day:

- 1. Schedule time:** Don't just decide to exercise. Block off time in your calendar like you would for any other appointment. That way, you'll be less likely to skip your workout.
- 2. Find a buddy:** Ask a friend to join you for a daily walk at lunch time. Make an appointment with a fellow runner to hit the track on Saturday mornings. Or schedule a Wednesday night pick-up game with a group of buddies. If you find people who like the same activities you do, you'll be more likely to get moving. You'll probably have more fun, too.
- 3. Make it easy:** Do things throughout the day that require you to move frequently. Park at the farthest spot in the lot, take the stairs instead of the elevator, walk over to a colleague's desk to chat instead of sending an email.
- 4. Sign up for an event:** Having a race, walk or special function on your agenda can motivate you to get moving. Runners can sign up for a 5K, 10K or even a marathon. Not a runner? Sign up for a yoga retreat or register for a summer boot camp class.
- 5. Try something new:** Exercise is often more fun when you step outside your comfort zone. Maybe your jam is Zumba or barre? Or maybe you want to try rock climbing, gymnastics or aerial aerobics? Don't be afraid to try new heart-pumping activities.
- 6. Gear up ahead of time:** Sometimes getting dressed is the greatest challenge. Try sleeping in



your gym clothes or keeping a bag equipped with workout wear in your car.

- 7. Work out in short bursts:** A growing body of research suggests exercising in short bursts can be shockingly beneficial. So while you may not be able to break away from your busy schedule for an hour at a time, you can probably squeeze in 15 minutes of exercise three to four times each day.
 - 8. Change your commute:** Instead of driving to work each day, try riding your bike when the weather cooperates. If your drive to work is non-negotiable, consider parking a few blocks away from the building or taking a walking break with a colleague each day.
 - 9. Work out with your kids:** Kids are often our biggest excuse when it comes to fitness. Rather than pointing the finger at your children, invite them to join you. Take them to the park and shoot hoops or play tag. Venture out on a long hike or go for a walk. Not only will you have
- more time to exercise, you'll also model healthy behaviors for your children.
- 10. Strength train in front of the TV:** Instead of just sitting there or munching on chips or digging in to a pint of ice cream, exercise while you watch TV. Lunges, bicep curls and push-ups are all fair game.
 - 11. Use tracking tools:** If you're competitive or numbers-driven, inspire yourself with a pedometer or tracking app. There's plenty of research to suggest taking 10,000 steps daily is good for your health.
 - 12. Set SMART goals:** To make the most of your fitness routine set SMART goals: **S** (small), **M** (measurable), **A** (attainable), **R** (relevant), **T** (timely). For example, aim to walk for 10 minutes every day after dinner for one week. That goal is small (10 minutes), measurable (daily), attainable (most people can walk for 10 minutes), relevant (it's a form of exercise), timely (for one week).

Vaping

With the increased awareness and growing concerns regarding vaping, and questions regarding the potential targeting of youth with flavored brands, there were two recent events organized – Chippewa School District on Nov. 6 and CARE of Southeastern Michigan on Nov. 12 to help inform students, parents and our community regarding the harmful effects of vaping.

According to the National Institute on Drug Abuse, in 2019 the number of youth vaping has doubled since last year and has now become a public health crisis. The CARE Vaping Town



Hall was moderated by Robin Erb from *Bridge Magazine*, with a well-rounded panel that included Henry Ford Macomb Hospital's Dr. Raed M. Alnajjar, Medical Director of Cardiothoracic Surgery, as well as representatives from CARE, American Cancer Society, MDHHS and students. The events were well attended by students, parents and other concerned community members.

To learn about additional resources or upcoming community events regarding vaping, please contact Henry Ford Macomb's School and Community Wellness team at (586) 263-2107.

Health & Wellness Observances Calendar

January 20 (Martin Luther King Day)
King Day of Service
Corporation for National and
Community Service
www.mlkday.gov

January 20-24
No Name-Calling Week
GLSEN
www.glsen.org/no-name-calling-week

February 16-23
Random Acts of Kindness Week
Random Acts of Kindness Foundation
www.randomactsofkindness.org

February 22
World Thinking Day
World Association of Girl Guides and
Girl Scouts
www.worldthinkingday.org

March 2 – 6
National School Breakfast Week
School Nutrition Association
www.schoolnutrition.org

March 24
American Diabetes Alert Day
American Diabetes Association
www.diabetes.org