

# NORTHERN ADIRONDACK ELEMENTARY

POB 164 ◊ 5572 Route 11  
Ellenburg Depot, NY 12935  
(518) 594-3986



Special points of interest:

- Please remember to walk your child into the building when tardy and sign him/her in at the main entrance. Students arriving after 8:20 a.m. are considered tardy.
- PRIDE Assembly on Friday, April 20 at 8:30 a.m. hosted by the Mrs. LaBombard and Mrs. White's class. Parents, please come and join us!
- We are very proud to announce that we have now collected a total of \$19,698.10 in coupons. Again, we say thank you so much for donating coupons to the military families who have dedicated and sacrificed a part of their lives for the sake of our country. Keep them coming!!!
- Swimming Unit for grades 3-5, Starts May 7, 2018!



## April 2018 Parent News & Notes



### GRADES 3-5 NEW YORK STATE ELA & MATH TEST

All students in Grades 3-5 will be taking the NYS English Language Arts Test from April 10-17, 2018 and the NYS Math Test from May 1-8, 2018. To help your child work to his/her best ability, we have the following tips for parents.

- Make sure your child gets good, nutritious meals throughout the testing dates and don't forget to include breakfast as one of the meals.
- Make sure your child gets plenty of sleep throughout the test period.
- Praise, understanding, and lots of positive comments help keep a child's mood upbeat.



### PHYS. ED. SWIMMING UNIT

Beginning Monday May 7, students in grades 3-5 will participate in a spring aquatic activities unit in the high school pool. The Physical Education schedule has been rearranged so that all classes will be able to receive instruction two times per week for three weeks. **All students** will be expected to have a swimsuit and towel, and be ready to **participate** on each scheduled day. This is **not** an optional part of our Physical Education classes. Please remember **no jewelry, including earrings**, is allowed in the pool area and **hair must be pulled back with a hair tie** for the safety of our students.

### KINDERGARTEN REGISTRATION

As a reminder, Kindergarten screenings are scheduled for May 14-18, 2018. After receiving the paperwork in the mail, please contact Al Pageau, School Nurse at 594-3986 ext. 2611 to make an appt. Your child's birth certificate and immunization records need to be turned in with your registration forms as well as two (2) forms of proof of residency and any custody information pertaining to your child. Please bring the completed registration packet with you at the time of registration. A copy of the most current physical exam is required as well. (A completed health examination is required prior to the start of school).



## MAKING CONNECTIONS AT YOUR SCHOOL

### LIBRARY

April is School Library Month!

School Library Month is the American Association of School Librarians'

celebration of school librarians and their programs. Every April schools and local communities celebrate the essential role that strong school library programs play in transforming learning.

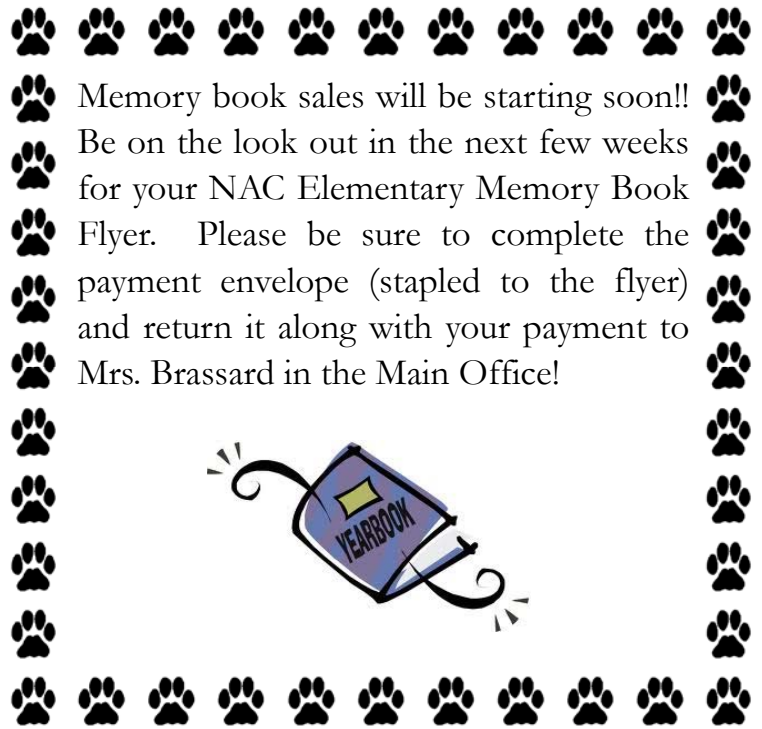
How awesome are school libraries and librarians?

- In a world of information overload, librarians are information navigators — clearing a path, pointing you toward the information you need.
- Schools with a strong school library program and a certified school librarian give their students the best chance to succeed.
- Students learn 21st century learning skills through state-of-the-art school library programs
- The school library program plays an important role in helping students get an overall conception of the information seeking process with all the different steps it contains.
- Students learn how to evaluate and use information—not just how to find and access it—from school librarians.

## TOWN OF ELLENBURG SUMMER SPORTS SIGNUPS

The Town of Ellenburg is holding sign-ups for T-ball, softball, and baseball on

Monday, April 9 and Friday, April 13 from 6-8pm at the Ellenburg Center Town Hall.



Memory book sales will be starting soon!! Be on the look out in the next few weeks for your NAC Elementary Memory Book Flyer. Please be sure to complete the payment envelope (stapled to the flyer) and return it along with your payment to Mrs. Brassard in the Main Office!

## MAT CAT WRESTLING

The Mat Cat Wrestling team took first at this year's annual Mat Cat tournament. Coming in second place was Peru and third place was Malone. Great job Bobcat Wrestlers!



## NOTES FROM THE NURSE

### Spring/Summer weather dress code:

According to the student handbook, there are dress code requirements. Students should not wear footwear that is a safety hazard such as flip-flops, plastic thong sandals and clogs. These are not appropriate in the school environment. Clothing such as tube tops, net tops, halter-tops, spaghetti straps and plunging necklines or see through garments are also not appropriate.

### 10 Ways to keep your kids healthy at school

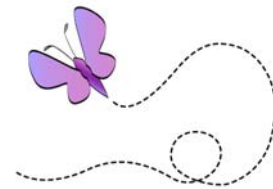
1. Make hand-washing a habit.
2. Teach them how to sneeze properly into their elbow.
3. Stay on top of immunizations.
4. Keep sick children at home.
5. Discourage lunchtime sharing.
6. Keeps kids active.
7. Get plenty of sleep.
8. Don't skip breakfast.
9. Take precautions to avoid lice.
10. Watch for signs of stress.

The reality is, kids get sick — then, just as quickly, they get well. But by adhering to the simple guidelines above, you can at least reduce the chances of a serious illness resulting from the many things they're exposed to in school each day.



## HEAD START

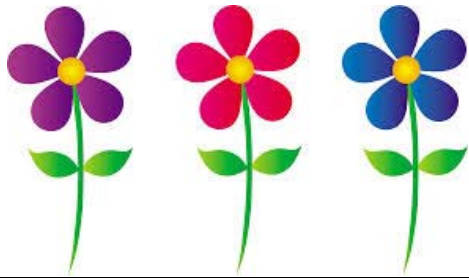
Are you looking for a place that nurtures the growth of both you and your child? The JCEO Head Start is excited to announce that they are now accepting applications for Head Start and Early Head Start available to income eligible pregnant women and families with children through age four. Please contact the JCEO Head Start office at 561-6310 or Franklin County at 483-



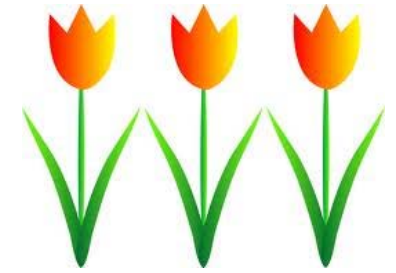
## PARENTAL REQUESTS FOR TEACHERS FOR 2018-2019

Several years ago, we adopted a no request policy for classroom teachers. It is important to develop classrooms that are equivalent in ability, gender and special needs. There are also times when certain children do not work well together and should be separated. It is in the best interest of everyone that classes are well balanced and provide the best possible learning environment for children. We have developed classes in the past to reflect these needs but parent requests can quickly change the make-up of a class. To prevent classes from becoming out of balance means that teachers cannot be chosen and that classmates will not always be able to stay together year after year.












# April 2018



The "Word of the Month" for April is *Optimism*. *Optimism* means thinking positive thoughts and knowing that with motivation and effort you can make good things happen every day.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2	3	4	5	6	7 
<b>Spring Break - No School</b>						
8	9 <i>Classes Resume</i> <i>PTO Meeting</i> 6:00 p.m.	10	11	12 <i>Playgroup</i> 8:30 - 11:15 a.m.	13 <i>3rd Quarter Ends</i>	14 <i>PEAK Classroom Music Festival</i> <i>Grades 4-5</i> 2:00 - 4:00 p.m.,
		<b>NYS ELA Computer Based Test</b> Grades 3 & 5—April 10 & 11		<b>NYS ELA Computer Based Test</b> Grade 4—April 12 & 13		
15	16 <i>4th Quarter Begins</i>	17	18 	19 <i>Playgroup</i> 8:30 - 11:15 a.m.	20 <i>PRIDE Assembly</i> 8:30 a.m. <i>3rd Quarter Report Cards Issued</i>	21 <i>MS/HS Pancake Breakfast</i> 9:00-11:00 a.m. <i>FFA Spring Fling</i> 9:00-3:00 p. m.
22 	23	24	25	26 <i>Playgroup</i> 8:30 - 11:15 a.m. <i>BOE Meeting</i> 6:00 p.m.	27	28 <i>Builder's Club Completely Stranded</i> <i>Family Friendly Comedy Show</i> 6:00 p.m. in MS/HS Auditorium
29 	30 					



**April 2018**

**Bobcat Playgroup**

**Northern Adirondack Central School**



**THURSDAYS**

8:30 a.m. – 10:45 a.m. Playgroup

10:30 a.m. – 11:00 p.m. Gym Time

Northern Adirondack Central School is pleased to offer a Playgroup and Mini Family Resource Center. The playgroup is free for children birth to 5 years of age *AND* their parents or caregivers. Children are provided with educational and social learning opportunities.

Thursday, April 12

Let it Rain

Thursday, April 19

Miss Rumphius

Thursday, April 26

The Tiny Seed

**8:30 – 9:00 Welcome / Free Play**

**9:00 – 9:30 Circle Time/Story**

**9:30 – 10:00 Craft**

**10:00 – 10:20 Snack**

**10:30 – 11:00 Gym**

**11:00 – 11:15 Story Time**

Remember to sign in at the Main Entrance and obtain a Visitor's Pass.

\*Please **DO NOT** explore the buildings before or after playgroup.\*

If you have any questions, please call Ms. Barb at 518-594-3986

Please do not explore the buildings before or after playgroup. Thank you!

# Home & School CONNECTION<sup>®</sup>

Working Together for School Success

April 2018



Northern Adirondack Elementary

## SHORT NOTES

**“I remember that!”**

Your child may recall information better if she uses strategies to cement facts and details in her mind. For example, she might close her eyes and visualize each type of coin with its value written on it. Or she could silently repeat instructions immediately after the teacher gives them.

### Learn about birds

Making a bird feeder will encourage your youngster to observe nature. Have him coat an empty toilet paper tube with peanut butter and roll it in birdseed. Hang it from a tree branch. Then, your child can sketch his feathered visitors and try to identify them using a library book or website.

## DID YOU KNOW?

Take Our Daughters and Sons to Work Day is April 26. If your employer allows it, give your youngster an on-site glimpse of your job. Show her what you do, and try to assign her a special job. She might help with a window display or organize your files, for instance.

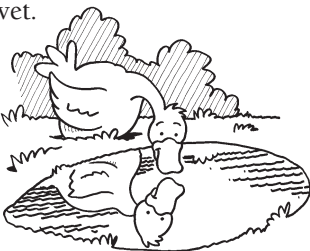
### Worth quoting

“We all live with the objective of being happy; our lives are all different and yet the same.” *Anne Frank*

## JUST FOR FUN

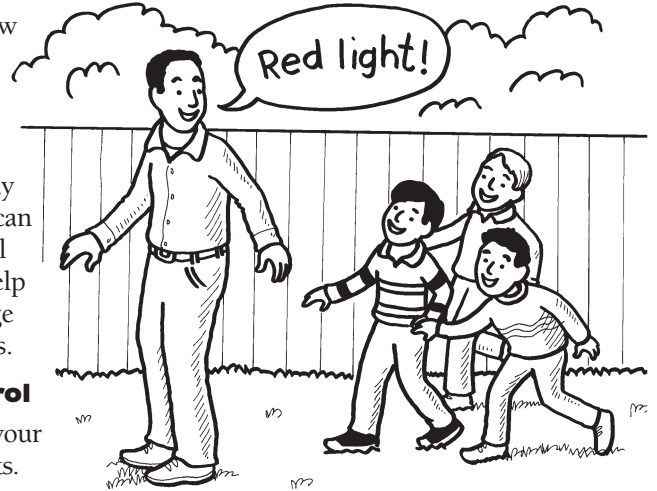
**Q:** You can see me in water, but I never get wet. What am I?

**A:** My reflection.



## In charge of me

If your child knows how to manage his emotions and behavior, he'll do better at getting along with others and handling the ups and downs of everyday life. These skills, in turn, can make him more successful in school and at home. Help your youngster take charge of himself with these ideas.



### Encourage self-control

- Play games that require your child to think before he acts. For instance, try Red Light, Green Light. Name a way for him to cross the room or yard (skip, hop, tiptoe). He'll have to resist the urge to move unless you give him the “Green light” and make himself stop when you say “Red light.”
- Tell your youngster what you expect before heading into situations that are hard for him. Maybe he tends to put random items in the grocery cart. Describe what you want him to do instead, such as getting permission before taking groceries off a shelf. Then, let him know you notice when he does what you asked.

### Be a coach

- Ask questions or make gentle suggestions when your child is frustrated. Say he's upset because he can't solve a math problem for homework. You could ask, “Where could you find help?” Or recommend that he take a break or temporarily switch to another assignment.
- Talk about how you deal with your own feelings. You might say, “I'm aggravated about this notice from the cable company. I'll call customer service once I've had a chance to calm down.”♥

## Play it safe

Visiting playgrounds gives your youngster a chance to be active and social. Keep her safe with these precautions.

**Supervision.** Watch your child closely as she plays. Or consider taking turns with a neighbor who has kids—that gives your youngster the added benefit of having a playmate.

**Equipment use.** Remind her to go down the slide instead of up it and to swing from monkey bars rather than climbing on top of them. Also, she should stand or walk a safe distance away from swings that other children are using.

*Note:* Tell your youngster never to chase after a ball that rolls into the street. She can ask you or another adult to get it for her.♥



# Kindness: Spring into action

Being kind is always in season—and it can give your child a more positive outlook and help her think of others. Try these tips for encouraging kindness.

**Surprise, surprise!** Together, brainstorm ways your youngster could surprise someone with kindness. She might leave a cheerful message for a neighbor (“You



brighten my day”) with sidewalk chalk and sign her name. Or perhaps she’ll make a list of things she admires about a sibling and put it where he will find it. At school, maybe she’ll let a classmate go ahead of her at the water fountain.

**Reach out.** As a family, think about how to show

kindness in your community. Deliver Meals on Wheels, and have your child decorate place mats to include. Or save spare change in a jar—when it’s full, buy crayons and coloring books from the dollar store and donate them to a children’s hospital.♥

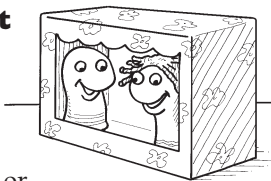
## ACTIVITY CORNER

### A passion for hobbies

Having a hobby gives your youngster a productive way to spend free time while building skills he can apply in school. Encourage him to develop a hobby with this advice.

#### Find a good fit

Notice what your child is interested in. If he likes putting on puppet shows or building things, look for supplies at home or visit a craft store. He might discover odds and ends to make a puppet theater or discover a robot-building kit.



#### Provide opportunity

Make sure your youngster has time to explore his hobby—limiting screen time can help! Also, give him a portable container for storing supplies or his collection of trading cards or stamps. He’ll have an easy way to enjoy his hobby wherever he goes.

#### Boost knowledge

Suggest that your child read books or watch how-to videos. A hobby shop may offer free classes. Or the school, library, or community center might have a club or class related to his hobby.♥



## PARENT TO PARENT

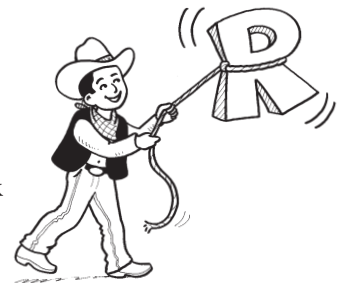
### How to give effective feedback

My third grader, Jack, gets speech therapy to help him say his Rs. His therapist shared ideas for giving him feedback when I work with him at home—and her suggestions are useful for more than just speech practice.

First, she recommended that I be specific so Jack knows exactly what he did well. I might tell him, “You said your Rs correctly at the beginning *and* the end of river.” I’ve been trying out the therapist’s advice in other situations, too. Recently, I said, “It was nice of you to help your brother reach that toy,” instead of, “You’re a good brother.”

I also encourage Jack by being positive. When he mispronounces a word, I’ll say something like, “You’ve almost got it! Try again.” That strategy also comes in handy when he wipes down the kitchen table but leaves a few crumbs, for example.

The more I use these techniques, the more natural they feel. Jack’s speech is improving, and I feel like my parenting is, too.♥



## Q & A Reading between the lines

**Q:** My daughter’s teacher said the class is learning to make inferences—or, as Sadie explained it, “read between the lines.” What are fun ways to work on this at home?

**A:** Try using everyday situations to let your child practice inferring. You might have family members put umbrellas and rain boots by the door before bed and ask, “What can you infer?” (It’s supposed to rain

tomorrow.) Or set out a colander, and boil a pot of water. She might infer that you’re making macaroni for dinner.

When your daughter makes a statement like “The dog sure doesn’t like thunder!” say, “How can you tell?” She may point out that he hides under the table or is glued to your side during storms.

Ask these same questions when you read together: “What can you infer?” and “How can you tell?” Her real-life practice is sure to come in handy.♥



### OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators,  
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www.rfeonline.com

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# Nutrition Nuggets™

Food and Fitness for a Healthy Child

April 2018



Northern Adirondack Central School  
Al Pageau, RN School Nurse

## BEST BITES

### Better sports snacks

Whether it's your turn to provide team snacks or your child is picking out his own post-practice snack, help him choose something nutritious. Browse the produce aisle for fresh fruit like oranges or grapes. Or look for a winning combination of protein and complex carbohydrates, such as string cheese with whole-wheat crackers.

### Dance away

Hip-hop, tap, ballet... dancing strengthens muscles, improves flexibility, and gives your youngster's heart and lungs a workout. Put on music, and invite her to dance with you or with friends. Is there a style she especially enjoys? Consider signing her up for low-cost classes through your parks and recreation department.



### DID YOU KNOW?

Asparagus is in season, which means it's at its height of flavor and low point in price. To cook, break off the tough ends, and toss with olive oil, salt, and pepper. Roast on a baking sheet at 400° for 10 minutes, top with Parmesan cheese, and cook 5 minutes more.

### Just for fun

**Mom:** Eat your spinach. It'll put color in your cheeks.

**Jack:** But I don't want green cheeks!



## Earth Day food and fun

Every April 22, we celebrate Earth Day—a time to focus on the planet's health. Get your youngster involved, and encourage her to focus on her own health, too, with these eco-friendly activities.

### Enjoy a waste-free meal

Can your family eat an entire meal without wasting any food? One idea is to cut food into smaller pieces before family members serve themselves. For example, set out platters of grilled chicken strips, baked potato halves, and apple slices. Encourage everyone to take only what they think they will eat.

### Throw a leftovers "party"

With your youngster, look through your refrigerator, and make a list of leftovers or other items that need to be eaten soon. Then, she could use her list to create a menu for a meal of leftovers. For instance, she might suggest a casserole with leftover rice and veggies or banana



pudding made with overripe bananas for dessert.

### Join a cleanup

Participate in a neighborhood or park cleanup, and enjoy a picnic afterward. Get trash bags and gloves for picking up litter. Let your child help you pack nutritious foods, such as turkey wraps and fruit salad, in reusable containers. After you've worked up a sweat cleaning up the trash, wash your hands, and eat together. ♥

## Easy-on-your-wallet protein

Protein is the building block of your child's bones and muscles. By choosing meatless protein more often, you'll save money and keep the choices healthy. Consider these ideas.

● **Eggs, cheese, and milk.** Combine these three protein-rich ingredients for a simple meatless dinner. You could make scrambled egg burritos, omelets, or even a quiche in a store-bought crust. *Note:* Try to use nonfat milk and low-fat cheese.

● **Beans and legumes.** Plant proteins like these are low in fat and cholesterol. Stretch your protein budget by mixing 1 can black beans (drained, rinsed) with 1 lb. lean ground beef or turkey for burgers or meatloaf. Or toss whole-grain noodles with peas or white beans instead of sausage. ♥





## Join the (fit) club!

Starting a neighborhood fitness club can motivate your youngster to stay active with friends. Here's how.

**Organize.** Let your child invite friends over for a planning meeting. Encourage them to start by coming up with a fun name for their club like "Kids on the Move" or "The Fit Crew."

**Brainstorm.** They could think up fun activities, such as playing softball or kickball in their backyards, hosting activity "classes" in their homes, or meeting at the neighborhood pool.



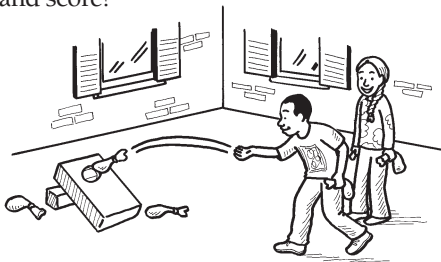
**Plan.** Suggest that they write a schedule that includes the time and place for each meeting, as well as who will lead the event. For instance, a member who has a badminton net might host a game. Or one who knows tai chi may teach a class in the basement.

*Tip:* Point out that they'll need parents' approval to host a meeting at home or for an activity that requires adult supervision, such as riding bikes or going to a playground. ♥

### ACTIVITY CORNER

## Beanbag toss

Here's a backyard game that's almost as much fun to make as it is to play. Together, follow these simple steps to create your own beanbag-toss set, then aim, throw, and score!



**Make it.** Turn a large, shallow cardboard box upside down. Give your child a small round paper plate, and have him trace a circle about six inches from one edge of the box. Cut out the circle. Then, prop up the target end of the box on a phone book or a block of wood. Make six beanbags by filling old socks with dry beans and closing them securely with rubber bands.

**Play it.** Give each person three beanbags. Take turns tossing one beanbag at the board. A player earns three points if his bag goes through the hole and one point if it lands (and stays) on the board. The first to reach 21 points wins. ♥



## Q&A Making takeout more nutritious

**Q:** On busy days, buying takeout often seems like our only choice for dinner. How can I make it healthier?

**A:** Together, collect or print out menus from places that offer nutritious items. Then, help your child circle or highlight the healthiest choices. On a pizza menu, she might circle *thin crust* and toppings like *spinach* and *pineapple*. For a sub shop, she could highlight *whole-wheat bread*, *lean turkey*, and *lettuce*. That way, she'll see at a glance what to order when you're in a rush.



Better yet, plan ahead when possible so you won't need takeout. Have easy-to-cook items on hand like frozen vegetables, instant brown rice, or turkey meatballs. Or make a double batch of soup or a casserole on the weekend, and freeze half to defrost on a busy weeknight. ♥

### IN THE KITCHEN

## Healthy homemade condiments

Store-bought condiments often come loaded with sugar and sodium. Try making these healthier versions with your child. (*Note:* Refrigerate each condiment in a jar for at least 2 hours before serving, and keep for up to 2 weeks.)

### Duck sauce

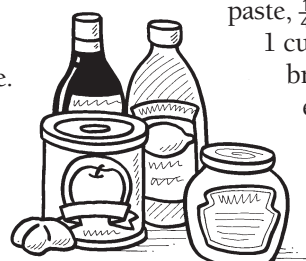
Combine  $\frac{3}{4}$  cup each no-sugar-added preserves (apricot or peach) and applesauce. Stir in  $\frac{1}{2}$  cup rice vinegar, 2 minced garlic cloves, 1 tsp. low-sodium soy sauce, 2 tsp. minced ginger, and 1 tsp. chili powder. Serve with chicken or fish.

### Honey mustard

In a small bowl, whisk together  $\frac{1}{4}$  cup Dijon mustard,  $\frac{1}{4}$  cup honey, and 1 tsp. lemon juice. Your youngster can dip in whole-wheat pretzel sticks or spread on a ham sandwich.

### Ketchup

In a blender, combine 8 oz. tomato paste,  $\frac{1}{4}$  cup apple cider vinegar, 1 cup water, and 2 tbsp. brown sugar. Add  $\frac{1}{2}$  tsp. each garlic powder, onion powder, salt, and allspice. Blend on high 2–3 minutes. Use on turkey burgers or with sweet potato fries. ♥



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