



# Weekly Hawklined



Hello Skyeeehawks,

As I mentioned last week, this month's Positivity Project Character Strength is *Leadership*. Some might think, "This character trait is for people like Mr. Petersen, because he's a principal of a school". Well, that's not the way I see it. I believe teachers are leaders of students in their classrooms, and parents are leaders of their children. Our Skyhawks are surrounded by leaders, and we want them to become leaders. This is an important character strength for all of us.

The research indicates that one of the most effective leadership styles is a *mentoring-leadership* style. Mentors are knowledgeable, flexible, patient with failure and struggle, good listeners, give constructive feedback, model how to do something correctly, giving of their time, honest and candid, value diversity of perspectives, able to network and find resources, just to name a few qualities of a mentor. Students learn best from mentors, not from words on a piece of paper or rules and regulations, or a relationship with a screen. Mentors build internal motivation through a relationship. Whereas a disciplinarian (which is another leadership style) builds external motivation through rules that reward and punish outcomes. Those schools and classrooms that focus on internal accountability sustain better results than those focused heavily on external accountability. A mentor uses a relationship to transform a heart, instead of relying exclusively on reward and punishment to shape behavior. Are both styles needed and important for a safe and disciplined learning environment? Yes, but the craft of a mentor is to build capacity within students so that they can be successful in life, eventually with little or no assistance from the mentor. Whereas strict disciplinarians police behavior from moment to moment to create continuous obedience through fear. Studies show that this leadership style creates students who give up easily and default to bad behavior when no one is watching.

An effective mentor will come along side those who struggle, not to rescue or halt the growth process, but provide the assistance needed to successfully navigate the struggles. If failing to be good brings immediate comfort and pleasure, the student will be tempted to choose failure over achievement every time. A good mentor builds grit in students to find a healthy balance between struggle and support, between negative and positive reinforcement. Too much struggle can overwhelm the person who needs to change. Too much support can coddle and enable the person to remain in failure. A mentor not only provides the wisdom needed to navigate the difficult journey but will also help sustain the student's value for standards of excellence.

The best way to teach students is through families and schools. These are the social structures that rely on mentoring leaders. Let's work together to make sure Skyhawks are surrounded by mentors.

Fly High, Fly Proud, Fly with a Mentor

Mr. Petersen

Liberty Elementary School

## Positivity Project

These students are being recognized for Positivity Project character trait of Leadership

K1 AM	Nadia M.
K1 PM	Abigail G.
K2 AM	Grace R. & London D.
K2 PM	Elizabeth H.
Room 1	Jase D. & Aria M.
Room 2	Taylor P. & Madi Z.
Room 3	Carlee W.
Room 6	Adrian N. & Daniel S.
Room 7	Ryan H. & Hriyan K.
Room 8	Shea H. & Austin B.
Room 9	Annabelle F. & Beau M.
Room 10	Neeli S. & Grayson S.
Room 11	Molly R. & Aiden S.
Room 12	Jameson W. & David Y.
Room 13	Lola S. & Knox T.
Room 14	John H.
Room 15	Marcella O.
Room 16	Mason M.
Room 17	JaKe T.
Room 18	Boston M.
Room 19	Abby A.
Room 20	JiaQi W.
Room 21	Callum T.
Room 22	Camille B.

**LIBERTY INTERNATIONAL NIGHT**  
19 MARCH 5:00-7:00 PM MPR AND AMPHITHEATER

Join us for a FREE fun night to learn about the cultures of our Liberty community. Bring a favorite dish from your culture to share. Visit various booths representing various countries hosted by Liberty families. RSVP via PTC Membership Toolkit to get your passport. Parade of countries at 5:30

# Every Week at Liberty...

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
10:10 Student Council Room 19  2:45 - 3:45 Sports Practice 3rd Grade Math Club	Classroom Music  2:45 - 3:45 Sports Practice 3rd Grade Math Club Math Mania (Room 13) Detention - Room 9	7:00 3rd Grade Reading Club  7:15 2nd Grade Reading Club  Classroom Music  1:15 Early Dismissal	7:00 3rd Grade Reading Club  2:45 - 3:45 Detention - Room 9 Sports Practice	Classroom Music  Snack Shack

Monday, March 11	Tuesday, March 12	Wed., March 13	Thursday, March 14	Friday, March 15
	5:30 PTC Meeting	3:30 - 4:30 2024-2025 Cheer Clinics	4:00 - 5:00 Cheer Try-Outs	8:25 Kastner 6th Grade Rally  1:30 Spring Rally  Home Game vs. VO!

Monday, March 18	Tuesday, March 19	Wed., March 20	Thursday, March 21	Friday, March 22
Budget Art Contest Due	4th Grade Field Trip  5:00 International Night  PTC Dinner Night-Out  6:30 Boys' Volleyball Feeder Night	8:30 4th Grade Spotlight 5th Grade Wax Museum  4:00 - 5:00 Cheer Try-Outs	Spring Picture Day  8:00 Kastner AVID Game Day @ FW  5:30 Kindergarten Extravaganza  6:00 1st Grade Open House	Last day to purchase a yearbook!  Kindergarten Spring Party  6:30 - 8:00 Baseball Feeder Night

CUSD Standards for Healthy Fitness Zones / 85%tile  
Grades K to 3

BOYS																		
Age	400 Yard (K-1)			800 Yard (2-3)			Back Saver Sit & Reach			Modified Pull-up			Trunk Lift					
	# Low	# High	85%tile	# Low	# High	85%tile	# Low	# High	85%tile	# Low	# High	85%tile	Max	# Low	# High	Max		
5	2:32	2:11	NA	NA	NA	NA	5	10	25	8	16	3	7	NA	15	6	12	18
6	2:25	2:05	1:53	6:14	5:06	4:23	5	10	25	8	16	3	7	12	25	6	12	18
7	2:16	2:00	1:48	5:55	4:48	4:03	7	14	25	8	16	4	9	15	25	6	12	18
8	2:10	1:51	1:41	5:39	4:32	3:47	10	20	30	8	16	6	11	17	30	6	12	18
9	NA	NA	NA	5:14	4:05	3:32	14	24	30	8	16	7	11	20	30	6	12	18
10				4:54	3:45	3:12	14	24	30	8	16	11	13	20	30	9	12	18

GIRLS																		
Age	400 Yard (K-1)			800 Yard (2-3)			Back Saver Sit & Reach			Modified Pull-up			Trunk Lift					
	# Low	# High	85%tile	# Low	# High	85%tile	# Low	# High	85%tile	# Low	# High	85%tile	Max	# Low	# High	Max		
5	2:32	2:11	NA	NA	NA	NA	5	10	25	9	16	3	7	NA	15	6	12	18
6	2:25	2:05	1:53	6:24	5:23	4:33	5	10	25	9	16	3	7	11	25	6	12	18
7	2:16	2:00	1:48	6:03	5:01	4:17	7	14	25	9	16	4	9	14	25	6	12	18
8	2:10	1:51	1:41	5:54	4:47	4:10	10	20	30	9	16	6	11	14	25	6	12	18
9	NA	NA	NA	5:36	4:26	3:48	12	22	30	9	16	6	11	15	30	6	12	18
10				5:16	4:06	3:28	16	26	50	9	16	6	13	19	30	9	12	18

Note: 85%tile does not apply to Kindergarten students, only 1st through 3rd grade students.

CUSD Standards for Healthy Fitness Zones / 85%tile  
Grades 4 to 12

BOYS																		
Age	1 Mile Run			Curl-up			Back Saver Sit & Reach			Modified Pull-up			Trunk Lift					
	# Low	# High	85%tile	# Low	# High	85%tile	# Low	# High	85%tile	# Low	# High	85%tile	Max	# Low	# High	Max		
8	11:00	10:41	8:22	10	20	50	8	16	1	2	6	6	13	18	30	6	12	18
9	10:00	9:30	8:00	14	24	50	8	16	1	2	6	7	13	19	30	6	12	18
10	9:45	9:00	7:40	14	24	50	8	16	1	2	6	11	13	19	30	9	12	18
11	9:30	8:30	7:30	18	28	60	8	16	1	3	6	11	13	20	30	9	12	18
12	9:30	8:30	6:57	26	36	60	8	16	1	3	7	11	13	21	30	9	12	18
13	8:30	7:30	6:23	30	40	60	8	16	2	4	8	11	13	21	30	9	12	18
14	8:15	7:00	6:13	35	45	60	8	16	2	5	10	11	14	21	30	9	12	18
15	7:50	7:00	6:18	37	47	65	8	16	3	7	12	11	14	21	30	9	12	18
16	7:30	7:00	6:12	37	47	65	8	16	5	8	13	12	15	22	30	9	12	18
17	7:30	7:00	6:28	37	47	65	8	16	5	8	15	14	15	22	30	9	12	18
17+	7:30	7:00	6:28	37	47	65	8	16	5	8	15	14	15	22	30	9	12	18

GIRLS																		
Age	1 Mile Run			Curl-up			Back Saver Sit & Reach			Modified Pull-up			Trunk Lift					
	# Low	# High	85%tile	# Low	# High	85%tile	# Low	# High	85%tile	# Low	# High	85%tile	Max	# Low	# High	Max		
8	12:00	10:50	9:45	10	20	50	9	16	1	2	4	6	13	16	30	6	12	18
9	11:15	10:07	9:08	12	22	50	9	16	1	2	4	6	13	16	30	6	12	18
10	11:00	9:30	8:50	16	26	50	9	16	1	2	4	6	13	19	30	9	12	18
11	10:30	9:00	8:36	19	29	50	10	16	1	2	6	6	13	19	30	9	12	18
12	10:00	9:00	8:05	22	32	50	10	16	1	2	5	6	13	19	30	9	12	18
13	10:00	9:00	8:01	22	32	50	10	16	1	2	4	6	13	19	30	9	12	18
14	10:00	8:30	7:54	22	32	50	10	16	1	2	5	6	13	19	30	9	12	18
15	10:00	8:00	8:10	25	35	60	12	16	1	2	5	6	13	19	30	9	12	18
16	10:00	8:00	8:13	25	35	60	12	16	1	2	5	6	13	19	30	9	12	18
17	10:00	8:00	8:28	25	35	60	12	16	1	2	6	6	13	19	30	9	12	18
17+	10:00	8:00	8:28	25	35	60	12	16	1	2	8	6	13	19	30	9	12	18

PE TESTING IS COMING!  
Check out the requirements by age!

**School feel overwhelming sometimes?**  
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## Budget Book Art Contest

DEADLINE: Entries must be received by 3/27/24

PRIZES: Gift Cards, Plaques, CUSD Board Recognition

**RULES**

- Any Clovis Unified or CART student may enter.
- Artwork must include photos or illustrations of students, drawn or digital.
- Artwork should represent the demographics of the whole District (not one individual school or program).
- Page layout must be landscape and printed 11" x 8.5".
- Artwork can be in color or black/white.
- The completed application form below must be included with each entry. Please do not staple to artwork.
- Deliver artwork to your school or directly to: 1460 Harrison Ave, Clovis, CA 93618 ATTN: BUDGET COVER CONTEST!
- The winner will be announced at a Board meeting.

INCLUDE THIS PORTION ON THE BACK OF EACH ENTRY.

Category:  TK-2nd  3rd-6th  7th-12th

School: \_\_\_\_\_ Student's Teacher: \_\_\_\_\_

Student's Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Parent Email: \_\_\_\_\_ Parent Phone #: \_\_\_\_\_

**SKYHAWK SPRING SEASON**

**LINCOLN 2/16 @ LIBERTY**

**PINEDALE 2/23 @ LIBERTY**

**LIBERTY 3/8 @ MAPLE CREEK**

**VALLEY OAK 3/15 @ LIBERTY**

**LIBERTY 3/21 @ FORT WASHINGTON**

**CROSS AREA TBA OR DISTRICTS**

### 2024-2025 Cheer Tryouts:

March 13th: Clinics 3:00-4:00

March 14th: Tryouts \*after sports practice

March 15th: Paperwork/payment due

April 3rd: Uniform Fittings

\*\*Questions? Email Taryn Hansen & Jamie Sassano\*\*