

The SCOOP



SEGO LILY ELEMENTARY SCHOOL
550 E 900 N
Lehi, Utah 84043
801-610-8717

OFFICE HOURS: 7:30 am-4:00 pm

Important Dates

Nov. 26-28: Thanksgiving Break

Dec. 1: 5th Grade Maturation Program 9:30 am

Dec. 3: Troll Patrol Assembly 1:30 pm
Be a Friend

Dec. 5: Dudes and Donuts S-Z
Early Birds 7:30-8:00 am
Later Gator 8:45-9:15 am

Dec. 9: NOVA Graduation 6th Grade 9:30 am

Dec. 9: Cafe Zupas Dinner Night 5:00 pm

Dec. 10: Choir Concert 6:00 pm

Dec. 18: Christmas Parent Sing Performance 1:00 pm

Dec. 22-Jan. 2: Christmas Break

Troll Patrol
VALUE OF THE MONTH
Be a Problem Solver



Principal's Message

BY COURTNEY JOHNSON



I remember, as if it were yesterday, a time when I was faced with a difficult situation. I was 18 years old and had logged around 150 hours as a private pilot. I was returning home from Lake Powell in an old Cessna 182.

Approximately 40 minutes into the flight, a few clouds appeared, but not enough to be too concerning. The headwinds picked up and about halfway over Price Canyon, dark clouds formed that cast off turbulence and hail. The sound of the hail pounding the small airplane was horrific.

Usually, I could fly around these summer thunderstorms. However, this had grown into a large-scale storm. Hail assaulted that old Cessna from every direction as it hit the aluminum frame. I changed headings and steered away from the dark clouds. I became increasingly nervous as I watched the fuel gage drop as I maneuvered further away from my destination. My three girlfriends were holding each other's hands and silently praying, which also added to my stress level.

I maneuvered the airplane away from the storm, but in doing so, burned more fuel than I had in reserve. I retrieved the map and tried to determine exactly where I was. At that point, I calculated that I didn't have enough fuel to make it to Provo.

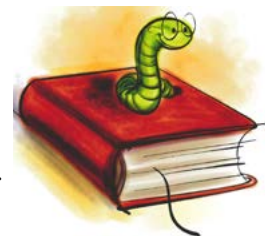
I remember looking at my three terrified friends and thinking, I'm responsible for all of you. I assured them that everything was under control, but deep down I was terrified. This story had a happy ending. I landed safely and when the airplane rolled to a stop, my three friends climbed out of the airplane and literally kissed the ground. I was tempted to join them, but decided that would make them not want to get back inside the airplane to fly the rest of the way home.

Every day we are faced with situations that force our decision-making abilities beyond what we think we can do. However, reflecting back, we realize how much we grow from these experiences. Although my decision making process was tested that day, it taught me the value of being a good problem solver. Being a great problem solver is a skill that will enhance our students' abilities to handle conflict and difficult situations for the rest of their lives. That is why our Troll Patrol value in November is: "Be a Problem Solver". Please see "Be a Problem Solver" on page 5.

Miss Hutchens



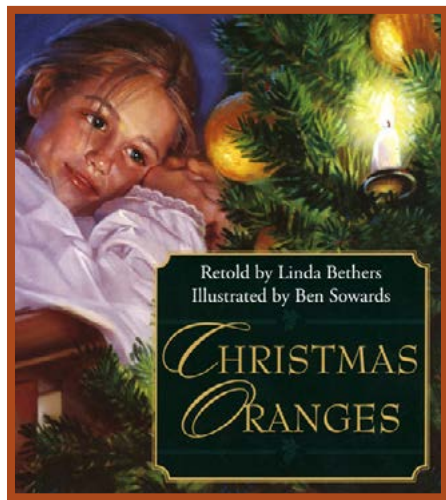
Miss Hutchens is our new fifth grade teacher who says the beach and reading are two of her passions! Miss Hutchens grew up in Palmdale, California. She's the fourth child of eight children. Her family now lives in Springville, Utah, and she loves having them so close. Miss Hutchens graduated with her undergraduate degree from BYU and her



masters from SUU with an emphasis in Math. She has taught first, second, and fifth grades for the last eight years. She's wanted to teach since she could help her younger siblings with their homework and play "teacher". She lives in Provo and enjoys doing many things such as running, reading,



playing the flute, camping, riding her motorcycle, hip hop dancing, softball, basketball, and swimming at the beach.



Christmas Oranges, Pajamas, and Friendships

On December 15th, Segó Lily students will come to school in their pajamas and enjoy watching the movie *Christmas Oranges* to reinforce the "Be a Friend" Troll Patrol value. In the movie, Rose, an orphan, shares her friendship with others; and, in return, receives true friendship from children who share a slice of orange with her for Christmas. Watch the movie trailer at <https://www.youtube.com/watch?v=NWgTc5-azNY>.

Linda Bethers, our librarian, is the author of the book, *Christmas Oranges*. We feel so fortunate to have a real author at our school! Linda also has a cameo appearance in the movie!

Linda studied library science at Utah Valley State College and Brigham Young University. She serves in the primary in her ward in American Fork. She also enjoys sewing, reading, and spending time with her family.



Trio Design Brings Beauty to Segó Lily

Lisa McArthur, Lyndsay Ercanbrack, and Kallee Pollmann, owners of Trio Design and three wonderful moms of our Segó Lily students, volunteered their time, talents, and interior design skills to add a beautiful look and a touch of class to our Segó Lily décor.



Utah Parent Center and ASD Special Ed. Dept's Parent Night

For all families who have a student who may be on an IEP, Section 504 Plan, or just need help.

Thursday, December 4, 2014, 6:00-7:30 pm; Legacy Elementary Media Center; 28 East 1340 North, American Fork

Anxiety and Depression Too? What Do We Do?

When we are already dealing with a child with special needs, adding anxiety and depression, whether theirs or ours, can become overwhelming. We will talk about the symptoms of anxiety and depression; the effects on individuals and families; and what we can do about it.

Presenter: Karen Fairchild, Licensed Clinical Social Worker (LCSW), Master's in Social Work.

Nominations for KUED Teacher Innovation Awards

KUED, Utah's largest classroom, is accepting nominations for outstanding teachers in its annual Teacher Innovation Awards.

KUED will recognize five educators, grades Pre-K-12, at this year's KUED Teacher Innovation Awards.

Last year, five educators were recognized for using digital media in the classroom. This year KUED is expanding the awards to any educator who is using innovative classroom techniques. Winning teachers will be featured in a KUED documentary, highlighted in an article by *The Salt Lake Tribune*, and will receive a cash prize at the awards ceremony and banquet.

Nominations will be accepted until December 31, 2014. Submission forms are online at www.kued.org/nominate. For more information, contact Elise Peterson, KUED Education Coordinator, at (801) 581-6163 or epeterson@kued.org.



Healthy Hints: Turn Your Key, Be Idle Free

Healthy Hints--by Ellie Bodily, RN-School Nurse

Each year, idling vehicles in the U.S. consume more than 2 billion gallons of diesel and gasoline—without even moving. Roughly half of that fuel is wasted by noncommercial passenger vehicles—the millions of individual drivers waiting “just a few minutes” to pick up friends or family, or waiting to move forward in line at a drive-thru. Unnecessary idling not only wastes fuel, but also contributes a significant amount of emissions into the air each day. This is especially concerning in Utah, where the Department of Environmental Quality estimates that vehicle exhaust accounts for more than 50% of the air pollution in our state. With many areas of the state in non-attainment for the national air quality standards, poor air quality has become a significant public health concern. Turning your key when stopped for more than 10-30 seconds is a small change with big return.

RECOMMENDATIONS:

- Use common sense. Driver and passenger safety is the number one priority.
- Park your car and put those legs to work rather than sitting in a drive-thru.
- Never turn your vehicle off in traffic unless experiencing a long delay where it is safe to do so.
- The best way to warm up your car is to drive it. Newer vehicles need no more than 30 seconds of idling time in cold temperatures.
- For temperatures below 5° Fahrenheit, use an engine block heater to warm the engine. This improves fuel efficiency and reduces emissions.
- Use remote starters wisely. Don't turn your vehicle on before you are ready to leave.



Scarecrow Day



In October, the Kindergarten classrooms were full of energy, excitement, and creativity when family members visited their children's classrooms and helped them make their very own scarecrows.

Temple & Tombs



One of the great sixth-grade traditions at Segó Lily Elementary is the “Temple and Tombs” production. Sixth graders have been studying about Ancient Egypt for the past six weeks. They've been researching ancient gods and goddesses, artifacts, facts, and even curses about the mummies and pyramids. Each student created their own cartouche and clay object, as well as individual class projects. Mrs. Ahlstrom's class is dressed to bury the sarcophagus of the fish each group mummified.

Thanks to Mrs. Sorensen and Mrs. Rich for directing the performances of the “Temple and Tombs” program presented to the school and to parents last Thursday.

UPSTART--FREE Online Preschool Program



We received the following from one of our parents:

My son is participating in Upstart, a free online preschool, which is available in Utah at www.utahupstart.org.

I am so impressed with this program that I want to make sure other parents are aware of it. Upstart would like anyone interested to pre-register by phone or online. I believe they will be able to have more funding if more people pre-register. If someone is interested, but doesn't own a computer or have the Internet, I believe the technology needed can be borrowed during the year their child is in the program.

This UPSTART program is only for the year before Kindergarten. However, with each official child, four additional people can enjoy using the program unofficially. This year I have my three other children using it too. It is a good review for my older son and daughter and is great for strengthening their skills. My three year old also uses it because she wants to be like everyone else and loves the songs.

Please look into this wonderful (free) resource and help others know about it too. The time commitment is 15 minutes a day, 5 days a week (after an orientation meeting).

Sincerely,

Melany Whitehead



November Students of the Month



Congratulations to our Students of the Month! Special thanks to *Del Taco*, *Chick-fil-A*, *Applebee's*, *Pizza Pie Café*, and *Classic Fun Center* for helping us recognize our students' accomplishments.

Outstanding Costumes for Our Halloween Parade



Thank you for your contributions during October to help fund some of the medical expenses for Mrs. Skillicorn's son, Nick. He has battled heart problems since he was born and is hoping for a heart transplant in the near future.

Our students and families were very generous in their donations to this wonderful family. Pictured above are all our children's hearts of love that filled our lunchroom with happiness.

CRAAZZY Hair Day



Get in the Game and Eat Healthy!

by Nutrition Service Workers--a.k.a. "Lunch Ladies"

This year our theme is "Get in the Game and Eat Healthy"! We are using this theme to promote increased physical activity and healthy eating. The best way to achieve these practices is to create daily healthy habits. Small steps can lead to big, long-term results!

Max Maltz wrote a self-help book in the 1960's and explained how habits take only 21 days to form. He suggests that if you repeat your new habits over and over they'll become familiar and a part of your regular routine. Practice makes permanent!

Throughout this holiday season of family gatherings and celebrations, challenge yourself and your family to start new and healthy habits, and see for yourselves the great, happy results!



Principal's Writing Challenge



Bailey Warnick, from Mrs. Palomarez's second grade class, was awarded another Principal's Writing Challenge award. She wrote a special story about a young child that was being bullied and how a magical troll helped solve the problem.

Troll Patrol Value of the Month: Be a Problem Solver

Most problems can be solved, or at least made better, by utilizing some basic problem solving skills. Some problems are larger than what one person can solve on their own. Other problems can be solved individually if we proactively seek solutions.

The Troll Patrol book, *Be a Problem Solver*, is about a young boy, Calvin, who is mean. He is the kind of kid that all the other students follow because they'd rather do what he says than be bullied by him. Mason, another character in the book, feels pressure from Calvin to do things he knows are wrong. With the help of a Hawaiian troll named Akamai, Mason learns how to recognize the problem and devises a plan to help solve it. The plan almost works, but fails because Mason forgot to think about Calvin's feelings.

Sometimes when solving problems, we forget to think about all the people who are impacted by the problem. Akamai, the problem solving troll, helps Mason learn to think of Calvin's feelings when solving the problem even though Calvin was the bully.

We want everyone to learn the pro-social skills, not just the victim (Mason) of bullying, but the perpetrator (Calvin) as well.

Throughout November, students learned the steps of being a good problem solver:

1. Understand what the problem is.
2. Create a plan to solve your problem.
3. Think of others' feelings in creating your plan.
4. Act on the plan.
5. Revise the plan if it doesn't work.
6. Ask for assistance if you need help with your problem.
7. Help others solve their problems.

When we empower students with the ability to solve problems, the rewards are great not only now, but for the rest of their lives.



Olav, guardian of the Troll Patrol cave, visited students in October to reward them for "Doing Hard Things". Olav commended children for creating their own kingdom of kindness. He had each child who earned 20 troll stamps on the back of their value bookmarks stand to receive a troll gem.

After students earn 4 gems, they will receive a gold value challenge coin that will be a lasting keepsake. These coins are similar to military challenge coins and should be special to the children for years to come. The coins and gems will also serve as a symbol of accomplishment and a constant reminder of what the Troll Patrol values are. Visit <http://segolily.alpineschools.org/gem-master/> to see a video of the Gem Master's "Ceremony of Treasures".