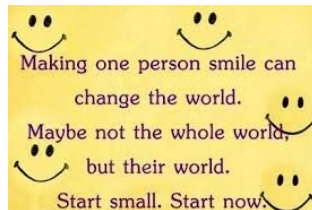


Mundy Musings

August 18, 2017

"The two most powerful warriors are patience and time" Leo Tolstoy



Happy First Friday of the School Year!

Wow! What an amazing place to be - Nelda Mundy Elementary School. Proud home to over 800 awesome students of all races, beliefs, abilities and skills, but a common goal of being the best they can be each day.

I am blessed to take the helms this year and serve your child, as this is THE BEST K-5 Elementary School in the FSUSD! Our staff, students, parents, and community are second to None! Teaming with Ms. McCormick, as the Assistant Principal of Mundy will make for an epic school year!

Thank you all for being kind, patient, understanding and mindful as we begin the year. If there is anything you need from Sherry or myself, please don't hesitate to contact us.

jeffku@fsusd.org. Twitter @jeffreykubiak, [Blog](#), or leave a message with Danni at school.

sherrym@fsusd.org. Twitter @mccormicknm10.

Upcoming Dates of Importance

Monday - 8/21 - Solar Eclipse, all students have certified glasses and will observe

Friday - 8/25 - WATCH DOGS (Dads of Great Students) meeting at 8:30am in the MPR

Tuesday - 8/29 - Back to School Night: *Grades 3-5 from 5.00pm-6.15pm*

Grades TK-2 from 6.30pm-7.45pm. Start with all staff in MPR for presentation followed by classroom presentations.

Thursday - 8/31 - Room Parent Meeting at 8:30am in MPR

Monday - 9/4 - Labor Day, No School

Friday - 9/9 - Second Cup of Coffee with MCA and Mundy Admin, 8:30am

News

- Here is a great article on Mindful Parenting: [Read Here](#)
- Parking and Drop off: Yes! Our most awesome topic ever. Please be patient, kind and mindful when dropping off and picking up your kiddos. The best way to avoid the mess we have is to walk, bike, or scoot to school! If that is not possible, perhaps leave a bit earlier and park on a nearby street (Not blocking a neighbor's driveway), and coming in. Please don't park in the spaces marked "Staff", as we have over 50 employees who come and go throughout the day. Also, in the yellow "loading zone", you must stay in your vehicle, it is not for parking. Thank you!

- Homework! Yes, that wonderful, dreadful word. We are changing the way homework looks and feels this year. As a school, all students and families should read seven days per week. Reading is the only academic subject that has any correlation to growth and student success. If you make it a fun family activity, you will see positive results. Your child's teacher should be giving different options of choice to students, not a worksheet with 30 math problems on it. If this the case, ask them why? I've done a lot of research on homework, the validity, outcomes and practices over the last 10 years, and it is clear that in a K-6 setting, it can do more damage than good. Here are some great articles and research for you to check out: [Read Here](#)
- Mondays are College Days! Celebrate your College Alumni, or favorite University by wearing a shirt, shorts, sweatshirts or colors! Look for your child's teacher to have an adopted College for the classroom!
- Fridays are Fit Fridays and School Spirit Wear: Wear your Mundy gear or colors and beat the parking by walking, cycling, or scooting to school!

Physical Education

Welcome back to school! This year, as you will see in the release schedule that has been copied below, we have two teachers in Physical Education: Casey Casas and Trevor Nogueira. We look forward to sharing your kids and teaching alongside one another--three of the five weekdays—to create learning experiences that can help our students progress through developmental stages. Once we familiarize your kids with playground and recess procedures and game rules, we will focus on the following five overarching state standards:

- transferrable motor skills and movement patterns for physical activity
- corresponding knowledge of movement concepts, principles, and strategies
- maintenance in physical fitness to improve lifelong health and performance
- corresponding knowledge of physical fitness concepts, principles, and strategies
- positive sportsmanship across situations, groupings, ages, genders, or abilities

While we will handle the education part, we highly encourage you to reinforce the physical activity component, on a regular basis, within your families, neighborhoods, and communities. ***The Centers for Disease Control (CDC) recommends, for children, a minimum of 60 minutes of physical activity each day.***

Please check out the following link for more information:

<https://www.cdc.gov/physicalactivity/basics/children/index.htm>

An affordable and family-friendly way to integrate more physical activity into your lifestyle is through walking trails. The following link allows you to search trails, by city, and offers information such as where to park and the locations of water faucets, should you need to refill your water bottles:

<https://www.traillink.com/city/fairfield-ca-trails/>

We sincerely hope that you will set a positive example of an active, nutritious, and safe lifestyle for our children. If you need more resources or ideas for how to incorporate these practices into your lifestyle, please contact Coach Casas (caseyc@fsusd.org) or Coach Nogueira (TrevorN@fsusd.org) and we can share information that has been provided to us by FSUSD.

Following is some information that will help you prepare your student for PE:

Participation Expectations in PE

Be responsible

physically be in class
follow all class and playground rules
follow activity directions
participate (opts to consistently engage in activity)

Be respectful

practice active listening
cooperate with teachers and/or Sub
cooperate with other classmates
respect Mundy property and equipment

Be safe

play safely
stay with group at all times
wear appropriately described shoe
critical skill elements to peers

Be kind

display positive sportsmanship
solve conflict with “Rock, Talk, Walk”
complement or provide constructive feedback of

General Consequences for Students (exceptions will exist)

1st incident: Student warned and redirected to behavior expectation.

2nd incident: Student sits out to reflect on behavior and devises a plan to correct behavior. For some grades, this involves completing and turning in a written behavior modification plan. Participation points may be deducted if a recurring behavior from past classes.

3rd incident: Student sits out for remainder of physical activity portion of period. Participation points deducted.

Appropriate Footwear for PE

Below is the Physical Education schedule for the 2017-18 academic year. Please note the two days per week that your child attends PE and ensure that they come prepared for physical activity and education. All students are expected to wear tennis shoes to every PE class. Tennis shoes are soft-soled shoes with traction that cover the toes, heel, and top of the foot and are secured to the foot with laces or velcro—Light-colored soles are preferred to dark-colored for protecting the gym floor in the multi-purpose room. They help provide your student with appropriate protection and support during physical activity. Heels, UGGs, boots, rain boots, sandals, flip-flops, any shoe with openings, and dress shoes create an unsafe environment for your student. Tennis shoes are required for student participation in the physical activity portion of PE and for a student to earn the associated participatory points. Please make sure that your student is prepared for our class and either wears, or brings a change of tennis shoes, to school with them on PE days.

Recommended Dress for Movement

- Breathable clothes that allow movement in all planes and do not risk the student exposing themselves
- Layers--sweatshirts or jackets--for cold mornings or winter
- Sun protection: sunblock, hats, sunglasses

Hydration

Please send your child to school, minimally on PE days, with water. Students should hydrate before, during, and after PE, even on cool days.

Donations

Thank you for past donations! This year, if you would like to donate gently used jump ropes, hoola hoops, or balls (soccer, basketball, playground, tether), we would welcome them with open arms.

Release Schedule for PE

Time	Mon. Casas	Tues. Casas	Tues. Nogueira	Wed. Casas	Thurs. Casas	Thurs. Nogueira	Fri. Casas	Fri. Nogueira
8:15-8:20	AM Clubhouse	AM Clubhouse	AM Clubhouse	AM Clubhouse	AM Clubhouse	AM Clubhouse	AM Clubhouse	AM Clubhouse
8:20-9:02	Loe	Broschard	Story	Lean	Lean	Loe	Story	Broschard
9:10-9:52	Campi	Vansant	Rosso	Campi	Hemphill			Bundenthal
10:05-10:47	Chase	Vermes	Hodges	Dravland	Chase	Vermes	Hodges	Dravland
10:55-11:37	Aldridge	Choy	Huzel	Mascetti	Mascetti	Aldridge	Huzel	Choy
12:40-1:22	Burke	Hemphill	Carpenter	Sweeney	Burke	Jenkins	Carpenter	Sweeney
1:33-2:15	Jenkins	Johann	Bundenthal	O'Reilly	Rosso	Johann	Vansant	O'Reilly