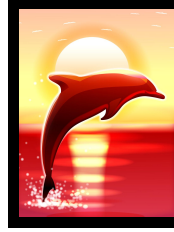




LA DELFINA

NAPLES ELEMENTARY
SCHOOL



Volume 1, Issue 4
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23 October 09



Upcoming Dates to Remember

27 OCT
Ms. Boyd
Sure Start 2
Parent Meeting

28 OCT
Hat Parade—1300

28 OCT
Family Fitness Night — 5-6 PM

28 OCT
Box Tops Free Book Deadline

29 OCT
Early Release Day — 1 PM

5 NOV
End of 1st Quarter

6 NOV
Teacher Work Day
NO SCHOOL FOR STUDENTS

9 NOV
Start of 2nd Quarter

11 NOV
Veteran's Day — NO SCHOOL

12 — 13 NOV
Parent—Teacher Conferences
NO SCHOOL FOR STUDENTS

26 — 27 NOV
Thanksgiving Break
NO SCHOOL

11 DEC
Progress Reports go home

21 DEC—01 JAN, 2010
Winter Recess

What to look for

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NAPLES ADMINISTRATION



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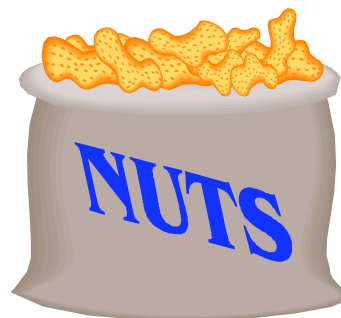
Nurse Notes



With the upcoming holidays, we just wanted to send out a quick reminder that we have several students with severe food and nut allergies. Some of the students have reactions simply by touching an area that has been contaminated. When having parties or sending in snacks, please make sure that food items are nut free. Keep in mind many Halloween candy items such as Mary Janes and M&M's (including plain) contain nuts. Thank you for your continued support.



NES Nursing Staff



What is ESL?

ESL (English as a Second Language) is a supplemental educational program to help students become successful in the regular classroom. DoDEA provides ESL, a language acquisition program designed to teach English language learners (ELLs) social and academic language skills needed to succeed in the grade-level classroom as well as the cultural aspects of the English language necessary to succeed in an academic environment.

Acquiring social and academic (school) language is a complex process. A child may appear fluent in English yet struggles to read and write. ELLs are constantly facing the challenge of learning an additional language as well as mastering grade level content standards. As a child progresses through school the language content and skills continue to get more difficult. Although a child may gain proficiency in spoken communication in a few years, attaining full academic proficiency in English often takes 5 to 10 years. The ESL program provides the bridge to what your child needs for academic success.

Language proficiency skills may range from no English skills to advanced English skills. It is designed to teach English to students with limited English language skills. ESL teachers work with classroom teachers to help children develop more sophisticated English language skills, cultural awareness and learning strategies that they will need in order to work successfully within the DoDEA content curriculum.

N.E.S. has two ESL teachers on the faculty who provide ESL services .

Physical Education

Physical Education classes have been working on Fitness gram, the DoDEA adopted Physical Fitness Testing Program. While students in grades 4 – 6 have formal testing yearly, these components of fitness are practiced and encouraged with all grade levels. Fitness gram incorporates curl-ups, trunk-lifts, push-ups, flexibility and cardiovascular fitness. We encourage all students to practice the exercises they have been taught in the gym at home at least three times a week.

Recently, we have focused on flexibility and hopefully your child will be able to answer the following question.

When is the best time to stretch? (The best time to stretch is *after* the body has been properly warmed up so that is why we stretch at the end of class after our activities).

. Here is a bit of Stretching Savvy:

1. Never bounce when stretching
2. Never hold your breath when stretching. Inhale and exhale.
3. Never lock your joints when stretching.
4. Don't extend your joints too far when stretching.
5. Always hold the stretch for at least 10 seconds, longer is better.
6. The stretch should never hurt. Don't pull on your joints.

Attached to today's newsletter is some additional information on flexibility that includes a Parents' and Kids' Corner as well as some Family Fun.

We thank you for helping to ensure that your child is dressed appropriately for PE. The dress code is: athletic tennis shoes with Velcro fastenings or shoelaces and socks. Loose fitting, weather appropriate, comfortable clothing (Capri style pants, warm-up pants skorts, stretch pants or shorts are acceptable, *jeans, dresses and skirts are not acceptable*).

If you have any questions or concerns, please call the gym office at 629-4580.

Happy Health,
Ms. Bingham and Mrs. Kimball-Hood

Family Fitness Night at NES Fall Theme – October 28th

Fall into some fitness and fun with your family. We invite your family to the participate in some fun activities at Naples Elementary School Gym on Wednesday evening, October 28th from 5:00 – 6:00 pm. We will be having a variety of fun fitness activities planned for ages five through adult.

As this event will be taking place after school hours to allow working parents to attend, we ask that you enter the building through the gym that is located past the parking lot in the back of the school. For further information please call the gym office at 629 – 4580 or email cele.bingham@eu.dodea.edu.

Hoping your will fall into our gym and join us for some family fun.

Cele' Bingham