

James Monroe Elementary

April 2022

Monroe's **PAWS**itive Behaviors - **P**=Personal Best,
A=Accountability, **W**=Wise Choices, **S**=Show Respect

"When you know better, you do better."

– Maya Angelou, American Author and Poet



Principal's Message:

Mighty Monroe Families! We are all excited about the upcoming month of April. This month brings many interesting and fun events. We have our Wrestling Tournament for the Red Pyramid and for the entire district on Saturday, 4/9/22. We also have our Battle of the Books district competition on Wednesday, 4/6/22. We are very excited for the students to compete in both those competitions. We will also be sharing the results of our Mighty Monroe Art Contest, where 7 primary and 8 upper grade students will be chosen as winners! Those winners will move onto the ArtsFest Competition held by Madera County Superintendent of Schools. We are proud of all our students' artwork. They are all very creative, and did a fine job! Don't forget that this month also brings Spring Break, which is from 4/11 to 4/18. Students will return to school on Tuesday, April 19th. Thank you for all your continued support!

Events at James Monroe

Another awesome event that showcased our Monroe Students was the sport of Wrestling! This is a very competitive, and oftentimes, an emotional event. On Friday, April 8th, our Monroe Wrestling Team competed in the Red Pyramid tournament, where many of our students placed very high and qualified to compete in the district tournament.

The district tournament was held on Saturday, April 9th at Matilda Torres High School. The district tournament involved all students who qualified from all three pyramids (Red, Purple, & Blue)! This means that our athletes were competing against students from all three pyramids, and what a show it was!

The tournament began at approximately 10:00 am and concluded with the awards ceremony at about 5:15 pm. Both Mr. Espinosa and Mr. Perez were in attendance throughout the entire tournament to support our students! *A huge shout out to our wrestling coach, to Mr. Espinosa who also helped coach students during their matches, to parent Erika Ramos who's daughter was a finalist and where she assisted with supporting and cheering on our team, and to all the students who competed.*

Mr. Perez stated that he has no words (can you believe that?) to express how proud he is of all those students. The students performed well, were strong, emotional, but persevered, competitive, but showed excellent sportsmanship, and just all around great wrestlers, but more importantly, wonderful kids!!!

Below are our MIGHTY MONROE DISTRICT CHAMPIONS, in their weight class, FOR THE ENTIRE DISTRICT! WOOHOO!!!!

Milagros Barajas-Romo - Grade 6 - Mrs. Jones

Nayeli Rangel-Zambrano - Grade 6 - Mrs. Jones

Leslie Alvarez-Suarez - Grade 5 - Mrs. Nieves

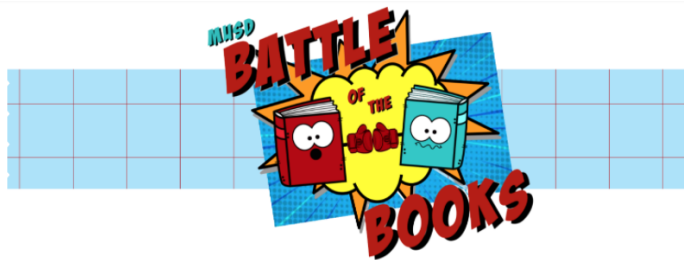
Eleazar Camargo-Zapata - Grade 5 - Mrs. Nieves

Celeste Pulido-Ramos (2nd place) - Grade 5 - Mrs. Ochoa

Events at James Monroe

On Wednesday, April 6th, the Mighty Monroe Battle of the Book Clubs were at it again, competing against other elementary schools in Madera Unified. The BOB club already made an impressive showing at the County Competition several weeks before, and were again impressing everyone with their knowledge of the books they read, their teamwork, and overall positive attitudes.

Once again, we would like to thank and congratulate Coaches McNeil and Williams for all their hard work and dedication to the overall success of these students and their teams.



The Battle Paws

3rd/4th

3rd place Friendly Feud

2nd place Team Triumph

3rd place overall out of 14 schools

The Mighty B.O.B. Squad

5th/6th

3rd place Friendly Feud

1st place Readers Relay

2nd place Team Triumph

2nd place overall out of 14 schools

COUNSELOR'S CORNER

Character Education

This year Madera Unified will embark on a standard character recognition program throughout the district. The character trait for the month of April is:

SELF - CONTROL

Subtopics: self-discipline, alertness, action

Students can show self-control when they...

- Keep their hands, feet, and objects to themselves
- Stop and think before they act
- Choose their words carefully

MONROE HEALTH AND WELLNESS

April



The Health Benefits of Gardening

From a young age, individuals learn about the world through observation, discovery, and interaction with their surroundings. If you have ever taken a walk

through a park with a child, you may have noticed a change in their behavior. Spending time in nature benefits the health of both our minds and our bodies.

A home, community, or school-garden provides the perfect setting to explore the wonders of nature. With spring just around the corner, there is no better time to start planning a garden! Consider the use of an enabled garden design that is accessible to and can be enjoyed by everyone. These guidelines serve as a guide for conducting community- or school-garden activities safely during COVID-19.

Let's take a look at some of the benefits of gardening:

- **Gardening promotes healthy eating:** Gardening can provide exposure to new and diverse foods. When children grow their own fruits and vegetables, they are more likely to try these foods. Creating a home garden is also a great way for families to spend time together and engage in outdoor physical activity.
- **Gardening improves mood and reduces stress:** As COVID-related "screen fatigue" increases, many families are looking for activities that do not involve technology. Tending a garden is the perfect way to take a brain break. In addition, gardening activities such as working with the soil and harvesting foods positively impact our body's release of mood-boosting chemicals in the brain.
- **Gardening provides opportunities for physical activity:** Adults and children should strive for 60 minutes of physical activity a day. Digging, planting, and harvesting in the garden are all forms of physical activity.
- **Gardening offers opportunities for experiential learning:** A school-garden scavenger hunt is a great way for teachers to integrate nutrition into standards-based lessons in a variety of subjects, including math and social studies. During COVID-19, outdoor gardens are also a great way to help students socially distance while furthering their education.

· **Gardening fosters social-emotional skills:** Gardening teaches children basic life skills such as how to socially interact with others and develop skills such as sharing and taking turns. Working cooperatively allows children to develop a sense of self-confidence, teamwork, and responsibility as they create, plant, and tend to the garden. Gardening is also a good way for children to learn environmental responsibility by taking care of nature.

Do you need additional ideas for your gardening project? Check out these resources:

- [Fresh from the Farm: Farm to School and Out-of-School Time Programs](#)
- [Growing an Indoor Garden](#)
- [How to Start a School Garden Toolkit](#)
- [Food Safety Tips for School Gardens](#)

Upcoming Events for April!

- 4/5 - Good News Club on Campus
- 4/6 - Battle of the Books Competition @ Matilda Torres High School
- 4/8 - Wrestling Tournament for Red Pyramid @ MTHS
- 4/9 - Wrestling Championship Tournament for all pyramids @ MTHS



- 4/11 - 4/18 - SPRING BREAK, NO SCHOOL!
- 4/20 - Dairy Council Assembly for all grade levels beginning @ 8:30 am
- 4/22 - Progress Report #4 to be sent home
- 4/27 - DELAC Meeting #7 @ 6:00 pm
- 4/28 - ELAC Meeting #4 @ 4:00 pm
- 4/29 - SPIRIT DAY! Wear your "Monroe Gear" or Red or Blue



James Monroe Elementary

abril del 2022

Comportamientos **PAWS**itive de Monroe: **P** = Lo mejor de sí mismo, **A** = Responsabilidad, **W** = Elecciones sabias, **S** = Mostrar respeto



"Cuando sabes más, mejor lo haces."

– Maya Angelou, autora y poeta estadounidense

Mensaje del director:

¡Familias poderosas de Monroe! Todos estamos entusiasmados con el próximo mes de abril. Este mes trae muchos eventos interesantes y divertidos. Tenemos nuestro Torneo de Lucha Libre para la Pirámide Roja y para todo el distrito el sábado 4/9/22. También tenemos nuestra competencia distrital Battle of the Books el miércoles 4/6/22. Estamos muy emocionados de que los estudiantes compitan en ambas competencias. ¡También compartiremos los resultados de nuestro concurso de arte Mighty Monroe, donde 7 estudiantes de primaria y 8 de grado superior serán elegidos como ganadores! Los ganadores pasarán a la Competencia ArtsFest organizada por el Superintendente de Escuelas del Condado de Madera. Estamos orgullosos de todas las obras de arte de nuestros estudiantes. ¡Todos son muy creativos e hicieron un buen trabajo! No olvides que este mes también trae las vacaciones de primavera, que son del 4/11 al 4/18 Los estudiantes regresarán a la escuela el martes 19 de abril. ¡Gracias por todo su continuo apoyo!

Eventos en James Monroe

El miércoles 6 de abril, la Mighty Monroe Battle of the Book Clubs estuvo de nuevo, compitiendo contra otras escuelas primarias en Madera Unified. El club BOB ya tuvo una actuación impresionante en la competencia del condado varias semanas antes y nuevamente impresionó a todos con su conocimiento de los libros que leen, su trabajo en equipo y actitudes positivas en general.

Una vez más, nos gustaría agradecer y felicitar a los entrenadores McNeil y Williams por todo su arduo trabajo y dedicación al éxito general de estos estudiantes y sus equipos.



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ESQUINA DEL CONSEJERO

Educación del carácter

Este año el Distrito Escolar Unificado de Madera se embarcará en un programa estándar de reconocimiento del carácter en todo el distrito. El rasgo de carácter para el mes de abril es:

SELF - CONTROL

Subtemas: autodisciplina, alerta, acción

Los estudiantes pueden mostrar autocontrol cuando...

Mantener sus manos, pies y objetos para sí mismos.

Deténgase y piense antes de actuar

Elige sus palabras con cuidado.

SALUD Y BIENESTAR DE MONROE

Abril

Los beneficios para la salud de la jardinería



Desde una edad temprana, las personas aprenden sobre el mundo a través de la observación, el descubrimiento y la interacción con su entorno. Si alguna vez ha dado un paseo por un parque con un niño, es posible que haya notado un cambio en su comportamiento. Pasar tiempo en la naturaleza beneficia la salud tanto de nuestra mente como de nuestro cuerpo.

Una casa, comunidad o escuela-jardín proporciona el escenario perfecto para explorar las maravillas de la naturaleza. Con la primavera a la vuelta de la esquina, ¡no hay mejor momento para empezar a planificar un jardín! Considere el uso de un diseño de jardín habilitado que sea accesible y que todos puedan disfrutar. Estas pautas sirven como una guía para realizar actividades comunitarias o escolares en el jardín de manera segura durante COVID-19.

Echemos un vistazo a algunos de los beneficios de la jardinería:

- La jardinería promueve una alimentación saludable: la jardinería puede brindar exposición a alimentos nuevos y diversos. Cuando los niños cultivan sus propias frutas y verduras, es más probable que prueben estos alimentos. Crear un jardín en el hogar también es una excelente manera para que las familias pasen tiempo juntas y participen en actividades físicas al aire libre.
- La jardinería mejora el estado de ánimo y reduce el estrés: a medida que aumenta la "fatiga frente a la pantalla" relacionada con el COVID, muchas familias buscan actividades que no involucren tecnología. Cuidar un jardín es la manera perfecta de tomar un descanso mental. Además, las actividades de jardinería como trabajar con la tierra y cosechar alimentos tiene un impacto positivo en la liberación de sustancias químicas en el cerebro que estimulan el estado de ánimo.

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- La jardinería brinda oportunidades para la actividad física: los adultos y los niños deben esforzarse por realizar 60 minutos de actividad física al día. Cavar, plantar y cosechar en el jardín son todas formas de actividad física.
 - La jardinería ofrece oportunidades para el aprendizaje experiencial: una búsqueda del tesoro en el jardín de la escuela es una excelente manera para que los maestros integren la nutrición en lecciones basadas en estándares en una variedad de materias, incluidas matemáticas y estudios sociales. Durante COVID-19, los jardines al aire libre también son una excelente manera de ayudar a los estudiantes a distanciarse socialmente mientras continúan su educación.
 - La jardinería fomenta las habilidades socioemocionales: la jardinería enseña a los niños habilidades básicas para la vida, como la forma de interactuar socialmente con los demás y desarrollar habilidades como compartir y esperar turnos. El trabajo cooperativo les permite a los niños desarrollar un sentido de confianza en sí mismos, trabajo en equipo y responsabilidad mientras crean, plantan y cuidan el jardín. La jardinería también es una buena manera para que los niños aprendan la responsabilidad ambiental cuidando la naturaleza.

¿Necesita ideas adicionales para su proyecto de jardinería? Consulte estos recursos:

- Recién salido de la granja: Programas Farm to School y Out-of-School Time
- Cultivo de un jardín interior
- Cómo iniciar un kit de herramientas de jardín escolar
- Consejos de seguridad alimentaria para huertos escolares

Proximo eventos para abril!

4/5 - Club de buenas noticias en el campus

4/6 - Concurso Batalla de Libros @ Matilda Torres High School

4/8 - Torneo de lucha libre para Red Pyramid @ MTHS

4/9 - Torneo de campeonato de lucha libre para todas las pirámides @ MTHS

4/11 - 4/18 - ¡VACACIONES DE PRIMAVERA, NO HAY CLASES!

4/20 - Asamblea del Consejo de Productos Lácteos para todos los grados a partir de las 8:30 am

4/22 - Informe de Progreso #4 para ser enviado a casa

4/27 - Reunión DELAC #7 @ 6:00 pm

4/28 - Reunión ELAC #4 @ 4:00 pm

4/29 - ¡DÍA DEL ESPÍRITU! Use su "Monroe Gear" o rojo o azul

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