

# MAY CHARGER NEWS

2023

## CHERRY CHASE ELEMENTARY SCHOOL

1138 Heatherstone Way, Sunnyvale CA 94087

Phone (408) 522-8241



Sick child? [cce.absence@sesd.org](mailto:cce.absence@sesd.org)

Click [here](#) to be directed to the Cherry Chase Website



## IS YOUR CHILD SICK OR UNABLE TO ATTEND SCHOOL?

Is your child sick or unable to attend school?

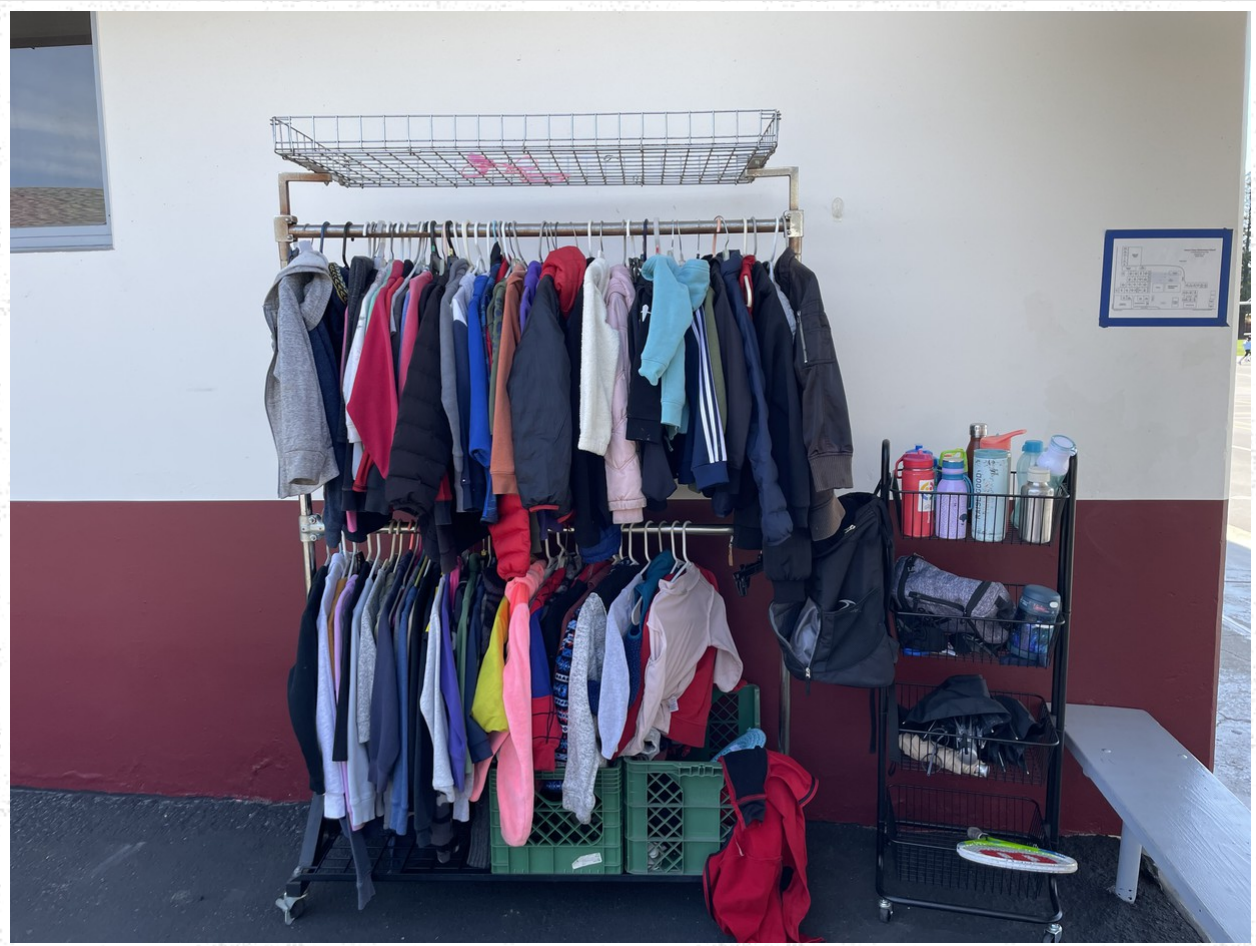
Parents please report any student absences by calling the school office at 408-522-8241 or emailing

[cce.absence@sesd.org](mailto:cce.absence@sesd.org) or [jen.maylard@sesd.org](mailto:jen.maylard@sesd.org)

Please include child's name, teacher, and reason for absence.

## LOST AND FOUND

The lost and found rack will be located next to room 11 every day until the end of the school year. If your student is missing anything, then please be sure to check the rack. All items not claimed by June 8th will be donated.



## MAY CHARACTER TRAIT: LEADERSHIP

"I inspire others by setting a good example and encouraging others to do the same."



During the month of May, the character trait being celebrated is leadership.

### A Leader...

- Is liked by his/her peers.
- Influences others to work towards a goal.
- Takes charge of the group.
- Judges the abilities of other children and finds a place for them in group activities.
- Senses what others want and helps them to accomplish it.

If you would like to explore the topic more with your child, here is a list of books you can read and discuss together.

### How Can You Encourage Your Child To Be A Leader?

- Read biographies of famous leaders (Abraham Lincoln, Martin Luther King, etc.)
- Encourage them to welcome new students at school by playing with them, taking them on a tour of the school)
- Encourage your child to welcome new children in the neighborhood.

- Encourage your child to think for himself/herself and not blindly follow any group.

### **Congratulations! Your Child Is Showing Signs of Leadership When He/She...**

- Offers to show a new student around school.
- Contributes suggestions on group projects.
- Helps family members, neighbors, and friends during a crisis.
  - Speaks up against injustices.
- Organizes a group to solve a problem.
- Speaks his/her mind even though others may not agree.



#### **Citizen of the Month for April 2023**

Click here to see who won the award for PATIENCE for the month of April.



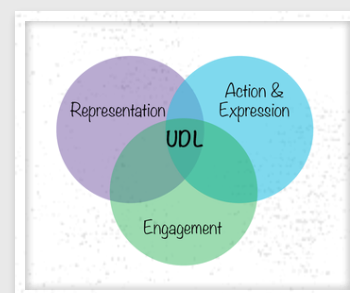
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## **FAMILY UDL (UNIVERSAL DESIGN FOR LEARNING) CORNER**

The ultimate goal of Universal Design for Learning (UDL) is for students to become experts in their own learning in any context.

Summer break is a great opportunity to support your child becoming an expert learner in their areas of interest, not just school subjects. Consider exploring some of the many options available through Sunnyvale and Santa Clara County. There are many opportunities for kids to explore new ideas and activities with kids their own ages and also with families.



First we have the City of Sunnyvale's offerings. Both pictures link to the catalogs for this summer.



The County Library is celebrating summer with the Annual Summer Reading Program. This will also be celebrated at the Sunnyvale Library too. The picture links to information about activities for all ages.



Santa Clara County Parks sponsors a Pix in Parks challenge every summer. Using clues and hikes throughout the parks system, you can win prizes while getting outside as a family. The picture links to this year's contest.





Lastly, there is the Charger Summer Reading Menu- a document full of ideas for keeping busy, keeping the learning going, and exploring new ideas.

| Charger Summer Reading Menu   |   |  |
|---|---|--|
| Create a collection of 5 <a href="#">acrostic poems</a> with summer inspiration. Add matching illustrations or photos.  | Read a fiction book about a child who visits a new place or goes on vacation. Imagine you are the main character and make 2 <a href="#">postcards</a> to send to friends back home from the place they visit in the story.  | Read a non-fiction book about a <a href="#">National Park</a> ! Create a poster or slide deck highlighting 10 facts about the park. Use as many illustrations or photos as you like.   |
| Read a book from a series that has recurring characters (Froggy, Judy Moody, Harry Potter, etc). Create a <a href="#">paper doll</a> for one of the recurring characters using whatever materials you like. Write 5 sentences on the doll or a separate card describing your character's traits (kind, jealous, hard working, etc). | A lot of books have been turned into movies. Read a work of fiction of your choice. Then, write a <a href="#">letter</a> to a movie producer to convince them to make your book into a movie. Bonus: actually send the letter and see if you get a reply!   | Comics are books too! Check out a graphic novel or comic book for your age group. Then try your hand at <a href="#">your own comic</a> ! Use familiar characters or create your own!   |
| Read a biography of a famous person. Create a <a href="#">timeline</a> on paper or in a slide deck of the major events in their life. Try to include illustrations or photos for each important event.  | Summer is a time for cookouts! Find a kid-friendly cookbook and find a recipe or two to try with an adult's help. Find a way to add to or change the recipe to make it your own. <a href="#">Write up your new version of the recipe</a> . Include photos or illustrations of your creation!  | Hearing about books from friends and family can introduce you to whole new worlds! Pick the best book you read this summer (fiction or nonfiction) and create a video that promotes the book just like the PBS show <a href="#">Reading Rainbow</a> !          |
| There are many different versions of classic fairy tales. Find two versions of the same story from different cultures and read them. Create a <a href="#">Venn diagram</a> that explores how the two stories are the same and different. Bonus: can you find a third version? How could you add that story to your Venn diagram?    | Choose a chapter book to read solo or with a buddy. Since there are few pictures in these books, pick one scene that you want to see brought to life and create a colorful <a href="#">diorama</a> of the scene! Use the descriptions from the author to guide your art. Include a copy of the section of the book (with title and author) with your diorama. | Read a nonfiction book or magazine article about an animal or plant that interests you. Create a <a href="#">hanging mobile</a> that includes facts learned from the reading. You can use objects, cards with written information, pictures, and /or drawings. |

## HOW TO HELP WITH THE TRANSITION TO MIDDLE SCHOOL

### HOW PARENTS CAN HELP

Moving up from elementary school to middle school is a big transition—in more ways than one. The work is harder. The social scene is more complex. And often, the school building is much larger and harder to navigate.



But the greatest adjustment may be to the changes in routine. For most kids, middle school is the first time they have to switch classrooms and work with different teachers.

### **Talk about the upcoming changes**

Talk to your child about the changes in routine you know will occur. Along with switching classes, maybe he/she will have block periods in middle school. So classes may be much longer than he/she is used to. Or maybe there will be a homeroom period for the first time. Let your child know what to expect as much as possible.

#### **Here are some examples of changes to expect:**

- Students switch classrooms for Language Arts, Social Studies, Math, and Science.
- Students homeroom teacher will teach either Language Arts and Social Studies or Math and Science.
- Students will be provided text books for use at home, there will also be a set in the classroom.
- Students will need to bring supplies in a backpack that will travel with them throughout the day.
- Start and end times will change (i.e., school gets out at 2:55).
- Students will be expected to travel from one room to another in a limited amount of time.
- Students will be expected to dress out for PE (gym clothes that have SMS logo).

### **If allowed, take a tour of the school**

One of the biggest challenges for new middle-schoolers is getting from class to class on time, and with all the materials they need. It can help to check out the building before the start of school, using your child's schedule to plot your route. Practice getting from one class to the next in the allotted amount of time.

Take time to walk around. Find the cafeteria, gym, library, bathrooms, and the nurse's and administrators' offices. Also, locate your child's locker so he/she can see where it is in relation to the classrooms.

Hopefully there will be an open house before school starts.

### **Organize class materials according to your child's schedule**

Keeping class materials organized can be a challenge when your child doesn't have much time between classes. You may want to work together to color-code each subject. For example, use a blue notebook and a blue book cover for science, green notebook and green book cover for social studies, etc.

You can also come up with a plan to organize your child's backpack according to his/her schedule. That way your child can easily grab what is needed for each class without spending time looking for it.

#### **Supplies your child will need:**

- binder, paper, calculator, pencils, sharpener, etc.

### **Reassure your child**

Adjusting to new routines is a process. Tell your child that is alright if it takes a little while for him/her to figure out how to manage it all.

Also, remind your child he/she is not alone. Middle school is an adjustment for *all* kids. Let your child know it's normal to feel a little nervous. And reassure him/her that you're there to support and help.

**Here are some specific things to reassure your child about:**

- There will be four elementary schools that feed into SMS, you will make new friends.
- While things will be different, the teachers and staff are there to help you.
- You will still have time to be with your friends (brunch and lunch).
- You may still visit your former teachers at Cherry Chase (Wednesday Helpers).

## **TIPS FOR INCOMING MIDDLE SCHOOLERS**

### **WHAT FORMER SIXTH GRADERS WANT YOU TO KNOW**

Dear incoming 6th graders,

Here's what I wish I had truly understood in sixth grade.

#### **Things Are Going To Be Different**

The differences will be good and challenging.

You have different teachers for different subjects. This is cool because you get to learn from different teachers and build relationships with each of them. It might take a while to get to know each of them on the level you're used to when you've only had one teacher.

#### **You're Not The Only One Feeling This Way**

Again, everyone is new to this stage of life. School gets harder, your opinions and feelings on topics and things change. Everyone is becoming more of an individual and it can cause tension. The important thing is to be understanding and accepting of everyone. Just because one of your friends says she doesn't like to wear the color blue doesn't mean you can't, and just because another peer says that wearing your hair in braids isn't cool doesn't mean it isn't. It ALSO doesn't mean that you need to retaliate by pointing out something you don't like about them. **Kind** is always better. People want to be friends with those who build them up, not those who put others down.

#### **Friends Who Make You Feel Insecure Are Not Your Friends**

Don't be mean to others - don't be a bully, don't criticize and hurt others feelings. If you want life long friends that you can trust, be a friend someone else can trust. This means building

others up, finding positive things to say rather than hurtful things to say. This also means helping the underdog and being known for how loving and kind you are to those around you.

### **Be Well-Known For The Right Reasons**

Be well-known for being talented at singing, dancing, football, soccer. Be well-known because you love reading, are on student council, or are funny. Spend your time with the people you look up to, who also make you feel capable - those who believe in you. You will have a better experience in middle school.

## **QUESTIONS FOR PARENTS TO THINK ABOUT**

What challenges do your children currently face and what might they face in the future?

How is what your child is experiencing different from what you experienced when you were growing up?

How will these challenges and experiences manifest themselves throughout your child's educational transitions? Elementary to Middle School?

How can you best support your child during these transitions?

## **HELPFUL RESOURCES FOR PARENTS**

**ADOLESCENT MATURITY AND THE BRAIN**

**BRAIN DEVELOPMENT: TEENAGERS**



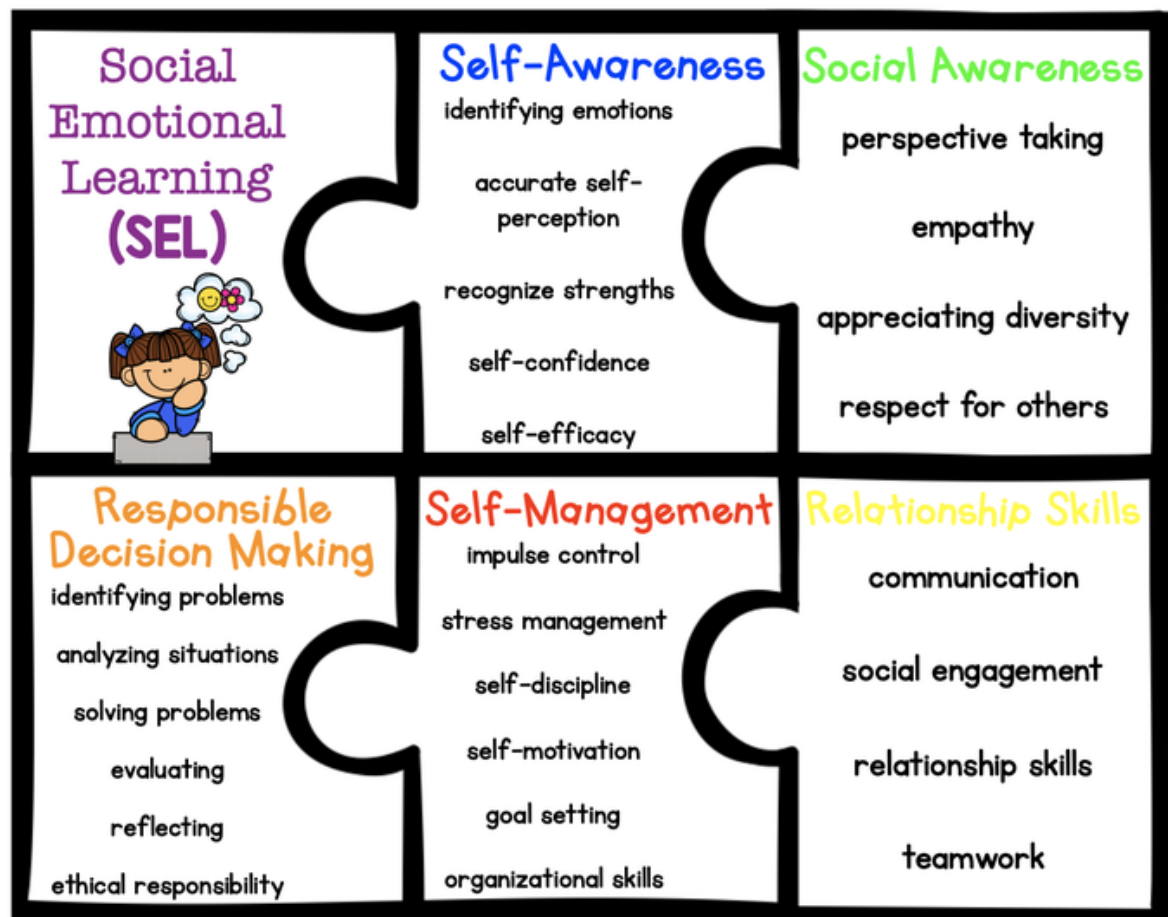
**EASING THE SHIFT: ELEMENTARY TO MIDDLE SCHOOL**

**MAKING THE MOVE TO MIDDLE SCHOOL**

**TEACHER APPRECIATION WEEK (MAY  
8-12)**



**SOCIAL EMOTIONAL LEARNING (SEL)**



## SOCIAL EMOTIONAL LEARNING CHOICE BOARDS

**Social Emotional Learning**  
*strategies to use at home*

|   |   |  |
|---|---|--|
| Would I create a new rule and spread it on my hand like a starfish? With your other hand, gently touch each finger and think of one thing you are grateful for. Share it with someone on your team! | Go ahead in front of a mirror in your home. Look at yourself and say 5 positive things about yourself! Make sure you could really repeat these later. | Think about a friend who is a starfish. How would you feel if you were that friend? Share your feelings with someone on your team!     |
| Think about something that you did today. What emotion did you feel during that activity? Did that emotion stay the same throughout the day or did your emotions change?                            | Think about when you feel strong emotions like mad, sad, frustrated, etc. Name a way that you can calm down from that strong emotion.                 | Write a letter to a person of your choice to show kindness.  |
| What does the word empathy mean? Look on adult if you need help? How can you show empathy towards others?   | Would I create a new rule to be a starfish? How would you feel if you were that friend? Share your feelings with someone on your team!                | Would I create a new rule to be a starfish? How would you feel if you were that friend? Share your feelings with someone on your team! |
| Everyone deserves to be treated with kindness and compassion. Name two things that you will do today to show kindness.  | Think about your community. How could you help out more in the community? Could you volunteer somewhere? Have a discussion with your family!          | Create a card for someone that shows appreciation.   |

**Social Emotional Learning**  
*strategies to use at home*

|  |   |   |
|--|---|---|
| Think about a time when someone needed help. Make a list of things you could do to help them.  | As a family, make a goal. How will you work as a team to reach that goal?   | Think about your morning routine. Make a list of steps that you take each morning. How is this routine helpful? |
| Would I create a new rule to be a starfish? How would you feel if you were that friend? Share your feelings with someone on your team! | Think about something that someone does that bugs you. Practice saying, "I bug me when you... I wish you'd stop." | How can you ask for help? Brainstorm ways that are comfortable for you.   |
| Would I create a new rule to be a starfish? How would you feel if you were that friend? Share your feelings with someone on your team! | Draw a picture of something that makes you feel excited.  | Play a game with a friend or a relative. After the game, talk about why taking turns is important.              |
| Draw a picture of something that makes you smile.  | Ask three people what their favorite color is and tell them your favorite color.                                  | Read a book. Name one feeling/emotion one of the characters felt during the story.                              |

**Social Emotional Learning**  
*strategies to use at home*

|  |   |  |
|--|---|--|
| Calming activity: take 14 deep breaths and create a square with your fingers as you breathe, repeat 5 times.     | Play a game with a friend or a relative. After the game, talk about why it is okay to lose sometimes.   | Draw a picture of something that makes you laugh.  |
| Ask three people what their favorite candy is and tell them your favorite candy.                                 | Read a book. Name one feeling/emotion one of the characters felt during the story.  | With an adult, create a goal on how you will finish the school year regarding your grades. |
| With an adult, establish a place in your home which can be your place to calm down when you have these emotions. | With an adult, discuss cultural traditions they had growing up.   | Give at least 5 compliments to people you interact with during the week.                   |
| With an adult, create a goal on how you will finish the school year regarding your behavior.                     | Define what perseverance means. Ask an adult for help. Discuss a time when you had a challenge, obstacle or goal a character from a book and describe how they got through the challenge situation. | Create a picture or poster which displays how people should treat each other.              |

## SEL RESOURCES FOR STUDENTS, PARENTS AND GUARDIANS

## SEL ACTIVITIES FOR ELEMENTARY SCHOOL STUDENTS

Visit the SEDS website for more resources on SEL for students

## SEL RESOURCES FOR PARENTS AND GUARDIANS

Visit the SEDS website for more resources on SEL

## HELPFUL PARENT RESOURCES

[CLICK HERE TO GO TO THE CHERRY CHASE PTA WEBSITE](#)



Charger Summer Reading Menu.docx.pdf

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## MAY IS ASIAN PACIFIC ISLANDER DESI AMERICAN HERITAGE MONTH

This May, Cherry Chase celebrates the contributions of Asians, South Asians, Native Hawai'ians, Pacific Islanders, and people of the Indian subcontinent and its diaspora. First called "Asian Pacific American Heritage Month", this was nationally recognized in 1977 as a smaller ten day celebration in May, and transformed to a month-long observance in 1990. The month of May was chosen because the first Japanese immigrants arrived in the United States on May 7, 1843. Also, the anniversary of the completion of the transcontinental railroad is on May 10, 1869, which was completed largely by the labor of many Asian immigrants. The term Desi is increasingly being included in more institutions to be more inclusive of more Asian cultural experiences. At school, teachers will be sharing biographies of influential people from these varied communities.



Want to celebrate and learn more at home:

- For an explanation of the month, visit:
  - [Library of Congress Asian Pacific American Heritage Site](#)
  - [Federal Asian Pacific American Council](#)
- Books are a great way to dive into a culture! Here are some book lists for kids:
  - [The Conscious Kid: AAPI Books](#)
  - [85 Brilliant Asian American Pacific Islander Heritage Month Children's Books](#)
  - [Children's Books with Characters of Indian and South Asian Descent](#)
  - [Children's books About India and Indian Culture](#)