



The Eagle Express

November 2017
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Golden Empire Elementary School • Sacramento City Unified School District
9045 Canberra Drive, Sacramento, CA 95826 • (916) 395-4580 • goldenempire.scusd.edu

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Principal's Corner

It's already November and we have had a terrific start for the school year! Staff, parents, students and community members have all worked hard to hit the ground running. In the classroom, our students at each grade level are immersed in the Common Core standards, our computer-based learning (iReady and iXL) and actively learning about the 7 Habits. Hopefully, at Back-to-School-Night, APTT and if you are volunteering in the classroom, you are catching a glimpse of the work being done in your student's class. You will learn even more about the students' work with the Common Core Standards at your Parent-Teacher-Student conference in December.

Parents, thank you for actively participating in your child's education. It is important that your child sees you proactive and involved in their education. We have included suggested Reading and Math tips for home to support your child in this newsletter. Our teachers truly appreciate your support and look forward to working with you this year!

I want to thank parents and community members for supporting our annual Jog-A-Thon. The event was a tremendous success and we appreciate the support and positive feedback we received. Sarah Remis and Joan Orr, Co-Coordiators, facilitated a fun, amazing and successful fund raising event! Please visit our PTO Facebook page to learn more about our upcoming events, to stay connected and "Like" Golden Empire Elementary PTO!

The end of this month your child will bring home a letter from their teacher to schedule the parent/teacher/student conference. Conferences and shortened days begin Thursday, November 30 and conclude on December 8. Conferences are a wonderful opportunity for the teacher and family to discuss their observations of the child. They provide an opportunity for parents and teachers to discuss the unique development of each child and the ways that both home and school interactions can assist in each child's academic and social growth. Be sure to schedule a time to meet with your child's teacher. And don't forget, the student is expected to attend the conference, too. Please make every effort to schedule and attend your conference, as this is an important means of staying informed about your child's progress in school. Golden Empire maintains high expectations concerning conferences—I require every teacher to conference with every family in order to maintain a 100% family conference rate. We are the best in the district!

Golden Empire excels at using student data to determine teacher instruction. Your child's teacher will share the following test data at the parent/teacher/student conference:

- Reading assessment scores
- Math assessment scores
- Common Core Standards progress
- Student behavior/citizenship

Parents and guardians are so important to helping each child succeed in school. This goes for our volunteers, as well! Golden Empire would not be as successful if it were not for all of the fabulous volunteers we have at our school. Many of you are familiar with the volunteer registration process that the District has implemented. If you are planning on chaperoning for a field trip or working at school, you must complete a background check and show proof of a negative TB test. The process is free; forms are in the office.

On behalf of the entire Golden Empire staff I wish all of you a very enjoyable, bountiful and peaceful Thanksgiving Break. We have much to be thankful for here at Golden Empire, particularly for our students, their families, and our great staff.

~ Dr. Eister, Principal

Where is Our Band?



Golden Empire is proud to have a band program for interested students in grades 4-6, thanks to the generosity of our PTO. We are awaiting the arrival of last year's band teacher, Mr. Neff. Hang tight--more information will be forthcoming.



Stay Informed!

We Need Your Email & Telephone Numbers

Did you know that the school sends out a weekly email message with the week's school events? If you are not receiving these emails, we do not have your current email address. Also, CALIFORNIA EDUCATION CODE 49408 states "For the protection of a pupil's health and welfare, the governing board of a school district will require the parent or legal guardian of a pupil to keep current at the pupil's school of attendance, emergency information including the home address and telephone number, and business address and telephone number of the parents or guardian, and the name, address and telephone number of a relative or friend who is authorized to care for the pupil in any emergency situation if the parent or legal guardian cannot be reached."

Golden Empire requires parents/guardians to update students' emergency cards when there is a change of email, telephone numbers or address. When the school sends out Infinite Campus messages or emergency alerts to all parents, the messages are sent to the phone numbers you provide us on the emergency card. Messages are undeliverable to "bad numbers" or email addresses.



What are Brag Tags?

Have you seen your student's new Brag Tags? Brag Tags are sponsored by Golden Empire's PTO. Brag Tags are plastic laminated tags used to motivate and reward students. Kids love to collect them and display on a lanyard, chain necklace, or on their backpack. These fun, durable tags come in a huge assortment of colorful designs and in a wide range of themes. Every student will receive brag tags throughout the year for accomplishing something special, such as being the Student of the Week, having excellent attendance, having excellent behavior, etc. All students received a school spirit brag tag back in September. Students can collect as many brag tags as possible. Some teachers even have their very own Brag Tags so students can collect tags that are specific to their own grade level. Students can keep these on their backpacks or keep them at home—whatever they choose. We do recommend that the students write their names on the back of the tags with a permanent marker. Should students lose their tags, the original Spirit Tag and chain is available for purchase in the school office for \$1. Keep collecting your Brag Tags!

Show Your Golden Empire Spirit!

Each Friday is Eagle Spirit & Pride Day. To show your Eagle Pride, simply wear blue or yellow/gold or your Golden Empire shirt! If you would like to purchase Eagle Wear, order forms are available in the school office. In-stock items will be sent home with your child within 2 days; items needing to be ordered may take a few weeks for delivery. GO EAGLES!!

We Are A Leader in Me School!

As shared in the October newsletter, Golden Empire is in the 2nd year of implementing The Leader in Me program (TLIM) where students are taught and practice the 7 Habits of Highly Effective People. TLIM program empowers young people to make positive, effective, and responsible choices by introducing and reinforcing the 7 Habits, a set of leadership and life skills from Stephen Covey's book The 7 Habits of Highly Effective People. TLIM focuses on personal leadership, provides students with activities that will help them learn practical character and life skills that will lead to those positive choices.

Each month we focus on one of the seven habits to help our families become more familiar with the habits. Let's review Habit 1.



Habit 1 is Be Proactive—"I am in charge of me."

"Some people make things happen, some watch things happen, while others wonder what has happened." ~Proverb

Understanding the Habit: To be proactive means to take responsibility for your choices and behaviors. It sounds like, "I am a responsible person. I take initiative. I choose my actions, attitudes, and moods. I do not blame others for my wrong actions. I do the right thing without being asked, even when no one is looking."

Skills that can be learned by being proactive:

- Develop motivation; take pride in work.
- Act responsible toward self, family, school, community, nation, and the world.
- Show initiative and entrepreneurship.
- Use unique talents and abilities to their fullest.
- Think about choices, be accountable and responsible for actions and results, and understand that choices affect others.

Proactive People:

- Take responsibility for their choices.
- Take initiative to make things happen.
- When things don't go their way, they aren't happy, BUT they stay calm.

Reactive People:

- Make choices based on feelings, moods & emotions.
- Wait for something to happen to them.
- Explode when things don't go as planned.

Family Activities to Help Learn the Habit

Most of us react to a situation immediately, without taking time to think about the results of our actions. Part of being proactive is being able to stop and think before we act. With your child, do some role-playing to practice the skill of stopping and thinking in different situations. Your goal in these role plays is to encourage your child to stop and think before reacting.

1. In this role play, you should play the part of your child's friend - Say that you have a new best friend who lives close to your house and you don't want to play with him or her anymore. Apologize and then wait for your child's reaction.
2. In this role play, you should be your child's sibling. - Tell your child that you broke his or her favorite toy by accident. Tell him or her that you don't think it's a very big deal because he or she has many toys.
3. In this role play, you should play the part of your child and your child should play the part of you. - Tell your child that you are "sooooo bored" and there is nothing fun to do. Complain that no one wants to play and that he or she (as a parent) needs to amuse you.

Older children begin to rely more and more on their friends. They can allow a rude comment by a friend to ruin their whole day, and are easily led into misbehavior by a peer group. As a parent, it's important to help your child understand the importance of taking responsibility for his or her own life and choices.

1. Make a pact with your child to together stop an unhealthy habit. Identify the habit you want to stop (smoking, overeating, watching too much TV, not exercising, etc.) and choose a start date, and end date, and progress check---in dates along the way. Explain to your child that research shows it takes a full 21 days to start a new habit or stop an old one, so it's important not to get discouraged or give up too quickly.
2. Have a discussion with your child about the things he or she would be willing to stand up and fight for in the face of peer pressure. Tell your child you don't want him or her to tell you what he or she thinks you want to hear. You might try role-playing this so your child can be prepared to stand up to a friend or group if needed.



Golden Empire Marches Along at RHS Homecoming Parade

Golden Empire Elementary once again made their presence known at the 9th Annual Rosemont Parade on October 13. The parade has become an annual event on the afternoon of Rosemont High School's Homecoming football game. Among the elementary schools in the parade, Golden Empire had the most participants! Yeah Golden Eagles! Through cheers and waves, the students were well received by community members who lined Kiefer Boulevard showing their support. The long walk from Golden Empire to Rosemont High was nothing compared to the sense of pride that all the participants experienced. Great job, Golden Eagles!

Welcome SSC & ELAC Members

We welcome our new School Site Council (SSC) and English Learner Advisory Council (ELAC) representatives. Parents on both committees work with us to write our school plan, organize parent education opportunities and budget our resources to best meet the needs of our students. Thank you all for your support and assistance!

SSC Members

Brandon Barnum
Tucker Dowd
Jeanette Dubesa
Jami Ferguson
Laura Powell

ELAC Members

Leticia Aguila
Salvador Lopez
Rocio Mercado
Maria Salinas
Vitalina Tufi

THANK YOU

- To 6th grade student Shaun Richardson, for his \$50 donation to our school!
- To all participants who took part in the 9th Annual Rosemont Community Parade. We had a great time, thanks to your efforts!
- To all of the volunteers who helped with the Jog-A-Thon! We were successful because of you and your help!
- To all of our classroom helpers. We couldn't do our work without your support!

Medication on Campus



If your child needs to take over the counter medication or a prescription, a medication form filled out by the doctor and parent must be completed. This form is available in the school office. All medication must be in the container in which it was purchased. This includes cough drops, ibuprofen, and cold medication. It must be delivered straight to the office and given to office staff. The medical staff may fax the form to the school at 916.228.5838.



I would like to give a big thank you to Sarah Remis and Joan Orr for putting together this year's amazing Jog-A-Thon. It is a lot of work to coordinate class schedules, volunteers, prizes, and tabulate earnings. Their dedication to this event, along with all of the

volunteers, is what makes this event so successful raising over \$20,000.00, which allows the PTO to fund several programs for our students and teachers throughout the year. Thank you!

We want to thank everyone for attending the SACTOMOFO food truck event. You spent \$2011.00 and of that money Golden Empire received \$211.00! Once again a HUGE thank you to all the families who attended.

Also, save the date for our Hand Made Holiday Night on December 13th at 6:00-8:00pm. This is another fun PTO event! More information to follow.

Have a safe and wonderful Thanksgiving with your loved ones!

Crisan Baker, PTO President
goldenempirepto@gmail.com

Collect Those Cans & Food Items!

Goal is to Collect 2,000 Items

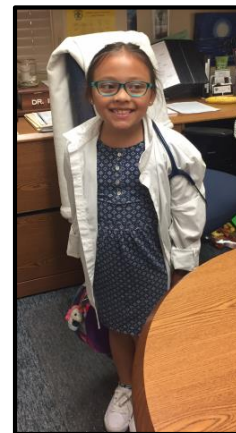
The KCRA 3 Kids Can Food Drive has been helping to feed hungry families in our community for more than 20 years. October 10 – November 9 Golden Empire students will collect canned and non-perishable food items to benefit the Sacramento Food Bank & Family Services. Each classroom will have their own box to put all of the items in. Last year our families collected 1,538 cans or non-perishable food items for the **Kids Can** campaign. This year's goal is to collect 2,000 items! The classes who bring in the most items will win an ice cream party. Kids Can!



Golden Empire Celebrates Red Ribbon Week!

Red Ribbon Week is an ideal way for students and communities to unite and take a visible stand against substance abuse. Each year, most schools spend some time focusing on the importance of being and staying healthy, making good choices, being strong in character, and the importance of saying no to substance abuse. The Red Ribbon Campaign started in 1985 when drug traffickers in Mexico City were gaining on DEA agents. This began the continuing tradition of displaying Red Ribbons as a symbol of intolerance towards the use of drugs.

Along with the fun activities, Spirit Days (such as Twin Day, Dress as Your Occupation Day and Super Hero Day) and raffle to be invited to a Pizza Party hosted by Dr. Eister! During the week, Golden Empire students were treated to a fun, school-wide assembly presented by the STORM Troopers. Students and staff participated in fun exercises, earning some medals and pledged to do their best to live a healthy lifestyle all year long! It was a great time!



What Parents Need to Know About Cyberbullying

Online bullying is a reality for today's teens and tweens and it shouldn't be ignored or minimized. By: Christina Tynan-Wood

Cyberbullying looks like this:

- Someone posts a photo to Instagram and is told by hundreds of users that they are fat or ugly.
- A Facebook post is attacked for no apparent reason, first by one and then by all of the poster's 'friends.'
- Someone takes an embarrassing photo of someone else and posts it to social media where everyone comments, insults, and points out their flaws.
- One person is publicly excluded from gatherings.
- A crowd singles out someone to harass on social media – because of race, sexual orientation, or disability.
- A kid meets a stranger online is hounded and harassed by them.

From the moment they engage with the internet, kids are subject to criticism and character assassination from their peers and strangers. When it happens, it's a form of psychological bullying that has a host of repercussions that parents need to be aware of.

Today's parents know that bullying is a serious matter. "Bullying, long tolerated by many as a rite of passage into adulthood, is now recognized as a major and preventable public health problem, one that can have long-lasting consequences," reads an in-depth May 2016 report from the National Academies of Sciences, Engineering, and Medicine. "Those consequences—for those who are bullied, for the perpetrators of bullying, and for witnesses who are present during a bullying event—include poor school performance, anxiety, depression, and future delinquent and aggressive behavior."

Unlike the in-person bully, the cyberbully is not limited by school hours, proximity, or physical strength. Their domain extends everywhere tweens and teens live online—Instagram, Twitter, Facebook, Snapchat, Tindr, Omegle, YouKnow, and others. For kids raised on social media, the bullying that happens online is every bit as real as bullying that happens in person. And unlike encounters with in-person bullies, there is no escaping online interactions. Cyberbullying can reach kids anywhere, even at home or other places they should feel safe.

The National Education Association estimates that 20-25% of adolescents have been bullied via their cell phone or the Internet. An August 2016 study from Microsoft and the National Cyber Security Alliance (NCSA) found that 39% of online teens report that someone has been mean or cruel to them online or via apps in the past year. According to the victims, those messages were about something the teen said or did (52%), their appearance (45%), their sexual orientation (27%), their gender (25%), or their race or ethnicity (24%).

And while we might be more concerned about the possibility of a stranger targeting or bullying a child online, cyberbullying usually happens between kids who know each other, were once friends, or who dated, according a study by the American Sociological Association.

As social media tools continue to expand at a rapid rate, monitoring your child's online interactions becomes more and more difficult. Some parents ask for their kids' logins for social media or follow them in the apps they use. Tools such as Visr or Bark can be helpful for monitoring phone and social media use, and will alert parents if indicators of bullying occur. But they aren't foolproof.

And forbidding your child from using social media is not likely to protect them. According to the Microsoft NCSA study, 60% of teens say they have an online

account their parents are unaware of (though only 28% of parents think their kids have one they don't know about).

"If parents believe cyberbullying is occurring, there are a few things they can do," says Jennifer Hanley, Director, Legal and Policy at the Family Online Safety Institute. "They can try to address it with parents of the other student if they feel comfortable with that route. They can also help their child report it on the social platform where it took place. They may want to do a screen capture of the bullying behavior and then block the user or report it to the social network when it is something they can't handle."

According to the Microsoft NCSA study, only nine percent of teens say they would talk to their parents if they were having problems online. Forty percent said their first call for help would be to a friend. Michael Kaiser, Executive Director of NCSA, points out that this is a great opportunity to start the conversation by talking to your child about the issue in terms of how they might advise a friend, rather than putting the focus on their own life. "Parents need to help kids strategize about what to do when bad things happen online. They also need to help kids build up resilience so that bullying isn't so devastating. And, if we know that the teens will likely be called upon to help a friend, this is an opportunity to talk to teens about what to do when that call comes."

Remember to Sign-In When Entering the Instructional Area



Keeping safety at the forefront at Golden Empire, remember to always sign-in at the front office before entering the school grounds during school hours. Most of our families are well aware of this policy, but it is just a good reminder, as this policy is enforced by Penal Code 627.2. This regulation is to ensure our students and staff are always safe, and to ensure we always know who is on campus in case of an emergency. When you sign in, we will be asking you to wear a visitor's label showing that you have registered in the office. While this is not a new policy, we just have to remind everyone to take this extra step. We appreciate your help and understanding.

Every Day Matters!

It is extremely important that students are at school on time every school day. Our curriculum is challenging, lessons are tightly spaced, and teaching moves very quickly. When students are absent, come to school late, or leave school early, the lessons they miss cannot be made up completely—their education, schoolwork, and test performance reflect the missed learning experience. (And our school funding is based on attendance!)

Please call our 24 hour attendance line at 395.4580 option 1 to report your student's absence. You may also use our electronic absence form found on our website: goldenempire.scusd.edu. If s/he will be absent for more than a day call the school and have your child's teacher prepare a make-up packet. Please call by 12:00 pm and pick up no later than 3:30 from the school office. If your child will miss more than 2 weeks, inform us so we can prepare an individual study packet. Otherwise, you could be in jeopardy of your student being labeled as truant.

If you take your child to a medical appointment please be sure to get an office note to excuse his/her absence. You can also fax this note to us at 228-5838.



❄️ SAVE THE DATE ❄️

HAND-MADE HOLIDAY NIGHT



Wednesday,
December 13th
6:00-8:00pm



The 9th annual Jog-A-Thon “fun”draiser was a success!

- 612 students ran 11,169 laps •
- 319 students turned in pledge cards •
- \$20,485.78 was pledged •
- as of 10/26 \$8,064.88 was collected •

If you have not yet submitted all of your Jog-A-Thon donations, please send them to school with your student or drop them off at the school office. To be eligible for prizes pledge money is due 11/8/17.

Thank you to Sarah Remis: JAT Coordinator, Joan Orr: Jog-A-Thon Record Keeper, and their team of volunteers for hosting a spectacular event.



November and December Calendar of Events

Day	Date	Time	Event / Activity	Location
Thursday	11/2	5:00-7:30pm	Fall Scholastic Book Fair	MPR
Friday	11/3	Lunch Time	Take Your Parent to Lunch Day 5 th & 6 th : 11:30-12:10pm 4 th : 11:45-12:25pm 1 st : 11:55-12:45pm 2 nd & 3 rd : 12:05-12:55pm	Grass Quad
Monday	11/6		Fall Picture Retake Day	
Tuesday	11/7	9:00am	Student Council Election (Grades 4-6)	MPR
Wednesday	11/8		Jog-A-Thon pledge money is due	Classrooms
Thursday	11/9		Last Day of the Kids Can! Food Drive	Classrooms
Friday	11/10		No School – Veterans Day Holiday	
Monday	11/13	6:00pm	PTO Meeting	Library
Wednesday	11/15	6:30-8:00pm	Family Math Night	MPR
Friday	11/17		Jog-A-Thon Prize Delivery Day	Classrooms
Friday	11/17	2:15-3:15pm	Garden Club for enrolled students	Library
Mon-Fri	11/20-24		No School - Thanksgiving Break	
Monday	11/27	8:00am	School Resumes	
Monday	11/27		Jog-A-Thon Game Truck Day	In front of school
Thurs-Fri Mon-Fri	11/30-12/8		Parent/Teacher/Student Conferences Minimum Day Dismissal – Kind. 11:35am 1 st -3 rd 12:10pm and 4 th -6 th 12:19pm	Classroom
Monday	12/11	12:50pm	Spelling Bee (Grades 4-6)	MPR
Monday	12/11	2:30pm	PTO Meeting	Library
Wednesday	12/13	6:00-8:00pm	Hand Made Holiday Night	MPR
Friday	12/15	8:15am 9:15am 10:30am	3 rd & 4 th - Trimester Awards Assembly 5 th & 6 th - Trimester Awards Assembly 1 st & 2 nd - Trimester Awards Assembly	MPR
Mon-Tues	12/18-19	All Day	Puberty Education Parent Review	Nurse's Office
Wednesday	12/20		5 th Grade Puberty Education	Classroom
Thursday	12/21		6 th Grade Puberty Education	Classroom
Friday	12/22		Pajama Spirit Day	
Mon-Fri	12/25-1/5		Winter Break	
Monday	1/8/18	8:00am	School Resumes	Classroom

