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#### **Nurse's News**

#### Welcome to Mrs. Howard's Counselor Corner



Health Partners of Western Ohio Vision Outreach Program is coming to Oakdale on April. They will provide a complete eye exam and order glasses if needed.

Any questions please call me at 419-671-7350. Nurse Marcy



The school donated \$211.00 to The American Heart Association. Thank you for supporting such a great cause!

# St. Patrick's Day

Students are encouraged to wear GREEN on St. Patrick's Day, March 15.



Dates to Remember

2/26-3/22 PTO Chocolate Sale 3/18-Recess begins 3/14-Talent Show Try-Outs 3/15-Camp papers due to sixth grade teachers 3/15-St. Patrick's Day, wear GREEN 3/15-Two-hour delay doors open at 10:45 a.m. 3/19-3/20-Goodies with Grown-Ups 3/26-PTO Parent Meeting 3/25-5/10-OST Testing 4/7-FINAL day to order school yearbook 4/8-4/12-Sixth Grade Camp 4/29-5/3 Scholastic book fair

SCHOOL

Title 1 School



Please read the attached information on: Stages of Self-Doubt Sincerely, Mrs. Howard LPSC



#### When Your Child Is Absent...

Call the school attendance line at 419-671-7351 to report your child will not be in attendance. Please speak slowly and clearly. Please include your name, your child's name, your child's teacher or room number, the date, and the reason for the absence. If the school does not receive a note upon your child's return to school, the absence will be unexcused. Please send any medical documentation along with the note. More than **10** absences require a doctor's note.

**Messages for Students** 

Important

Please communicate with your child/children all after school pick up information, who to go home with, etc. before they leave for school in the morning.

The office gets very busy during the day, and the secretary does not have a lot of time to forward messages to students. There are the cases when a real emergency arises, and that is totally acceptable.

Please try to make doctor appointments outside of school hours if possible. Students are arriving later and later to school and are missing instructional time in class.



Yearbook is on sale until April 7<sup>th</sup>. They are only unavailable online ybpay.com and the Yearbook ID Code is 14553824

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Title 1 School



\*Bring back Oakdale Carnival Chocolate Sale begins on 2/26- all money is due by 3/22.

\*Goodies with Grown-Ups is on March 19 for grades K-4 and March 20 for grades 5-8. **RSVP** form due on Friday, March 1, 2024.

\*PTO parent meeting is on 3/26.

\*Scholastic book fair dates are 4/29-5/3.

Dance Spring Dance is coming! More information to follow



GO BLUE!

#### Fresh Fruits and Vegetables Program



Oakdale students are still enjoying their healthy fruit/vegetable snack every week. By cutting back on sugar and salty snacks and increasing their intake of fruit and vegetables, students are supplying their bodies with energy to think, move, and grow.



Walking Club meets every morning on Tuesday and Thursday in the gym from 8:30 a.m. - 8:45 a.m.

#### Parking Lot and Crosswalk



The safety patrol is out there to assist you at school arrival and dismissal time. The same traffic pattern and drop off/pick up areas are being maintained. Your cooperation and kind words are always appreciated. They are always looking for volunteers to help out. Parents waiting for students must wait outside the building and in the designated waiting area behind the cones. Please refrain from early pick up of students. NO early dismissal of students after 3:00 p.m. This is very disrupting to the teachers as they prepare the students for dismissal. COUNSELOR'S COn

# **Oakdale Elementary School**

Mrs. Dena Howard dreese1@tps.org, (419) 671-7350

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# Self-Doubt

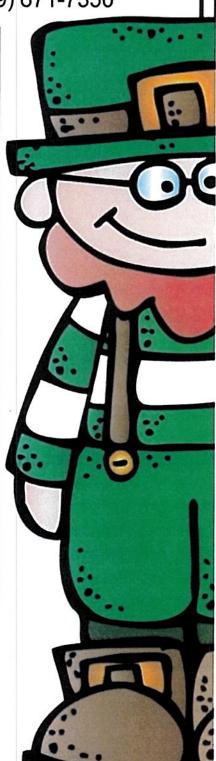
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Children go through many stages of self-doubt during their growth and development. They often compare themselves to others and feel they are "not as good." We can offset this negative thinking by instilling in them the tools for positive thinking. It's important that we really listen to our children and help them overcome any negative thoughts and beliefs they may have. How do we do this? When they say, "I can't do it. It's too hard." say "Take your time, try again, I have confidence in you." Pointing out positive as opposed to negative attitudes from life or news stories is a great way of showing our children how it works.

MODELING a positive attitude is one of the best ways to teach our children positive thinking because our children learn more from watching us than from listening to us. If we present our thoughts in a positive way, our children are more likely to do the same.



Read	Read	Read	Read	Read	Sunday
Read together.	Read logelher.	Read logether.	Read together.	Read logether.	
Sweet Dreams Read at bedtime (20 minutes).	Read a story and make a stick puppet of your favorite character.	Make a list of spring activities; plan to do one.	Read about eye care. Check to see if you have enough reading light.	Choose a letter and write 20 words that begin with that letter.	Monday
Find a good snack recipe to make.	Take some quiet time to read a magazine article.	Find a recipe for something green.	Find out about St. Patrick's Day. When is it?	Read about cars, trains, or other forms of transportation.	Tuesday
Learn a spring song.	Your Day What would you like to read today?	Write a note to a relative about spring.	Read a weather report in the newspaper; make a list of weather words.	Plan a chart of safety rules for spring. Share them with your friends.	Wednesday
Make a list of spring words. Draw pictures to illustrate 5 of those words.	Mark your height on a long piece of paper. Save it for July.	Find a short story about spring.	Write a story using words from your "weather word" list.	Watch a TV show with a relative. Describe the most important character.	Thursday
Read the comic strips in the newspaper. Cut out some of the pictures and make a game.	Read a story to a relative.	Your Day What would you like to read today?	Sweet Dreams Read at bedtime (20 minutes).	How may green things can you list in 3 minutes?	Friday
Look through a book store in a shopping mall.	Find a book about kites in the library Design your own kite	Choose a story that you read in class and try to find it at the library.	Go for a walk and look for signs of spring; list them.	Find a poem about windy days or about the month of March	Saturday

Reading Activities Calendar

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MARCH 2024 Breakfast

Fat Free Chocolate, FFStrawberry,	-	Tuesday	Wednesday	Thursday	Friday
	wberry.	1%White Milk		Margarine Served w/Bread & Veggies	Menu Subject to Change
					E 1
					Stuffed Hashbrown
					Fruit/Fruit Cup
					Orange Juice
					Assorted Milk
A	4 B		5 C 6	D 7	8
Donut Holes		Breakfast Pizza Bagel	Cinna Mini	Cereal 2oz.	Turkey Ham & Cheese on Hawaiian Bun
Fruit/Fruit Cup		Fruit/Fruit Cup	Pineapple Bites	Banana	Fruit/Fruit Cup
Tropical Fruit Slushie	0	Paradise Punch	Orange Juice	Orange Juice	Orange Juice
Assorted Milk		Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk
٩	11 B		12 C 13	D 14	E 15
Blueberry Muffin		Bagel w/ Cream Cheese	Breakfast Bar	Breakfast Scramble	Cereal Bar 2 oz.
String Cheese		Fruit/Fruit Cup	Fruit/Fruit Cup	Fruit/Fruit Cup	Fruit/Fruit Cup
Fruit/Fruit Cup		Orange Juice	Orange Juice	Orange Juice	Orange Juice
Orange Juice		Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk
Assorted Milk					
A	18 B		19 C 20	D 21	E 22
Emoji Grahams		Breakfast Uncrustable	French Toast	Stuffed Hashbrown	Cinnamon Waffle
Yogurt		Fruit/Fruit Cup	Fruit/Fruit Cup	Fruit/Fruit Cup	Fruit/Fruit Cup
Fruit/Fruit Cup		Orange Juice	Orange Juice	Orange Juice	Orange Juice
Orange Juice	_	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk
Assorted Milk					
A	25 B		26 C 27	D 28	X 29
Cereal 2 oz.		Cinna Mini	Breakfast Pizza Bagel		
Fruit/Fruit Cup		Fruit/Fruit Cup	Fruit/Fruit Cup	Breakfast	NO SCHOOL
Orange Juice	_	Orange Juice	Orange Juice	Potluck	GOOD FRIDAY
Assorted Milk		Assorted Milk	Assorted Milk		
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	Tuesday	Wednesday	Thursday	Friday	
Fat Free Chocolate, FFStrawberry,	1%White Milk	Meat on Pizza is Beef and Chicken	Margarine Served w/Bread & Veggies	Menu Subject to Change	
				A 1	
				Beef Taco Stick	
				Fiesta Beans	
				Fruit/Fruit Cup	
				Assorted Milk 1 Cup	
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Chasey Dull Anade	Mini Chasseburner Sildere	Doncom Chickon	Dave been Dreed	Classe las	
Mini Carrots	Reaction of the	Staamad Broccoll	Danchard Banne	and Bring	
Orange Juice 1/2 Cup	Fruit/Fruit Cup	Orange Juice 1/2 Cup	Fruit/Fruit Cup	Stearned Mixed Vegetables	
Assorted Milk 1 Cup	Assorted Milk 1 Cup	Assorted Milk 1 Cup	Assorted Milk 1 Cup	Orange Juice 1/2 Cup	
				Assorted Milk 1 Cup	
11	C 12	D 13	E 14	A 15	
Baked Macaroni and Cheese	Shredded BBQ Beef	Cheese/Pepperoni Pizza	Chicken Sandwich	Turkey Ham & Cheese	
* Slice of WGR Bread	w/WGR Bun	Tossed Salad w/Dressing	Tater Tots	on a Hawaiian Bun	
Peas	Baked Beans	Fruit/Fruit Cup	Orange Juice 1/2 Cup	Grape Tomatoes	
Fruit/Fruit Cup	Orange Juice 1/2 Cup	Assorted Milk 1 Cup	Assorted Milk 1 Cup	Fruit/Fruit Cup	
Assorted Milk 1 Cup	Assorted Milk 1 Cup			Assorted Milk 1 Cup	
					2
18	C 19	D 20	E 21	A 22	
Veggie Burger	Pancakes and Turkey Sausage	Baked Spaghetti	Chicken Wraps (2)	Pepperoni and Cheese Calzone	
Fiesta Black Beans	Potato Smiles	Steamed Broccoli	Tossed Salad w/Dressing	Mini Carrots	
Orange Juice 1/2 Cup	Fruit/Fruit Cup	Orange Juice 1/2 Cup	Fruit/Fruit Cup	Orange Juice 1/2 Cup	
Assorted Milk 1 Cup	Assorted Milk 1 Cup	Assorted Milk 1 Cup	Assorted Milk 1 Cup	Assorted Milk 1 Cup	
25	C 26	D 27	E 28	X 29	
Mini Buffalo Cheese Calzones	Orange Chicken w/Noodles	Chicken Fry Sticks	Cheese/Pepperoni Pizza		
Tater Tots	Steamed Broccoli	Baked Beans	Diced Carrots	NO SCHOOL	
Fruit/Fruit Cup	Orange Juice 1/2 Cup	Fruit/Fruit Cup	Orange Juice 1/2 Cup	GOOD FRIDAY	
Assorted Milk 1 Cup	Assorted Milk 1 Cup	Assorted Milk 1 Cup	Assorted Milk 1 Cup		

Dear Parents and/or Guardians:

Deaf history month is acknowledged and celebrated in Ohio from March 13-April 15 thanks to a bill that was signed into law on December 6, 2017. As a part of Ohio's Deaf history, did you know that Ohio's School for the Deaf (OSD), located in Columbus, was founded on October 16, 1829? It has been 195 years since the school opened and OSD is still educating students that are Deaf/Hard of hearing (DHH) from all over the state of Ohio.

At Oakdale, teachers of the Deaf and sign language interpreters work together to educate students with hearing loss in grades Kindergarten through eighth grade. In Deaf education classrooms, students with hearing loss are instructed using a combination of sign language and spoken language. When students with hearing loss go into the general education classrooms, they have a sign language interpreter who accompanies them for access to spoken instruction.

To honor Deaf history month, The Ohio Citizens for Deaf Culture (OCDC) have requested that Ohio's main libraries and branches consider recognizing the celebration of Deaf History month by displaying items that represent Deaf History such as: books about Deaf History, books written by Deaf authors, movies that have Deaf actors and American sign language (ASL) videos and books.

Facts related to Deafness:

- The football huddle began in 1894, when Deaf players needed to hide their plays/signs from their Deaf opponents (at Gallaudet University in Washington, D.C.)

- Signals used in baseball were created for a Deaf player, William "Dummy" Hoy. Hoy was born in Ohio and graduated from OSD, began playing major league baseball in 1886. Some of the signals/signs are still being used in baseball today.

Here are some websites that help with learning ASL if you and your family are interested:

https://www.startasl.com/basic-words-in-sign-language/

https://www.lifeprint.com/



Toledo Public Schools is dedicated to keeping our students healthy and in school.

Parents and guardians are our partners in health and we have provided some guidelines for when to keep your ill child home. It's not always easy to tell if a child should stay home, so it is encouraged to contact the school nurse with any questions. Also understand that a child that may appear only mildly ill in the morning, and can become too sick to stay at school as the day goes on.

Our communicable disease guidelines are in place to keep your child and all of our students healthy. Here are some guidelines to consider before sending your child to school:

#### Keep your child at home if he/she has a:

Fever: greater than 100 F and remain at home until free of fever for 24 hours without the use of fever reducing medication, i.e. Tylenol (acetaminophen), Advil or Motrin (ibuprofen).

Cough: deep or uncontrollable.

Vomiting/Diarrhea related to possible communicable illness: remain at home until free of symptoms for 24 hours.

Pain: stomach aches, headaches, earaches, and sore throats should remain at home if the pain is severe enough to interfere with the child's ability to concentrate or be comfortable at school

Rashes: any rash that accompanies other symptoms of illness (i.e. fever, cough, sore throat, etc...) should remain at home until seen by a healthcare provider

Pink Eye: very red eyes with drainage should remain at home until seen by a health care provider, or symptoms resolve.

#### Tips for keeping your child healthy:

Hand hygiene for everyone is the number one way of preventing and reducing the spread of illnesses.

Cover your coughs. Teach your child to cough into a sleeve or elbow if he does not have a tissue available.

Wipe down frequently touched surfaces such as door and sink handles, light switches, keyboards using regular household cleaners and disinfectants.

Immunize your child with all of the recommended shots. At every visit (sick or well) ask your health care provider if there are vaccines your child should receive.

Keep your child healthy and strong with plenty of rest, nutritious foods, active play, and the advice of your healthcare provider.

Warm regards,

e Marcy