



# Marcum Matters

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## Board of Trustees

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**May/June 2022**

This year has gone by so quickly. I can hardly believe we're already making preparations for all of our traditional end of year activities. We have so much to look forward to this month and I can't wait to enjoy these last few weeks of the 21/22 school year with our students, staff and families. It has been a year with many challenges and changes, but none too difficult for our Wildcat family. Our Wildcats have worked hard, built strong relationships, and demonstrated ROAR behaviors all year long. Our families have supported our staff and school and worked with us to ensure that we were supporting our students in the best ways possible. Our staff continued to go above and beyond every single day to challenge, support, protect, and love every one of our students. Our Marcum family is the best, and I am so grateful to be a part of it.

~Mrs. Irby

## Staff Appreciation Week

Marcum Parents' Club will be celebrating Teacher and Staff Appreciation Week of May 2<sup>nd</sup>-May 6<sup>th</sup>. We have an incredible staff who works hard to ensure that our students have exceptional educational opportunities and they deserve to be celebrated! Parents' Club is asking for parents to help with donations of items, including desserts, breakfast items, and items to create a few lunches to help make it a wonderful week for our amazing staff. To sign up for a donation, please visit: <https://www.signupgenius.com/go/60b0d45a4aa23a5f94-teacherstaff2>. In addition to the items that have been planned through Parents' Club, Marcum Parents' Club encourages the students to celebrate the staff throughout the week. See the attached flyer for some of the great things Parents' Club has planned for our amazing staff.

## Open House

Please come join us on campus for Open House on Thursday, May 26<sup>th</sup>. The classrooms will be open from 6:00-7:00 and student work will be on display. We will be serving pizza between 6:00 and 6:45 (first come, first serve). The 5<sup>th</sup> grade class will be selling desserts to earn money for their class trip to Shady Creek next year. Please see the attached flyer for more details about Open House. We are looking forward to having our families back on campus for our traditional Open House!

## Game Day

Our annual Game Day for the TK-4<sup>th</sup> graders will be held on Wednesday, May 25<sup>th</sup>. Parents are welcome to come out and watch this fun-filled morning of races and challenges and cheer on the Red, White and Blue teams. For Game Day only, we set aside our "House Colors" and students are a part of the Red, White, and Blue teams. A flyer will be coming home noting which team your child(ren) will be on. Please have them wear that color on Game Day.

## Parents' Club

Our next Parents' Club Meeting is scheduled for May 3<sup>rd</sup> at 5:30pm. During this meeting we will be electing Parents' Club officers. If you are interested in becoming more involved in Parents' Club, please consider a position. Parents' Club always works really hard to bring many great opportunities to our students and our school and we hope to continue doing that in the coming years, but we need your help! Please see the attached flyer for more information about the election and Marcum Parents' Club.

### **Wildcat Run**

Our Wildcat Run was another successful event put on by Marcum Parents' Club! Our Wildcats raised more than \$5,600 and ran more than 3,350 laps! 86 Students collected \$30 or more and had the chance to slime Mrs. Irby and Mrs. Brazil. Everyone did an amazing job! Thank you for all of your support with this great event!

### **Yearbooks**

We have ordered yearbooks and will have a very limited number available for purchase. If you didn't already order online, and you'd like to purchase a Yearbook from the school, please bring \$20 cash in to the office. These will be sold on a first come, first served basis. If we run out, you may purchase a yearbook on the TreeRing Website and it will be sent to your house. All Yearbooks will be distributed the last week of school.

### **End of Year ROAR Assembly**

We will be holding our End of Year ROAR Assembly on Thursday, June 2<sup>nd</sup> at 9:00 am. During the assembly, we will be recognizing some of our TK-7<sup>th</sup> grade students for their achievements throughout this school year. We will also be recognizing our kindergartners with a promotion certificate. We hope you can join us to celebrate the success of our students. 8<sup>th</sup> Grade students will be recognized at 8<sup>th</sup> Grade Graduation.

### **22/23 School Year Before and After School Care Applications**

The enrollment paperwork for our Before and After School Care Programs for next school year will be emailed to all families on May 16, 2022. Space in both of these programs is still limited due to staffing and required program ratios. Enrollment is first come, first served for each program. Please return your Before and/or After School application packets as soon as possible. These are two separate programs, so if your family needs to utilize both programs, you must complete both applications and apply to both programs. Applications are Due May 31, 2022.

#### **After School Program, The DEN (TK-8<sup>th</sup> Grade, 2:45-6:00)**

Students enrolling in the After School program should stay after school 5 days a week until at least 4:30pm daily. The After School program is free, as it is grant funded.

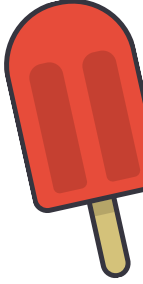
#### **Before School Care (TK-8<sup>th</sup> Grade, 7:00-8:10)**

The fee to attend this program is \$250 per family, per year. Payment will be due once your family is accepted into the program.

### **Upcoming Events**

See Attached Calendar of Events

Mon		Tue		Wed		Thu		Fri	
2		3		4		5		6	
3rd-8th CAASPP Testing									
Teacher and Staff Appreciation Week									
3:30pm - GATE		3:30pm - SSC Meeting 5:30pm - Parents Club						2nd Grade Field Trip-	
9		10		11		12		13	
5th and 8th CAST Testing		Harvest of the Month				4th,5th,6th Field Trip		1st-4th Grade Field Trip	
6pm - Board Meeting								6-8 Dance @ Marcum	
16		17		18		19		20	
				6th-8th Field Trip- River Cats		PK Field Trip- Playzeum		Browns Track Meet	
								TK/K Field Trip- Sacramento	
23		24		25		26		27	
3:30pm - GATE				6-8 Honor Roll Field Trip-		1st/2nd Grade Field Trip-		3/4 Field Trip Sea Quest	
				Game Day TK-4th		Open House 6:00pm			
				Minimum Day					
30		31		1		2		3	
No School- Memorial Day		Before and After School Care		8th Grade Trip-Top Golf		9am - End of Year Awards/		8th Grade/PK Grad Walk	
		Pool1st-8th / Water Day TK/K		PK Graduation		6:30pm - 8th Graduation		Last Day of School- Minimum	
								No Den	
								Snowcones	
								Whole School Picnic	



**LETS CELEBRATE!**

# Pajamas & popsicles

**MONDAY, MAY 2ND**

*You did it Wildcats! You met the initial goal AND the stretch goal in the Wildcat Run. It's time to celebrate. Wear your pajamas on Monday and we'll bring the popsicles.*





# Teacher Appreciation Week

Celebrating teachers and staff who are  
rooted in love

## Marcum Farmer's Market

Mon 5/2

We carrot about you.  
Enjoy yummy baked goods.

Tue 5/3

You're one in a melon!  
Breakfast is on us today.

Wed 5/4

Lettuce celebrate you!  
Salad bar for lunch.

Thu 5/5

You're unbeetable. We  
brought nachos for lunch.

Fri 5/6

We totes love you! Enjoy a  
shopping trip at school.

You plant the seeds of knowledge and help  
our little chicks to grow. We want to

**THANK YOU**

because you're more important  
than you'll ever know.

# WE NEED YOU

There are so many reasons to come to a Parents' Club Meeting. Here are just a few...

## The children benefit.

Research shows that participating in your child's school and showing engagement helps them perform better academically.



## The school benefits.

Parents' Club performs support for teachers and administration which in turn creates a positive and caring atmosphere at the school.



## Make connections.

Get to know teachers and staff better and make life-long friends with other people at the school!



## Join the Team!

Open Board positions:  
President & Treasurer

PLUS We can always use more volunteers throughout the year.

## It's good for you, too!

Socializing with other parents and volunteering to do good your child's school is fun, healthy and rewarding!



May 3rd  
5:30pm

# OPEN HOUSE

**Thursday, May 26th**

**Pizza**

**6:00-6:45 p.m.**

First come, first served



**Classrooms Open  
6:00 p.m.-7:00 p.m.**

Stop by the classrooms to see some amazing student work on display & check out the 6<sup>th</sup>-8<sup>th</sup> Science Fair projects.

**Desserts**

**6:00 p.m.-6:45 p.m.**

The 5<sup>th</sup> grade class will be selling desserts to raise money for their trip to Shady Creek next year.





# **California Assessment of Student Performance and Progress (CAASPP) Statewide Testing Notification**

California students take several mandated statewide tests. These tests provide parents/guardians, teachers, and educators with information about how well students are learning and becoming college and career ready. The test results may be used for local, state, and federal accountability purposes.

## **The California Assessment of Student Performance and Progress (CAASPP) tests consist of the following:**

- **Smarter Balanced Assessment Consortium Assessments**

The Smarter Balanced computer adaptive assessments are aligned with the Common Core State Standards (CCSS). English language arts/literacy (ELA) and mathematics tests are administered in grades three through eight and grade eleven to measure whether students are on track to college and career readiness. In grade eleven, results from the ELA and mathematics assessments can be used as an indicator of college readiness.

- **California Science Tests (CAST)**

The computer-based CAST measures students' achievement of the California Next Generation Science Standards (CA NGSS) through the application of their knowledge and skills of the Science and Engineering Practices, Disciplinary Core Ideas, and Crosscutting Concepts. The CAST is administered to all students in grades five and eight and once in high school (i.e., grade ten, eleven, or twelve).

Pursuant to California *Education Code* Section 60615, parents/guardians may annually submit to the school a written request to excuse their child from any or all of the CAASPP assessments.

## **Marcum-Illinois CAASPP and CAST Schedule:**

Week of May 2-6: 3rd-8th Grade CAASPP

May 9-10: 5<sup>th</sup> and 8<sup>th</sup> Grade CAST



# Harvest of the Month



Network for a Healthy California

The Harvest of the Month featured fruit is **dried fruit**



## Health and Learning Success Go Hand-in-Hand

Eating fruits and vegetables can help your child grow, be healthy, and do well in school. Make a commitment to your child's health. Add a variety of colorful fruits and vegetables to meals and snacks. Encourage your child to get at least 60 minutes of physical activity every day. *Harvest of the Month* can give you ideas to help your family be healthy and active.

## Produce Tips

- Dried fruit is available year round.
- Look for dried fruit sold in bulk quantity.
- Buy dried fruit without added sugar. They are already sweet.
- Store dried fruit in airtight containers to maintain freshness. Keep in a cool, dry location like a cupboard or refrigerator.
- Freeze dried fruit before chopping. They will be less sticky and easier to chop.

## Healthy Serving Ideas

- Let your child try a variety of dried fruit like dates, figs, plums, and apples to find their favorites.
- Top lowfat yogurt with dried fruit for breakfast, snacks, or dessert.
- Keep small boxes or bags of dried fruit with you for quick, on-the-go snacks.
- Add chopped dates and figs to salads.
- Serve dried fruit for dessert.

## TROPICAL FRUIT AND NUT SNACK MIX

Makes 5 servings.  $\frac{3}{4}$  cup per serving.  
Total time: 25 minutes

### Ingredients:

- 1 tablespoon butter
- $\frac{1}{4}$  cup honey\*
- 1 teaspoon almond or coconut extract
- 1 teaspoon ground cinnamon
- 2 cups old fashioned oats
- Nonstick cooking spray
- $\frac{1}{2}$  cup sliced almonds
- $\frac{3}{4}$  cup dried tropical fruit bits
- $\frac{1}{2}$  cup banana chips
- $\frac{1}{4}$  cup raisins

1. Preheat oven to 350 F.
2. Melt butter in a medium saucepan. Add honey, extract, and cinnamon and mix well. Stir in oats.
3. Transfer to a baking sheet coated with nonstick cooking spray. Spread mixture into a 1-inch thick layer.
4. Bake for 10 minutes, stirring once. Stir in almonds and bake for 5 to 10 minutes more.
5. Remove from oven and add in dried fruit. Let cool completely and serve.

\*Do not give honey to children under the age of one.

*Nutrition information per serving:*  
Calories 384, Carbohydrate 62 g, Dietary Fiber 7 g, Protein 9 g, Total Fat 13 g, Saturated Fat 4 g, Trans Fat 0 g, Cholesterol 6 mg, Sodium 67 mg

Adapted from: *Network for a Healthy California*, 2007.

## Let's Get Physical!

- Ask your child to help with chores that get the body moving.
- Make a calendar and plan at least one activity for your family to do each day.

For more ideas, visit:

[www.cachampionsforchange.net](http://www.cachampionsforchange.net)

## Nutrition Facts

Serving Size: $\frac{1}{4}$ cup dried plums (44g)	
Calories 104	Calories from Fat 1
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	12%
Sugars 17g	
Protein 1g	
Vitamin A 7%	Calcium 2%
Vitamin C 1%	Iron 2%

## How Much Do I Need?

- A  $\frac{1}{4}$  cup of dried plums, chopped dates, or dried figs is a good source of fiber.
- A  $\frac{1}{4}$  cup of most dried fruit is a source of potassium.
- Potassium is a mineral that helps your brain tell your muscles when to move.
- Potassium also helps keep a healthy blood pressure.
- Other excellent and good sources\* of potassium are avocados, beans, kiwifruit, papayas, spinach, Swiss chard, and winter squash.

The amount of fruits and vegetables that is right for each person in your family depends on age, gender, and physical activity level. Look at the chart below to find out how much each person in your family needs. Make a list of ways you can add more fruits and vegetables to your family's meals and snacks to help them reach their goals.

\*Excellent sources provide at least 20% Daily Value (DV). Good sources provide 10-19% DV.

## Recommended Daily Amount of Fruits and Vegetables\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
<b>Males</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Females</b>	2½ - 5 cups per day	3½ - 5 cups per day

\*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.



# May/June Breakfast Menu

2022

Monday	Tuesday	Wednesday	Thursday	Friday
2 French Toast Fruit Milk	3 Muffin Fruit Milk	4 Blueberry Bagel Fruit Milk	5 Pancake on a Stick Fruit Milk	6 Chef's Choice Fruit Milk
9 Breakfast Cluster Fruit Milk	10 Banana Bread Fruit Milk	11 Coffee Cake Fruit Milk	12 Pizza Bagel Fruit Milk	13 Cinnamon Roll Fruit Milk
16 French Toast Fruit Milk	17 Muffin Fruit Milk	18 Blueberry Bagel Fruit Milk	19 Pancake on a Stick Fruit Milk	20 Chef's Choice Fruit Milk
23 Breakfast Cluster Fruit Milk	24 Banana Bread Fruit Milk	25 Coffee Cake Fruit Milk	26 Pizza Bagel Fruit Milk	27 Cinnamon Roll Fruit Milk
30 No School Memorial Day	31 Banana Bread Fruit Milk	1 Coffee Cake Fruit Milk	2 Pizza Bagel Fruit Milk	3 Cinnamon Roll Fruit Milk

This institution is an equal opportunity employer

\*Menu is subject to change

Free Breakfast and Lunch for all Marcum School students until June 3rd, 2022!

No paperwork is required!



# May/June Lunch Menu

2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><b>Taquitos</b> Refried Beans Choice of Fruit and Veggies</p>	<p>3</p> <p><b>Teriyaki Dippers</b> Rice Choice of Fruit and Veggies</p>	<p>4</p> <p><b>Ravioli</b> Bread Stick Choice of Fruit and Veggies Treat</p>	<p>5</p> <p><b>Chicken Nuggets</b> Fries Artisan Roll Choice of Fruit and Veggies</p>	<p>6</p> <p><b>PIZZA!</b>  Salad Choice of Fruit and Veggies</p>
<p>9</p> <p><b>Pretzel Dog</b> Ranch Style Beans Choice of Fruit and Veggies</p>	<p>10</p> <p><b>Max Stix</b> Marinara Sauce Choice of Fruit and Veggies</p>	<p>11</p> <p><b>Drumstick</b> Cornbread Choice of Fruit and Veggies Treat</p>	<p>12</p> <p><b>Chicken Nuggets</b> Mashed Potatoes Artisan Roll Choice of Fruit and Veggies</p>	<p>13</p> <p><b>PIZZA!</b>  Salad Choice of Fruit and Veggies</p>
<p>16</p> <p><b>Taco Pocket</b> Cheese Stick Choice of Fruit and Veggies</p>	<p>17</p> <p><b>Corn Dog</b> Baked Beans Choice of Fruit and Veggies</p>	<p>18</p> <p><b>Nachos</b> Chili Beans Choice of Fruit and Veggies Treat</p>	<p>19</p> <p><b>Chicken Nuggets</b> Tater Tots Artisan Roll Choice of Fruit and Veggies</p>	<p>20</p> <p><b>PIZZA!</b>  Salad Choice of Fruit and Veggies</p>
<p>23</p> <p><b>Hot Dog</b> Ranch Style Beans Choice of Fruit and Veggies</p>	<p>24</p> <p><b>Lasagna</b> Salad Choice of Fruit and Veggies</p>	<p>25</p> <p><b>Cheeseburger Sliders</b> Curly Fries Choice of Fruit and Veggies Treat</p>	<p>26</p> <p><b>Chicken Nuggets</b> Mashed Potatoes Artisan Roll Choice of Fruit and Veggies</p>	<p>27</p> <p><b>PIZZA!</b>  Salad Choice of Fruit and Veggies</p>
<p>30</p> <p><b>No School</b> Memorial Day</p>	<p>31</p> <p><b>Chef's Choice</b> Choice of Fruit and Veggies</p>	<p>1</p> <p><b>Chef's Choice</b> Choice of Fruit and Veggies Treat</p>	<p>2</p> <p><b>Chicken Nuggets</b> Tater Tots Artisan Roll Choice of Fruit and Veggies</p>	<p>3</p> <p><b>Whole School Pizza Picnic!</b>  Fruit Salad Cobb Salad Rosie's Sno Biz</p>

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\*Menu is subject to change

Free Breakfast and Lunch for all Marcum School students until June 3rd, 2022!

No paperwork is required!



# May/June Snack Menu

2022

Monday	Tuesday	Wednesday	Thursday	Friday
2 Apple Slices Yogurt	3 Granola Bar Milk	4 Graham Crackers Milk	5 Cheese Stick Orange	6 Chef's Choice
9 Cereal Milk	10 Sunflower Seeds Apple	11 Chef's Choice	12 Cereal Bar Fruit Cup	13 Nutrigrain Bar Milk
16 Apple Slices Yogurt	17 Granola Bar Juice	18 Graham Crackers Milk	19 Cheese Stick Orange	20 Chef's Choice
23 Cereal Milk	24 Sunflower Seeds Apple	25 Chef's Choice	26 Cereal Bar Fruit Cup	27 Nutrigrain Bar Milk
30 No School Memorial Day	31 Granola Bar Juice	1 Graham Crackers Milk	2 Cheese Stick Orange	3 Minimum Day NO DEN  Have a great Summer!

This institution is an equal opportunity employer

\*Menu is subject to change

# Elementary School Parents

May 2022  
Vol. 33, No. 9

Marcum-Illinois

*make the difference!*



## Reflect on the school year and celebrate your child's success

**A**s the school year winds down, it's a great time to help your child look back, look forward, give thanks and celebrate. Here's how:

- **Talk to your child's teacher.** Ask about your child's strengths and weaknesses. How has he improved? Where does he need more work? Ask what you can do to help your child over the summer.
- **Talk to your child** about the school year. Ask what he thinks went well. Talk about what challenged him most. Help him figure out what changes he should make for the upcoming school year.
- **Review your child's successes.** Look over schoolwork you've saved during the year. Point out how much your child has learned—how many new words, for example. Or how he can add and divide. Or how his writing has improved.
- **Help your child set learning goals** for the summer. How much time will he spend reading? What math concepts would he like to master? Guide him, based on the suggestions from his teacher.
- **Encourage your child to thank** people who have made the year work—the teacher, school nurse, librarian, food service worker, etc. This will help him appreciate how many people have helped him.
- **Celebrate** the year's accomplishments with a special activity. It doesn't have to be elaborate or cost anything. Just make plans to enjoy one-on-one time with your child.

## Remember the 85-15 rule for discipline



Too often, discipline gets a bad rap. Many parents think it means punishing their children when they misbehave—which isn't enjoyable for kids or parents.

However, the word *discipline* actually comes from the Latin word *disciplina*, which means “teaching.” So try thinking about discipline as a way to teach your child skills to be successful in life.

Most of your discipline—roughly 85 percent—should focus on encouraging the behavior you *want* to see from your child. You can do this by being a good role model. If you want your child to be kind, be kind to others. If you want your child to be responsible, fulfill your commitments.

You can also point out other people who display the behaviors you'd like to encourage. And when you see your child doing the right thing, offer praise.

That leaves just 15 percent of the time for correcting negative behavior. Set rules and enforce consequences consistently. Then express your confidence that your child will make better behavior choices next time.



# Attendance is *still* important towards the end of the year!



Summer vacation is on the horizon—but it's not here yet. Here are three reasons to make sure your child attends classes on time every day:

- 1. Learning hasn't stopped.** Teachers are still planning lessons and teaching new content. Attending every school day (unless ill or in quarantine) helps ensure that students meet learning goals. Studies show that students who miss just 10% of the school year in the early grades are still behind their peers when they reach high school.
- 2. Teachers often plan group projects for the end of the year.** These projects help students learn collaboration, problem

solving and responsibility. These are skills children will need throughout their school careers and in the workplace.

- 3. Regular attendance** teaches kids to be accountable—an important quality for adulthood.

Source: E. García and E. Weiss, "Student absenteeism: Who misses school and how missing school matters for performance," Economic Policy Institute.

**"When students improve their attendance rates, they improve their academic prospects and chances for graduating."**

—Attendance Works

# Plan a few educational and fun field trips for your family



"I'm bored!" Do you dread hearing this phrase over the summer? Then start planning now! In addition to collecting

supplies, such as books, recipes and games, schedule a few family field trips. Local educational destinations are often free and fun to visit!

Consider going to:

- **Museums.** Call or go online to check upcoming exhibits. Which would your child like to see most? Are there any virtual events you could attend? Add them to your summer calendar.
- **An arboretum.** Kids love walking through gardens, admiring flowers and learning about nature. Bring a camera or sketchbook so your child can record the plants and animals.
- **The zoo.** This trip is almost always a hit with children. Before leaving, you and your child can read about the animals you'll see. Talk about their natural habitats and what they like to eat.
- **A fire station.** Call ahead to see if a summer open house is planned. If not, call and see if you could schedule a visit.
- **An airport.** Simply parking near the airport is interesting. Can your child spot the control tower? What about the planes taking off and landing?
- **Parks.** Find a guide to local parks and keep it handy. Consider visiting hiking trails, historic battlefields and more. Add a nature guide and maybe even some binoculars, and you're ready for an adventure!

# Are you teaching your child to use time wisely?



Time management is an important skill for school success—especially as students work to finish end-of-the-year projects

and assignments. Are you helping your child make the most of study time?

Answer *yes* or *no* to each of the questions below:

- 1. Have you reviewed** your child's assignment and study schedule and made adjustments as necessary?
- 2. Do you have your child** record dates for tests, projects and family commitments on the family calendar?
- 3. Do you try** to keep a balance between your child's schoolwork and the rest of your lives? Elementary schoolers need plenty of time for exercise, family time and sleeping.
- 4. Do you help** your child break down big assignments into smaller tasks to complete step-by-step?
- 5. Do you make** sure that your child has some time each day for pleasure reading?

**How well are you doing?**

Each *yes* means you are helping your child learn to use time wisely. For *no* answers, try those ideas in the quiz.

Elementary School  
**Parents**  
make the difference!

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# Summer volunteer work can build character and leadership



The world's problems can seem overwhelming. It's vital for kids to learn that every person can make a difference, and

that when people work together, the results are amazing!

Summer volunteering is a great way to teach this lesson to your child—all while building confidence, compassion and leadership skills.

To get started, talk with your child about:

- **Interests.** How do your child's interests relate to community needs? An animal lover could look for ways to help an animal rescue group. A young entrepreneur could help with a fundraiser.
- **Skills.** Your child's abilities and strengths can be gifts to others. Your child might hold a bake sale or read to younger children.

Sometimes it's fun to learn new skills, too, such as how to help with landscaping or home repairs.

- **Needs.** Perhaps your child has noticed a park that needs some sprucing up. Or maybe local families need clothing or food. Go online with your child and search for upcoming in-person and virtual community service events in your area. You could even ask your child's teacher if the school needs help over the summer.
- **Schedules.** Volunteering takes time, and families are busy! Set realistic goals that leave room for other priorities. Depending on your family's commitments, you and your child might volunteer just a few hours here and there—or decide to take on one large, exciting project!

# Keep your child safe while navigating the online world



Technology has changed how students learn and how they socialize. Millions of kids in all age groups are online every

day—at home, at school, at friends' homes, at the library—and many are creating online content.

To promote online safety:

- **Discuss rules and expectations.** Use software that helps protect children, but supervise carefully, too. Allow your child to communicate online only with people you both know.
- **Set guidelines.** Establish times when technology is not allowed, and set a time when all devices must be turned off for the evening.

- **Remind your child** not to reveal personal information online, such as phone numbers, school name, passwords or your home's location.
- **Keep internet use** out in the open. Have your child use computers and digital devices in common areas where you can supervise.
- **Learn about the websites** and apps your child wants to visit or download. Make sure you approve of the content.
- **Encourage your child** to tell you about any inappropriate content, messages or experiences online. Report concerns to the authorities. For more safety tips, visit the Family Online Safety Institute at [www.fosi.org/good-digital-parenting](http://www.fosi.org/good-digital-parenting).

**Q:** My daughter hates to write. When she has a writing assignment, she just stares at the blank piece of paper. Is there anything I can do to help?

## Questions & Answers

**A:** Elementary schoolers are often reluctant writers. Many simply freeze with fear at the thought of writing. They worry that what they write won't be any good, or that they'll be made fun of.

To help your child overcome writer's block:

- **Remind her** that professional writers have difficulty writing sometimes, too.
- **Talk through ideas** with her. Encourage your child to brainstorm and make a list of as many ideas as she can.
- **Suggest she write** down her ideas just as they come. Later she can edit for flow, grammar and spelling.
- **Encourage her** to use a computer to write if possible. This makes it easier to make revisions.
- **Have her try free writing.** She should write anything that comes to mind, no matter how silly. Or, ask your child to write about something she enjoys.
- **Don't over-criticize.** If your child asks you to review her writing, note what you like first. Focus on what your student is trying to say, not just the mechanics of writing.
- **Don't fix her mistakes** for her. This won't boost her self-confidence. Instead, it will send the message that you don't think your child is capable of fixing them herself.
- **Be patient.** Allow your child to express her frustration. It takes time to become a good writer.



# It Matters: Summer Learning

## Focus on healthy habits over the summer months



Habits can have a lasting impact on your child's health and performance in school. That's why it's important to emphasize

healthy habits all year long—not just during the school year.

As a family, make an effort to:

- **Be active.** Most children should exercise for at least one hour a day. Instead, many watch TV and play digital games for hours on end. Make a list of fun physical activities you can do together, such as taking a walk, gardening, visiting a local park and kicking a ball around. Ask your child, "Which would you like to do?"
- **Eat well.** Involve your child in making healthy meals. You might borrow a cookbook from the library or search for recipes online. Try some new dishes with fruits, vegetables, whole grains and lean proteins. Avoid potentially harmful or unnecessary ingredients, including excess sugar.
- **Stay hydrated.** This is especially important during activities in hot climates. Remember that drinks don't need to be sweetened or flavored. Water is refreshing—and free! If you serve juice, consider diluting it with water. The earlier you start doing this, the less your child will notice.

It's also important to take your child for regular medical checkups. Talk to the pediatrician about vaccines, summer safety, vision, hearing, allergies and other critical topics. Also, remember to keep your child's medical records up to date.

## Engage your child in outdoor science learning this summer

Research shows that girls start to lose interest in science as early as grade school. But a new study shows that learning science outdoors can boost girls' knowledge and their interest in the subject.

In one program, female students explored science in the natural world and recorded their findings in a journal. These students earned higher grades in science and understood more about the science they learned.

To encourage this kind of hands-on science learning whatever your child's gender, head outside and:

- **Have a scavenger hunt** for specific items that can be found nature.
- **Observe** insects and frogs.
- **Look for evidence** of animals, such as tracks.
- **Record how plants change** over the summer.

If you or your child see something puzzling, visit your library or go



online to find the answer. By encouraging your child to ask questions now, you can encourage enthusiasm for science in the future.

Source: K.T. Stevenson and others, "How outdoor science education can help girls stay engaged with science," *International Journal of Science Education*, Taylor and Francis Ltd.

## Which is better: reading online or reading physical books?



Many kids enjoy reading online. However, studies show that there are some reading benefits that can come only from reading a printed book.

Fast-paced, digital media trains the brain to process information more rapidly and less thoroughly. Online readers are more likely to skim than to read for meaning. They will read quickly, but not pay close attention. So when they are finished, they will be able to answer concrete questions but

they stumble on questions that involve deeper thinking.

When students read from paper books, the printed page doesn't change. Readers can take their time and turn back to refer to something they've just read. They are more likely to remember the story in chronological order and can recall more details.

So give your child plenty of opportunities to unplug and read some paper books this summer!

Source: K. Benson. "Reading on Paper Versus Screens: What's the Difference?" BrainFacts.org.

# Daily Learning Planner

*Ideas families can use to help children  
do well in school*

Marcum-Illinois



THE  
**PARENT**  
INSTITUTE®

## May 2022

### Daily Learning Planner: Ideas Families Can Use to Help Children Do Well in School—Try a New Idea Every Day!

- 1. May is National Physical Fitness and Sports Month. Make an effort to get some exercise with your child every day this month!
- 2. Plan a picnic with your child.
- 3. Measure things a new way. How many fingers long is your child's bed?
- 4. When your child asks you a question, show her how to find the answer for herself.
- 5. Try to give your undivided attention when your child is talking to you.
- 6. Look for a community service project to do as a family.
- 7. Prepare a special breakfast today. As you eat, talk with your child about summer plans.
- 8. Play math baseball with your child. Each correct answer is a base hit.
- 9. Correct mistakes in a positive way: "You spelled everything right except these two words. I bet you can fix them!"
- 10. Give your child opportunities to make decisions. It's a skill that gets better with practice.
- 11. Pay your child a genuine and specific compliment.
- 12. Tell your child that you know he can succeed in school.
- 13. Record a conversation with your child. Listen to it together and talk about how your voices sound.
- 14. Encourage your child to imagine how others might be feeling in different situations.
- 15. Have a contest. Which family member can name the most parts of the body?
- 16. Let school lessons spark your imagination. Visit an educational website with your child.
- 17. On a map, help your child locate places where family members came from.
- 18. Discuss the importance of starting the day with a nutritious breakfast.
- 19. How many types of punctuation can your child find today?
- 20. Attendance is still important! Recommit to having your child start school on time every day.
- 21. Plan an outdoor adventure day. Visit a zoo, park or playground.
- 22. Show your child how her shadow moves. Look at shadows at different times of the day. Do they change?
- 23. Walk to a local landmark with your child. Later, have him make a map of your route, including *north*, *south*, *east* and *west*.
- 24. Encourage your child to ask older family members about their memories of childhood.
- 25. Have each family member bring an interesting historical fact to dinner.
- 26. Talk to your child about cheating. What are reasons some people cheat? Emphasize that cheating is *always* wrong.
- 27. How many times can your child jump rope? Jump and count together.
- 28. Mix 1 cup cornstarch and ½ cup water in a bowl. Squish it and it becomes solid. Let it sit and it turns back into a liquid.
- 29. Take a walk with your child in a nearby park. Talk about the flowers and birds that you see.
- 30. Today is Memorial Day. Talk to your child about what this day means to you.
- 31. Encourage your child to write a thank-you note to a favorite teacher.

# 2021 Consumer Confidence Report

## Marcum Illinois Elementary School

Here at Marcum Illinois Elementary School, we want you to understand the efforts we make to provide you with a safe and dependable drinking water supply. We continually monitor our drinking water quality and strive to protect our water resources. We regularly test our drinking water for many different constituents as required by State and Federal Regulations. This "Water Quality Report" includes those constituents that were **detected** in 2021 and may include earlier monitoring data.

Our drinking water is supplied by **one treated groundwater well (Well 02 - New)**.

A source water assessment has been completed for the well serving Marcum Illinois Elementary School to determine if there were possible contaminating activities that might compromise the quality of the water. At the time, there were no associated contaminants detected in the water supply, however the source was still considered vulnerable to a high density (more than 1 per acre) of septic systems and historic gas stations located in the area. A copy of the complete report is available at the Division of Drinking Water District Office located at 364 Knollcrest Drive, Suite 101, Redding, CA. You may contact Reese Crenshaw at 530-224-4861.

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally-occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity.

**Contaminants that may be present in source water include:**

**Microbial contaminants**, such as viruses and bacteria that may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.

**Inorganic contaminants**, such as salts and metals that can be naturally-occurring or result from urban storm water runoff, industrial or domestic wastewater discharges, oil and gas production, mining, or farming.

**Pesticides and herbicides** that may come from a variety of sources such as agriculture, urban storm water runoff, and residential uses.

**Organic chemical contaminants**, including synthetic and volatile organic chemicals that are byproducts of industrial processes and petroleum production, and can also come from gas stations, urban storm water runoff, agricultural application, and septic systems.

**Radioactive contaminants** that can be naturally-occurring or be the result of oil and gas production and mining activities.

In order to ensure that tap water is safe to drink, the US EPA and the State Water Resources Control Board prescribe regulations that limit the amount of certain contaminants in water provided by public water systems. Board regulations also establish limits for contaminants in bottled water that must provide the same protection for public health.

Please note that drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. **The presence of contaminants does not necessarily indicate that the water poses a health risk.** More information about contaminants and potential health effects can be obtained by calling the U.S. EPA's Safe Drinking Water Hotline (1-800-426-4791).

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. USEPA/Centers for Disease Control (CDC) guidelines on appropriate means to lessen the risk of infection by *Cryptosporidium* and other microbial contaminants are available from the Safe Drinking Water Hotline (1-800-426-4791).

*Este informe contiene información muy importante sobre su agua beber. Favor de comunicarse Marcum Illinois School a 656-2407 para asistirlo en español.*

For questions or concerns about your drinking water, please attend the board meeting held the

**2<sup>nd</sup> Monday of the month** or contact:

**Maggie Irby, Superintendent at 530-656-2407**

### TERMS USED IN THIS REPORT

**Maximum Contaminant Level (MCL):** The highest level of a contaminant that is allowed in drinking water. Primary MCLs are set as close to the PHGs (or MCLGs) as is economically and technologically feasible. Secondary MCLs are set to protect the odor, taste, and appearance of drinking water.

**Maximum Contaminant Level Goal (MCLG) or Public Health Goal (PHG):** The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs are set by the USEPA. PHGs are set by the California EPA.

**Maximum Residual Disinfectant Level (MRDL):** The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

**Maximum Residual Disinfectant Level Goal (MRDLG):** The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants

**Primary Drinking Water Standards (PDWS):** MCLs and MRDLs for contaminants that affect health along with their monitoring, reporting and water treatment requirements.

**Secondary Drinking Water Standards (SDWS):** MCLs for contaminants that affect taste, odor or appearance of the drinking water. Contaminants with SDWSs do not affect the health at the MCL.

**Treatment Technique (TT):** A required process intended to reduce the level of a contaminant in drinking water.

**Regulatory Action Level (AL):** The concentration of a contaminant which, if exceeded, triggers treatment or other requirements that a water system must follow.

**Variations and Exemptions:** Department permission to exceed an MCL or not comply with a treatment technique under certain conditions.

**Level 1 Assessment:** A level 1 assessment is a study of the water system to identify potential problems and determine (if possible) why total coliform bacteria have been found in our water system.

**Level 2 Assessment:** A level 2 assessment is a very detailed study of the water system to identify potential problems and determine (if possible) why an *E. coli* MDL violation has occurred and/or why total coliform bacteria have been found in our water system on multiple occasions.

**ND:** not detectable at testing limit

**ppm:** parts per million or milligrams per liter (mg/L)

**ppb:** parts per billion or micrograms per liter (ug/L)

**ppt:** parts per trillion or nanograms per liter (ng/L)

**ppq:** parts per quadrillion or pictogram per liter (pg/L)

**pCi/L:** picocuries per liter (a measure of radiation)

These tables show only the drinking water contaminants that were **detected** during the most recent sampling for each constituent. The State Water Resources Control Board allows us to monitor for certain contaminants less than once per year because the concentrations of these contaminants do not change frequently. Some of the data, though representative of the water quality, are more than one year old. Any violation of an AL, MCL, MRDL, or TT is asterisked and explained below.

TABLE 1 - SAMPLING RESULTS SHOWING THE DETECTION OF COLIFORM BACTERIA					
Microbiological Contaminants	Highest No. of detections	No. of months in violation	MCL	MCLG	Typical Source of Bacteria
Total Coliform Bacteria (State Total Coliform Rule)	(in a month) 0	0	1 positive monthly sample (a)	0	Naturally present in the environment
Fecal Coliform and <i>E. coli</i> (State Total Coliform Rule)	(in the year) 0	0	0	None	Human and animal fecal waste
<i>E. coli</i> (Federal Revised Total Coliform Rule)	(in the year) 0	0	(b)	0	Human and animal fecal waste
(a) Two or more positive monthly samples is a violation of the MCL					
(b) Routine and repeat samples are total coliform-positive and either is <i>E. coli</i> -positive, or system fails to take repeat samples following <i>E. coli</i> -positive routine sample or system fails to analyze total coliform-positive repeat sample for <i>E. coli</i> .					

TABLE 2 - SAMPLING RESULTS SHOWING THE DETECTION OF LEAD AND COPPER							
Lead and Copper	No. of samples collected	90 <sup>th</sup> percentile level detected	No. sites exceeding AL	AL	PHG	No. of schools requesting lead sampling	Typical Source of Contaminant
Lead (ppb) 2020	5	1.4	None	15	0.2	None	Internal corrosion of household water plumbing systems; discharges from industrial manufacturers; erosion of natural deposits
Copper (ppm) 2020	5	0.246	None	1.3	0.3	Not Applicable	Internal corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. Marcum Illinois School is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline (1-800-426-4701) or at <http://www.epa.gov/lead>.

TABLE 3 - SAMPLING RESULTS FOR SODIUM AND HARDNESS						
Chemical or Constituent (and reporting units)	Sample Date	Level Detected	Range of Detections	MCL	PHG (MCLG)	Typical Source of Contaminant
Sodium (ppm)	07/06/10	18		none	none	Salt present in the water and is generally naturally occurring
Hardness (ppm)	07/06/10	206		none	none	Sum of polyvalent cations present in the water, generally magnesium and calcium, and are usually naturally occurring

TABLE 4 - DETECTION OF CONTAMINANTS WITH A PRIMARY DRINKING WATER STANDARD						
Chemical or Constituent (and reporting units)	Sample Date	Level Detected	Range of Detections	MCL [MRDL]	PHG (MCLG) [MRDLG]	Typical Source of Contaminant
Nitrate (as nitrogen, N) (ppm)	08/11/21	2.2		10	10	Runoff and leaching from fertilizer use; leaching from septic tanks and sewage; erosion of natural deposits
Arsenic (ppb)	02/26/20	3.7		10	0.004	Erosion of natural deposits; runoff from orchards; glass and electronics production wastes
Fluoride (ppm)	07/20/16	0.18		2.0	1	Erosion of natural deposits; water additive that promotes strong teeth; discharge from fertilizer and aluminum factories
Chromium (ppb)	07/02/13	14		50	(100)	Discharge from steel and pulp mills and chrome plating; erosion of natural deposits

TABLE 5 - DETECTION OF CONTAMINANTS WITH A SECONDARY DRINKING WATER STANDARD						
Chemical or Constituent (and reporting units)	Sample Date	Level Detected	Range of Detections	SMCL	PHG (MCLG)	Typical Source of Contaminant

TABLE 6 - DETECTION OF UNREGULATED CONTAMINANTS					
Chemical or Constituent (and reporting units)	Sample Date	Level Detected	Range of Detections	Notification Level	Health Effects Language
Hexavalent Chromium (ppb)	10/10/14	8.86		0.02+	Some people who drink water containing hexavalent chromium in excess of the MCL over many years may have an increased risk of getting cancer.

+There is currently no MCL for hexavalent chromium. The previous MCL of 10ppb was withdrawn on 9/11/17.