

Diamond Digest

Diamond Valley Elementary School

Message from the Principal, Nancy Lampson

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Markleeville, CA 96120
Phone: (530) 694-2238

Issue 4
December 2018

Native American Heritage Afternoon

The students at Diamond Valley Elementary School want to thank Irvin Jim, Dinah Pete, Herman Fillmore, and Cassandra Fred for sharing beloved aspects of the Washoe culture with them. Everyone enjoyed a beautiful fall afternoon outside on the upper field as they rotated through three stations - crushing acorns, string making from dogbane twigs and looking at different colored obsidian rock and throwing a special hunting tool. Thank you Dinah for your initial blessing!

Parent Partnership Night

Even though the attendance at the Parent Partnership dinner and meeting was very small, attendees gained valuable information about substance/drug/vaping abuse from Misty Dee and more about the Multi-Tiered Systems of Support from our counselor, Kelsey Potorski. Thanks to the teachers – Jackie Blaha, Sarah Voss, Sarah Harvey and Beth Ponsness for their readiness to also share targeted information with interested parents. Thank you Carole Romanowitz for the wonderful “artsy” childcare you provided. And finally, thanks to Scott Bledsoe and Julie Rysdam for all the preparation, set up, lasagna dinner, and cleanup!

Sports Academic and Behavioral Eligibility Requirements

Yes! We are excited that the basketball and volleyball sports seasons have begun. And we’re very pleased with the students who desire to play. After reading the Athletic Packet, in particular the academic eligibility section, the teachers and I felt that revisions needed to be made. I apologize that this revision was not prepared prior to you and your student signing the contract. I have explained the new policy to all the students in grades 5-8 and would now like to clarify your understanding.

Alpine County Unified School District

Vision Statement

**“Students are prepared and
inspired citizens making positive
choices.”**

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October HAWKs of the Month

Evelyn Harper	Kindergarten
Vernon Kilburg	1st grade
Teylauni Morton	2nd grade
Andrea Nolan	3rd grade
Malachi Knapp	4th grade
Lyla Marchut	5th grade
Emmanuel Bennett	6th grade
Moises Rotonda	7th grade
Donna O’Connor	8th grade



Message from the Principal, Continued

To be academically eligible to fully participate in all practices and games, student athletes must have NO D's or F's on their weekly progress reports. Every Monday morning, or the first school day of the week, Ms. Blaha, Ms. Harrington, Ms. Coletti and Mrs. Moore will email to the office names of "ineligible" student athletes for the week. A student who shows little or no effort in class, takes little or no responsibility in completing and turning in homework, and/or does very poorly on classroom quizzes or tests will be deemed "ineligible" academically for the week.

To be behaviorally eligible to fully participate in all practices and games, student athletes must not receive more than 2 minor (staff handled) behavioral referrals during the week. Should a student athlete receive a major behavioral referral, he/she will be ineligible for 10 days (two school weeks from the receipt of the referral).

An "ineligible" student athlete will be expected to:

Check daily into ELP after school with his/her student planner and all assignments written down, needed texts or worksheets, and needed pencils.

Attend the practice for the first 15-20 minutes to hear team announcements and participate in warm up activities, to keep his/her body fit.

Then, return to ELP to complete homework carefully and thoughtfully, so as to be "academically eligible" the following Monday.

If there are any "sportsmanship" issues displayed by a student athlete, then the coach may ask the student athlete to "sit out" a designated number of practices/games.

Every week is a new opportunity for students to choose to be successful and eligible to fully participate in practices and games.

Book Fair Success

Do you know how lucky Diamond Valley Elementary is to have Carol Lawlor, our School and Library Media Clerk? She has an amazing gift of being able to do most anything asked of her. And she now needs to be specially recognized for the awesome Scholastic Book Fair she held in the library just a few short weeks ago. The enticing books were beautifully displayed and the students thoroughly enjoyed browsing through them and purchasing many. Thanks also to the Alpine Parents Group for giving

each teacher \$30, with which to purchase books from the fair for his/her classroom!!

Thanks again Carol for bringing this opportunity to the Diamond Valley Hawks!

School Site Council

The School Site Council held its first meeting on November 15th. Each member received a notebook with the current School Site Plan. We discussed how we are an oversight committee to ensure that DVES and the District are addressing the three major goals in the plan. We reviewed the goals and then looked more closely at the spring 2018 SBAC assessment results and compared them to the spring 2017 results. It was exciting to actually see the substantial gains that had been made! Congratulations to the entire staff at DVES! Our next meeting is scheduled for January 24th.

We have a parent vacancy on the council. If you would be interested in participating on the council (we're only meeting 4 more times this school year) please call the office and let Carla know. We would greatly appreciate your input and participation.

K-2 MAP Testing

The kindergarten through second graders completed their first MAP testing in the computer lab in early November. Teachers will be using the results of the tests to guide future instruction. In April, kindergarten through second graders will take the test again to show growth during the school year.

Thanksgiving Feast – Nov. 20

It was wonderful to have so many families participate in the annual DVES Thanksgiving Feast. A big thanks to "Chef Julie" and son-in-law, "Chef Troy", for preparing such a delicious turkey feast for all to partake!! I hope you all enjoyed good family/friend times over the holidays!

Christmas Program – December 20, 6:00pm

The Christmas season is upon us! One can hear Christmas music coming from recorders, children's' voices and the band as you walk through the hallways and classrooms. We look forward to you joining us once again for this special evening event!

HAPPY HOLIDAYS EVERYONE!

School resumes on Monday, January 7th.

Important Dates to Remember

- December 7** → Hearing and Vision Screening K-5th Grades —DVES
- December 11** → Board Meeting—5:30pm—Administrative Annex
- December 12** → Community Breakfast-Hot Topic: Bullying—7:45-8:30am—DVES Gym
- December 13** → SOS Sign Up Night—5:00pm—DVES Library
- December 14** → Hearing and Vision Screening 6th-8th Grades —DVES
- December 20** → Christmas Program—6:00pm—DVES Gym
- December 21** → Make Up Hearing and Vision Screenings—DVES
- December 24-January 4** → Winter Break—**NO SCHOOL**
- December 25** → Merry Christmas!
- January 1** → Happy New Year!
- January 7** → Welcome Back from Winter Break!



Counselor's Corner

Hello Diamond Valley Students and Families!

This month we will be holding a Community Breakfast on December 12th, 2018, all are invited to attend! We invite you to enjoy breakfast with us starting at 7:45am, and participate in an informational presentation from 8:05-8:30am focused on the topic: "Teaching Pro-Social Behavior and Anti-Bullying Strategies at Diamond Valley". We will be discussing ways in which we encourage our students to engage in positive ways with peers, and how we prevent and respond to bullying behavior. Dr. Traynor and I will be available to answer questions following the presentation. We look forward to seeing you there!

Happy Holidays!

Sincerely,

Kelsey Potorski



Nevada Museum of Art Field Trips



Know the facts about electronic smoking and talk to your kids.

The best way to avoid a lifetime of addiction to nicotine is to never start smoking or vaping.



Myth: JUULs and other types of e-cigarettes produce a harmless water vapor.

Reality: E-cigarettes produce an aerosol that has nicotine, harmful chemicals, and toxins known to cause cancer. These chemicals and toxins include things like Formaldehyde, Lead, and Nickel.^{1,2}

Myth: E-cigarettes aren't addictive.

Reality: Nicotine is a poison and a highly addictive drug.⁶ Nicotine is one of the main ingredients in JUULs and other types of e-cigarettes. **One flavored JUUL pod has as much nicotine as one pack of cigarettes (20 cigarettes).**

Myth: E-cigarettes can help people quit tobacco.

Reality: E-cigarettes are NOT approved by the U.S. FDA to help people quit tobacco.³ You may know someone who has stopped using tobacco and switched to JUUL or another type of e-cigarette, but **switching products isn't quitting tobacco and nicotine.**

Myth: E-cigarettes are not tobacco.

Reality: The nicotine in most e-cigarettes comes from the tobacco plant, just like cigarettes. California recognizes e-cigarettes, including JUULs, as a tobacco product.⁷

Myth: E-cigarettes are safe and don't have any toxins.

Reality: JUULs and other types of e-cigarettes are NOT risk-free products. They still deliver nicotine, toxins, and chemicals, many of the same chemicals found in tobacco products.^{4,5}

**Free Help Quitting:
1-800-NO-BUTTS
nobutts.org**

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1. Goniewicz, M.L., et al. (2013). Levels of selected carcinogens and toxicants in vapour from electronic cigarettes. *Tobacco Control*, 23:133-139.
2. Williams, M., Villarreal, A., Bozhilov, K., Lin, S., & Talbot, P. (2013). Metal and silicate particles including nanoparticles are present in electronic cigarette cartomizer fluid and aerosol. *PLoS ONE*, 8(3): e57987.
3. U.S. Food and Drug Administration. (2014). Public Health Focus: Electronic Cigarettes. Retrieved from <http://www.fda.gov/NewsEvents/PublicHealthFocus/ucm172906.htm>.
4. Williams, M., Villarreal, A., Bozhilov, K., Lin, S., & Talbot, P. (2013). Metal and silicate particles including nanoparticles are present in electronic cigarette cartomizer fluid and aerosol. *PLoS ONE*, 8(3): e57987.
5. Schripp, T., Markewitz, D., Uhde, E., & Salthammer, T. (2013). Does e-cigarette consumption cause passive vaping? *Indoor Air*, 23(1):25-31.
6. National Institute on Drug Abuse. (2012). Is Nicotine Addictive? Retrieved from <http://www.drugabuse.gov/publications/research-reports/tobacco/nicotine-addictive>.
7. Electronic Cigarettes, California Senate Bill 5 (2015-2016), California Business and Profession Code 22950.5(d)(1).

CDC'S NATIONAL CENTER FOR CHRONIC DISEASE PREVENTION AND HEALTH PROMOTION

DO YOUR CHILDREN GET ENOUGH SLEEP?



6 in 10 Middle Schoolers
7 in 10 High Schoolers
DON'T GET ENOUGH SLEEP

Kids aged 6–12 need **9 to 12** HOURS OF SLEEP PER NIGHT

Teens aged 13–18 need **8 to 10** HOURS OF SLEEP PER NIGHT



Sleep is critical to prevent:

- DIABETES
- OBESITY
- POOR MENTAL HEALTH
- INJURIES
- ATTENTION OR BEHAVIOR PROBLEMS

Tips for Good Sleep



Set bed and wake-up times at the same time each day, including weekends.



Keep bedrooms quiet, dark, and a comfortable temperature.



Remove electronic devices from the bedroom.



Avoid large meals and caffeine before bedtime.



Make sure kids are active during the day so they can fall asleep at night.



Model good sleep behaviors for kids.

Learn more about good sleep habits at www.cdc.gov/sleep.



Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion

NATIONAL CENTER FOR CHRONIC DISEASE PREVENTION AND HEALTH PROMOTION
@CDCChronic | www.cdc.gov/chronicdisease



Alpine County USD
ELEMENTARY BREAKFAST K-8
HHFKA - K-8
DIAMOND VALLEY ELEMENTARY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 3 FRENCH TOAST SAUSAGE CEREAL STRAWBERRIES MILK	Dec - 4 SCRAMBLED EGGS TOAST CEREAL ORANGES MILK	Dec - 5 WAFFLE W/ SAUSAGE CEREAL PEACHES MILK	Dec - 6 CINNAMON ROLLS CEREAL APPLESAUCE MILK	Dec - 7 OMELET HASHBROWNS CEREAL FRESH FRUIT MILK
Dec - 10 YOGURT W/GRANOLA MUFFIN BLUEBERRIES,Fresh CEREAL MILK	Dec - 11 BREAKFAST SANDWICH CEREAL APPLESAUCE MILK	Dec - 12 BISCUITS AND GRAVY SAUSAGE CEREAL MIXED FRUIT MILK	Dec - 13 CINNAMON ROLLS CEREAL APRICOTS MILK	Dec - 14 PEACH COBBLER CEREAL PEACHES MILK
Dec - 17 HAWK OATMEAL ENGLISH MUFFIN CEREAL BANANA MILK	Dec - 18 FRENCH TOAST SAUSAGE CEREAL APRICOTS MILK	Dec - 19 HARD BOILED EGG TOAST CEREAL FRESH FRUIT MILK	Dec - 20 CINNAMON ROLLS CEREAL APPLESAUCE MILK	Dec - 21 APPLE CRISP WHIPPED TOPPING CEREAL PEACHES MILK
Dec - 24 HOLIDAY	Dec - 25 MERRY CHRISTMAS	Dec - 26 CHRISTMAS HOLIDAYS	Dec - 27 CHRISTMAS HOLIDAYS	Dec - 28 CHRISTMAS HOLIDAYS
Dec - 31 CHRISTMAS HOLIDAYS				

DECEMBER BREAKFAST MENU

Menu Subject To Change Without Notice.

The USDA and the CDE are equal opportunity providers and employers.



N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.
^ - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for any does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Alpine County USD
ELEMENTARY LUNCH K-8
HHFKA - K-12



Aug 7, 2018

DIAMOND VALLEY ELEMENTARY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 3 MACARONI AND CHEESE(NEW) BROCCOLI, steamed ROLLS (YEAST) PEACHES MILK	Dec - 4 BEEF BURRITO MEXICAN RICE REFRIED BEANS CELERY STICKS PEARS MILK	Dec - 5 SPAGHETTI & MEAT SC. BREADSTICKS SALAD, TOSSED CUCUMBER, RAW FRESH FRUIT MILK	Dec - 6 CHICKEN NUGGETS SWEET POTATO FRIES GREEN BEAN/CARROTS MIXED FRUIT MILK	Dec - 7 CHEESEBURGERS LETTUCE&TOMATO TATER TOTS CARROT STICKS FRESH FRUIT MILK
Dec - 10 GRILLED CHEESE VEGETABLE SOUP CELERY STICKS APRICOTS MILK	Dec - 11 TERIYAKI CHICKEN W/RICE WHOLE WHEAT ROLL CARROTS PINEAPPLE CHUNKS MILK	Dec - 12 CORN DOG MACARONI SALAD CUCUMBER, RAW MANDARIN ORG. MILK	Dec - 13 GROUND BEEF STROGANOFF WHOLE WHEAT ROLL GREEN BEANS ORANGES MILK	Dec - 14 CHICKEN SANDWICH LETTUCE&TOMATO FRENCH FRIES CUCUMBER, RAW PINEAPPLE CHUNKS MILK
Dec - 17 ROTINI ITALIANO BREADSTICKS ZUCCHINI SQUASH SALAD, TOSSED ORANGES MILK	Dec - 18 Turkey Sandwich On Wheat SUN CHIPS CARROT-RAISIN SALAD APPLE SAUCE MILK	Dec - 19 CHILI BEANS/CHEESE MUFFIN CELERY STICKS MIXED FRUIT MILK	Dec - 20 ZOMBIE CHICKEN MASHED POTATOES BROCCOLI, steamed ORANGES MILK	Dec - 21 CHILI DOG TATER TOTS CARROT STICKS PEARS MILK
Dec - 24 HOLIDAY	Dec - 25 MERRY CHRISTMAS	Dec - 26 CHRISTMAS HOLIDAYS	Dec - 27 CHRISTMAS HOLIDAYS	Dec - 28 CHRISTMAS HOLIDAYS
Dec - 31 CHRISTMAS HOLIDAYS				

DECEMBER LUNCH MENU

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SOS Outreach Learn to Ride Program Sundays at Kirkwood

Here at SOS Outreach, we help youth gear up for life. Grounded in outdoor experiences, our program ignites a passion for adventure, inspires the courage to try something new, and instills lifelong lessons and skills in youth. It starts with gearing up for all the mountains have to offer, but in these moments we're not just teaching them to snowboard, ski, hike, and camp. Youth learn to connect with their peers, mentors and community, all of which help them discover an unknown side of themselves. Our goal is to inspire youth with a sense of purpose, ultimately preparing them with the unique skills and strengths to contribute to the world beyond themselves. Our Learn to ride program is a 5 day snowsport program that uses the SOS Core Values: Courage, Discipline, Integrity, Wisdom, Compassion, and Humility along with skiing and snowboarding. It includes equipment, snow clothes, lift tickets, and instructor all for \$85.00.

On Mountain Program Dates: Sunday's at Kirkwood Mountain out of Timber Creek Base Area, Meeting in the cafeteria.

Day 1- January 27- Courage
Day 2- February 3- Discipline
Day 3- February 10 - Integrity
Day 4- February 24- Wisdom
Day 5- March 3- Compassion

Come ready each day with a definition or example of that days' core value displayed on paper and be ready to share and talk about it with the group. Be creative with your core value explanations, they can be a written definition, a newspaper or magazine article, a picture, song lyrics, or anything else that is an example of the days value. Just make sure it is on paper and you are able to explain what it means to the group.

⊛ **Drop Off Time:** 8:30am **Pick Up Time:** 3:30pm **Please be on time!**

Remember all youth need to attend all 5 days with day 1 on January 27th being mandatory. Youth are allowed one excused absence if they are sick, out of town, or have any kind of emergency as long as it is communicated to their coordinator or an SOS staff.

⊛ **Lunch:** BRING YOUR OWN HEALTHY LUNCH or money to buy a HEALTHY lunch. Food at the resort is not cheap and youth will need about \$15.00 to purchase lunch on the mountain. Staff will also be helping you make healthy decisions for lunch so they are not eating foods that will not fuel them for a day of snowsports.

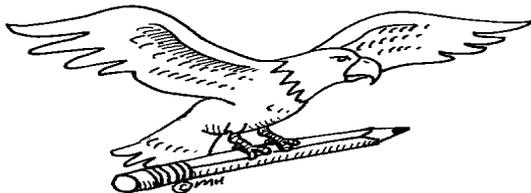
⊛ **Please leave all electronic at home.** If you have a cell phone it should remain off and away for the day. Drop off and pick up times are the same every day. Youth should not need to be making phone calls. They can be used for emergencies only.

If you want more information about SOS please contact Theresa Papandrea with **SOS Outreach** at 530-918-4096 or email her at tpapandrea@sosoutreach.org or speak with the Teacher Coordinator - Jordan Wolf.



No Hitting, Please

We have had an issue of young students hitting adults (teachers, aides, secretary, other staff,) who are either working with the student or assisting the student to "reset" his/her behavior. ***Hitting is not allowed at school.*** If your child hits an adult, he/she will be removed from the classroom/playground and a phone call will be made to the parent/guardian to come and take the child home for the remainder of the day. We must model and teach our children to be respectful everyday. Your cooperation in this matter is appreciated.



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