



# The Sego Lily SCOOP

January, 2014

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

## • Important Dates

*For all the latest updates please check our website.*

**January 21-29:** Online scheduler will be open for parents to make parent teacher conference appointments.

**January 31:** Birthday Table

**February 3:** Good Choice Store

**February 4 and 6:** Parent Teacher Conference

**February 5** Troll Patrol Assembly  
1:30

**February 5** Kindergarten Registration 7:30-11:00 and 1:00-3:00.

**February 17:** No School, President's Day

**February 26:** Nova Graduation 6th Grade at 9:45

**February 28:** Birthday Table

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

## Principal's Message

With the New Year behind us, I look forward to a great start to 2014! My goal this year is to do what I can to make myself more approachable to you. I love you all and want and need your help in leading Sego Lily. It makes me sad when I hear of a parent who is afraid to approach me. Please always know I want feedback. I want to visit about concerns you may have. If I don't know about a problem, I can't fix it.



Mrs. Johnson

I remember being afraid of one of my children's principals. I'm sure it was just me being a young mother, but I totally understand the fear behind authority figures—I too was once scared. Please know that I love your children as if they were my own grandchildren. I desire what is best for them and know that this job is a job with a calling. A calling to make a difference, a calling to make a child feel loved and important, a calling to improve teaching, and a calling to care about the community I serve. Let me help you. Feel free to approach me for any reason. I need you in order to do my job effectively. I will make mistakes, however; with your help, I can improve. Thank you for the honor of working with you.

COME TO OUR  
**BOOK FAIR!**  
Your Ticket to Read!

## February 3rd-6th

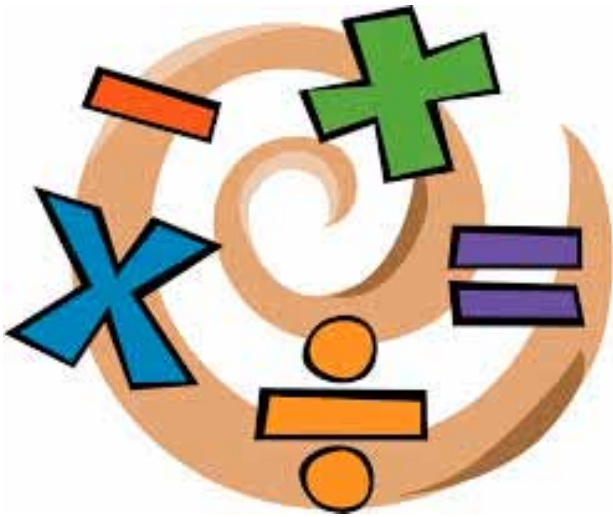
Schedule:

Monday: 2:15-4:00 PM  
Tuesday: 2:15-7:00 PM

Wednesday: 2:15-4:00 PM  
Thursday: 2:15-7:00 PM

## Dance Dance Dance

Please see our multiplication math facts “Dance Dance Revolution” videos! Students from Sego Lily created original choreography, along with Coach Melander, to help our students learn their math facts in a fun way. Dance with us three times a day and improve your math facts and exercise at the same time!



Mrs. Cornell's 3rd grade class takes a wiggle break and dances with our math facts videos. <http://segolily.alpineschools.org/math-facts/>

It's a **FACT**. Students remember their math facts better if they dance and chant their facts with music. Involving multiple parts of the brain simultaneously increases learning.

## Preschool Students Learn Math Through Drumming!

Coach Melander and Mrs. Bunker teach preschool students about basic number sense with Drums Alive. “I was surprised how well the little preschoolers did, they were so cute.” Mrs. Melander



## Video Games Rescue Reading

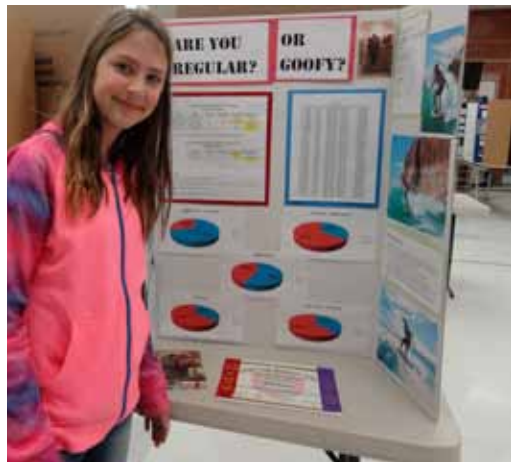
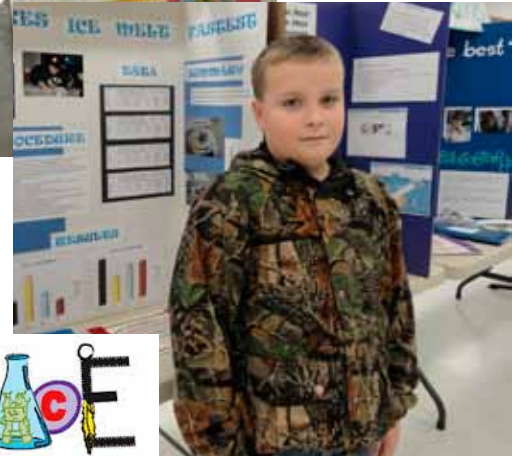
Parents, try this new fun video approach to reading with your children. Nancy Burkman, our secretary, found this fun reading activity that uses books from the Library of Congress to get kids engaged in reading. She said even her son who is in 7th grade enjoyed it along with her preschooler.

Please see article:  
<http://news.byu.edu/archive14-jan-readers.aspx>

# 150 Science Fair Projects

The annual Science Fair was held at Sego Lily Elementary on Jan. 23 and 24. Projects were spread across the gym as the sixth graders presented their latest scientific findings. The categories included Physical Science, Earth Science, Product Testing & Consumer Science, Computer Science, and Engineering.

Ninety students met all of the requirements for an Einstein award which is a quality project, including science journal entries, graphs and data tables, three research sources, and multiple repetitions of the experiment.



## Five Principal Awards

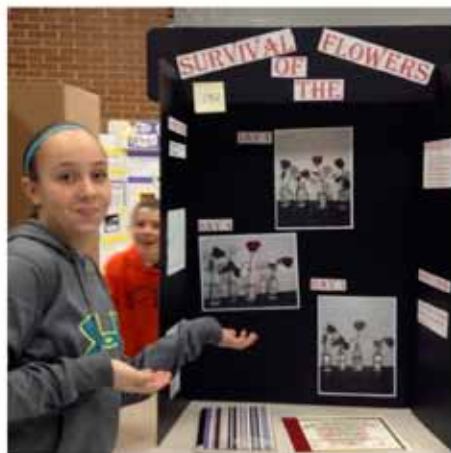
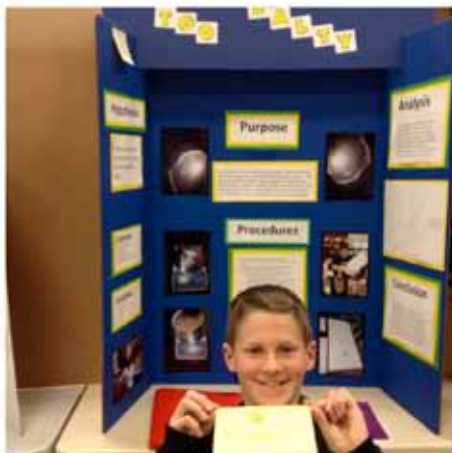
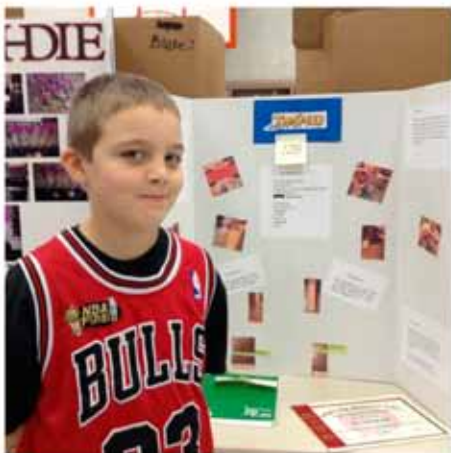
There were five fifth-graders who took the Principal's Challenge to also compete in the science fair. They were Jaden Young, Ally Russon, Korina Rushton, Savanna Crandall, and Rhett Crandall. Way to go!

We are proud of what our students accomplished. Many parents commented that it looked like a District Science Fair instead of a school science fair. Over 20 projects were selected to go on to the District Fair, which will be held in February.

We had great projects from each of the categories. Some students experimented with buoyancy, the effect of temperature on magnetic strength, whether different liquids changed the strength of concrete, and even which nail polish lasted the longest. A computer program was designed to easily create graphs. Some of the engineering projects used air pressure, the effect of earthquakes on building designs, and a veggie washer.



## 150 Science Fair Projects Continued



### Reader's Theater Performance Thrills Office Staff

Parent volunteer, Sarah Brown, brought one of Miss Pence's reading groups down to share their wonderful rendition of Rapunzel.

Students used their best voice and fluency skills to make the office staff laugh in their comical performance. Thank you students!

## Awesome Parent /Teacher Pick Up and Drop Off Safety Committee

A group of concerned parents met in January to study and research solutions to Segoe Lily's pick up and drop off areas. Parents not on the committee voiced their concerns, through Facebook, face-to-face, and emails, to committee members who in turn presented their concerns.

The committee considered concerns very seriously and together devised a plan that hopefully will satisfy the majority of parents.

**Our Goal:** To increase safety and improve flow. Also, to eliminate traffic congestion allowing thru traffic to travel safely & efficiently.

The new plan has changed very little from the original plan, however; the implementation is different.

Here is a basic rollout of the plan:

1. Discuss with the district, our desire to have bus service returned to Segoe Lily. Courtney Johnson will address this with the district immediately.
2. Purchase flags for parent volunteers and teachers to keep the traffic flow moving to appropriate pick up and drop off designated areas until the flow becomes automatic.
3. Use temporary signs until new purchased signs can be obtained to direct all traffic flow. This is so there will be no question where to pull forward, pick up, or drop off students.
4. Train parents and students about the rules by creating a fun training video and then have parents sign a form that they viewed it if they want to earn a spirit stick for their child(ren).



Committee: Nina Johnston, Kristy McEwan, Becca Denning, Amy Wyatt, Nicole Baird, Jennifer Epperson, Michael Campbell, Che'rie Westbrook, Stacie Bailey, and Mrs. Johnson.

*"I am grateful for the opportunity to help find pick up and drop off solutions for our school. Knowing that our kids are safe is the most important priority to us all. We are hopeful that implementing this plan will be a happy and easy solution." Nina Johnston*

*"Our family is new to this area. The past few months I have been very concerned about the safety of our children and others during the drop off and pick up times. I am happy to be a part of the committee and the discussions to help make improvements and keep safety for our kids our first priority." Kristy McEwan.*

*"I love kids and I want them to be safe. That is why we have all taken the time to create a solution to the problem." Becca Denning*

*"I've loved working together with other parents to make our school a safe place!" Amy Wyatt*

*"I appreciated helping pull together as a Segoe Lily community to solve traffic problems before anything tragic happens. It takes all of us to make a difference--working together." Nicole Baird*

*"I don't get the chance very often to help at my kids' school, but when the volunteers to be a part of the safety committee regarding traffic was announced, I felt like this was a place where I could contribute. I felt that my ideas and concerns were understood by the other committee members and that we all worked together to come up with a solution that made sense and would make a difference. Thanks for this opportunity to serve." Michael Campbell*

*"I enjoy being part of a committee that's looking for a solution, rather than just complaining about the problem." Stacie Bailey*

## Current Procedures

If you are coming from the west side of the school, use the west pick up and drop off area. From the east, use the east area.

The island, in the front of the school, is not a pick up or parking zone.

If you park on the opposite side of the street you must come and get your child. They are not allowed to run across the street to meet you.

The east parking lot is not a drop off/pick up area.



Pull forward all the way before stopping and dropping off your students. This will allow more vehicles to get through.

Always load and unload your children on the sidewalk side of your vehicle to avoid an accident in the "thru traffic lane".

Do not park on the crosswalks at the East & West exits.

## Please Help US

**Please comply with the current and additional procedures as well as be respectful & cooperative to the parent volunteers and teachers who are helping direct traffic. We are working through solutions to keep our kids safe.**

## Remember to Carpool



## Additional Procedures

Keep with current procedures and add the following:

No cell phone zone.

Please avoid distractions and pay attention in pick up and drop off areas.

Keep traffic moving forward to avoid bottle necking.



If you need additional time in your car with your student, or need to unload items from your car, please park in the 15 min. parking zone.

Never block crosswalks.

Please do not stop and unload children in pull through areas. These will be clearly marked after we receive approval from the district and go through the proper approval channels.

*The critical key to this plan is that everyone needs to always pull forward and eliminate gaps in the load/unloading zones while waiting for your children.*



# Online Scheduler Instructions--Closes Tonight!!!

Last Minute Instructions--Just In Case!

## To Make Appointments

SEP Conferences will be held Tuesday, February 4th & 6th. Appointments may be made from 4:00 p.m. to 7:15 p.m.

1. To access the on-line scheduler, go to:  
[www.canyoncreeksoftware.com/scheduler/ut/alpine](http://www.canyoncreeksoftware.com/scheduler/ut/alpine)
  2. From the Online Scheduler Home Page
    - a. Choose your student's school from the drop down list and click "GO"
    - b. Enter the school password: "roadrunners"
    - c. Enter your student's "Student ID". If you don't know the Student ID, use the LOOKUP STUDENT ID button to find it.
    - d. Verify the student's birth date.
    - e. A list of your student's teachers will be displayed. Check the box next to the name of each teacher(s) with whom you would like to make an appointment.
    - f. If you have more than one student in the school, you can see all of your students' teachers schedules at one time by answering YES to this question "Do you want to schedule conferences for another student?" then repeat the steps above for your other students. If you only have one student, answer NO to that question.
    - g. You will then see the available time slots for each teacher you selected.
    - h. Select the times that work best for your schedule.
    - i. Enter your email address (recommended) if you would like an email reminder sent to you.
    - j. Once you have finished, you can confirm your appointment details and print this information.
    - k. Write down the Confirmation Number (you will need this number to cancel your appointment)
- If you do not have Internet access at home, the Internet is available at the city library or you may call the school office.

Need help?

Call the school office: 801-610-8717 from 7:30 a.m. to 4 p.m. Nancy, Brooke, or Shelley would be glad to help you schedule your appointment.

## Second Grade Science



Second grade is on fire with science again!! Students are SO excited! This unit is all about plants. So far, we've planted fast growing mustard seeds, watered them, and put them under the grow lights.

Second graders have learned that a scientist that studies plants is called a botanist. During the growth process, students will observe several experiments with their plants to determine how the environment influences plant growth.



The second grade science unit will take 40 days!

# “Be A Friend!” December Students of the Month



Students of the month were honored for being honest! 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!





## Watch DOG DADS

Colby Harris Does It Again!  
Colby with his children  
Rayne, Braxton,  
& Hadley



“It is always fun to see all the kids I know in the halls, in class, and at recess. They are all excited to play with you. My own kids were excited that I ate lunch with them. We [Watch Dog Dads] get to read with kids and play math games. I was impressed with how quiet the kids are and how they stay on task doing what their teachers ask them to do.” Colby Harris



## Healthy Hints- January Ellie Bodily, RN- School Nurse

Let's talk about “fitness myths”. Many exercisers make the mistake of buying into these myths that have been “busted”. Take a look at the list below to see if you have been a victim of these fitness myths.

- Crunches are the key to flat abs- While crunches do tone abdominal muscles, your body burns fat determined on your genetic predisposition. You may do 300 crunches a day but your body will burn fat in the areas it is predisposed to first.
- Running is bad for your knees- Running isn't a sure path to knee replacement surgery. Taking into consideration the frequency, intensity

and time of your runs and making sure to alternate these variables will help to reduce overuse complications.

- Stretching helps your body recover faster- Stretching is a great way to keep muscles limber. Remember that stretching is best done after your workout when muscles are warm. This is the best way to increase joint flexibility.
- You need to sweat for 45 minutes to get a healthy benefit- Exercising for at least 30 minutes a day can increase your cardiovascular health. Experts are recommending short power workouts. Breaking up your workout into three 10- minute segments rather than tackling a 30-minute workout can help lower blood pressure readings.

- More gym time is better- Be sure to schedule “rest” days. Alternating workouts using the FIT principle (frequency, intensity, time) will help to avoid overuse injuries. Schedule a variety of training patterns will allow opposing muscle groups to rest.

Exercising is vital to the health of each individual and the community as a whole. Find an exercise method you enjoy and use common sense to determine your fitness routines!



## Be Interested Not Interesting

“Be Interested Not Interesting” is January’s Troll Patrol value. Students from Lehi High School and our very own Troll Patrol student council, pumped up the kids to be more interested in others. Glow in the dark balls, T-shirts from the high school, and other fabulous prizes were thrown out to the children as they danced.

Students were very excited to watch the movie Mr. Rindy’s 2nd grade class created.



You can view these videos on our school website <http://segolily.alpin-eschools.org/>  
Videos can also be seen in the school lobby.

## RAD Kids Parent Impressed

“I was so impressed with the RAD Kids program. My son learned a lot of valuable skills of how to be safe in a variety of situations: bullying, online, [and how to interact with] strangers.” Watching them fight back when the Lehi PD officer tried to carry them off made me realize that he knows more than I do of how to get away effectively. I hope he never has to use these skills, but I am sure glad he has them.” Kristen Crockett



## Letters From The Troll

Students all received a fun Troll Patrol bookmark from Bob the troll. He wrote each class a letter telling them how proud he was of their positive behavior.

Bullying is not popular at Sego Lily which really makes kind and friendly trolls from around the world happy.

## From Our Fabulous Kitchen Staff



Tis the season-for sickness, that is. If you’ve got the sniffles, focus on fitness! Eating healthy and regular physical activity (30 minutes daily) can help you steer clear of viral infections.

If you find your symptoms are all at the neck and above, then it’s OK to exercise! It may even make you feel better by opening up nasal passages and temporarily relieving congestion. If you have a fever of 101 or higher, exercising can raise your internal body temperature, so rest!!

Of course, use common sense, and take a rest day if you need it!

Here’s to a healthy and happy 2014!