



# Tiger Times

Ringgold  
Elementary School

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## From the Desk of Mrs. Erwin

Happy December!

I hope your family is enjoying the slight change in weather and the excitement of the holidays in the air. Although we don't want to miss school days, we would love to see some snow this month!

There are many activities and events scheduled for this month; please make notes on your calendar so your family doesn't miss any of them. For example, the Ringgold Singers will perform their Holiday Concert at Ringgold High School on Tuesday evening, 12/19.

The concert has a pirate theme which is fun and entertaining. I'll be looking for you at RHS on December 19th!

Another event is the 5th grade Christmas Lunch this Friday. As with the other special grade level lunches, the food will be delicious. If you haven't made your reservations yet, please do so today!

Thank you for your help and support with your children at home regarding academics, especially reading and math facts. As I'm sure you've discovered,

expectations for student performance have increased and students are expected to use critical thinking skills at a more deeper level. The most important way you can help your children is to read to them, with them, and establish a regular time for them to read on their own. If students can read and comprehend on grade level, they have a much better opportunity to succeed.

I wish you and your family Happy Holidays and look forward to a great second half of the school year!

*Mrs. Erwin*

## Set the Date!

- ☺ 12/04-07 PTO Ornamnets
- ☺ 12/05 Spirit night at RHS Basketball Game
- ☺ 12/8 5th Grade Christmas Lunch
- ☺ 12/15 School Spelling Bee
- ☺ 12/19 Chorus Concert
- ☺ 12/20 Christmas Holidays Begin
- ☺ 01/08 Students return to school
- ☺ 01/12 Report Cards
- ☺ 01/15 MLK Holiday

## Moreland Minute

I expect you all know the 6 food groups. What are they? Bread & Grain, Vegetables, Fruits, Dairy, Meat, Sugar & Fat Great! And we all know it's important to include a mix of foods from all those groups in our diets. Why? So we have a well-rounded diet that keeps our bodies healthy. I believe the same sort of thing is true for our lives, not just our bodies. I can think of 6 'life groups' kind of like the 'food groups' - Academics, Athletics, Family, Music, Religion, and

Social.

If you spent all your time just doing schoolwork, but no social or religious activities, you might get very good at science. But, you wouldn't have the skills to share your knowledge with others.

If you just hang around with friends and listen to music, but no athletics, you might be a fun guy but you couldn't throw a ball or swim in a lake.

If you look at famous figures that have had personal problems plastered on the front

page, maybe you can see what I'm getting at. Some of them have invested all their effort into one activity and neglected the other areas of life. When they make it big, they are not prepared for the rest of life and it all falls apart.

So, mix it up. Take a big helping of Academics, a side-dish of Athletics, pour some Family time on top, garnish with Music, have a big glass of Religion, and finish with a Social dessert. Now, THAT's a balanced diet that will give you a healthy body AND life.

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# Paws for Partners

Ringgold Elementary School would like to extend thanks to the Ringgold Kiwanis Club for their long-time partnership and recent support of the school's FCA Leadership team. FCA (Fellowship of Christian Athletes) is a student-led, character-building club that meets on Fridays before school hours for anyone who wishes to participate. The leadership

team works cooperatively with sponsors, Todd Giannamore, Tami Fava, and Blair Giannamore, to lead others in weekly singing and share information of encouragement. RES appreciates the Kiwanis Club's donation to purchase shirts for this group of student leaders.

## POP INTO THE PARENT CAFÉ!



Join us to discuss, review, and revise the County Policy.

January 10, 2018

8:30 A.M.

Learning Center at Benton Place Campus  
RSVP to your RES Parent Coordinator

### Season's Greetings from Nurse Denise !

#### Hearing and Vision Follow-Up

RES had our annual Mass Hearing and Vision screenings for all 3rd and 5th graders on Nov. 3rd. Most all of the re-screening has been completed and parents/guardians should have received the pink copy of the results. If your child did not pass a portion of the screening please follow up with an eye doctor or audiologist who specialize in doing a thorough exam. Under some circumstances, financial assistance to help with an exam and glasses is available. Please contact me at 706-935-2912 if you need help with getting an exam for your child or have any questions or concerns.

Often it is difficult to make a decision about whether or not to send a child to school or keep them at home due to not feeling well. If your child has these symptoms they should not come to school due to spreading illness to others:

Fever- temperature of 100.3 or greater should not come to school. Students need to be fever free for 24 hours without taking fever reducing medicines ( Acetaminophen-Tylenol or Ibuprofen-Advil )

Vomiting or Diarrhea- students should not come to school with active vomiting or diarrhea and need to be free from symptoms for 24 hours before they return

Sore throat- A persistent sore throat that accompanies fever should be checked by your child's pediatrician and students should not come to school.

Children who are not running a fever and only a mild cough, runny nose, or other cold symptoms can be sent to school without any harm to themselves or others.

Best Wishes for a Winter full of Blessings!

## RES Dazzlers

The Dazzlers had a great time riding in the Down Home Christmas Parade on Friday! They are also working on a dance to share with

everyone at the Ringgold Singers Concert on the 19th.

The girls will be dancing TONIGHT (12/5) at RES Spirit Night at Ringgold High

School. They will dance at halftime of the girls' basketball game. We hope to see many of you there supporting our Dazzlers.

# PE With Mrs. G

## *Stay Active & Healthy in December!*

December can be the unhealthiest month of the year. It's seems that everywhere we turn there is another table filled with delicious food and rich desserts. It's hard to find time to exercise each day as well. I hope the following tips will help you make healthy choices throughout this busy season.

- Don't skip meals. If you eat healthy foods at regular intervals throughout the day, you're much less likely to overeat at a party.
- Focus on people. Too often, food takes center stage of our holiday gatherings. Instead, focus on family, friends, and traditions that make the holidays meaningful.
- Drink water. Stay hydrated by drinking water all day.
- Walk more. Keep a brisk walking pace while you do your holiday shopping. Instead of wasting time looking for a closer parking spot, take a far-away one to increase your activity.

Get plenty of rest! Remember, kids need at least 10 hours of sleep each night.

May your holidays be filled with blessings and joy!

Merry Christmas!

## **Music Notes**

Fifth grade music students are learning to play Jingle Bells on their recorder so ask them to share it with you.

Fourth grade students are studying the music and games oh Hanukkah this week. See if they can sing in Hebrew for you?

Third grade is learning the difference between sacred and secular holiday music. Ask them to tell you their favorite holiday song and see if you can sing it together.

# STEAM Class

We are making wonderful progress on Code.org and 5th graders are really enjoying the new online stem program, Hockey Scholar! We will finish up 2017 with some awesome art



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ENGINEERING • ART • MATHEMATICS

projects, a cool engineering activity with paper airplanes, and a fun Christmas math activity about sales tax! I absolutely love working with these smart and creative students! Stay updated on all things STEAM with class dojo! *Mrs. Shadwick*

## **RINGGOLD SINGERS**

Friday, Dec 1 our chorus members attended the Chattanooga Boys Choir Singing Christmas Tree and shared music of the holidays with the residents of Rosewood Assisted Living in Ft. Oglethorpe.

The Ringgold Singers are getting ready for "A Pirate Christmas" coming up December 19. We are working hard on learning music, choreography, memorizing lines and getting our costumes ready to present to our school Tuesday, December 19 at 9:00 AM at Ringgold High School Auditorium. Permission slips will be coming home soon for every student to be able to attend. The cost will be \$2 per student for the expense of the bus. We will have a performance that evening for family and friends at 7:00 PM. Admission will be \$4 for adults and \$2 for students. You don't want to miss this holiday adventure!

## Ringgold Elementary School

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## Our Mission

Ringgold Elementary School believes each child is a unique individual capable of reaching his or her full potential in a safe, positive environment

CATOOSA COUNTY SCHOOLS

## Vision Statement

Catoosa County Public Schools will be a nationally recognized learning community whose graduates are prepared for tomorrow's challenges.

## REMEMBER-

You can always view a copy of our County and School Title I Policies information in the Family Resource Center, Room 408. We welcome your input with any comments or changes you suggest regarding the above policies. We also welcome your input on our Title I spending.

## PTO

### Box Tops for Educations:

- ◆ **Thanks for collecting box tops**
- ◆ **Please do not send expired box tops**
- ◆ **25 box tops = ONE Blow Pop for your student**
- ◆ **Pops for Tops rewards will come home the end of each month**
- ◆ **A new collection form will come home the end of each month**
- ◆ **Can also send box tops in a Ziploc bag**
- ◆ **Don't forget to write your student's name and teach on the form or Ziploc bag**
- ◆ **School totals so far= over \$500.00 This money goes to help with our cafeteria makeover**
- ◆ **Keep those box tops coming!**

