310 San Francisco St.

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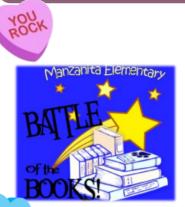
https://sites.google.com/a/threerivers.k12.or.us/manzanita-elementary-school/

541-479-6433 Facebook ~ Manzanita

ssender



- NO School 18 19 100's Dav
- Immunization Exclusion Day $\mathbf{20}$ MZ Battle of the Books
- PTA Family Art Night 6:00 $\mathbf{28}$



MY

3RD-5TH BOOK TITLES

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- Book Scavenger by Jennifer Chambliss Bertman
- George by Alex Gino
- Hana's Suitcase by Karen Levine
- The Hero's Guide to Saving Your Kingdom by Christopher Healy
- In the Footsteps of Crazy Horse by Joseph Marshall III
- The Infinity Year of Avalon by Dana Middleton
- Nightbird by Alice Hoffman
- Pip Bartlett's Guide to Magical Creatures by Jackson Pearce & Maggie Stiefvater

CUTIE

WE LOVE MANZANITA!

As we embrace the beginning of our second semester and celebrate Valentines Day we are given the opportunity to reflect upon all we love about Manzanita Elementary.

First is the amazing Manzanita Community comprised of students, staff, families, volunteers, and sponsors. When you reflect on all it takes to suc-

cessfully raise a child the old statement "It takes a community" rings true. Each and every day we work together to ensure that every student feels loved, welcomed, and empowered. Each day teachers work to ignite a love of learning while creating possibilities of all that is possible. Each day our students work hard to reach their goals and grow their minds We LOVE how hard our staff and students work every day.

The second is the dedication to building a strong individual both socially and academically. This is a great time for students and families to focus on the four components of PBIS: Safe, Responsible, Respectful and Kind. A natural component is a focus on individual academics, attitude and attendance. Your support is essential to building success.



Please help support the growth of your student in making sure your child is here and on time every day, that they are using a growth mindset and embracing challenges while demonstrating

CUTIE

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- **Real Friends** by Shannon Hale
- Roller Girl by Victoria Jamieson
- Ugly by Robert Hoge
- Waylon! One Awesome Thing by Sara Pennypacker
- When the Sea Turned Silver by Grace Lin
- A Whole New Ballgame by Phil Bildner
- The Wild Robot by Peter Brown

YOU'RE

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OH MY

Wish by Barbara O'Connor

NOH

KISS

respect, responsibility, safety and kindness in every aspect of their life.

We could go on and on about all the great things we love about Manzanita! If you would like to share what

you love about Manzanita feel free to post it to our Manzanita Facebook page!

'Happy Presidents

YOU'RE

NEA'



A study from Yale found that **it's better for kids to have two breakfast than to have none**. Students who participated in school breakfast programs were less likely to become overweight or obese even if they had breakfast at home before having it again at school.

A study of 5,000 kids by Cardiff University showed that children are twice as likely to score **higher than average** grades if they start the day with a healthy breakfast.

According to the International Journal of Dental Hygiene, **teenagers who skip breakfast are significantly more likely to suffer from bad breath** than teens who eat breakfast.

According to a 2005 study published in "Physiology and Behavior," eating a healthy breakfast in the morning has beneficial effects on memory -- particularly short-term -- and attention, allowing children to more quickly and accurately retrieve information. Children who eat breakfast perform better on <u>reading</u>, <u>arithmetic</u> and <u>problem-solving tests</u>. Eating breakfast also positively affects endurance and creativity in the classroom,

Consistent breakfast consumption is linked to <u>better attendance</u> and <u>better class-</u> <u>room behavior</u> and vigilance, which facilitates learning. Children may give up more easily in school if they're feeling the negative effects of skipping breakfast.

+1.5 days





average increase in school attendance average increase in standardized math for students who regularly start the day with a healthy breakfast. start the day with a healthy breakfast.

LET'S

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HOW

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YOU'RE

NEAT

ALL OF OUR STUDENTS ARE ABLE TO EAT BREAKFAST FOR FREE. THE CAFE-TERIA OPENS AT 7:15 SO THAT STU-DENTS CAN GET BREAKFAST BEFORE CLASS. THERE IS ALSO A GRAB AND GO OPTION IF THEY WOULD RATHER SAVE IT FOR SNACK TIME. IF YOUR STUDENT IS LATE AND MISSED BREAKFAST, HAVE THEM LET THE OFFICE KNOW SO THAT WE CAN BE SURE THEY GET BREAKFAST OR A GRAB AND GO.

MY

LOVE

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Please encourage your child to eat breakfast —either at home or school. If they don't eat at home please remind them to go to the cafeteria for breakfast or a grab and go.

Some easy ideas for an at home breakfast are: Yogurt, Oatmeal, Cereal, Cheese, Fruit, Mini Muffins, Fruit Smoothies

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Our student and teacher volunteers installed these benches as a gathering place for parents while waiting for your students at the end of the day. The teachers will bring all 'pick up/reader board' students to this area after class is out. <u>As a reminder please do not enter or wait outside</u> of their classroom or try to find them as it is a distraction and a safety issue. Please remember to always follow all safety rules in the parking area including parking and walking your student through the crosswalk.

MISS

BE Please label your child's belongings! **Coming Soon** MAPCH **Classified Appreciation** 4 - 8Week **Spring Pictures** 5 **District Science Fair** 6 PTA Meeting 2:10 Davidson, Catlett, 13, 14, 15 Chamberlain to Glass forge Site Council 2:10 21 Spring Break NO SCHOOL 25~ 29 School Resumes April 1st

YOU'RE

HOW