



from the desk of:

SAGE ELEMENTARY OFFICE NEWS

2790 SW Wickiup Avenue -Redmond, Oregon 97756 (541) 316-2830 -www.sage.redmond.k12.or.us

JANUARY 2016 NEWS



traffic, traffic, traffic!

Let's face it, dismissing over 600 students from one school at a time can be a little tricky! And no matter what you're driving, you're probably going to hit some traffic in our parking lot. And while it's no fun to wait, please remember we are doing our best to create a process that is **SAFE, RESPONSIBLE & EFFICIENT** for everyone.

We need everyone's help! Please team with us by observing the following guidelines:

AVOID EARLY PICK UP



We understand the temptation, but please do not pick your students up early in order to avoid the busy parking lot. End of day activities are important for student success. The teacher uses this time to review homework assignments, finish up instruction, and practice student responsibility and organization.

CALL AHEAD FOR APPOINTMENTS APPOINTMENT

If you are picking up your child early from school due to an appointment, please call the office and let us know ahead of time. We send an email to the teacher, write an early leave slip for your student, and set up a reminder in the office so that we can get your student to the office in a timely fashion for your appointment. We very much appreciate you working with us in order to minimize disruptions to the classroom and teaching time.

SMILE

Remember, we lead by example! When we practice considerate and patient behavior in the parking lot, kids will follow our example. So take a minute to wave someone on and share a smile!



WINTER WEATHER WEAR

Temperatures are even colder in the new year.

Please be sure your students are dressed accordingly.

Very seldom will the students be inside for recess!

Your student needs to come to school with coat, hat, gloves and appropriate footwear.

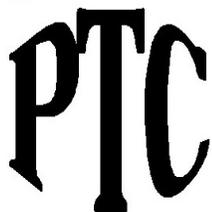
Please help your student(s) to dress appropriately.

Also, **PLEASE LABEL** your kids' gear.

Our lost & found grows larger every day!



PARENT TEACHER CONNECTION

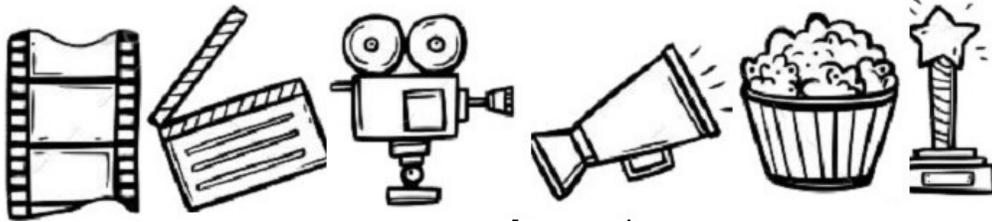


Be a part of the Sage Parent Teacher Connection! We plan fundraisers to pay for field trips and supplies for library, PE, computers and classrooms!

Meetings are on January 11 & February 1 in the Library at 4:00 p.m.

CALENDAR

- Jan. 11 PTC Meeting 4:00 p.m. Library **PTC**
- Jan. 18 Martin Luther King Jr. Day (NO SCHOOL)
- Jan. 20 Talent Showcase Grades K-2 (See reverse for more info)
- Jan. 22 PTC's HOE-DOWN 6:00—8:00 p.m.
- Jan. 27 Talent Showcase Grades 3-5 (See reverse for more info)
- Jan. 29 Teacher Prep Day (NO SCHOOL)
- Feb. 1 PTC Meeting 4:00 p.m. Library **PTC**



2016 SAGE ELEMENTARY TALENT SHOWCASE

Come and enjoy the many talents of our Sage Elementary Students. Wednesdays January 20 & 27!

Kindergarten, 1st & 2nd Grade

Wednesday January 20, 2016

9:30 -10:15 am.....Kindergarten

10:30 -11:45 am.....1st Grade

12:30 -2:15pm.....2nd Grade

3rd, 4th & 5th Grade

Wednesday January 27 2016

9:30 -11:00 am.....3rd Grade

11:15 -12:15.....4th Grade

1:30 -2:15 pm.....5th Grade

We will also be handing out monthly citizen awards for each grade level during their talent show times. Parents are welcome to attend and support their ultra-talented children.)



NOTES FROM NURSE KELSEY

Immunizations:

Letters have been sent home over the past couple months regarding immunizations. Please pay attention to these letters as they include very important information. Exclusion day is coming up in the middle of February for students that do not have appropriate documentation for immunizations. Please make sure you bring all the appropriate records into the office as soon as possible! If you have any questions or concerns please feel free to contact the school nurse

at 54.1316.2830



Sugar Intake:

It is that time of year when we all have a lot of extra sweet desserts on our kitchen counters. It is important to remember to limit our sugar intake to help improve our health. The average American consumes about 22 teaspoons of added sugar daily. Consuming too much sugar can lead to unhealthy weight gain, high blood pressure and high cholesterol. The American Heart Association recommends that children should limit sugar intake to 3-4 teaspoons a day.

What are some ways to decrease overall sugar intake? Some key items to stay from include soda and sports drinks high in sugar. Instead, encourage water intake by infusing water with your child's favorite fruit. Another way to help decrease sugar intake is to use pure maple syrup as a sweetener instead of refined sugar if you are going to use a sweetener anyway. If you use the same amount of pure maple syrup as sugar, you will cut the total sugar consumption by 1/3. Pure maple syrup also provides some minerals and antioxidants. However, moderation is the key! Hope these tips help with your health goals!