



COLUMBIA ELEMENTARY SCHOOL

January breakfast and lunch menus

Mark Your Calendar

- January 3rd (Wednesday) - **Return from Winter Break** - keep in mind this is a *late start Wednesday*
- January 10th - report cards sent home
- January 16th - 100th day of school (dress up if you'd like join in the fun)
- January 26th - Zebra Zone

All students will be expected to go outside for recess if the wind chill feels like is 25 degrees or above, be sure your child wears the appropriate clothing to go to recess. **Please label your students winter gear with their name: sweatshirts, coats, hats, mittens.*

****Before school care** - if we have a 2 hour delay and then get the call that school has been closed students need to be picked up within 30 minutes of closure. There is no childcare at Columbia on days when school is closed.*

Click to order your yearbook - enter code 83095R

Cost: \$16

Online yearbook ordering available until: Friday, March 08, 2024

Meet Our Staff



Best Room Staff

Mrs. Ross, Mrs. Schaeffner,
Mrs. Heinold, Mrs. Flynn, Mrs.
Jones, Mrs. Cronan




Back Row - Mrs. Helt (Speech)
& Mrs. Counts (OT/PT)
Front Row - Ms. Honeycutt (EL
Teacher), Mrs. Ross (Special
Ed Teacher), Mrs. Heinold
(Special Ed IA)



Title 1 Teachers

Mrs. Daulton & Mrs. Johnson

Exploring Hibernation

Last month's poll revealed 74% of readers were looking forward to **SIPPING COCOA INDOORS** 
Here is more information on hibernation.

How does hibernation work? - Sheena Lee Faherty

TEDEd

HOW DOES HIBERNATION WORK?



RCSC Inclement Weather Days

The following resources will be utilized to notify parents/guardians and the community of school closure due to inclement weather:

- School Reach Phone Calls
- RCSC Website www.zebras.net
- Facebook (Rochester High School, Rochester Middle School, Riddle Elementary, Columbia Elementary School)
- @RHSZebras & @RMSZebras on X
- rochester_zebras on Instagram
- WROI 92.1 FM
- WSBT
- WNDU

Contact your building secretary or log in to your student's Harmony account to sign up for School Reach alert phone calls.



Counselor's Corner

During January 2024, PK and Kindergarten students will be introduced to the concept of a “guiding voice,” the little voice inside them that helps them to decide if a situation is safe or unsafe. Children will be encouraged to pay attention to what their guiding voice says in any situation. Children will also learn the safety process of Think, Feel, Act (TFA). This encourages children to take steps to tell someone when a situation makes them feel confused, scared, icky or uncomfortable.

First Grade students will learn about body boundaries. We will identify how safe and unsafe touches make them feel, learn that they have private parts (which are covered by their bathing suits), and that NO ONE should touch or look at their private parts except for their Grown-Up buddies and doctors when they are in pain or feel that something may be wrong. The children will be strongly encouraged to tell a trusted adults about any touch that makes them feel unsafe and to keep telling until they get the 2 H's: Heard and Helped.

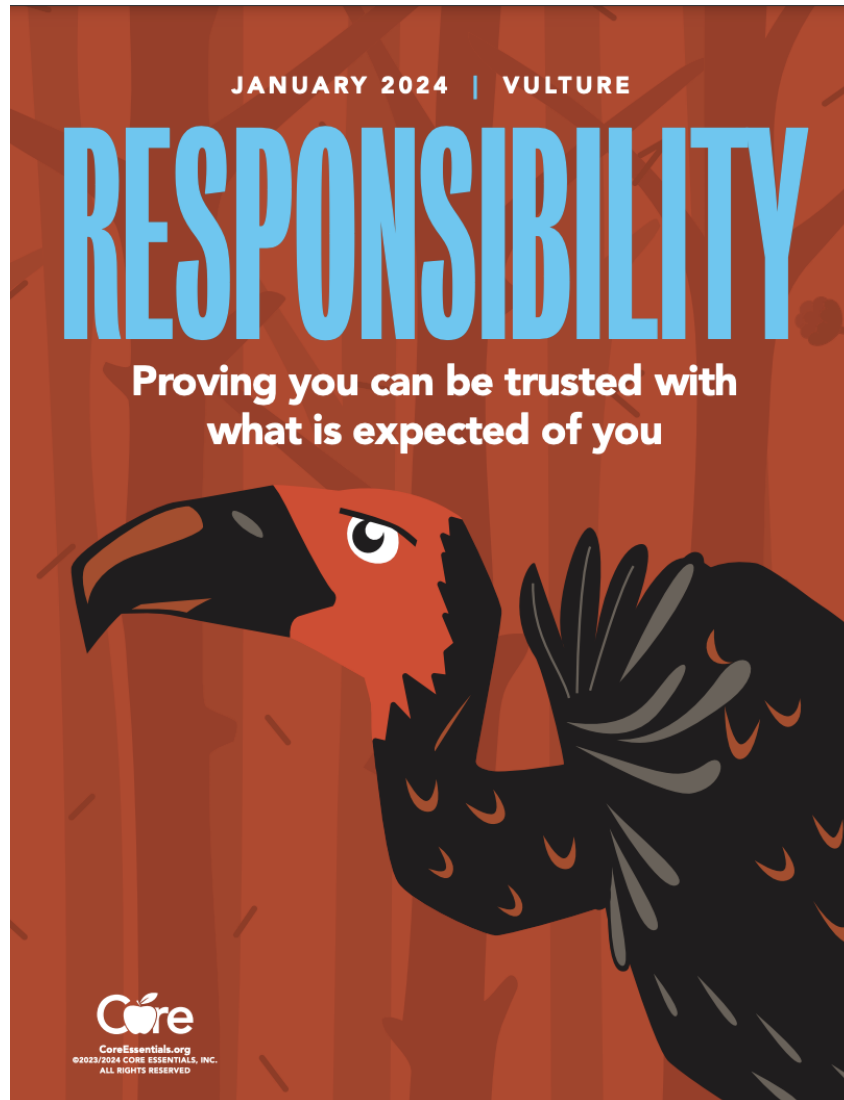
To learn more about the curriculum, please visit <https://safersmarterkids.org/> and click on “parents.” If you have questions, please feel free to contact me at 223-2501 ext. 2005

7 Tips for Transitioning Back to School After Winter Break

Returning to school after a couple of weeks off and multiple days of celebrations and flexible schedules can often be difficult for students (and parents too). Below are several tips for helping you and your child get back into the “swing of things.” The full article can be found at <https://www.parents.com/transitioning-back-to-school-after-winter-break-6828862>

1. Return to Bedtime Routines: Too little sleep has been associated with “Attention, behavior and learning problems.” In the days before classes start, move bedtime back by 15-30 minutes each night until you're back to their normal sleep schedule. Children ages 3-5 years are recommended to get 10-13 hours of sleep (including naps).
2. Create a Back-to-School Countdown: Created a visual countdown for the end of winter break so returning to the “school routine” does not creep up unexpectedly.
3. Discuss the Year Ahead

4. Celebrate Their First Week Back: Some examples include a movie night, special play date, dinner at their favorite restaurant, family game night or bowling.
5. Stock Up on School Supplies
6. Make Mornings Easier: Prepping in advance helps returning to a routine easier. Help kids get their backpacks, coats, and outfits, etc. set out before going to bed. Prepare breakfast items or lunches the night before. Plan to leave a 10 minute buffer to avoid being late on the first day back.
7. *Validate Your Child's Feelings*: It is normal for kids to have mixed feelings about returning to school after break. Encourage kids to voice their feelings and listen with patience. Act as a safe space, and let your kindness help them get the courage needed to face all of life's challenges.

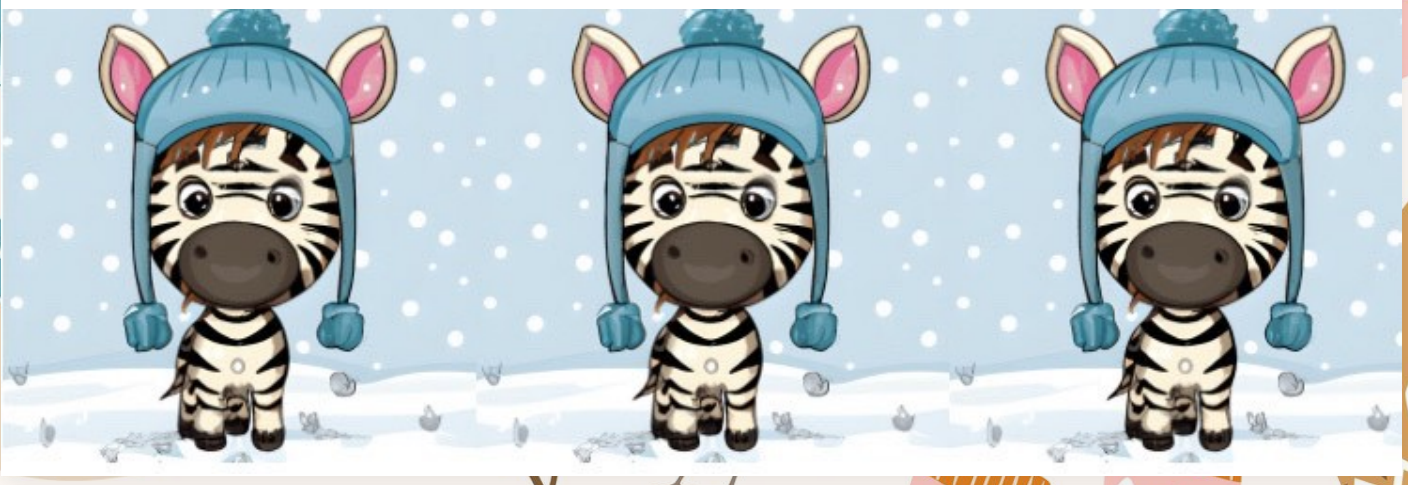


Pay preschool tuition - due on the 1st of each month



Stacey Ropp RN, BSN 🧑‍⚕️

We are excited to have Mrs. Ropp here at Columbia, she is doing a fantastic job as our school nurse. She has been a part of the Rochester Community for 40 years. She had a child graduate from Rochester Schools and has another son who is a senior this year. She graduated from IUK with Bachelors in Nursing Science and has been a RN for nine years. She has also worked on a pediatric medical surgical unit for several years and has worked in Hospice. She came back to Rochester Schools about four years ago and has been working at the HS and MS, and subbing at the elementary schools. We are very glad to have her in our building and helping take care of our kids. If you have any questions for Mrs. Ropp or would like to reach out to her, her email is Stacey.Ropp@zebras.net or you can call 574-223-2501 ext. 2010.





Columbia Elementary School

The Littlest Zebras In The Herd

1502 Elm Street, Rocheter, IN 46975

574-223-2501

