

A R E N A   E L E M E N T A R Y   S C H O O L

FEBRUARY 2024



# THE BEACON

20 School Street/PO Box 45, Point Arena, CA 95468

TEL: 707 882-2131

## Mark Your Calendar!

FEBRUARY 14  
VALENTINE'S DAY

FEBRUARY 16  
Science/STEM Fair  
Middle School Movie Night

Grs. 678 Valentine Movie Night

FEBRUARY 19-23  
NO SCHOOL  
President's Week Holiday

March 26  
Kindergarten Registration

## Lost and Found

Is your child missing a jacket, a lunchbox, or backpack? Please remind them to check the "lost and found" in the main building hallway as soon as possible for lost items.

For smaller items (jewelry, glasses, keys and wallets) please come to the office to describe your lost item. All items not claimed by the end of the month will be graciously donated to a local charity.

## Student of the Week Recognition

These students are being recognized for showing great respect, responsibility, and safety at school during the month of December 2023. Congratulations! A Round of Applause for the following students:

**TK & Kindergarten:** Kasen Merbs, Anthony Clayton Ignacio, Beau Nichols, Hilda Bernal, Juan Tapia, Estrella Arroyo

**First Grade:** Thomas Allen, Jesus Romero Jr., Chloe Mouton, Jossue Banales, Mateo Ponce Villagomez, Kendra Chavez Rojas

**Second Grade:** Trent Kirby, Mateo Ojeda, William Friebe Cross

**Third Grade:** Manuel Reuter-Gaona, Alexa Cabrera, Camila Rodriguez Aguirre

**Fourth Grade:** Alexis Banales, Lucas Woodward, Violet Kirby

**Fifth Grade:** Rayce Merbs, Daisy White, Paloma Manriquez Tapia

**Sixth Grade:** Aysia Swan, Lena Azbill, Jacob Stornetta

**Seventh Grade:** Sophia Santana, Masson Imperial, Meeya Reyna

**Eighth Grade:** Katia Arroyo Villagomez, Cuper Woodward, Dayana Pacheco

Each student is honored on the Pirate Pride Wall located in the Office Hallway. We are so Proud! Go Pirates!



## Principal's Letter

February 2024

Dear Parents, Guardians and Students:

I can hardly believe that it is February, 2024. What a month it has been so far!!!! The families and children of this community are so resilient in the face of the chaos and natural disasters going on around them in the world. During every severe weather event, I am reminded of how isolated we are here, and how so many go above and beyond to help others in need. Thank you.

Here is what's going on at Arena Elementary-

Grades 3 - 8th wrapped up their Winter MAP assessments last week. Students were tested on their progress in English Language Arts, Reading, and Math Common Core Standards. Additionally, 5th through 8th graders were assessed in Science to see how they are meeting the Next Generation Science Standards. These assessments are very important in driving our instruction. We use the student data to provide appropriate instructional services to your children. Likewise, Point Arena High School uses the MAP scores to place incoming Freshmen into their academic courses. Needless to say, it is very important that our students take these assessments very seriously.

I am very much looking forward to Spring flowers and some much needed sunshine. Until then, take care of yourselves and be kind to others.

Michelle Egger  
Principal  
Arena Elementary



## Yearbook On Sale! Two Options to Buy

Students and families now have two options for ordering their yearbooks: Cash or Check at the front office OR buy online with credit/debit card at the following link:

[https://link.entourageyearbooks.com/YBStore/YearbookStoreMain.asp?yearbook\\_id=57844](https://link.entourageyearbooks.com/YBStore/YearbookStoreMain.asp?yearbook_id=57844)

February 3- May 24, 2024 price will increase to \$35.00. No other discount will apply.



# Arena Elementary Science & Engineering Fair!



**February 16, 2024**

**Arena Elementary Multipurpose Room**

**Judging will take place in person on February 16, 2024.**

**Friday after school 3:15-6p.m. and Saturday 9 a.m.-12p.m.**

There will be six sections:

- |   |   |
|---|---|
| 1. 3 <sup>rd</sup> -5 <sup>th</sup> Experiment    | 4. 6 <sup>th</sup> -8 <sup>th</sup> Experiment    |
| 2. 3 <sup>rd</sup> -5 <sup>th</sup> Demonstration | 5. 6 <sup>th</sup> -8 <sup>th</sup> Demonstration |
| 3. 3 <sup>rd</sup> -5 <sup>th</sup> Engineering   | 6. 6 <sup>th</sup> -8 <sup>th</sup> Engineering   |

For more information:

Call, text, or email Cristin Allen [callen@aesfamily.org](mailto:callen@aesfamily.org)  
707-495-4669





## Instant Cup of Soup or Noodles Preparation are Banned at School

### **Kids love soup, and noodles**

Kids can gorge on a bowl of soup or noodles any time of the day. Grown-ups for that matter, love them too. Instant soup and noodles may seem simple to prepare just by adding water and microwaving them, but once they're heated-up they become a dangerous burn risk.

### **Err on the side of caution** – The Health and Safety of our Students is a Priority.

It has been reported to the office that Arena students have experienced or suffered scalding burns by boiling water or hot cups of soup or noodles. Although, two students with these burns happened elsewhere, they were treated for severe burns by medical services. Last month, we had another student at school with a scalding burn from a cup of noodles, and it is one too many!

The burn happens either by pouring hot water into the cup or bowl of dry soup or noodles or by spilling the instant cup of soup or noodles on themselves.

### **Preventive Solution**

It is recommended that students not bring unprepared instant soup or noodles that need hot water or microwave services for lunch or snacks. Staff in the dining hall, classroom, and school office are limited to supervise such use of hot water, or microwave services. We are unable to individually monitor temperature or personal preference to hot (temperature) foods.

Therefore, instant cup of soup and noodles are banned to prepare during school hours and the after-school program. Students are welcome to bring soup or noodles **prepared at home** in a thermos or food container to consume during lunch. They will not be allowed to use the microwave or heat hot water at school.

Here are a few articles on child safety when preparing instant cup of soup and noodles.

- <https://www.usnews.com/news/health-news/articles/2023-02-16/why-instant-noodles-are-a-danger-to-your-kids>
- <https://www.npr.org/sections/money/2011/12/05/142634542/why-burn-doctors-hate-instant-soup>
- <https://nypost.com/2023/02/10/instant-noodles-top-cause-of-pediatric-burns/>

## Random Acts of Kindness



What is the meaning of "Kindness"? Kindness means being considerate, courteous, helpful, and understanding of others. Showing care, compassion, friendship, and generosity to others is a wonderful way to express kindness. We all feel good when we do something nice for someone when it is unexpected, and brings happiness and joy to another person.

Although there is one week in the year dedicated to random acts of kindness, it should be an everyday event. Acts can be informal and simple. Share a smile, say hello, open a door for someone, and paying it forward. Acts can benefit one person, a larger group like your peers, neighbors, family or the whole community.

Look and find opportunities to share kindness, care and compassion. NO ACT OF KINDESS IS TOO SMALL!

# Teaching the Value of Gratitude to Children

It is so important to show and practice gratitude in our lives. As parents, teachers, caregivers, and other professionals who work with children, it is critical to teach children the meaning of gratitude from a young age.

Children who are raised knowing how to feel and express a sense of gratitude grow up to be well-rounded individuals, with a greater level of self-efficacy and interpersonal skills. In fact, there are several, scientifically proven benefits of gratitude that serve as a tremendous motivation to instill gratitude in your children.

**Gratitude Enhances Empathy** - Grateful people are more likely to engage in a prosocial manner, even in the face of aggression, negative feedback, or unkindness. They were less likely to retaliate against others who had wronged them, expressing more empathy and sensitivity toward them.

**Gratitude Improves Physical Health** - Grateful people experience fewer aches, pains, and ailments than other people and overall lived healthier lives. Furthermore, those who scored higher on gratitude scales were more likely to actively engage in self-care practices, exercise more, and schedule regular checkups with their doctors.

**Gratitude Improves Sleep** - Those who utilize a gratitude journal, writing down things that they are grateful for, reportedly sleep better and longer—especially when writing just before bedtime.

**Gratitude Improves Self-Esteem** - Gratitude has been shown to reduce social comparisons, improve athletic and social confidence, and appreciate and celebrate the accomplishments of others. These actions and attitudes lead to improved self-esteem overall.

**Gratitude Can Help Individuals Who Have Experienced Trauma** - Research has shown that expressing gratitude reduces stress, but doing so may also play a major role in overcoming trauma. Recognizing the thing or things you do have to be thankful for, even during the worst times of your life, can serve as a protective factor that fosters resilience.

**Gratitude Improves Psychological Health** - Gratitude has been shown to decrease a wide variety of toxic emotions, such as resentment, prolonged anger, envy, persistent sadness and regret. Overall, gratitude is intrinsically linked to a sense of well-being, increasing happiness and positive emotions while reducing rates of depression.

## **Gratitude Improves Relationships**

As important as it is to teach our children to use their manners and say, "Please," and, "Thank you," thanking others for their contributions also improves both professional and personal relationships. Those who express gratitude are more likely to make and keep new friends than those who did not.

**Teaching the Value of Gratitude to Children-Continued on page 6.**

## Teaching the Value of Gratitude to Children cont'd

Overall, it is undeniable that practicing gratitude in our daily lives is beneficial in a myriad of ways. So, how can we instill the value of gratitude into our children? Here are some practical ways to do just that:

**Books** are a fantastic way to teach your children about core values and morals. Reading to your children from a young age, as well as helping them learn to read recreationally, can reap lifelong rewards. Fortunately, there are many great children's books about gratitude! Check out a few favorites:

- **The Giving Tree** by Shel Silverstein - A poignant picture book about love and acceptance
- **An awesome Book of Thanks!**, by Dallas Clayton – A reminder of how beautiful life can be
- **Have you Filled a Bucket Today: A Guide to Daily Happiness For Kids** by Carol McCloud
- **The Blankful Heart** by Mr. Meus - A story about thankfulness in Dr. Seuss style rhyme.
- **Listening With My Heart** by Gabi Garcia – a story of kindness and self-compassion
- **Gratitude is My Superpower** by Alicia Ortego (part of the My Superpower Value Books) – Do you want to teach your children how to be grateful for the things they already have?
- **Flight of the Puffin** by Ann Braden - A Tween read to encourage an attitude of gratitude
- **Harbor Me** by Jacqueline Woodson - A tween read celebrates the healing that can occur when a group of students share their stories

As with any value in our lives, gratitude must be practiced. As we teach our children the importance of feeling thankful for the good things in our lives, we must also help them practice expressing that gratitude. Here are some ways to cultivate a lifestyle of thankfulness:

**Gratitude Jar or Thankfulness Tree**- Keep a gratitude jar or build a thankfulness tree together. Let the kids decorate the jar or tree. Use cut shapes or leaves to write down one thing they're thankful or grateful for and put it in the jar or on the branches of the tree.

**Gratitude Walk** - Take a gratitude walk together and look for things to be grateful for, like the beautiful leaves, the smell of rain, cars to drive and the friendly neighbors.

**Letters and Thank You Cards**- Have the kids write letters or cards of gratitude. When possible, hand deliver the letters with a special treat, or mail them.

**Volunteer or Donate**- Get the kids involved in the community. Service to others teaches gratitude in ways that nothing else can. Donating items or their time helps your children understand how fortunate they are and everything they have to be grateful for.

Overall, no matter which gratitude exercises you choose to incorporate, teaching gratitude will help your children grow up to be well-rounded, empathic and caring adults. There is nothing quite like investing in the future of our world. Know that you are making a difference.

Article Excerpt from: All4kids.org and some book choices by school staff.



## Chess Club Announcement

Mr. Kramer, our 4<sup>th</sup> grade teacher is organizing a Chess Club during afterschool program on Fridays from 3:30 p.m.- 4:40 p.m.

It's never too late to learn how to play Chess. The most popular game on the planet!

Do you want to learn the 7 Rules to get started?

1. Set up the Chessboard-Did you know that the Chessboard is laid out so that each player has the white or light color square in the bottom right-hand side?
2. Learn the pieces and how they move on the board-There are 8 pawns, 2 rooks, 2 knights, 2 bishops, 1 queen and 1 king
3. Discover the special rules -Pawn promotion is intriguing & fun, En passant sounds fancy but a great skill, Castling (to castle) all in one move with conditions.
4. Who makes the first move - White always goes first!
5. Rules on how to win – by checkmate the opponent's king, with a draw, by resignation or by forfeit on time.
6. Study the basic strategies – Protect your King, don't give pieces away, control the center of the chessboard, use all your pieces!
7. Practice playing lots of games – the more you practice, the better you are at the game of Chess!

Are you intrigued? Sounds like a lot of fun and strategy planning. Come join the fun and learn a new skill.

## Ready for Seventh Grade in 2024-2025?

California law requires all students to be fully immunized before they start school.

### **For entry to 7th grade next school year, the following vaccines are required:**

- 1 dose of whooping cough booster Tdap (tetanus, diphtheria, pertussis)
- 2 doses of MMR (Measles, Mumps, and Rubella)
- 2 doses of Varicella (Chicken Pox) for all children entering the 7th grade who have not already received it.

## Ready for Kindergarten or TK in 2024-2025?

### **For entry to Kindergarten/TK next school year, the following vaccines are required:**

- 4 doses of polio
- 5 doses of DTP or DTaP
- 2 doses of MMR
- 3 doses of Hepatitis B vaccine
- 2 doses of Varicella or Physician-documented Varicella

**Please contact your child's health care provider to talk about which vaccines your child may need and schedule an appointment to receive these vaccines. Ask for copy of your child's immunization (shot) record to update your child school health record.**





# Arena Elementary School

2024-25

Kindergarten Registration

March 26, 2024!



## Enrollment Forms available at School or Online

If you have questions, need assistance with registration,  
or access to a computer and printer, please contact the school's office.

20 School Street

Point Arena, CA 95468

Telephone: 707 882-2131

Email: [arena@aesfamily.org](mailto:arena@aesfamily.org)

School Website: <http://pointarenaschools.org/aes/>

*Register your child for Kindergarten and Transition Kinder  
by May 10, 2024*

Children age 5 by September 1, 2024 will enroll in Kindergarten  
Children age 5 between September 2, 2024-June 2, 2025 will  
enroll in Transitional Kindergarten





## FEBRUARY WORD SEARCH

L N B H E P X C V X N G C N Q  
 W E Q L O D S X C P O O O O Z  
 O S A E A T U L E I I H L I S  
 B N M P R C D T C N T D D T H  
 R S I A Y E K F I K A N J I A  
 E Y E A R E O H K T C U T N D  
 P H H J R O A M I T A O W G O  
 U W E A T H E R R S V R Q O W  
 S O G B K G G M Y O T G G C I  
 U D A A M E T H Y S T O J E N  
 B L S D N E I R F H B S R R D  
 L K I N D N E S S N Y Z A Y Y  
 Y A D S T N E D I S E R P A Y  
 S C I E N C E F A I R Z A Y M  
 H T N O M T S E T R O H S I F

*Can you find all of the words hidden in the puzzle above?  
 The words might be backwards, forwards, up, down, or written diagonally.*

AMETHYST  
 FOOTBALL  
 GROUND HOG  
 LEAP YEAR  
 PRESIDENTS DAY  
 RED  
 SHORTEST MONTH  
 VACATION

BLACK HISTORY  
 FRIENDS  
 HEARTS  
 PINK  
 RAIN  
 SCIENCE FAIR  
 STORM  
 WEATHER

COLD  
 GRATITUDE  
 KINDNESS  
 POEMS  
 RECOGNITION  
 SHADOW  
 SUPER BOWL  
 WINDY