



# Afton Elementary Newsletter

March 2022

## Parent Teacher Conference

Our Parent Teacher Conference will be held March 16 & 17 from 4:00 - 7:00 PM. Once again parents can schedule their appointment online at [PTCFast.com](http://PTCFast.com) starting March 4.

## Math

The following students have passed off their math facts. Addition: Eden Wilkes, Cody Rogers, Brityn Linford, Emily Baird, Cutler Bagley, Kourtney McClure, Myla Lancaster, and Heather Draney.

Subtraction: Kyson Bame, Cody Rogers, Aiden McGee, Kourtney McClure, Emily Baird, and Cutler Bagley.

## Honors Readers

The following students have earned their 1st honors: Myah Wolfley, Ariat Kerr, Waylon Clark, Aspen Snow, Ella Reamsbottom, Ever Denny, Wyatt Bowser, Bronson Morris, Zander Hansen, Danika Lovelady, Laney Laycock, Azure Bagley, Lorenzo Walker, Taysom Rose, Kyson Bame, Isaac Theriault, and Jace Carter.

Earning his 2nd honors is Owen Esplin.

Congratulations to them for working so hard to earn this.

## Coming Events

Feb. 28-Mar. 3...Literacy Week

Mar. 4.....No School

Mar. 8.....PTO Meeting 8AM

Mar. 11.....No School

Mar. 13.....Daylight Savings Time

Mar.16.....SVHS Play

Mar. 17.....St. Patrick's Day

Mar. 16 & 17...Parent Teacher Conference 4-7PM

Mar. 18.....No School

## Learning Update

**Kindergarten** - Kindergarten is celebrating Literacy Week Monday, February 28<sup>th</sup> through Thursday, March 3<sup>rd</sup>. Please read the pink flyer for the fun activities and book ideas from the PTO!

Kindergarteners are developing bigger reading muscles at this time of the year. Students are reading pattern books with greater understanding and fluency.

We are writing "how-to" books to teach others how to do something. Also, we are making our writing easier to read.

Shapes and teen numbers are fun units to do in math this time of the year. We are currently working on 3-D and 2-D shapes.

We held our Kindergarten sing on Thursday, February 24<sup>th</sup>. We also awarded special hard-earned awards for citizenship in our school. Students receiving the **Tidy Luncher** award was Tenacee Keehn, Khloey Keehn, Uriel Lira-Sosa, Addison Crook, Tayla Corson, and Noah Sheffield. The award for being a **Good Friend** went to Abby Johnson, Myles Thompson, Micayla Palmer, Emily Shorter, Evelyn Clove, and Felicity Reber. **Super Helper** award went to Hans Ayers, Lexi Wade, Cami Kennington, Savvy O'Connor, Beau Hansen, and Harmon Draney. The **Hard Worker** award was earned by Tripp Clark, Challis Wilkes, Abe Young, Quincy Barnes, Jace Tillotson, and Colby Engen. Students earning the **Bucket Filler** award were Zane Eddins, Ava Clark, Grace Voss, Molly Hale, Bryce Hansen, and Lydia Jirak. Kindergarten Rocks!!

**1st Grade** - Wow! We are so impressed with the growth our students are making. For math this month, we will be working on addition and subtraction word problems. In this chapter, students' understanding of the addition and subtraction operations is further developed using number stories that are rephrased into questions. Word problems that involve comparison and addition of three numbers will be covered as well. We are beginning an exciting reading unit. In this unit children will experience the power of story as they learn about empathy, imagination, envisionment, and prediction. Readers will track the events of a story, paying attention to the shifts in setting and the story events the characters experience. Students will begin to bring these ideas to their writing as we write realistic fiction. This unit is designed to teach students how to story tell and plan stories. Students will learn that characters in stories face problems, and then develop solutions. They will develop their own characters to use in the stories they create. In this unit they will deepen their partner work and continue to learn strategies to revise their writing. Children will be taught how to move from being accomplished storytellers to becoming accomplished writers of stories.

**2nd Grade** - Isn't this year flying by at speeds that can make us dizzy and unsettled? Talking about speed, have you ever wondered about how fast light travels? We just read in our Reading Mastery IV books that light travels at 186 thousand miles per second. Now if you consider that the Earth is approximately 93 million miles from the sun and it only takes eight minutes for its light to reach us... Isn't that totally amazing! The things that we are learning about are just...well, YES, TOTALLY AMAZING! That is only a small part of the information that is being taught and enjoyed. Math is filled with 3-digit addition and subtraction, word problems (and some of us are still trying to read the words let alone solve them), measurement, and hard work. Writing: Once upon a time there lived a young Princess who went to Afton Elementary School... It is time for fairy tales and fun creative writing. And I hope that you all live happily ever after. We have just started our 5th reading period with AR Reading. So a new time of goals and starting over with our reading habits. Many 2nd graders are getting close to their Honors. Just a reminder that it takes 100 points, 30 of which have to be chapter books and 10 points of nonfiction, and the hardest part is that their testing average has to be 85% or higher. May your March come in like a lion and out like a lamb. According to the Farmer's Almanac, the weather folklore stems from ancestral beliefs in balance, meaning if the weather at the start of the month was bad (like a roaring lion), the month should end with good weather (like a gentle lamb). So may your March be balanced and all of your bad turn into good. So, what did your child learn today? And are they reading at home?

**3rd Grade** - February may be a short month, but it was sure busy! We had the perfect combination of hard work, and a lot of fun!

We spent the month learning and studying about fractions! We know that a fraction is one number represented by 2 parts. We know what the parts stand for. We know how to read fractions, compare fractions, make equivalent fractions, and place them on a number line! You could say we are pretty much fraction experts by now! We are just starting our graphing unit. We will be reading and using picture graphs, bar graphs, and line plots. In reading, we have been learning how pictures help us understand more information in both fiction and non-fiction texts. We have been comparing and contrasting texts, and learning why text features are so important. Text features are things like heading, maps, pictures and captions. We are also beginning our Information writing. It is a lot of fun to gather information about a topic and divide that information into topics to teach our readers.

As for fun, we had a great AR sledding party, a Valentine party, and a once in a lifetime 2-22-22 party! It was a blast looking at pictures of our 3rd grade classmates at either 2 years old or 222 years old. Thanks so much to Mrs. Klindt for compiling all the pictures and making a slide show for us to watch after we finished guessing who was who.

We are looking forward to March and longer days! March is a strange month. Sometimes it's freezing, and sometimes it feels so warm. Keep sending warm clothes because you never know what Mother Nature has up her sleeve this time of year.

## March is National Sleep Awareness Month!

### The Gift of Sleep

Sleep is a gift we give our bodies. It is the time for cell and tissue regeneration. Sleep powers the mind, restores the body, and fortifies virtually every system in the body. But how much sleep do we really need in order to get these benefits?

### How Much Sleep is Recommended for Each Age Group?

The National Sleep Foundation's recommendations for nightly sleep are broken down into nine age groups. [National Sleep Foundation guidelines](https://www.sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need)<sup>1</sup>

	<b>Age Range</b>	<b>Recommended Hours of Sleep</b>
Newborn	0-3 months old	14-17
Infant	4-11 months old	12-15
Toddler	1-2 years old	11-14
Pre-school	3-5 years old	10-13
School Age	6-13 years old	9-11
Teen	14-17 years old	8-10
Adult	18-64 years old	7-9
Older Adult	65 and older	7-8


<https://www.sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need>

To pave the way for better sleep, follow these simple yet effective healthy sleep tips.

- **Stick to a sleep schedule, even on weekends.**
- **Practice a relaxing bedtime ritual.** (Try simple breathing exercises - Breathe in for count of 4, hold your breath for count of 4, breathe out for count of 4 and hold that for count of 4. Focus on your breathing. Breathe in calm and breathe out stress and worry.)
- **Exercise daily.**
- **Evaluate your bedroom to ensure ideal temperature, sound and light.**
- **Sleep on a comfortable mattress and pillows.**
- **Beware of hidden sleep stealers, like alcohol and caffeine.**
- **Turn off electronics at least 30 minutes before bed.**
- **<https://www.sleepfoundation.org/sleep-hygiene/healthy-sleep-tips> <https://questforhealthkc.com/2018/02/01/sleep-tricks/>**

**How to Ease into Day Light Savings:** Keep your same sleep routines. A few days before **March 13, 2022**, start going to bed 15 minutes earlier each night. In the morning, get plenty of sunshine to reset your circadian rhythm.





PLEASE JOIN US FOR A

**FAMILY**



**GAME NIGHT!**

**TUESDAY, MARCH 22**

\*5:30-7:00 pm

\*hot dogs & chips

\*games/activities to  
practice fun math skills

\*games to take home



# Afton, Etna, Osmond, Thayne

## March 2022

## Lunch

[Milk Variety Served Daily:](#)  
[View Milk Nutritionals](#)

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	No School
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	No School



*Menus are subject to change without notice*

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# Afton, Etna, Osmond, Thayne

## March 2022 Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 <b>Milk Variety Served Daily:</b></p> <p><b>View Milk Nutritional</b></p>	<p>1 Sausage Pancake Wrap -or- Trix Cereal Bar Yogurt --Served With-- 100% Juice Variety Applesauce</p>	<p>2 Ham &amp; Egg On Bagel -or- Cocoa Cherry Bar Yogurt --Served With-- 100% Juice Variety Mandarin Oranges</p>	<p>3 Donut Holes -or- Mateys Cereal String Cheese --Served With-- 100% Juice Variety Mixed Fruit Cup</p>	<p>4</p>
<p>7 Mini Strawberry Bagel -or- Chewy Maple Granola Bar Yogurt --Served With-- 100% Juice Variety Dried Cranberries</p>	<p>8 Yogurt Parfait -or- Campfire S'mores Bar String Cheese --Served With-- 100% Juice Variety Tropical Fruit</p>	<p>9 Mini Cinnis -or- Cinnamon Toasters Cereal String Cheese --Served With-- 100% Juice Variety Strawberry Applesauce</p>	<p>10 Blueberry Muffin -or- Cocoa Cherry Bar String Cheese --Served With-- 100% Juice Variety Diced Pears</p>	<p>11</p>
<p>14 Breakfast Pizza -or- Cinnamon Toasters Cereal String Cheese --Served With-- 100% Juice Variety Diced Peaches</p>	<p>15 Sausage Pancake Wrap -or- Trix Cereal Bar Yogurt --Served With-- 100% Juice Variety Applesauce</p>	<p>16 Ham &amp; Egg On Bagel -or- Cocoa Cherry Bar Yogurt --Served With-- 100% Juice Variety Mandarin Oranges</p>	<p>17 Donut Holes -or- Mateys Cereal String Cheese --Served With-- 100% Juice Variety Mixed Fruit Cup</p>	<p>18</p>
<p>21 Mini Strawberry Bagel -or- Chewy Maple Granola Bar Yogurt --Served With-- 100% Juice Variety Dried Cranberries</p>	<p>22 Yogurt Parfait -or- Campfire S'mores Bar String Cheese --Served With-- 100% Juice Variety Tropical Fruit</p>	<p>23 Mini Cinnis -or- Cinnamon Toasters Cereal String Cheese --Served With-- 100% Juice Variety Strawberry Applesauce</p>	<p>24 Blueberry Muffin -or- Cocoa Cherry Bar String Cheese --Served With-- 100% Juice Variety Diced Pears</p>	<p>25 Egg &amp; Cheese Muffin -or- Mateys Cereal Yogurt --Served With-- 100% Juice Variety Pineapple Tidbits</p>
<p>28 Breakfast Pizza -or- Cinnamon Toasters Cereal String Cheese --Served With-- 100% Juice Variety Diced Peaches</p>	<p>29 Sausage Pancake Wrap -or- Trix Cereal Bar Yogurt --Served With-- 100% Juice Variety Applesauce</p>	<p>30 Ham &amp; Egg On Bagel -or- Cocoa Cherry Bar Yogurt --Served With-- 100% Juice Variety Mandarin Oranges</p>	<p>31 Donut Holes -or- Mateys Cereal String Cheese --Served With-- 100% Juice Variety Mixed Fruit Cup</p>	

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