

# A clear "VIEW" of Clearview

Elementary School, District 742, St. Cloud, Minnesota

## **A Message from our Principal Paula Foley**

Hello and Happy Week!

It's been a busy and fulfilling week! Thanks to each of you for sending us your children each day! They continue to amaze us!! If you haven't driven by do so soon, it's fun to see our front yard!

We are proud to welcome Stephanie Stimac to our staff. She will be teaching reading and math to our second grade students. She is an experienced teacher and we are proud to welcome her to Clearview.

Thanks to all who participated in our Fall Fun Day on Saturday. We are grateful to Dave & Connie Nelson for hosting our omelet breakfast – we also thank our expert omelet flippers—Melissa Wiese, Candy Samuelson and Tom Tschida for their help. We also appreciate our many kitchen helpers and ticket takers. We also thank Corinna Anderson and Lisa Riley and all who helped make our garage sale the success it was!! It was great to see our families over the weekend! It was unfortunate that our outdoor activities were cancelled due to the weather. Next year . . .

Thanks for your patience with our new telephone system. We are utilizing our support staff to help us work through the glitches. We do care about your messages and will continue to work to get back to where we were as far as voice mail, etc. Again, thank you for your patience!!

Please know that our teachers will be sending home family “math homework” in the weeks ahead. We are teaching math games that reinforce the skills we are teaching around the middle of each month. Our teachers will be sending home more specific information soon. Please be checking for dice and extra decks of cards. Your family will need them for our activities. If you have extras that you are willing to share, please send them to your child's teacher.

We won't have a “View” next week due to the Education Minnesota break on Thursday and Friday, October 15<sup>th</sup> and 16<sup>th</sup>.

Thanks for doing all you do to make Clearview the great place it is!

Have a nice 2 weeks!!

# C O U N S E L O R S

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PAY ATTENTION!! Some of us have trouble with “focus” on the right subject. A number of parents have asked me lately about how to help their children with this, so I did a little checking and have the following ideas to offer.

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- Be good adult models of good focus. Don't try to do too many things at once. (Some research has shown that multi-tasking is LESS efficient in the long run.)
- Make sure kids are getting enough sleep – 10 or 11 hours a night for elementary.
- Consider herbal remedies and dietary changes. Nutrients and minerals need to be in good balance. A healthy diet will ALWAYS be helpful!
- Set a timer for working on an activity without interruption: coloring, playing Simon Says, doing flashcards, using playdoh, listening to a story, playing a card/board game. Increase the time by a little each time to improve concentration.
- Cut out distractions of sight, sound, and movement during focus times. Help kids figure out what is getting in the way for them, and to recognize their own signals.
- Take periodic breaks from intense focus. Walk or exercise, do yoga or Brain Gym activities, take deep breaths, rest for a few minutes, whatever works!
- Play outside. Studies have linked outdoor play with increased concentration.
- Help kids learn to self-monitor, to be able to tell when they need breaks and to take them so they can get back to their concentration modes.
- Work or play WITH your child during these focus times; turn off the phone, let supper simmer, and give your undivided attention for this time.
- Have meaningful conversations with your child: Good eye contact, intent listening, interested questions and comments at times that work for you.
- Eliminate as much electrical influence as you can in concentrated areas. Some people are more sensitive to electrical fields than others, so having TV, cell phones, radios, clocks, video games, etc. can put them on overload.
- Have the TV and video games off during reading and homework times.
- Practice “I pay attention to my work” and “I finish my jobs” affirmations. That's much more encouraging than “I always get distracted” self-talk.
- Some people have diagnosed Attention Deficit Hyperactivity Disorder (ADHD). Carefully monitored medication can be helpful for focus.

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The above strategies can be helpful for all of us in attending to the things and people that are important to us. That can lead to less stress and better learning and health. Enjoy!

Mary Jane Brewster

**MEA BREAK**  
**NO SCHOOL – October 15<sup>th</sup> & 16<sup>th</sup>**





## Harry S. Truman

33<sup>rd</sup> President, 1945 - 1953  
*Give 'Em Hell Harry*

*“The best way to give advice to your children is to find out what they want and then advise them to do it.”*

Three months after Harry Truman became vice president, he became president. It felt like “the moon, the stars, and all the planets had fallen on me,” he said.

President Truman was immediately faced with a decision more awesome than any president had ever faced before. American scientists had created a new weapon—a new kind of bomb—the likes of which the world had never seen. FDR had authorized its secret development, but Truman, and the rest of the world, didn’t even know it existed. Its destructive power was terrifying.

If Truman had let the war drag on, we would have had to invade Japan to get them to stop fighting and hundreds of thousands more, on both sides, would have died. If we had used the bomb, Japan would have had to surrender, and all those lives would have been spared. Truman dropped two atomic bombs on Japan and the war came to an end within days.

But the challenges now were to take care of all the soldiers coming home and to help rebuild the world. He also saw that Communism was spreading from the Soviet Union and he put the United States right in its way. It was called the Cold War and it would occupy U.S. presidents for the next thirty years. Truman sent troops to Korea.

Truman was a devoted family man. His daughter, Margaret, was a singer and when a newspaper writer criticized her, President Truman wrote the following note to him: “Someday I hope to meet you. When that happens, you’ll need a new nose...”

### ★ AT A GLANCE ★

**Born**

May 8, 1884  
Lamar, Missouri

**Political Party**

Democrat

**Vice Presidents**

Alben William Barkley

**First Lady**

Elizabeth “Bess”

**Children**

Margaret

**Pets**

Feller,  
the unwanted dog;  
Mike,  
Margaret’s Irish setter

**Word of the Week ~ Politeness / Spanish word ~ Cortesia**

**Meaning: Showing consideration for others; mannerly, refined or cultured.**

