

## ETNA ELEMENTARY

## February 2023

## Principal's Message

Calendar

Jan 31, Feb 1
After School Enrichment

Feb 3 - Mustang Spirit Day

Feb 6, 7 - After School Enrichment

Feb 10 - No School/Friday
School

Feb 14, 15 - After School Enrichment

> Feb 16 - 6th Grade Ski Trip

Feb 17 - No School

Feb 21 - 4th grade Rock Presentation

Feb 22 - Author Visit Jennifer A. Nielsen

Feb 23 - 6th Grade Ski Trip

Feb 24 - No School Friday School

Feb 27-Mar 2 Book Fair

Feb 28, Mar 1 Parent Teacher Conference I have had numerous conversations with parents, teachers, and students of late about foundational or basic skills. Just like in sports, if the fundamentals aren't in place, the rest of the skills will not be developed. Two basic math skills needed for all grades are fluency with math facts (addition, multiplication, and division) and solid understanding of fractions. These are very simple to review and practice. If your child does not know these facts, please ask your child's teacher about ways to help him or her at home. Also, fluent reading at grade level cannot be attained unless children regularly read at home. It is recommended they read a minimum of 20 minutes at their independent level every day just to maintain the expected grade level reading skills. Together, let's be their champion and combine our efforts to secure their success.

We are excited to have bestselling author, JENNIFER A. NIELSEN, visit Etna Elementary on Feb 22nd! Students can purchase her books from the library (or bring their own from home) to have Mrs. Nielsen autograph. See the website or contact Mrs. Thygerson (katie.thygerson@lcsd2.org) for more information.

## FEBRUARY IS AMERICAN HEART MONTH

Exercise is the best way to keep the heart strong and healthy. Kids can make it a goal to play outside as much as possible, get involved in sports, or even to participate in activities often such as tag or hide and seek!

Healthy eating is another great way to take care of the heart. Fruits and vegetables are at the top of every heart-healthy food list. Whole grains, fish, and lean meats are also recommended. (Cleveland Clinic, American Academy of Pediatrics.)

Check our website for more information about Etna Elementary, our newsletter, lunch menu, handbook, etc. etna.lcsd2.org

