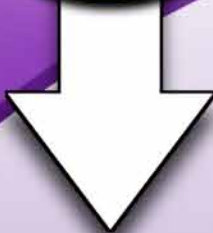




The Sego Lily SCOOP



October, 2012

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

- Oct. 11-15 Fall Break
 - Oct. 16 Community Meeting @ 3:30
 - Oct. 16-19 Red Ribbon Week
 - Tuesday - Wear Hats
 - Wednesday- Crazy Hair
 - Thursday -Wear Red
 - Friday- Wear Purple or Team Jersey
 - Saturday- 5K Run @ 9:00
 - Oct. 22 Reflections projects due
 - Oct. 23 Make up picture day
 - Oct. 31 Halloween Parade @ 9:45
 - Nov. 2 Character Counts Assembly
 - Nov. 4 Day Light Savings Time
 - Nov. 5 Minimal Day
 - Nov. 6 Session 2 Fit Kids Club begins
 - Nov. 6 Election Day
 - Nov. 11 Veterans' Day
 - Nov. 21-23 Thanksgiving Break
- Sego Lily Elementary School
550 East 900 North
Lehi, Utah 84043
(801)610-8717

Principal's Message

Henry Ford once said, "Coming together is a beginning; keeping together is progress; working together is success." I like this quote because it illustrates how important working together is in order to help Sego Lily reach high levels of success.

Last spring we launched a school improvement process where teachers, students, parents, and the Community Council members identified areas of focus, participated in surveys, and created a timeline for school improvement completion.

Additionally, teachers received additional professional development and team leaders participated in summer collaboration leadership training to support the improvement process.

More recently, students, teachers, and parent focus groups have been formed to examine school achievement and survey data in order to discover Sego Lily's current reality.

Our entire staff is dedicated to making Sego Lily the very best school it can be. Most of all, we desire to instill in children the ability to think, learn, and care about others. We have high expectations for our students and know our school improvement analysis will help us to discover the most effective ways to reach our students.

Through trust, hard work, and uniting our efforts as parents, teachers, and students, our collective strengths will continue to make Sego Lily the best school ever!





Spirit Stick Frenzy

Many parents have noticed that Sego Lily is on fire with excitement about our new Spirit Sticks! We are thrilled to promote healthy minds and bodies with this program. By using non-food rewards, we can decrease the sugar intake of our students. After all, nutrition plays a huge role in the development of young children's brains. Students' mood, behavior, cognitive thought processes, and emotions can all be affected by what our kids eat. That is why Spirit Sticks have been such a great hit at Sego Lily. Your child's nutrition plays a critical role in school success and we are striving to do our part as well!

You will notice that many staff members have started collecting Spirit Sticks with Mrs. Bunker having the largest collection of all!

Special holiday collector Spirit Sticks may be purchased from our Student Council from time to time for \$1.00. Angry Birds for Thanksgiving and Christmas Spirit Sticks will be sold in November and December.



Healthy Hints From

Nurse Bodily RN - School Nurse

Healthy Hints From Nurse Bodily RN- School Nurse

Let's talk about physical activity in schools. Utah mandates physical education in grades K-6, but it does not require daily recess. Most schools in Alpine School District cannot meet this mandate due to space and time limitations. Many children receive physical education classes at least once or twice a week for around 40 minutes. Our children are fortunate to be allowed two 10-minute recesses during their school day and around 20 minutes at lunchtime, however, state physical activity standards are not being met.

Physical activity is vital to the growth and good health of children, as well as adults. Having PE classes integrated into the school curriculum is a great way to teach healthy lifestyle habits to our students. Sego Lily is implementing an after school fitness program to encourage kids to get physical activity.

Parents should teach their children to be physically active. Limiting screen time and enrolling children in recreational activities can help to promote more active lifestyles. Let's all try to help our children live healthier lives by learning to love being physically active. These habits will stay with them for a lifetime!

Staff Spotlight

Meet Mrs. Emily Hendricksen. "I am from this area and lived just up the road from this school for 5 years. I love living in Utah and everything this great state has to offer! I will try anything outdoors and with a lot of adventure! My amazing husband, Shadd, has managed to bear with me for 18 1/2 years and we have two totally cool boys.



Ethan, 11 and Rylan, 8. The three of them are my life and I love to just hang out with them.

I have been with the Nutrition Service Department going on 4 years now and have really enjoyed learning new and exciting changes in the world of nutrition. I work with an amazing crew, comprised of 5 energetic, and extremely fun women.

I am excited to be here and look forward to a great year ahead!" *Emily Hendricksen*



Attendance--More Important Than You Might Think!

According to <http://www.attendanceworks.org/> "Every year, one in 10 kindergarten and 1st grade students misses a month of school with excused and unexcused absences. By middle and high school, the rates of chronic absence are far higher. Starting in kindergarten, these absences can affect academic achievement, especially for low-income students unable to make up for lost time, research shows. They can leave children unable to read well by the end of 3rd grade, exacerbating the achievement gap. And they can set a pattern of poor attendance and academic failure for older students, fueling the dropout rate." At Segoe Lily, we strive to make our school a fun and safe place to learn in order to

help students not wish to miss. We also have added Spirit Sticks to motivate students to be on time and only miss when they are ill. Many thanks to great parents and teachers who care about students and help them strive for perfect attendance. Currently, Segoe Lily students are missing less school than ever before.



Perfect Attendance Winner Brea Smith



Thank You Smiths! Earn and Learn

Please help our school earn more \$ from Smiths! Parents may enroll their rewards card to directly benefit our school and we appreciate it! To enroll or re-enroll:

1. Visit Smith's website at: www.smithsfoodanddrug.com
2. Parents can enroll at any checkout lane by scanning their rewards card, along with the barcode assigned to Segoe Lily.

<http://blogs.angloinfo.com/never-kiss-swiss/files/2011/04/dollar-sign.jpg>

Double Dosing Taking Segoe to New Heights!

Double Dosing is a program that currently serves 65 students at Segoe Lily before and after school each day. Students receive additional support in reading and math. Students love Double Dosing because they return to class with added confidence. Double Dosing is also very fun. Students enjoy reading phones, math games, and learning concepts that will help them succeed in the classroom.

Dawn Bunker, director of Segoe Lily's Double Dosing, and Paula Berg have added additional motivation by awarding students Spirit Sticks after they successfully complete learning goals or attend Double Dosing 20 times.





October Character Counts

The Character Counts in October is to be your best. Students are reminded each day to strive to “be their best” in all situations. Please see our school website to view this month’s movie. <http://segolily.alpineschools.org>

Join our Kids Fit Club!

Exciting news! Over 50 students have joined our Fit Kids Club after school. The class combines fast moving cardio fitness, cross-fit strength training, interval training, and a total fitness obstacle course. The class ends with stretching, relaxation breathing, and positive visualization. Kids Fit Club increases overall health, spirit, mind, and body! Please see last month’s newsletter for more information on how to join. Coach Burton is helping our school reach it’s goal of promoting health and well-being. Kids learn better when they feel better!

Obesity among elementary school students is an important issue that Segolily community needs to address. Moving away from junk food is a great start,



September Students of the Month

For the month of September, teachers and staff observed students being positive. Teachers caught students viewing their world more positively. These students are having a positive impact on our school. Congratulations Students of the Month!

however, we simply need to get kids moving. An on-going study conducted by the Utah Department of Health, suggested that overweight or obesity among elementary students is on the rise. Here are their findings:

More boys than girls were overweight or obese in every grade.

The percentage of boys at an unhealthy weight (overweight or obese) increased dramatically from 1st to 5th grade.

In 2012, 20.8% of elementary school students were at an unhealthy weight. The rate in 2010 was similar at 20.4%.

In 2012, 9.4% of elementary school students were obese, similar to 2010 when 9.7% were obese.

In 1994, 16.9% of 3rd graders were at an unhealthy weight. By 2012, the rate had increased to 21.3%.

There was no evidence that the rate of overweight or obesity among elementary school students had increased between 2010 and 2012.

Join our PTA Red Ribbon Week 5 K Run!

What a great way to show your kids that you value healthy lifestyles. Please join us for our annual 5 K Run, Saturday, October 20th at 9:00 A.M.