

# NORTHERN ADIRONDACK ELEMENTARY

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



## Special points of interest:

- Mrs. Canning and Miss. Durgan's and Mrs. Guay's class will be hosting the PRIDE Assembly on Friday, February 2, at 8:30 a.m. Kids, don't forget to wear your PRIDE t-shirts to display your school spirit. Parents, please come and join us!

## Big Change Roundup For Kids

Our school is taking part in 98.9 WOKO's Big Change Roundup For Kids. Everyone is encouraged to take part and send in any spare change you may have for this very worthy cause.



# February 2018 Parent News & Notes



## EARLY DISMISSAL

There is an early dismissal on Wednesday, February 7 due to staff development. Elementary students will be dismissed at 11:50 p.m. and MS/HS will be dismissed at 12:00 p.m. Please plan accordingly!



## SECURED ENTRANCES

After hours entrance to the elementary building can only be gained through the District Entrance. The main entrance in front of the building cannot be accessed after 3:30 p.m. Also, the entrance by the loading dock is locked continuously. This entrance has been propped open with some sort of object in the past during after school hours. This practice must be stopped as it is not secure and everyone should be entering through the District Entrance in the back of the building. This may cause an inconvenience but safety is

## BUS PASSES

Parents are to send a written note requesting that a child ride home on a different bus. **When students are going to a friend's house, written notes must be received from both students' parent or guardian.** If students are going to a relatives (i.e., grandparents, aunts), or babysitter's house, only one note from the parent or guardian is required. It is also very important to include the proper name of the person, the 911 street address and the bus number if known. Notes written out stating "Johnny has permission to go to grandma's" is too general and will not be enough information in the event our secretaries are out. Students should bring the note to their teacher first thing in the morning. Phone calls for bus passes should be made no later than 1:00 p.m.

## SPELLING BEE WINNERS

On January 12, NAC Elementary held its 14th annual Spelling Bee. Two finalists from each 4<sup>th</sup> and 5<sup>th</sup> grade classroom went on to compete on stage in the big gym. Our winners are as follows:

4<sup>th</sup> Grade: 1<sup>st</sup> Place ~ Lia Bennett

Runner up ~ Harmonie Davis

5<sup>th</sup> Grade: 1<sup>st</sup> Place ~ Parker Burgoyne

Runner up ~ Scotlyn LaClair

Parker Burgoyne is the Grand Champion as well!

The winners and alternates will move on to participate in the Regional Spelling Bee at Peru Central School on March 12, 2018 at 5:00pm.

The Regional Spelling Bee Grand Champion, 1st runner-up and each grade level champion (Grades 4 - 8) will receive a trophy, and the Grand Champion will also win a trip to the Scripps National Spelling Bee in Washington, DC May, 2018. All travel expenses for the Grand Champion and her/his chaperone will be paid by the Press-Republican and the North Country Parents for the National Spelling Bee.



## BEING PREPARED FOR RECESS

The snow and cold weather are still here! There have been many instances of students coming to school unprepared to go outside for recess. Students need to have a winter coat, hat, mittens, snow pants and boots. Please be sure your child comes to school properly dressed to go outside for recess everyday.



## **BUS SAFETY ISSUES**

The Transportation Dept. has asked us to share safety issues that arise during winter months. While waiting at the bus stop, always stay at least 15 ft. from the edge of the road. Slippery road conditions coupled with snow banks and stormy weather conditions make it harder for buses to stop. Try to be prepared and on time for pickup as any delays can be dangerous.

Children's clothing, especially drawstrings, can cause death or injury. A drawstring can catch in a small gap in playground equipment, a bus handrail or a bolt. As a child gets off the bus, doors close and the child isn't seen, he/she could be dragged and ran over by the wheels.

Items that can cause these problems include:

- Jackets, sweaters and other clothing with drawstrings at the neck or waist.
- **Backpack straps** (*Please trim your child's if they are too long.*)
- Dangling key chains
- Scarves
- Belt buckles
- Other loose items of clothing

It is important that bus drivers are aware that someone is home for young children. Parents need to make their presence known to the bus driver in a timely manner, especially in extreme weather conditions. Waiting in traffic is dangerous and a young child needs to be securely inside their home or destination before the bus pulls away. Please help the bus driver to make your child's ride to and from school a safe and pleasant one every day!



## **Head Start Accepting Referrals**

The JCEO Head Start Program is accepting referrals and taking applications for the 2018-2019 school year. The child needs to be three or four years old on or before December 1, 2018. If you have, or know of, a child who may meet income guidelines, or may have a special need or disability, please contact the JCEO Head Start Office in Clinton County at 561-6310 or Franklin County at 483-7022.

## **Winter Weather Gear Available**

We have winter gear available to students in the NAC district. This includes used coats, ski pants and boots as well as new hats and mittens. If you have a child in need of any of these items please contact Maureen Lucas or Ms. Silver in the Elementary School. We will do our best to accommodate him/her.



## **Fun Facts to Ponder**

- Did you know, you cannot fold a paper (it may be any size, any length or width) more than seven times. Try it!
- Hearing your favorite music not only releases the happy hormones called dopamine, but also aids in boosting overall health and immunity.
- Did you know, most parts of our body will be gradually replaced in seven years? We are not what we were seven years ago.
- Just like humans fingerprints, dogs nose prints are unique, and it can be used to identify the identity of dogs.
- A hug releases the hormone called oxytocin, which makes you feel relaxed, heal the physical and mental wounds, and soothes your body and mind. Give a warm hug to your near and dear ones to stay happy and healthy.





Stay tuned for more fun facts next month!!



# February 2018



The "Word of the Month" for February is Empathy. Empathy means being able to show understanding and caring for how other people are feeling.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			.	1  <i>Playgroup</i> 8:30 - 11:15 a.m.	2 <i>PRIDE Assembly</i> 8:30 a.m.  <i>2nd Quarter Report</i> <i>Cards Issued</i>	3
4	5  <i>PTO Mtg.</i> 6:00 p.m	6  <i>4th Grade</i> <i>Ski Trip to</i> <i>Titus Mountain</i>	7  Early Dismissal 11:50 p.m.	8  <i>Playgroup</i> 8:30 - 11:15 a.m.	9	10
11	12	13	14  <i>Valentine Parties</i> 	15  <i>Playgroup</i> 8:30 - 11:15 a.m.	16	17
18	19 	20	21	22	23	24
<b>Mid Winter Break - No School</b>						
25	26  <i>Classes Resume</i>  <i>Board of Education</i> <i>Mtg. - 6:00 p.m.</i>	27	28			



# FEBRUARY 2018

## Bobcat Playgroup

### Northern Adirondack Central School



#### THURSDAYS

8:30 a.m. – 10:45 a.m. Playgroup

10:45 a.m. – 11:15 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, February 1

The Groundhog and his Shadow

By Kurt Wiese

#### Be My Valentine

(Sung to: Mary Had A Little Lamb)

You're a special

Friend of mine

Friend of mine

Friend of mine

You're a special

Friend of mine

Be my valentine!

Thursday, February 8

A Valentine for You

By: Wendy Watson

Thursday, February 15

A Sweetheart for Valentine

By: Lorna Balian

**8:30 – 9:00**      **Welcome / Free Play**

**9:00 – 9:30**      **Circle Time/ Songs**

**9:30 – 11:00**    **Craft**

**10:00 – 10:20**   **Snack**

**10:30 – 11:00**   **Gym**

**11:00 – 11:15**   **Story Time**

Thursday, February 22

NO SCHOOL

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

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

Working Together for School Success

February 2018

Northern Adirondack Elementary



## SHORT NOTES

### I love you because...

Family members can share what they love about each other with this writing activity. Have your youngster cut out paper hearts. Write love notes on them and hide for others to find. For example, maybe your child will put one under her sister's placemat that says, "I love you because you make me laugh."

### On the road again

Carpooling with other parents is a great way to save time and money—and to get to know your youngster's classmates. When you drive, you'll probably hear them discuss school, sports, and friends. *Note:* Ask parents about booster seats—if a child uses one in his parents' car, he'll need one in yours, too.

### Indoor "recess"—at home

When winter weather keeps your family inside, ask your child to show you what she does during indoor recess at school. She could teach you games, crafts, or songs she enjoys. Then, encourage her to come up with new ideas to try at home or in class.

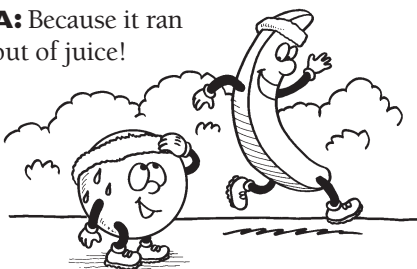
### Worth quoting

"Life itself is the most wonderful fairy tale." *Hans Christian Andersen*

## JUST FOR FUN

**Q:** Why did the orange lose the race?

**A:** Because it ran out of juice!



## Olympic-sized learning

While the 2018 Winter Olympic Games are taking place thousands of miles away, your child can earn a "medal" in learning at home. Turn Olympic magic into educational gold with these suggestions.

### Reading

Speed skating, ski jumping, luge...which Winter Olympics sports does your youngster enjoy watching? Head to the library together to pick out books about their history, the rules, and how the athletes train. *Idea:* Hold a "reading Olympics." Let family members count the books they read in February. At the end of the month, everyone can award medals to their three favorites.

### Math

Your child will practice gathering, recording, and calculating data to find out which of his favorite countries wins the most medals. Encourage him to divide poster board into four columns: "Country," "Gold," "Silver," "Bronze." In column one, he can list teams he'd like

to follow. Every day, have him check a newspaper or *olympic.org* and add tally marks for each country's medals. After the Olympics end, he can total them up to see who got the most in each category.

### Social studies

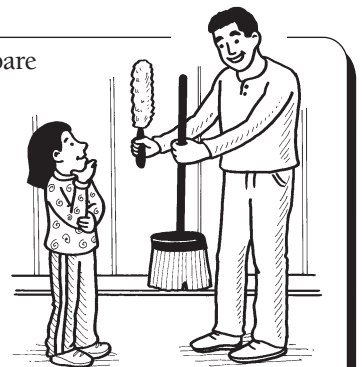
Where in the world do the Olympic athletes come from? To explore geography, help your youngster use a map to find countries represented in the Olympics. He might put star stickers on the countries on a wall map. Or let him print out a world map and make a dot on each competing country.♥



## Decisions, decisions

Learning to make smaller decisions now will prepare your youngster to make bigger ones later. Here are ways to build her decision-making skills:

- Hearing you think through your choices gives your child an example to follow. You might say, "I'd like to visit Aunt Sue tonight, but then I might not finish this proposal for work. I'll go Saturday instead."
- When possible, give your youngster two to three specific options. That way, she can make a decision without feeling overwhelmed. *Example:* "Do you want to sweep or dust?" rather than "Which chore would you prefer to do?"♥



# An anti-bullying attitude

Having a positive attitude toward others can help to keep your youngster from participating in bullying. With these ideas, she'll be more apt to be kind to others and want them to feel included.

**1. Watch your words.** Let your youngster know you expect her to speak kindly. Before she says something she's unsure about, she could ask herself if she would want *you* to hear it. If she overhears another



student calling a classmate names or gossiping, she could counter the unkind words with nice ones. (“I hear you’re really good at gymnastics.”)

**2. Accept everyone.**

Leaving people out on purpose is a form of bullying. Suggest that your child look for chances to make others feel that they belong. For example, she might ask to

join someone who normally sits alone on the bus. Or she could invite a new student to her birthday party. She'll see how good it feels to make someone's day—and perhaps she'll even gain a friend!♥

## ACTIVITY CORNER

### Inspired by art

Art unleashes your child's imagination and lets him practice fine-motor skills. Try these tips to encourage him to experiment.



**Use natural supplies**

Challenge your youngster to find free art materials right in your backyard! For instance, he might use sticks or feathers as paintbrushes. Or he could draw on rocks with colored chalk.

**Try new formats**

Suggest that your child arrange objects (toys, fruits) on a table and sketch a *still life*. Or go outdoors where he can paint a *landscape* of natural scenery like trees or a pond. If he wants to draw a *portrait*, he could ask a family member to pose—or look in a mirror and create a self-portrait.♥

## PARENT TO PARENT

### Safe to make mistakes

My third grader, Mark, gets discouraged when he can't do something correctly right away. While he was practicing his typing skills, he said, “Forget it, I'm no good at this,” and walked away from the computer.

I told Mark that mistakes are part of learning. I admitted that when I was his age, I wanted to quit the violin because I couldn't get the notes right on my favorite piece. Luckily, the school music teacher encouraged me to continue, and Mark knows that I enjoy playing the violin to this day.

To show Mark his mistakes were “stepping-stones,” I drew circles across a sheet of paper. Each time he made a mistake while typing, I suggested he cross out a stepping-stone and start the sentence again. I knew that if he kept trying, he'd type an error-free sentence before he got to the last stone—and I was right.

Now Mark has a way to track his progress with typing and other things that require persistence.♥



## OUR PURPOSE

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

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## Q & A

### Study with a pencil in hand

**Q:** When my daughter studies for a test, she simply reads through her notes or textbook chapter once and announces she's finished. How can I help her study more effectively?

**A:** Reading is an important part of studying. But writing and drawing can help cement the information in her mind—in fun and interesting ways.

For example, if she's studying a textbook chapter, she could write answers to

the end-of-chapter questions or even design her own quiz. When she studies with a classmate, they might write questions on index cards and play “quiz show.”

Sketching pictures is another good study strategy. To prepare for a test on planets, she can draw and label the solar system. Or she could draw pizzas and write fractions on the slices while studying for a math test.♥



# Nutrition Nuggets

Food and Fitness for a Healthy Child

February 2018

Northern Adirondack Central School  
Al Pageau, RN School Nurse

## BEST BITES

### Find the right milk

Milk alternatives, such as soy, almond, rice, and coconut milk, are widely available today. That's good news for youngsters who can't have dairy. When choosing non-dairy milk, look for unsweetened varieties that are fortified with calcium and vitamin D.

## DID YOU KNOW?

Jumping rope builds bone density, improves heart health, boosts balance and motor coordination, and burns calories. Help your child find a book of jump rope rhymes or games at the library or online. Then, try some together, or encourage her to teach them to her friends.



### Thrifty kitchen supplies

Kitchen tools and appliances can be expensive. Consider taking your youngster with you to thrift shops and garage sales to stock up on cooking gadgets. This shows him the value of budget-friendly shopping. Good bets for used items include loaf pans, measuring cups, pots, and blenders.

### Just for fun

**Q:** What did one pretzel say to the other pretzel?

**A:** "Let's twist!"



## Connecting over family meals

Gathering for a meal is about more than just eating—it's also about connecting as a family. Research shows that families who share meals tend to eat healthier foods. Here are ways to encourage together time around the kitchen table.



### Eat by candlelight

Eating slowly gives your child's brain time to tell her stomach it's full, reducing her chance of overeating. Try lighting candles to create a relaxed atmosphere—this can encourage everyone to slow down and savor the meal. Plus, your child will feel excited that dinnertime seems "fancy."

### Create a conversation box

Everyone will look forward to meals with this idea. Together, think of questions like "If you could travel through time, what decade would you visit?" or "What would happen if kids and parents could trade places for a day?" Let your youngster write the conversation starters on slips

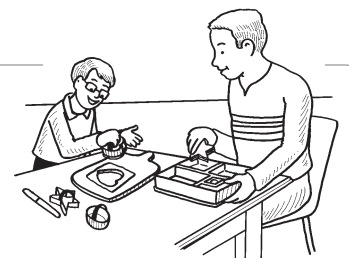
of paper and put them in an empty box. During a meal, she can pull out a question to spark an interesting discussion.

### Be flexible

Meals can be at different times of day or in different places. The key is to work with your family's schedule—and even add a touch of fun. One evening, you might eat on a picnic blanket on the living room floor. If everyone can't be home for dinner, have a family breakfast. On warmer days, eat on your patio or at a picnic table at the park. ♥

## Bento box lunches

A *bento box* is a container with different foods in individual compartments. Many Japanese children use them for school lunch. Try the bento box approach for a weekend lunch tradition:



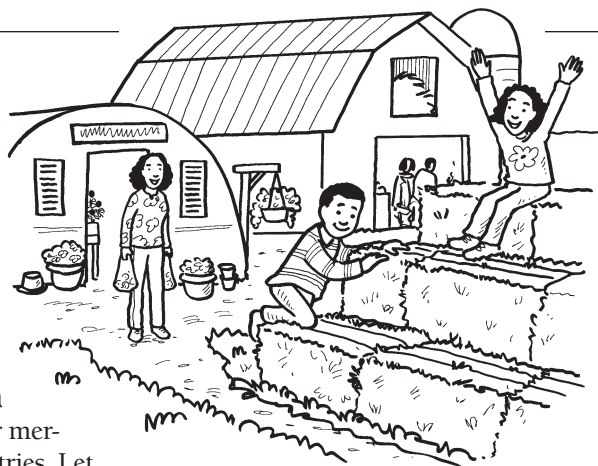
- What youngster wouldn't love cheese "stars," lean turkey "hearts," or melon "basketballs"? Use cookie cutters or other kitchen tools to cut food into fun shapes. Then, place the shapes in ramekins or small food-storage containers arranged on a plate.

- Turn a small ice cube tray into a bento box by putting bite-sized foods into its sections. Your child might fill them with chopped hard-boiled egg, pineapple chunks, and green beans. Or he may like leftover grilled chicken cubes, whole-wheat crackers, grapes, and edamame. ♥

# Take a healthy field trip

Nothing beats hands-on learning to spark your youngster's interest in nutritious foods and physical activity. A great way to do this? Plan healthy adventures like these.

**Explore food stores.** Check out new-to-you health food shops, locally owned markets, or merchants specializing in foods from other countries. Let your child pick out something your regular store doesn't carry, like a loaf of freshly baked bread or an unfamiliar spice blend.



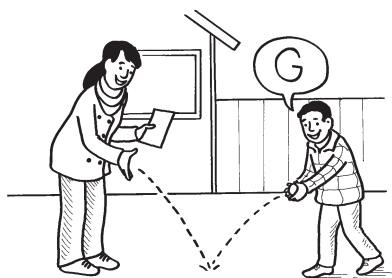
**Try a gym.** Many community centers, YMCAs, gyms, and rec centers offer free day passes or trial classes. Call around to find one. You and your youngster could swim, play tennis, or perhaps attend a parent-child class like yoga or karate.

**Visit a farm.** Search online for nearby farms and farmers' markets that are open in winter. Your child can choose fresh local vegetables to sample or to add to a dinnertime salad. A farm tour might also allow him to get exercise by climbing hay bales or rope ladders. ●

## ACTIVITY CORNER

### Bounce and spell

Put an active twist on your child's next spelling test study session. Get his word list and a tennis ball, then find a space indoors or go outside to play a few rounds of Spelling Bee Bounce.



Stand about 6–12 feet from your youngster, say a word from his list, and bounce the ball to him. As he says each letter, he bounces the ball to you and then you bounce it back to him. If he gets a letter wrong, say, "Oops, try again!" and he starts the word over.

Get creative in this game. He could spin around before bouncing the ball, or he could pretend to shoot it to you like a basketball free-throw.

Before you know it, he'll have mastered his entire spelling list—and gotten exercise along the way! ●



## Q&A Bedtime snacks

**Q:** My daughter always wants a snack before she goes to bed. What should I give her?

**A:** A bedtime snack can help stave off hunger until morning, especially if your family eats dinner on the early side.

The recommendations for bedtime snacks are the same as those for snacks your child eats any time of day: Stick to small portions, limit sugar, and choose proteins and whole grains.

Good options include oatmeal, whole-wheat toast topped with a sliced banana, or whole-grain pita pockets stuffed with hummus and shredded carrots. On the other hand, you'll want your youngster to stay away from less healthy items like cookies, cupcakes, and chips.

*Tip:* Avoid giving your child a snack in the hour before bedtime, since digesting food can make it harder for her to fall asleep. ●



## IN THE KITCHEN

### Kid favorites: Baked, not fried

Chicken nuggets and french fries are popular with children—and they can be nutritious if they're not actually fried. Rethink these favorites with the following healthy twists.

#### Chicken nuggets

Cut  $\frac{1}{2}$  lb. boneless, skinless chicken breasts into bite-sized pieces, and brush lightly with olive oil. In a bowl, mix  $\frac{1}{2}$  cup whole-wheat bread crumbs, 2 tbsp. grated Parmesan cheese, and 1 tsp. Italian seasoning. Roll chicken in mixture to coat. Cook on a lightly



greased baking sheet at 425° for 12–15 minutes, flipping halfway through, until chicken is fully cooked.

#### French fries

Cut 3 medium russet potatoes into strips. Lightly coat two baking sheets with cooking spray. In a bowl, combine potatoes with 2 tbsp. olive oil, 1 tsp. chili powder (optional),  $\frac{1}{2}$  tsp. salt, and  $\frac{1}{4}$  tsp. pepper. Arrange on baking sheets, and place in a 400° oven for 30 minutes (turning over after 15 minutes) or until crispy. Spread fries on a paper towel-lined plate to soak up excess oil. ●

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Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

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