

The SCOOP



SEGO LILY ELEMENTARY SCHOOL
 550 E 900 N
 Lehi, Utah 84043
 801-610-8717
 OFFICE HOURS: 7:30 am-4:00 pm

Important Dates

- Oct. 31:** Halloween Parade 9:30 am*
 *1st-6th graders have a Common Day (9:15 am-3:30 pm)
 *Kindergarteners have regular AM & PM class times
- Nov. 5:** Make Up Pictures
- Nov. 5:** Reflections Awards Showcase; Open House 7-8:30 pm
- Nov. 7:** Dudes & Donuts (M-R)
 Early Birds 7:30-8 am
 Later Gators 8:45-9:15 am
- Nov. 26-28:** Thanksgiving Break;
 NO SCHOOL
- Dec. 5:** Dudes & Donuts (S-Z)
 Early Birds 7:30-8 am
 Later Gators 8:45-9:15 am
- Dec. 22-Jan. 2:** Christmas Break;
 NO SCHOOL

Troll Patrol
VALUE OF THE MONTH



“I Can Do Hard Things”

Principal’s Message

By COURTNEY JOHNSON



Building relationships with others is a developmental process where schools provide a fundamental role. We house one of the most significant “life labs” where students learn how to interact with each other. For this reason, teaching students pro-social skills are vital in order to support the “whole child” through the learning process at Sego Lily.

Pro-social behavior is a term I use often when talking about positive behavior such as sharing, showing kindness, displaying empathy, cooperating and many other social skills that cause children to contribute to one another’s well-being. When a majority of our school’s population possesses pro-social behaviors, learning is increased and students feel happy.

In contrast, anti-social behavior (e.g., aggression toward people and animals, destruction of property, deceitfulness, theft, and serious rule violations) is a behavior that increases risks factors for bullying, suicide, and adolescent alcohol abuse or dependence.

So how do we teach pro-social behavior when we know how beneficial it is? It has been my experience that students favor magical fantasy for the framework of learning new skills whenever possible. For that reason, Troll Patrol was invented to help children learn how to interact in pro-social ways, gain confidence, and make and keep friends. When students have friends, they feel better about themselves and are less likely to seek attention through anti-social ways.

I’m very excited to see the direction of Troll Patrol. We have made many changes and tweaked the program from last year. Instead of a winning troop receiving a trophy and receiving spirit sticks, all teams work towards achieving the highest percentage of troll gems. Please see the Troll Patrol section for information about the new Gem Master program.

2014 UEA Teacher of Excellence Award



Cindy Skillicorn, a dynamic first-grade teacher, was recently awarded one of ten 2014 UEA Teachers of Excellence awards. Mrs. Skillicorn has been given several students with extreme behavioral and self-control issues. She is able to work with each one and help them sit in class without disrupting, to play outside with others, and to learn the skills needed to excel.

Mrs. Skillicorn is the most compassionate and loving teacher for her students. She shows them that they have someone who cares and will always be there for them. She also does her best to make them happy and create a fun and exciting learning environment. She helps them see that school is a great place to be and motivates them to have a positive attitude. Mrs. Skillicorn goes above and beyond anything required to ensure that her students receive the best education and that they are successful. **Congratulations Mrs. Skillicorn!**

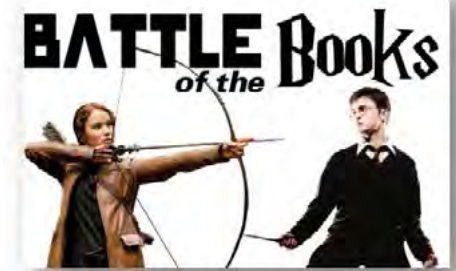


Helping Make a **CHANGE** in Someone's Life!

Our beloved teacher, Cindy Skillicorn's son, Nick, who is 19, was born with heart problems and has suffered with this his whole life. He has had five open heart surgeries, two pig valves and cow arteries, and they just put in his fourth pacemaker. Things have taken a turn for the worse and this summer he became very sick. He ended up having heart surgery on August 28th. He went into heart failure on September 8th and went back into the hospital until the 30th. They are hoping he will qualify for a heart transplant sometime this year; otherwise, they will need to find a hospital somewhere in the United States that will try something else on him. Nick is a brave, tough kid who has had a positive attitude and has never complained about having this problem.

The staff and students at Segó Lily Elementary have decided to form Nick's Nickel's. Each student at Segó Lily will receive a heart to write their name on and then their heart will be posted in the lunch room to show our love and support for Nick.

We will collect change October 7th thru October 31st. Each morning student council will bring containers around to the classrooms for the students to deposit any change they wish to donate.



The purpose of this "competition" is simply to encourage students to read good books and have fun while competing with peers. This reading is done at home on the students own time. They have until April to read some or all 10 books. Each team can decide how they want to divide the book list.

A typical "Battle" is a full day tournament or game, like *Family Feud*, in which teams earn points by answering questions about the books on the book lists. Each team will play several rounds, each against a different team, until there are only two teams left to compete in the Grand Battle!! We are still in need of teams for Battle of the Books!! We only have two 3rd-4th grade teams and four 5th-6th grade teams. If you don't know others who want to form a team, Miss Bethers has a sign up sheet and we can match people together to create teams.

Our goal is to have at least 25-30 teams per age group so we can have a decent battle. If you have any questions or would like to get involved, please contact Wendy Wiltbank at 801-766-5678 (H) or 801-592-3514 (C) or email wendy.wiltbank@gmail.com.

3rd & 4th Grade Book List

Be a Perfect Person in Just Three Days (Manes)
The Boxcar Children (Warner)
Boxes for Katje (Fleming)
By the Great Horn Spoon (Fleischman)
Castle in the Attic, The (Winthrop)
Freckle Juice (Blume)
Harry's Mad (King-Smith)
One and Only Ivan, The (Applegate)
There's a Boy in the Girls' Bathroom (Sachar)
Tornado (Byars)

5th & 6th Grade Booklist


Castle in the Attic, The (Wintrop)
Esperanza Rising (Ryan)
Hatchet (Paulsen)
Love, Ruby Lavendar (Wiles)
Number the Stars (Lowry)
Patchwork Quilt, The (Flournoy)
Phineas L. MacGuire. . . Erupts! The First Experiment (Dowell)
There's a Boy in the Girls' Bathroom (Sachar)
Time for Andrew (Hahn)
Tricking the Talyman (Davis)

6th Grade A.L.L. "Light & Color"



Mrs. Ahlstrom's 6th Grade A.L.L. class finished their "Light and Color" unit with a fun art project. Students were able to express themselves with permanent markers and a little rubbing alcohol. Science and art are a great combination!!

TARGET'S Take Charge of Education Program

Help us help our school. 

Enroll in Take Charge of Education® and Target will donate a percentage of each REDcard® purchase you make to our school.



Target's Take Charge of Education (TCOE) Program is a great opportunity to help raise funds for our school. Target will automatically contribute 1% of all REDcard credit and debit card purchases to our school. Visit Target.com/tcoe or call 1-800-316-6142 to designate Segó Lily School to your REDCard. Then use your REDcard whenever you shop. **Our Target School ID is 102086.**

We currently only have 15 REDCard holders registered to our school. If one-fourth of our families took advantage of this program, we could have hundreds. In August, we were paid \$245. More households participating in this program yields more funds for our school. With holiday shopping just around the corner, it's the perfect time to register your REDCard to our school.



Cecil's Pharmacy and members of The Lehi Rotary Club donated student dictionaries to our 3rd graders to promote literacy. Each 3rd grader received a personal copy to use during the year in their classrooms. At the end of the school year, it is theirs to bring home for future reference. Thank you Lehi Rotary Club & Cecil's Pharmacy!

Everything Is Awesome When You're Part of a Team



- Robots
- Teamwork
- Research
- Competition
- Fun



These are just a few of the buzz words surrounding Segó Lily's First Lego League (FLL) team. This newly formed team is part of a very popular, nationally known First Lego League program. As Segó Lily's FLL coach, Mr. Hullinger will help team members learn how to research, problem solve, and program a Lego MindStorm EV3 robot to compete against other FLL teams in our school district. In addition to teaching students to work together for a common goal, Mr. Hollinger will also help foster learning and and enthusiasm for future interests in Science, Technology, Engineering, and Math.

Alone we can do so little, together we can do so much. ~Helen Keller



Segó Lily's FLL Team coached by Mr. Hullinger. Thank you Bryan McEwan for building the competition table.

September Students of the Month



Congratulations to our Students of the Month! Special thanks to *Del Taco, Chick-fil-A, Applebee's, Pizza Pie Cafe', and Classic Fun Center* for helping us recognize our students' accomplishments.

How Many Calories Do Children Need?

Healthy Hints--by Ellie Bodily, RN- School Nurse

No child should be on a calorie-restricted diet, unless recommended by the doctor. However, parents need to be aware of their children's calorie needs so that they can help their children maintain energy balance.

STEP 1: The chart below can give you a general idea of how many calories your child needs per day based on his or her age range, gender, and physical activity level. Walking to school is an example of being moderately active. Playing a game of basketball is an example of being vigorously active.

Daily calorie needs based on age, gender, and activity level

Age (Years)	Gender	Sedentary (Not Active)	Moderately Active	Active
2-3	Male or female	1,000	1,000	1,000
4-8	Male	1,200 – 1,400	1,400 – 1,600	1,600 – 2,000
	Female	1,200 – 1,400	1,400 – 1,600	1,400 – 1,800
9-13	Male	1,600 – 2,000	1,800 – 2,200	2,000 – 2,600
	Female	1,400 – 1,600	1,600 – 2,000	1,800 – 2,200
14-18	Male	2,000 – 2,400	2,400 – 2,800	2,800 – 3,200
	Female	1,800	2,000	2,400
19-30	Male	2,400 – 2,600	2,600 – 2,800	3,000
	Female	1,800 – 2,000	2,000 – 2,200	2,400
31-50	Male	2,200 – 2,400	2,400 – 2,600	2,800 – 3,000
	Female	1,800	2,000	2,200
51 and older	Male	2,000 – 2,200	2,200 – 2,400	2,400 – 2,800
	Female	1,600	1,800	2,000 – 2,200

Adapted from US Department of Agriculture and US Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*. 7th ed. Washington, DC US Government Printing Office 2010. <http://www.health.gov/dietaryguidelines/2010.asp>. Accessed March 18, 2014

How Much Food Do Children Need?

Remember that each child's energy needs are different. For instance, your child may need more energy during growth spurts or active participation in sports. It's not necessary to eat the exact total amounts from each group every day. Rather, intake should average out over a period of 1 to 2 weeks, to ensure healthy intake of calories along with essential nutrients.

The US Department of Agriculture (USDA) recommends the following daily amounts for each food group based on different calorie needs. These are only guidelines. Another resource from the USDA and Agricultural Research Service is a Kid Energy Needs Calculator.

Retrieved on 10/4/14 from: <http://www.healthychildren.org/English/healthy-living/nutrition/Pages/Energy-In-Recommended-Food-Drink-Amounts-for-Children.aspx>

STEP 2: After you find out how many calories your child needs, use the chart below to help you plan how much food from each food group to serve each day.

STEP 3: Ask your child's doctor if you have any questions. Remember, these two charts are only a guide and each child's needs are different.

Daily amounts of each food group based on calorie needs

Food Group ^a	1,000 Calories	1,200 Calories	1,400 Calories	1,600 Calories	1,800 Calories	2,000 Calories
Fruits	1 cup	1 cup	1 ½ cups	1 ½ cups	1 ½ cups	2 cups
Vegetables	1 cup	1 ½ cups	1 ½ cups	2 cups	2 ½ cups	2 ½ cups
Grains	3 ounces	4 ounces	5 ounces	5 ounces	6 ounces	6 ounces
Protein foods	2 ounces	3 ounces	4 ounces	5 ounces	5 ounces	5 ½ ounces
Dairy	2 cups	2 ½ cups	2 ½ cups	3 cups	3 cups	3 cups

Food Group ^a	2,200 Calories	2,400 Calories	2,600 Calories	2,800 Calories	3,000 Calories	3,200 Calories
Fruits	2 cups	2 cups	2 cups	2 ½ cups	2 ½ cups	2 ½ cups
Vegetables	3 cups	3 cups	3 ½ cups	3 ½ cups	4 cups	4 cups
Grains	7 ounces	8 ounces	9 ounces	10 ounces	10 ounces	10 ounces
Protein foods	6 ounces	6 ½ ounces	6 ½ ounces	7 ounces	7 ounces	7 ounces
Dairy	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups

^aFood group equivalents: 1 cup of fruit equals 1 cup of raw or cooked fruit, ½ cup of dried fruit, or 1 cup of 100% fruit juice; 1 cup of vegetables equals 1 cup of raw or cooked vegetables, 2 cups of leafy salad greens, or 1 cup of 100% vegetable juice; 1 ounce of grains equals 1 slice of bread, 1 ounce of ready-to-eat cereal, or ½ cup of cooked rice, pasta or cereal; 1 ounce of protein such as lean meat, poultry, or seafood equals 1 egg, 1 tablespoon of peanut butter, ½ cup of cooked beans or peas, or ½ ounce of nuts or seeds; 1 cup of dairy such as milk, yogurt, or fortified soy beverage equals 1 ½ ounces of natural cheese or 2 ounces of processed cheese.

Adapted from US Department of Agriculture and US Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*. 7th ed. Washington, DC; US Government Printing Office 2010. <http://www.health.gov/dietaryguidelines/2010.asp>. Accessed March 10, 2014

Voices for Healthy Eating Choices

by Nutrition Service Workers--a.k.a. "Lunch Ladies"



As parents, how many times have we heard, "I just don't like the school lunch... it's too healthy!?" I have heard it time and time again with my two boys, but I decided to approach talking about school lunch in a different way. I explained to them that eating healthier at a young age can create some great habits as we get older. You will find yourself making better choices, not only with what you eat, but with your physical activity, and how we handle situations on an emotional level.

I challenge parents to talk to your children about nutrition and explain to them that we want them to be happy and smart!

We Nutrition Service Workers love to serve your children. As you have heard, the USDA has made some changes in order for a reimbursable meal to qualify. They must have one fruit or vegetable on their tray. We are there to help them take the required amounts.

Thank you for supporting the School Nutrition Program. We look forward to another great year at Seago Lily Elementary!



- RadKIDS will be offered as an after school program. The class is on Mondays for 8 weeks.
- Two sessions are offered during the year. One for upper grades (3-6) and the other for lower grades (K-2). The age groups learn some different skills and drills.
- The first session is for upper grades (3-6) and will start Oct. 27th. Registration is due Oct. 24th.
- Space in each class will be limited.
- We are asking for a \$10 donation to help cover costs.

RadKIDS encourages physical fitness, teaches realistic physical skills and core safety values to live by through its program. The radKIDS curriculum is a fun, activity-based program including discussions, safety drills, physical skills to resist or stop violence or harm, and dynamic simulation. Every child deserves personal and life skills to live safer.

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
- And much more...

Parents & family members come see our traditional Halloween Parade. It's so FUN & FESTIVE watching our kids, teachers, and staff parade through the halls dressed in creative costumes. Definitely something you won't want to miss!

Halloween Parade October 31st at 9:30 am*

*1st-6th graders have a Common Day (9:15 am-3:30 pm)

*Kindergarteners have regular AM & PM class times

Afternoon Kindergarteners are invited to participate in the Halloween parade. If participating, please come to school (accompanied by an adult) at 9:15 am, join in the parade, and then return home until your regular afternoon Kindergarten class time.



October Bookmark



The Troll Patrol Gem Master and His Magical Rewards

Olav, the guardian of the cave and leader of the Troll Patrol, is our newest addition to our Troll Patrol program. This program of trolls, masters, magic, and treasures of gold, silver, and rare coins, promotes anti-bullying and daily living of positive social behaviors. It encourages our students to demonstrate monthly Troll Patrol values in their regular interactions with others including: “Do Hard Things”, “Be A Problem Solver”, “Be A Friend”, “Be Respectful”, “Stand Up”, “Act Not React”, “Be Interested”, and “Be Responsible”.

How It Works--Each month, one of the Troll Patrol values is presented during a school-wide assembly. At the assembly, students are shown a video about the value, given a bookmark, and encouraged to exemplify the Troll Patrol Value of the Month. October's value is “Do Hard Things”.

As teachers notice students demonstrating any of the Troll Patrol values, they reward their students with a Troll Patrol stamp on the back of their bookmark. When students earn 20 troll stamps in a month, the Gem Master leaves his cave of magic and visits Sego Lily classrooms.

The Gem Master is introduced to the students with his float of treasures and then honors individuals with a “Ceremony of Treasures”. During his public recognition, he awards them for their achievements with a Troll value gem. When students earn four value gems, the Gem Master gives them a really cool gold coin to add to their treasure collections.

Earn Gems from The Gem Master



Live The Troll Patrol Values

- Do Hard Things
- Be A Problem Solver
- Be A Friend
- Be Respectful
- Stand Up
- Act Not React
- Be Interested
- Be Responsible



A huge **SHOUTOUT** to everyone who participated in our Café Zupas fundraiser. We raised an additional \$230.75 to help fund our future marquee.

Thank you for your contributions!



2014-15 Science Demo Teams



Thanks to the inspiration and instruction of veteran Science Demo teacher, Mrs. Ahlstrom, we have many more future scientists and teachers in the making. These scientifically minded 6th grade students volunteer an hour after their regular school day every Wednesday. They learn science tutoring skills and increase their knowledge on scientific topics including: weather, plants, life cycles, five senses, and many others. Every Thursday, the Science Demo Team members volunteer an additional hour before or after school to present their science lessons to our first graders. We are grateful for the educational opportunities Mrs. Ahlstrom provides and for the commitment to learning and service this year's morning and afternoon Science Demo Teams offer our school. **Demo Team Rocks!**

Did You Know? Attendance Counts!

- As many as 7.5 million U.S. students are chronically absent each year.
- Chronic absence in first grade predicts later chronic absence, poor academic performance and higher suspension rates in 6th grade.
- Even students who miss just 10 days a year are less likely to graduate and less likely to enroll in college.
- Poor attendance habits are often acquired early (preschool) leading to lower reading levels by third grade and setting them up for academic struggles later.

Reading and Writing Go Hand in Hand



Excerpt from Kindergarten Literacy Night

Reading and writing develop at the same time in young children and are interrelated. The reading and writing expectations for Kindergarten have increased. It is important that parents understand how they can work with the teachers to help their child meet the new Kindergarten standards.

In the recent Kindergarten Literacy night, the Kindergarten teachers, Mrs. Narvaez, Mrs. Robinson, & Mrs. Shedden-Paul, showed parents three ways to help their child develop their reading.

- 1) Read to your child.
- 2) Read with your child. This will give your child support until they are reading independently.
- 3) Give your child time to read by themselves.

The teachers also showed the parents the stages of writing and how they correlate to reading.

Chronic Absence Is a Solvable Problem

1. Do you help your children get to school on time every day?
2. Have you established a regular bedtime and morning routine?
3. Do you schedule doctor/dentist visits during non-school hours?
4. Do you take your children on vacations during the school year?
5. Do you track or monitor how many days of school your children miss?

There is a toolkit for community councils, PTAs, and schools to work together to solve attendance problems. www.attendanceworks.org