



Breakfast with the Pastor & the Principal

*Why begin the October 6th
Marathon for Catholic Schools on an
empty stomach?*

Join Mrs. Bona and Father James Peterson
in the school cafeteria for a specially prepared
warm breakfast for \$5.00 per person at
8:00 a.m., October 6th, and then
be ready to walk or ride for
Catholic Education!

Please send in \$5.00 with your child to reserve
their spot.

Fr. James and Mrs. Bona will gladly serve each
of you a warm breakfast prepared by our
wonderful volunteers!

Report to PARENTS

Prep for Emergencies

School safety has recently been at the forefront of everyone's minds. Schools have emergency plans to keep students safe from threats of violence or natural disasters—and your family should, too. Preparation is key to ensure that you and your family members can react quickly and calmly if a serious threat arises. Take these steps to ensure your family is prepared for emergencies.

Talk it out. Discuss, in an age-appropriate way, the emergencies your family might encounter, including the natural disasters your area may be susceptible to. You may be reluctant to talk about emergencies with your children because you don't want to alarm them. But discussing situations ahead of time will not only help your children know what to do, it will also help them cope with the stress if something does happen.

Know your school's plan. Every school should have an emergency plan in place. Make sure you and your child know what students should do and how parents will be notified of a crisis.

Memorize the essentials. Make sure your children know their full name, address, phone number, and parents' full names. Kindergarteners should have this memorized before their first day of school.

Know the numbers. Teach your children how to dial 911, but stress that they should only do so in case of an emergency. Post a list in your kitchen of home, cell, and work numbers for parents, caregivers, and trusted neighbors. Give copies to teachers and the school office, childcare providers, and other emergency contacts.

Make a plan. Create your family's escape plan to be used in case of a fire or other home emergency. Establish a meeting place outside your home, and make sure to devise a secondary plan in case the first exit is blocked or unsafe. In your plan, address the needs of pets and any family members who need extra assistance.

Practice the plan. Conduct fire drills and emergency evacuation drills. Teach older children how to use a fire

extinguisher, or sign them up for a first-aid class. Quiz your family members every six months to make sure they remember what to do.



Build a disaster kit. Make sure you have a stocked first-aid kit at home, and gather the supplies for an emergency kit, including water, nonperishable food, a flashlight, medicines, and batteries.

Check your equipment. Make sure your home's smoke detectors are always in working order and that your fire extinguishers have not passed their expiration date and are easily accessible. Buy drop-down window ladders if your apartment or bedrooms are not on the first floor.

Web Resources

Use **Ready.gov's** disaster supply list to stock your kit.
www.ready.gov/kit

Learn facts about specific types of emergencies on the **Centers for Disease Control and Prevention's** emergency page.
www.emergency.cdc.gov/planning/

The American Red Cross has checklists for every type of disaster (in a variety of languages).
www.redcross.org/prepare/disaster-safety-library



Cómo Prepararse Para una Emergencia

La seguridad escolar ha estado a la vanguardia de la mente de todos. Las escuelas tienen planes de emergencia para mantener a los alumnos seguros de las amenazas de violencia o desastres naturales—y su familia debería también tener un plan. La preparación es la clave para asegurar que usted y los miembros de su familia puedan reaccionar rápida y calmadamente si ocurre una amenaza. Tome los siguientes pasos para asegurar que su familia este preparada para las emergencias.

Converse con sus niños. Converse de una manera apropiada para la edad de sus niños, acerca de algunas emergencias que podría enfrentar su familia, incluyendo los desastres naturales que podrían afectar su localidad. Aunque usted este poco dispuesta a discutir posibles emergencias para que no alarmar a sus niños, discutir estas posibles situaciones antemano ayudará a sus niños a saber lo que deben hacer y a tratar con el estrés si algo llega a ocurrir.

Conozca el plan de su escuela. Cada escuela debe tener un plan de emergencia. Asegúrese de que usted y su niño sepan lo que deben hacer los alumnos y como serán notificados los padres de una crisis.

Memorizarse los datos esenciales. Asegúrese de que sus niños se aprendan de memoria su nombre completo, dirección y los nombres de sus padres. Los niños en edad de jardín infantil deben aprenderse esto antes del primer día de escuela.

Conozca los números. Enséñele a sus niños a marcar el 911, pero enfáticeles que lo deben hacer sólo en caso de una emergencia. Ponga en la cocina una lista con los números de teléfono, celular y trabajo de los padres, proveedores de cuidado infantil y vecinos de confianza. Déle copias de esta lista a los maestros y la oficina escolar, a los proveedores de cuidado infantil, y otros contactos de emergencia.

Haga un plan de emergencia para su hogar. Haga un plan de escape para usar en caso de un incendio u otra emergencia que pueda ocurrir en casa. Establezca un lugar para que la familia se reúna afuera de la casa y asegúrese de formular un plan secundario en caso de que la primera salida este bloqueada o insegura. Discuta en su plan, las necesidades de los mascotas y cualquier miembro de la familia que pueda necesitar ayuda adicional.

Practique el plan. Conduzca simulacros de incendio y evacuaciones de emergencia. Enséñele a los niños mayores como usar el extintor de fuego o inscríbalos para seguir un curso de primeros auxilios. Practique con su familia cada seis meses para que se acuerden lo que deben hacer.

Haga un botiquín para desastres. Asegúrese de que mantenga un botiquín de primeros auxilios en casa y reúna suministros para un conjunto de emergencia, incluyendo agua, comestibles de larga duración, una linterna, medicinas, y baterías.

Revise su equipo. Asegúrese de que los detectores de humo en su casa siempre estén trabajando bien y que no se haya pasado la fecha

de vencimiento de los extintores de fuego, y que éstos sean fácilmente accesibles. Si su apartamento o dormitorios no están en el primer piso, compre escaleras para usar en las ventanas.



Recursos en la Web

Use la siguiente lista de **Ready.gov** para preparar su equipo.
www.ready.gov/translations/spanish/america/getakit/

Aprenda los datos sobre emergencias específicas en la página de emergencia de los **Centers for Disease Control and Prevention**.
emergency.cdc.gov/planning

American Red Cross tiene listas de control para cada tipo de desastre (en una variedad de idiomas, incluyendo español).
redcross.org/cruz-roja/prepare



Return October 26, 2018



SCHOOLS WITHOUT BOX TOPS ARE DOWNRIGHT SCARY!

Thank you for helping! Clipped Box Tops are each worth 10¢ for your child's school. Bonus certificates should not be attached to this sheet - please submit them separately. To see more ways to earn cash for your child's school, go to BTFE.com. See more collection sheets at BTFE.com/collectionsheets.

Name: _____

Grade/Teacher: _____

Reading Connection

Tips for Reading Success

Beginning Edition

Immaculate Conception School
Mrs. Jane Bona, Principal

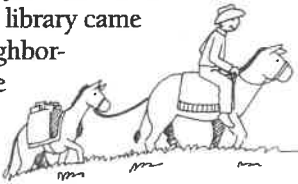
Book Picks



Read-aloud favorites

■ *Biblioburro: A True Story from Colombia* (Jeanette Winter)

What if the library came to your neighborhood on the back of a donkey?



This is the true story of a Colombian school-teacher's traveling library that brought books to children in remote villages. (Also available in Spanish.)

■ *Dragons Love Tacos* (Adam Rubin)

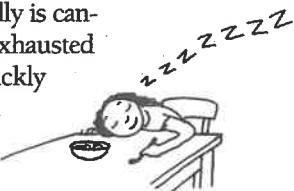
When a little boy discovers that dragons like to eat tacos, he decides to host a taco party for them. But if a fire-breathing dragon accidentally gets a bite of spicy salsa, look out! A silly story about a dragon party that turns into a disaster.



■ *Just a Second* (Steve Jenkins)

In just a single second, a bumblebee flaps its wings 100 times and the earth travels 18½ miles. This nonfiction book will help your child think about time in fascinating ways. She'll also discover different methods of measuring time.

■ *Bedtime Is Canceled* (Cece Meng)
Maggie and her brother write their parents an official-looking note: "Bedtime is canceled." Somehow, the note blows out the window, lands in a newspaper office, and ends up in a headline. Soon, bedtime really is canceled, and exhausted children quickly discover the importance of sleep.



Time for a story

Want to spend time with your youngster, build her reading skills, and help her learn to love books? You can do all three when you read aloud. Here are suggestions.

Read regularly

Try to read to your child every day. You might aim for 10–15 minutes of bedtime reading for a peaceful end to the day. Bring along a book, and read to her during a sibling's sports practice. Or curl up together with a book when you get home from work.



Take turns choosing books

Your youngster may want to hear old favorites again and again. Use your turn for new titles and variety, such as nonfiction or poetry.

Let her participate

Ask your child to turn the pages while you read. Also, she can finish sentences that rhyme or fill in words she knows. Go slowly so she has time to understand

the story and look at the illustrations. She'll enjoy read-aloud time more if she plays an active role.

Be playful

You can use different voices for different characters (a high, squeaky voice for a mouse or a deep, booming voice for a horse). Or substitute your youngster's name for the main character's name, and use family members' names for other characters.

Note: You don't have to be an expert reader—your child will love it when you read aloud because it's you.♥

Writing that makes sense

As your child first learns to write, his stories may not always make sense to others. Help his writing flow logically with these two ideas.

1. Even if your youngster isn't writing sentences yet, he can tell you stories. As he describes the new class pet or something funny that happened at lunch, you can jot down his tale. He'll practice relating events in a logical order, and that can help when he puts his thoughts and ideas down on paper himself.

2. Let your child read his stories to you. Ask questions to encourage him to add information ("What did you do with your friends at recess?") or to clear up a confusing part ("Who said, 'Let's go home'—you or your brother?").♥



Spot the details

What is an archaeologist? What do bears eat? Nonfiction books have the answers—and if your child reads carefully, he will find them. The following suggestions can help him read for details and boost his comprehension.

Read around the text. The pages of many nonfiction books are covered with “extras” that stories don’t have (headings, photo captions, an index, a glossary). Point out these features. Then, ask your youngster what questions he has about the topic that the book might answer. Say he’s reading *Archaeologists Dig for Clues* by Kate Duke. He might



think, “What tools do archaeologists use?” or “What are fossils?” Help him read the book, and see how many answers he can find.

Pair fiction with nonfiction.

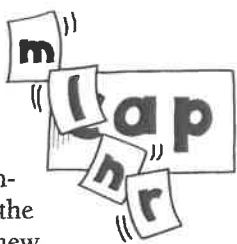
Together, read a story like *Goldilocks and the Three Bears* (James Marshall) followed by a nonfiction book such as *Bears* (Deborah Hodge). As you read the second book, encourage your child to look for ways that real bears are different from the fictional ones. For example, he might say that real bears eat things like grass, berries, fish, and insects, while the three bears eat porridge.♥

Fun with Words

Wonderful wordplay

Use these activities to build your child’s phonemic awareness—her ability to hear sounds in words:

- ◆ Choose a three-letter word, such as *cap*. Have your youngster substitute different beginning sounds from the alphabet to make new words (*lap*, *map*, *nap*, *rap*, *sap*, *tap*, *zap*). How many can she think of?
- ◆ Pick a long word, and tell her to clap once as she says each syllable. For *mozzarella*, she would clap four times: *moz-za-rel-la*.



Vocabulary boosters

A large vocabulary can turn your child into a better reader and writer. Try these everyday ways to help her learn new words.

Keep your ears open

When you and your youngster go places, point out words that people use. Maybe a waiter describes an *entree* or the dentist talks about *molars*. Encourage your child to figure out what the words mean by the way they’re used.

Go beyond nouns

Help your youngster add adjectives and verbs to her vocabulary. Sports and games offer opportunities to use action words. Let your child hear you comment on the softball that *soars* or the runner who *sprints*. When she sends thank-you notes or greeting cards, suggest descriptive words (a *polka-dotted* shirt, a *fantastic* birthday).♥



Parent to Parent

A journal-writing tradition

My grandson Keith saw me writing in my journal and asked what I was doing. I explained that my grandfather got me started writing in a journal when I was a little boy. Keith said he wanted to start a journal, too, so I gave him a notebook.

He asked me what he should write about. I told him that I use my journal mostly to store

memories, but he can do whatever he wants—even draw pictures. He decided to sketch the two of us writing together in our journals, and he had me help him write a sentence about his picture.

Keith has stuck with his journal for a couple of weeks already. Now when he comes to my house, he can’t wait to share what he has written and drawn.♥



OUR PURPOSE

To provide busy parents with practical ways to promote their children’s reading, writing, and language skills.

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