The Moreland Messenger
Principal: Mrs. Tuttle
Assistant Principals: Mrs. Kidd Collins and Mr. McKenzie

NOVEMBER

NOVEMBER
Who is Mrs. Tuttle?
It is with great happiness and joy that I share the news of my recent marriage. I will be taking my husband’s last name, Tuttle. If your child mentions a Mrs. Tuttle at MHS, it’s your principal Ms. Schoonover!

Conference Time
There are a number of ways that parents and teachers can communicate with each other rather than relying specifically on scheduled parent/teacher conferences. It is our goal to form a cooperative team that has the student’s best interest at heart. If at any time you have a question pertaining to your child’s classroom or progress, please do not hesitate to contact his/her teacher to answer your questions or discuss your concerns.

Fall Parent Teacher Conferences are scheduled for Thursday, November 17th from 12:30-7:30pm and Friday, November 18th from 8:00-12:00pm. Student will be dismissed early on Thursday, November 17th at 11:15am. There will be no school for students on Friday, November 18th. Pick A Time online scheduler will be open until midnight on Tuesday, November 15th to book your child’s conference. Visit http://goo.gl/my7dAP (case sensitive) to schedule your appointment.

Office Reminders
- The front office staff is safely storing missing eyewear, electronic devices, and other delicate accessories that have been turned in over the past several months. Also, we encourage your child to stop by the Lost and Found located in the front of the Kindergarten hallway.
- To report your child’s absence or tardy, please email Joanne Matousek at mhsattendance@orangecsd.org or call the direct attendance line at (216) 831-8600 X4610.
Moreland Hills Votes
K-5th grade students are casting their votes during DL21 class. MHS students will be using technology to predict the next President of the United States. The tallied votes will be displayed on the electronic board located in the front office. Social Studies Standard encourages students to be responsible citizens.

Veterans Day
Over the past two years MHS has collected enough money to fly over twenty local veterans to Washington D.C. to visit their memorials, and to also participate in activities showing respect and gratitude towards veterans. MHS will once again be honoring our veterans with a variety of activities this month. Our students have been hard at work illustrating cards to accompany the veterans on their flight, as well as creating items to display in the building to honor our veterans who will be guest reading in classrooms on Veterans Day.

Coins for Courage Collection will take place on Thursday, November 10th.

Finally, we are asking the students dress in Red / White / Blue on Friday, November 11th (Veterans Day) to honor our guest reading veterans.

Pride Power Classroom Trophy Winners
Weeks of 10/4-10/28

K, 1st, 2nd Grade:
Mrs. Aiello’s class
Mrs. Lake’s class
Mrs. Ferlito’s class
Mrs. Newman’s class
Miss Shiever’s class
Mr. Zuccaro’s class
Mrs. Carcelli’s class
Mrs. Degnovivo’s class

3rd, 4th, 5th Grade:
Mrs. Kehres’ class
Mr. White’s (5th) class
Mrs. Fletcher’s class
Mrs. Bradbourne’s class
Mr. Hastings’ class
Mrs. Moorefield’s class
Mrs. DePaula’s class
Mr. Kenney’s class
Guidance Department News

With the support of the MHS PTA Health & Safety Committee, the Guidance Department is implementing **Calm Corners** in every classroom at Moreland Hills School! A Calm Corner is an area in each classroom where students can go to feel calm or settled. Students may choose to visit the calm corner independently or be offered to do so by a teacher/adult when feeling anxious, nervous, annoyed, angry, confused, overly energetic, tired, or overwhelmed. They can visit this quiet space to gather themselves and to feel better. Students may just want to take a moment for themselves to help avoid feeling bad. In fact, scientists tell us that when we set aside a few minutes each day to be quiet all by ourselves, it actually helps us to pay better attention, to handle our stress, and to just feel more like ourselves. An increasing number of schools throughout the country are implementing Calm Corners with positive results. Calm Corners can contribute to kids building the important trait of **self-efficacy**, which is developed when they see that their own actions can lead to real results. The Calm Corner is a positive space. When students take care of themselves by visiting a Calm Corner, it is an act of responsibility, self-awareness, courage, and maturity.

Celebrating Success

**Friday, November 4th** is the end of the 1st grading period! It’s that time of the year to celebrate MHS student’s success! All teachers who are K-5, special education, gifted and special areas are asked to nominate two students from their class(es) who have earned the opportunity to be recognized for meeting the following criteria:

- **Consistent Exemplary Citizenship:**
  This student has the ability to be considered a role model and/or has improved his/her behavior.
- **Academic Improvement in the Area of Math:**
  This student has mastered an increasing number of essential math concepts.
- **Academic Improvement in the Area of Language Arts:**
  This student has mastered an increasing number of essential Language Arts concepts.
- **Academic Improvement in Special Area Class:**
  This student has mastered essential learning concepts appropriate for the Special Area.

Students may receive multiple nominations. We will keep track of each nominee. Our goal is to recognize each student throughout the school year to celebrate their success!
Digital media exposure for children of all ages should be limited, according to new guidelines from the American Academy of Pediatrics. This week, the AAP hosted a national conference in San Francisco, where an estimated 10,000 pediatricians met to discuss new children's health recommendations for 2017. Children's screen time, social media and cyberbullying were key points of interest. The academy recommends that for children 2 to 5 years of age, screen time should be limited to one hour per day. For kids ages 6 and older, parents can determine the restrictions for time spent using screens, as well as monitor the types of digital media their children use. Parents are in charge of setting limits on digital media for kids and teens six and older, the academy says. The amount of daily screen time depends on the child and family, but children should prioritize productive time over entertainment time. For help constructing a digital media plan for the whole family, the AAP recommends using the Family Media Plan tool, which can be found at healthychildren.org. One of our Technology Supervision and Safety Best Practices at Moreland reads as follows: Knowing that children will get additional screen time at home, be conscious of student screen time at school. If you have any questions about technology at MHS, please email Nghia Harvey, nharvey@orangecsd.org (Kindergarten, First, & Second) or Eddie Evans, eevans@orangecsd.org (Third, Fourth, & Fifth).


Follow Moreland Hills on Twitter @MHS_Orange to find interactive photos, classroom updates and so much more! #OrangeLearns
Clinic News

Influenza, commonly known as “the flu,” is a highly contagious viral infection of the respiratory tract. It affects all age groups, though kids tend to get it more often than adults. In the United States, flu season runs from October to May, with most cases happening between late December and early March.

Signs and Symptoms

The flu is often confused with the common cold, but flu symptoms usually are more severe than the typical sneezing and stuffiness of a cold.

Symptoms, which usually begin about 2 days after exposure to the virus, can include:

- Fever
- Chills
- Headache
- Muscle aches
- Dizziness
- Loss of appetite
- Tiredness
- Cough
- Sore throat
- Runny nose
- Nausea or vomiting
- Weakness
- Ear pain
- Diarrhea

Contagiousness

The flu is contagious, spread by virus-infected droplets that are coughed or sneezed into the air. People who are infected are contagious from a day before they feel sick until their symptoms have ended (about 1 week for adults, but this can be longer for young kids).

Think Prevention!

- Get the flu vaccine each year.
- Wash hands well and often.

www.kidshealth.com

Christine Rogen, MPH, BSN, RN
MHS School Health Nurse
crogen@orangecsd.org
216-831-8600 ext. 4622
There is still time to register for our upcoming special programs and activities!
Check out our online catalog at [www.OrangeRec.com](http://www.OrangeRec.com). Space is limited.

For additional information, please contact one of our staff:
Front Desk and General Questions: (216) 831-8601

<table>
<thead>
<tr>
<th>Youth Department:</th>
<th>Sarah Gnoddie</th>
<th>x5101</th>
<th><a href="mailto:sgnoddie@orangecsd.org">sgnoddie@orangecsd.org</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Open Door Childcare:</td>
<td>Debbie Zimmerman</td>
<td>x5606</td>
<td><a href="mailto:opendoor@orangecsd.org">opendoor@orangecsd.org</a></td>
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<td>Orange Youth Sports:</td>
<td>Chris Switzer</td>
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<tr>
<td>Stagecrafters:</td>
<td>Wendy Scott-Koeth</td>
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<tr>
<td>Orange Art Center:</td>
<td>Debra Meese</td>
<td>216-831-5130</td>
<td><a href="mailto:dmeese@orangecsd.org">dmeese@orangecsd.org</a></td>
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Volunteer!

Information regarding the volunteer opportunities throughout the year →
Visit our website: http://www.orangeschools.org/Volunteer.aspx

To indicate general volunteer interest in activities & programs →
Complete the Volunteer Interest Form: https://goo.gl/forms/YiHeP7ILWBNTRsVb2

Sign up for specific time/date slots for upcoming activities/programs → **UNITY DAY**
Checkout the MHS Volunteer Page in Signup.com: http://signup.com/go/eGAnEq

**PTA Mitten & Toiletry Drive**
**October 31 – November 4**

Clean out your closets. Sort through those winter bins! Bring in gently used (or new) winter items for families in need. Collection bins located in the front office all week.

**Items needed:**
- Winter Hats, Mittens/Gloves and Scarves in all sizes (new or clean/gently used)
- Winter Coats & Snow pants in all sizes (clean/gently used)
- New Socks
- Gently used Book Bags
- Bar Soap (individually wrapped/boxed for sanitary reasons)
- New Deodorant (men's and women's sticks)
- New Shampoo and Hair Products for ALL hair types and textures

**PTA Reflections Display Ceremony**
**November 15, 6:30pm | OHS Auditorium**

Celebrate "What's Your Story..."

*All submissions will be on display.*
MHS Scholastic Book Fair
Mon, Dec 5–Fri, Dec 9, 2016 | 8:30am-3:30pm
FAMILY MORNING • Tues, Dec 6, 7:30-8:30am
FAMILY NIGHT • Wed, Dec 7, 3:30-7:30pm
Family Morning & Family Night allows parents and children to come and look and make purchases together.
** INTERESTED IN VOLUNTEERING, contact: Lauren laurenlepene@yahoo.com

2016 MHS Walkathon a huge success! This year’s event raised $27,000 that will support PTA programs throughout the year. Grand prize for the winning grade went to the kindergartners who will receive an in-school DJ party with the Cavs Scream Team! A special thanks to all of the MHS Administrators, Teachers, and Staff along with the Fundraising Chairs Mary Balding, Aliza Falk, and Selina Mathur. And thank you to all of the parents, families, friends, and supporters who donated both money and time to help make the MHS Walkathon a success!

Running Club -
Fall Season for 5th Graders
Last week, we wrapped up our Fall Season Running Club for 5th graders. Rain or shine, 25 students and 6 volunteer teacher-coaches came out for 5 weeks of running, racing, and fitness. All before school! Kids and teachers alike found Running Club a fun and energizing way to start the day. Running Club is offered twice a year - Fall Season for 5th graders and Spring Season for 4th & 5th graders. It is offered at free of charge to all PTA Members and enrollment is unlimited. A very big thank you to our teachers who volunteer as coaches - we simply could not hold Running Club without your leadership and positive energy! We look forward to another great turnout for this popular club in the spring!
**Health & Safety Corner**

**Digital Responsibility**

It seems like digital responsibility is always top of mind these days, even with our little ones. Navigating appropriate sites, knowing how much is too much, and making sure our kids stay safe (and kind) online is so important. At the same time, technology is such an incredible opportunity for learning, creating, and connecting that we are eager for our kids to be tech savvy.

**Some facts that may surprise:**

- Kids today spend over 50 hours of screen time every week.
- According to the US Government, it is estimated that there are over 500,000 predators online every day, and many of them target the hours of 3-6pm as prime time for school age students.
- Most parents use devices while driving – with kids in the car:
  - 56% of parents admit they check their mobile devices while driving.
  - 51% of kids see their parents checking/using their mobile devices while driving.
- 55% percent of kids have given out personal information to someone they have not met.
- 72% of teens feel the need to immediately respond to texts, social networking messages, and other notifications. (And, 48% of parents do too!)
- Passcodes of 5 characters can be cracked in 5 seconds by a high-speed computer. Passcodes of 6 characters can be cracked in 500 seconds. Passcodes of 7 characters can be cracked in 13 hours. Passcodes of 8 characters can be cracked in 57 days and Passcodes of 9 characters will take 15 years.

**Common Sense Media** is a great resource. It is an independent nonprofit dedicated to helping kids thrive in the world of media and technology. The website (www.commonsensemedia.org) is a terrific resource for parents, teachers, and policymakers. We can access app reviews and suggestions, family guides, and answers to common parental questions. The site also provides videos, posters, and teaching tools. We hope you will check it out!
GrooveRyde!

GrooveRyde, a very popular boutique fitness studio located on Chagrin Blvd in Woodmere is offering a great opportunity for Orange Elementary & Middle School PTA members! We have 20 passes for a **FREE CLASS** (spinning or boot camp) to give to PTA members who are new students to GrooveRyde. Check out the website at [http://www.grooveryde.com](http://www.grooveryde.com). To get your Free Class Pass, contact Katie Outcalt at [katieoutcalt@yahoo.com](mailto:katieoutcalt@yahoo.com). First 20 people will get a pass! Enjoy GrooveRyde!

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**O.P.E.N. Invites You To Attend Our Upcoming Community Meeting!**

O.P.E.N. is a community of parents in the Orange School District, who through collaboration, advocacy and education, seek to empower and bring academic and life success to students with learning differences and special education needs. O.P.E.N. welcomes everyone! We encourage families whose children have special needs, learning or attention differences, an Individualized Education Plan (IEP), 504 Plan, or are just curious to learn and network with others.

**Who:**
- Kershini Naidu - Director of Student Support Services - Orange Schools
- Christine Goudy - Special Education Coordinator / Principal of OIP - Orange Schools
- Karen Moore - Director of 21st Century Curriculum - Orange Schools

**What:** Overview of the Orange School District's Special Education Program

**When:** Wednesday, November 30th 6:30 - 8:30 p.m.

**Where:** Orange Public Library - 31975 Chagrin Blvd. Pepper Pike, OH 44124 - The Hope and Stanley Adelstein Room (A/B)

Please join us for an opportunity to hear about Orange's Special Education Program right from the source. Kershini, Christine and Karen will share with us their roles in the school and provide information about the Special Education Program. This is a chance for parents to meet the Administrators, ask overall questions, give feedback and share ideas about Orange’s Special Education Program.

Questions? Contact Courtney at [OrangecsdoPEN@gmail.com](mailto:OrangecsdoPEN@gmail.com)

A suggested donation of $5 per family is much appreciated!

Orange School Foundation

The Work of Education Foundations
Orange School Foundation is one of nearly 5,000 education foundations across the country that provides a source of revenue generation to their respective school districts. It is our goal to assist in decreasing the funding gap needed to support infrastructure, programming and a curriculum that enables our students to be ready in an increasingly competitive, global world.

Grant Highlight of the Month - STEM in MHS
When Mr. Evans started developing the idea of a Makerspace in MHS, he turned to Orange Schools Foundation for financial support. This STEM space would serve as a gathering place where students would participate in hands-on, collaborative, project-based learning. The foundation underwrote an HP Sprout Pro printer, a completely unique 3D scanning computer with dual touch screens. This printer is the design center of the room. Students can use this computer to digitize and manipulate their physical creations. They can also use the computer to create designs that they can realize using the other tools and supplies in the makerspace room.

Wild for Orange - The Foundation’s Annual Fundraising Event
Mark your calendars and save the date! Wild for Orange, the district’s premier fundraising event, will be held March 18, 2017 at Terrace Club at Progressive Field. Hundreds of district parents, teachers and staff, community members and area businesses attend each year. Details will be announced soon. Like our Facebook page for up-to-the-minute info.
November - Upcoming Events for Moreland

November 1
Black Week
PTA Mitten & Toiletry Collection (10/31 - 11/4)
PTA Candy Donation Collection

November 2
Group and Candid Photo Day
Volleyball Intramurals with Ms. Gold, 7:50 - 8:30am

November 3
2nd Grade Intersession, Pioneer Day
Genius Hour, 3:30 - 5pm

November 4
Kindergarten Weather Intersession

November 7
End of 1st Grading Period

November 8
Orange Week
Records Day, No School for Students

November 9
Volleyball Intramurals with Ms. Gold, 7:50 - 8:30am
2nd & 3rd Grade Student Council Meeting, 8 - 8:30am
4th & 5th Grade Student Council Meeting, 12:10 - 12:40pm
MHS & BMS PTA Meeting, 10am, Central Office

November 10
5th Grade Maturation Parent Night, 6pm
Kindergarten Intersession, Post-Workshop Playhouse:
Sprinkle / Dechant / Westcott
Genius Hour, 3:30 - 5pm

November 11
CAV SPIRIT DAY!
Veterans Day Recognition

November 14
Black Week
Maturation Unit, 9 - 11am (11/14 & 15)

November 15
PTA Reflections Display & Awards, 6:30pm, OHS Commons

November 16
PTA Parent Advisory Council Meeting, 10:30am

November 17
MHS Early Dismissal at 11:30am
Parent Teacher Conferences, 12:30 - 7:30pm
November - Upcoming Events for Moreland

***Continued***

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<tr>
<th>November 18</th>
<th>No School for Students</th>
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<td>Parent Teacher Conferences, 8am - noon</td>
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<td>November 21</td>
<td>Orange Week</td>
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<td>November 23</td>
<td>Thanksgiving Break (11/23 - 11/25)</td>
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<td>November 24</td>
<td>Thanksgiving Day</td>
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<td>November 28</td>
<td>Black Week</td>
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<td>November 29</td>
<td>3rd Grade Field Trip, Western Reserve Historical Society: Kikkenney / Vickers / Koepf</td>
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<td>November 30</td>
<td>Hockey Intramurals with Mr. Zuccaro, 7:50 - 8:30am</td>
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On behalf of the Moreland Hills Staff, we would like to wish everyone an enjoyable Thanksgiving with family and friends!