



The Sego Lily SCOOP

April 2013

SEGO LILY
OFFICE HOURS
7:30 AM-4:00 PM

**Please note our
phone number has
changed!**

NEW PHONE NUMBER:
(801) 610-8717

• Important Dates

- April 17 Utah Shake Out 10:15
- April 22 Great Choice Store
- May 1 PTA Meeting 9:30
- May 20 Last Great Choice Store (PTA)
- May 23 Dance Festival
- May 24 Field Day
- May 27 No School Memorial Day
- May 30 Last Day of School
Schedule
- 8:00-9:30 Early Birds
- 8:45-10:15 Later Gators



Sego Lily Elementary School

Principal's Message

The princess ball reinforced my continual amazement of the family and community support at Sego Lily. Dads, uncles, grandfathers, neighbors, and even several awesome moms escorted their beautiful princess to the ball.

I don't know what it is about my emotions at activities like this, but I couldn't stop tearing up. To see the joy in our beautiful daughter's eyes dancing with their loved ones was so touching to me. Truly, this was an indelible moment for everyone in attendance. Please see our video at <http://segolily.alpineschools.org/daddy-daughter-princess-ball/>



The Princess Ball could not have happened without the volunteers. I wish to thank: Photographers Angie Andrews and Patrea Marlof. Also, Mrs. Rivera, Channa Riley, Amy Bohrer, Deann Anderton, Nancy Burkman, and Brooke Hall for decorating and organizing the event. Finally, thank you Mr. Trout for keeping the ice water filled—we went through so much water because of all the enthusiastic dancing.

The pictures have turned out beautiful and will be ready the first of next week in the office. If you would like a CD or electronic file copy for you to enlarge, make posters, or for any other use, please let the office know so we can make arrangements. Next year, we will have two lines for pictures—we didn't anticipate so many of you would attend!



Students of the Month

Students were honored for being problem solvers in March. They all received gift certificates from our wonderful business sponsors: Applebee's, DelTaco, Classic Fun Center, and the Brick Oven. Students also received a Spirit Stick and certificate. We are so proud of these students!

From our Fabulous Kitchen Staff

On Friday, May 24th, we will be serving a "MUST GO" Lunch. We will be cleaning out the freezer and will be serving what we have left over. On May 28th, will be our last pizza day and May 29th, the last serve, we will be having Sunbutter Sack Lunches.

Thank you!

On a Nutritional Note...

Trying to get our children to eat their Fruits and Vegetables have proven to be a challenge.

But, with some clever recipe changes, using a

fruit and veggie paste may be one answer.

You can look on line for how to make it and ideas for uses.

Submitted by Emily Hendrickson



Road to Success Winner



Lillian Dominguez was the lucky winner for the Road to Success drawing. She received a gift certificate for a bike or scooter! Way to go Lillian!





Healthy Hints From Nurse Bodily RN April, 2013

Let's talk about "dental health". February was National Children's Dental Health month. Children all across America learned about the benefits of good dental hygiene. There seems to be a great need to educate children on this topic, hence, there is a month set aside especially dedicated to it.

I have been in various classrooms doing dental health presentations during the month of February. Many children know the basics about keeping teeth healthy such as: brushing twice a day, flossing and going to the dentist. But there are also many basic concepts about dental health that children don't understand.

One of the areas that there needs to be more teaching in is how the food we eat affects our teeth. I made a comparison of a population of people who lived in a city and enjoyed all the fancy, refined foods, to a population of people who lived on farms and provided all their own food. I then asked which population they thought had healthier teeth? They seemed to know that the people who ate the food from the farm had healthier teeth but wasn't sure how to apply this to their own lives. This concept needs to be broken down to age appropriate educational levels and taught in a way that children can comprehend and apply the concept in their own lives.

Putting in simply, children need to be taught more about eating healthily as it pertains to the overall health of their body. Children know that sugar is bad for their teeth, but as many of us agree, we still crave it. I try to teach children that it is okay to eat the things we like occasionally but not on a daily basis.

The latest studies show that the main culprit of cavities is, sugary drinks. As I did teaching on this topic, I noticed that children know what a sugary drink is but many thought because it was fruit flavored that it was healthy. Perhaps that is a topic we could discuss at home with our families. Reading nutrition labels with our children will empower them to make healthier food and drink choices. This will not only lead to better dental health, it will also make them more aware of what they eat on a daily basis.
Happy Brushing!!!!

Technology Club Video Productions

Technology club members created three animated Claymation videos for our Character Counts assembly in April. Each team wrote scripts, created clay moveable characters, photographed and imported images into iMovie. Students also imported voice overs and music into their projects. Coach Burton and her amazing son DJ organized and supervised the club members after school each week.

Technology skills are easy and fun to acquire when you are a member of Sego Lily's Technology Club!



Walk the Red Carpet Board Meeting



Board of Education Members

The Alpine School District held their board meeting, March 26. Enthusiastic teachers and students welcomed board members as they 'Walked the Red Carpet'.

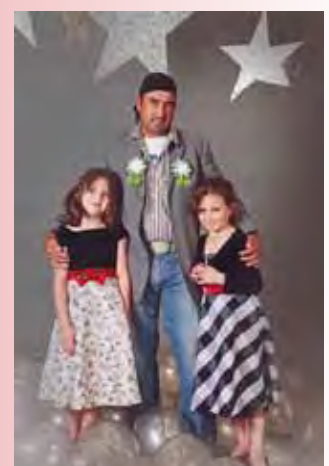
The program began with a flag ceremony by Lehi Troup 112. After the pledge, Cheri Baker and Haylie Worthen made a presentation about the progress and goals of the PTA and Community Council. Mrs. Johnson followed with a report about Segoe Lily.

After the presentations, teachers, staff, volunteers, and students were recognized for their outstanding contributions in making Segoe the best school on the planet!

Finally, the Science Demo Team led by Mrs. Ahlstrom, gave the board members a demonstration of how they teach science to students at Segoe Lily.



Segoe Lily Princesses



Michael Vey Assembly



On Wednesday, March 20, the PTA sponsored an assembly with Doug Osmond. Doug taught the students the importance of reading and told us about some great books by Richard Paul Evans! He hosted a "Quiz Show" featuring students from the audience who answered questions about the following series of books: Harry Potter, Percy Jackson, The Diary of a Wimpy Kid, and Michael Vey, the new series of books by Richard Paul Evans. Doug also shared with the students Five

rules for success.

- 1) Turn the TV off! That includes video games. He said the average American watches 8 hrs of TV a day, but the average Millionaire watches 8 hours a week!
- 2) Read, read, read!
- 3) Nothing is for Free! There is no entitlement. That means that once you are an adult, you need to work.
- 4) Work hard!
- 5) Don't let someone else's opinion of you become your reality!

He concluded by saying, "Go get your dream! Success is not guaranteed, but we have the opportunity to succeed! Don't quit on yourself!" Submitted by Mrs. Daly

Golden Sneaker Awards

Congratulations to the following students on completing their Golden Sneaker Award!

Mace Moen-3rd
Bronwyn Everett- 3rd
Dallan Bye- 6th
Hailey Allfrey-4th
Carden Crockett- 5th
Brightyn Turner- 3rd
Addison Burton- 1st
Josh Brown-5th

Gracie Gregory-3rd
Karli Jessop-2nd
Maddie Fugal-3rd
Carolun Whitehead-4th
Colin Lavery-2nd
Keston Moen-1st
McKenzie Winterton 3rd
Josh Powell 2nd

There is one more month left to earn the award, so keep exercising and hand in your Golden Sneaker forms to Coach Burton!



Watch DOG Dads

Josh Fugal father of Halle and Madison Fugal, enjoyed being one of our Watch DOGs Dads Wednesday, April 10th. "I think being a Watch DOG is a great opportunity for dads to be with their kids. It is also a great reminder of how fun elementary school was. I really don't remember the lunch trays or the tables being so small," Josh laughed. "I also don't remember P.E. being so challenging. When I was in P.E., we learned how to play basketball, and other sports, then practiced the game for a month or so. Coach Burton, has the kids moving the entire time and I am exhausted! That is so great for their coordination and cardiovascular endurance."

Josh also assisted Mr. Trout and was impressed with the technology that he used."I remember my teachers having chalk dust on their hands and pants. If you were good, the teacher would let you go to the custodian's eraser vacuum to remove the dust--man things have changed."

We appreciate our Watch Dog dads and can not thank them enough for making our school safe and more fun!



Joseph Smith
with student Beau Smith

Not pictured Michael Campbell
Student Dean Campbell



Josh Fugal with
Students Madeline and Halle Fugal



Evan Gordon
Student Jack Gordon



Richard Pew
Students Tyler and Jordan Pew

Double Dosing Thank you Letter!

Mrs. Johnson,

I just wanted to let you know that my two children, Sadie and Ryan, LOVE going to double dosing. Whatever your staff is doing there has ignited their desire to learn! They literally get upset with me if I don't wake them up in time to get to double dosing and they gladly go to bed a little bit earlier in order to do so. I would love if you could thank all the teachers/staff that are responsible for this great program.

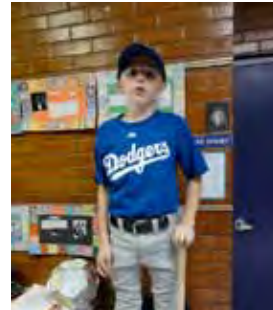
All the great things you and your wonderful staff have done at the school have not gone unnoticed. Parents are thrilled and I am proud to say that my children go to Sejo Lily!

Thank you for all you do!

Wax Museum Students in Mrs. Ahlstrom's and Mrs. Mangum's classes shared historical poems they wrote in a wax Museum. It was awesome and the students learned so much!



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