

Meadowlark Ridge Elementary School



January 2021

Take Flight at Meadowlark Ridge

Schedule of Events

1/4

- No School
- Teacher Inservice

1/5

- Classes Resume

1/7

- Site Council @ 6:15pm via Zoom
- PTO @ 7:00pm via Zoom

1/18

- No School

1/22

- No School
- Teacher Inservice

12 Days of Holiday Spirit

The students and staff at MLR enjoyed spreading holiday cheer while celebrating the 12 Days of Holiday Spirit. Staff and students dressed up, enjoyed winter drinks, indulged in delicious snacks, and relaxed while watching a movie and eating popcorn. You could feel the holiday cheer in the hallways leading up to Winter Break.



FUN FAMILY ACTIVITIES DURING COVID

- Complete a puzzle
- Build a gingerbread house
- Bake cookies
- Make an art project
- Put on a family talent show
- Make a list of things you are grateful for
- Conduct simple scientific experiments like homemade slime or playdough
- Have a movie marathon
- Make a blanket fort— what fun!
- Have a family game night
- Go sledding
- Build a snowman
- Download [Duolingo](#), or a similar app, and teach yourself a foreign language.

One Way All the Way

Don't forget! We ask that parents adhere to the "One Way All the Way" policy and always travel EAST on Glen to help keep all students safe! Please take the time to **pull up to the school side curb** rather than stopping in the middle of the street or crosswalks. Student safety is priority number one! Please **DO NOT** park and exit your vehicle during drop off & pick up times to keep traffic flow moving.



Spreading Joy

Kindergarten students created art projects during Citizenship to share with COVID-19 patients at the Salina Regional Health Center. These projects were sent to patients to help bring joy during the holidays. 4th and 5th grade students made greeting cards with pictures and words of encouragement for the patients too.

MLR hopes these projects brought a smile to a person who may be having a difficult time.



Character Trait of the Month

RESPONSIBILITY

Being responsible is a key to children's success both in school and in the larger world when they grow up.

- Model responsible behavior
- Assign responsibility gradually
- Make your child feel involved
- Encourage honesty
- Let your child problem solve their problems
- Provide clear expectations and consequences



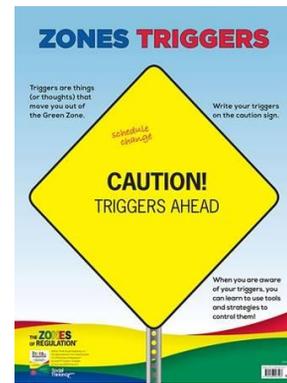
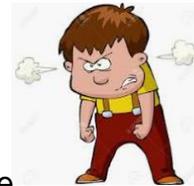
Zones of Regulation

Why do you think it's important to recognize your own triggers?

Triggers are things (or thoughts) that move you out of the green zone.

When you are aware of your triggers you can use tools and strategies to control them.

Ask your child what their triggers are. Then discuss when people recognize what pushes them into the Yellow or Red Zone, they can do something about it.



To Ride or Not to Ride....

Please contact the office **prior to 2:45 pm** when you know your student is **NOT going to ride** the bus home. **Notifying the office** allows time for teachers to be notified before end of the day routine takes place. If we do not hear from you by 2:45 pm, your student will be placed on the bus for the ride home.

Meadowlark Ridge phone number– 309-4300

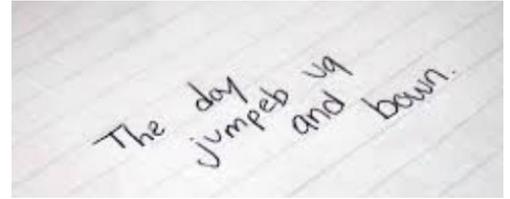


Breakfast begins at 8:05.
School starts @ 8:30
School ends @ 3:25

Please make sure students are wearing the appropriate clothing to school. It would be best to send a coat, hat and gloves with your child each day.



Dyslexia: Part 2



During the next several parts of this introduction to dyslexia we will discuss common myths about dyslexia. These myths are just that, not true, fiction, myths! Let's tackle each of these myths one at a time.

Myth #1: People with dyslexia see and write letters or words backwards.

Fact: Dyslexia is more of an auditory language processing disorder than a vision disorder.

Dyslexia has to do with hearing the sounds of letters and letter combinations that make words and associating these sounds with their symbols. The English language is a very complicated language that does not consistently have the same sounds for letters which complicates things. For instance, the short /e/ and short /i/ sounds are almost the same. It's very hard to distinguish these sounds. Then add complicated combinations like –eigh which makes the long /a/ sound – what?!

Phonological awareness is the first step in the science of learning to read. This includes hearing the sounds, blending the sounds, changing and substituting sounds, etc. From here the progression for reading moves to phonics, then fluency and comprehension. Dyslexia can be a problem anywhere along the way.

A note about reversals: Reversals are completely normal in a developing brain. Reading and writing are not things our brains are actually wired for, so they need to be taught in most cases. Let's face it, the b, d, p, and q all look a lot alike! It takes time and practice for a developing brain to make sense of these letters and many others – like which way does the /e/ or /s/ face? Don't get worried if your child is making these errors! As they develop the errors should start decreasing. If they don't, then we may need to look a little deeper.

