

# MARSHALL MESSENGER

SEPTEMBER 1ST

## MISSION & VISION FOR SUCCESS

### Mission

To provide a supportive and inclusive school community preparing inquisitive students to become lifelong learners, kind citizens and advocates for themselves and others in all environments.

### Vision

To encourage all students to reach their full potential through diverse experiences and educational opportunities by:

- Building strong character through the values of being respectful, responsible, and safe
- Fostering curious minds
- Removing barriers
- Providing a healthy intellectual, social, emotional, and physical growth foundation for our students
- Encouraging perseverance through challenges with confidence and resilience
- Creating relationships to support a safe, empathetic, and inclusive learning environment



## A MESSAGE FROM MARSHALL PRINCIPAL, MR. FREIBURGER

Hello Marshall Families! It has been great to connect with many families and students this past week. Thank you to all who were able to attend Orientation Day. Here are a few important key points as we start the school year:

- Staff supervision begins at 8:20. Please don't drop off before this time.
- Breakfast is served from 8:25-8:35

- Students can enter the building at 8:25
- School begins at 8:35 and ends at 3:20 (Friday begins at 9:35)
- Keep contacts updated in Infinite Campus
- If child is not going to be at school, please report their absence by calling the main office (563-552-4100) 24 hours a day and let us know the reason they are absent.
- School attendance matters! It is important that students show up to school on time, ready to learn.



**More Zzz's please!**  
How many hours of sleep does your child need nightly?

Preschool	Elementary	Adolescent/Teen
<b>11-13 HOURS</b>	<b>9-12 HOURS</b>	<b>8-9 HOURS</b>

**FYI Your child should...**

- fall asleep within 15-30 minutes of going to bed.
- not need continual reminders to wake up.
- be alert in the morning.
- not need excessive naps.

**Tips For better sleep, avoid...**

- television and screen time one hour prior to bedtime.
- exercise close to bedtime.
- late-day food/drinks with caffeine (cocoa, tea).
- toys in the bed (they distract from sleep).

**3 WAYS Help your kid rest easy.**

- 1 Establish a routine for everyone (that means parents, too).
- 2 Have consistent bedtimes and wake-up times.
- 3 Simplify schedules.

**Why Benefits of good sleep.**

- better concentration and performance
- increased alertness
- less moody









**SEPTEMBER 5TH: NO SCHOOL- LABOR DAY**

**SEPTEMBER 19TH: 5TH GRADE OUTDOOR  
ADVENTURES FIELD TRIP- SWISS VALLEY**

**SEPTEMBER 20TH: OPEN HOUSE 5:30-6:30**

**OCTOBER 4TH: SCHOOL PICTURES**

## **AFTER SCHOOL SPORTS- 4TH & 5TH GRADE BASKETBALL**

Registration for 4th and 5th Grade After School Basketball is now open! The program is available at all [Dubuque Community School District](#) elementary schools and runs from Sept. 12 - Oct. 6. Practices are held twice per week for 90 minutes after school and coached by members of the [Loras College](#) men's and women's basketball teams. Cost is \$24 or free for income-qualified. Register by Sept. 8 at [www.cityofdubuque.org/afterschoolbball](http://www.cityofdubuque.org/afterschoolbball).



**JOHN DEERE PARTNERSHIP  
WITH MARSHALL  
ELEMENTARY**







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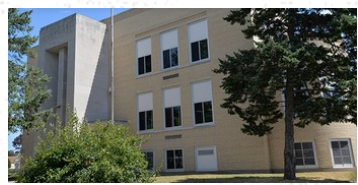
**AmeriCorps Members**  
**CHANGE the WORLD**  
**AND WE'RE HIRING!**

**YOU CAN HELP STUDENTS WITH THEIR READING SKILLS AND SELF-CONFIDENCE!**

- Part-time and full-time opportunities available
- Living stipend and education credit included



**LEARN MORE + APPLY**  
[cityofdubuque.org/ameriCorps](https://cityofdubuque.org/ameriCorps)



## ABOUT US

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