



April 2019

- 1 Learning Walk @ 9
PTA Board Meeting @ 10
- 3 Playgroup @ 10
- 9 Spring Pictures
PTA fundraiser pickup 12-5
- 10 Playgroup @ 10
- 12 11:30 Easter Parade
Spring Color Day
Early Dismissal @ 12:35
- 4/15-22 Easter Break
- 23 Parent meeting for
2nd graders @ RJV 6:00
- 24 Playgroup @ 10
- 25 Progress reports sent home
- 29-5/3 Student
Appreciation Week
- 30 Class & Faculty Pics

Principal's Message

Spring is in the air, and we are very excited about our final quarter for the school year. This last quarter of the school year is especially important. We need our students to attend school each day ready to learn. Our teachers have planned exciting and engaging lessons that will cover essential concepts and skills needed in order for students to experience a successful end to our year. Please join us in encouraging our children to put forth their best effort. It is important to complete homework, practice math facts, and read nightly. We also need your support in reminding our students to continue to follow our school rules and make good choices. We appreciate your presence and your commitment to making this a true home-school partnership. Together we have worked to make this year a huge success. Allemands Elementary is truly a great place for children to learn and grow and your support makes all the difference. Together, we can help prepare our students and make sure that they will "Finish Strong.". We are working hard and our children are "Reaching for New Heights!"

Lisa Perrin

Principal

Mission

Allemands Elementary School is committed to building the foundation of life-long learning for all students in a safe, respectful environment.

Vision

The faculty of Allemands Elementary School embraces the education of all students as our top priority by providing a positive foundation for success. Our school prepares students to meet the challenges within the changing society of the 21st century while preserving our historical culture. There is a profound commitment from stakeholders to help all students to become college and career ready, creating life-long learners. Our school provides a safe, stimulating atmosphere that is created through respect for self, others, and our environment. Actively engaged students aspire to reach their full potential, reflecting the high expectations among our faculty, families, and community.

Values/Beliefs

At Allemands Elementary School we believe...

-A physically and psychologically safe environment is essential to promote student learning.

-A student's self-esteem is enhanced by positive relationships, open and honest communication, and mutual respect among peers, families, community members and school personnel.

-All students and staff meet high expectations for achievement and success by engaging in challenging and relevant work.

-All children can learn at higher levels when supported daily by a variety of instructional strategies and resources within their school, families, and community.

-Student achievement and teacher effectiveness increase when teachers and students use a variety of questions and/or prompts to advance high level thinking.

-We are...One School, One Team, Making a Difference!

-Excellence is worth the cost.

Kindergarten News

March flew by! April will probably go by just as quickly. In April, we will continue to enjoy learning about plants through hands-on experiences and reading new texts.

The students are participating in daily observations of the growth of seeds that they planted. For the fourth quarter, students will be writing informational pieces.

Read and learn about topics such as animals, plants, or insects. Help your child collect facts about a topic and write what they learned. In word study, the text will become more complex and include more tricky words. Practice reading any stories sent home with your child's homework and help your child to recognize all 50 sight words. In math, practice writing numbers in the teens and counting sets of objects to 20. Your child would benefit by practicing math facts to 10 (i.e. $3+4=7$). The extra effort from each of you is really paying off!

First Grade News

It's hard to believe the school year is already coming to an end. First grade students have worked extremely hard this year, and it is very important for them to continue to work hard. We appreciate all you have done to help your child in first grade thus far; however, the year is not over yet! These last few weeks of school are extremely important. In Guidebooks, we are continuing our unit on spiders. We have become spider experts reading and writing books. We have also read fiction books about Anansi, The Spider. In math, we are counting, reading, and writing numbers to 120. We are also adding and subtracting within 100. Please continue to read from your child's reading packet and review math facts with your child nightly.

Second Grade News

It's show time.

It is time for students to independently show what they know and can do. As we continue teaching and learning in the last quarter of school, it is very important that all students do their very best and apply skills they have learned throughout the year. In math, students will measure using standard US units of measurement, collect data and create graphs, and solve one and two-step word problems with money.

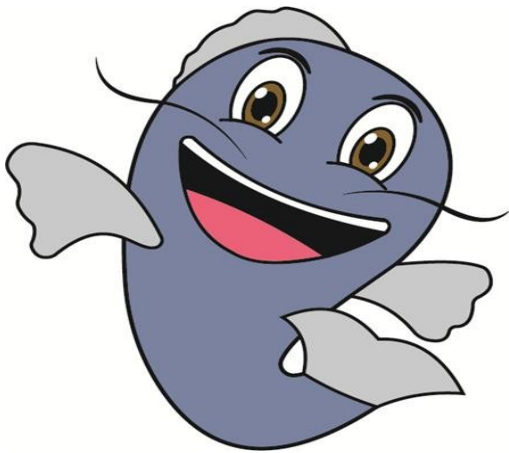
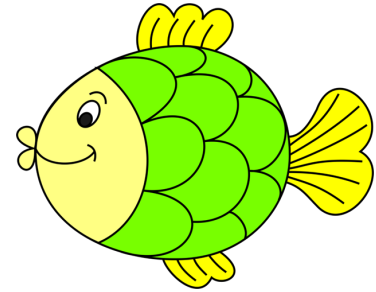
Have your child practice counting coins and telling time to the nearest 5 minute intervals. Students will write informative writings and continue learning in our ELA unit, Ox-Cart Man. With spring in the air, it's a perfect time to "hop into reading" a great book! Remember to have your child read and retell nightly including the central message. When reading nonfiction, have your child use text features and identify the main topic and focus of a paragraph. Students will be reading chapter books, so they should retell each chapter. Working together, it's going to be an EGG-cellent and EGG-sighting month of teaching and learning!

French News

Bonjour! Happy Spring! April will be a busy month! All grade levels will be learning some spring vocabulary words in French. Students will be learning how France, as well as South Louisiana, celebrates Easter. We will also be learning some Earth Day related French vocabulary words.

April 1st is a fun day in France. April Fools' Day traditions are followed by all French children on April 1st. Paper fish are used to play an April Fools trick, involving sticking a paper fish onto the back of as many adults as possible, then running away yelling "Poisson d'Avril" (April Fish!).

The Poisson d'Avril tradition in France possibly dates back to 1564, when King Charles IX decided that the year should start on 1st January to mark the lengthening of days, rather than on 1st April, when it previously started to mark the beginning of spring. The many people who didn't accept the change and continued to celebrate on 1st April were mocked and sent joke gifts.



Please donate your gently used school uniforms.



E-Newsletter

As part of our efforts to embrace technology, take care of our environment, and monitor spending, we will transition from paper to electronic newsletter delivery. Beginning in October, Allemands Elementary will deliver the monthly school newsletters via email. Additionally, the school newsletter will be posted to the school's web page. If you would like a printed copy of the school newsletter, please notify Lakia Butler at Lbutler@stcharles.k12.la.us and a copy will be sent home each month with your child. Thank you.

C.A.R.E.S

Cooperation

I can work with others.

Assertion

I can speak up for myself and others.

Responsibility

I can make smart choices.

Empathy

I can understand others' feelings.

Self-Control

I can think before I speak and act.

Spring



Share With FINLEY

Finley would like to hear from parents that might have suggestions for school improvement or have an example of their child showing CARES at home or in the community. Each month we will feature this section. Finley is interested in hearing your input. Please write suggestions, positive comments or concerns and return it with your child. Finley will print a follow up letter in our next monthly issue.

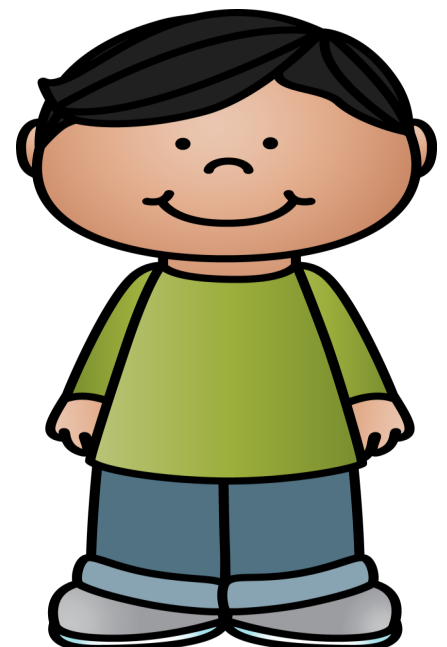
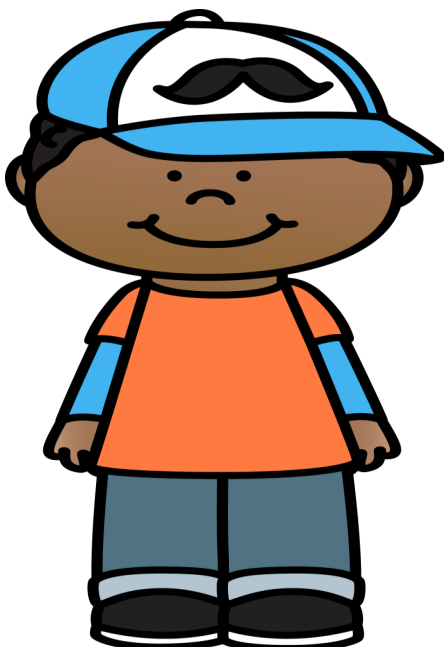
Questions or Suggestions for School Improvement or example of student showing CARES:

Your name (optional) _____

STUDENT APPRECIATION week

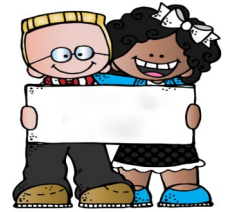
April 29-May 3

- Monday - Crazy Hair Day
- Tuesday - Uniform since it's class picture day
- Wednesday - Wacky Wednesday/Full dress down day with mismatch clothes
- Thursday - Superhero Shirt/Students can wear a superhero shirt or a shirt the color of their favorite superhero.
- Friday - Full Dress Down Day



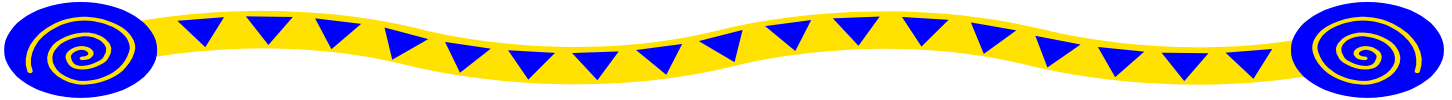
Allemands Elementary Family Center

Together We Can Make a Difference



Dunia Kennedy: dkennedy@stcharles.k12.la.us
Mondays, Wednesdays, and Fridays

Phone: 985-758-7427
Hours: 8:30a.m. – 3:30p.m.



Help your child avoid test anxiety

When well-meaning parents focus too much on test results, they put undue pressure on young children. For kids who struggle with attention or memorization tasks, testing can be extremely stressful because it requires students to draw entirely on these skills, and it can cause test anxiety.

Test anxiety is worrying too much about doing well on a test. Students with test anxiety can worry about success in school and about their future success. They can become very self-critical and lose confidence in their abilities. Instead of feeling challenged by the prospect of success, they become afraid of failure. If your child worries too much about taking tests, you can help to reduce the anxiety by encouraging the child to do the following things:

- Read the directions carefully before beginning the test.
- Ask the teacher to explain something he doesn't understand.
- Look quickly at the entire text to see what types of questions are on it so that he can decide how much time to spend on each question.

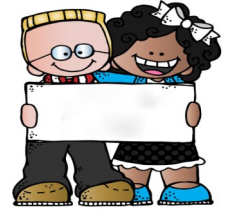
Mark questions that he doesn't know the answer to, skip them, and go on. Tell him if he has time at the end of the test, to return to it and try again.

Parent Portal

Reminder: You may monitor your child's progress on a regular basis through PowerSchool. Please contact the office if you have not yet created an account. The portal is unavailable each Wednesday evening beginning at approximately 8:30pm due to scheduled maintenance.

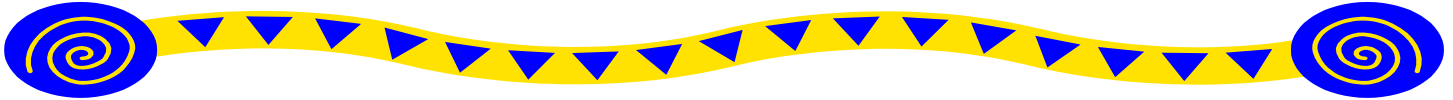
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Ayude a su hijo a evitar la ansiedad por causa de los exámenes

Cuando los padres, pese a las buenas intenciones, prestan demasiada atención a los resultados de las pruebas, les ponen presión innecesaria a los hijos pequeños. Para los hijos con problemas de atención o dificultad para memorizar, las pruebas pueden resultar muy estresantes porque les exige usar estas destrezas en particular, y causar ansiedad de examen.

"Ansiedad de examen" significa preocuparse demasiado sobre cómo va a salir en el examen. Los alumnos con este tipo de desorden se pueden preocupar de más sobre su éxito en la escuela y en la vida. Pueden criticarse a sí mismos de más y perder la seguridad en sí mismos y en sus habilidades. En vez de sentirse desafiados por la promesa del éxito obtenido, pueden volverse temerosos del fracaso. Si su hijo se preocupa demasiado al tomar exámenes, usted le puede ayudar a minimizar la ansiedad al darle los siguientes consejos:

Cuando obtengas el examen, lee las instrucciones con mucho cuidado antes de comenzar tu trabajo.

Si hay algo que no entiendes, pídele al maestro que te lo explique.

Revisa el examen rápidamente para ver qué tipos de preguntas incluye. Esto te ayudará a determinar cuánto tiempo debes tardar en cada sección.

Si no te sabes una respuesta, déjala y sigue con el examen. No desperdicies tiempo preocupándote demasiado con una sola pregunta. Márcala y si tienes tiempo al final del examen, regresa e intenta responder de nuevo.



Cafeteria Corner

The Allemands Cafeteria will be taking payments in cash or by online payments at myschoolbucks.com in the month of May no checks will be accepted.

Library News

Coca-Cola Fundraiser



We're excited to share that our school is part of the Coca-Cola Give program. This opens up Allemands to new funding opportunities to help purchase more library books.

The best part? Donations don't come out of your own pocket. When you make Coca-Cola purchases, you simply enter the product codes here: <https://us.coca-cola.com/give/schools/> and our school receives a donation.

Allemands Elementary make the most of this program and learn more at Coke.com/give.

Monthly Reading Program

"Reading is Where it's Hat" reading logs are beginning to trickle in. Any books, whether from school or home, can be written on the logs. Students that turn in completed logs will have their names announced during morning announcements and receive a reading certificate and a pencil. Be sure to turn your logs in to get credit for all of the reading I know you are doing!

"The more that you read, the more things you will know. The more you learn, the more places you'll go." — Dr. Seuss

STAKEHOLDER ACTION GROUP

The January meeting of the Stakeholder Action group was held on January 4th. Attendees discussed ways to work with the community organizations to boost attendance. We also reflected on fall semester activities and discussed spring semester activities. Our next meeting has been scheduled for May 2nd at 10:00. All parents and community members are invited to attend.

Nurse's Notes

Spring is a wonderful, beautiful time of the year!

It is time to get outside, breathe fresh air and be active.

However, spring time can also trigger allergies in people.

Pollen and ragweed are two of the well known triggers to those who have seasonal allergies.

The symptoms of seasonal allergies may be similar to the symptoms of the common cold.

However, allergy symptoms tend to occur all at once. Symptoms such as watery, itchy eyes, nasal congestion and a itchy throat are some examples. Cold symptoms tend to last 7-10 days.

Allergy symptoms may last weeks, or even all Spring!

Below are some steps you may take to help prevent or relieve seasonal allergy symptoms:

- *Drink lots of water.

- *Eat healthy foods.

- *Blow your nose frequently.

- *Change your clothes after working or playing outside.

- *Wash up, each time you walk into your home you bring small pieces of the outside world with you.

- *Wash your hair at night. This will prevent the pollen or other allergens that may have gotten in your hair from getting on your pillow or bedding.

- *Keep windows and doors closed.

- *Use air conditioning.

- *Change the filter in your air conditioning vents frequently.

- *Avoid using window or attic fans that draw in outside air.

Melissa Schexnaydre, R.N.
School Nurse

Allemands Elementary yearbooks are on sale!
Please place your pre-paid yearbook order by
April 10th.



Dismissal/Transportation



All bus changes / car rider request need to be submitted in writing by 2:30 on a full day and 10:30 on an early dismissal day to aesbus@stcharles.k12.la.us. Bus changes need to include the student's name, teacher's name, bus number or animal (if known) and the physical address of where the student will be dropped off. Car rider request need to include the name of the student, teacher name, and the person who will be picking him/her up. Please try to keep your child's schedule as consistent as possible.

DRESS CODE



The following guidelines have been established and are included in the Code of Conduct Handbook. Any apparel for males or females should be worn as designed, i.e. belts, pants at waist, shoestrings tied, etc. All students must conform to the official dress code guidelines below:

Shirt - Collared white or navy blue dress/oxford or polo-type shirt. The official PTA school spirit shirt is allowed every day of the week. If a child has another AES school event or spirit shirt, they may wear it on Fridays only if it is white or navy blue. Please contact Mrs. Perrin if you have questions.

Pants/Shorts/Skirt/Skort/Jumper - Navy or Khaki (no shorter than 2' above the center of the kneecap).

We encourage all students to show their school pride by wearing spirit shirts with jeans on Fridays; however, the jeans must be solid blue, without tears and decorations.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Learning Walk @ 9 PTA Board Meeting @ 10	2	3 Playgroup @ 10	4	5	6
7	8	9 Spring Pictures PTA fundraiser pickup 12-5	10 Playgroup @ 10	11	12 11:30 Easter Parade Spring Color Day Early Dismissal @ 12:35	13
14	15	16	17	18	19	20
Easter Break 4/15-4/22						
21	22	23 Parent meeting for 2nd graders @ RJV 6:00	24 Playgroup @ 10	25 Progress reports sent home	26	27
28	29	30 Class & Faculty Pictures				
Student Appreciation Week 4/29-5/3						

Elementary Menus April 2019

St. Charles Parish
Public Schools

This institution is an equal opportunity provider.
Menus are subject to change.



Every complete meal
we serve comes with
your choice of milk!

AVAILABLE
DAILY

With all meals:
Low Fat White Milk
Fat Free Flavored
Milk

At Lunch:
Sandwich Choice

VEGETABLE

Kale

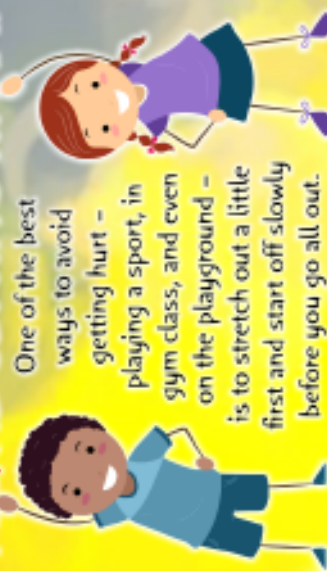


Kale is delicious raw,
steamed, sauteed, or added
to soup. Kale plants are
hardy down to the low 20's
and some say frost actually
makes kale taste sweeter!
Kale provides fiber, lots of
vitamins and other
nutrients, and even
some protein!

OF THE MONTH



YOU'RE GETTING WARM.



One of the best
ways to avoid
getting hurt -
playing a sport, in
gym class, and even
on the playground -
is to stretch out a little
first and start off slowly
before you go all out.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, April 1

Breakfast

Grits & Sausage
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Chicken Tenders & Fettuccini
w/Alfredo Sauce
Green Beans
Steamed Baby Carrots
Tropical Fruit

Monday, April 8

Breakfast

Dutch Waffle
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Red Beans & Rice w/Sausage
Seasoned Mustard Greens
Steamed Carrots
Cornbread
Applesauce

Tuesday, April 2

Breakfast

Chicken Biscuit
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Shepherd's Pie
Fresh Steamed Veggie Medley
Wheat Roll
Apple Wedges

Tuesday, April 9

Breakfast

Chicken Biscuit
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Crunchy Tacos
Pinto Beans
Taco Salad Cup
Salsa & Shredded Cheese
Apple Wedges

Wednesday, April 3

Breakfast

St. Charley Cinnamon Roll
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Hamburger/Cheeseburger
French Fries
Lettuce/Tomato/Pickle
Orange Wedges
Sugar Cookie

Wednesday, April 10

Breakfast

St. Charley Cinnamon Roll
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Chicken & Sausage
Jambalaya
Steamed Broccoli
Garden Salad
Garlic Bread
Banana

Thursday, April 4

Breakfast

Sausage Biscuit
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Turkey Sausage Gumbo
Steamed Rice
Potato Salad
Garden Salad, Crackers
Pineapple Tidbits w/Cherries

Thursday, April 11

Breakfast

Sausage Biscuit
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Baked Chicken
Mashed Potatoes
Green Beans
WW Roll
Pineapple Tidbits w/Cherries

Friday, April 5

Breakfast

Muffin w/Cheese Stick
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Fish Sticks
Macaroni & Cheese
Cucumber & Tomato Salad
Baked Beans
Banana

Friday, April 12

Breakfast

Maple Pancake Sandwich
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Bosco Sticks (2)
Marinara Sauce Cup
Fresh Veggies w/Ranch Dip
Orange Wedges

SPRING BREAK



Break begins on:
Monday, April 15

Classes resume:
Tuesday, April 23

**Earth Day
April 22**



Keep it clean

What's on
YOUR
plate?



Q: What's the GOOFIEST thing about a GOOBER?



A:

"Goober" is another name for a peanut, and the goofiest thing about a peanut is that it's not really a nut at all! Peanuts are really beans that grow under ground. Real nuts are sometimes called "tree nuts."

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Tuesday, April 23
Breakfast
Chicken Biscuit
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch
Beef Pot Roast
Mashed Potatoes
Green Beans
WW Roll
Sliced Peaches

Wednesday, April 24
Breakfast
St. Charley's Cinnamon Roll
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch
St. Charley's Chili
Tortilla Chips
Shredded Cheese, Salsa
Garden Salad
Apple Wedges

Thursday, April 25
Breakfast
Sausage Biscuit
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch
Pork Stew w/Rice
Candied Yams
Steamed Cabbage
Brownie
Banana

Friday, April 26
Breakfast
Egg & Cheese Wrap
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch
Grilled Cheese Sandwich
French Fries
Cookie
Orange Wedges

Monday, April 29
Breakfast
Grits & Sausage
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch
Chicken Tenders & Fettuccini w/Alfredo Sauce
Green Beans
Steamed Baby Carrots
Tropical Fruit

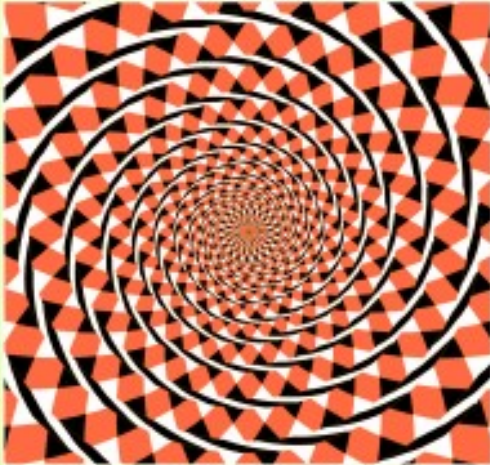
Tuesday, April 30
Breakfast
Chicken Biscuit
Cereal w/Cheese Stick
Yogurt w/Gripz
Fruit or Juice Choice

Lunch
Shepherd's Pie
Fresh Steamed Veggie Medley
Wheat Roll
Apple Wedges

NUTRITION TOGO

Experts recommend that we eat at least 20-30 grams of fiber a day -- but most Americans consume less than half that much. Good sources are grains, fruits, vegetables, and beans. Check the labels on foods, like your favorite breakfast cereal -- some cereals provide ten or more grams of fiber per bowl, but shoot for at least three.

A QUICK BITE FOR PARENTS



Only an Illusion

This image might look like a spiral, but it's not -- it's a series of circles. The background makes it APPEAR to be a spiral. Try tracing one of the lines if you're not convinced. You won't move inward or outward -- you'll just go around in a circle.