

Alpha Elementary School/ Escuela Primaria Alpha

February 5, 2020

Important Update /Actualización Importante



McTeacher Night, Friday, February 7, 2020, from 4:00 p.m. to 8:00 p.m. This is a fun and great fundraiser for Alpha Elementary. McDonald's is going to donate 20% of all sales from 4:00 p.m. to 8:00 p.m. to our school. Please come out to McDonald's on Howard Road on Friday and support Alpha Elementary.

Upcoming Events/ Próximos Eventos

February 5, 2020

1:30 p.m 5th Grade Awards
Assembly in Cafeteria

February 7, 2020

1:30 p.m. 4th Grade
Awards Assembly in
Cafeteria

4:00 p.m - 8:00 p.m.
McTeacher Night on
Howard Road

CPAT is participating in
McTeacher Night @
McDonald's on Friday,
February 7th. This is a fun
and great fundraiser.
McDonald's is going to donate
20% of all sales from 4p-8p to
our school.

February 10, 2020

Non School Day

February 12, 2020

9:00 a.m. Fire Drill

1:30 p.m. 3rd Grade
Awards Assembly in the
Cafeteria

February 17, 2020

Non School Day

February 26 & 27, 2020

Carl's Jr. Fundraiser for
Alpha Elementary

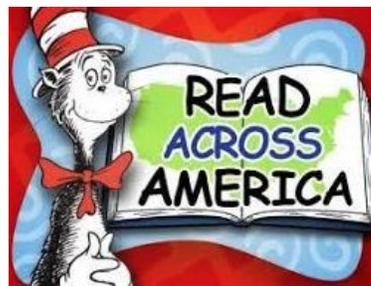
Event Highlight/ Evento destacado



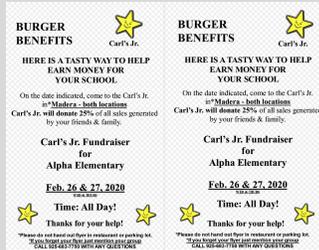
Free Tax Preparation is available at the Alpha Parent Resource Center in Room 15 if you earned \$66,000 or less in the year 2019, on Saturdays: 10:00 a.m. to 4:00 p.m. 2/8, 2/22, 3/7, 3/21, 4/4.

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.



Read Across America Week will be February 24-28.
Fliers will be sent home one week prior.



March 11, 2020
Oral Language Festival

March 27, 2020
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.

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

Flag Football & Cheer Season 4: January 14-February 14 @ 12:30 pm

*Flag Football & Cheer take place during the same season.

1-24-20: Mini Tour (@ sites)

2-7-20: Mini Tour (@ sites)

2-14-20: 1:00 pm City Schools @ MSHS, Country Schools @ MHS
Cheer Exhibition 2-12-20: 2:00 – 4:00 pm @ MSHS

Attendance Policy/Politica de Asistencia

10 Facts About School Attendance

1. Absenteeism in the first month of school can predict poor attendance throughout the school year. Half the students who miss 2-4 days in September go on to miss nearly a month of school. [Read more...](#)
2. Over 8 million U.S. students miss nearly a month of school each year. [Read more...](#)
3. Absenteeism and its ill effects start early. One in 10 kindergarten and first grade students are chronically absent. [Read more...](#)
4. Poor attendance can influence whether children read proficiently by the end of third grade or be held back. [Read more...](#)
5. By 6th grade, chronic absence becomes a leading indicator that a student will drop out of high school. [Read more...](#)
6. Research shows that missing 10 percent of the school, or about 18 days in most school districts, negatively affects a student's academic performance. That's just two days a month and that's known as chronic absence. [Read more...](#)
7. Students who live in communities with high levels of poverty are four times more likely to be chronically absent than others often for reasons beyond their control, such as unstable housing, unreliable transportation and a lack of access to health care. [Read more...](#)
8. When students improve their attendance rates, they improve their academic prospects and chances for graduating. [Read more...](#)
9. Attendance improves when schools engage students and parents in positive ways and when schools provide mentors for chronically absent students. [Read more...](#)
10. Most school districts and states don't look at all the right data to improve school attendance. They track how many students show up every day and how many are skipping school without an excuse, but not how many are missing so many days in excused and unexcused absence that they are headed off track academically. [Read more...](#)

Student Health Wellness/Salud del Estudiante



Helping your child get back into their school routine after a long break. Kids and teens might be a little nervous or resistant to returning to school after a long break. It might be difficult for them to re-adjust back to their sleeping schedule, homework routine and social relationships. Ways you can help them, sufficient sleep can prevent irritability and lack of concentration in the

classroom. Packing and organizing their book bag can help them feel more confident and prepared about being back at school ready to take on the new semester. Help Them get back into the rhythm of doing homework and studying, have them go over their assignments or notes from the previous semester to remind them of where they had left off before the break, going back to school might be the best time to make an improvement or change their academic habits.



Ayudando a que su hijo/a vuelva a la rutina de la escuela después de un largo descanso. Los niños y jóvenes podrían sentirse un poco nerviosos o resistentes a regresar a la escuela después de un largo descanso. Podría ser difícil para ellos tener que re-ajustarse a volver a sus horarios de dormir, la rutina de las tareas y relaciones sociales. Maneras en las que usted puede ayudarles: dormir lo

suficiente puede prevenir la irritabilidad y falta de concentración en el salón de clases. Empacando y organizando la bolsa de los libros puede ayudarles a sentirse con más confianza y preparados acerca de estar de vuelta en la escuela listos para enfrentar el nuevo semestre. Ayúdelos a volver al ritmo de hacer las tareas y estudiar, haga que revisen las tareas o notas del semestre anterior para recodarles de donde quedaron antes de las vacaciones. Volver a la escuela podría ser el mejor tiempo para hacer una mejoría o cambiar sus hábitos académicos.

School Climate and Culture/Clima Escolar y Cultura

Students Need to Learn to Manage Their Own Screen Time

When students understand the benefits of limiting screen time, they are better able to manage their own distractions.

By [Laura Lee](#)

November 18, 2019



Developing executive function skills like staying on task and making their own schedules can help students manage their technology more effectively, writes Ana Homayoun in [“How Intrinsic Motivation Helps Students Manage Digital Distractions”](#) for EdSurge. She visited schools in 40 cities and surveyed students to determine how they felt about their current technology use and what changes might be made to balance their use of cellphones and computers with other goals—like finishing assignments, spending time with friends and family, or exploring hobbies.

Asking students to reflect on their own behaviors is a critical step, so adults need to operate from a place of curiosity and compassion instead of fear and anger, Homayoun argues. Instead of shutting off the wi-fi to limit phone use in schools—a compliance-based model that students simply find workarounds to avoid—educators should consider ways to help students develop their own motivations to curb technology use.

“In some ways, the first wave of digital citizenship education faltered by blocking distractions from school networks and telling students what to do, rather than effectively encouraging them to develop their own intrinsic motivation around making better choices online and in real life,” she writes. Teachers can help students identify goals—like spending more time with friends or family and less time on social media—and then collaborate with students to create strategies to meet those objectives. Students reported success in increasing focus by setting timers and using web blockers to avoid distractions.

When students are able to connect their habits to their goals, they find motivation to limit their social media time, not because they are told to, but because they understand their finite time can be better spent in other ways.

Homayoun reports that students are excited to strategize and test ways to reduce their screen time. “In a way, I gamified the approach and made the students feel as though managing distractions and being focused was actually something that was fun and stress-relieving,” she says. Homayoun’s survey also found students lack support networks they can rely on in challenging times. She encourages students to identify two groups of people in their lives before a crisis occurs: “supporters” who are typically peers, and “clarifiers” who are adults that help students navigate difficult circumstances.

Building a supportive network benefits students in the classroom and on social media. In schools, having a group of teachers, students and parents who “work together to set and review technology and social media policies on a regular basis” can improve “student buy-in and a movement toward effective solutions that promote better online habits—for everyone.”