

# Roosevelt

# October 2, 2009



# Roughriders

A newsletter for the parents and students of Roosevelt Elementary School  
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Mesa, AZ 85202  
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## Calendar of Events

Oct 6—PTO 3:15pm  
Oct 7—IMAX 5th gr  
Oct 9—First grading period ends  
Oct 9—EARLY RELEASE 12:25pm  
Oct 12-16 — OCTOBER BREAK No School  
Oct 19-23—PARENT TEACHER CONFERENCES  
Oct 19-23—EARLY RELEASE 2:00pm  
Oct 22- “Poetry in Motion”  
8:40 am gr 4-6  
10:00 am gr K-3  
Oct 23—Flag Salute 5th gr 1:15 pm  
Oct 29—Bus Evacuation Drill 9:15am 4-6 gr  
Bus Evacuation Drill 1:15pm K-3  
Oct 29—Flag Salute 5th gr 2:15 pm

## Be on TIME .....

We need your help in protecting instructional time. We continue to have many children tardy each morning. As the year progresses those numbers seem to be increasing. **There have already been as many as 40 students late on any given morning.**

TARDIES affect every student in the classroom, not just the student who is tardy. It is difficult for a student to go into a classroom that has already begun the learning process for the day. The teacher then must start over or the late student must wait until the teacher has time to explain the missed material. It is hard on all students and the teacher.

Breakfast is served in the classroom first thing each morning at 8:25 am. Students who arrive at school after 8:40 am are not served breakfast because all food is removed from the classroom at 8:40 am.

We need parental help in getting children to school on time each day. It really doesn't matter whose fault the tardy is — late is late. School is your child's job and to succeed he/she must be here on time each and every day.

Dear Parents,

As you know it takes all of us to bring about school success. We pledge that we will do our best to be prepared each day, to be positive and supportive, and to create a warm and caring environment. We know that you are doing the same things in your homes so that your children have the best opportunity to grow. Here are some helpful reminders that make our job and your job easier:

- Have your child here, on time every day! Every minute counts when it comes to education. Disruptions from tardy students only prevent others from learning. Plan appointments after school if possible.
- READ, READ, READ to and with your children. Twenty minutes a day will make your child a more successful reader.
- Establish a consistent home work and school discussion times. Besides making sure that assignments are complete, you can ask students to tell you what's happening at school. Be thoroughly aware of tests coming up, friends your child hangs out with, and daily assignments and notes.
- Check out your child's back pack daily. Each week your child will receive the Rough Rider News and many other communications from the teacher. You may be surprised at other things you find! Call if you have questions.
- Volunteer to help! You can either help in the classroom or you can be active in PTO or Site Improvement Advisory Council (SIAC). PTO can always use your help setting up, serving food, organizing events, etc. If you're interested, drop by the office and leave a note for PTO with a phone number where you can be reached.

We love your kids and want to serve you in the best way. We thank you for the support you give.

Sincerely,

Mary Ann Price, Principal

## Live -- and work -- like your mother is watching.

# Staying healthy.....

Protect yourself by lessening your contact with the germs and by strengthening your own defense system.

1. Eat healthy meals, including at least 5 servings of fruit and vegetables a day. These foods have high levels of vitamin C and antioxidants.
2. Get plenty of sleep — fatigue weakens your immune system.
3. Get regular exercise — this boosts the effectiveness of your immune system and works as a stress buster as well.
4. Wash your hands often with soap and water. Germs need to travel from other people and surfaces to an entry point on your face (eyes, nose, mouth) — They readily do this on your hands. Try training yourself to keep your hands away from your face.
5. Daily bath or shower and clean clothes also help to keep a healthy body.

Treat yourself well if you get a cold or flu by resting, taking in lots of fluids, and using over the counter medications wisely.

1. Drink lots of liquids — hot ones are soothing to irritated membranes — studies show chicken soup actually helps.
2. Rest all you can — mild exercise is OK except when symptoms are more than minor; or are below the neck such as stomach ache, cough, and muscle aches.
3. Since you cannot kill viruses that cause colds and flu — the only reason to use over the counter medications is to help you feel better while your immune system handles the germs. There is some evidence showing that vitamin C, zinc, and Echinacea shorten recovery a little — but they must be used early, at onset of the symptoms.
4. See your doctor if your symptoms are severe or prolonged. At risk of complications are very young children, the elderly, and those with weak immune systems.

# Mark Your Calendar

Early Release  
October 9 - 12:25 pm

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Dear Parents,

The health office would like to thank you for helping to get our students compliant with their immunizations. We understand it takes time from your work day and other things, however we also have to meet the state requirements. So working together is very important we appreciate your efforts to help us.

Thank You,

Carrie Stephens, RN  
Barbara Burnell, HA

**Early Release**  
**October 9**  
**12:25 pm**

Parents,  
Please make arrangements to pick up your children on time on October 9. Teachers will be working in their classrooms and there will be no supervision after 12:45 pm.