




Copper Hills Elementary School

THE NUGGET



Matt Papendorf, Principal
Melissa Holdener, GIS, Sr.

April 29-May 3, 2024

| Monday, 4/29 | Tuesday, 4/30 | Wednesday, 5/1 | Thursday, 5/2 | Friday, 5/3 |
|---|--|--|--|--|
| <p>P2 Theme: Enthusiasm</p> <p>Track Practice 3:00-4:00PM</p> <p>Cheer Fittings 3:00-5:00PM MPR</p> | <p>Minerz Club Lunchtime</p> <p>Academic/Behavior Lab 2:45-3:45PM Rm. 9</p> <p>Track Practice 3:00-4:00PM</p> | <p>EARLY RELEASE! AM Kinder: 7:50-10:35AM PM Kinder: 10:30AM-1:15PM Grades 1-6: 7:50AM-1:15PM</p> <p>4th Qtr. SSC/ELAC Mtg. 11:30AM Library Transitions Lab 1:15-2:45 PM Tech Lab</p> | <p>Minerz Club Lunchtime</p> <p>CAASPP Testing Rally Grades 3-6, 2:00PM MPR</p> <p>Academic/Behavior Lab 2:45-3:45PM Rm. 9</p> <p>Track Practice 3:00-4:00PM</p> | <p>Track Practice 3:00-4:00PM</p>  |
| <p>Breakfast: Mini French Toast OR Cereal, fruit, string cheese, juice, milk</p> <p>Lunch: Pepperoni Pizza Pocket OR Cheese Filled Bread Sticks, marinara sauce, broccoli, apple, milk</p> | <p>Breakfast: Chocolate Chip Muffin OR Cereal, fruit, strawberry yogurt, juice, milk</p> <p>Lunch: Beef & Cheese Taco Stick OR Grilled Cheese Sandwich, chili beans, corn, pear, milk</p> | <p>Breakfast: Egg, Ham, & Cheese Breakfast Bar OR Cereal, fruit, Graham crackers, string cheese, juice, milk</p> <p>Lunch: Crispy or Hot n' Spicy Chicken Patty Sandwich OR Soft Pretzel w/Cheese Sauce, baby carrots, mixed vegetables, mandarin oranges, milk</p> | <p>Breakfast: Oatmeal Chocolate Chip Benefit Bar OR Cereal, fruit, strawberry yogurt, juice, milk</p> <p>Lunch: Sweet Thai Chili Chicken Rice Bowl OR Bean & Cheese Burrito, salsa cup, broccoli, mixed berries, milk</p> | <p>Breakfast: Honey Wheat Bar OR Cereal, fruit, string cheese, juice, milk</p> <p>Lunch: Chicken Drumstick OR Cheesy Pull Apart Bread, mashed potatoes, green beans, apple, Goldfish crackers, milk</p> |

Happy Friday Miner Families! With May comes many opportunities to show our appreciation for our amazing staff and teachers! Next week is **School Lunch Heroes Week** as we honor Ms. Cindy and Ms. Nikole for all the love they put into serving our students every day! We will kick off the CAASPP testing for our 3rd-6th graders with a **"We Are In Our Testing Era"** rally on Thursday. Thank you for supporting your students all year, setting a positive frame of mind to show all they have learned this year, and preparing them for testing by getting a good night's sleep and eating a healthy breakfast. Track is already halfway done with two meets completed. Track practice next week is for the athletes who qualified in today's meet for Area Championships on May 7th. The roster of athletes who qualified will be posted Monday morning outside of Room 6. Be sure to mark your calendars now for our amazing **Miner Fair** on May 10th. Some classrooms are still looking for volunteers to work their classroom booth. Thank you for helping support our PTC by volunteering your time. Our Miner community is the best and we look forward to a fantastic event! Have a great weekend and **GOOOO Miners!!**

GH MINER CODE

TOGETHER WE ARE BETTER
TAKE PRIDE IN YOUR WORK
MAKE A DIFFERENCE
TAKE CARE OF ONE ANOTHER
CHARACTER COUNTS...EVEN WHEN NO ONE IS LOOKING

CONGRATULATIONS
SPIRIT WEAR WINNERS

APRIL 26, 2024

PRIMARY- MRS. SAUNDERS' CLASS
UPPER GRADE-
MR. MOAZAVIPUR'S CLASS



Last Snack Bar
Sno Cones! \$1
Friday, May 17th

Help needed! Sign up online:
<https://signup.com/go/WLYuBBv>





MINER FAIR

Friday, May 10, 2024 | 5pm-8pm

Pre-Sale Dates
April 11th to May 3rd



Wristbands
Pre-sale \$30
Day Of \$40



- ✦ Bounce Houses
- ✦ Cake Walk
- ✦ Carnival Games
- ✦ Food Trucks
- ✦ Obstacle Courses



Visit Our Website For More Details

copperhillspc.com

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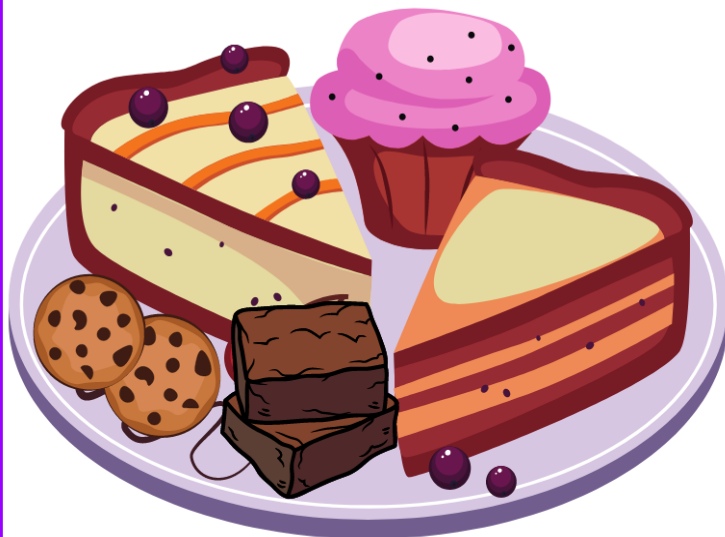
MINERS

We Need Your Help! **Donations are needed for** **our annual Miner Fair** **Friday, May 10th**

Grade K-2 Please Donate

Desserts

cake, pies, cookies, brownies, or any other yummy dessert
(Please no nuts & nothing perishable)



All dessert donations can be dropped off to the office on May 10th. Soda & water can be dropped off May 8th.

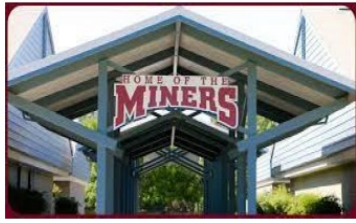
Grade 3-6 Please Donate

Soda & Bottled Water

All Flavors - Regular & Diet



Winning class of the most items donated will receive a popsicle party!



QUARTER 4 POSTER & ESSAY CONTEST

Celebrating Copper Hills

Poster Contest: Create a poster that demonstrates what makes Copper Hills special. Posters should be hand drawn, in full color, no bigger than 12x18 inches, and include your first and last name.

Essay Contest: Compose an essay that highlights the ways in which Copper Hills is unique in CUSD and celebrates the Miner students, staff, and community. Include specific examples. Essay Length requirements: Grades 1-2: one paragraph; Grades 3-4: three paragraphs; Grades 5-6: five to six paragraphs.

Essays should be neat, with correct spelling, capitalization, and punctuation. Please remember to include your first and last name on your essay.

Please submit your poster and/or essay to YOUR TEACHER. Your teacher will submit your work to the office.

Posters and essays will be judged by the office staff. The creators of the top two posters and the top two essays in grades 1-3 and 4-6 will each receive a \$5 gift card and recognition in the Nugget.

Students in grades 4-6 will also receive a Block CH point for participating.



DUE DATE:
MAY 10TH

CH April Events 2024

| | |
|----------|---|
| 4/1 | Last Day of Spring Break! |
| 4/2 | Students Return to School; Multicultural Club |
| 4/3 | Grades 1-3 Burn Assembly, Baseball Broncomania @ CN; CUSD Board Mtg. |
| 4/4 | Spring Sports Cross Area Games; History Day Wax Museum Dress Rehearsal |
| 4/5 | End of 3 rd Qtr.; Kindergarten to Fresno State Farm; Spring Sports Championships; Snack Bar |
| 4/8-4/12 | BOOK FAIR |
| 4/8 | 4 th Qtr. Essay/Poster Contest Goes Out; Track Begins for 5 th /6 th Graders Who Played Spring Sport |
| 4/9 | Elementary Choral Festival |
| 4/10 | Science Fair Judging |
| 4/11 | Evening With The Arts/Open House |
| 4/12 | Spring Sports Awards |
| 4/15 | Track Pictures; Mandatory Cheer Parent Mtg. |
| 4/16 | Whole School PFT Run |
| 4/17 | PBIS Reward for 3 rd Qtr.- BMX; CUSD Board Mtg. |
| 4/18 | Growth & Development Videos; Miners on the Town- Raising Canes |
| 4/19 | Track Tri Meet @ CN; Snack Bar |
| 4/22 | Extended Learning Club Enrollment Begins |
| 4/23 | Track & Field Clinic for Special Ed |
| 4/24 | History Day Wax Museum |
| 4/25 | 2 nd Grade to Scout Island |
| 4/26 | Track Area Practice Meet |
| 4/28-5/3 | Kindergarten Assessment Week |
| 4/29 | Cheer Fittings for 2024-2025 |

**event day/times subject to change



ENTHUSIASM

VIA Survey calls this strength Zest

Parent virtue: *Courage.* Strengths of courage involve applying will and fortitude in overcoming internal or external resistance to accomplish goals. Strengths comprised in this virtue are bravery, perseverance, integrity, and zest/enthusiasm.



THE POSITIVITY PROJECT

WHAT DOES ENTHUSIASM MEAN?

You approach life with excitement and energy. You energize people around you.

Enthusiasm is the ability to bring life and excitement to different situations. It often leads to a higher level of involvement and engagement both for individuals and for groups. Those who demonstrate zest and enthusiasm bring an energy and level of intensity to individual and group work. These people are often identified as early leaders and innovators as a result of their outward excitement about a task or project. Look for these people to recruit new group members and generate ideas.

People with enthusiasm and zest are happy, but this strength goes beyond happiness or pleasure. It is an activated positive energy, and associated with self-realization and autonomy. Zest is a strength that has strong connotations with both physical and mental vitality and well-being. It can be fortified through diet, exercise, mindset, and social connection.

WHY DOES IT MATTER?

For individuals, zest and enthusiasm are easily identifiable and highly desirable personality traits. We feel good when we are energized by an activity or opportunity – and we like to spend time with people who are excited about life. Those who demonstrate a high level of enthusiasm are more likely to complete tasks and exceed minimum requirements as a result of their passion.

For groups, enthusiasm and zest are can be directly tied to high levels of success, happiness, and achievement. Enthusiasm is contagious. One person's enthusiasm can spark others to think, speak, and act with more energy and conviction. Groups that are enthusiastic about tasks are much more likely to spend longer periods of time in service to the group's overall goals.

Individuals with this strength might be described as:

- Energetic
- Excited
- Spirited
- Zestful
- Passionate
- Upebat

Individuals with this strength are likely to think, feel, or behave in the following ways:

- I'm really excited to get started.
- It's vital to live with passion.
- A life without passion is boring.
- You must bring enthusiasm to everything that you do.
- I'm rarely tired – and when I am, I have ways to reenergize myself.
- Let's keep going.
- I'm very interested in working on this.
- I am energized by this opportunity.
- I love life!

ENTHUSIASM QUOTES

"If you have zest and enthusiasm, you attract zest and enthusiasm. Life does give back in kind."
-NORMAN VINCENT PEALE

"Each one of us has a fire in our heart for something. It's our goal in life to find it and keep it lit."
-MARY LOU RETTON

"Passion is energy. Feel the power that comes from focusing on what excites you."
-OPRAH WINFREY

"Success consists of going from failure to failure without the loss of enthusiasm."
-WINSTON CHURCHILL

"You can't start a fire without a spark."
-BRUCE SPRINGSTEEN

"Wherever you go, go with all your heart."
-CONFUCIUS

TRACK 2024

April 19 - Tri Track Meet @ CN
April 26 - Area Practice Meet @ CN
TUESDAY May 7th - Area Championships @ CN
May 17th - District Championships @ CE