

**Salina Intermediate School
Parent Principal Forum Meeting
Wednesday, January 31st, 2018**

Welcome! Breakfast is served.

Agenda:

1. Dearborn Public Library Presentation – Topic: (Smart Locker) 8:20-8:45
2. ACCESS – Topic: Internet Safety – Mrs. Bazy & Ms. Zugschwert 8:45-9:15
3. Instructional Minutes – Mr. Lawera 9:15-9:25
4. EL Grading (Middle School Only) – Mrs. Alqadhi 9:25- 9:35
5. Honor Roll – Counselor Updates – Mrs. Nowak 9:35-9:50
6. Q & A – Team 9:50-10:00

مدرسة سلاينا المتوسطة
أجتماع منندي المدير والأهالي
يوم الأربعاء, 31 يناير كانون الثاني 2018

أهلاً وسهلاً! الفطور مقدم.

1. مكتبة ديربورن العامة تقدم معلومات عن الجهاز الجديد
2. آكساس تقدم معلومات عن أمان الإنترنت – السيدة. بازي والسيدة. زجشويرت
3. دقائق تعليمية – السيد. لاويرا
4. نتائج صفوف اللغة الإنجليزية للإعدادية فقط – السيدة. القاضي
5. تكريم الطلاب – تحديثات المستشارة – السيدة. نواك
6. أسئلة وإجابات – الفريق

Grading Middle Schools ELs

Per Bilingual Department



- Newcomers with limited English should be given additional time to represent understanding in all the content areas.
- When grading ELs, teachers should reflect on daily instructional and testing **accommodations** and should not penalize the student for not yet being fully fluent in English.
- ELs should receive grades based on **accommodations** or alternative assignments appropriate to the student's English language proficiency, and receive the same report card that is used in general education.
- Examples of **accommodations** include: Assessments read out loud, extra time, language accommodations/translations, word banks, reducing problems or steps because of linguistic complexity, drawing pictures, completing graphic organizers, etc.
- If the student is in an **ELA or Math newcomer class (self contained)** they should receive a letter grade based off of their performance in the class. The only exception would be if a student is a brand new addition to these classes and hasn't done enough to reflect a true grade, then a G for credit would suffice.
- ELs in ELA, Social Studies, and Science classes with accommodated work, should receive a grade and a code to show the work has been accommodated on the report card. It is not a true A or B.



Student Progress Report Dates

January 29th	Card Marking 3 Begins
February 14th	1 or more E's Report (school report)
March 5th	District Progress Report
March 14 th	1 or more E's Report (school report)
March 29th	Card Marking 3 Ends

Color Legend
Report Card (District)
Progress Report (District)
1 or more E's (School)

Sample Instructional Minutes: 58 min block / content area

5-7 Bell work (meet one-on-one / exit tickets)

12 Mini-lesson

24 **Group Work - Teacher**

Co-teacher:

Small group 1 (10)

Small group 1 (10)

2 min rotation

2 min rotation

Small group 2 (10)

Small group 2 (10)

2 min rotation

2 min rotation

Group Work – Students working in groups

10 Cont. Mini-lesson / check in / Share out

5 Ticket

(Place in assessment pocket)

Total 58 minutes

SALINA INTERMEDIATE PTA APPAREL FORM

Student's Name: _____

Grade: _____ Phone: _____

Teacher: _____

QTY.	ITEM DESCRIPTION (PLEASE CIRCLE ONE)				ADULT (CIRCLE)	YOUTH (CIRCLE)	COLOR	LOGO	NAME ON BACK ADDITIONAL \$ (CIRCLE)	PRICE	TOTAL
	A	B	C	D	S M L XL	S M L XL	BURG BLK GR	WILDCAT	YES NO		
	A	B	C	D	S M L XL	S M L XL	BURG BLK GR	WILDCAT	YES NO		
	A	B	C	D	S M L XL	S M L XL	BURG BLK GR	WILDCAT	YES NO		
	A	B	C	D	S M L XL	S M L XL	BURG BLK GR	WILDCAT	YES NO		
	A	B	C	D	S M L XL	S M L XL	BURG BLK GR	WILDCAT	YES NO		
	A	B	C	D	S M L XL	S M L XL	BURG BLK GR	WILDCAT	YES NO		

Standard Sizes Available: Small – Medium – Large – Extra Large

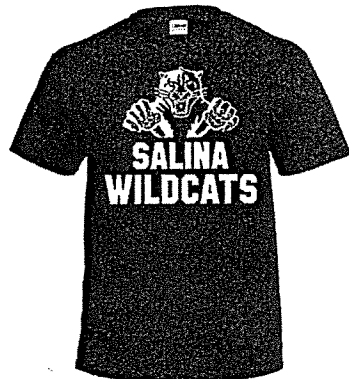
Most items are available in extended sizes (2XL, 3XL). Please add an additional \$3.00 per item.

Name On Back (Please Add \$5.00 – 12 Letters Maximum): _____

Please make checks payable to: Salina Intermediate PTA School

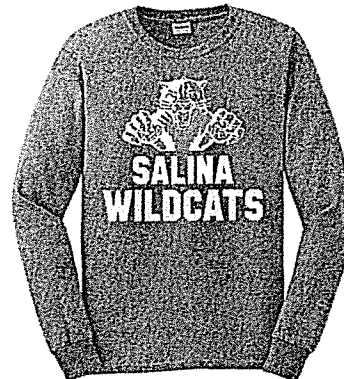
Total Number of Items Ordered: _____ Total Amount (\$) Enclosed: _____

PRODUCTS AND PRICES



A. SHORT SLEEVE T-SHIRT IN BLACK
ALSO AVAILABLE IN GRAY OR BURGUNDY

\$12.00



B. LONG SLEEVE T-SHIRT IN GRAY
ALSO AVAILABLE IN BLACK OR BURGUNDY

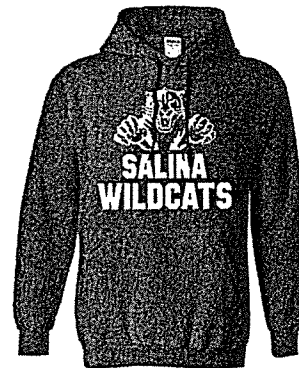
\$15.00



C. ZIPPER HOODIE IN BURGUNDY
ALSO AVAILABLE IN GRAY OR BLACK
STUDENT \$33.00



C. ZIPPER HOODIE IN BURGUNDY
ALSO AVAILABLE IN GRAY OR BLACK
ADULT \$35.00



D. PULLOVER HOODIE IN
BURGUNDY, GRAY OR BLACK
\$25.00

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Progress Report (District)
1 or more E's (School)

المكتبة العامة في مدينة ديربورن الرسوم المتأخرة

مادة	الدفع فترة	المسؤول المتأخرة اليومي	الدفع حد
كتب ، الكبار و الأحداث	٢٨	.٢٥	*
كتب جديدة ، الكبار	١٤	.٢٥	*
الأحداث عطلة كتب، في الموسم	٧	.٢٥	يختلف
الكتب الصوتية	٢٨	.٢٥	١٠
الموسيقى أقراص مدمجة	١٤	.٢٥	٢٥
نادي الكتاب	٤٥	١,٠٠	٢
أفلام الترفيه (دي في دي)	٧	٢,٠٠	يحد أقصى ٦ باليوم / ١٢ المجموع
الإعلامية (دي في دي)	٢٨	.٢٥	١٢
الغاب الفيديو	٧	٢,٠٠	٢
مجلات	٧	.٢٥	١٠

الحد بطاقة قياسي = ١٠٠ *
TLN = ١٠ ؛ حد بطاقة

سوف تكون جميع البنود مع قوائم الانتظار خفضت فترات قرض

مكتبة هنري فورد المئوية
١٦٣٠١ شارع ميشيغن
ديربورن بولاية ميشيغن
هاتف: ٣١٣ - ٩٤٣ - ٢٢٣٠

مكتبة فرع براينت
٢٢١٠٠ شارع ميشيغن
ديربورن بولاية ميشيغن
هاتف: ٣١٣ - ٩٤٣ - ٤٠٩١

مكتبة فرع اسبير
١٢٩٢٩ شارع الغربي وارن
ديربورن بولاية ميشيغن
هاتف: ٣١٣ - ٩٤٣ - ٤٠٩٦

dearbornlibrary.org



Dearborn
Public Library

مارس ٢٠١٦

Dearborn Public Library OVERDUE CHARGES

Material	Check Out Period	Daily Overdue Charge	Check Out Limit
Books, Adult and Juvenile	28	.25	*
New Books, Adult	14	.25	*
Juvenile Holiday Books, in Season	7	.25	Varies
Audio Books	28	.25	10
Music Compact Discs	14	.25	25
Book Club Kits	45	1.00	2
Entertainment DVDs	7	2.00	Max 6 per day / 12 total
Informational DVDs	28	.25	12
Video Games	7	2.00	2
Magazines	7	.25	10

*Standard card limit = 100 ; TLN card limit = 10
All items with waiting lists will have reduced loan periods

Henry Ford Centennial Library
16301 Michigan Avenue
Dearborn, MI 48126
313-943-2330
TeleCirc (TLC) 313-943-3091

Bryant Branch Library
22100 Michigan Avenue
Dearborn, MI 48124
313-943-4091

Esper Branch Library
12929 W. Warren
Dearborn, MI 48126
313-943-4096

dearbornlibrary.org



Dearborn
Public Library

March 2016

SALINA INTERMEDIATE PTA APPAREL FORM

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Grade: _____ Phone: _____

Teacher: _____

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	A	B	C	D	S M L XL	S M L XL	BURG BLK GR	WILDCAT	YES NO		
	A	B	C	D	S M L XL	S M L XL	BURG BLK GR	WILDCAT	YES NO		
	A	B	C	D	S M L XL	S M L XL	BURG BLK GR	WILDCAT	YES NO		
	A	B	C	D	S M L XL	S M L XL	BURG BLK GR	WILDCAT	YES NO		

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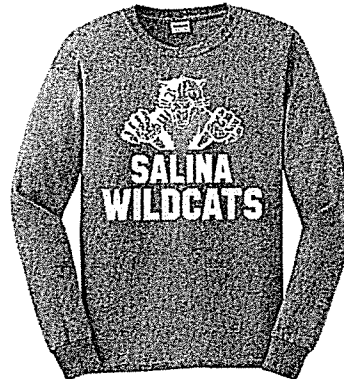
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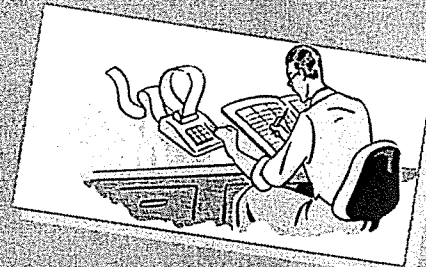


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ADULT \$35.00



D. PULLOVER HOODIE IN
BURGUNDY, GRAY OR BLACK
\$25.00

Free Tax Preparation



ONLY LOCATION:

ACCESS—Main
2651 Saulino Court
Dearborn

Saturdays Feb 3, 10, 17 and 24
from
10 a.m. - 2 p.m.

To qualify you must be:

Families and individuals with income up to \$54,000 may be eligible

Clients are seen on a first-come, first-served basis.

First 25 Client Only will be seen

Contact Mariam Mroue (313) 842.5124

or Main Office at (313) 842-7010



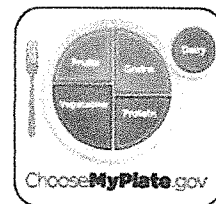
ACCESS

advertising, accounting, engineering



**10
tips**
**Nutrition
Education Series**

cut back on your kid's sweet treats



10 tips to decrease added sugars

Limit the amount of foods and beverages with added sugars your kids eat and drink. If you don't buy them, your kids won't get them very often. Sweet treats and sugary drinks have a lot of calories but few nutrients. Most added sugars come from sodas, sports drinks, energy drinks, juice drinks, cakes, cookies, ice cream, candy, and other desserts.

1 serve small portions
It's not necessary to get rid of all sweets and desserts. Show kids that a small amount of treats can go a long way. Use smaller bowls and plates for these foods. Have them share a candy bar or split a large cupcake.

2 sip smarter
Soda and other sugar-sweetened drinks contain a lot of sugar and are high in calories. Offer water when kids are thirsty.

3 use the check-out lane that does not display candy
Most grocery stores will have a candy-free check-out lane to help moms out. Waiting in a store line makes it easy for children to ask for the candy that is right in front of their faces to tempt them.

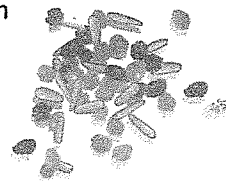
4 choose not to offer sweets as rewards
By offering food as a reward for good behavior, children learn to think that some foods are better than other foods. Reward your child with kind words and comforting hugs, or give them non-food items, like stickers, to make them feel special.

5 make fruit the everyday dessert
Serve baked apples, pears, or enjoy a fruit salad. Or, serve yummy frozen juice bars (100% juice) instead of high-calorie desserts.



6 make food fun
Sugary foods that are marketed to kids are advertised as "fun foods." Make nutritious foods fun by preparing them with your child's help and being creative together. Create a smiley face with sliced bananas and raisins. Cut fruit into fun and easy shapes with cookie cutters.

7 encourage kids to invent new snacks
Make your own snack mixes from dry whole-grain cereal, dried fruit, and unsalted nuts or seeds. Provide the ingredients and allow school-age kids to choose what they want in their "new" snack.



8 play detective in the cereal aisle
Show kids how to find the amount of total sugars on the Nutrition Facts label in various cereals. Challenge them to compare cereals they like and select the one with the lowest amount of sugar.

9 make treats "treats," not everyday foods
Treats are great once in a while. Just don't make treat foods an everyday thing. Limit sweet treats to special occasions.

10 if kids don't eat their meal, they don't need sweet "extras"
Keep in mind that candy or cookies should not replace foods that are not eaten at meal time.

Choose



MyPlate

top 10 tips

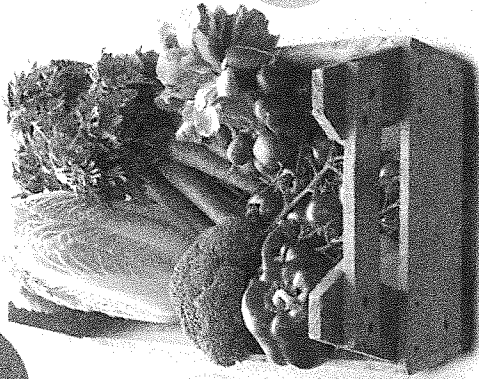
1 Balance calories

Find out how many calories YOU need for a day as a first step in managing your weight.

Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

Foods to eat more often

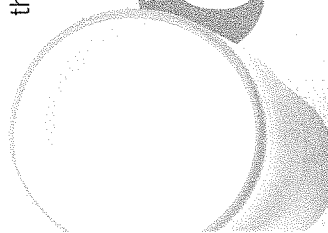
Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health — including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



4

6 Switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



8 Foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.



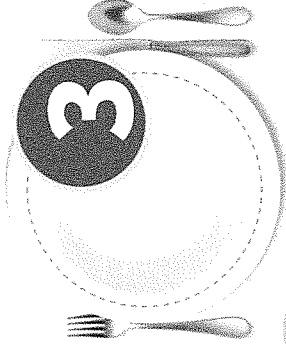
Nutrition Facts	
Serving Size	1/2 cup (125 mL)
Amount Per Serving	
Total Fat	10g 20%
Sodium	100mg 20%
Total Carbohydrate	30g 60%
Dietary Fiber	5g 10%
Sugars	10g 20%
Protein	5g 10%
Vitamins	
Vitamin A	10%
Vitamin C	10%
Calcium	10%
Iron	10%

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www.learningzoneexpress.com

2 Enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



3 Avoid oversized portions

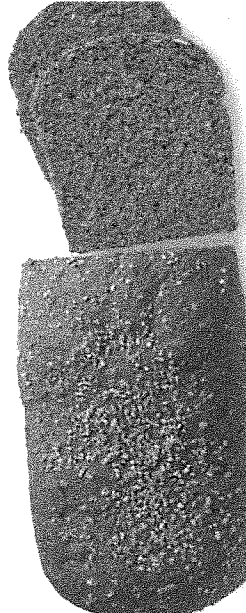
Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

5 Make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

7 Make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product — such as eating 100% whole-wheat bread instead of white bread or brown rice instead of white rice.



10

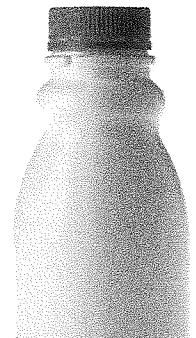
Drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar and calories in American diets.



THINK YOUR DRINK

When it comes to **NUTRITION**, not all drinks are created equal.



FAT-FREE MILK

	% Daily Value
Protein	16%
Vitamin A	10%
Vitamin C	0%
Vitamin D	30%
Calcium	30%
Sugar	12 g

Calories 80

Serving Size = 8 ounces

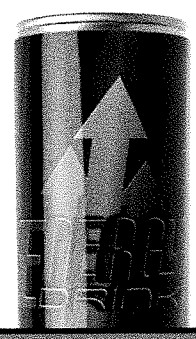


FAT-FREE CHOCOLATE MILK

	% Daily Value
Protein	16%
Vitamin A	10%
Vitamin C	2%
Vitamin D	30%
Calcium	30%
Sugar	18 g

Calories 110

(Includes 1.5 tsp. added sugar)
Serving Size = 8 ounces

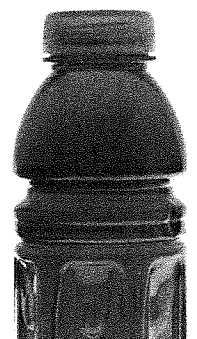


ENERGY DRINK*

	% Daily Value
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%
Sugar	26 g

Calories 110

(Includes 6.5 tsp. added sugar)
Serving Size = 8.4 ounces



SPORTS DRINK

	% Daily Value
Protein	0%
Vitamin A	0%
Vitamin C	1%
Vitamin D	0%
Calcium	0.2%
Sugar	13 g

Calories 63

(Includes 3.25 tsp. added sugar)
Serving Size = 8 ounces

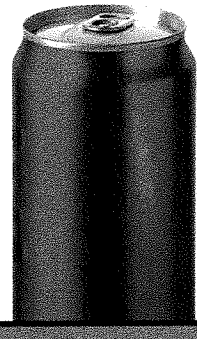


COLA

	% Daily Value
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%
Sugar	37 g

Calories 155

(Includes 9.25 tsp. added sugar)
Serving Size = 12 ounces



DIET COLA

	% Daily Value
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%
Sugar	0 g

Calories 4

Serving Size = 12 ounces

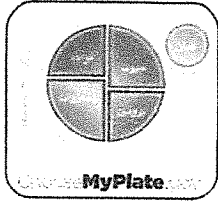
*The American Academy of Pediatrics states "Energy drinks pose potential health risks because of the stimulants they contain, and should never be consumed by children or adolescents."

USDA National Nutrient Database for Standard Reference, Release 28. The sugar and calorie data for chocolate milk are representative of milk available in 2015-2016 school year - MilkPEP School Channel Survey. % Daily Values are based on a 2,000 calorie diet.

Adapted from 2016 ReThink Your Drink developed by National Dairy Council.



For more information,
please visit
MilkMeansMore.org



Choose MyPlate (اختر وجبتي)

10
نصائح
سلسلة التوعية
التغذية

10 نصائح للاستمتاع بوجبة رائعة

عملية إختيار الأطعمة للتمتع بحياة صحية و بسيطة، كبساطة إتباع هذه النصائح العشرة. يمكنك استخدام الأفكار الواردة في هذه القائمة للموازنة بين السرعات الحرارية التي تتناولها، واختيار الأطعمة التي ينبغي تناولها بشكل أكثر، والتقليل من الأطعمة التي ينبغي تناولها بشكل أقل.

6 استعمل الحليب الخالي الدسم أو المنخفض الدسم بنسبة (1%) بدلا من الحليب الكامل الدسم فكلاهما يحتويان على نفس كمية الكالسيوم والعناصر الغذائية الأساسية الأخرى مثل الحليب الكامل الدسم، ولكن مع عدد أقل من السرعات الحرارية وكمية أقل من الدهون المشبعة.



7 اجعل نصف الحبوب التي تتناولها من الحبوب الكاملة

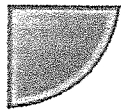
لتناول مزيد من الحبوب السليمة قم باستبدال أحد المنتجات المكررة بأحد منتجات الحبوب الكاملة — مثل تناول الخبز المصنوع من دقيق القمح الكامل بدلا من الخبز الأبيض أو الأرز البني بدلا من الأرز الأبيض.

8 الأطعمة التي ينبغي تناولها بشكل أقل

يجب التقليل من الأطعمة التي تزيد فيها الدهون الصلبة والسكر المضاف والملح. وتشمل هذه الأطعمة الكعك، البسكويت، الآيس كريم، الحلوى، المشروبات المحلاة، البيتزا، واللحوم الدسمة مثل لحم الضلوع، السجق، لحم الخنزير المقدد (بيكون)، و السجق أو النقانق. فيجب عدم تناول هذه الأطعمة إلا كأكلا شهيية تكافئ بها نفسك من حين لآخر وليس كأطعمة يومية.

9 قارن بين نسب الصوديوم في الأطعمة

استخدم ملصق الحقائق الغذائية الموجود على الأطعمة لاختيار تلك التي يكون محتوى الصوديوم فيها قليلا مثل الحساء والخبز والوجبات المجمدة. وقم باختيار المأكولات المعلبة المكتوب عليها "low sodium" ("قليلة الصوديوم") أو "reduced sodium" ("منخفضة الصوديوم") أو "no salt added" ("غير مملحة").



10 اشرب الماء بدلا من المشروبات السكرية

يمكنك التقليل من السرعات الحرارية باحتساء الماء أو المشروبات غير المسكرة. تعتبر المياه الغازية ومشروبات الطاقة وكذلك المشروبات الرياضية مصدرا رئيسيا للسكر المضاف والسرعات الحرارية في الحميات الأمريكية.

1 الموازنة بين السرعات الحرارية
احسب ما هو عدد السرعات الحرارية التي تحتاجها أنت يوميا كخطوة أولى في تنظيم وزنك. يمكنك زيارة الموقع www.ChooseMyPlate.gov لإيجاد مستوى السرعات الحرارية الخاص بك، مع العلم بأن ممارسة الأنشطة البدنية سوف تساعدك أيضا في موازنة سرعاتك الحرارية.



2 استمتع بطعامك ولكن بكميات أقل

خذ الوقت الكافي للإستمتاع بالطعام خلال تناوله، وذلك لأن تناول الطعام بسرعة أكثر من اللازم أو عندما يكون انتباهك في مكان آخر قد يؤدي إلى تناول عدد سعرات حرارية أكثر من اللازم. فيجب الانتباه إلى مؤشرات الجوع والامتلاء عندك، قبل وفي أثناء وبعد تناول الوجبات. إستخدمها، لتعرف متى ستأكل ومتى اكتفيت بالأكل.

3 تجنب الحصص الأكبر من المعتاد

قم باستخدام صحن صغير، وعاء و قدح و قم بتقسيم الأطعمة قبل تناولها. وعند تناول الطعام في مطعم قم باختيار خيار أصغر حجما أو تقاسم طعامك مع آخرين أو أخذ جزء من وجبتك معك إلى البيت.

4 الأطعمة التي ينبغي تناولها بشكل أكثر

تناول المزيد من الخضروات والفواكه والحبوب الكاملة والحليب ومنتجات الألبان الخالية من الدسم أو المحتوية على 1% دسم، لأن هذه الأطعمة تحتوي على العناصر الغذائية التي تحتاج إليها للمحافظة على صحتك — بما فيها البوتاسيوم، الكالسيوم وفيتامين د والألياف. ينبغي أن تجعلها من المكونات الأساسية للوجبات الرئيسية والخفيفة.



5 خصص نصف طبقك للفواكه والخضروات

قم باختيار الخضروات ذات اللون الأحمر والبرتقالي والأخضر الغامق مثل الطماطم والبطاطا الحلوة والبروكلي بالإضافة إلى خضروات أخرى لوجباتك. وقم بإضافة الفاكهة إلى الوجبات كجزء من الطبق الرئيسي أو الجانبي أو كحلى بعد الطعام.

Strong Bones for Your Kids

Growing Children Need Calcium to Build Strong Bones and Teeth!

Why do kids need calcium?

Kids need calcium to help build strong bones and teeth. The Dietary Guidelines for Americans and MyPlate recommends kids eat 2-3 servings of lowfat or fat-free dairy foods each day, depending on their age.



How much calcium do my kids need each day?

Kids Ages	Amount of Calcium They Need*	Milk Servings Each Day**
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2-3 yr	700 milligrams	2
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4-8 yr	1,000 milligrams	2½
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9-18 yr	1,300 milligrams	3
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Remember, all milk—lowfat, fat-free, flavored or lactose-free—have the same nine essential nutrients, including calcium, phosphorus, protein, vitamins A, D, and B12, riboflavin, pantothenic acid and niacin.

*Adequate Intake (AI)

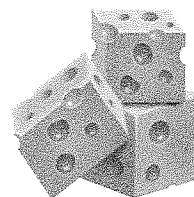
** One serving = 8 ounces

How much is a serving?

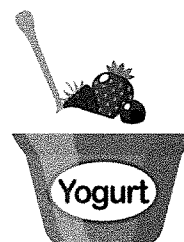
Each of these have a similar amount of calcium.



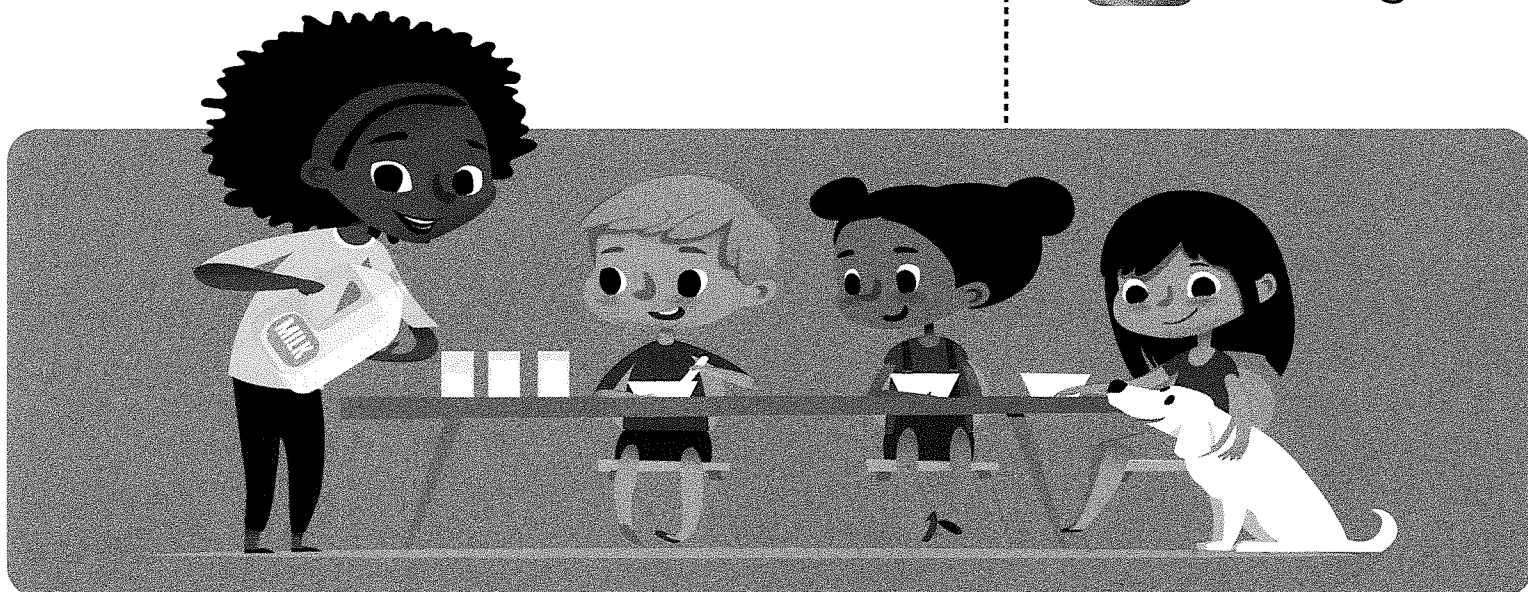
1 cup
of Milk



1½-2 oz
of Cheese



8 oz.
of Yogurt





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www.accesscommunity.org