



NEW SARPY
ELEMENTARY SCHOOL

November 2023 Issue 3

Mudbug Monthly

Dear NSE Family,

As October comes to a close, November is a beautiful reminder for all of us to reflect and express gratitude. Germany Kent said, "Gratitude is one of the most powerful human emotions. Once expressed, it changes attitude, brightens outlook, and broadens our perspective." There are many reasons to show gratitude to you, the stakeholders of NSE. A few include:

- Thank you to the PTO and our parents for making Trunk or Treat possible. It was a success due to your generous of candy!
- Thank you for the generous donations to the United Way. You helped NSE donate over \$280.00 to St Charles Parish residents in need!
- Thank you for the generous donations to Pink Links. You helped NSE donate \$290.00 to the American Cancer Society!

Thank you for trusting us with your most prized possession every day, your child! October was National Bullying Prevention Month. I want to share some of the things we highlighted in October and continue to do each day to build and maintain a physically and physiologically safe environment for all. At NSE, students have lessons during enrichment with our counselor, where she delivers proactive lessons to educate students about the effects of bullying and bullying prevention. We closed out the month by celebrating Red Ribbon Week to team up against drugs and bullying. These, along with many other daily practices, help us cultivate a preventative and positive bully free environment.

May your Thanksgiving holiday be filled with gratitude, family, and friends!

Sincerely,

Mrs. Matherne

Principal



Pre-K is so Sweet

PK's theme for November is "Safe, Healthy, Helpful, Me." We are learning about Community Helpers, being kind, eating well, and staying active. In Math, we are learning how to use tally marks to represent numbers, sorting by attributes, and patterns. In Literacy, we are learning compound words, letters and sounds, and sequencing stories. We want to wish all of our Mudbug families a Happy Thanksgiving!

Terrific Times in Kindergarten

Our Kindergarteners have had a 'spooktacular' time learning letter sounds, tricky words, shapes, and our numbers to ten. We were able to start reading in our picture readers to practice our tricky words- one, two and three. We started learning all about our five senses and how they are used to keep us safe from harm. We want to thank all of the volunteers and participants that had a hand in the Trunk or Treat at ESE/NSE! Our Kindergarteners loved all of the themed trunks and the fun activities on Halloween day wrapping up our month of October. We are looking forward to a great November!

Fabulous 1st Graders

In First Grade, our little learners are working with long vowel sounds in English Language Arts. Some examples of these sounds include the /a_e/ in words like, make and shake, and the /ee/, in words like tree and feet. The other sounds we are learning are /i_e/, /o_e/ and /u_e/. Our First Graders are also learning the list of Tricky Words from our Unit 2 English language Arts reader, Gran. Some examples of these words are they, their, he, she, be and we. Please continue to review these skills at home with your child nightly. In Math, we are adding and subtracting numbers up to 20 and solving word problems with an unknown part. Students are learning strategies like, counting on, drawing circles and counting with their fingers to help them solve number sentences and word problems.

Sensational 2nd Graders

Second Grade Mudbugs are working on Reading foundational and comprehension skills. Mudbugs have moved into Unit 3 "Kids Excel" and are enjoying reading about kids who excel at Spelling Bees, Swimming, Soccer, and Jump Rope. Students are learning new strategies for adding and subtracting by using their place value knowledge in Math. In English Language Arts, Mudbugs are also exploring and learning about Greek Myths.



Literacy Learning

Science of Reading? What is that?

This year you may hear a lot about the Science of Reading from NSE. The Science of Reading refers to research that has been conducted over the past 20 years by reading experts and cognitive scientists. This research has shown us how the reading brain develops and some of the best methods for teaching students to read.

Below are some terms you may encounter in your child's reading instruction this year:

- Phoneme-the smallest unit of sound represented by a letter or letters. There are 44 phonemes in the English language.
- Grapheme-the letter or letters that represent a phoneme (or sound).
- Phonemic Awareness-the ability to identify, hear, and manipulate the smallest sounds heard in spoken language.
- Phonological awareness-the skill to identify, hear, and manipulate any sound heard in spoken language. These pieces of sound can be rhymes, syllables, or phonemes.

Want to read more about this topic? Enjoy this article: [How Do Kids Learn to Read? What the Science Says, Ed Weekly](#)



Counselor's Corner News



RED RIBBON WEEK THIS YEAR WAS HELD OCTOBER 23TH UNTIL OCTOBER 27TH. OUR MAIN THEME THIS YEAR WAS "DRUG AND BULLY FREE LOOKS LIKE ME". RED RIBBON WEEK IS A VISIBLE WAY FOR STUDENTS AND TEACHERS TO UNITE AGAINST DRUGS AND TEACH OUR STUDENTS TO MAKE HEALTHY CHOICES IN LIFE. IT IS THE OLDEST AND LARGEST DRUG PREVENTION PROGRAM IN THE NATION. IT IS ESTIMATED THAT OVER 80 MILLION PEOPLE WILL PARTICIPATE IN RED RIBBON WEEK THIS YEAR ALONE, ACCORDING TO THE NATIONAL FAMILY PARTNERSHIP. RED RIBBON WEEK WAS STARTED WHEN A DEA AGENT WAS KIDNAPPED, TORTURED AND KILLED BY DRUG TRAFFICKERS HE WAS STANDING TRIAL AGAINST. HIS DEATH STARTED A COALITION IN CALIFORNIA THAT HAS SPREAD NATIONWIDE. THERE ARE MANY WAYS THAT EVERYONE CAN BE INVOLVED IN THIS WEEK. BELOW IS A LIST OF THE EVENTS THAT OCCURRED DURING THE WEEK HERE AT NEW SARPY ELEMENTARY. PARENTS ARE ENCOURAGED TO CONTINUE TO TALK ABOUT HEALTHY LIFESTYLES WITH THEIR CHILDREN AS WELL.



EVENTS DURING RED RIBBON WEEK WERE AS FOLLOWS:

ON MONDAY, OCTOBER 23, NSE MUDBUGS SAID, "WE ARE READY FOR RED RIBBON WEEK!"

ON TUESDAY, OCTOBER 24, NSE MUDBUGS SAID, "WE ARE TOO BRIGHT FOR DRUGS!"

ON WEDNESDAY, OCTOBER 25, NSE MUDBUGS SAID, "FOLLOW YOUR DREAMS"

ON THURSDAY, OCTOBER 26, NSE MUDBUGS SAID, "WE ARE CRAZY ABOUT BEING DRUG FREE!"

ON FRIDAY, OCTOBER 27, NSE MUDBUGS SAID, "TEAM UP AGAINST DRUGS!"

Library Corner

October Readers of the Month



Kindergarten

Housewright—Emersyn Thompson
Toussel—Jace Lambert
Starlone—Mackenzie West
Ernst—Henry Kuchler
Lamartiniere—Karter Murray
Ledet—Corinne Mumbower

1st Grade

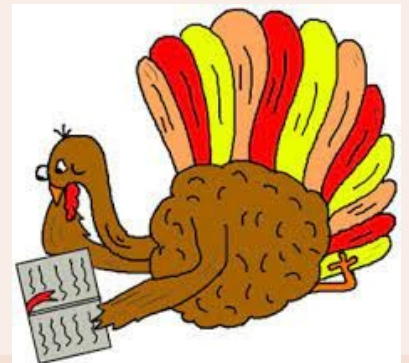
Thibodeaux—Cullen Glass
Smith—David Bauer
Grosz—Brooklyn Gonzales
Knuppel—Remy Poche
Anderson—Dylan Cochrane
Viverito—Riley Scardigli
Mailhos—Alex Makaryan

2nd Grade

Cotton—Ayden Peyton
Zablo—Kali Mott
Waguespack—Caiden Herbert
Montz—Zion Flowers
Volion—Ariell Williams

*Book Fair is coming! Dates are December 4-11. Please see the attached information with class schedules/volunteer opportunities.

*Please continue to remind your students to return their books on time so that they may check out a new book each week during library class. If a book is lost or damaged, please refer to the overdue notice for replacement cost.





NEW SARPY LIBRARY FALL/WINTER BOOK FAIR 2023

What: Scholastic Book Fair

Who: NSE Students

When: December 4-11

Where: NSE Library

Why: To promote reading and raise money for our school library

How: Please review the Scholastic Book Fair flyer. This flyer represents only a sampling of books available. Place cash money (or check made out to New Sarpy Elementary) in a sealed envelope labeled BOOK FAIR and your child's name. You do NOT have to pay tax UNLESS you pay by credit or debit card through an eWallet. See below for information on setting up an eWallet ahead of time. Your child will be visiting the book fair with his/her class according to the schedule below. If you would like to volunteer to help out at the book fair, please fill out the link below and submit.

PreK-2 Schedule:

Monday, Dec. 4: Volion, LaMartiniere, Viverito

Tuesday, Dec. 5: Waguespack, Ledet, Smith, Davis/Dufour

Wednesday, Dec. 6: Zablo, Ernst, Knuppel, Davis/Dufour

Thursday, Dec. 7: Cotton, Toussel, Thibodeaux, Gauthreaux/Graugnard

Friday, Dec. 8: Montz, Housewright, Anderson, Gauthreaux/Graugnard

Monday, Dec. 11: Starlone, Grosz

**1st grade Mailhos' students split into other 1st grade classes for enrichment. Please check with Ms. Mailhos for your child's Library enrichment day during the book fair.*

Link to volunteer to help at the Book Fair:

[Volunteer Google Form](#)



Check out our New Sarpy Book Fair homepage to view the interactive flyer and eWallet link:

[NSE Book Fair Homepage](#)



If you have any questions, you may email me directly at: njacob@stcharles.k12.la.us

Nicole Jacob,
Library Media Specialist

Say No to the Flu in November!

The flu vaccine will keep you healthy and ready to enjoy the fall and holiday seasons.

Get your vaccine, wash your hands frequently, practice cough and sneeze etiquette and avoid touching your eyes, nose or mouth. Contact your health care provider within 48 hours if illness develops and stay home when ill.

Please do not hesitate to call or email me with any questions or concerns.

Your School Nurse, Jamie Byrd, RN, BSN Jbyrd1@stcharles.k12.la.us

Stop the spread of germs that make you and others sick!

Cover your Cough



Cover your mouth and nose with a tissue when you cough or sneeze or

cough or sneeze into your upper sleeve, not your hands.

Put your used tissue in the waste basket.



Clean your Hands

after coughing or sneezing.



Wash hands with soap and warm water

or
clean with alcohol-based hand cleaner.



State Department of Health
BUREAU OF PREVENTIVE
MEDICINE
COMMUNITY HEALTH



Louisiana
State
University
Bureau of
Preventive
Medicine

APIC
American Public Health Association

E-cigarettes and Youth: What Parents Need to Know



WHAT ARE E-CIGARETTES?

Electronic cigarettes (e-cigarettes) are battery-powered devices that deliver nicotine, flavorings, and other ingredients to the user. Using e-cigarettes is sometimes called “vaping.” E-cigarettes do not create harmless “water vapor” – they create an aerosol that can contain harmful chemicals.

HOW MANY YOUTH ARE USING E-CIGARETTES?

- E-cigarettes have been the most commonly used tobacco product among U.S. youth since 2014.
- In 2020, CDC and FDA data showed that at least 3.6 million U.S. youth, including about 1 in 5 high school students and about 1 in 20 middle school students, used e-cigarettes in the past 30 days.

WHAT ARE THE RISKS FOR YOUTH?

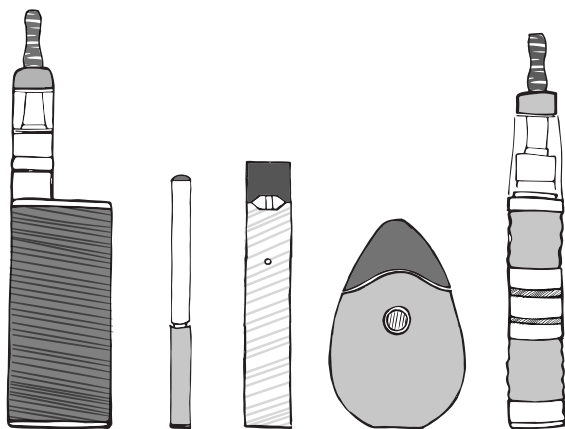
- Most e-cigarettes contain nicotine, which is highly addictive. Nicotine exposure during adolescence can:
 - » Harm brain development, which continues until about age 25.
 - » Impact learning, memory, and attention.
 - » Increase risk for future addiction to other drugs.
- Young people who use e-cigarettes may be more likely to go on to use regular cigarettes.
- Many e-cigarettes come in kid-friendly flavors – including mango, fruit, and crème – which make e-cigarettes more appealing to young people.
- E-cigarette aerosol is not harmless. It can contain harmful substances, including:
 - » Nicotine
 - » Cancer-causing chemicals
 - » Volatile organic compounds
 - » Ultrafine particles
 - » Flavorings that have been linked to lung disease
 - » Heavy metals such as nickel, tin, and lead





WHAT DO E-CIGARETTES LOOK LIKE?

- E-cigarettes come in many shapes and sizes. Some look like regular cigarettes, cigars, or pipes. Larger e-cigarettes such as tank systems – or “mods” – do not look like other tobacco products.
- Some e-cigarettes look like other items commonly used by youth, such as pens and other everyday items. New e-cigarettes shaped like USB flash drives are popular among youth, including JUUL and the PAX Era, which looks like JUUL and delivers marijuana.



WHAT CAN YOU DO AS A PARENT OR CAREGIVER?

As a parent or caregiver, you have an important role in protecting children from e-cigarettes.

- » Talk to your child or teen about why e-cigarettes are harmful for them. It's never too late.
- » Set a good example by being tobacco-free.
- » Learn about the different shapes and types of e-cigarettes and the risks of e-cigarette use for young people at [CDC.gov/e-cigarettes](https://www.cdc.gov/e-cigarettes).

ABOUT USB FLASH DRIVE-SHAPED E-CIGARETTES

As a parent or caregiver, you may have heard about the use of USB flash drive-shaped e-cigarettes, including JUUL (pronounced “jewel”). JUUL is the top-selling e-cigarette brand in the United States.

JUUL is being used by students in schools, including in classrooms and bathrooms. JUUL's nicotine liquid refills are called “pods.” According to the manufacturer, a single JUUL pod can contain as much nicotine as a pack of 20 regular cigarettes.

JUUL delivers nicotine in a new form called “nicotine salts,” which can make it less harsh on the throat and easier to use by youth. JUUL also comes in flavors that can appeal to youth.





New Sarpy Family Center

Together We Can Make a Difference

Annie Francioni afrancioni@stcharles.k12.la.us

Phone: 985-764-1275

Hour November 1:00 p.m. Monday & Tuesday



Balancing Technology and Family Time

Do you struggle with balancing technology and family time? How much gaming should you allow when your child also uses his computer for homework? And when does screen time become a problem? According to an article written by Caroline Knorr, just like every family differs in what they eat, when they eat, and what they like, a healthy media diet is different for every family. Common Sense Media suggests the following five tips for balancing technology and family time.

Find balance. Instead of counting daily screen-time minutes, aim for a balance throughout the week. Get your children to help plan a week that includes stuff they have to do and stuff they like to do, such as schoolwork, activities, chores, reading, family time, and TV or gaming.

Walk the walk. Put your devices away while driving, at mealtimes and during important conversations. Your children will learn habits from you.

Talk about it. Ask questions about your children's favorite games, shows, and characters. Discuss ideas and issues they read about or learn about through a TV show or a game. This is an opportunity for bonding, learning, and sharing your values.

Create tech-free zones. Set rules that fit your family, such as "no devices during dinner," "no social media during homework," or "all screens off before bedtime."

Check ratings. Choose age-appropriate, high-quality media and tech for your kids.



Balanciando la Tecnología y el Tiempo de Familia

¿Ocurren batallas sobre tecnología en su casa? ¿Cuánto tiempo de videojuegos debes de permitirle a tu niño si también usa la computadora para hacer la tarea? ¿Cuánto tiempo en la computadora es problemático? Según el artículo escrito por Caroline Knorr, la verdad es que no hay ninguna fórmula mágica. Y tal como cada familia tiene preferencias distintas de comida, la hora de comer y qué comen, una dieta saludable de medios de comunicación es diferente para cada familia. Common Sense Media sugiere los consejos a continuación para ayudar en el mantenimiento de actividades tecnológicas y actividades en familia.

Encuentra el equilibrio: en vez de contar los minutos diarios del uso de los aparatos electrónicos, enfócate en que haya un equilibrio toda la semana. Motiva a tus hijos a ayudar a planificar una semana que incluya las cosas que tienen que hacer y cosas que les gusta hacer, como por ejemplo, el trabajo escolar, actividades, tareas, lectura, tiempo familiar, y la televisión o los videojuegos.

Pon un buen ejemplo: guarda los aparatos electrónicos mientras manejas, durante las comidas y en conversaciones importantes. Los niños aprenden sus hábitos.

Habla del tema: hazle preguntas a tus hijos sobre sus juegos, programas y personajes favoritos. Habla de las ideas y temas que ellos han leído o visto en programas de televisión o en un juego. Esta es una oportunidad para aumentar el vínculo afectivo, aprender y compartir tus valores.

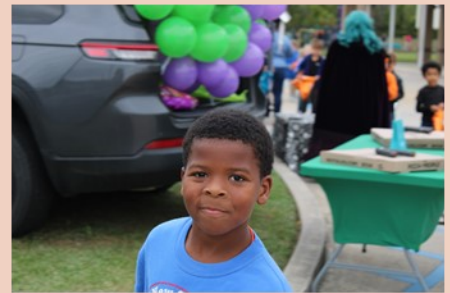
Crea áreas en donde no se deben usar los aparatos electrónicos: establece reglas apropiadas para tu familia como "no se deben usar los aparatos durante la cena, "no deben usar las redes sociales durante las tareas," o "apaguen todos los aparatos antes de acostarse."

Verifica las clasificaciones: selecciona tecnologías y medios de comunicación de alta calidad y apropiados para tus hijos.

October Students of the Month



Trunk or Treat



November 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 	2	3 Team Spirit or Fall Shirt Day	4
5 Daylight Savings Time 	6 Playgroup	7 Boosterthon Kick-off Volunteer Day	8	9	10 K Morning with the Mudbugs Wear red, white and blue for Veterans Day	11  Veterans Day
12	13 Playgroup	14 	15 Progress Reports go home	16 PK Morning with the Mudbugs	17  Wear class color shirt, athletic bottoms, and tennis shoes	18
19	20 	Thanksgiving Holidays no school			24 	25
26	27 Playgroup	28	29	30		