



The Eagle Express

November 2017
Volume 14, Issue 3

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

In This Issue

- Arrival Time (p.6)
- Awards Assembly (p.2)
- Draft Day (p.2)
- Drop-Off & Pick-Up Zones (p. 4)
- Minimum Days (p.2)
- Calendar of Events (p.8)
- Eagle Pride (p.7)
- Hand Made Holiday Night (p.5)
- Holiday Cheer (p.7)
- Kids Can! (p.7)
- PTO News (p.7)
- Parent-Teacher-Student Conferences (p.5)
- River Bend Field Trip (p.6)
- Spirit Wear (p.7)
- Student Leadership Elections (p.4)
- TLIM Habit #2 (p.3)
- Thank You (p.7)

Principal's Corner

As 2017 winds down many of us will take some time to reflect upon the year and look forward to the fresh opportunities a new year brings . . .

There is so much to be thankful for at Golden Empire. First, I am thankful for our parent volunteers, especially our consistent volunteers who work in the classrooms, tutor students, help teachers, copy materials and/or volunteer at our community events. Our PTO volunteers work tirelessly to provide many of the “extras” that make school so memorable: assemblies, field trips, band, engaging curriculum, and enrichment opportunities. The front office staff sets the tone for our school. They are the first people visitors meet and they establish the positive, calm, and caring culture at Golden Empire. Plus, they have the nearly impossible task of keeping me in line! The support staff, from the custodial team, to the kitchen crew, and all our aides provide so much support to all us. Of course, our teachers...there are not enough words to express how much I appreciate what they do. They are the hardest working teachers around. Finally, nothing can compare to the absolute joy for learning that our children bring to school. I am reminded, at a recent Leader of the Week celebration, about the special innocent wisdom our children possess and how much we can learn from them. Many students thanked us for the recognition and celebration, innocent to the fact that we were thanking them for their acts of kindness and leadership. To them kindness and leadership is just the right thing to do and it is done without the expectation of any recognition. I can honestly say that after interacting with our Golden Eagles I leave school with my bucket filled, even if it was empty when I came to work.

As this holiday season is a time for gratitude and goodwill, I want to thank you, Golden Empire Families, for your hard work and dedication in helping to get our students to school safely and on time, in helping with homework, for encouraging them, being positive role models, and for your continued support. It all makes a difference to each and every child.

This year has been extraordinary, especially with the continued implementation of The Leader in Me program, and next year looks even brighter and full of new adventures. All of us at Golden Empire wish you and your family good cheer, good health and a prosperous new year! Here's to an extraordinary 2018!

~ Dr. Eister, Principal

Congratulations!

Come to Our Awards Assembly

December 15th is our 1st Trimester Awards Ceremony. Teachers will honor students who have 100% attendance, excellent academics, improved academic growth, and good citizenship. I am always thrilled to give out these special awards—and Brag Tags—to many students! Everyone is welcome to attend to see some of our students receive awards and celebrate their successes. We are proud of our students and want to recognize them for all of their efforts and continued hard work.

The times are as follow:

- 8:15am: 3rd & 4th Grades
- 9:15am: 5th & 6th Grades
- 10:30am: 1st & 2nd Grades

MINIMUM DAY



Minimum Day Schedule for Parent-Teacher-Student Conferences

Continues through 12/8/17

<u>Grade</u>	<u>Dismissal Time</u>
Kindergarten	11:35am
Grades 1-3	12:10pm
Gades 4-6	12:19pm

Lunch will be served after dismissal. Please discuss with your child(ren) prior as to whether they should stay for lunch. This helps with pick-up.

GE Student Drafted by CSUS Women's Softball Team

Malena Angelini becomes a Hornet!



Meet the newest CSU, Sacramento Hornet softball player! Saturday, November 4, 2017 was a big day for 6th grade student Malena Angelini—it was CSUS Draft Day! In conjunction with the national nonprofit Team IMPACT, Malena became an honorary member of the CSUS Girls Softball Team! CSUS officials say Malena is an official member of the Team and will attend practices, games, dinners, events and more.

Malena, who also received her jersey, has been an inspiration to her CSUS teammates and coaches. Malena has lived with Spinal Muscular Atrophy (SMA) since she was 15 months old. SMA is a genetic disease affecting the part of the nervous system that controls voluntary muscle movement. Malena became associated with the CSUS Hornets from Team IMPACT, a national nonprofit that connects children facing life threatening or chronic illnesses with collegiate athletic teams, forming life-long bonds. Malena joins the athletic team and the student-athletes join her support team—from Draft Day to Graduation. Throughout the journey, Malena will gain strength, camaraderie and support while the student-athletes experience lessons of courage, resiliency and perspective they can't learn in a classroom. A win-win!

Malena was also able to start her day at the Good Day Sacramento Studios, interviewed by reporter Tina Macuha and CSUS Coach Lori Perez. Check out her video on Good Day Sacramento: <http://gooddaysacramento.cbslocal.com/video/category/spoken-word-good-day/3757201-team-impact-draft-day/>

Congratulate Malena on her draft-status when you see her! #StingersUp!

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. The staff at Golden Empire has made the commitment to model and implement the 7 Habits of Highly Effective People in order to provide a caring and nurturing environment for our students.

Each month we will focus on one of the seven habits to help our families become more familiar with the habits. Last month we introduced Habit 1-Be Proactive. We will continue with Habit 2.

Habit 2 is Begin with the End in Mind—"Have a Plan"

"If you don't know where you are going, then you probably won't end up there." ~Forrest Gump
"The main thing is to keep the main thing the main thing." ~Stephen Covey



Understanding the Habit: Begin With the End in Mind means to think about how you would like something to turn out—before getting it started. Someone who thinks with the end in mind says, "I plan ahead and set goals. I do things that have meaning and make a difference; I am an important part of my classroom. I can make a difference and contribute to the vision and goals of my school and in my classroom. I look for ways to be a good citizen."

Skills that can be learned by beginning with the end in mind:

- Use critical thinking to organize information.
- Develop the intrapersonal skills of self-confidence and self-management.
- Use creative thinking to solve problems.
- Develop the ability to set goals and follow through.

Family Activities to Help Learn the Habit

Design a Family Mission Statement. What does your family want to be known for? How do we treat each other? What unique contributions can we make? What big goals do we want to achieve? What unique talents or skills do we have? Brainstorm ideas, words, and phrases to include in the mission statement.

Words to Use

Reminder: It is important to use a non-judgmental tone. You are inviting your child to think for themselves and share their ideas, views and conclusions with you.

- "What do you plan on this being when you are finished?"
- "Can we break this into more manageable steps?"
- "Do you need anything from me in order for you to be successful?"
- "What other steps do we need to take to reach this goal?"
- "Well, what do you want more, this (immediate) or your goal of (child's goal?)"

GE Students Vote for Their New Student Leadership

Leaders Elect Their Leaders!



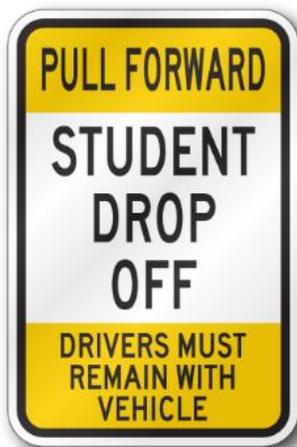
November 7, 2017—Election Day—was very special at Golden Empire. Intermediate students participated in their own Election Day activities, voting for Golden Empire’s 2017-2018 Student Council Officers. The Election Day activities were coordinated and facilitated by our Student Council Coordinators, teachers Mr. DaCastello and Mrs. Johnson. Twenty-one (!) 4th—6th grade candidates campaigned the first week of November, explaining to their peers how they

would use their elected positions to help provide leadership and serving as representatives for the student body in presenting ideas to the principal and the PTO. On November 7, the candidates delivered excellent and compelling speeches during the Student Leadership Officer Assembly—speaking in front of 325 students and staff. These were some of the best speeches we have ever had during our Student Leadership Elections. Following the assembly, all intermediate students marked their paper ballots to elect Student Leadership comprised of 4 offices: President, Vice-President, Secretary, and Treasurer. Congratulations to our 2017-2018 Student Leadership Officers:

President: Mazzy Creeger
 Vice-President: Fernando Escamilla
 Secretary: Alina Sanchez
 Treasurer: Baylee Rivera

Classroom Representatives
 Brooklyn Williams Ms. Macey
 Casey Liang Mrs. Conklin
 Eric Delgado Mrs. Conklin
 Jyllisa Gutierrez Mrs. Johnson
 Alexys Barnum Mrs. Johnson
 Thadeus Kim Miss Sunahara
 Chloe Lacy Miss Sunahara

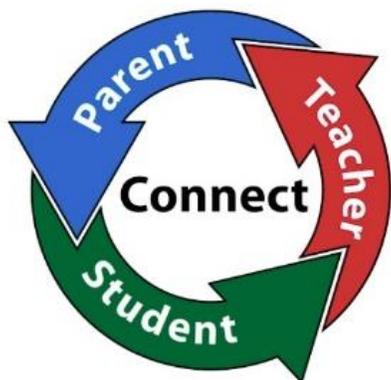
Classroom Representatives Continued
 Taaliyah Brown Mr. Bergeron
 Nicolas Gonzalez Mr. Bergeron
 Alliyah Smith Ms. Reynolds
 Josh Walters Ms. Reynolds
 Alyssa Bentz Ms. Engstrom
 Elijah Scott Ms. Engstrom
 Jasdeep Uppal Ms. Hogg-Wood
 Natalie Nino-Gilbert Ms. Hogg-Wood
 Grace Scott Mrs. Witteborg
 Nyssa Cordero Mrs. Witteborg
 Hannah Heckley Mr. DaCastello
 Kalissa Vizuet Mr. DaCastello



Use Our Convenient Drop-Off and Pick-Up Zones!

Don’t forget that we have designated “drop-off” and “pick-up” zones. Please drop your students off in the **Drop-Off Zone** located at the east side of the campus, in front of the school playground. Our traffic greeter is there every morning to assist in opening car doors and ensuring students are safe. The **Pick-Up Zone** for use at dismissal time is at the very front of the school, near the Bus Zone. Just pull in so that the teachers on supervision duty can help load your student into your car. This area is NOT for parking; you must stay in your car to help keep traffic flowing smoothly. We appreciate your help!

It's Time for Parent-Teacher-Student Conferences!



Where has this year gone? As we wrap up 2017, we also wrap up the 1st trimester of school—with parent/teacher/student conferences beginning Thursday, November 30 and concluding on Friday, December 8. We will be on minimum day schedule during these 7 days of conferences. I want to thank all families for making this commitment to come to school, meet with the teacher and your child(ren) to learn more about his/her progress.

This is an important time for you to discuss your child's progress in school. Often, busy schedules limit the time that parents and teachers can share information, so making the most of opportunities, such as conferences, becomes even more important. Below is some information that will help you in preparing for your parent-teacher-student conference. Parents do not need to sign in at the office during non-instruction time.

Preparing for the Conference:

- Talk with your child before the conference. Find out what they think are their best and worst subjects. Why? Ask your child if there is anything they would like you to talk about with their teacher.
- Make sure your child does not worry about the meeting. Help them understand that the meeting is designed to help them do better in school. And remember, they need to be at the conference, too!
- Write notes before you go to remind yourself of what you want to talk about.
- If possible, have all parents attend. Each parent usually has a different take on the child and allows for you to hear the information at the same time.
- Arrange for a babysitter for small children.

- Your student should attend the conference.

During the Conference:

- What are my child's strengths?
- What learning goals have you set with my child?
- Does my child seem happy at school?
- Are there any areas where my child needs help or extra motivation? How can I assist in those areas?
- How does my child react to trying new things?
- How does s/he react to making mistakes?
- How does my child interact with other children and adults? Are there behavior issues?
- Can my child work independently?
- Does my child complete work on time?
- What can I do to help?

Other Tips:

- Ask your most important questions first, just in case time is running short.
- Ask for clarification. Education has its own lingo; if you do not understand something, ask for an explanation.

Meeting with your child's teacher will build strong parent-teacher partnerships. We must work as partners to reach our common goal of helping your child receive the best education!



Join us for a fun night of gift-making, holiday treats and socializing! The kids will get an opportunity to make gifts for the holidays and enjoy a tasty treat; while the parents can socialize and relax in the library.

When: Wednesday, December 13, 2017 from 6:00-8:00pm

Where: Golden Empire Cafeteria

Cost: \$7.00 per student (order tickets by Friday 12/8)

Ticket includes the supplies and assistance to create up to 4 craft/gift projects, 1 snack and beverage, and gift wrap station for completed gifts. This event is for Golden Empire students (K-6). No at-the-door registration will be allowed.





A Trip to River Bend Park 6th Grade Students Experience Nature in Their Own Backyard!

A Special Contribution, Written by 6th Grade Student Michaela Sacapanio

On November 1, 2017, Mr. DaCastello's and Ms. Engstrom's classes had a field trip to the American River Parkway's River Bend Park. Mr. Phil, Mr. Kevin, and Ms. Calvin took the students on three different hikes and activities. When we were hiking, everyone saw many dead animals and herbs that Native Americans used for tea as medicine. There were also aquatic macro-organisms that we had to find in water. The water had larva, other organisms, and rocks with algae. There are lots of great things to see at River Bend Park.

River Bend Park's hiking is really fun. Mr. Phil took us around the whole trail. On the trail, you might be able to see deer, snakes, and many more living things. Sometimes there are also humongous pine cones that come from gigantic pine trees. There is also a circular seating area with a bonfire pit in the middle. When you are near the edge of the hike, where you are able to see the flowing river, you might want to be careful because the path there is very thin and steep.

One of the activities at River Bend Park is the raft/boat making. One of the employees will tell you about the Native Americans, pioneers, and how they got through the American River. After the story, you will have to choose a partner to help create your raft/boat. You will have to plan, find your resources, create the raft/boat, and test to see if it floats with your wagon and cargo.

The last activity River Bend Park has to offer is to find aquatic macro-organisms and to identify their species. If you follow the instructions your leader gives you, you might even be able to walk to the river at the end of your activity. If you can't find a good amount of organisms, move the rocks around, the big ones are usually around there. If you get to go to the river, try to find some cool rocks down there. Just make sure to not get wet.

Student Aubrey Watts from Ms. Engstrom's class shared, "It was really pretty. It was cool to see nature outside of the buildings and noise."

"I liked the River Bend field trip because it was nice to see all the changes that happened in a good way. It was also very peaceful, especially with the perfect weather," Alyssa Bentz from Ms. Engstrom's class shared.

Maybe you can go to River Bend to see all of these amazing sights, plants, and animals. If you do, you might be able to write about what you see in descriptive language/form. Maybe you might find aquatic macro-organisms and try your best to create your raft. Have a great time at the American River Riverbend Park!

School Arrival Time



A reminder students are not permitted on campus before 7:30am. We worry about our students arriving to school too early as there is no supervision for them on campus. At 7:30am, 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 7:30am. Please don't risk your child's safety or place the school in precarious situation.



HOLIDAY CHEER

Many of our families like to recognize our teachers and staff during the holiday time. Because of budget issues, you might want to consider any gift card to Target or a similar store, a case or reams of paper, or any office supply store. You will make a teacher smile!



The Golden Empire students and staff do it again! Our families, students and community donated 1,539 cans or non-perishable food

items for the 2017 **Kids Can** campaign. The classes who brought in the most items and are the winners of ice cream parties are:

- Kindergarten: Ms. Stadel
- Primary: Mrs. Lawson
- Intermediate: Ms. Hogg-Wood

The KCRA 3 Kids Can Drive has been helping to feed hungry families in our community for more than 20 years. All canned and non-perishable foods items benefit the Sacramento Food Bank & Family Services. While we did not meet our goal of collecting 2,000 items, all of our students are winners for participating in this community service of collecting items to help feed the less fortunate here is Sacramento. Thanks to Mrs. Lawson, Mrs. Johnson, Mr. DaCastello, and our Student Leadership for organizing the event and collecting, sorting, and counting all of the items!



This month the PTO is hosting the 3rd Annual Hand-Made Holiday night on Wednesday, 12/13/17. This will be a fun filled night for students in grades K-6 to hand make gifts for family and friends. Tickets are only \$7.00 and can be purchased until 12/8. Tickets are limited and will sell out fast!

A big thank you to Sarah Remis and Joan Orr for all of their hard work with the Jog-A-Thon this year! We raised a grand total of \$20,418.70 to support our school!

The January Box Tops Challenge is coming soon! Keep clipping those Box Tops and be sure to check out the Box Tops App! Look for a notice about the January Challenge to go home in January.

Warmest wishes for a happy holiday season and a wonderful new year!

Crisan Baker, PTO President
goldenempirepto@gmail.com



- To our 30 parents, grandmas, grandpas, uncles, aunts and friends for volunteering for our 7th Annual Jog-A-Thon!
- To Crisan Baker, Jas Singh, and Debbie Schanbacher for their help serving pizza to our Red Ribbon Week winners! We had fun at the pizza party!
- To Jas Singh for updating our Excellent Eagle Effort board!
- To all of our classroom helpers. We couldn't do our work without your support!

EAGLE 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. GO EAGLES!!

December and January Calendar of Events

Day	Date	Time	Event / Activity	Location
Fri Mon-Fri	12/1-12/8		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
Tues-Wed	12/12-13	Lunchtime After School	Winter Gram Sales	Blacktop In front of School
Wednesday	12/13	6:00-8:00pm	Hand Made Holiday Night	MPR
Thursday	12/14	Lunchtime	Winter Gram Sales	Blacktop
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
Friday	12/15	2:10-3:10pm	Garden Club for enrolled students	Library
Mon-Tues	12/18-19	All Day	Puberty Education Parent Review	Nurse's Office
Tues-Wed	12/19-20	Lunchtime After School	Winter Gram Sales	Blacktop In front of School
Wednesday	12/20		5 th Grade Puberty Education	Classroom
Thursday	12/21		6 th Grade Puberty Education	Classroom
Friday	12/22		Pajama Spirit Day	
Friday	12/22		Winter Grams Delivered	Classroom
Mon-Fri	12/25-1/5		Winter Break	
Monday	1/8/18	8:00am	School Resumes	Classroom
Monday	1/8		January BoxTops Challenge Begins	Classroom
Monday	1/8	2:30pm	PTO Meeting	Library
Monday	1/15		No School - Martin Luther King Jr. Day	
Tuesday	1/16		Pennies for Patients Begins	Classroom
Friday	1/19		Black and White Spirit Day	
Friday	1/19	2:10-3:10pm	Garden Club for enrolled students	Library
Tuesday	1/23	6:30-8:00pm	Family Science Night	MPR
Wednesday	1/24	6:00-7:00pm	Albert Einstein Middle School Night of Achievement	AEMS
Friday	1/26	12:50	Geography Bee (Grades 4-6)	MPR
Tuesday	1/30	6:00pm	Kindergarten APTT	MPR
Wednesday	1/31		January BoxTop Challenge Ends	Classroom

