

2016

November/December



SHAFFER ELEMENTARY SCHOOL

Smoke Signals

November/December are busy months at Shaffer School!

PARENT/TEACHER CONFERENCES: WEEK OF NOV. 7-10, 2016

Parents,

This is an opportunity for you to meet with your child's teacher to discuss their progress. Please keep the appointment assigned. The teachers look forward to meeting with you and sharing how your child is doing in their classroom.

Students in Gr. 6-8

Due to the number of conferences Mr. Bailey and Mrs. Sheldon have to schedule there will be some conferences for middle school students that will meet on Monday, November 14th in order to accommodate all families. Thank you.

**MINIMUM DAY SCHEDULE THIS WEEK
SCHOOL DISMISSED AT 1:00 P.M.**

Veteran's Day Assembly November 10th



Shaffer School thanks Mrs. Neely for organizing this special event.

9:30 a.m. on Thursday, November 10, 2016

Shaffer students and staff will be honoring Veterans in recognition of their service

ALL STUDENTS WHO PARTICIPATE IN BOY/GIRL SCOUTS ARE ENCOURAGED TO WEAR THEIR UNIFORMS TO SCHOOL THAT DAY

Parents and veterans are invited to attend. Please feel free to invite veterans in your family and that you know to join us. (If veterans will be in attendance, please notify the school of their names ahead of time.) Thank you.

IMPORTANT DATES

Oct. 31-Nov. 4~Book Fair in Library

Wednesday, Nov. 2 ~ 2 Hour Late Start School begins at 10:15 a.m.

Thurs. Nov. 3~ Site Council Meeting 5:00 p.m. in Room 1

Nov. 7-10~Conference Week/Minimum Day Schedule

Nov. 10~Veteran's Day Assembly 9:30 a.m. in cafeteria

Friday, Nov. 11~VETERAN'S DAY NO SCHOOL

Tuesday, Nov. 15~PTO Meeting 4:30 p.m. in staff lounge

Tuesday, Nov. 15~Board meeting 6:00 p.m. in Room 12

Thurs. Nov. 17~Thanksgiving Family Art Night 6:00-7:30 p.m. in cafeteria

Friday, Nov. 18~First Trimester Awards Assembly 9:00 a.m. in cafeteria (parents welcome)

NOVEMBER 21-25~THANKSGIVING BREAK NO SCHOOL

December 5-9~PTO Christmas Store Open

Wednesday, December 7~ 2 Hour Late Start School begins at 10:15 a.m.

Saturday, Dec. 10~BREAKFAST W/SANTA FUNDRAISER FOR 8TH GRADE TRIP
(8:30-11:00 a.m. in the Shaffer School Cafeteria)

Mon. Dec. 12~Christmas Program for Gr. TK-5 6:30 p.m. in Cafeteria

Tues. Dec. 13~PTO Meeting 4:30 p.m. in staff lounge

Tues. Dec. 13~Board Meeting 6:00 p.m. in Room 12

Fri. Dec. 16~Last Day of School before Winter Break (regular full day schedule)

PTO News

Scholastic Book Fair: Taking place in the Shaffer School Library the week of Oct. 31-Nov. 4. Please plan to come and check out the wonderful books and supplies offered to your children and support Shaffer students.

Tuesday: Muffins W/Moms 7:30-8:15 a.m.

Wednesday: Goodies W/Grandparents 9:30-10:15 a.m.

Thursday: Donuts W/Dads 7:30-8:15 a.m.

SEES CANDY FUNDRAISER

(IN TIME FOR THE HOLIDAYS)

NOVEMBER 7-29th

(Please see information sent home with students)

**HELP SUPPORT OUR EFFORTS TO PROVIDE MEANINGFUL
LEARNING OPPORTUNITIES TO OUR STUDENTS**

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*****Annual Christmas Store DECEMBER 5-9, 2016**

This is an opportunity for students to do some shopping for the holidays at school. More information will be sent home regarding this event.

As always we are looking for more members to join us. Please plan to come to our next meeting(s):
Tuesday November 15 and December 13 at 4:30 p.m. in the Shaffer School Staff Lounge



THANKSGIVING FAMILY 'ART' NIGHT

THE NEXT FAMILY NIGHT AT SHAFFER SCHOOL IS SCHEDULED FOR: THURSDAY, NOVEMBER 17
6:00-7:30 P.M. IN THE SHAFFER SCHOOL CAFETERIA

Come join us for a free family evening of Thanksgiving Family Unity and Fun. A festive dessert will be shared and opportunities to explore some fun family art projects for the holidays will be available. Don't miss this occasion to meet with other families and share some memories with your own. We hope you will join us.

SHAFFER SPORTS

Congratulations to all our Shaffer runners on the completion of a very successful Cross Country season. We had several medals won by our students. WAY TO GO!!

GIRLS BASKETBALL IS NOW UNDERWAY!!

The lady Indians are off to a great start. Please follow the schedule Mr. Bailey has sent home or check the calendar on the Shaffer website to see when games and tournaments take place. Come out and cheer on our athletes!!!

BOYS' BASKETBALL.....COMING IN DEC. STAY TUNED FOR MORE INFORMATION ON TRY OUTS AND PRACTICES.

FIRST TRIMESTER AWARDS ASSEMBLY

FRIDAY: NOVEMBER 18 AT 9:00 IN THE CAFETERIA

PARENTS WELCOME TO ATTEND

*SHAFFER SCHOOL WISHES ALL OUR FAMILIES A VERY
HAPPY THANKSGIVING AND A WARM AND FESTIVE
HOLIDAY SEASON!*

UPCOMING 8TH GRADE FUNDRAISING EVENT BREAKFAST W/SANTA

SATURDAY, DECEMBER 10TH FROM 8:30-11:00 A.M.

(Breakfast, children's activities, and a visit from the man himself!)

Cost and further information to be sent home soon. **STAY TUNED!!**



CHRISTMAS PROGRAM

Featuring class presentations from TK-Grade 5

WHEN: Monday, December 12, 2016

TIME: 6:30 p.m.

WHERE: Shaffer School Cafeteria

All family and friends invited to attend



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FOCUS ON ACADEMICS

With all the fun activities we have going on, we must not forget the purpose of why we are here. This is a school and we are preparing our students for **THEIR** future. The stakes and standards for your children are higher than ever. Parents, we need you to be involved. We cannot do it alone. The students need your support. Shaffer staff is working multiple hours and we spend time well beyond the contracted hours with the goal of helping your children to excel in their studies and experience success. Your help is needed:

1. Please check in with your students. Check the school website to keep up on assignments your child has and if they are falling behind. If they tell you they've already done their homework, ask to see it. **EXPECT THEIR WORK TO BE OF QUALITY.** Set high expectations.
2. Communicate with your child's teacher. Do you have an email account? Request the teacher email you if your child falls behind. Our teachers want your help and involvement. Communication is key.
3. Prioritize and help your student to prioritize. School should come **FIRST....**ahead of sports or other obligations. Your expectation of this helps your child know how important their studies are. You are the one who sets the example for them. Help them develop good work habits. It will only benefit them in their future.

Thank you for your support and for holding your children accountable.

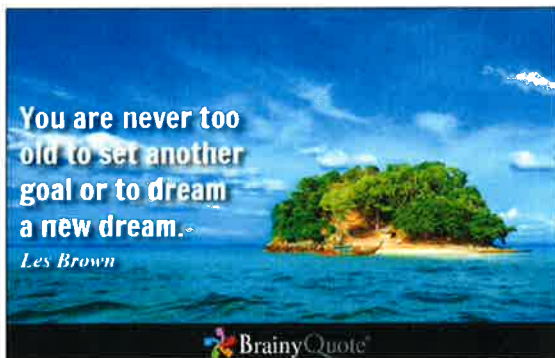
EXCITING OPPORTUNITIES COMING UP SOON FOR ADULTS
AND SHAFFER SCHOOL IS PROUD TO BE PART OF OFFERING THESE TO THE
COMMUNITY!

ADULT LITERACY PROGRAM

Classes to begin in January

Evenings at Lassen Library and
At Shaffer School

For more information please call: 257-7471



ENGLISH CLASSES

FOR NON NATIVE SPEAKERS

Classes to begin in January

Evenings at Lassen Library and
At Shaffer School

Contact Mrs. Daniels for more info.
254-6577

SOMETHING TO THINK ABOUT!!!

Text neck is the term used to describe the **neck** pain and damage sustained from looking down at your cell phone, tablet, or other wireless devices too frequently and for too long. Children and teens are especially at risk for suffering symptoms of **text neck**.

The following is taken from the Washington Post article by Lindsey Bever:

'Text neck' is becoming an 'epidemic' and could wreck your spine

The human head weighs about a dozen pounds. But as the neck bends forward and down, the weight on the cervical spine begins to increase. At a 15-degree angle, this weight is about 27 pounds, at 30 degrees it's 40 pounds, at 45 degrees it's 49 pounds, and at 60 degrees it's 60 pounds.

That's the burden that comes with staring at a smartphone — the way millions do for hours every day, according to research published by Kenneth Hansraj in the National Library of Medicine. Over time, researchers say, this poor posture, sometimes called “text neck,” can lead to early wear-and-tear on the spine, degeneration and even surgery.

Can't grasp the significance of 60 pounds? Imagine carrying an 8-year-old around your neck several hours per day. Smartphone users spend an average of two to four hours per day hunched over, reading e-mails, sending texts or checking social media sites. That's 700 to 1,400 hours per year people are putting stress on their spines, according to the research. And high-schoolers might be the worst. They could conceivably spend an additional 5,000 hours in this position, Hansraj said.

“The problem is really profound in young people,” he said. “With this excessive stress in the neck, we might start seeing young people needing spine care. I would really like to see parents showing more guidance.”

Something to be aware of:

