

# Merizo Martyrs' Memorial School

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# Dolphin News Splash

## FUN FIT FRIDAYS

We are pleased to announce the return of our Fun Fit Fridays with Mrs. Anne Tyquiengco. This weekly activity promotes a healthy lifestyle through physical activity. Mrs. Tyquiengco volunteers her service as our Zumba instructor and conducts two 30-minute sessions every Friday morning.

In preparation for our weekly workouts, we strongly encourage our students to continue to drink water *throughout* the week. Proper hydration helps minimize muscle cramps and other potential injuries. We kindly ask parents/guardians for help in ensuring their child is drinking enough water during the week at home.

Students may bring and wear an extra shirt during workouts but are required to change back into their school uniform for the remainder of the day. Parents/Guardians may consider packing an extra bottle of water for their child to drink during workouts.

September 2016

Volume 1, Issue 2

### Upcoming Dates to Remember:

- Monday, September 19th - 1st Quarter Progress Reports will be distributed
- Wednesday, September 28th—Open House @ 6pm

### Don't Forget!

- If your child is absent please be sure to provide an excuse note upon his/her return to school.
- Turn in Emergency Cards.
- Turn in GDOE Acceptable Use Policy/Media Release & Publication Permission Form.



## Open House 2016

Due to recent power issues, our annual Open House originally scheduled for Wednesday, September 7, 2016 at 6pm was postponed and rescheduled to Wednesday, September 28th at 6pm.

Nominations and an election for PTO Officer vacancies will also be held during the first part of our Open House. We hope to see you all there!

## A.S.P.I.R.E. Start Date Pushed Back

The A.S.P.I.R.E. start date has been moved to Monday, September 26, 2016. For those interested in program enrollment, there is still time! You may pick up an A.S.P.I.R.E. registration packet in the main office or request for one to be sent home with your child. Our A.S.P.I.R.E. tutoring is free of charge and will begin during 2nd Quarter. For more information, please contact Mrs. Nadine Cruz at the number listed above during school hours.

## MMMS Schoolwide Homework Policy

Included with this month's issue is our newly implemented schoolwide homework policy. We kindly ask that parents/guardians take some time to read and review policy with their child(ren). The policy will also be posted on our school website for reference. Please communicate any questions and/or concerns to your child(ren)'s teacher.



## Dolphin Praises

We would like to recognize and give a special thanks to the US Coast Guard Sector Guam and the US Air Force PAC AF 36th OSS/OSW for donating school supplies for our students. Among the various items included school bags, composition notebooks, and pencils. Items were distributed to classroom teachers for student use.





## Aluminum Can Contest

This year we will introduce a new contest to increase our collection of aluminum cans! We ask that each time cans are dropped off and verified, parents visit the main office to complete a log form that indicates which student will receive credit for the cans. We will only be accepting aluminum cans (not steel or plastic bottles). The iRecycle club works very hard each Thursday making sure that only aluminum cans are put into the large collection bin. We are looking for **volunteers** to assist from 12:15-12:45 on Thursdays-and don't forget to sign in at the main office. Our recycling efforts are an excellent way to raise money for the school-thank you all for your support! Last year we were able to put on an end-of-year carnival with the funds raised. We hope to make each year more successful. The top three students will receive prizes for their contributions during the end-of-semester awards ceremony. For questions, you may contact Mrs. Chargualaf or Ms. Nelson at the school during school hours.

## Box Tops Update

This year, once again, MMMS will be participating in the Box Tops For Education program. Please continue to collect Box Tops and have your child turn them in to his/her teacher. Note that expired Box Tops will not be accepted. Prizes will be awarded to the top students during the end-of-semester awards ceremony. Thank you for your support. For questions you may contact Ms. Nelson at the school during school hours.



## Dolphin Pride T-Shirts

*Orders now being accepted!*

- ◆ Show off your school spirit anytime and anywhere with a MMMS Dolphin Pride t-shirt!
- ◆ Students will be allowed to wear any Dolphin Pride t-shirt (to include school club t-shirts) on Fridays.
- ◆ Order forms will be available in the main office or you may request for one through your child's teacher beginning on Monday, September 12, 2016.
- ◆ Available colors: black, white, blue, and grey
- ◆ Available sizes: Youth Small ~ Adult XXL
- ◆ Prices: Youth Small ~ Adult XL—\$10; Adult XXL—\$12
- ◆ T-shirt designs shown below
- ◆ First batch of orders are due on Friday, September 30, 2016.



## GDOE 2K/5K FUN RUN

**September 24, 2016**

*Secure Your Bibs!*

Bibs are now available for purchase in the school Main Office.

**Student Price: \$5**

**Adult Price: \$10**

For more information contact Ms. Balajadia.

### MMMS SPIRIT T-SHIRTS



**FRONT**

**BACK**

### SY 2016-2017 INITIATIVE T-SHIRT



**FRONT**

**(No Print on back)**

# Home & School

## Working Together for School Success

### CONNECTION®

September 2016

Merizo Martyrs Memorial School



#### SHORT NOTES

##### I can visualize it

Whether your child is reading or doing math, being able to “see” the material can help her understand it. For example, have her sketch a scene from a story or draw a map of the setting. Or she might use objects to solve a math problem. For  $15 \div 3$ , she could arrange 15 barrettes into 3 equal groups to find the answer (5).

##### Update your information

Has your contact information changed since spring? Check that your youngster’s school has your correct home address, phone numbers, and email addresses on file. That way, teachers and staff will know the best way to reach you about school events, concerns with your child, or emergency closings.

##### Trait of the week

Encourage good character all year long! Each week, vote on a trait to celebrate, such as respect, honesty, or tolerance. Ask your youngster to create a poster illustrating the trait, and hang it up. Then, family members can look for examples and jot them on the poster. At the end of the week, read the examples aloud—and vote on a new trait.

##### Worth quoting

“If you can dream it, you can do it.”  
Walt Disney

#### JUST FOR FUN

**Q:** Where can you find hippos?

**A:** It depends on where you hide them!



## Launch into learning

Three...two...one...blast off! It’s a brand-new school year, and your child’s mission is to learn. With these tips, he’ll land in class ready to succeed.

### 3...Build excitement

Help your youngster get revved up about what he’ll learn this year. To find out what’s ahead, attend back-to-school night, talk to his teacher, and check the school website. Find topics you think will interest him, and read about them together in library books or online.

Look for hands-on opportunities to get him excited, such as visiting a public garden or planting seeds at home if he’s going to study plant life cycles.

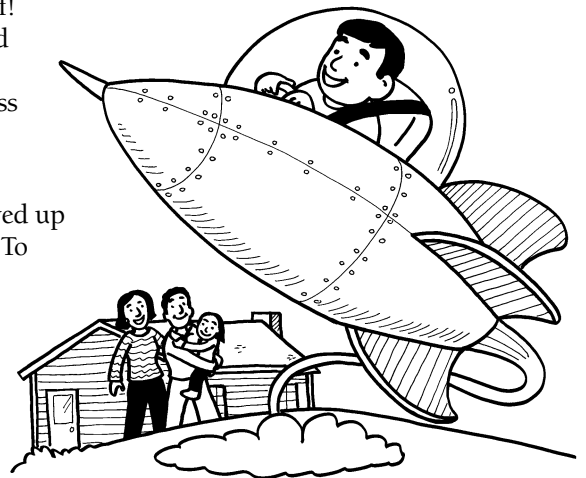
### 2...Set goals

Specific, doable goals are critical to any successful mission. Let your child write goals and “due dates” on strips of construction paper (“I will finish long-term projects one day early so I have time to review them”). He can loop the strips together into a paper chain, then

cut off each link as he achieves the goal. With hard work, he’ll be able to say, “Mission accomplished!”

### 1...Develop routines

Your youngster will blast off ready to learn if he is well rested, well fed, and active. Set a bedtime that gives him the recommended 9–11 hours of sleep. Make sure he wakes up early enough to enjoy a healthy breakfast. Also, try to see that he gets at least an hour of physical activity a day.♥



## In school every day

Did you know that attending school regularly will affect how well your youngster does this year *and* in later grades? Use these suggestions to help her get an A+ in attendance.

● **Stay healthy.** Remind your child to wash her hands with soap and water before eating and after using the restroom or playing outside. Also, work with your pediatrician if your youngster has a chronic condition, such as allergies or asthma, that could cause her to miss school.

● **Address problems.** If your child wants to stay home when she’s not sick, ask why. Talk to her teacher if this happens frequently or if you suspect a bigger issue. For example, struggling with schoolwork and being bullied are two common reasons for wanting to avoid school.♥



## Building friendships

Children with friends enjoy school more, develop important social skills, and even do better academically. Here are ways to help your child build and strengthen friendships.

**Find shared interests.** Suggest that your youngster ask classmates what they do in their spare time and ask follow-up questions to show she cares. ("What's your favorite skateboard trick?") Then, she could talk about her own interests, whether she likes solving her Rubik's Cube or crocheting hats. She and a classmate may discover new activities to



share—which can naturally lead to friendships.

**Be a good friend.** Talk to your child about what you value in your friendships, and ask about hers. You might say, "I can always count on Debbie at work to help me think of ideas when I'm stuck."

Perhaps your youngster will say, "Maddie invites me to play at recess even when she's with the older girls from her class." She'll realize which traits she values in a friend, such as dependability and loyalty. Discuss ways she could show those traits, too (helping friends study, making them feel included).

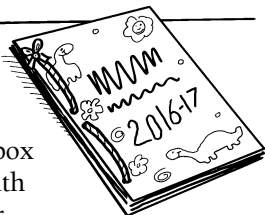
*Note:* Does your child struggle to make friends or complain she has no friends? Have her teacher recommend a classmate who may be a good match. Then, contact the other parent to arrange a get-together.♥

### ACTIVITY CORNER

## My school-year memory book

Encourage your youngster to create a personalized memory book this school year. It will give him a place to save schoolwork he's proud of and provide a nice keepsake for both of you.

**1.** To make the front and back covers, have him cut off the large panels of a cereal box and cover them with construction paper.



**2.** Let him write his name, the year, his school, and his teacher's name on the front. He can decorate both panels with stickers or drawings.

**3.** Hole-punch the covers, thread yarn through, and tie loosely so it's easy to untie and add pages.

**4.** As the school year goes on, he might add graded assignments, artwork, programs from plays or concerts, and notes from teachers.

Keep his memory book in a special spot so you can both enjoy looking through it this school year—and beyond.♥



### Q & A

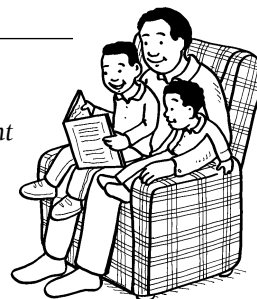
## A reading habit

**Q:** This year, my son has a daily homework assignment to read for 20 minutes. What should we do to make sure this happens?

**A:** Reading every day is one of the best ways for a child to become a strong reader, and it's great that you're eager to help.

Some evenings, you could invite him to read to you. He'll practice reading, and you'll get to hear how he's doing. On other nights, hold family reading time where everyone quietly reads their own books, newspapers, or magazines. Your son might also enjoy reading aloud to younger siblings.

Here's another suggestion: If you normally read him a bedtime story, try ending your nightly routine by reading one chapter aloud. Does he want to know what will happen next? He can continue reading on his own for 20 minutes to find out!♥



### PARENT TO PARENT

## Stay safe online

My daughter Sierra brought home an "online safety contract" that listed classroom rules for using the Internet. After we read it together and Sierra signed it, we decided to create our own version at home. We borrowed some ideas from the school form like:

- Keep usernames and passwords private.
- Do not post personal information online.
- Only respond to messages from people you know.



- Then, we added a few rules of our own:
- Turn on "safe mode" when using a search engine.
  - Do not create social media accounts.

Sierra helped me write out the contract, and everyone in our family signed it. We posted it by our computer as a reminder. While I still supervise my kids online, I feel better having a written agreement as an extra layer of protection.♥

### OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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# Recipes for Success

Practical Activities to Help Your Child Succeed

SEPTEMBER 2016

## READING Boxes of reading

There are things to read all over the place—let your child discover lots of them with this idea.

**Ingredients:** pencil, paper, penny, reading materials

On a large sheet of paper, have your youngster draw a grid with five rows and five columns. Brainstorm 25 items that can be read in a few minutes. Examples: daily newspaper riddle, haiku from a poetry book, the back of a cereal box, a postcard. Ask your child to write the name of each item in a square.

Each day, take turns tossing a penny onto the grid several times. Together, find and read the items named in the boxes that the penny lands on. When you have read everything on the grid, make a new one.



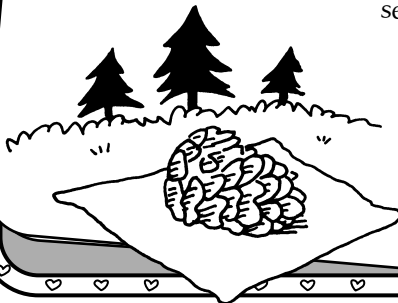
## SCIENCE Pinecone surprise

Your youngster will be fascinated to see a pinecone open and close in this experiment.

**Ingredients:** pinecone, bowl, water, can of soup, paper towel

Together, find a pinecone on the ground. Let your child place it in a bowl, cover it with water, and weigh it down with the soup can so it doesn't float. After 15–20 minutes, the cone will begin to close up. Once it's completely shut, your youngster can lay it on a paper towel to dry overnight. The next day, she'll see the cone will be open again!

Why does she think this happens? (You can explain that a pinecone holds the seeds of a pine tree. When it rains, the cone's scales soak up water and bend until they close. The closed cone protects the seeds by keeping them dry.)



## MATH Measure and graph

Measure up some math fun with this activity for family or friends.

**Ingredients:** pencil, paper, tape measure

Have your youngster list everyone's name down the left side of a piece of paper. Across the top, he should write several measurements to take for each person (height, length of left leg, diameter of right wrist).

Help him measure each person, writing the results on the chart as he goes. (You can measure him.) Then, he can make bar graphs comparing each set of measurements. Let him use the graphs to report his findings. Who has the longest leg? Which two people are the tallest?

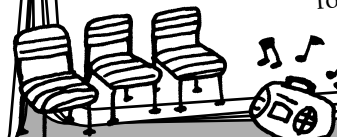


## Refrigerator Poster

Just hang your *Recipes* poster on the refrigerator and sneak in an activity when you have a few minutes. These fun activities will help develop school success and positive behavior. Check off each box as you complete the "recipe."

## MUSIC

Introduce your child to a variety of music with this musical chairs game. Set out one chair per player. Turn on the radio while players circle the chairs in time to the music. Remove one chair, and turn off the music. Everyone sits down. The person left standing is out. Play again, trying a different station (classical, rock, country) for each round.



## LANGUAGE ARTS

Look through a magazine article together for words with prefixes (word beginnings) and suffixes (word endings). For example, *rewrap* is *wrap* with the prefix *re-*, and *careful* is *care* with the suffix *-ful*. Can your youngster find three prefixes and three suffixes?





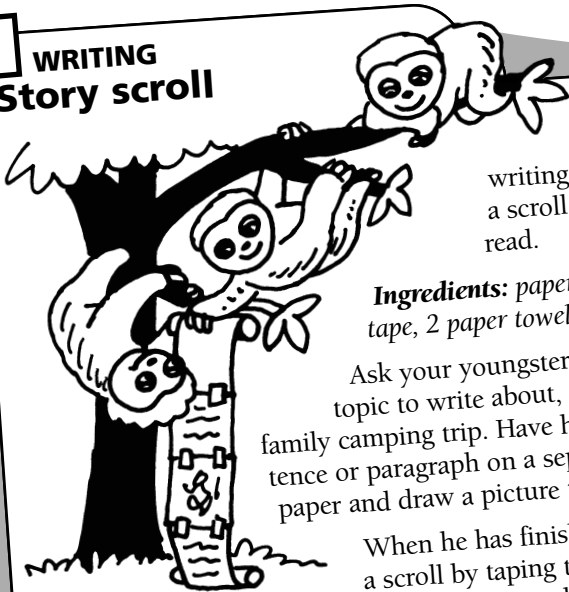
# Recipes for Success

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SEPTEMBER 2016

## Character Corner

### WRITING Story scroll



Your child can have fun writing a short story on a scroll to roll up and read.

**Ingredients:** paper, pencil, crayons, tape, 2 paper towel tubes

Ask your youngster to think of a topic to write about, such as a pet or a family camping trip. Have him write each sentence or paragraph on a separate sheet of paper and draw a picture to illustrate it.

When he has finished, he can make a scroll by taping the pages together, in order, into one long vertical strip.

Then, he should tape the top of the first page to one tube and the bottom of the last page to the other tube. Help him roll the pages onto the bottom tube. Now listen as he reads his story aloud, unrolling one scene at a time.

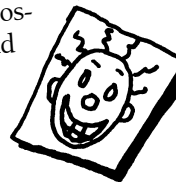
### FOLLOWING DIRECTIONS

Give your youngster a chance to tell you what to do. Ask her to explain, step by step, how to complete a simple task. *Examples:* putting on a coat, preparing an ice cream cone. Follow her instructions exactly. She'll learn how important it is to be precise!



### OBSERVATION

Challenge your child's powers of observation. Draw a silly face. Let him look at it for 10 seconds, and put it away. Have him try to copy your picture as closely as possible. Switch roles, and he can make a drawing for you to copy.



### GRATITUDE

Encourage your youngster to make thank-you bags to practice expressing gratitude. Have family members write thank-you notes to put in each other's bags throughout the week. ("Thank you for taking me to the ball game!") Choose a night to read your notes aloud.



### TEAMWORK

Show your child how much fun teamwork can be by playing "Beat the Clock." Pick a job you can work on together, such as putting away the groceries. Set a timer for five minutes, and cooperate to finish the job before time's up.



### TRUSTWORTHINESS

Read a few newspaper advertisements with your youngster. Are they accurate? Or do they stretch the truth ("The best deal ever!") or leave out important details? Talk about ads that are misleading—and why it's important to tell the whole truth.



## Congratulations!

We finished \_\_\_\_\_ activities together on this poster.

Signed (parent or adult family member)

Signed (child)

### COORDINATION

Make a "tightrope" (about 6 feet long) outside using sidewalk chalk or inside with tape. Ask your youngster to walk the line while reciting a tongue twister over and over ("Six thick thistle sticks," "She sells seashells by the seashore"). Can she make it across without falling off laughing?



### MATH

Build your child's mental math skills by having her figure out sale prices. If an item costs \$15.95 and the sign says, "Buy one, get another one half price," suggest that she round the price to the nearest dollar (\$16). Then, she can divide by 2 (\$8) and add \$16 + \$8 to get the total price (\$24 for both items, or \$12 each).

