



# COUGAR TALES



OCTOBER 2011

[www.aps.edu/aps/GovBent/govbent.htm](http://www.aps.edu/aps/GovBent/govbent.htm)

(505) 881-9797

We enjoyed seeing so many families at our balloon launch last week! Our next family event will be **Family Math Night** on **October 19<sup>th</sup>**. We hope you'll be able to join us.

It seems too soon, but mid-term progress reports just went home. We realize how important it is that your children are not only actively learning, but are also happy, safe, and growing in character. At Governor Bent, we have implemented a school-wide system of **Positive Behavior Supports**.

### What is PBS?

Governor Bent first implemented **PBS** beginning in the 2010 school year. **Positive Behavior Supports** is a pro-active systems approach to preventing and responding to classroom and school discipline problems. The purpose of **PBS** is to create positive, respectful, and responsive learning environments for all students, by developing consistency across staff and settings. Emphasis is directed toward teaching expected behavior, supporting behavior and positively reinforcing behavior in order to develop and maintain safe learning environments where teachers can teach and students can learn.

### How will students be taught school wide expectations?

Students will be taught school wide expectations with **I**ndependent Charts. I-Charts highlight different areas on campus and list the expected behavior for that area. Teachers will teach the behavior and students will practice expected behavior. Following I-chart behavior is referred to as being "Cougar Cool."

### How will students be reinforced for following school wide ROAR expectations?

Cougar Cool behavior will be reinforced with **ROAR** tokens for demonstrating **R**espect, being **O**n Task, an **A**wesome Attitude, and **R**esponsibility. Students will log in these tokens with their teacher. Each month, students having earned 10 or more tokens will be invited to a **ROAR** celebration.

Talk with your child today to learn the ways they have been reinforced with ROAR tokens for Cougar Cool behavior!

Jill Vice  
Principal



## **GREETINGS FROM YOUR PTA**



We are getting ready to kick off our first fundraiser of the year on **October 14, 2011**. If you have never had a Butter Braid, you are in for a treat! They are a gourmet pastry you bake in your own kitchen and we will have delivery before Thanksgiving and Christmas. To be eligible for prizes, the order forms will need to be turned into the office by **Monday, October 24, 2011**.

We have had a great response to the idea of a Fall Carnival this year! It will take place on October 27th from 5:00 pm - 7:00. Watch for more information to come.

Rebecka has been working vey hard to get the PTA Store stocked and staffed. We hope you have a chance to stop by and check it out after school on Monday through Friday and before school on Mondays and Fridays only.

Thank you to everyone who showed up to pass our operating budget for the 2011-12 school year! We are off to a great start!

Lisa Wade  
PTA President

### **Mission:**

*We will support, prepare and challenge students to be responsible for and engaged in their own learning by collectively growing as professionals and by activating our families and community.*

## LATE ARRIVALS/ EARLY CHECK-OUTS

- When a student is late, a **parent or guardian must sign him/her** in the front office for a late slip.
- Student **CANNOT** be checked out after 1:30 pm. When a student leaves at this time, it disturbs the whole class and the end of the day process.

## CAFETERIA

- If you have any questions regarding your child's lunch account, please call the cafeteria directly at 881-8899.
- You may pay your child's lunch account on-line at [mylunchmoney.com](http://mylunchmoney.com)

## YEAR AT A GLANCE (updated)

9/30 .....Albuquerque Aloft  
10/7 .....Fall Break (No School)  
10/19 .....Family Math Night  
11/11 .....Veterans' Day (No School)  
11/21 & 22 ....Fall Conferences (No School)  
11/23-25 .....Thanksgiving Holiday (No School)  
12/19 - 1/3 ...Winter Break (No School)  
1/4 (Tues) .....Return to School  
1/16 .....Martin Luther King Jr Holiday  
(No School)  
2/20 .....Presidents' Day Holiday  
(No School)  
3/8 & 9 .....Spring Conferences (No School)  
3/12-16 .....Spring Break (No School)  
4/6 .....Vernal Holiday (No School)  
5/25 .....Last Day of School  
5/28 .....Memorial Day (No School)  
5/29 - 6/1 .....Make-Up Days (if necessary)



# COUNSELOR CONNECTION



Dear Governor Bent Community,

The first month has flown by and much of the counselor focus has been about attendance. At Governor Bent, the staff and students follow the best practices of: **We Learn Best When We Are At School.** School can be fun and social skills are best learned with friends. Please do your best to make sure your children are at school daily. School starts at **7:55am and ends at 2:00pm**. Remember: one day absent is one day of learning lost.

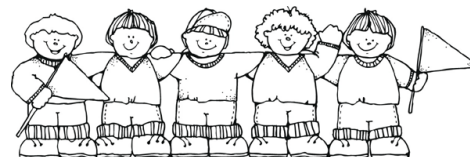
Our next focus (in September and early October) will be on Positive Behavioral Supports in the areas of Bullying. I will address the students and staff with strategies and ways to deal with negative behaviors. We will use a three step model called **STOP-WALK-TALK!** Look for more information coming soon.

We are always looking for drivers to help us with the Clothing Bank. Our children really benefit from this program. Let me know if you can help in this area.

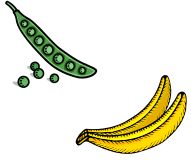
Please call me if you have questions about attendance or other issues here at Governor Bent ES.

Thank you,

Mr. Torres  
Counselor  
881-9797 (ext 3034)



A Student Nutrition, Exercise  
& Food Education Program...



# Kids Cook!™



We are getting ready to start our **Colonial Cooking** unit. This unit will run from Tuesday, Oct. 4<sup>th</sup> to Friday, Nov. 4<sup>th</sup>. Please be on the lookout for the volunteer request form sent by your child's teacher which will contain the class's date and time information. I hope you can join us.

**The Kids Cook! Nutrition Focus for the Colonial Unit is Potassium.**

**Potassium** is a mineral that keeps our nerves and muscles healthy. It helps our muscles by making them able to contract. *Contracting* a muscle is really just *moving* a muscle. Our nerves and muscles work together to make our body move. If you are playing soccer and the ball is coming towards you, your brain sends a message through your nerves to the muscles in your foot to contract and kick the ball. Potassium makes sure that both your nerves and your muscles are working correctly so you can move in any way you want! Foods rich in **Potassium**: parsley, grapes, dried fruits (like raisins and prunes), bananas, broccoli, tomatoes, green leafy vegetables, legumes (like beans, lentils, or peanuts)

Parents of 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> graders, thank you for helping your child fill out their Kids Cook! shopping lists and returning them to their classroom teacher with your initials. These lists become part of the information for our study of the Kids Cook! program.

*Kids Cook! Nutrition Educator*

## NOTES FROM THE NURSE

**Flu Clinic-November 2**



**Say Boo to the Flu!**

Influenza causes more hospitalizations among young children than any other vaccine-preventable disease. The single **best** way to protect against seasonal flu and its potential severe complications is for children to get a seasonal **flu vaccine each year**. Flu vaccination is recommended for all children aged 6 months and older. (Adapted from FLU.GOV)

The flu mist nasal spray vaccine will be available at Governor Bent this year to students that do not have a chronic health problem such as asthma. Students with asthma or other chronic health conditions will need to have the flu shot from their healthcare provider or the public health clinic. This clinic is for Governor Bent students only.

Parents that would like their child to receive the flu mist vaccine at school must turn in a signed consent form. These forms will go home with students on October 10 and **must be returned by October 14**. Many children under 9 years of age (it depends on how many previous flu vaccines they have had) will receive a 2<sup>nd</sup> dose of flu mist at school on December 6. You will not need to sign an additional form for the 2<sup>nd</sup> clinic. For questions, call the Health Office at 881-9797, ext. 3026.



## **NEWS FROM THE LIBRARY**

*From Sra. Arthur*

## **LAS NOTICIAS DE LA BIBLIOTEC**

The Book Fair was a great success thanks to all the volunteers that helped make it happen as well as the teachers, parents and students who found some terrific books to help our readers grow! We collected almost \$125 in change and bills for *One For Books*. We used all the money to buy quality picture books for our Preschool. Also, Scholastic will match our funds and donated **125 BOOKS** to the Marines' Toys for Tots and two other national children's literacy organizations. Thank you all again for your support of Governor Bent Elementary School Library.

¡Fue un gran éxito la Feria de Libros gracias a todos los voluntarios tan bien como a los maestros, los padres y los estudiantes que encontraron unos libros terrificos para ayudar a crecer a nuestros lectores! Colectamos casi \$125 de monedas y billetes para *One For Books*. Usamos todo el dinero para comprar libros de dibujos de calidad para nuestra Preschool. TAMBIEN, Scholastic hará una donación de 125 libros a Marines' Toys for Tots y dos otras organizaciones nacionales del alfabetismo de niños. Gracias a todos otra vez por todo el apoyo de la biblioteca escolar de Governor Bent.

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### ***Who is Our School Social Worker and What Does a School Social Worker Do?***

**My name is Marina Hillard and I am the school social worker at Governor Bent Elementary School. This school year marks my seventh year as a social worker for Albuquerque Public Schools. I am very excited to be part of such a great school community. Here is an overview of the role of school social workers:**

**The primary role and function of a school social worker is to help students address barriers to learning within the context of the classroom, the family, the community, and culture.**

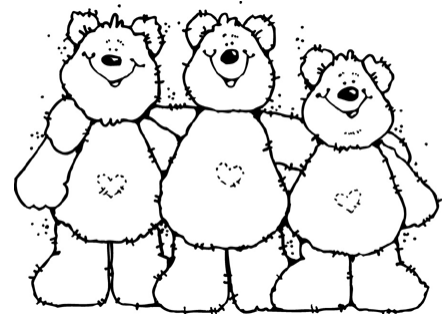
**School social workers serve students who have qualified for social work and are currently receiving special education services.**

**Students are referred to the school social worker through an IEP meeting, whereby a parent, teacher or other school personnel identifies the student as benefiting from social work services.**

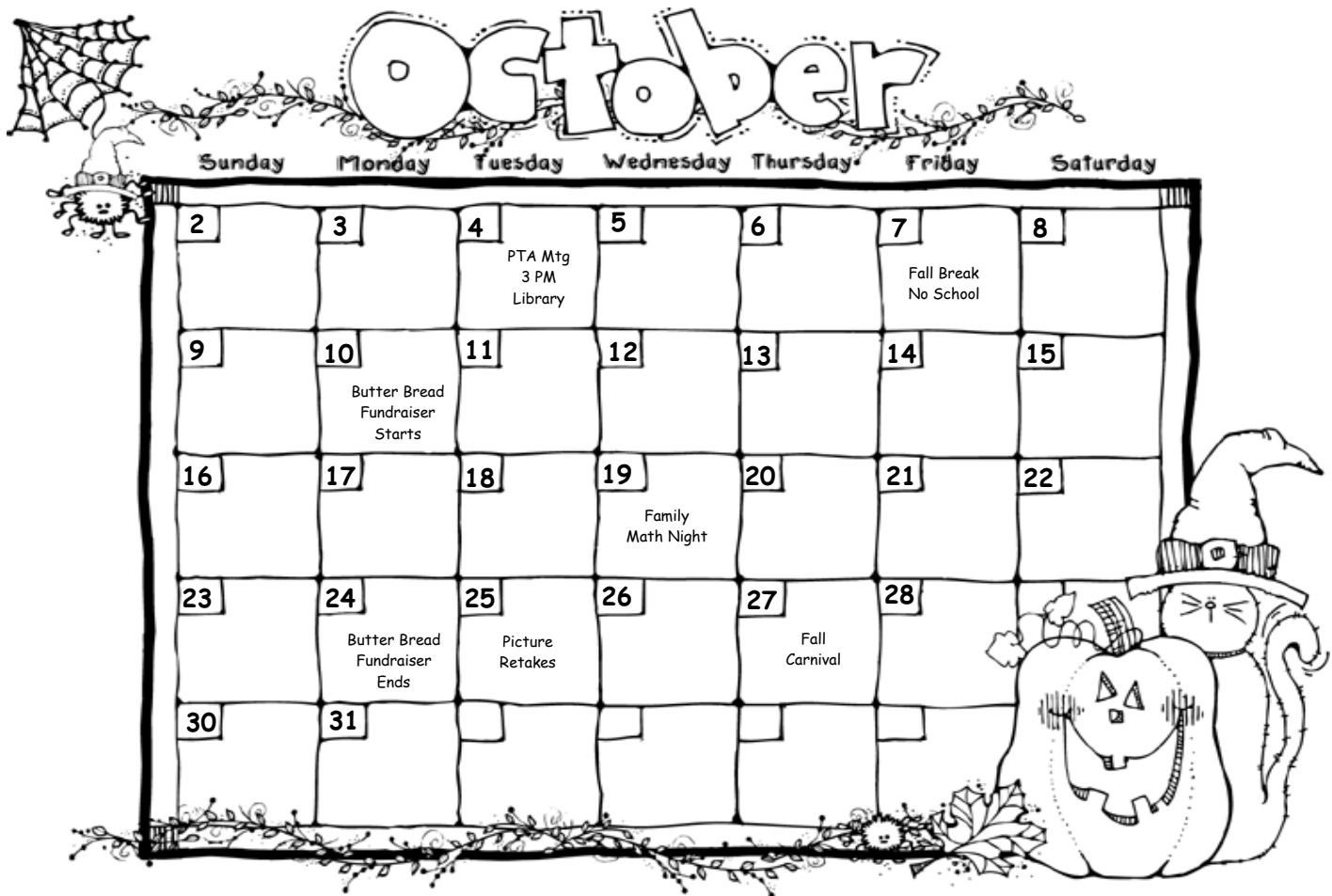
**School social workers are a link between the home, school and community, providing direct and indirect services to students, families and consultation services to school personnel as a way to promote and support students' academic, social and/or functional success in school.**

***Services include, but are not limited to:***

- o Assessment and evaluation**
- o Individual and/or group social work sessions**
- o Support groups**
- o Crisis intervention and crisis management**
- o Facilitate home and school collaboration**
- o Advocacy**
- o Services to families**
- o Service coordination with outside community resources**



**If you have any questions, please feel free to call me at 881-9797, ext. 3079.**



## FINE ARTS WEB SITES

**Sphinxkids.org** is an interactive music website that introduces composers and instrument families. It contains games and videos. The site works best with a high-speed internet connection and may need Macromedia Shockwave Player to play properly.

**Zentangle.com** is an art website that teaches art elements. It gives step-by-step directions and students use their imaginations to invent variations. You'll need a thin marker, some paper and a pencil and you can start a Zentangle!



## mightyMILERS



**Congratulations Cougars!** In the short time we have been in school, you have already run almost 4,000 miles! Our first two bronze medal recipients are Nick Abrego Holman and Hunter Litherland in Mr. Sanchez's 4th grade class! We encourage families to check progress with their child by going to [www.mightymilers.com](http://www.mightymilers.com). The I.D. and password is their first and last name, both upper cased and put together. Their password is mighty and then their birthdate. For example, if John Smith was born on May 5, his I.D. would be JohnSmith and his password would be mighty55. Now, there are some exceptions to this. Sometimes there are students with the same name so Mighty Milers assigns a number after one of their names. If you are having trouble getting in, please ask your teacher to check for you.



Students! Make a commitment of healthy eating and doing 60 minutes of physical activity every day! Go to [www.fueluptoplay60.com](http://www.fueluptoplay60.com) and click on "Students" and register. Ask your mom or dad to help you enter the information. You will need an e-mail address. Once you have registered, then print off the Pledge sheet and give it to your teacher. You will get a special pencil just for turning in the Pledge!! Keep visiting your Dashboard to see all of the fun badges and rewards you have earned from Fuel Up to Play 60!!! Let's see how many Cougars we can get to sign up!!!