

## Alpha Elementary School/ Escuela Primaria Alpha

March 8, 2020

---

### Important Update / Actualización Importante

Non School Day - March 16, 2020

#### Oral Language Festival, OLF

It is that time of year again, Oral Language Festival, OLF. Alpha Elementary is proud to host the annual Oral Language Festival. It will be March 11th from 8:30 am to 10:30 am. in the cafeteria. Different classes will perform at 8:30 a.m., 9:10 a.m., and 9:40a.m. The theme will be Spring into Language.

8:30 a.m.	9:10 a.m.	9:40 a.m.
Mrs. Rodriguez	Mrs. Ochoa	Mrs. Hill
Mrs. Magana	Mrs. Hernandez	Mrs. Fahrney
Mrs. Gamino	Mrs. Church	Mrs. Marquez
Mrs. Medina	Mrs. Reyes	Mrs. Munoz
Mrs. Colomer	Mrs. Banda	Mr. Bessey
Mrs. Britton	Mrs. Brack	Mrs. Reitz
Mrs. Valencia	Mrs. Grimaldo	Mrs. Chavira
Mr. Phelps	Mrs. Galvan	Mrs. Deseamus
Ms. Bradley	Mrs. Burton	
Mrs. Ruzzamenti.		

## Upcoming Events/ Próximos Eventos

March 11, 2020  
Oral Language Festival

March 12, 2020  
5th Grade Trip to San Jose

March 12, 2020  
9:50 a.m. - 11:00 a.m.  
Phelps and Medina to  
MSHS Greenhouse

March 13, 2020  
9:50 a.m. - 11:00 a.m.  
Gamino and Banda to  
MSHS Greenhouse

March 17, 2020  
6th Grade Trip to Sycamore  
Island

March 18, 2020  
Gold Gulch at Alpha  
Elementary for 4th Grade

March 19, 2020  
8:45 a.m. James and The  
Giant Peach for 3rd and 4th  
Grade at Madera South  
High School.

March 24, 2020  
MLK 6th Grade Parent  
Night from 5:30 p.m. to  
6:30 p.m.

March 27, 2020  
4:30 p.m. to 7:00 p.m.

## Event Highlight/ Evento destacado



Free Tax Preparation is available at the Alpha Parent Resource Center in Room 15 if you earned \$66,000 or less in the year 2019, on Saturdays: 10:00 a.m. to 4:00 p.m. 2/8, 2/22, 3/7, 3/21, 4/4.

For a list of what you need to bring please pickup a flyer from the Alpha Parent Resource Center in Room 15.

For more information or to schedule an appointment please contact Cynthia Rodriguez (559) 416-5842.



Parent/Teacher Conferences for all students will be from Monday, March 23, 2020, to Friday, March 27, 2020. Students will be dismissed at 1:30 p.m all week.

Alpha's Spring Extravaganza Carnival. Jamba Juice, Cupcake Route, Hamburgers, and Tacos for Sale. There will be plenty of games and activities for the families to enjoy.

March 30, 2020  
6th Grade Career Fair from  
8:00 a.m. to 9:30 a.m. at  
Hatfield Hall.

# MEtoBE

Grade Level Readiness Report 

The MetoBe report is a personalized booklet containing multiple data points that make up a student's grade level readiness score. The updated MetoBe reports for grades 2-8 are now available in the Aeries portal for students, parents and teachers to access. It is not available in the mobile version of Aeries, but accessible from any computer. A Spanish version is also coming for the MEtoBe reports in the coming weeks.

**2020-2021**  
**KINDERGARTEN REGISTRATION**  
NEW TO MADERA UNIFIED SCHOOL DISTRICT

**MARCH 9-12, 2020**

Kindergarten Registration for students new to Madera Unified will be March 9-12, 2020 at Alpha Elementary School. The Parent Resource Center staff will be available to support parents at the school site on March 9 and March 10 from 8:00 a.m to 7:00 pm.

Required: Immunization Record and Birth Certificate

Questions: Department of Community Services and Parent Resource Centers (559) 416-584

## Student or Staff Highlight/Destacado del Estudiante o del personal

For the safety of students they should not arrive on campus until breakfast begins at 7:20 a.m. When students arrive on campus prior to 7:45 a.m. they are to report to the cafeteria and wait until they are dismissed to the playground to line up on the white dots where they will be escorted by the morning duty teachers. Kindergarten students will wait in the cafeteria until they are escorted to the classrooms.

All adults on campus after the bell to begin class rings at 8:00 a.m. will need to acquire a visitor's pass from the office if planning to stay on campus.

---

## Sports Schedules/Horarios deportivos

**Wrestling February 18 - April 3 Start Time @ 12:30 pm**

Friday, March 20 @ Madera South High School

April 3 at 8:30 a.m. Championship - Madera South High School

April 3 at 5:00 p.m. Finals - Madera South High School

---

---

## Student Health Wellness/Salud del Estudiante

Help prevent the spread of respiratory disease like COVID-19

- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces.
- Stay home when you are sick, except to get medical care.
- Wash your hands often with soap and water for at least 20 seconds.

For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)

## School Climate and Culture/Clima Escolar y Cultura

### **Resilience**

Most children are capable of working through challenges and coping with stress. Resilience is the ability to bounce back from stress, adversity, failure, challenges, or even trauma. It's not something that kids either have or don't have; it's a skill that kids develop as they grow. Parents can help kids build resilience and confront uncertainty by teaching them to solve problems independently. While the gut reaction of the parent might be to jump in and help so that the child avoids dealing with discomfort, this actually weakens resilience. Kids need to experience discomfort so that they can learn to work through it and develop their own problem-solving skills. Help your children problem solve by asking them questions like: "What can you do when you feel frustrated; how can you prevent this from happening again?"

La mayoría de los niños son capaces de trabajar a través de desafíos y lidiar con el estrés. Resiliencia es la habilidad de recuperarse del estrés, adversidad, fracaso, desafío e incluso trauma. No es algo que los niños tienen o no tienen; es una habilidad que los niños desarrollan a medida que crecen. Los padres pueden ayudarles a sus hijos a crear resiliencia y confrontar la incertidumbre al enseñarles a resolver problemas independientemente. Aunque la reacción visceral de los padres podría ser involucrarse y ayudar para que así su hijo/a evita lidiar con la incomodidad, en realidad esto debilita la resiliencia. Los niños necesitan experimentar incomodidad para que así ellos puedan aprender a trabajar a través de ello y desarrollar sus propias habilidades para resolver problemas. Ayude a sus hijos a resolver problemas al hacerles preguntas tales como: ¿Qué puedes hacer cuando te sientes frustrado/a?, ¿Cómo puedes prevenir que esto pase nuevamente?.