

2015
JANUARY

explorer NEWS

principal's message Dr. Joseph Backman

Fabulous Foothill Parents,

Happy New Year! I hope you had a wonderful, rejuvenating Christmas Break and enjoyed being with those you love. I sure did! There is something exciting and renewing about a new year, a new start, and brand new beginning. It brings hope and happy anticipation for what this coming year will bring.

One of my favorite children's books is "Oh the Places You'll Go!" In this book, Dr. Seuss starts us on a great journey with a young child:

Congratulations! Today is your day. You're off to Great Places! You're off and away!

Throughout the book, Dr. Seuss describes how there will be times where you will feel on top of the world:

You'll be on your way up! You'll be seeing great sights! You'll join the high fliers who soar to high heights...Wherever you fly, you'll be best of the best. Wherever you go, you will top all the rest."

Dr. Seuss reminds us that at other times in life we might feel down and discouraged:

"I'm sorry to say so but, sadly, it's true that Bang-ups and Hang-ups can happen to you. You can get all hung up in a prickly perch. And your gang will fly on. You'll be left in a Lurch."

I love the message at the end of the book along with an illustration of the young child pulling a large mountain:

"And will you succeed? Yes! You will, indeed! (98 and $\frac{3}{4}$ percent guaranteed.) KID, YOU'LL MOVE MOUNTAINS!"

I share this book with all of the students at the beginning of the school year. I love to tell them that they can do anything they put their mind to, if they are willing to work hard and do their best. This year, I have and will continue to meet with each class to talk about a growth mindset (If you haven't read the book "Mindset" by Dr. Dweck" I would highly encourage you to do so. It is transformational!). A growth mindset is when you believe you can grow your brain, just like you can grow and strengthen your muscles by exercise or lifting weights. I talk with the students that when they feel like they can't do something or they have one of their "Bang-ups or Hang-ups" that they keep trying and know they can learn and do it if they are willing to do the work.

The word *YET* is powerful in a Growth Mindset. I share with the students that when they find themselves saying, "I can't do this!" they need to add the word *YET* and it will change their attitude and actions to a growth mindset: "I can't do this...*YET*!" With that kind of attitude I truly believe children can move mountains!

I hope this New Year will be renewing and wonderful for all of you and your wonderful students. It is a pleasure to work with you wonderful children.

Happy New Year!
Dr. Backman (Dr. B.)

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Dr. B.'s Readers

Lions at Lunchtime,
Magic Tree House #11
by: Mary Pope Osborn

The Book of Three
by: Lloyd Alexander
(Newberry Award Winner)

UPCOMING EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Early Out PTA Meeting	6	7	8	9
12 Early Out	13	14	15	16
19 MLK Holiday NO SCHOOL	20	21	22	23 Newsletter Submissions DUE
26 Early Out	27	28	29	30
1 Early Out	2 Book Fair	3 Parent/Teacher Conferences Book Fair	4 Parent/Teacher Conferences Book Fair	5 Book Fair

HAPPY BIRTHDAY!

Shannon Tolman	Jan. 08
Cami Granados	Jan. 09
Eda Hill	Jan. 13
Jenny Ledesma	Jan. 17
Jamie Madsen	Jan. 25
Lauren Brady	Jan. 30

NEXT MONTH:

February 4-5 Parent/Teacher Conf.
 February 2-5 Book Fair
 February 16 No School
 February 19 Spelling Bee
 February 23-25 6th Grade Clear Creek
 February 27 Trimester Ends

president's message

Liesha Geddes

Welcome back from Christmas break! It seems hard to believe that the new year has begun! With a new year, we look forward to new and exciting experiences for the school year! In the coming months we will see Knowledge Bowl, Spelling Bee and Red Ribbon Week, along with many other activities. As always, none of these events would be possible without the help of so many wonderful PTA volunteers!

The beginning of the year also causes us to look forward to the future and what lies ahead. Now is the time we begin to fill positions on the PTA board. If there is something that you have a passion for or interest in, let us know! We are also beginning the search for next year's PTA president and possibly other executive board positions. If you know of someone that you think would do a great job please contact us! I feel strongly that everyone needs an opportunity to participate in the PTA board and that different backgrounds and experiences only enrich our school community and the opportunities that we bring to our children.

Again, thank you for all you do and for making Foothill Elementary a great place to be!

THE news



IT'S HERE! THE SCHOOL SPELLING BEE

Foothill Elementary is excited to host a Scripps Spelling Bee for the 2014-2015 school year. Your child should come home with their grade level list the first week of January. You can also find all the grade level lists on the PTA blog at <http://www.foothillpta.org/programs/spelling-bee>

All 3rd through 6th grade students are invited to participate in the Spelling Bee, 1st and 2nd grade students may participate by informing their teachers.

Classroom Spelling Bees: February 2nd-February 6th

Our school Spelling Bee will be held February 19th, 2015 at 6:30 pm in the gym.

Here are some ways to begin preparing:

- Step One: Students should first learn the 100 study words for their grade level.
- Step Two: When students master the 100 study words for their grade level, they are ready to learn the study words for all other grade levels. They can find all the other lists and the rules at : <http://www.spellingbee.com/>
login: luisa_rose@yahoo.com password explorers
- Step Three: When your students master the study words for grade levels 1-8, they may get a head start on the next level of competition by learning the words in myspellit.com

Please Note: We will NOT be doing a Vocabulary Bee at Foothill, ONLY a Spelling Bee.

We are in need of parent volunteers to help with the Spelling Bee! Please contact Luisa Gough luisa_rose@yahoo.com if you are willing to help.

Reflections 2014-2015

We would like to thank everyone who participated in our Reflections contest this year! The entries were all so good, the judges had a hard time picking winners! EVERYONE who participated will be invited to an awards ceremony later on in the year.

We would like to give our Congratulations to the following students who received an Award Of Excellence at the school level for their entries. They moved on to the Council Level of competition:

Visual Arts: Camilla Partridge, Alexis Jordan, Zander Sakr, and Dorothy-Marie Noel.

3D Art: Camilla Partridge, Rebecca Partridge, and Grace Webb.

Musical Composition: Beck Wood

Film Production: Nick Jordan

Literature: Camilla Partridge, Kaya Dean, Amanda Partridge, and Analise Dean.

Photography: Weston Warnick, Camilla Partridge, Rebecca Partridge, and Rylie Warnick

Great job to the next two students moved to the Council Level of competition and also received an Award of Merit:

Owen Faller for his Film Production Entry and Annika Wood for her Musical Composition Entry And a VERY SPECIAL WELL DONE to the following Student! Her entry won at the council level and has moved on to Region. When you see her in the hall, wish her luck as she continues on in the Reflections Competition: Shelby Anderson for her Photography Entry titled: "If We Share With Those in Need"

BOOK FAIR

February 2-5 in the Library. Look for more information to come!

NURSING NEWS

The flu or influenza usually causes symptoms that make someone feel worse than symptoms associated with a common cold. However, it's not always easy to tell the difference between the two.

The answers to the questions in the following "Symptoms Guide" can help determine whether you or your child is fighting the "flu" or combating a "cold."

If most of your answers fall into the first category, chances are you or your child has the "flu." If most of your answers fall into the second category, it's most likely a "cold."

FLU VS. COLDS: A GUIDE TO SYMPTOMS

Questions

Was the onset of illness

Do you or your child have a

Is your or your child's exhaustion level

Is your head

Is your appetite

Are your muscles

Do you have

Flu

Sudden?

High fever?

Severe?

Achy?

Decreased?

Achy?

Chills?

Cold

Slow?

No fever or mild fever?

Mild?

Headache-free?

Normal?

Not achy?

No chills?

Flu symptoms can vary from person to person and they can change as the illness progresses. If you suspect the flu, go see your doctor. Even doctors often need to do a test to tell them for sure if a person has the flu or not since the symptoms can be so similar! Some bacterial diseases like strep throat or pneumonia can also look like the flu or a cold.

Adults and children with medical conditions are at higher risk to have complications from the flu. Flu in an infant also can be dangerous.

The BEST PREVENTION to avoid the flu is to have a yearly flu shot!

Kim Lowe, RN, School Nurse

Submissions to the February Newsletter are due by **January 23rd**.
Send submissions to oremfoothillpta@gmail.com with NEWSLETTER as the subject.

ATTENTION PARENTS: A Must Read for Parents of 2nd-7th Graders who are Advanced!



ASD Advanced Learning Lab (A. L. L.) Testing Saturdays – January 10th to January 31st 2015

The Alpine School District (ASD) Gifted Services department will be conducting 8 sessions of testing for placements in the district A. L. L. classrooms for the 2014-15 school year. Any interested 2nd grader through 7th grader in ASD is invited to attend a testing session to qualify for a placement in an Advanced Learning Lab (A. L. L.). The testing will occur according to the schedule below. All 2nd-7th graders interested in a placement for the next year will **have to test** for original placement in the A.L.L. program. If students are currently in an elementary or secondary A.L.L. program they do not need to retest if they have completed the intent to continue form. However, all students must retest for placement between the elementary and secondary level (6th grade). Testing for secondary A.L.L. is for designated English, History and Science classes. Math testing and placement is completed at individual schools.

Testing for both Elementary and Secondary Advanced Learning Lab (A. L. L.) programs will be done on Saturdays, January 10th to January 31st. The online registration is now open and will close the Tuesday prior to each testing session. There will be a \$20.00 fee for the testing. Students on free or reduced lunch status will register on-line. Registering within three days of testing is considered a late registration and will incur an additional \$5.00 fee. Late registrants will be admitted upon availability. There are no refunds.

Go to www.alpineschools.org, to Parent/Students, then to Gifted Services and register on the homepage through Xpress Bill Pay. Contact Gifted Services at 801-610-8475 or staylor@alpinedistrict.org with questions.

The following will be the testing dates, locations and times:

January 10, 2015: (North)

- 6th and 7th graders (Sec -A. L. L.) -**Mt. Ridge Junior High**, 5525 W 10400 N, Highland, UT, (7:30 to 11:30 and 12:30 to 4:30)
- 2nd – 5th graders (El -A. L. L.) - **Highland Elementary**, 10865 N 6000 W, Highland, UT, (7:30 to 11:30 and 12:30 to 4:30)

January 17, 2015: (East)

- 6th and 7th graders (Sec -A. L. L.) - **Canyon View Junior High**, 655 E 950 N, Orem, UT (7:30 to 11:30 and 12:30 to 4:30)
- 2nd – 5th graders (El -A. L. L.) - **Lindon Elementary**, 30 N Main, Lindon, UT (7:30 to 11:30 and 12:30 to 4:30)

January 24, 2015: (South)

- 6th and 7th graders (Sec -A. L. L.) **Lakeridge Junior High**, 951 S 400 W, Orem, UT (7:30 to 11:30 and 12:30 to 4:30)
- 2nd – 5th graders (El -A. L. L.) - **Orem Elementary**, 450 W 400 S, Orem, UT (7:30 to 11:30 and 12:30 to 4:30)

January 31, 2015: (West)

- 6th and 7th graders (Sec -A. L. L.) - **Vista Heights Middle School**, 484 W Pony Express Pkwy, Saratoga Springs, UT (7:30 to 11:30 and 12:30 to 4:30)
- 2nd – 5th graders (El -A. L. L.) - **Thunder Ridge Elementary**, 264 N 750 W, Saratoga Springs, UT (7:30 to 11:30 and 12:30 to 4:30)

Testing time includes the check-in process. Testers may bring a bottle of water, a simple snack and book. All other testing materials will be provided. If you have children testing for both Elementary and Secondary, please make plans to test on separate days, arrange for help with rides, or build in extra time to deliver children to the separate tests.

ALPINE SCHOOL DISTRICT
575 NORTH 100 EAST AMERICAN FORK, UTAH 84003
Gifted Services
(801) 610-8475

Advanced Learning Lab (A.L.L.) Programs
Important Testing Information
For Placement in the 2014-2015 School Year

Various programs are necessary to meet the diverse needs of academically advanced students. In order to address some of these needs, Alpine School District has established classes at an advanced level for third through eighth grade called A.L.L. (Advanced Learning Lab) **A.L.L. programs are located in nine different elementary schools and every junior high/middle school.** (See the website for magnet site information at www.alpineschools.org) A.L.L. is a full day program at specific elementary schools, and is a subject specific program at secondary schools. Students are placed according to nationally normed testing results and a written essay.

The purpose of this letter is to inform all parents/guardians of 2nd-7th graders about the opportunity to test for possible placement in an A.L.L. program. Qualifying students will be offered placement and invited to meet with the teacher to learn more about specific magnet site offerings. The identified students and their parents/guardians will then make the final decision to accept or decline placement.

POSSIBLE INDICATORS TO CONSIDER PRIOR TO HAVING A STUDENT TESTED:

- The student's Utah State Core CRT or SAGE test scores are a 4 in Language Arts, Math and Science.
- The student is reading at two or more grade levels above current grade.
- The current classroom teacher has suggested during a Parent/ Teacher Conference that the student could benefit from a more complex or in-depth curriculum as offered in a gifted program.
- The student learns quickly, recalls information effortlessly, is curious, self-motivated, works independently and typically remains committed to a task until its completion.
- The student exhibits satisfactory to outstanding citizenship in both attitude and behavior.
- The student has good school attendance and is committed to the program for two years.
- The student completes homework in a timely manner, has task commitment for long-term projects.
- The student initiates his/her own learning through questioning and research.

ADDITIONAL SIGNIFICANT INFORMATION TO CONSIDER:

- The A.L.L. candidates must qualify for the program through a series of evaluations. The top students are offered placement, and an additional four to six become alternates in a "candidate pool."
- Evaluations for elementary students include taking the full battery Cognitive Abilities Test (CogAT), secondary students taking the IOWA assessment in Reading, Writing, Social Studies and Science. All students will take a timed writing test based on a given prompt. Please note secondary mathematics is not tested through Gifted Services. This testing is done at the Junior High or Middle School.
- A.L.L. students will have assignments/homework that are greater in depth, breadth and complexity than in a regular class.
- For the elementary programs, parents are responsible for transportation to the A.L.L. site. Students attend the school closest to their boundary (see the website for school locations www.alpineschools.org)
- For secondary programs, students must register for the school within their school boundary.

If you feel that your child could benefit from placement in an Advanced Learning Lab (A.L.L.) and you would like to begin the consideration process start by registering them online: Go to www.alpineschools.org, to Parent/Students, then to Gifted Education and register on the homepage through Xpress Bill Pay. Contact Gifted Services at 801-610-8475 or staylor@alpinedistrict.org with questions.

Additional information can be found at <http://alpineschools.org/departments/curriculum/gifted-services>