

# CRESTVIEW ELEMENTARY SCHOOL NEWS



1020 Eighth Street  
West Des Moines, IA 50265

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## September/October Activities

- Oct. 5-9 Cognitive Abilities Testing, 3<sup>rd</sup> Grade
- Oct. 6 Chess Club, 7:30 a.m.
- Oct. 6-7 6<sup>th</sup> Grade Trip to Springbrook
- Oct. 7 Collaboration Day – Early Out**  
School dismisses at 2:25 p.m.
- Oct. 8 2<sup>nd</sup> Grade Lego Block Party,  
3:15-5 p.m., Media Center
- Oct. 9 PTC Gift Wrap Fundraiser begins
- Oct. 12 No School – Staff Development Day**
- Oct. 13 Chess Club, 7:30 a.m.
- Oct. 13 4<sup>th</sup> Grade Trip to DM Art Center
- Oct. 13 Tiger Choir Rehearsals Begin,  
3:15-4:15 p.m.
- Oct. 14 School Picture Retakes
- Oct. 14 Collaboration Day – Early Out**  
School dismisses at 2:25 p.m.
- Oct. 19-23 Make a Difference Week
- Oct. 20 Chess Club, 7:30 a.m.
- Oct. 20 Partners in Print, Phenix  
Elementary, 6:15-8:15 pm
- Oct. 21 Collaboration Day – Early Out**  
School Dismisses at 2:25 p.m.
- Oct. 21 PTC Gift Wrap Sale Ends
- Oct. 23 Monster Mash, 6-8 p.m., Indian  
Hills Gym
- Oct. 27 Chess Club, 7:30 a.m.
- Oct. 28 Collaboration Day – Early Out**  
School dismisses at 2:25 p.m.
- Oct. 29 5<sup>th</sup> Grade Band Concert, 7 p.m., Gym
- Oct. 30 Classroom Fall Parties, 2:30 p.m.

## School Picture Retakes



School picture retakes are scheduled for Wed., Oct. 14. If your child missed school picture day in September this is your chance to have his or her picture taken. If your child did have a picture taken but they are not quite what you hoped they would be, please send the picture packet with your student on Oct. 14 for the retakes. Questions?? Please call the office at 633-5700. Thanks.

## Monster Mash

Treats, costumes and fun galore! Let's see what this Halloween has in store! Bring your family to the Halloween Monster Mash for dancing, food and games! Fri., Oct. 23 from 6-8 p.m. at Indian Hills Junior High. You can also **BYOP!** – Bring Your Own Pumpkin – decorated or carved – for a chance to win a great prize. One pumpkin per student please!



## Native Speaker Quiz Bowl



The Native Speaker Quiz Bowl was held Fri., Sept. 25. This competition included native Spanish speakers from fourth, fifth and sixth grades.

Between the four competition rounds, the native Spanish speakers from the community talked to the kids about the importance of retaining their home language and learning English.

The following children represented Crestview: Diana Fuentes, Nadia Cabrera, Jocelin Callejas, Ingrid Garcia, Teresa Gonzalez, Claudia Sanchez, Victor Rodriguez, AB Garcia, Omar de Avila, Matias Lynch, Juan Antonio Barragan, Kimberly Ruiz, David Coos, Luis Jimenez, Alex Sanchez, Brian Jasso, Junior Soto, Pedro Nicacio, Jair Mendez and Pedrito Hernandez.

## Keeping Kids Healthy



*The following tips for keeping your children healthy are brought to you by Blank Children's Hospital and "Kohl's Cares for Kids".*

**Sleep** – Children need plenty of rest...

- 10-12 hours per night for elementary age children
- Set a regular bedtime and stick to it

**Nutrition** – Provide a balanced diet...

- Plenty of fruits and vegetables
- Lean meat and protein (like beans, eggs or cheese)
- Whole grain breads
- Milk
- Limit fast foods, soda and juices high in sugar
- Encourage your child to drink water

**Exercise** – Children need 1-2 hours of active play per day...

- Develops strong bones and muscles
- Helps them sleep better at night
- Makes them less likely to be overweight
- Makes them less likely to develop type two diabetes

**TV/Computer/Video games** – Put a limit on screen time...

- Encourage reading and active play
- No more than 2 hours of screen time per day

**Illness** – Keep ill children at home to rest...

- Provide fluids, like soup, water and juice
- Children may return to school when they are fever free for 24 hours without the aid of medicines

For more information visit  
[www.blankchildrens.org](http://www.blankchildrens.org)

## Absences

**Please** call the office at 633-5700 if your child will be absent or late for school. Also, please let the office know if you are planning a trip so we can note the dates in our files. This is really a HUGE help!



## Lost and Found

Missing something? Come in to the school lobby and check out the lost and found! Our lost and found box is already overflowing – and we are only one week into fall!

## Cooler Weather is Coming



Cooler weather is here. Please be sure your child comes to school each day prepared to go outside for recess. An extra sweatshirt or light weight jacket is fine now. As it gets even

cooler, you'll want to be sure to have mittens or gloves, hats, winter jackets and eventually (dare I say it!) snow pants and boots. Students will stay inside for recess only when the wind chill is below zero degrees. We want to try to get the children out daily when appropriate and all of the necessary winter items are needed for them to enjoy themselves outdoors. Please be sure to label all coats and hats with your child's name in order to keep track of each student's winter items. Thanks!

## Make a Difference Week, Oct. 19 - 23

Each year the West Des Moines Community School District partners with WDM Human Services during Make a Difference Week to collect personal hygiene items. Last year, students and staff in our district provided 3,777 orders of personal care products to households in need. This year **Crestview students and staff are being asked to provide deodorant and toothpaste**. In addition, we will collect coins for Koin's For Kids - a youth scholarship fund for educational or recreational after school activities. So watch the store flyers for sales and start saving your change.