




# MENDENHALL RIVER COMMUNITY SCHOOL

## Calendar of Events



# MAY 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 May Day	2	3	4 5th Grade Going to College	5	6 Litter Pick Up Day	7 Girls on The Run 5K Fun Run
8	9 Early Release Site Council PTO	10	11 CBJ Librarians Presentations	12 	13 One-mile Spring Run All Library Books Due	14
15 	16	17	18	19	20	21
22	23	24 Intermediate Field Day 5th Grade Ice Cream Social	25 Primary Field Day	26 5th Grade Promotion Last Day of School 	27	28
29	30 Memorial Day Holiday	31	Visit our website at <a href="http://mracs.juneauschools.org/">http://mracs.juneauschools.org/</a>			

- 5/4 5th Grade Going to College • 9:30am – 2:00pm, University of Alaska Southeast
- 5/7 Girls on The Run 5K Fun Run • 11:00am, Twin Lakes Playground
- 5/9 Early Release Monday • School ends at 1:30pm for ALL students including Kindergarten  
Site Council Meeting • 5:30pm @ MRCS Library – Monthly meeting with Site Council, MRCS Staff, and Parents.  
PTO Meeting • 6:30pm @ MRCS Library – Parent Teacher Organization meets the second Monday of every month.
- 5/11 CBJ Librarians Presentations • 8:15am – 11:30am, MRCS Library
- 5/13 MRCS One-mile Spring Fun Run • 3:15pm – 4:15pm, In front of MRCS
- 5/24 Intermediate Field Day • All Day  
5th Grade Ice Cream Social • After Lunch
- 5/25 Primary Field Day • All Day
- 5/26 5th Grade Promotion • 9:15am, MRCS Gym

**Last Day of School!!!!!! Have a wonderful summer!**



Eagle Pledge

"Today I have a chance to change our lives  
by making this day the best for you and me.  
I am kind in what I say and do.  
I respect myself and others.  
At Mendenhall River  
we are safe."



### Nurse Notes: Well-child visits

Childhood is a time of rapid growth and change. You will have pediatric well-child visits most often when your child is developing the fastest. Each visit includes a complete physical examination. At this exam, the health care provider will check your child's growth and development and try to find problems early. Well-child visits are key times for communication. Expect to be given information about normal development, nutrition, sleep, safety, diseases that are "going around," and other important topics. Make the most of these visits by writing down important questions and concerns to bring with you. Ask your doctor about the body mass index (BMI) curve, which is the most important tool for identifying and preventing obesity. If your child hasn't had a well-child exam since kindergarten, please try to schedule one this summer. If you have a 5th grader, it is especially important as they head off to middle school. At this visit you can ask your doctor to fill out a "Sports Physical Form" so they can turn it in to the middle school nurse in the Fall to have on file in order to participate in school sports throughout the school year.

Nurse Maureen 463-1781 • maureen\_hall@jsd.k12.ak.us

### Girls on the Run 5K Fun Run

Girls on the Run is hosting a 5K fun run! Third through fifth grade girls from every Juneau elementary school will be culminating their 12 week after school training in healthy living. PLEASE JOIN US in celebrating their

accomplishments! Festivities and snacks at 10 am; Cost is \$10 to pre-register at Nugget Alaskan Outfitters, JRC, or Pavitt's; and \$15 to register on day of the race. Race begins at Twin Lakes Playground Saturday, May 7 at 11am. For more information contact AWARE at 586-6623



### A BIG Thanks!

Alaska Native Sisterhood, Camp 70, made a generous donation to our school to help support breakfast during SBA testing. Without their help, we would not have been able to serve hot breakfast to our 200 test takers during the 3 days of testing. Thank you ANS, Camp 70!

### MAPs Testing • April 18 - May 20

Measures of Academic Progress® (MAP®) - These computerized tests are adaptive and offered in Reading, Language Usage, and Mathematics. When taking a MAP® test, the difficulty of each question is based on how well a student answers all the previous questions. As the student answers correctly, questions become more difficult. If the student answers incorrectly, the questions become easier. In an optimal test, a student answers approximately half the items correctly and half incorrectly. The final score is an estimate of the student's achievement level. Learn more at: <http://www.nwea.org/support/article/930/parent-toolkit> for more ways to help your child succeed!

### Spring 1-mile Fun Run

MRCs will be hosting its annual one-mile "Spring Run" on Friday, May 13, from 3:15-4:15. The race will begin in front of the school, follow a one-mile course on the bike path along Loop Road, and back to school. There will be ribbons given to all participants and medals for the top winners. Pizza and lemonade will be served to all who participate.

### Fall Classroom Supply Lists

Would you would like to receive a classroom supply list in the fall before school starts? Ask your teacher for a form or stop by the office and pick one up. Supply lists will be emailed out before school starts. Thanks to the PTO for performing this wonderful service!

### Need some summer reading?

Read about it, talk about it, and think about it! Find ways for your child to build understanding, the ultimate goal of learning how to read.

\*Make Books Special! Turn reading into something special. Go to the library, help them get a library card, buy books as gifts... Have a favorite place for books in your home or, even better, put books everywhere.

\*Get them to read another one! Find ways to encourage your child to pick up another book. Introduce him/her to a series like Boxcar Children or Harry Potter.

\*Crack open the dictionary. Let your child see you use a dictionary. Say, "Hmmm, I'm not sure what that word means... I think I'll look it up."

\*Talk about what you see and do. Talk about everyday activities to build your child's background knowledge, which is crucial to listening and reading comprehension.

\*Teach your child some "mind tricks." Show your child how to summarize a story in a few sentences or how to make predictions. Both strategies help a child comprehend and remember.

Battle of the Books lists are available at the public libraries or <http://www.akla.org/akasl/bb/bbhome.html>.

### Missing Glasses?

Has your child lost a pair of glasses this year? The school office has several pairs of glasses that have been turned in. Please stop by to check our "missing glasses drawer".



### Lost and Found

Please check the lost and found. Items that aren't claimed on the last day of school will be available for free on Friday, May 27th. Unclaimed items will be donated to charity.