



THE EAGLE EXPRESS



Golden Empire Elementary School ★ 9045 Canberra Drive ★ Sacramento ★ 916.228.5890

Sacramento City Unified School District

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Soaring To New Heights, Together!

Principal's Corner



Welcome back! We hope you had a restful break and had chance to enjoy the holidays. Now that 2016 has finally arrived this is an excellent time to "think positive" and do some planning for a happy and successful new year. Our staff and students have had time to relax since the busy weeks preceding the holidays and now it is time to "hit the books" again. Our teachers have exciting lessons and activities planned for the weeks ahead as they work to achieve classroom goals.

A new year always gives us the opportunity to reflect upon what we have done well and what we can do better. Have you been trying to figure out a new year's resolution? If the answer to the question is yes, I have a great suggestion for you. How about setting plans to help your children experience greater school success in 2016? Here are some ideas to be sure your child is successful at Golden Empire:

1. Monitor your students' school work. One way to do this is to have them check in with you after school and share how their day went. A good opening question to help them communicate about this is to ask, "What did you learn in school today?" If you get a vague answer, follow-up by asking them about specific subjects such as: math, reading, or science. Another important way to monitor their work is to have them share any corrected school papers they brought home and discuss them together. You can further monitor by checking on their homework. While parents should never do homework for their young people, it is sound practice to help them if they are struggling. Check it over for them once they are finished.
2. Make sure your children get to school. The more students are in school, the higher their achievement. Children cannot learn if they are not in school. In addition, poor attendance causes students to get behind in their learning and catching up can be very difficult when they return. In fact, poor attendance is often the first step to students being unsuccessful at school.
3. Reward their efforts. Rewarding students for high grades is not as effective as rewarding them for their effort. Students are always trying and want to make you proud. Therefore, the best way to motivate further effort is to notice it, to praise it, and to reward it.
4. Talk up the idea of going to college. I know your students are in elementary school, but this should start at a very young age. As a staff we are always talking about where we went to school and how we benefitted from college. For students to be successful it takes more than a high school diploma. In the 21st century, almost all students need a college degree to ensure a successful life. Having students set higher education as a target early in their lives will help them set ambitious goals for their academic progress as they proceed through school.
5. Finally, be involved! How important is parent involvement in their children's education? Study after study shows that it may be the top factor leading to student success. At Golden Empire, we offer many opportunities to be involved in your student's education. Please join us whenever you can.

Families, we appreciate your help in supporting our Golden Empire teachers by encouraging students to work hard and stay focused. This is what makes Golden Empire one of the top ten performing schools in the school district!

The staff and I wish everyone a very Happy, Healthy and Great New Year!

~ *Dr. Eister, Principal*

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Update Your Email & Telephone Numbers Receive Weekly Updates & Emergency Messages

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.

Speaking of Communication

Parents/Guardians: It is very important that you do not leave an important message that requires immediate attention on the office voicemail, as we do not want your message to go without the proper attention. We are asking that you call back later and speak to someone in the office. Thank you for your cooperation!



School Arrival Time



Students are not permitted on campus before 7:30 AM. Students arriving to school too early become a safety and liability worry. At 7:30 students go to the cafeteria for supervision and/or to eat breakfast. Consider the 4th R Program or other daycare options should you need to drop your child off at school prior to 7:30 AM. Please don’t risk your child’s safety or place the school in a precarious situation.



FAQs About Open Enrollment & Permits

Open Enrollment is an opportunity for each student who lives within the district boundaries to apply for enrollment in any participating school within the district. This allows parents to permanently select a school in which they want their child to attend. Open Enrollment occurs January—February of each year.

A permit is available on an annual basis for parents to select a school that is not their “home school.” Approval must be given by the non-home school principal. This may or may not happen depending on the schools’ enrollment. If approval is given, a permit is then signed by the non-home school principal. Dr. Eister is always accepting permits for families who want their students at our school due to our excellent programs and high expectations for academics and behavior.

Golden Empire is always looking for new and prospective students who want to attend a high-achieving and demanding academic program. Invite your neighbors who do not attend Golden Empire to consider our program. Have them visit our webpage, stop by for a visit, and/or speak with the principal to determine why Golden Empire will be an excellent opportunity for their student!



It's Time for Kindergarten Registration!

Kindergarten Registration for the 2016-17 school year begins January 19th. For the 1st two weeks, registration will be here at Golden Empire, from 7:30—2:45 pm. Beginning February 3, all kindergarten registration will be done centrally at the Serna Center. Register early here at GE! As class sizes will be lower next year (24 students per class), classes will fill up quickly! Bring your child's shot records, birth certificate, proof of address (SMUD, PG&E, or water bill), and parent I.D. Children who will be 5 years old by September 1, 2016 are eligible for Kindergarten.

Thank You for the Holiday Cheer!

Thank You

The Golden Empire office staff would like to extend a huge THANK YOU for the good wishes and wonderful gifts we received this holiday season. We appreciate your kindness and wish all of you a very happy and healthy new year!

Sincerely, Dr. Eister, Linda, & Liz

Clip...Snip...Join the Fun!



Now is the time to bring your Box Tops and Labels to school and put them in the collection box in your classroom. The class contest began this month and continues through January 29. The class with the most Box Tops and Labels collected will win a "Cookies and Cocoa" Party!

To learn more about where to find BoxTops and Labels, please visit at www.btfe.com and www.labelsforeducation.com.

It's Never Too Early for Tax Relief

It's never too early to make a donation to the Golden Empire PTO for a 2016 tax deduction. Our PTO uses its funding to provide assemblies, classroom supplies, and enrichments for our school. Just write your check to the PTO (c/o Golden Empire Elementary) & deliver it to school or via mail. Please share this information with family and friends. Thank you!

ATTENDANCE MATTERS

Did you know that two missed days of school a month adds up to being a half a year behind by the time the student reaches 4th grade? And once a child falls behind, s/he rarely catches up.

DID YOU KNOW...

- Starting in Kindergarten, too many absences can cause children to fall behind in school.
- Missing 10% (or about 18 days) can make it harder to learn to read.
- Students can still fall behind if they miss just 1 or 2 days every few weeks.
- Being late to school may lead to poor attendance.
- Absences can affect the whole classroom as the teacher has to slow down learning to help children catch-up.
- Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so students learn right away that going to school on time and every day is important. Good attendance will help children do well in high school, college, and at work.

WHAT YOU CAN DO...

- Set a regular bedtime and morning routine.
- Lay out clothes, pack backpacks and lunches the night before.
- Keep students home if they are truly sick. Keep in mind complaints of a stomachache or headache can be a sign of anxiety and not a reason to stay home.
- If your child seems anxious about going to school, talk to teachers, the school principal, or other parents for advice on how to make your child feel comfortable and excited about learning.
- Develop back-up plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.
- Avoid medical appointments and extended trips when school is in session.

Golden Empire recognizes our students with excellent attendance. Perfect Attendance (100% present at school) means no excused or unexcused absences for any period during the school day (excluding school field trips). Students meeting these requirements will be recognized at our trimester Awards Assemblies and at our Perfect Attendance Ice Cream Socials

Don't Forget Your Visitor Badge



Any time you plan on visiting your child at school for lunch or another purpose, it is imperative that you check in at the main office and obtain a visitor badge. When you visit the school, please do your best not to impact the instruction of other students. If an adult is on campus without proper ID and a visitor badge, they will be asked to return to the office to get proper identification. The safety of our students is paramount.

Release of Students

Please be aware that if you need to pick up your child early from school you will need to go to the office to properly sign them out. At that time, office personnel will call your child's classroom and have your child sent to the office.



Parents - Did you know?



Sacramento City Unified School District serves breakfast each morning? Encourage your children to try our School Breakfast Program! Mornings can be hectic and making your kids eat a healthy breakfast can be difficult in the thick of the morning rush. Fortunately, a nutritious, balanced meal is offered in school at the start of each day! Breakfast is free to all students. Eating breakfast in the school café provides your children with the fuel they need to energize their day and perform their best!

Keep Your Child Active Even Indoors!

Although the sun is going to bed earlier and earlier each day, your kids have no intention of following its example. And while it is OK for the kids to play outside before dark as long as they are dressed for the weather, Shelly Summar, a nutritionist at Shriner's Hospital for Children, offers some ideas to keep the kids busy inside until their bed time arrives.

- Keep a variety of balls around the house (softballs, tennis balls, rubber balls) and a list of active games handy, such as Mother May I?, tag, duck duck goose, hide and seek, etc.
- In the garage or on the patio, let your children roller skate, jump rope, skip, etc. Also, keep exercise mats for tumbling.
- Twister, dancing and karaoke are some other fun alternatives to keep your children busy, as well as slides, ball pits and mini trampolines.
- Give the kids a chance to get out of the house to go bowling or play laser tag, or even go for a short walk with an adult.

And do not be afraid to put your children to work around the house as well.

"The main thing is to involve the kids in all of the work that's being done at home, from cooking to cleaning," says Summar. "It keeps them active and helps them to feel useful as well. It also teaches them responsibility."



What Are Academic Conferences?



Kindergarten—6th grade teachers and the principal meet in grade levels every trimester to discuss students' progress and to research and plan ideas on how to improve student academic performance. Teachers analyze student reading and math data and choose interventions for students working toward meeting standards while challenging students who are proficient and advanced. This process is critical to attain high student achievement.

Help Us Keep The Focus!

Is your student receiving after school tutoring? If so, please help the student's teacher by limiting interruptions during the tutoring session. Tutoring is an intensive process—each interruption diminishes the instructional quality and time. Please pick up your student at the designated time and have him or her stay the entire length of the tutoring period. Families and teachers, while working as partners, can best succeed in helping students academically and socially.

The Kitten Rescue!

A Certain Class Saves and Cares for Four Abandoned Kittens!

A Special Contribution, Written by 6th Grade Student Makoto Vilimek

The students of Ms. Engstrom's 6th grade class follow the Red Rover Program's motto: "From Crisis to Care!"

Do you like helping people? For plenty of us, helping others makes us feel good. The students of Room 14, Ms. Engstrom's class, also feel this way. But instead of helping people, they helped kittens!

Ms. Engstrom's class enjoys helping others. When they heard that they had a great opportunity to raise four abandoned little kittens, the students practically sprang to action!

Ms. Conway, who is a 3rd grade teacher at Golden Empire, found them. She was having a casual stroll when her dog found something. It pulled, and led her to a litter of abandoned kittens!

When Ms. Conway told Ms. Engstrom, she decided to take care of them. Ms. Engstrom's sister was in a recent fire, so she really wanted to help something, no matter what it was.

Ms. Engstrom's class took care of the kittens from late September to early October. During this time, they fed, played with them and held the kittens when necessary and/or when the kittens wanted it. Names for the kittens include Cookie, Shadow, Louie, and Pepper.

The kittens luckily have all found homes with families and most students are sad to see them go. But they all did the right thing.

"The experience was extraordinary!" sixth grade student Numaan Formoli says. "I would do it again!"



**THANK
YOU
VERY
MUCH!**

- To Jenn Wilson, Alison Milobar, the Golden Empire PTO Board Members and all of the volunteers who helped with the December Craft Night. This was our first craft night, and what a success! We had a fun and celebratory evening thanks to your efforts!

- To Maria Avetisov and Isabel Razo-Belman for their translation assistance during our parent/teacher/student conferences.

- To an anonymous family who donated \$100 to our school! Thank you!

- To Jas Singh for her help with the Perfect Attendance Ice Cream Social.

- To all of our classroom helpers. We couldn't do our work without your support!

Dogs On Campus

Remember, dogs are not allowed on campus, even when leashed, unless they are here for sharing in the classroom and your child's teacher has given permission. If your dog is a service dog, please ensure it is wearing the proper identification. If you are here with your dog before or after school, please remain on the outer limits of the school grounds.



Show Your Golden Eagle Spirit and Pride!

Each Friday is Eagle Spirit and Pride Day. To show your Eagle Pride, simply wear blue or yellow/gold or your Golden Empire shirt on Friday! 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. Questions about Eagle Wear? Please contact Keri Creeger @ 228.5890. GO EAGLES!

Keep Our Students Safe Use the Drop Off Zone!



Have you noticed the orange cones in front of the school? We are working with the District's Safe Schools Office to ensure that all students are safe coming and going from school. The cones should remind drivers to be safe, drive slowly, and remember that they are in a school zone.

School Arrival

If you are driving, use our designated "drop-off" zone located at the east end of the school—in front of the school playground. Our traffic greeter is there to keep traffic flowing, assist in opening doors and getting your student out of your car quickly and safely. DO NOT drop your child off at the front of the school—this is near our cross walk and is not for cars moving in and out of traffic! As this is a drop off zone, no parking is allowed in this area! Never leave your car unattended in this zone during the morning drop-off!

School Dismissal

If you are driving, use our designated "pick-up" zone located at the west end of the school—in front of the school's office area. Teachers will be out front to help direct traffic, keep traffic flowing, assist in opening doors and getting your student in the car quickly and safely. As this is a pick-up zone, no parking is allowed in this area! Never leave your car unattended in this zone during the afternoon pick-up!

U-Turns Are Illegal in a School Zone!

Don't forget—making U-Turns in a school zone is illegal and violates California Vehicle Code. Remember that all side streets are thoroughfares to Canberra and Thornhill Drives.

Sheriff/CHP Collaboration

We need your help to ensure students are safe as they walk to and from school. The Sheriff Department and CHP are working with us in making sure our students are safe and that traffic rules and regulations are being followed during these busy times. You may see Sheriffs/CHP patrolling in front of the school; they will give citations to drivers not following traffic laws.



Happy New Year! The PTO has many fun events planned for 2016. The first event is the January Challenge. The class contest began month and continues through January 29th. The class with the most BoxTops and Labels collected will win a Cookies and Cocoa Party in February. How many BoxTops and Labels do you have ready to turn in? Check out the January Challenge bulletin board on the quad for weekly updates.

On Saturday, 2/20/16, the PTO will host the annual Pancake Breakfast and Silent Auction. This is a fun event for the whole family. You will not want to miss the yummy food, cool raffle prizes, and amazing silent auctions items. Rumor has it that Disney tickets are up for grabs this year. Be sure to mark this date on your calendar.

Another date to put on your calendar is Friday, May 6th for the 3rd Annual Family Movie Night. A fun evening under the star watching a movie at school. What movie will it be? Stay tuned for details in the coming months.

Thank you for Jenn Wilson and her crew of volunteers for making the first ever Hand-Made Holiday Craft Night a success. More than 100 students had a great time making gifts for their family and friends.

-Alison Milobar, PTO President
geptopresident@yahoo.com

Save the Date

We hope you will join us for the
PTO's Annual Pancake Breakfast
and Silent Auction



Saturday, February 20, 2016

January and February Calendar of Events

Day	Date	Time	Event / Activity	Location
Monday	1/4/16	8:00am	School Resumes	Classroom
Monday	1/4		January Challenge Begins	Classroom
Friday	1/8	1:00pm	Sutter Middle School Visits (6 th Grade)	Cafeteria
Monday	1/11	6:30pm	Basketball Team Parent Meeting	
Tuesday	1/12	1:00pm	1 st Trimester Perfect Attendance Ice Cream Social	Cafeteria
Wednesday	1/13	6:00pm	GATE Parent Night	Cafeteria
Thursday	1/14		Pennies for Patients Begins	Classroom
Friday	1/15	1:00PM	Einstein Middle School Visits (6 th Grade)	Cafeteria
Friday	1/15	2:00-3:00pm	Garden Club (select 3 rd -6 th Graders)	Library
Monday	1/18		No School - Martin Luther King Jr. Day	
Tuesday	1/19		Kindergarten Registration Begins for 201-2017 School Year (ends 2/2/16)	Office
Tuesday	1/19	2:30pm	PTO Meeting	Library
Friday	1/22		Tie and Hat Spirit Day	
Friday	1/22	1:00pm	Geography Bee	Cafeteria
Tuesday	1/26	6:30-8:00pm	Family Science Night	Cafeteria
Friday	1/29		January Challenge Ends	Classroom
Friday	1/29		Referee Spirit Day (wear black & white)	
Friday	2/5	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
Friday	2/5		Last Day of Pennies for Patients	Classroom
Friday	2/5		Progress Notice Sent Home	Classroom
Monday	2/8		No School – President Lincoln’s Birthday	
Tuesday	2/9	2:30pm	PTO Meeting	Library
Friday	2/12		Pink and Red Spirit Day	
Monday	2/15		No School – President Washington’s Birthday	
Saturday	2/20	7:30-10:30am	Pancake Breakfast and Silent Auction	Cafeteria
Wednesday	2/24	6:30-8:00pm	Family Art Night	Cafeteria
Friday	2/26	12:00pm	Academic Talent Search Testing	