

YNP El Portal School  
September 8, 2009  
379-2382 or 379-2414  
www.elportalelementary.com

Mariposa County Unified School District



Yosemite Park High School  
Phyllis Weber, Principal  
email: pweber@mariposa.k12.ca.us  
www.yosemiteparkhighschool.com

### MARK YOUR CALENDAR

WED 9/09 PICTURE DAY  
THU 9/10 SWIM-A-THON  
FRI 9/11 Pro Day – all students dismiss at 1:06pm  
FRI 9/18 Pro Day – all students dismiss at 1:06pm  
MON 9/21 Project Pluton Field Trip – grades 4-5-6  
FRI 9/25 Pro Day – all students dismiss at 1:06pm

### VOLUNTEER OPPORTUNITIES AND REQUIREMENTS:

If you would like to volunteer in your child's classroom or for a field trip or ski day, we would love to have you do so! Please note the following requirements:

- If you'll only be visiting the classroom as a visitor (not a volunteer) to observe the class or to participate in a special day, you don't need fingerprinting or TB testing.
- If you will be volunteering in the classroom only on occasion and under the direct supervision of a teacher, you will need TB testing, but not fingerprinting.
- If you will be a ski day volunteer, a regular classroom volunteer, or a field trip driver or volunteer (any situation where you might be alone with students) you will need both TB testing and fingerprinting.

### DIRECTIONS FOR GETTING TB TESTING AND FINGERPRINTING (at no cost to you):

Please note that even if you have been fingerprinted for your job with NPS, Y.I. or any other organization, you will need additional fingerprinting for the school district. TB tests are administered and read for free by the Mariposa Health Department on the second Tuesday (2:00 to 5:00 p.m.) and third Tuesday (9:00 to 11:00 a.m.) of each month. Please contact the health dept. ahead of time to check on date and time clarification. You will need to bring the results of your TB test to the school office so a copy can be filed, sign a volunteer waiver and then take the pink Volunteer Clearance Form to the District Office to get permission (from Tammi Richards at the School District Office) to be fingerprinted in Mariposa at the Sheriff's Department.

### DON'T SKIMP ON SLEEP

**Make sure your kids get enough Zs every single night.**

New research suggests a connection between too little sleep and emotional health problems. When researchers analyzed the sleep patterns of more than 2,200 children over a 3-year period, they found that children who slept fewer hours reported more symptoms of depression and low self-esteem than children who got adequate sleep. Psychologist and University of Massachusetts professor Jean Rhodes, PhD, says that when children slept closer to their sleep requirements, their self-esteem increased.

How much sleep should kids get? Children ages 3 to 6 need 10 hours of sleep each night, while kids age 7 and over--including preteens--need 9 hours of shut-eye.

The National Sleep Foundation's 2004 Sleep in America Poll reports that about 30% of children are getting less sleep than what they need. Other studies found a steady decline in the average hours of sleep over the middle school years, and that even elementary school children aren't getting as much sleep as they should.

There are some things you can do to get your kids to hit the sack a little earlier--and get the sleep they need. Set specific sleep times (and stick to them), enforce phone curfews, and forbid late-night TV and sodas or snacks right before bed.

*Reprinted from the California Risk Management Authority Safety Newsletter*

### PTG CORNER

All parents are welcome and encouraged to attend our first PTG meeting on Monday, **Sept. 14th at noon** in our computer room. We need new ideas and new faces to plan fundraisers and special events for our kids! **PLEASE COME! BRING YOUR LUNCH!**

.....Barb Armon, PTG President

**LUNCH PAYMENT:** Please send your child's payment for lunch, breakfast or milk on the day he or she orders, or you can pay in advance. We will not be extending credit for lunches. If you choose to pay in advance, please remember to do so at the beginning of each week or each month. Please keep track of your child's meals purchased, and send payments in a timely manner.

### PICTURE DAY TOMORROW

All students will be photographed tomorrow by Lifetouch photographers. If you are planning on buying your child's photo, please send the Lifetouch envelope with the payment for the package size you are choosing to school tomorrow with your child.

**MANY THANKS** for the donation of **\$964 from Mr. Ron Stapp of Parkside Pizza** at Yosemite View in El Portal. The El Portal Schools will receive 1% of all pizza sales. With this first donation, we will pay for an expert to provide additional training to the teachers and aides in the Step Up to Writing curriculum, and we will purchase some necessary materials and supplies. Be sure to thank Mr. Stapp the next time you eat at Parkside Pizza.

## CLASSROOM NEWS

### From Mr. Marcis:

Kindergarten "Student of the Week" begins on Monday, September 14<sup>th</sup>. Please refer to the Parent Packet for the schedule. Thank you to all parents who came to Back-to-School Night. The holiday celebration schedule was almost full of volunteers – we could use 1 or 2 more for Thanksgiving and Christmas/Chanukah. If you signed up, start thinking of an activity that you would like to do with our class. Our reading program begins with wordless books. Practice at home by asking your child to "read" a story by studying the pictures and making up the story by putting themselves in the place of one or more of the characters. What would they be saying?

### From Mrs. Bown:

We've planted our rye grass seeds & are growing our "lawns" as the first experiment in our Plants & Animals science unit. We are keeping a daily growth calendar and a science journal with our observations. Ask your child what our other seed experiment is. Seeds need: soil, water and sun to grow. We changed one of these elements in our "test lawn". What did we change? What did your child predict would happen? (Answer: instead of soil, we planted seeds in sand... shhhh, don't tell them you know!)

### From Mrs. Sprague:

Last week the 2nd grade was gett'n in the grove and working hard. They have been doing great! The second graders are super excited about the swimathon and are geared up to get pledges and raise money for the school. Please make sure you help your child with this task. Thank you to all the parents that came to Back To School Night. It was a pleasure meeting you! Please remember that students should read every night for 30 minutes and study for their spelling tests on Friday. Thank you, Mrs. Sprague

### From Mr. Moore:

Last week the 2nd and 3rd grades started working in their math books. Both groups are reviewing the concepts of place value. 3rd grade is working on #'s to 10,000, 4th grade in working on #'s to 100 million. Both grades would benefit from practicing multiplication facts at home.

The 3rd grade read a fun story called Lost and Found. Ask your child what Mona lost. In writing we have been working on writing complete sentences. Come see the sentences on display in the classroom!

In the afternoon our read aloud book is called Ramona and Her Father. Ask 2nd and 3rd graders what the big problem is in the story.

### From Ms. Medema:

Fourth Grade: Remember to send in those Project Pluton forms this week.

Last week fourth graders completed several reading assessments, worked on their bio-poems, and finished their summer vacation essays. The novel I am reading after lunch is called Mistmantle Chronicles. On the night of the riding stars, something big (good or bad) usually happens. Ask your child what happened to Prince Tumble?

### From Mr. Sakols:

Last week the students learned about Native American governments, economy, and trade. In class we divided into different regional tribes and bartered trade items. In science we learned to write a hypothesis. We also tested our hypothesis by watching a car race by a light beam that controls a timer. Our first Project Pluton field trip will be on September 21. We will go to Tuolumne Meadows.

**KEEP COLLECTING PLEDGES FOR THE SWIM-A-THON THIS THURSDAY!**