



# COUGAR CONNECTION

## CLARA J. KING ELEMENTARY SCHOOL

February, 2020

### Mark Your Calendar!

#### March 10

Class Act Family Concert  
7:00 p.m. King MPR

#### March 13

Report Cards sent home with  
students

#### March 16-20

Parent Conference Week  
Minimum Days all week

#### March 19

Family Movie Night  
6:00 p.m.

#### March 23-27

Spring Break  
School Holiday

### Have Questions?

#### Principal

✉ [Jacki Teschke](mailto:Jacki.Teschke)  
(714) 220-6980 x2151

#### Administrative Assistant

✉ [Vickie Ohlman](mailto:Vickie.Ohlman)  
(714) 220-6980 x2153

#### Clara J. King Elementary School

8710 Moody Street  
Cypress, CA 90630  
[Website](#)

#### Cypress School District

9470 Moody Street  
Cypress CA 90630  
(714) 220-6900  
[Website](#)

### Principal's Message

On February 10, 2020, Clara J. King was recognized as a California Distinguished School, and as such it is a select group of one of three schools recognized in Cypress School District, and one of thirty-five recognized in Orange County. The California Distinguished School program recognizes schools based on performance and progress on the state indicators as specified on the California School Dashboard. Among the indicators used to determine Distinguished School status are test scores, conditions, climate, and optimal suspension rates. We are very proud that Clara J. King School earned this recognition. It is very difficult to attain this and we believe that our focus on social and emotional wellness and focus on improving attendance rates create an environment where students are a part of a positive learning community.

**Social Emotional Learning** After reviewing several evidence-based programs King staff members chose Positive Alternative Thinking Strategies (PATHS) to provide the lessons and strategies to help students manage feelings, increase concentration and attention, and become better learners. Throughout the year-long lessons, students learn strategies that promote peaceful conflict resolution, self-regulation, empathy, and responsible decision-making through age-appropriate lessons for transitional kindergarten through sixth grade. Title 1 funds were used to purchase the PATHS program. Classroom data is analyzed and targeted goals are developed related to the areas of greatest need for improvement. The goal of adding social/emotional learning to our students' day is to create and sustain an environment where all students are positively engaged in their school day, become optimal learners, problem-solvers, and happy, productive citizens.

### Making attendance a priority

Another component to student achievement is regular school attendance. When students attend school regularly they learn more and feel more connected to their school community! Chronic absenteeism contributes to gaps in learning and increases the chance of a child not graduating from high school. Even in Kindergarten, chronic absenteeism can have a negative impact on student achievement in later school years. Students are considered chronically absent if they are not in school for ten or more days during the school year for any reason.



## STEM Education

What is STEM, you might ask? STEM is an acronym that represents the academic disciplines of science, technology, engineering, and mathematics. When it comes to being prepared for the jobs of the future, we know our students will have a competitive advantage if they possess a strong background in STEM-related areas of study.

As part of the Cypress School District STEM program, our students are actively engaged scientists, intentionally and purposefully exploring their environments. Creating STEM habits is woven into our students' curriculum through hands-on investigation and experimentation. This development is not only about basic skills like counting and multiplication, but it is also about critical thinking, problem-solving, and other higher-level skills that transfer across all content areas. Our goal is to ensure our students are prepared for the future with the competitive advantage of having a strong background in STEM-related areas of study.

Parents play a critical role in their child's STEM learning and success. When parents support their child's STEM capacity, their natural abilities are acknowledged and expanded. Supporting a child's curiosity is as simple as asking a question that encourages experimentation, such as, "What do you think will happen if....?" When parents are pulled into the wonder of exploration, they become immersed in the learning experience with their child, demonstrating that STEM exploration has lifelong value.

### Class Act Family Night

March 10, 2020- 7:00 p.m



Listen to members from the Pacific Symphony of Orange County perform the works of John Williams!

## March is National Nutrition Month®, and we invite you to celebrate with us!

The benefits of eating more fruits and vegetables go far beyond helping to maintain a healthy weight. Think about better skin, healthier teeth and gums, and lower risk of diseases. Parents can play a big role in helping families load up on vitamin-packed fruits and vegetables by serving more at home, increasing the variety and quantity available, and setting a good example by eating them together. Try these creative ideas to boost fruit and veggie consumption.

- Try making smoothies or slushes. Blend ice with fruit and some yogurt or a little low-fat milk, and your kids can "drink their fruit." You can even sneak in some carrots for a delicious breakfast beverage.
- Put some grapes or bananas in the freezer to make fruit more fun. These cold, healthy treats can be eaten like popsicles!
- Serve raw veggies with ranch dip or some salsa to add a little zip. Your family will love these crunchy treats packed with zesty flavor. Keep carrots in a glass of water to keep them crisp and ready for a fast snack.
- Add veggies or fruit to the baked goods your family already loves. Blueberry pancakes and carrot muffins are always a big hit—and healthy, too!
- Serve your soups, stews, and sauces with extra veggies. Sneak them in, shredded or cooked, and your family will get a healthy bonus. They may not even notice the difference.
- Get fruity with your peanut butter! Serve apple slices or grapes with peanut butter, or try a peanut butter and banana sandwich.
- Save time—skip the packed lunches and send your child to eat a school lunch! Did you know that our school offers a fresh produce bar with every school lunch? The produce bar is a self-service station where students help themselves to a variety of fruits and vegetables. The offerings constantly change with the season; currently, tart yet sweet jumbo tangerines and kiwifruit halves can be spotted on the produce bar along with year-long favorites like romaine lettuce, carrots, and celery sticks.

*School lunch is only \$3.00; however, some families may qualify for free or reduced-priced meals. For more information, please call (714) 220-6953 or email [sclock@cypsd.org](mailto:sclock@cypsd.org).*