



# THE EAGLE EXPRESS



Golden Empire Elementary School ★ 9045 Canberra Drive ★ Sacramento ★ 916.395.4580  
Sacramento City Unified School District ★ www.goldenempire.scusd.edu  
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## Soaring To New Heights, Together!



Welcome back! We hope you had a restful break and had chance to enjoy the holidays. Now that 2017 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 2017? 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 21<sup>st</sup> 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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## Thank You for the Holiday Cheer



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, Alison, Liz and Joan



## Receive Weekly Updates and 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!



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 4<sup>th</sup> 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 trimesterly Awards Assemblies and at our Perfect Attendance Ice Cream Socials.

# Open Enrollment



## FAQs about School Choice, Open Enrollment, and Permits

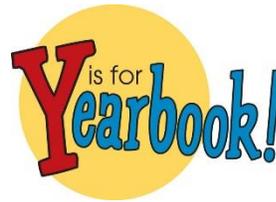
Spread the word to all of your friends that Golden Empire rocks! With Golden Empire's focus on academics, technology and our new The Leader in Me program, there is little doubt that we are one of the school district's educational gems and a positive choice in your child's education. With Open Enrollment February 7-21, invite friends and acquaintances to visit Golden Empire and seriously consider joining the Golden Empire family. If you have any friends or neighbors living in the Sacramento City Unified School District, be sure to let them know that they, too, can apply to attend Golden Empire.

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.

A permit is available on an annual basis for parents to select a school that is not their "home school." This may or may not happen depending on the schools' enrollment. 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, schedule a school visitation, and/or speak with the principal to determine why Golden Empire will be an excellent opportunity for their student!

## Yearbook Corner



Welcome to the Yearbook Corner! Each month we will share fun and important updates about the 2016-2017 yearbook.

Yearbooks are now on sale! Order forms were sent home in December, and you can order online at: <http://www.jostens.com/apps/store/customer/1093386/Golden-Empire-Elementary-School/>

We need photos! If you have any pictures you think could be a nice addition to the yearbook, please submit photos by:

1. Uploading the pictures at: <https://images.schoolannualonline.com/upload.jsp>
2. Emailing the pictures to: [goldenempireyearbook@yahoo.com](mailto:goldenempireyearbook@yahoo.com).

Be a part of the 2016-2017 Golden Empire yearbook!

## Kindergarten Registration



Kindergarten Registration for the 2017-18 school year begins January 17<sup>th</sup>. For the 1<sup>st</sup> two weeks, registration will be here at Golden Empire, from 7:30—3:00pm. Beginning February 1, all kindergarten registration will be done centrally at the Serna Center. Register early here at GE! As class sizes will be 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 photo identification. Children who will be 5 years old by September 1, 2017 are eligible for Kindergarten.

## 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.



## 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!

## What Are Academic Conferences?

Kindergarten—6<sup>th</sup> 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.

## 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 us @ 395.4580. GO EAGLES!!



## It's Never Too Early for Tax Relief

It's never too early to make a donation to the Golden Empire PTO for a 2014 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!

## THANK YOU

- 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 student Shaun Richardson for the \$50 donation to our school!
- To Maria Avetisov, Isabel Razo-Belman and Jas Singh for their translation assistance during our parent / teacher / student conferences.
- To Jas Singh and Crisan Baker for their help with the Perfect Attendance Ice Cream Social.
- To all of our classroom helpers. We couldn't do our work without your support!

## Save the Date

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



**Saturday, February 18, 2017**

# We Are A Leader in Me School!

Golden Empire is in the initial stages of implementing The Leader in Me program where students are taught and practice the 7 Habits of Highly Effective People. The Leader in Me program (TLIM) 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.

Your student is embarking on an exciting journey and our hope is that you will ask your student how he/she is doing along the way. Having your student re-teach the content to you will give him/her an even deeper understanding and will give both of you an opportunity to learn together! When taught and practiced in a school environment, these 7 habits have been proven to improve academic engagement, comprehension, and performance by strengthening individual work habits and improving social interactions. They help improve student performance and support school success by helping to foster the qualities of independence (goal-setting, organization, time management, and planning); interdependence (teamwork, conflict management, creativity, and analytical skills); and renewal (fun, desire to learn, and good health & hygiene).

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 learning environment for our students. Teaching students and developing leaders is what we do! Through the teaching of the 7 habits, our staff is working together with students to create a school that maintains the dignity of children through productive interactions while fostering positive relationships with parents and other community members.

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 2—Begin With the End in Mind. We will continue with Habit 3.

What are the most important "things?" How do we keep track and decide?

Habit 3 is Put First Things First - "I plan for the important." This Habit is about recognizing what is important, prioritizing time, and organizing tasks so we don't have to be stressed constantly. A written planner is often a great tool to help with this Habit. Modeling this behavior is the best way to teach it.

## Ways to Apply at Home

- **Priority Sort Game.** Let your child pretend to be your boss. You went golfing/skiing/to the movies. Explain why your report wasn't in on time. Now you be the teacher and let your child explain how they played instead of doing their homework. Now role-play where you each did your work and studied before you played. Discuss the results and how it feels when we prepare. A good point is how much more we can enjoy our play if we aren't worried about the things we haven't done.
- **Planning Helps Us Succeed.** Show your child what you use to organize your time and tasks. Is it a simple "To Do" list? Calendar? Digital Organizer? Help them create a list of things that need to be done in the week. How can tasks be broken down by day? Write it out. Small children can use pictures. Older kids and teens can plan times of day for tasks and include time for leisure activity as well.
- **Family Time.** Nothing is more important than our families. Set aside Family Time each week. Let kids help plan the activities. Card and board games are a great way to interact. Go for a walk. Plan and fix a meal together. Visit the library or zoo. Look at old family photos. Protect this time and commit to strengthening your family. Don't be discouraged if it doesn't go smoothly the first few times. Keep trying.

## Words to use:

- "How can we plan to make sure your (homework/chores/project) is completed on time?"
- "Our family is important and I would like to spend time with you. What would be a good activity for us to do together?"
- "Which is more important? X or Y?"
- "Thank you for putting first things first. It is so great to know I can count on you."
- "Let's talk about this. Did you really think \_\_\_\_\_ was the most important thing?"
- "I understand (your video game) felt very urgent, but was it really more important than (keeping your agreement to unload the dishwasher?)"
- "How can we plan better for next time?"
- For teens/older kids: "What are some things that just waste your time? What can you do about that?"





# The Importance of Goal Setting and The Leader in Me Program

## *Ensuring Student Success!*

An article by Kathy Leeser

Involving students in goal setting yields powerful results! We see students as young as four or five year olds setting and achieving goals in literacy, math, attendance, behavior, and leadership.

Once a student sets a goal with his or her teacher, the essential question becomes “What will it take to achieve that goal?”

In Leader in Me Schools, we teach students to set “Wildly Important Goals,” or WIGs. WIGs are the vital few goals that must be accomplished in order to be successful. Another way to think about the “G” in WIG is gap. “In what area is there a gap between where I am now and where I need to be?” That’s where a WIG would be created.

A WIG is expressed in a statement that is specific, measurable, and time-bound. For example, “Learn all multiplication facts from the 3’s through the 6’s by December 15.” Having a specific goal helps students see where they need to be and by when.

After a WIG is identified and written, students often don’t know where to begin. Breaking a large goal into actionable steps relieves this confusion. We called those actionable steps lead measures.

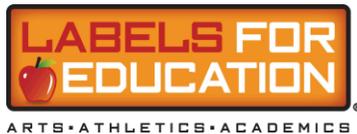
In the education world, we have formative, interim, and summative assessments. WIGs can be compared to summative assessments. They measure performance after the fact. Lead measures are like interim assessments. They help a student assess progress toward the WIG and make course corrections, if necessary.

A potential lead measure for the WIG concerning multiplication facts is “Study my multiplication facts at home for 20 minutes, 5 days a week.” This measure would be tracked daily to see if progress is being made.

Focusing on these lead measures will help the student stay on track to achieve the overall reading goal and evaluate progress along the way.

Students can sometimes be unsure how to achieve a long-term goal. When these goals are broken into small steps based on lead measures, it helps them see their progress along the way and ensure success in the long run.

### Clip...Snip... Join in on the Fun!



Now is the time to bring your Box Tops and Labels for Education to school and put them in the collection box in your classroom. The class contest began this month and continues through January 31. The class with the most Box Tops and Labels collected will win a “Cookies and Cocoa” Party!

Please visit the Box Tops for Education website at [www.btfed.com](http://www.btfed.com) for a list of BoxTops products. Clip in the name of Golden Empire! So now clip... snip...send in and join the fun!



Happy New Year! The PTO has several fun events planned for 2017. The first event is the January Challenge. How many BoxTops and Labels will your family turn in this month?

On Saturday, 2/18, the PTO will host the Pancake Breakfast & Silent Auction. This is a fun event for the whole family. Tickets sales will take place the week before the event.

Another date to save is Friday, May 5<sup>th</sup> for the 4<sup>th</sup> Annual Family Movie Night - a fun evening under the stars watching a movie at school. What movie will it be? Stay tuned for details.

Thank you to Jenn Wilson and her crew of volunteers for a successful Hand-Made Holiday Night. Our students made incredible gifts for their family and friends.

-Alison Milobar, PTO President  
[geptopresident@yahoo.com](mailto:geptopresident@yahoo.com)

# January and February Calendar of Events

Day	Date	Time	Event / Activity	Location
Monday	1/9/17	8:00am	School Resumes	Classroom
Monday	1/9	2:30pm	PTO Meeting	Library
Mon-Tues	1/9-1/10		Hearing & Vision Screening for Kindergarten, 2 <sup>nd</sup> grade, & 5 <sup>th</sup> grade	
Thursday	1/12		Pennies for Patients Begins	Classroom
Monday	1/16		No School – Martin Luther King, Jr. Holiday	
Tuesday	1/17		Kindergarten Enrollment for Fall 2017 Begins and continues through 1/31/17	School Office
Friday	1/20	1:15pm	Einstein MS visits the 6 <sup>th</sup> Grade	MPR
Monday	1/23	2:30pm	SSC/ELAC Meeting	Library
Tuesday	1/24	6:00-7:15pm	Kindergarten APTT Meeting	MPR
Wednesday	1/25	6:30-8:00pm	Family Science Night	MPR
Friday	1/27		Hearing and Vision Rescreening Kindergarten, 2 <sup>nd</sup> grade, & 5 <sup>th</sup> grade	
Friday	1/27	12:50pm	Geography Bee	MPR
Friday	10/7	Lunch Time	Take Your Parent to Lunch Day 5 <sup>th</sup> & 6 <sup>th</sup> : 11:30-12:10pm 4 <sup>th</sup> : 11:45-12:25pm 1 <sup>st</sup> : 11:55-12:45pm 2 <sup>nd</sup> & 3 <sup>rd</sup> : 12:05-12:55pm	Grass Quad
Monday	2/6	5:00pm	PTO Meeting	Library
Tuesday	2/7		Open Enrollment for the 2017-18 School Year Begins & continues through 2/21/17	Online
Wednesday	2/8	3:30pm	GE Basketball Team vs. Bancroft	Einstein MS
Monday	2/13		No School – Abraham Lincoln's Birthday	
Wednesday	2/15	3:30pm	GE Basketball Team vs. Camellia	Einstein MS
Friday	2/17		Last Day for Pennies for Patients	Classroom
Saturday	2/18	7:30-10:30am	Pancake Breakfast & Silent Auction	MPR
Monday	2/20		No School – George Washington's Birthday	
Tuesday	2/21	3:30pm	GE Basketball Team vs. Marshall	Einstein MS
Friday	2/24		Progress Notes Sent Home	Classroom
Friday	2/24	12:00pm	Academic Talent Search Testing	Library
Tuesday	2/28	6:30-8:00pm	Family Art Night	MPR

