

Diamond Digest

Diamond Valley Elementary School

Message from the Principal, Eleanor Moore

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

Issue 9
May/June 2019

Hello HAWK Families,

The end of the school year is 6 short weeks away as well as my time as your interim principal. I thank you all for the opportunity to serve our students, staff, and school community and have enjoyed my role as interim principal. As we get to this time of year, I always find myself reflecting back on how quickly the year has passed and all the wonderful things our students have accomplished. I would like to give a big shout out to all of our staff, students, and families for another great year.

May is a very busy month at DVE including our state testing windows:

- The Physical Fitness Testing will be completed by May 6th grades 5th & 7th
- The week of May 6th – 10th ELA Smarter Balance tests grades 3rd – 8th
- The week of May 13th – 17th Math Smarter Balance tests grades 3rd – 8th
- The California Science test will be on May 16th grades 5th & 8th
- The week of May 13th – 17th MAP testing grades K – 2nd
- The week of May 20th – 24th All make-ups will be completed and STAR Reading & Math grades 2nd – 8th

Please note that not every day will every student be being tested. These are our testing timeframes inclusive. We ask you to help your child be ready for testing by:

- Talking about the test with your child to help them not be scared or anxious.
- Telling your child that you and their teacher expect them to try their best.
- Making sure your child gets a good night's sleep each night and a nutritious breakfast.

Other activities on our calendar to take note of through the end of the school year:

- May 10th Kinder Round-up at ELC 9 am
- May 14th Track Championship Meet for 6th – 8th at Carson HS

Alpine County Unified School District

Vision Statement

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

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March HAWKs of the Month

	Kindergarten
Maximus Decker-Christensen	1st grade
Elliot Knapp	2nd grade
Anthonee Washam	3rd grade
Jakovee Horse Berreman	4th grade
Hailey Aros	5th grade
Callen Broadhurst	6th grade
Allen Baker	7th grade
Cora Rice	8th grade



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Message from the Principal, Continued

- May 16th Guest Speaker, LoVina Louie at 12:15pm, community welcome to attend and Spring Showcase at DVE 5:00pm
- May 23rd HAWK breakfast 7:45am
- May 28th Fifth Grade Field Trip
- May 28th – 31st Sixth Grade Science Trip
- June 4th Block DV Awards 5:00pm
- June 7th Eighth grade promotion 5:00pm
- June 10th Last Day of School Bike-a-Thon and minimum day release 1:05pm

We look forward to seeing you at our end of the year activities!



Kindergarten Screening and Registration

Any child who will be five years old by September 1, 2019, is eligible to enter kindergarten in the fall and must participate in the screening and registration process. Children are eligible for transitional kindergarten if their fifth birthday falls between September 2nd and December 2nd, 2019 (inclusive). Transitional kindergarten is the first of a two-year kindergarten program that provides an age and developmentally appropriate curriculum. The kindergarten teacher and school nurse will conduct registration.

Registration for the 2019-2020 school year will be held:

Friday, May 10, 2019 at the Alpine Early Learning Center, 100 Foothill Rd., Markleeville, CA. The first screening/registration appointment will be at 9:00am. Please call Diamond Valley Elementary School at 694-2238 to schedule an appointment.

Please bring the following required information at the time of registration for the child you are enrolling in school:

1. Birth Certificate
2. Immunization Record
3. Name and address of family physician and dentist

Please bring your child with you. During the registration process, your child will be given screening activities and surveys. You will be required to fill out registration forms and talk with the kindergarten teacher and other support staff.

A "Report of Health Examination for School Entry" is required by California law. At registration, you will receive this form for completion by the medical provider of your choice. You may call the Alpine County Health Department at 694-2146, the Washoe Tribal Health Clinic at (775) 265-4215, or your own family physician to set up an appointment. You will also receive an "Oral Health Assessment" form to be completed by a dental provider.

Please note: All immunization documentation must be completed and turned in to the school office before your child starts school on the first day or he/she will be sent home.

We are looking forward to seeing you and your new kindergartner at our Screening and Registration! Please call Diamond Valley Elementary School at 694-2238 to set up an appointment.

Thank you for your interest in your child's education!

"Tools for the Parenting Toolbox" from Live Violence Free

Helping Our Children Work through BIG Emotions

Take a minute and think about the last time you had an extreme emotional reaction to something. Where did you feel it in your body? What was the first clue you had that you were reacting to a situation? Recognizing when we are starting to experience emotional distress is something adults have learned throughout our lifetimes. We learn the best ways we can cope with those feeling through trial and error. For some people counting to 10 is the best way to calm their minds. Others might talk to a friend or partner and some might go on a walk. Everyone has discovered the different coping skills they can use when they are feeling emotionally triggered.

Most of our children have not discovered the best ways to calm their bodies and mind. They begin to feel overwhelming feelings and sensation in their bodies and react the best way they know how. We see it as a temper tantrum or a meltdown. As important and safe adults in their lives, it is important for us to talk with our children about different ways they can handle these feelings. Instead of looking at a meltdown as something that needs to be punished, look at it as an opportunity to teach new ways to work through their big feelings. If your child throws things or paces when they get upset, ask them if they would like to go on a walk with you or do some jumping jacks to help motor off their energy. If your child begins to yell, scream, and call names, try validating their feelings. Statements such as "Wow, you are really angry and hurt right now," is a great way to help your child recognize what they are feeling and bring their emotions back down. Once your child has calmed down, talk to them about what has happened. Starting the conversation with "It is not okay to throw things when you are upset. We need to work together to find a way to help calm your body before you get that angry," will help your child understand the emotions they are feeling are okay, their reactions to those emotions are not. Help and support your child discover the coping skills that work best for them. Practice these different skills with your child when they are calm. When you recognize your child is starting to escalate gently suggest "it looks like you are starting to get upset, do you think taking 5 deep breaths will help calm your body?" With practice and patience, you can help your child successfully work through their big emotions.

If you are feeling like you may need parenting support, please contact Live Violence Free at 530-694-1853.

Important Dates to Remember

- May 2** → Track Meet—3:00pm—Carson Middle School
- May 8** → Track Meet—3:00pm—Carson Middle School
- May 10** → Kindergarten Round Up—9:00am—Alpine Early Learning Center
- May 10** → Spring Cleanup—3:00-4:45pm—DVES Grounds
- May 12** → Mother's Day
- May 14** → Track Championship—1:00pm—Carson High School
- May 14** → Board Meeting—4:30pm—Administrative Annex
- May 15** → ELP Field Trip—2:00-4:45pm—Grover Hot Springs
- May 16** → LoVina Louie, Guest Speaker—12:15pm—DVES Gym
- May 16** → Spring Showcase—5:00-6:30pm—DVES—**MINIMUM DAY**
- May 20** → Alpine Parents' Group Meeting—5:30pm—Mad Dog Cafe
- May 23** → HAWK Breakfast—7:45am—DVES
- May 27** → Memorial Day—**NO SCHOOL**
- May 28** → 5th Grade Field Trip—8:30am-2:30pm—Animal Ark in Reno
- May 28-31** → 6th Grade Science Trip—Great Basin Outdoor School
- June 4** → Block DV Awards—5:00pm—DVES
- June 7** → 8th Grade Promotion—5:00pm—DVES
- June 10** → HAWK Assembly—8:45am—DVES Gym
- June 10** → Bike-a-Thon and Picnic—beginning at 10:00am—DVES
- June 10** → Last Day of School—**MINIMUM DAY**
- June 11** → Board Meeting—4:30pm—Administrative Annex
- August 12** → First Day of 2019-2020 School Year



Serious Health Concerns: E-Cigarettes & Youth

Flavors

Youth-friendly flavors are a primary draw of e-cigarettes.

In a CDC/FDA survey, a third (31%) of middle and high school students cited the availability of flavors, such as mint, candy, fruit, or chocolate, as a reason for e-cigarette use.

Many kids incorrectly think they are only vaping flavor.

A majority of youth surveyed in 2016 thought they were just vaping flavor. "Yet 99% of e-cigarettes sold in U.S. convenience stores, supermarkets and similar outlets in 2015 contained nicotine, according to a CDC report." Further, a Truth Initiative® study found that 63% of Juul users 15 to 24 years old did not know that the product always contains nicotine.

Brain Development

Teens' developing brains are uniquely susceptible to the effects of nicotine.

"The teen years are critical for brain development, which continues into young adulthood.... Because nicotine affects the development of the brain's reward system, continued e-cigarette use can not only lead to nicotine addiction, but it also can make other drugs such as cocaine and methamphetamine more pleasurable to a teen's developing brain. Nicotine also affects the development of brain circuits that control attention and learning.

"Other risks include mood disorders and permanent problems with impulse control—failure to fight an urge or impulse that may harm oneself or others."

National Institute on Drug Abuse, "Electronic Cigarettes (E-cigarettes)" (March 2018)

Toxicity

Potentially harmful chemicals found in e-cigarettes

"Potentially harmful constituents ... have been documented in some e-cigarette cartridges, including irritants, genotoxins, and animal carcinogens.

"There is also evidence that adjusting the heating element to higher ranges converts the propylene glycol and vegetable glycerin to formaldehyde and acetaldehyde. Both of those chemicals are suspected to be carcinogenic specifically when inhaled into the lungs."

Centers for Disease Control, "Notes From the Field: Electronic Cigarette Use Among Middle and High School Students - United States, 2011-2012" (2013)

ACUSD prohibits smoking and/or the use of tobacco products [including electronic smoking devices] at any time in district-owned or leased buildings, on district property, and in district vehicles. (BP 3513.3, HSC 104420, 104559)

Get Your Bike Ready for the Bike-A-Thon!



Dust off your bike & Join us for
Bike Fix-It Wednesday!

Wednesday May 22, 2019 2-4pm

@ Hung-A-Lel Ti Firehouse

Diamond Valley School Bike-A-Thon 2019!
Monday June 10, 10am-1pm Last Day of School!

Let's Get Pedaling! Bike to School!

DVS students can bike to & from school May 24, 29 & June 4,
arrive 7:15am at Hung-A-Lel ti Firehouse, must wear helmet.



Contact Amy Broadhurst for more info 694-
1320 or abroadhurst@alpinecountyca.gov

"Bike Fix It Event" proudly sponsored by ACBHS, Alpine Parents Group & Community Volunteers

ACUSD & DVES do not endorse any advertised products or services listed in this flyer.



Last Day of School Events at Diamond Valley School

Monday, June 10, 2019

- ✿ 8:15-8:45am: Bike-A-Thon wrist band distribution to classrooms
- ✿ 8:45-9:45am: Final HAWK Assembly in DVES gym
- ✿ Set up for the **Bike-A-Thon** and **Bike Rodeo**. Begin lunch set-up.
- ✿ 10:00am-Noon: 8K Bike-A-Thon from DVES to Hung-A-Lel-Ti and back. Half ride is also available to the mid-point Aid Station and back.
- ✿ 10:00am: The Bike Rodeo by CHP for students in 1st & 2nd Grade on the Playground blacktop area
- ✿ 10:30am: The Bike Rodeo by CHP for students in Preschool and Kindergarten
- ✿ 10:00am-Noon: Alpine County Health & Wellness Coalition fun activities on the upper field
- ✿ 11:30am-1:00pm: BBQ Potluck Lunch at DVES for students, families and agency participants will be held on the front lawn
- ✿ 12:15pm: **Bike Raffle** for DVES & Alpine County Preschool kids

Student Classrooms will be assigned dishes to bring for the potluck.
Agencies and Community members please bring a salad, fruit,
or side dish to share. Dessert will be provided.


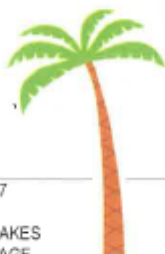













**DONATIONS FOR BICYCLES WERE MADE BY COUNTY AGENCIES,
BUSINESSES, AND INDIVIDUALS. THANK YOU!!!**

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

Apr 25, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		May - 1 HARD BOILED EGG HAM SLICES HASHBROWNS CEREAL FRESH FRUIT MILK	May - 2 RASPBERRY CHURROS SAUSAGE CEREAL ORANGES MILK	May - 3 WAFFLE W/ SAUSAGE CEREAL STRAWBERRIES MILK
May - 6 YOGURT W/GRANOLA MUFFIN CEREAL BLUEBERRIES, Fresh MILK	May - 7 PANCAKES SAUSAGE CEREAL FRESH FRUIT MILK	May - 8 HARD BOILED EGG HAM SLICES HASHBROWNS TOAST CEREAL FRESH FRUIT MILK	May - 9 SAUSAGE*PANCAKE CEREAL APPLESAUCE MILK 	May - 10 APPLE CRISP SAUSAGE CEREAL FRESH FRUIT MILK
May - 13 BISCUITS AND GRAVY CEREAL FRESH FRUIT MILK	May - 14 OMELET HASHBROWNS TOAST CEREAL MIXED FRUIT MILK	May - 15 PANCAKES SAUSAGE CEREAL STRAWBERRIES MILK 	May - 16 SCRAMBLED EGGS HASHBROWNS TOAST CEREAL PEACHES MILK	May - 17 WAFFLE W/ SAUSAGE CEREAL FRESH FRUIT MILK
May - 20 YOGURT W/GRANOLA MUFFIN CEREAL FRESH FRUIT MILK	May - 21 FRIED EGG PATTY SAUSAGE HASHBROWNS CEREAL PEARS MILK	May - 22 PANCAKES SAUSAGE CEREAL PEACHES MILK	May - 23 CEREAL STRAWBERRIES MILK	May - 24 APPLE CRISP SAUSAGE CEREAL STRAWBERRIES MILK
May - 27 HOLIDAY 	May - 28 BISCUITS AND GRAVY SAUSAGE CEREAL MANDARIN ORG. MILK	May - 29 FRENCH TOAST SAUSAGE PEACHES MILK 	May - 30 BREAKFAST SANDWICH HASHBROWNS CEREAL FRESH FRUIT MILK 	May - 31 WAFFLE W/ SAUSAGE CEREAL STRAWBERRIES MILK

Monday	Tuesday	Wednesday	Thursday	Friday
Jun - 3 YOGURT W/GRANOLA GRAHAM CRACKER CEREAL FRESH FRUIT MILK	Jun - 4 SAUSAGE*PANCAKE CEREAL FRESH FRUIT MILK	Jun - 5 FRIED EGG PATTY HAM SLICES TOAST CEREAL FRESH FRUIT MILK 	Jun - 6 APPLE CRISP SAUSAGE CEREAL APPLESAUCE MILK	Jun - 7 FRENCH TOAST SAUSAGE CEREAL STRAWBERRIES MILK
Jun - 10 YOGURT W/GRANOLA MUFFIN CEREAL BLUEBERRIES, Fresh MILK 	Jun - 11 SUMMER VACATION!!! 	Jun - 12 SUMMER VACATION!!! 	Jun - 13 SUMMER VACATION!!! 	Jun - 14 SUMMER VACATION!!!  Sweet SUMMER

JUNE MENU

Menu Subject To Change Without Notice.

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

Apr 26, 21

DIAMOND VALLEY ELEMENTARY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		May - 1 SALAMI SUBS SUN CHIPS COLESLAW FRESH FRUIT MILK	May - 2 SPAGHETTI & MEAT SC, BREADSTICKS SALAD, TOSSED CARROTS PEARS MILK	 May - 3 PIZZA SALAD, TOSSED CELERY STICKS PINEAPPLE CHUNKS MILK
May - 6 VEGETABLE LASAGNA BREADSTICKS ZUCCHINI SQUASH ORANGES MILK	May - 7 CHICKEN TACO CHILI BEANS CORN PEACHES MILK	May - 8 HOT DOG CHILI CON CARNE W/ BEANS CARROT STICKS FRESH FRUIT MILK	May - 9 TURKEY SANDWICH SUN CHIPS COLESLAW CARROT STICKS FRESH FRUIT MILK	May - 10 PIZZA SALAD, TOSSED CELERY STICKS PINEAPPLE CHUNKS MILK
May - 13 ENCHILADAS MEXICAN RICE CELERY STICKS BANANA MILK	May - 14 PULLED PORK SANDWICH SUN CHIPS COLESLAW PEACHES MILK	May - 15 CHICKEN NUGGETS TATER TOTS CARROT STICKS PEARS MILK 	May - 16 GROUND BEEF STROGANOFF NOODLES/GRAVY BREADSTICKS APPLE SLICES CORN MILK	May - 17 PIZZA SALAD, TOSSED CELERY STICKS PINEAPPLE CHUNKS MILK 
May - 20 FISH STICKS ROLLS (YEAST) FRENCH FRIES GREEN BEANS PEACHES MILK	May - 21 TERIYAKI CHICKEN WRICE MUFFIN BROCCOLI FLORETS MANDARIN ORG. MILK	May - 22 CORN DOG POTATO SALAD CELERY STICKS MIXED FRUIT MILK	May - 23 SLOPPY JOES TATER TOTS CORN CANTALOUPE MILK	May - 24 PIZZA SALAD, TOSSED CARROT STICKS PINEAPPLE CHUNKS MILK 
May - 27 HOLIDAY 	May - 28 TURKEY SUB SUN CHIPS CARROT STICKS FRESH FRUIT MILK	May - 29 CHICKEN SANDWICH SWEET POTATO FRIES CUCUMBERS PEACHES MILK	May - 30 SB&J on Wheat Bread SUN CHIPS CELERY STICKS FRESH FRUIT MILK	May - 31 PIZZA SALAD, TOSSED CARROT STICKS PINEAPPLE CHUNKS MILK

MAY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Jun - 3 BURRITO, BEAN MEXICAN RICE CORN PEARS MILK	Jun - 4 SALAMI SUBS SUN CHIPS COLESLAW MIXED FRUIT MILK	Jun - 5 CORN DOG TATER TOTS CELERY STICKS PEACHES MILK	Jun - 6 NACHOS CHILI BEANS CORN PEARS MILK	Jun - 7 PIZZA SALAD, TOSSED CARROT STICKS PINEAPPLE CHUNKS MILK
Jun - 10 LAST DAY OF SCHOOL BBQ 	Jun - 11 SUMMER VACATION!!!	Jun - 12 	Jun - 13 SUMMER VACATION!!!	Jun - 14 SUMMER VACATION!!!

JUNE MENU

Menu Subject To Change Without Notice.



Camp Sunrise is a FREE grief camp designed for children age 7 – 14 that have experienced the death of a family member. Children receive grief education and support through a variety of fun-filled activities and programs.

To receive a registration form or volunteer application for this year's camp, please call the Barton Hospice office at (530) 543-5581, pick up the form at the Hospice office at 2092 Lake Tahoe Blvd., Ste. 500, South Lake Tahoe, CA 96150 or go online at www.bartonhealth.org/events.

Camper participation applications must be completed and returned to the Hospice office by Friday, July 12.



Entry to the camp is subject to an interview with a camp counselor. Interviews will be scheduled after receipt of a completed registration form. Residents of the South Lake Tahoe, Minden, Gardnerville, Markleeville and Carson Valley/City areas may apply.

Ice Cream Social

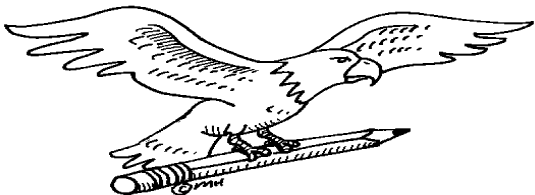


Where: Diamond Valley Elementary

When: 5:00-6:00pm

Why: Raising money for DVS Kettle Leadership

There will be chocolate, mint, cookie dough, cookies and cream, vanilla, sherbet for the choices. Bowls with one scoop and no toppings are 3 dollars and with topping are 4 dollars. We also have a family pack which is 10 dollars and that includes 3 bowls of ice cream with toppings. We will also have root beer or sprite floats for 4 dollars. There will be 9 different toppings to choose from. Come to Spring Showcase on May 16th to get yourself a bowl of ice cream or a float.



Diamond Valley Elementary School
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Markleeville, CA 96120
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HAPPY
SUMMER