

2016  
JANUARY

# explorer NEWS

## principal's message Dr. Joseph Backman

Fabulous Foothill Parents,

Happy New Year! I hope you had a wonderful Christmas break with your family and those you love. At Foothill Elementary, we are committed to teaching the whole child. We desire to help every student become creative, critical problem solvers, and to love learning so they can be successful and happy in life, and contribute to the world. A framework that describes Foothill extremely well comes from the Partnership for 21st Century Learning (<http://www.p21.org>).

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The 21st Century Learning framework is grounded in a positive learning environment. Our theme this year is "Leaving a Legacy through Kindness." We desire that our students will love coming to school because they feel loved and know that they make a difference. We desire for them to live the Foothill Four (Courage, Courtesy, Responsibility, and Respect) and Dr. B's Challenge (see end of my message). We know the learning environment is essential for learning.

The top of the framework describes STEAM perfectly with the 4Cs: Critical thinking, Communication, Collaboration, and Creativity. As a STEAM school, we purposefully integrate all of the key subjects to ensure students learn these 4Cs. Also, our epic grant and efforts to purposefully utilize technology in STEAM help students prepare for career, college, and ultimately for life.

Teachers are the most important part to student learning and are foundational in all that we do. The things we do as a Professional Learning Community (weekly Monday collaboration, professional development, curriculum/instruction, and standards/assessments to name a few) support teachers in their work and help build capacity as each of us continually learn.

At the end of January, a team of teachers and I will be traveling to Boston to learn how to become even better at what we do. We will visit a 21st Century Learning School, the Museum of Science in Boston, MIT, and a school district implementing technology particularly well. We are in the process of applying to become a 21st Century Learning exemplary school (only 40 exemplary schools in the nation) since we are living these things already and hope to continue to improve. We would be the first 21st Century Learning school not only in Utah, but also in all of Utah's neighboring states. At Foothill, we truly desire to leave a legacy one child at a time as we continue to lead our district and state!

Sincerely,

Dr. Backman (Dr. B.)  
Principal, Foothill Elementary

Be Kind. Be Optimistic. Learn. Work Hard. And Live Life to the Fullest!

## out of the loop?

subscribe to the newsletter:  
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[www.foothill.alpineschools.org](http://www.foothill.alpineschools.org)  
[www.foothillpta.org](http://www.foothillpta.org)

## Dr. B.'s Readers

Dinosaurs Before Dark,  
Magic Tree House #1  
by Mary Pope Osborn  
(Battle of the Books)

Soup  
by Robert Peck  
(Battle of the Books)

## UPCOMING EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Early Out	5	6	7	8 Gifted & Talented Testing
11 Early Out Penny Wars STEM Fair	12 Penny Wars	13 Penny Wars PTA Mtg 1pm Classroom Spelling Bees Begin	14 Penny Wars	15 Penny Wars Gifted & Talented Testing
18 MLK Holiday NO SCHOOL	19	20	21 5th Grade Program 6:30 p.m.	22 Newsletter Submissions DUE Gifted & Talented Testing
25 Early Out	26	27 SCC Meeting 11 am	28 Special Needs Parent Conf. See Page 7.	29 Gifted & Talented Testing
1 Early Out	2 Book Fair	3 Parent/Teacher Conferences Book Fair	4 Parent/Teacher Conferences Book Fair	5 Book Fair 5th Grade Field Trip

### HAPPY BIRTHDAY!

Janet Mason	Jan. 07
Shannon Tolman	Jan. 08
Cami Granados	Jan. 09
Jenny Ledesma	Jan. 17
Jamie Madsen	Jan. 25

### NEXT MONTH:

- Feb. 3-4 Parent/Teacher Conf.
- Feb. 2-5 Book Fair
- Feb. 5 Field Trip 5th Grade
- Feb. 9 Kindergarten Reg.
- Feb. 10 PTA Meeting
- Feb. 11 Spelling Bee 6:30 pm
- Feb. 15 No School
- Feb. 22-26 Teacher App. Week
- Feb. 25 1st Grade Program
- Feb. 26 Trimester Ends

## president's message

Lisa Oliver

Happy New Year! We hope the Holidays were a wonderful break to be with your families. We're nearly half way through the school year and it has flown by. As a PTA we have many more activities and events coming up and would love to have as many parents involved as possible to support these important programs. Please come to our January PTA meeting and get involved in some small way. We'd love to see new faces and hear new ideas as we continue to be the most amazing parent supported PTA organization in the District.

In addition as we look to a New Year we are hoping to secure a new Executive Board for our PTA to begin this summer. Amy Oakey will be the 2016-2017 PTA President and is in need of a new secretary and treasurer for her board. If you can help please let us know.

### Technology Update:

As the kids return to school we have several classrooms "piloting" our new technology. We are excited to see these teachers and students get their "feet wet." Dr. B has been working hard along with the District to ensure success in this area. Their vision, as technology enters our school, is to create an even more amazing learning environment at Foothill. With these new tools and training we expect to create faster (more effective) learning, greater collaboration and problem solving, and students who are better prepared for secondary education. If you would like to know more about what is happening with Technology at Foothill come to the PTA meeting or send an email to me or Dr. Backman. We'd love to share the excitement of how Foothill is preparing our students for their success.

Sincerely,

Lisa Oliver  
PTA President

# THE news



## IT'S HERE! THE SCHOOL SPELLING BEE

Foothill Elementary is excited to host a Scripps Spelling Bee for the 2015-2016 school year. Your child should come home with their grade level list the first week of January. You can also find all the grade level lists on the PTA blog at <http://www.foothillpta.org/programs/spelling-bee>

All 3rd through 6th grade students are invited to participate in the Spelling Bee. 1st and 2nd grade students may participate by informing their teachers.

Classroom Spelling Bees: **BEFORE JANUARY 31st- CHECK WITH YOUR CLASSROOM TEACHER**

Our **school Spelling Bee will be held February 11th, 2016 at 6:30 pm in the gym.**

Here are some ways to begin preparing:

- Step One: Students should first learn the 100 study words for their grade level.
- Step Two: When students master the 100 study words for their grade level, they are ready to learn the study words for all other grade levels. They can find all the other lists and the rules at : <http://www.spellingbee.com/> login: luisa\_rose@yahoo.com password explorers
- Step Three: When your students master the study words for grade levels 1–8, they may get a head start on the next level of competition by learning the words in [myspellit.com](http://myspellit.com)

Please Note: We will NOT be doing a Vocabulary Bee at Foothill, ONLY a Spelling Bee.

We are in need of parent volunteers to help with the Spelling Bee!

Please contact Luisa Gough [luisa\\_rose@yahoo.com](mailto:luisa_rose@yahoo.com) if you are willing to help.

### BATTLE OF THE BOOKS!

We had so much fun at our kickoff party and can't wait to start practicing for the battles. Keep reading those books! Special awards for the kids who read all the books for their grade level. If you don't remember or lost the word lists they can be found at Battle of the Books - Foothill Elementary PTA

Remember you can go to [cram.com](http://cram.com) and find the flashcards to study the title of the book and author names in preparation for the battles. Search for 2015/2016 BOB 5th/6th grade alpine or 3rd/4th grade alpine. We are looking for a parent who has experience with creating round robin brackets to help us when it is time for battles. If you have experience with this or know someone who may help, please have them contact Mrs. Hebert at [dhebert@alpinedistrict.org](mailto:dhebert@alpinedistrict.org) or stop in at the library and see how you can help!

A list of all the books is available here: <http://www.foothillpta.org/programs/battle-of-the-books>

## NURSING NEWS

Every parent's nightmare is a medical emergency involving your child. Knowing when to call 911 can help you cope quickly and efficiently with childhood emergencies and stay calm under pressure!

HERE ARE SOME GUIDELINES FOR 7 OF THE MOST COMMON MEDICAL EMERGENCIES IN CHILDREN:

1. Respiratory Distress refers to difficulty breathing and taking in enough oxygen. Causes may include choking, asthma, an infection, or pneumonia. The symptoms are coughing, wheezing, flaring of nostrils, use of chest and neck muscles to aid breathing, grunting, inability to talk, or turning blue.

WHEN TO CALL 911: rate of breathing is greater than 50-60 breaths per minute, the child is turning blue around the mouth, or the condition is worsening instead of improving.

IF THESE SIGNS ARE PRESENT, DON'T TRY TO PUT YOUR CHILD IN A CAR—CALL AN AMBULANCE! THE PARAMEDICS CAN DELIVER OXYGEN AND GET YOUR CHILD SAFELY TO THE HOSPITAL.

2. Broken Bones are common childhood emergencies. While these injuries are generally not life-threatening, the child should be taken to a hospital or urgent care center for evaluation.

WHEN TO CALL 911: the break is so severe that you can't control the pain, the bone is sticking out of the skin, the accident involves trauma to the head or neck, the accident has caused a state of altered consciousness.

3. Vomiting and/or Diarrhea can require emergency care if a child becomes dehydrated. Watch for signs of dehydration such as sunken eyes, dry mucus membranes, and abnormally low amounts of urine.

WHEN TO CALL 911: the child is unresponsive, there is severe cramping and unrelenting abdominal pain. This could indicate appendicitis or kidney stones.

4. Febrile Seizures are caused by a rapid rise in temperature. Most seizures associated with fever end quickly and are not necessarily emergencies. However, any child who is having a new seizure should be seen by a doctor as soon as possible.

WHEN TO CALL 911: the seizure doesn't stop after three to five minutes, the child has labored breathing or is turning blue, your child's normal mental state does not return after the seizure.

5. Falls from a significant height can injure the head, spine, or internal organs. If you suspect a head injury, talk to your child and make sure he or she answers questions appropriately.

WHEN TO CALL 911: the child vomits more than once, he or she loses consciousness, the child complains of numbness or tingling, you suspect internal injuries, you suspect an injury to the neck or spine. **DO NOT ATTEMPT TO MOVE YOUR CHILD!** The paramedics will immobilize the spine before taking your child to the hospital.

6. Cuts/Bleeding- if your child is bleeding, apply pressure to the wound and assess the extent of the damage. Children who need stitches can usually be taken to the hospital or urgent care center by car.

WHEN TO CALL 911: there is a known bleeding disorder, you are unable to stop the bleeding.

7. Possible Poisoning is a frightening scenario. Perhaps your child has gotten into the medicine cabinet or your supply of household cleaners. **THE FIRST THING TO DO IS CALL POISON CONTROL: 1-800-222-1222.** The poison center experts can assess a situation and dispense advice quickly.

WHEN TO CALL 911: if the child is unresponsive, Poison Control advises it.

Best wishes for a safe, healthy new year!!!!

Kim Lowe, RN, School Nurse

**ATTENTION PARENTS: A Must Read for Parents of 2<sup>nd</sup>-7<sup>th</sup> Graders who are Advanced!**



## **ASD Advanced Learning Lab (A. L. L.) Testing Saturdays - January 9<sup>th</sup> to January 30<sup>th</sup> 2016**

The Alpine School District (ASD) Gifted Services department will be conducting 8 sessions of testing for placements in the district A. L. L. classrooms for the 2016-2017 school year. Any interested 2<sup>nd</sup> grader through 7<sup>th</sup> grader in ASD is invited to attend a testing session to qualify for a placement in an Advanced Learning Lab (A. L. L.). The testing will occur according to the schedule below. All 2<sup>nd</sup>-7<sup>th</sup> graders interested in a placement for the next year will **have to test** for original placement in the A.L.L. program. If students are currently in an elementary or secondary A.L.L. program they do not need to retest if they have completed the intent to continue form. However, all 6<sup>th</sup> grade students must retest for placement between the elementary and secondary level. Testing for secondary A.L.L. is for designated English, History and Science classes. Math testing and placement is completed at individual schools.

Testing for both Elementary and Secondary Advanced Learning Lab (A. L. L.) programs will be done on Saturdays, January 9<sup>th</sup> to January 30<sup>th</sup>. The online registration is now open and will close the Tuesday prior to each testing session. There will be a \$20.00 fee for the testing. Students on free or reduced lunch status will register on-line with a reduced cost. Registering within three days of testing is considered a late registration and will incur an additional \$5.00 fee. Late registrants will be admitted upon availability. There are no refunds.

Go to [www.curriculum.alpineschools.org/gifted-services](http://www.curriculum.alpineschools.org/gifted-services) and register on the homepage through Xpress Bill Pay. Contact Gifted Services at 801-610-8475 or [staylor@alpinedistrict.org](mailto:staylor@alpinedistrict.org) with questions.

The following will be the testing dates, locations and times:

### **January 9, 2016: (North)**

- 6<sup>th</sup> and 7<sup>th</sup> graders (Sec -A. L. L.) - **Mt. Ridge Junior High**, 5525 W 10400 N, Highland, UT, (7:30 to 11:30 and 12:30 to 4:30)
- 2<sup>nd</sup> - 5<sup>th</sup> graders (El -A. L. L.) - **Highland Elementary**, 10865 N 6000 W, Highland, UT, (7:30 to 11:30 and 12:30 to 4:30)

### **January 16, 2016: (East)**

- 6<sup>th</sup> and 7<sup>th</sup> graders (Sec -A. L. L.) - **Canyon View Junior High**, 655 E 950 N, Orem, UT (7:30 to 11:30 and 12:30 to 4:30)
- 2<sup>nd</sup> - 5<sup>th</sup> graders (El -A. L. L.) - **Lindon Elementary**, 30 N Main, Lindon, UT (7:30 to 11:30 and 12:30 to 4:30)

### **January 23, 2016: (South)**

- 6<sup>th</sup> and 7<sup>th</sup> graders (Sec -A. L. L.) **Orem Junior High**, 765 N 600 W, Orem, UT (7:30 to 11:30 and 12:30 to 4:30)
- 2<sup>nd</sup> - 5<sup>th</sup> graders (El -A. L. L.) - **Orem Elementary**, 450 W 400 S, Orem, UT (7:30 to 11:30 and 12:30 to 4:30)

### **January 30, 2016: (West)**

- 6<sup>th</sup> and 7<sup>th</sup> graders (Sec -A. L. L.) - **Vista Heights Middle School**, 484 W Pony Express Pkwy, Saratoga Springs, UT (7:30 to 11:30 and 12:30 to 4:30)
- 2<sup>nd</sup> - 5<sup>th</sup> graders (El -A. L. L.) - **Thunder Ridge Elementary**, 264 N 750 W, Saratoga Springs, UT (7:30 to 11:30 and 12:30 to 4:30)

*Testing time includes the check-in process. Testers may bring a bottle of water, a simple snack and book. All other testing materials will be provided. If your child has testing accommodations through an IEP or 504 please contact Gifted Services ([staylor@alpinedistrict.org](mailto:staylor@alpinedistrict.org)) prior to the testing date to arrange for necessary accommodations.*

**Advanced Learning Lab (A.L.L.) Programs**  
Important Testing Information  
For Placement in the 2015-2016 School Year

Various programs are necessary to meet the diverse needs of academically advanced students. In order to address some of these needs, Alpine School District has established classes at an advanced level for third through eighth grade called A.L.L. (Advanced Learning Lab) **A.L.L. programs are located in nine different elementary schools and every junior high/middle school.** (See the website for magnet site information at [www.alpineschools.org](http://www.alpineschools.org) select schools then programs) A.L.L. is a full day program at specific elementary schools, and is a subject specific program at secondary schools. Students are placed according to nationally normed testing results and a written essay.

The purpose of this letter is to inform all parents/guardians of 2<sup>nd</sup>-7<sup>th</sup> graders about the opportunity to test for possible placement in an A.L.L. program. Qualifying students will be offered placement and invited to meet with the teacher to learn more about specific magnet site offerings. The identified students and their parents/guardians will then make the final decision to accept or decline placement.

**POSSIBLE INDICATORS TO CONSIDER PRIOR TO HAVING A STUDENT TESTED:**

- The student's Utah State SAGE test scores are a 4 in Language Arts, Math and Science.
- The student is reading at two or more grade levels above current grade.
- The current classroom teacher has suggested during a Parent/ Teacher Conference that the student could benefit from a more complex or in-depth curriculum as offered in a gifted program.
- The student learns quickly, recalls information effortlessly, is curious, self-motivated, works independently and typically remains committed to a task until its completion.
- The student exhibits satisfactory to outstanding citizenship in both attitude and behavior.
- The student has good school attendance and is committed to the program for two years.
- The student completes homework in a timely manner, has task commitment for long-term projects.
- The student initiates his/her own learning through questioning and research.

**ADDITIONAL SIGNIFICANT INFORMATION TO CONSIDER:**

- The A.L.L. candidates must qualify for the program through a series of evaluations. The top students are offered placement, and an additional four to six become alternates in a "candidate pool."
- Evaluations for elementary students include taking the full battery Cognitive Abilities Test (CogAT), secondary students taking the IOWA assessment in Reading, Writing, Social Studies and Science. All students will take a timed writing test based on a given prompt. Please note secondary mathematics is not tested through Gifted Services. This testing is done at the Junior High or Middle School.
- A.L.L. students will have assignments/homework that are greater in depth, breadth and complexity than in a regular class.
- For the elementary programs, parents are responsible for transportation to the A.L.L. site. Students attend the school closest to their boundary (see the website for school locations [www.curriculum.alpineschools.org/gifted-services](http://www.curriculum.alpineschools.org/gifted-services))
- For secondary programs, students must register for the school within their school boundary.

**If you feel that your child could benefit from placement in an Advanced Learning Lab (A.L.L.) and you would like to begin the consideration process start by registering them online: Go to [www.curriculum.alpineschools.org/gifted-services](http://www.curriculum.alpineschools.org/gifted-services) or [www.alpineschools.org](http://www.alpineschools.org) select schools, then Programs, then to Gifted Education and register on the homepage through Xpress Bill Pay. Contact Gifted Services at 801-610-8475 or [staylor@alpinedistrict.org](mailto:staylor@alpinedistrict.org) with questions.**

*Additional information can be found at [www.curriculum.alpineschools.org/gifted-services](http://www.curriculum.alpineschools.org/gifted-services)*





Utah  
Parent  
Center

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Alpine School District

**January 2016**

## **Child and Adolescent Anxiety: What Every Parent Should Know**

This workshop will cover topics such as worry, avoidance, aches and irritability as well as tools to help address anxiety.

**Thursday, January 28**

**6:00 – 7:30 PM**

**Legacy Elementary Media Center, 28 East 1340 North, American Fork**

Presenter: Dr. Matt Swenson

Dr. Swenson is a board certified child & adolescent psychiatrist with the Intermountain Medical Group who practices outpatient psychiatry at the UVRMC Psychiatry and Counseling Center.

He also sits on the board of directors for the United Way of Utah County, the Psychiatry Advisory Committee to the LDS Missionary Department, and the Executive Committee of the Utah Academy of Child & Adolescent Psychiatry.

*Open to all parents who have a student who is struggling, on a Section 504 Plan or an IEP Plan.  
Childcare is not provided.*

### **CHADD OF UTAH - Utah County AD/HD Support Group**

**Topic: The Emotional Experience for Children with AD/HD**

**Speaker: Ashley Schmid, PsyD**

Thursday, January 14, 2015 - 7:00 – 8:30 pm

Provo City Library, 550 North University Ave., Provo, Young-Card Room #308

If you are a parent of a child with AD/HD or you are an adult with AD/HD, then this support group is just for you!

[www.chaddofutah.org](http://www.chaddofutah.org)

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### **UVU College of Humanities and Social Sciences: 2016 UVU Mental Health Symposium**

**Friday, January 15th, 2016 - 9am until 4pm**

Sorensen Student Center on UVU campus

Keynote presentation from **Attorney General Sean Reyes and Tim Ballard**. They will recount their rescue efforts to free children from the trauma of sex slavery.

For more information and to register, please visit the symposium website at [www.uvu.edu/chss/mentalhealth](http://www.uvu.edu/chss/mentalhealth).

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**For information on these and other upcoming events visit**

**<http://alpineschools.org/departments/special-education/community-resource-calendar>**

**Or Facebook at [www.facebook.com/UPCApine](http://www.facebook.com/UPCApine)**

## TEACHER OF THE YEAR NOMINATIONS!

It's that time of the year again! The PTA is in need of nominations for the Foothill PTA Teacher of the Year award! If you would please send your **nominations to Stacey Noel atstaceylnoe@gmail.com** with your teacher nomination and the following information along with the nomination ASAP it would be very appreciated. I know this is a busy time of year but our teacher's really deserve our recognition for a job well done.

Short description on the teacher's relationship with their students

Short description of the teacher's relationship with parents

Short description of the teacher's relationship with the PTA and Community

If you know any accomplishment or honors the teacher has received feel free to include that as well

Overall why you think this teacher should be nominated

Thank you for your support of this nomination and award, we are so lucky to have so many amazing teacher's at Foothill, lets give one a little recognition!

Submissions to the February Newsletter are due by **January 22nd.**  
Send submissions to [oremfoothillpta@gmail.com](mailto:oremfoothillpta@gmail.com) with NEWSLETTER as the subject.

FOOTHILL ELEMENTARY  
921 North 1240 East  
Orem, Utah 84097

