

Legacy Elementary Newsletter



Everybody Learns Every Day



2011-2012 Volume 3

November 2011

Alpine School District Bond Election



Vote on Tuesday, November 8



Information about the bond can be found at www.alpineschools.org



Message from Our Principal



Thanks to You

Many people make a school successful. Thank you to everyone who is part of the success at Legacy. The positive attitudes of parents, teachers, and students at our school are demonstrated by the many volunteer hours I see each week. We have just completed a successful month that included Parent-Teacher conferences, The Pumpkin Walk, Red Ribbon Week, and a Happenings Book Fundraiser. None of these could happen without the support of our community. Thank you for magnifying the efforts of our teachers at Legacy.

These events are important at our school; they support our mission of helping every student learn every day. While these events occurred there were other significant things happening. Teachers in kindergarten, first and second grade administered a comprehensive math assessment for every student. Teachers schoolwide gave a reading assessment to every child to understand their learning needs. Every student in the school participated in a writing assessment that was collaboratively scored at each grade level. These assessments are used to guide instruction for individuals and for groups of students. They also help teachers identify instructional strengths and weaknesses to improve their teaching. I thank all of our great teachers and staff for the daily work they are doing to create learning for every student.

Message from the PTA President

Dear Parents, Teachers and Students,

We had a very busy October. This seems to be one of the busiest months for PTA as there is so much that happens at Legacy during this time. We had Parent Teacher Conferences, Pumpkin Walk, Red Ribbon Week and the Reflections Entries were due. I am so grateful to everyone that helped to make sure each and every one of these events was pulled off so successfully.

Now as we approach November and Thanksgiving I want to take this time to tell you how grateful I am to be able to serve the children of Legacy Elementary. I love watching your kids come to school. They are so excited each day to learn from the fabulous teachers at our school. I know as we go through this month that we will reflect on all the things we have to be thankful for. I encourage each of us to do this. Take small teaching moments to encourage kids to really think about what they have to be grateful for. It will amaze you what kids will come up with. I did this with my family last year. They had to come up with something every day. With 20 plus days in the month it was a good challenge for my children to really think about all that they have. Even when things are tough there is always something to be grateful for. I feel like this allows us to see a better side to things when we really realize all that we have been given. I hope that each family at Legacy will take the time this month to really reflect on what they have to be thankful for.

Carrie Marrott



Calendar of Events

November:

14 Minimal Day

23-25 Thanksgiving Break

December:

9 Chorus Concert



Teacher Birthdays

Be sure to wish your teacher a very
Happy Birthday!

November:

Mrs. Ames

Mrs. deWet

November 19th

November 26th



REFLECTIONS 2011



Thank you to everyone who turned in a reflections entry.
An art presentation and awards recognition night are planned for
Thursday, November 10th at 7:00p.m.

All are invited to attend.

Winners will be notified by invitation prior to the awards night.

Parents and Pastries

1st Grade Monday November 7th

4th Grade Monday December 5th

**Please meet your child at 9:20 in the
gym/lunchroom.**



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Health and Safety Information

Medicaid Reform

A new report from The National Association of Children's Hospitals (NACHRI) provides telling information about Medicaid: the single largest health insurer for children from low-income families. Medicaid is also the primary source of health care for low-income adults and persons with disabilities.

Medicaid is a critical health care program for children from families of at least four members with a combined income below \$29,726. In Utah, Medicaid provides health insurance for 165,664 children; 30 million children are covered nationwide.

While Medicaid is paid for by the federal government, it is a joint program with costs shared by the federal and state governments. Seventy-one percent of the total cost of Utah's Medicaid program is paid for by the federal government with the state picking up 29 percent.

Under broad federal guidelines, each state establishes its own standards for Medicaid eligibility, benefits package, and provider payment rates, although the states must meet certain minimum standards and benefits. During the Utah State legislative 2011 session, SB 180 - Medicaid Reform was passed. It looks for ways to modify the Medicaid program in a way that maximizes replacement of the fee-for-service delivery model with one or more risk-based delivery models. There were many public hearings and task forces looking at the proposed changes. The Utah Department of Health recently submitted a request for waivers from federal statutory and regulatory laws necessary to implement those proposed changes. They are waiting for feedback from the Centers for Medicare and Medicaid Services within the United States Department of Health and Human Services.

Everyday doctors and nurses at Primary Children's Medical Center are working to save lives regardless of a child's family income or health insurance coverage. About 40 percent of all the patients treated at Primary Children's Medical Center are Medicaid patients. Medicaid payments to all children's hospitals are already low; covering only about 77 percent of what providing care actually costs. While reforms may be necessary, it is most important that children are protected to ensure that they are able to receive timely and quality health care when they are most vulnerable.

Decrease Childhood Obesity

Obesity is the second cause of preventable death in the United States. A recent report from the Center for Disease Control reports over 60 million Americans, 20 years and older are obese. 9 million children and teens ages 6-19 are overweight. Economic experts say that we are spending over \$150 billion annually treating obesity-related conditions. Being overweight or obese increases the risk of health conditions and diseases including: breast cancer, coronary heart disease, type II diabetes, sleep apnea, gallbladder disease, osteoarthritis, colon cancer, hypertension, and stroke.

Here are some ideas to help you and your family adopt a more healthy lifestyle:

- Ask your doctor what a healthy weight is for you and if you need to make any adjustments to your eating and activity routine.
- If you need to lose weight or learn new eating and exercise habits, ask for help. Doctors, dietitians, and physical fitness experts can help you learn the right way to lose weight and change habits.
- Find a sport or activity you enjoy and do it! Basketball, soccer, jumping rope, dancing, Zumba, and karate are just a few. Join a team, play with a friend or practice by yourself.
- Keep a log of your activity. Write it down in a journal or make a graph. Have a competition with your friends or yourself to see how many minutes, steps, or repetitions you can log.
- All foods are okay once in a while. But if you're eating fast food more than once a week, try to find some healthy alternatives. Can you bring a healthy sack lunch? Choose smaller portions of fast food? Carry fruit with you to compliment your fast food?
- Learn to cook. People who know how to cook have better options for eating well.

For more information go to: <http://www.cdc.gov/cdctv/ObesityEpidemic/>

Safe Kids Walk This Way

In the United States, pedestrian injury is a leading cause of injury and death for children ages 1 to 14. In 2009, an estimated 13,000 children were injured and a total of 244 child pedestrians lost their lives. In Utah during 2009, there were 158 children (ages 0-14) injured and NO child pedestrians were killed. However, in Utah during 2010, 6 child pedestrians died.

Midvale City recently received a grant from Safe Kids USA to convene a task force to identify conditions that can be improved, raise awareness, and educate children and parents about safe pedestrian behavior and cross walk safety. The task force will be made up of members from Safe Kids, FedEx employee volunteers, public officials, public agencies, community organizations and parents. The goal of the initiative is to prevent pedestrian-related injury to children.

Safe Kids Worldwide and program sponsor FedEx created Safe Kids Walk This Way to teach safe behavior to motorists and child pedestrians and create safer, more walkable communities.