

Cafferata Connection

Hector A Cafferata Jr. Elementary • November 1, 2016

PRINCIPALS OFFICE

From Mr. Moreland,

It's hard to believe we are already in November. Our school year is quickly moving along. As we continue into the 2nd quarter of this semester, I wanted to offer you a simple way to provide your students with access to a resource that can help them build their reading skills.

One program that students use in the classroom is Compass Learning. This program provides an individualized learning path full of activities and resources that will help strengthen their reading skills. This program is accessible from home.

Your child has the login information and the link to the program is on our school website:

<http://hac.leeschools.net/>

If you have time at home and access to a computer, they can log into the site at any time and work through the activities. If you have any questions about the program or access, please let the classroom teacher know. They can send home the access information and a direction sheet if the student needs some help getting in.

We appreciate all of your time and support.

Wes Moreland



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The School Board of Lee County, Florida,
prohibits discrimination on the basis of age,
color, disability, gender, national origin,
marital status, religion, or sexual
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November 2016

2nd Fall Picture Make-Up Day

9th Interim Day

11th Veteran's Day
No School

15th SAC Meeting @ 2:45pm

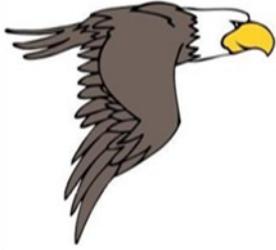
22nd Pastries for Parents
7:20 am — 7:55 am

23rd- Thanksgiving Break

25th No School

Translations

If you need to speak with someone in Spanish whether on the phone or in the office. Our translators are available 8 am - 8:45 am and then again 12:40 pm - 1:20 pm.



**HECTOR A.
CAFFERATA, Jr.
ELEMENTARY**

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Principal

Kimberly Molhem
Assistant Principal

Follow us on Twitter
@Caferata_Elem

We are on the web!
www.hac.leeschools.net

Heather Minore
**Parent Involvement
Specialist**
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I want to encourage you to
contact me if you have any
suggestions or questions.

I am here to help support
you and your children!

Notification

Florida State Statue 1012.42 recognizes that teachers at times must be assigned duties in a class outside the field in which the teacher is certified. Krystal Yetman, Jacqueline Serrano and Chelsey Werth are assigned to one or more classes outside their area of certification and is required to take appropriate steps to comply with the statutory regulation. Anthony Calello, Jeannette Edwards, Alysha Graham, Dora Graham, Carey Hall, Jacqueline Serrano, Jennifer Stiriz, Isabel Welsh, Karen Wills, Joe Wilson and Krystal Yetman are engaged in training to add the English for Speakers of Other Languages (ESOL) to their certificates.

Pasteries for Parents

**Pastries for Parents will be held on
Tuesday, November 22nd
from 7:25 am to 7:55 am
under the PE Pavilion.**



Character Education Word of No-
vember is

Citizenship and Patriotism

*Ask yourself, "What are my re-
sponsibilities within my neigh-
borhood or in my community that I can
do to demonstrate good citizenship?"

*You can model good citizenship by
allowing your children to observe you:

- Following the rules and laws.
- Being aware of, recognizing and accepting cultural and individual differences.
- Respecting Individual rights.
- By taking leadership roles in the community.
- By following others who are in leadership roles.
- By working cooperatively with others.



**United Way Campaign
Celebrating 60 years
of Living United**

United Way Program Assistance includes:

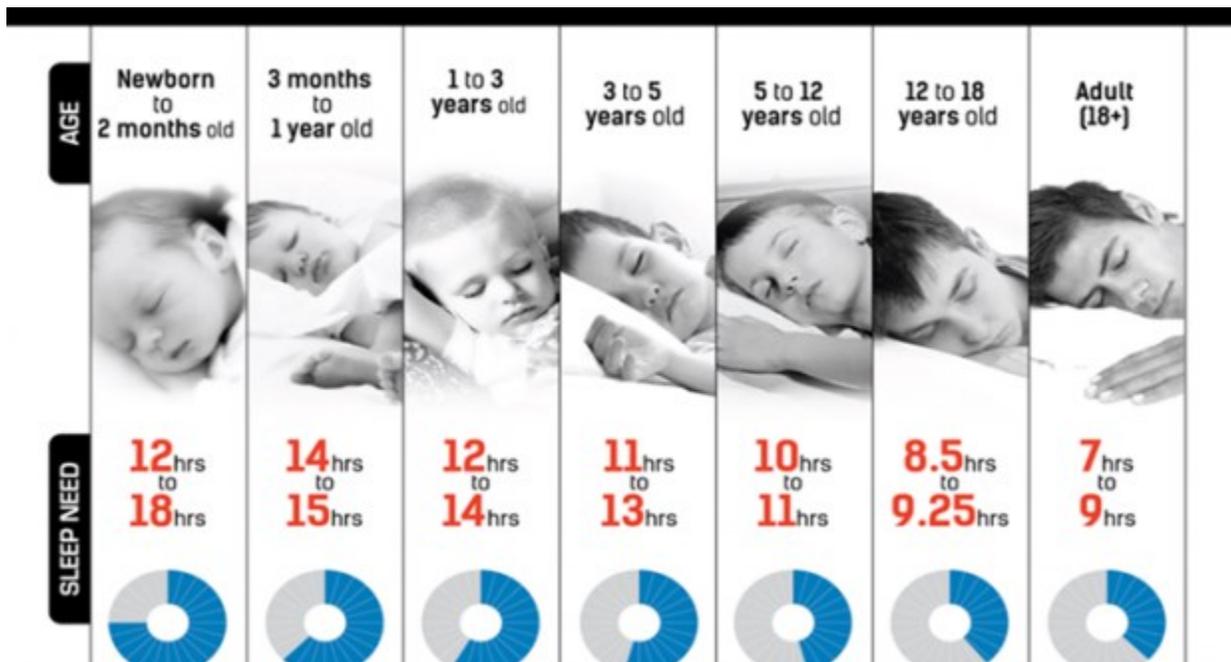
- Blessings in a Backpack (food for Lee County families in need)
- Abused and Sheltered Women and Children
- Red Cross assistance
- Learning for Life Program
- Volunteers for Reading Programs
- Big Brother/Big Sister
- Beacon of Hope in Pine Island
- Boys and Girls Club
- Brightest Horizon's Childcare Program
- Children's Advocacy Center
- Deaf and Hard of Hearing Center
- Harry Chapin Food Bank
- Literacy Council Gulf Coast
- New Horizons of SW FL

PARENT INVOLVEMENT

How Much is Enough?

When it comes to sleeping, there is always this one question, “How much sleep do I need?” The amount of sleep an individual needs is personal. Someone sleeps 4 hours a night and still manages to complete tasks through the day successfully. Some say that successful people need only 6 hours of sleep to function 110%.

The infographic you will see below has been revealed by the National Institute of Sleep and it reflects on a 24-hour period. Keep in mind that this is the total sleep you get during a 24-hour period. So, if you took a 30-minute nap that counts, too!



Are you sleep deficient? Here are a few symptoms that are most common in sleep deficient people:

- Not productive during the day
- Overweight or gaining weight
- Caffeine is needed to live through the day
- Sleepy when driving

How to prepare yourself for a good night sleep?

- Some things you can do are:
- Stay within your schedule
- Develop a bedtime routine
- Read a good leisure book
- Exercise every day
- Make sure your mattress and pillow suits you
- Avoid alcohol or caffeine before bed
- Turn off distractions at least 30 minutes before sleep (TV, Phone, Computer, etc.)



PE Connection



Special Events: **Nov 9th - Florida Gulf Coast Dutch Lions Soccer Team**
 Dec. 8 & 9 – Florida Eels Hockey Team

Dress Code for PE: (YOUR CHILD HAS PE EVERY OTHER DAY THIS YEAR)



All students must be wearing sneakers and if they have shoe laces, they must be tied on the outside (this is a safety concern).



Also, if girls are wearing jumpers or skirts, they are required to have shorts on underneath. This is not only a PE dress code requirement but a school one as well.

Excuses from PE:

Per the Lee County School District, we will only be accepting doctors' notes to excuse your child from PE. This is due to the District following the Florida law that all elementary students are required to have 150 minutes per week in addition to 15 minutes for recess.

The following items should either be sent with your child or be applied to prevent too much sun exposure:

- 1. A water bottle (with water only) and their name on the bottle - we encourage the students not to share water bottles**
- 2. Sunglasses and hats**
- 3. Sunscreen applied before your child comes to school.**
- 4. Lightweight and light color clothing.**

PE Homework:

Be Active at least 4 days a week any aerobic type activity for at least 45-60 minutes (aerobic type is any activity that gets their heart beating faster - jumping rope, jumping on a trampoline, walking, running, playing tag games, riding a bicycle, swimming, roller blading)

Contact:

Please contact me with any concerns or questions - Linda Altman, LindaAA@LeeSchools.net