

# ZIA NEWSLETTER

MARCH 2008

## PRINCIPAL'S LETTER

Dear Zia Families:

Our students and staff are almost finished with this year's state mandated testing, the New Mexico Standards Based Assessment (NMSBA). We all appreciate your support with getting students to school on time, rested and ready to do their best. We will receive the results of the NMSBA in August and will send those results home for you to review. There will also be a parent meeting to explain the results of the NMSBA on both a school-wide and individual basis.

Spring Break has an extra day this year since it begins the Friday before Easter. Students' last day before spring break will be Thursday, March 20. They will return on March 31. Please be sure they read at home every day even though they will not be in school.

This year Zia Elementary will be having an early registration for 2008-2009. All students who intend to return in grades 1-5 will receive a registration packet on April 14. Please take the time to complete the forms thoroughly and return the packet by Friday, April 18. In early May students who have completed early registration will be placed in classes for next year. In early August all you will need to do is review the information to make sure it is current. No more long lines and crowded cafeteria tables filling out forms when you need to be at work! We believe this will help us have a smoother start to the school year in August, and also let teachers have time over the summer to plan for their classes, since they will know who their students will be.

If you have neighbors or friends with children who will be in kindergarten next year be sure and tell them about our Kindergarten Round-Up. On April 30 at 5:30PM we will meet in the gym to talk with families about kindergarten at Zia Elementary. There will be an opportunity to meet the staff, tour the classrooms, and answer questions. We will be registering new kindergarteners for the fall so be sure to bring a birth certificate and current shot records.

Sincerely,

Gregg McMann  
Principal

## ZIA STAFF

Gregg McMann, Principal

Helen Gomez, Secretary

Lizette Nuñez, Clerk

Cara Cawood, Counselor

Laura Buell, Counselor

Valerie Karwowski, Nurse

Corinne Martinez, Health Assistant

Mike May, PTA President

## CONTACT ZIA:

(505) 260-2020 phone

(505) 255-1014 fax

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[www.zes.aps.edu](http://www.zes.aps.edu)

## School Class Hours:

Regular 9:05-3:40

Wednesday 9:05-1:30

**Mark Your  
Calendar:  
Spring Break  
begins Friday,  
March 21.  
Students  
report back  
on Monday,  
March 31.**

## PTA BRIEFS. . .

**Upcoming Events**

- o The Ziathon is coming your way on April 23<sup>rd</sup>! This year the Ziathon team will be inviting parents and other family members to run or walk with their students, obtaining sponsorships from employers where possible. We think this will be a fun new twist—more information and letters to employers to follow. For questions or to help out, contact Noelle Borders at 266-8778, [aborders@salud.unm.edu](mailto:aborders@salud.unm.edu).
- o Zia Art Night is set for Wednesday, May 7<sup>th</sup>. The planning is well underway with art making stations, music, and other fun in the works. Please begin conserving the following items for art making stations: egg cartons (clean), toilet paper rolls, paper towel rolls, bottle caps, rubber bands, pipe cleaners, beads, old magazines, and plastic lids. More information about a collection location to follow (you may also bring items to the next PTA meeting). For questions or to help out, contact Julia Keleher at 293-5272, [jrkeleher@aol.com](mailto:jrkeleher@aol.com), or Lisa Eaton at 260-0132, [lpeaton@swcp.com](mailto:lpeaton@swcp.com).
- o Immigration 101 Session. As a follow up to our initial discussion of how immigration affects our Zia Community at January's PTA meeting, we will be holding an Immigration 101 seminar with Rachel LaZar of El Centro on Wednesday, April 16<sup>th</sup> at 4:00PM in the new cafeteria. The event is open to all interested parents, teachers, and staff.
- o Coffee & Goodies! Join us the first Tuesday of every month in the cafeteria for coffee and sweetbread starting at 8:35AM. Hang out with parents and teachers, eat with your kids and hear great stories.

***Thanks to Christy Mae's Restaurant for donating the sweetbread!***

- o Storytime at Breakfast! Bring your child to the cafeteria every Tuesday for Breakfast Storytime. Enjoy wonderful kids' stories as teachers read books from 8:40 until 9:00AM. If you'd like to help out by holding a book, or reading to a group of kids, just come by. We'd love some company!

Summary of PTA events, initiatives, and discussion from the past month.

Our recent Book Fair was a huge success. Profits for the library exceeded last year's spring sale!

A huge thanks to parent Pam Murphy and librarian Alison Almquist for their leadership organizing and putting on the event. A big thanks as well to parents Julia Keleher, Nicole Roach, Lisa Eaton and Jeanne German for volunteering at the Book Fair. Finally, thanks to all who supported the Fair, we hope you enjoy your books and supplies.

Thanks to Zia parent Elizabeth Calhoon for her great work planning an addition to Zia's playground. Elizabeth shared the designs at the PTA meeting and they look spectacular! If all goes well, construction will occur this summer. Stop by Dr. McMann's office to see the design pictures for yourself!

Thanks to parent Pauline Esquivel for applying for a \$500 school support grant through Wal Mart. The money will be used for needed supplies in the nursing and counseling offices.

Thanks to Henry Rael for submitting a \$5,000 technology grant on behalf of Zia. Zia didn't make the final cut this year, but with the experience of this year's application process under our belt, we're optimistic about our chances for success next year.

Mike May  
Zia Elementary PTA President ([ziapta@gmail.com](mailto:ziapta@gmail.com))

*NEXT PTA MEETING,  
THURSDAY,  
APRIL 3, 6:00PM,  
IN THE CAFETERIA*

*DINNER AND  
CHILDCARE ARE  
AVAILABLE AT  
EVERY MEETING.*

## NEWS FROM THE NURSE'S OFFICE

*What are head lice?* Head lice are parasitic insects found on the heads of people. Having head lice is very common.

*Who is at risk for getting head lice?* Anyone who comes in head-to-head contact with someone who already has head lice is at greatest risk. Occasionally, head lice may be acquired from contact with clothing (such as hats, scarves, coats) or other personal items (such as brushes or towels) that belong to an infested person. Preschool and elementary-age children, 3–11, and their families are infested most often. Personal hygiene or cleanliness in the home or school has nothing to do with getting head lice.

*What do head lice look like?* There are three forms of lice: the egg (or nit), the nymph, and the adult. **Egg/Nit:** Nits are lice eggs. They are very small, about the size of a knot in thread, hard to see, and are often confused for dandruff or hair spray droplets. Nits are laid at the base of the hair shaft nearest the scalp and hatch in about 8–9 days. They are firmly attached to the hair shaft. They are oval and usually yellow or white. Eggs that are likely to hatch are usually located within ¼ inch of the scalp. **Nymph:** The nit hatches into a baby louse called a nymph. It looks like an adult head louse, but is smaller. Nymphs mature in about 9–12 days. To live, the nymph must feed on blood. **Adult:** The adult louse is about the size of a sesame seed, has six legs, and is tan to grayish white. In persons with dark hair, the adult louse will look darker. Females are usually larger than the males. Adult lice can live up to 30 days on a person's head. To live, adult lice need to feed on blood. If the louse falls off a person, it dies within one or two days.

*Where are head lice most commonly found?* They are usually found on the scalp, behind the ears and near the neckline at the back of the neck. Head lice are rarely found on the body, eyelashes, or eyebrows.

*What are the signs and symptoms of head lice?* Tickling feeling of something moving in the hair. Itching, caused by an allergic reaction to the bites. Irritability. Sores on the head caused by scratching. These sores can sometimes become infected.

**How is head lice infestation diagnosed?** An infestation is diagnosed by looking closely through the hair and scalp for nits, nymphs, or adults. Finding a nymph or adult may be difficult; there are usually few of them and they can move quickly from searching fingers. If crawling lice are not seen, finding nits within a ¼ inch of the scalp strongly suggests that a person is infested and should be treated. If you only find nits more than ¼ inch from the scalp (and don't see a nymph or adult louse), the infestation is probably an old one and does not need to be treated. Any questions call Valerie Karwowski or Corinne Martinez, our Nursing Staff, at 260-2020 x3.

## A WORD FROM THE COUNSELOR

We are pleased to announce that in April Zia Elementary School will be starting a parent empowerment group. Families and Students Together (FAST) is a group of Zia parents, children and staff who will meet once a week for eight weeks. The focus will be on building relationships with children, building relationships as couples, and learning how to play and work together as a family. The families involved will not only share a meal together, but also discuss issues, stresses, problems, and stories in a non-threatening community environment. The group will be facilitated by two Zia staff members: Ms. Martinez–Zia's Health Aide; Ms. Hillard–Social Worker; New Day staff; and a parent volunteer.

The groups will focus specifically on second and third grade students here at Zia, their parent(s) and guardian(s), sibling(s) and other family members.

Meetings will be held on Tuesdays from 5:30-8:00PM in the new cafeteria. The first meeting is scheduled for April 8<sup>th</sup>. Interested families should contact Ms. Martinez at 260–2020 ext. 3.

Please come and share your experiences, struggles, frustrations and laughter as we continue to build our Zia Community! These groups are restricted in size, so reserve your spot today!

Laura Buell and Cara Cawood  
School Counselors, 260–2020, ext. 85085

### Upcoming Events

March 21	Spring Break Begins
March 31	Students return from Spring Break
April 3	Class Picture Day
April 14	Registration Packets go home
April 20	Registration Packets due back to school
April 23	Ziathon 9:15AM
April 30	Kinder Round-Up 5:30PM
May 7	Fine Arts Night

KINDERGARTEN  
ROUND-UP AND  
PRE-REGISTRATION

**Come Join Us!**

The Zia Elementary Kindergarten "Round-up" will be held on Wednesday, April 30th at 5:30. If you will have a kindergarten student for the 2008-2009 school year, please join us. We will meet in Zia's mini-gym off Monroe.

Come learn about the Zia Elementary Kindergarten programs, meet the staff and tour the Kindergarten classrooms. You will have the opportunity to pre-register your child.

**IMPORTANT!!** Bring your child's birth certificate and current shot record.

Refreshments will be served. We hope to see you there!

**Pre-Registration  
Packets for the  
2008-2009 school  
year will be sent  
home on  
Monday, April 14.  
You will need to  
return the completed  
packet by  
Friday, April 18,  
to ensure your place  
for next year.**

*How Might I Help?: Techniques and Strategies to Further Your Child's Educational Growth*

**If Your Child is Bullied...**

**Bullying:** when a person or group uses power—physical, verbal or social—to hurt or intimidate someone or a group who has less power.

**Listen & be empathetic**—Be an active listener and let your child lead the conversation. Occasionally, rephrase the information your child gives you and repeat the information back to your child in your own words.

**Listen for the "5 Ws"**—Listen for the who, what, when, where, and why - but be aware, your child may be sensitive to being asked a lot of questions at one time. Plan on multiple conversations to get the information you need to help your child.

**Make changes / Build skills**—Based on the "5 W's", discuss ideas on how to safely and effectively stop the bullying. Role-play different approaches and responses with your child so that he or she will be prepared to stop the bullying but not get into a physical or verbal fight. Also, brainstorm ways to increase friendships by developing physical and social skills that are appreciated by other children.

**Discuss emotional expression**—Being bullied can create feelings of anger, frustration, sadness, depression or vengeance. Teach your child how to relieve these feelings without being violent to themselves or others. Ideas may include talking with other adults and trusted friends, writing in a journal, creating art, doing physical activities and deep-breathing.

**Work with the school**—If the bullying is happening at school, speak to your child's classroom teacher or advisor so they can help.

**The "5 W's"**

1. **Who** was involved? One person or a few? someone they don't know or people they hang with? Anyone else around?
2. **What** type of bullying—physical, verbal, relational, cyber, or a combination?
3. **Where** does the bullying happen? Online? In the neighborhood? The Mall? School?
4. **When** does it happen? At a certain time or is it random? Weekends? Before school? Or after?
5. **Why** does your child think that the bullying happens?

Source: Balance Educational Services ([www.BalanceEducation.net](http://www.BalanceEducation.net)) ©2008

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LIBRARY NEWS

Are you looking for a few good books for your children to read or to read to your children? Try one of the following 2008 award winning titles. The Theodor Seuss Geisel Award is given annually by the American Library Association to the author(s) and illustrator(s) of the most distinguished American book for beginning readers published in English in the United States during the preceding year. The 2008 winner for this award is *There Is A Bird On Your Head* by Mo Willems. The 2008 Honor books are *Jazz Baby*, by Lisa Wheeler; *First the Egg*, by Laura Seeger; *Helli, Bumblebee Bat*, by Darrin Lunde; and *Vulture View* by April Sayre.

Alison Almquist,  
Librarian