



# Maple Creek School News

## Maple Creek School History Day

On March 8, 2019, the students of Maple Creek School presented their History Day research projects to two judges, their families, and a few community members. This year's National History Day theme was *Triumph and Tragedy in History*. The students spent most of Winter conducting research through a variety of means: online searches, classroom books, primary source documents Bill Carlson provided, in-person and phone interviews, and numerous trips to local libraries (Humboldt County and Humboldt State).

The majority of the students investigated the history of Maple Creek: the overall history of the school, the closure of Maple Creek School District in 1919, the rise and fall of the Addison Mill and Maple Creek community, the affect of logging on the natural environment, and the use of oxen in logging until the invention of the "Steam Donkey."

One student chose to study a completely different topic: "Rosa Parks' Triumph and Tragedy in the Civil Rights Movement".

Thank you Erica and Jill for asking great questions!



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### Motivators for Attendance

[https://regionalchange.ucdavis.edu/sites/g/files/dgvnsk986/files/inline-files/N%20Erbstein%20Brief\\_Factors-Influencing-School-Attendance.pdf](https://regionalchange.ucdavis.edu/sites/g/files/dgvnsk986/files/inline-files/N%20Erbstein%20Brief_Factors-Influencing-School-Attendance.pdf)

Educators often focus on the causes of chronic absenteeism. A report created by the Sacramento City Unified School District went beyond causes and effects to factors that encourage students to attend school. Below are some of the findings reported:

- Relationships—"81% of chronically absent students were found to have been inspired to attend school by the relationships that they have with teachers, friends, mentors, role models, and others."
- Learning—"The opportunity to learn was highlighted as an inspiration for attendance for nearly two-thirds of chronically absent students."
- Compulsory—"The attendance mandate was reported as a motivating factor for nearly two-thirds of chronically absent students."
- Stability—"The stability that school provides was identified as an inspiration for attendance by more than half of chronically absent students."
- Aspirations -"Life aspirations were identified as an inspiration for attendance for nearly half of chronically absent students."

Maple Creek School staff strive to promote a school climate that encourages attendance. Small class sizes allow for the development of relationships; we provide choice in many learning activities; the consistent schedule during the day creates a sense of stability, and we foster a desire to follow one's dreams.

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## From the Superintendent's Desk



Dear Stakeholders of Maple Creek School:

Years ago I secured a grant to send our 4th through 8th grade students to Redwood Writing Project's Summer Camp Program. It was so well received that the camp became an annual summer event included in our Local Control Accountability Plan (LCAP) with funding approved by the school board.

We are in the process of the annual review of the LCAP, and the idea emerged that we offer more options to the "summer camp" portion of our summer enrichment program. Students have brainstormed ideas of camps they would like to attend and are writing letters to the school board to request the camp of their choice.

I am seeking input from parents, guardians, staff, School Site Council members, and the broader Maple Creek community for making a change to our LCAP concerning the Summer Program. The proposal is for the Board to approve the cost of the camp that is chosen by the student and approved by the parents/guardians. Parents and guardians will need to approve these choices for their children, and most likely, provide transportation since students will be attending different camps at different times. Courses will be four to five days long, depending on the camp chosen.

Please attend the next School Site Council meeting on April 10 at 1:30 pm, the next school board meeting on April 11 at 1:30 pm, OR contact me directly at 707-668-5596 or [worlandi@maplecreekschool.org](mailto:worlandi@maplecreekschool.org) to share your thoughts, ideas, and/or concerns.

Thank you for your continued support of Maple Creek School.

Sincerely,

Wendy Orlandi, Superintendent  
Maple Creek Elementary School

**On the pages 4-6, you will find the letters the students wrote.**



### Monday Morning Blues?

If your children have trouble getting up and ready for school on Monday mornings, you might try this strategy that works for other families:

Let Saturday be the sleep-in day. Come Sunday morning, wake the kids up as if it is a school day. They don't have to do anything special, just get up at the regular time. Make sure they get plenty of physical exercise during the day. They will then be ready to go to sleep early enough to be able to get up for school Monday morning. For more on this, read the article posted on p. 3.

## “Irregular bedtimes have a huge impact on kid's behavior & development, says study”

By Heather Marcoux

Sometimes the bedtime battle can make a mama feel like it would be easier to just let the kids fall asleep whenever they want, but there are huge benefits to a consistent bedtime routine, and one big drawback to letting kids head to bed whenever.

A study out of the UK looked at the bedtime habits of 10,000 kids when they were between 3 and 7 years old and found that kids with non-regular bedtimes had more behavioral difficulties than those with a predictable bedtime routine.

The study was published in 2013 in the journal *Pediatrics*, and found that about 20% of parents said their 3-year-old did not have a consistent bedtime. The researchers found that kids who did not have a set bedtime scored higher when it comes to things like unhappiness, being inconsiderate and fighting. Those scores came not only from parent reports, but also from teachers of school-age kids, who rated the behavior of kids without regular bedtimes as more problematic.

According to the study's lead researcher, Yvonne Kelly, putting kids to bed at 8 o'clock one night and 10 o'clock the next results in a kind of "social jet lag," even if they're getting the same hours of sleep.

"Without ever getting on a plane, a child's bodily systems get shuffled through different time zones, and their circadian rhythms and hormonal systems take a hit as a result," Kelly explains in a 2017 article she authored for *The Conversation*.

In that article she explains that her team "did find an important piece of good news, too: those negative effects on behavior appeared to be reversible."

When kids in the study switched from having irregular bedtimes to having a regular bedtime there were measurable improvements in their behavior. "This shows that it's never too late to help children back onto a positive path, and a small change could make a big difference to how well they get on," she explains.

In a follow-up study published in 2017 the researchers found that irregular bedtimes don't just impact behavior, but can also put kids at risk for obesity and low-self esteem, and tank their math scores. Regular bedtimes, on the other hand, can have a positive impact on a kid's development, health and behavior.

So the next time you're tempted to let bedtime slide, remember that by being strict with bedtime you're not only protecting your own sleep and self-care time, but also protecting your child's circadian rhythms and happy tomorrow.



Dear Maple Creek School Board,

This summer I would appreciate going to Pal Camp or Horse Camp because they sound exciting, fun and cool.

I would like to go to Pal Camp most of all because I like being outdoors in the woods and being with people. At Pal Camp you get to make crafts, art, and you get to swim and learn about bugs and other nature facts. These are some of the ways that Pal Camp can tie in to school. The art and crafts will help me in art class and when we do crafts. When we get to swim that will help me when we do field trips to the pool. When we learn about bugs and nature facts that will help me not get sick from bugs or have poison oak from plants. And just to tell you, the P. A. L. in Pal Camp stands for Pacific Lumber (Company) because the camp is on Pacific Lumber Company property.

In Horse Camp, you get to learn how to care for a horse. You get to ride a horse, which will help me with my balance and strength. When you wash a horse, you learn how keep clean and stay healthy. When you put the horse in its stall, you should feed it and give it water. You should clean its hay, so it can be in a clean stall. This will help me be neater. When you brush the horse, you have to stretch to reach the top of the horse; that will help me be fit and flexible.

Thank you for reading this; I hope you take the information into consideration.

Love,

Aviva J. O.

Dear Maple Creek School Board,

I am interested in fairy camp and horse camp. I would be really happy if you could get me in those camps.

I want to go to fairy camp because I like pretending to be a fairy. At fairy camp I might make fairy dust and a wand. I am going to be having fun with lots of new kids. My mom will not be there. Fairy camp will help me do better in arts and crafts. I could teach the kids at Maple Creek to do some things that I learned at fairy camp. I could have an arts and crafts day at Maple Creek.

I want to go to horse camp. Horse camp is interesting because I like horses. I might learn how to take care of a horse. I am happy about riding a horse. It will help me be brave to ride a horse. It will help me overcome fear of doing everything that I am afraid of. I might pet a horse. I will learn that I am okay without my mom.

Thank you for thinking about if I can go to these camps.

From,

Azzurri O.

Dear Maple Creek School Board,

I want to go to swimming camp and my second choice is wizard camp. Can you please help me pay to go to summer camp?

I want to go to swimming camp because I feel calm when I am in the water. It will make me be a better swimmer. It will help me be healthy. Being healthy makes me come to school. I think swimming is fun!

My second choice is wizard camp because I can make my wand. It will help me with my cursive because there are magic wands in my hand writing book. Wands are fun. I like wizard camp because you can act. Acting will help with school performances. At wizard camp, I can make new friends.

Thank you for reading my ideas.

From,

Dakota E.

Dear Maple Creek School Board,

I don't feel comfortable going to places without Dakota, so I don't want to go to summer camp alone. If Dakota chose to go to swimming camp, I would go with him, but I think it should be up to him to which camp we should go.

At Swim Camp, we would learn new swimming skills as we have fun. We would maybe make new friends, and if our classmates come, I would have the best time ever. Swimming is my favorite thing to do.

I was thinking of going to Art Camp, but Dakota decided to go to Swimming Camp. At Art Camp, I would learn to add more to detail to my drawings. Art Camp would be fun because I love art.

If the board lets us go to Swim Camp, Dakota and I are going to have the best time ever.

From,

Kai E.

Dear Maple Creek School Board,

I will appreciate if the school could help me go to camp this summer.

I would like to go to baseball camp, please, so I can learn hand skills and listening skills. I think I will like baseball. I will get better at it. I will not be shy, hopefully. I think I will get better at teamwork, and I will be physically fit because I will be running and swinging a bat and catching a ball or squatting.

If I can't do that, I would like to go to police camp, please. I will stay fit and be disciplined. I will learn the importance of following rules. I will be a good kid and would be a good man when I get older.

Thank you for letting me tell you what camps I would like to attend.

From,

Wambli W.

Dear Maple Creek School Board,

I would like to go to summer camp this year, and I would appreciate the help making this happen. I would like to go to horse camp and cooking camp.

I would like to go to horse camp because I like horses. This will make me stronger because you have to hold on with your legs and hands. I will ride with other kids my age and this might help me with my shyness. Horse camp will help with responsibility of taking care of horses and being more responsible might help me turn in assignments at school.

I like to cook because it calms me down when I am mad. It helps me with measuring, and it helps me follow directions and focus on tasks. I get distracted a lot, especially in class. I am hoping that focusing on cooking will help me not burn food and not miss assignments in school.

Thank you for reading and considering this request.

Love,

Wiyaka W.

Please come celebrate Spring  
and  
Relax at Maple Creek School's  
May Day Café:

Wednesday, May 1, 2019

12:30 pm —1:30 pm

Maple Creek students serve you lunch.  
Soup, Salad, Bread, Brownies, Drinks

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*Weather Permitting:*

1:30 pm Traditional May Pole Activities

2:00 pm Maple Creek School-Style  
Baseball

## Chocolate and Symphony Field Trip

On Thursday, April 11, Maple Creek School students went to town to see how chocolate is made and to appreciate symphonic music. At Dick Taylor Craft Chocolates in Eureka, they learned where sustainably sourced, organic cocoa beans grow and ferment before being shipped to the chocolate factory in Eureka. They saw the sorting machine, the crusher, and the beautiful roaster. They watched the finely ground cocoa be mixed with sustainably sourced, organic sugar and melted into a fragrant liquid. Their mouths watered when they saw the huge chocolate bar created from that mixture. The next step they witnessed was the tempering of the chocolate, which caused it to become a beautiful, silky, dark texture that was distributed into two-ounce plastic molds to become bars for sale. The tour ended with a delightful tasting of the many varieties of chocolate bars crafted by this local business.



## Egg Drop Contest at Kneeland School

Kneeland School personnel generously invited Maple Creek School to participate in their annual Egg Drop Contest. On Thursday, April 18, 2019, students from both schools put forth their best efforts to protect eggs from breaking when dropped from the roof of Kneeland School. The students all celebrated the beautiful Spring day by playing a variety of games together, and everyone ate a delicious pasta lunch with Carrot Cake for dessert.



# May 2019

## Schedule of Events

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

### Happening in March:

- ☺ **March 8: Maple Creek School History Day**
- ☺ **March 9: Humboldt County History Day**

### Happening in April:

- ☺ **April 10: School Site Council 1:30**
- ☺ **April 10: Fundraising Committee 2:15**
- ☺ **April 11: Schools to Symphony Field Trip**
- ☺ **April 11: School Board Meeting 1:30 pm**
- ☺ **April 18: Egg Drop Contest at Kneeland School**
- ☺ **April 19: Spring Activities 2 PM**
- ☺ **April 22–26: Spring Break**

### Happening in May:

- ☺ **May 1: May Day Café 12:30 pm**
- ☺ **May 10: School Board Meeting 1:30**
- ☺ **May 21–23: CAASPP Testing**
- ☺ **May 27: Memorial Day—No School**
- ☺ **May 28–30: CAASPP Testing**
- ☺ **May 29: School Site Council and Fundraising Committee 1:30**

Please attend the **school board meeting on April 11 at 1:30 PM** to hear the latest school news and to give your voice to the LCAP process.

**Future Meetings begin at 1:30:**

**May 10, 2019**  
**June 10, 2019**  
**June 13, 2019**



The **school site council** is comprised of teachers, staff, parents/guardians, and community members. The council works with the principal to develop, review and evaluate **school** improvement programs within **school** budgets.

**We need YOU to join!**

**School Site Council Meeting:**

**April 10, 2019**  
**May 29, 2019**  
**1:30 PM**

**Fundraising Committee Meeting:**

**April 10, 2019**  
**May 29, 2019**  
**2:15 PM**

*We invite everyone to give input on our LCAP as well as any other advice about the conditions of learning at Maple Creek School. LCAP PUBLIC HEARING JUNE 10, 2019. LCAP FINAL ADOPTION JUNE 13, 2019. Both at 1:30pm. Everyone is encouraged to attend and participate in this process.*

## Recycling at Maple Creek School

In an attempt to raise money for educational needs and environmental awareness in one project, we have set up recycling bins for your beverage containers. We request that you bring **ONLY** plastic and glass beverage containers and aluminum cans that have the **CA CRV** symbol on them to the school for recycling. We can only handle these items as they are the only ones redeemable for cash.



Please bring your donations to the school on Tuesdays and Fridays. Bill Carlson will direct you to the recycling area and appropriate garbage cans:

- ◆ Aluminum
- ◆ Plastic #1 (water and soda bottles)
- ◆ Plastic #2-7 (these are less commonly accepted for redemption, but if you see the CA CRV symbol on the bottle, donate it!)
- ◆ Green glass
- ◆ Brown glass
- ◆ Clear glass

school on Tuesdays and the recycling area appropriate garbage

The MCS Fundraising Committee, students and staff thank you for your participation in this new program.



[www.calrecycle.ca.gov](http://www.calrecycle.ca.gov)

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## Maple Creek Elementary School District

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Providing exemplary education that  
fosters communication, trust, and  
respect.

The mission of Maple Creek Elementary School District is to provide an exemplary educational program for the students of Maple Creek School. The high teacher-to-student ratio provides personalized instruction to foster the development of each student's talents, academic performance and social/emotional growth. We provide a solid foundation for our students to enter high school, college and chosen career paths.

Emphasis on promotion of literacy in language arts, mathematics and technology skills:

High expectation and an optimal learning environment produce proficient and advanced academic skills;

Students, teachers and parents cooperate in a nurturing and interactive educational setting that enhances the learning experience;

Global literacy and digital citizenship are promoted with the use of digital devices for the students and professional development for the staff to remain updated on innovative technologies.

Emphasis on communication skills:

Classroom environment promotes the development of personal responsibility, positive social skills, effective self-management strategies, tolerance and respect for both self and others;

Collaborative projects provide opportunities to think critically, be creative, solve problems and work as a community;

An outstanding visual and performance arts program provides a stage for students to demonstrate these skills.

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