


# February

- 10 Vision & hearing screening  
5th Grade to Winco
- 12 PTA Meeting 2:00
- 14 ♥ *Happy Valentines Day* ♥
- 15 5th Grade Read-a-thon
- 17  **HAPPY PRESIDENTS DAY**  
**No School**
- 18 OBOB Competition
- 19 Immunization Exclusion Day
- 27 PTA Art Night 5:30

# Manzanita Messenger

FEBRUARY 2020



WE LOVE OUR MANZANITA COMMUNITY!

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 successfully 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 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!***

*Renée Hults Principal*

WE ♥ OUR STUDENTS



## 3RD-5TH BOOK TITLES

- |   |  |
|---|--|
| ◆ The Ark Plan by Laura Martin  | ◆ Number the Stars by Lois Lowry           |
| ◆ Aru Shah and the end of time by Roshani Chokshi                       | ◆ Out of Left Field by Ellen Klages        |
| ◆ Clayton Byrd Goes Underground by Rita Williams-Garcia                 | ◆ Paper Wishes by Lois Sepahban            |
| ◆ Fablehaven by Brandon Mull  | ◆ Ramona the Pest by Beverly Cleary        |
| ◆ Fish in a Tree by Linda Mullaly Hunt                                  | ◆ Riding Freedom by Pam Muñoz Ryan         |
| ◆ Joey Pigza Swallowd the Key by Jack Gantos                            | ◆ Stef Soto, Taco Queen by Jennifer Torres |
| ◆ Malala: My Story of Standing up for Girls' Rights by Malala Yousafzai | ◆ Wishtree by Katherine Applegate          |
|   | ◆ The Wizards of Once by Cressida Cowell   |
|   | ◆ Just Dance by Patricia MacLachlan        |



Happy Presidents' Day



MISS YOU

# READER BOARD

XOXO



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. As a reminder please do not enter or wait outside 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.

MY PAL



Your Manzanita "Safety Patrol" respectfully requests that you ALWAYS use the crosswalks. Let's set a good example, our students are watching us!



LOOK!

sweet

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.

BE MINE

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 reading, arithmetic and problem-solving tests. Eating breakfast also positively affects endurance and creativity in the classroom,

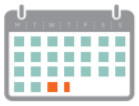
Consistent breakfast consumption is linked to better attendance and better classroom behavior and vigilance, which facilitates learning. Children may give up more easily in school if they're feeling the negative effects of skipping breakfast.



love

BE TRUE

+1.5 days



+17.5%

SUN SHINE

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

average increase in standardized math scores seen by students who regularly start the day with a healthy breakfast.

**ALL OF OUR STUDENTS ARE ABLE TO EAT BREAKFAST FOR FREE. THE CAFETERIA OPENS AT 7:15 SO THAT STUDENTS 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.**

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**

## Coming Soon

- 2-6 Classified Appreciation Week
- 3 Spring Pictures
- 4 District Science Fair  
PTA Meeting 2:10
- 11 PTA Meeting
- 13 Parent child dance 6:30
- 23~27 Spring Break NO SCHOOL  
School Resumes April 1st

SWEET PEA

OH MY CUTIE PIE MY LOVE LET'S KISS HOW SWEET YOU'RE NEAT OH MY CUTIE PIE MY LOVE LET'S KISS HOW SWEET YOU'RE NEAT