



The Sego Lily SCOOP

October, 2013

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

• Important Dates

- Oct. 21-25 Red Ribbon Week
- Oct. 23 • School Picture Retakes (This has changed from the last newsletter)
- Oct. 25 Kindergarten Scarecrow Day
- Oct. 31 * Halloween Parade 9:30 Common Day 9:15-3:30
- Nov. 3 Daylight Savings Time Change
- Nov. 5 Election Day
- Nov. 8 Dudes and Donuts M-R
- Early Birds: 7:30-8:00
- Later Gators: 8:45-9:15
- November 4 troll Patrol Assembly
- Be Respectful
- Nov. 15 End of Trimester
- Nov. 21 Temples and Tombs 6:00 PM
- Nov. 27-29 Thanksgiving Break
- Dec. 13 Dudes and Donuts S-Z
- Early Birds: 7:30-8:00
- Later Gators: 8:45-9:15

Sego Lily Elementary School
550 East 900 North
Lehi, Utah 84043
(801)610-8717

Principal's Message

With the first few weeks of school and the "honeymoon" phase of school relationships behind students, I have had the opportunity to work with many children to teach social skills. Children must learn how to interact with each other and deal with conflict in positive ways.

The role of "social mentor" is one I take very seriously. I want students to be free to think about learning, not about being tormented or bullied.

If you are new to the school, you may not understand the process. Typically when a bullying incident happens, I like to see the teachers work with the children unless the situation is too severe and needs administration intervention. When I get involved, I do my best to go through the steps of due process: I listen to both sides of the story, find witnesses, and call parents. If the situation is mild, I usually don't call.

I enjoy taking time with children to teach strategies that help them resolve problems in ways that preserve self-confidence and self-esteem. Teaching children not to retaliate because they have been offended or hurt by someone else, takes time and effort; however, the rewards are great.

I have to say, Sego Lily children are treating each other with kindness. I'm not ignorant in saying that bullying does not happen, but if it does, we are proactive and address the situation. If you EVER notice your child being bullied, please notify your child's teacher. If the problem continues, PLEASE let me know. I want to teach children how to interact positively.

It always makes me sad to learn of bullying weeks after the incident. I'm sad because together, we could have prevented several children (bullies, bullied, and bystanders) from the ordeal. Bullying affects everyone. We simply must build a culture where children possess the skills they need to treat each other with kindness and respect.



Mrs. Johnson

Determined to Do Hard Things

“We can do hard things” was the first Troll Patrol Value in September. Students learned what it means to do hard things through a Troll Patrol book, assembly, and meeting with their troops to create posters. At the assembly, students watched the movie that involved several students, student council members, and the police teaching what it looks like to do hard things. You can see these videos on our school website <http://segolily.alpineschools.org/> Videos can also be seen in the school lobby.



“Trophy” Awarded to the East Troop on week 2!

South Troop received the Be Determined To Do Hard Things Spirit Stick!



Troll Spirit Sticks Keep Kids Motivated

Each month, students receive Spirit Sticks for winning overall troop points, good behavior, and other Troll Patrol challenges. Spirit Sticks reinforce values that are taught. These are collectable Spirit Sticks and are very rare. Spirit Sticks will attach to students’ Troll Patrol Key ring!

Troop points are announced each week and the winning troop receives the “trollphy” (trophy) placed on their shelf in the lobby.

Be Honest, October Troll Patrol Value

October 9th the Troll Patrol Assembly taught students how being honest links to anti-bullying. You may ask how? Gossip and name calling are all forms of dishonesty and are the root of many bullying situations.

The Lehi Police and Fire Department shared their ideas about honesty and how important it is to be honest.





Attention All Parents

Halloween Common Day from 9:15-3:30

**(This means all students will arrive to school
at 9:15 and be dismissed at 3:30.)**

**Please remember no masks or weapons.
Please have your children arrive at school
ready for the parade for there will be no
time to make preparations at school.**

**Prepare yourselves for a spooky Halloween
Parade! Please join all our adorable creepy
critters, October 31st at 9:30 AM in the
halls, library, and gym. See you there!**



New After School Clubs



JUST DO IT.

Sego Lily Nike

Friday Fit Club

**Do you want to get into
shape?**

Do you want to have fun?

Then join Sego Lily Nike

Friday Fit Club Team

Sign up today in the office.

Cost: \$5.00 for session 1

Dates: October 25- December 13th

Time: 3:30-4:00

Where: Gym

Session 2 Dates: Will begin in January (TBA)

Robotics

**Dates: Oct 21, 28, Nov. 4, 11, 18, 25, Dec. 2, Dec. 9 (Total 8
classes)**

Time: 3:30 to 4:30pm

Where: Library

Costs: \$98 for 8 classes

**Sign Up: Last time parents
struggled to sign up online
with the UVU page. Please
register at the school office.**

[http://www.youtube.](http://www.youtube.com/watch?v=K-GzDmvDeLQ&feature=colike)

[com/watch?v=K-](http://www.youtube.com/watch?v=K-GzDmvDeLQ&feature=colike)

[GzDmvDeLQ&feature=colike](http://www.youtube.com/watch?v=K-GzDmvDeLQ&feature=colike)



“We Can Do Hard Things!” Students of the Month Assembly



Students of the month were honored for being willing to do hard things! Teachers selected students and they each received Certificates, Spirit Sticks, and gift certificates from local business. We want



to thank:

Chick-Fil-A, Classic Fun Center, Brick Oven, Del Taco, and Applebee's for supporting our students by their generous donations of gift certificates!



After School Clubs Going Strong

Kids learned to Golf at Sego Lily. Approximately 14 students participated in our golf club after school. They learned how to swing the golf clubs and putt and drive the ball.



Watch out golf pros, your competition is close behind you, so be prepared!

Chess Club is a hit. Students meet each Wednesday at 3:35-4:30 after school to improve their strategic chess skills. 4th, 5th, and 6th grade students play with community members, teachers, and each other.

Sego Lily Choir meets each Thursday 8:00-9:00 and 2:30-3:30. They are learning about music and getting ready for their Christmas concert.



Healthy Hints From Nurse Bodily RN October, 2013

Let's talk about "drinking your calories". Many children and adults fall victim to increased caloric intake from the liquids we consume as opposed to the actual food we eat. Tracking calories we consume from the things we drink can be helpful in managing our daily caloric, as well as sugar intake.

When you are watching what you eat, it is also important to watch your liquid nutrition. You might not think of beverages as something that could be that bad for you, but high calorie drinks can ruin your diet by sneaking in more calories than your entree. You probably already know that you should stay away from heavy drinks like milkshakes, but high calorie drinks take many forms and the calories in some are not very apparent.

Aside from containing chemicals and no nutritional value, soda can also be very high in calories. A traditional serving size of soda is approximately twelve ounces and 150 calories, but such a small can is hard to find. Most soda comes in bottles that are at least 24 ounces. Even worse, many convenience stores offer their fountain sodas that are eight times as large as the recommended serving for the same price as a twelve ounce can. If you are taking advantage of this seemingly good deal, more is not better when it comes to soda.

Fruit smoothies are another tricky beverage that can be deceptively high in calories. Many "fruit smoothies" are made with regular, full-fat ice cream, so you are essentially drinking a fruity milkshake. Additionally, fruit smoothies can also be made with high calorie, sugary syrup instead of real fruit. A high calorie fruit smoothie can set you back approximately 450 calories and 24 grams of fat. Try a fruit smoothie with frozen fruit, fat-free yogurt and juice instead.



Watch DOG DADS

Sean and Luke
Snorgrass
Gene and Gracie
Gregory



From our Fabulous Kitchen Staff

OCTOBER 14TH-18TH

“School Lunch Across the U.S.A.”

Celebrate the regional flavors, ingredients, and traditions from across the Country. Be “SUPER” and celebrate healthy eating with us, the Sego Lily School Nutrition Service Workers.

Parents, pick a day during National School Lunch Week to eat with your children! Adult or extra lunch is \$3.00. Find out how the school lunch menu has changed to become more health yor your children.

Choose from:

TRANSFORMER TUESDAY:

OPTIMUS PRIME PIZZA or AUTOBOT TURKEY WRAP

WEBBY WEDNESDAY:

SPIDEY CHEESE STICKS or WALL CRAWLER DELI SANDWICH

THOR THURSDAY:

HAMMER FISH STICKS or LIGHTNING BOLT CHICKEN PATTY

FANTASTIC FOUR FRIDAY:

HUMAN TORCH TURKEY & GRAVY or INVISIBLE WOMAN RIB A QUE

MAKE SURE TO HAVE YOUR CHILDREN WEAR THEIR FAVORITE SUPER HERO COSTUME FOR “SUPERHERO FRIDAY”

“EAT SMART, BE HEALTHY, BE SUPER!”

Submitted by Emily Hendrickson



PTA Brings rad KIDS to Segó Lily

The PTA is bringing Segó Lily Rad kids as an after school program.

RadKIDS encourages physical fitness, teaches realistic physical skills, and core safety values.



The radKIDS curriculum is a fun, activity-based program that includes discussions, safety drills and physical skills that will help students resist or stop violence. Through dynamic simulation, students will learn many skills to help them stay safe and to avoid being harmed.

A radKID is a cool kid that doesn't let anyone hurt them!

3 things every radKID knows (radKID principles):

1. No one has the right to hurt me, because I'm special!
2. I don't have the right to hurt anyone else (including myself), unless someone is trying to physically hurt me, then I can STOP them.
3. If anyone tries to hurt me, trick me, or make me feel bad inside - It's not my fault, so I can tell!

radKIDS Curriculum topics include:

- Preventing/stopping predator tricks, including physical resistance strategies against abduction
 - Internet safety
 - Personal touch and personal space safety (good, bad, uncomfortable/unwanted touch)
 - Home, school, out & about safety (parks, playgrounds, stores, etc.)
 - Bully prevention
-
- o RadKIDS will be offered as an after school program.
 - o \$10.00 registration donation will help offset costs.
 - o Space in each class will be limited.
 - o Please see the radKIDS email that Mrs. Johnson sent October, 15, 2013.

Future Segó Lily Secret Garden



Segó Lily is planning a "Secret Garden" to add a new outdoor reading center and provide opportunities for children to work in a garden. Aligning gardening activities to the Utah Core will provide students ways to learn about soil profiling, gardening, and create a beautiful place to read. We will raise monies for outdoor furniture and plants for the garden. We are very excited about this project for our children.

**If you know of a young man needing a Eagle Scout Project,
we are in need of painting hopscotch games outside.**

