

NORTHERN ADIRONDACK ELEMENTARY

POB 164 ◊ 5572 Route 11
Ellenburg Depot, NY



Special points of interest:

- PRIDE Assembly on Friday, January 12 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!
- School Closings - In the event of possible school closings due to bad weather you will be contacted through the One Call System. Please be sure contact information is up to date.
- Please remember, students arriving after 8:20 a.m. are late and need to be signed in at the Main Entrance escorted by an adult. For the safety of your child, it is important that you do not send him/her into the building alone.



2018

Parent News & Notes



REMINDER FROM THE MAIN OFFICE

Please keep your home and work phone numbers updated in the main office.

RELIGION CLASSES

We have been notified by Religion Directors that church school classes have been suspended for January and February due to the cold weather. Students will be returning to church school on Tuesday, March 6, 2018.

REMINDER FROM THE NURSE

Your child should not be in school with a temperature of 100° or higher. Students may not return to school until they are fever free for 24 hours without medication.



Please contact the nurse with any further questions.

A NOTE FROM MRS. BLONDO

Winter is here and time spent outside is limited. I invite parents to provide opportunities for their children to do creative activities while cooped up inside. Store-bought crafts are great tools that promote skills such as following directions and fine motor abilities. Other resources, that are just as important, are simply access to paper, pencils, crayons, scissors, glue, tape, etc. These tools are the building blocks for individual creativity and problem solving skills. The Elementary Art Curriculum can be found on my school website: <http://www.nacs1.org/elementary/art/>. It is comprised of lists of skills your child will be working on in art class.



APPROPRIATE WINTER DRESS

The cold weather is here! Please be sure your child comes to school properly dressed to go outside for recess everyday. Students need winter coats, ski pants, boots, mittens and a hat to play in the snow at recess. Some students have been getting off the bus in the morning without winter jackets. Whether or not the students go outside for recess, they still need to be wearing a winter coat in these frigid temperatures we experience here in the North Country. Please contact your child's teacher or Ms. Silver if your child is in need of any winter clothing.



A Thank You from Mrs. Smallman

Thank you for your support of the Fall 2017 Book Fair! Mrs. Smallman will be able to add many new books to the library from the proceeds. See you at the spring 2018 book fair: March 19-23!



Attendance Phone Calls

N.A.C.S. believes that there is a strong correlation between student achievement and student attendance. Our school has a procedure of making phone calls to the homes of all absent students. This procedure was put in place as an added safety measure and to bring the importance of attendance to the forefront. You will still be required to send in a note with your child stating the dates and reason for his/her absence. Please refer to your student handbook with any questions regarding attendance.



January 2018

Bobcat Playgroup

Northern Adirondack Central School



THURSDAYS

8:30 a.m. – 11:15 a.m. Playgroup

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, January 4th

Snowmen at Work

By: Caralyn Buehner

Snowball

(Sung to: Are you Sleeping?)

Make a snowball, make a snowball.
Throw it now, throw it now.

Make a snowball, make a snowball.
Throw it now, throw it now.

Thursday, January 11th

Snowmen at Night

By: Caralyn Buehner

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 Free play/ Physical activity

11:00 – 11:15 Closing Circle Time

Thursday, January 18th

Winter is for Snow

By Robert Newbecker

Thursday, January 26th

The Snowy Day

By: Ezra Jack Keat

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[®]

Working Together for School Success

January 2018

Northern Adirondack Elementary



SHORT NOTES

What's the source?

Share these ideas for keeping track of sources when your youngster writes reports for school. He can jot each fact on the front of an index card and list the book's title and author on the back. Or he could print out articles and highlight information he plans to use. The URL will be right there at the bottom of the page.

Winter wear

Not too cold, not too hot—your child will concentrate better in school if she's comfortable. Encourage her to dress in layers so she can remove or add as needed. For example, she might wear a sweater over a T-shirt or a vest on top of a blouse.

Developing diligence

When your youngster gives a job his wholehearted effort, he's being *diligent*. To demonstrate, suggest that he fold a few shirts before putting them in a drawer and then just throw in the rest. Ask him if he has done the job right. Point out that diligence will give him better results (unwrinkled shirts).

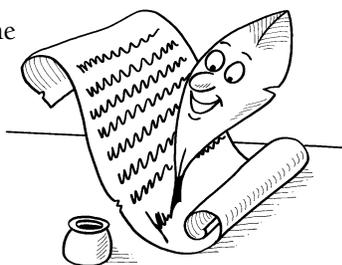
Worth quoting

"Hold on to a true friend with both your hands." *Nigerian proverb*

JUST FOR FUN

Q: Where was the Declaration of Independence signed?

A: At the bottom.



Together time

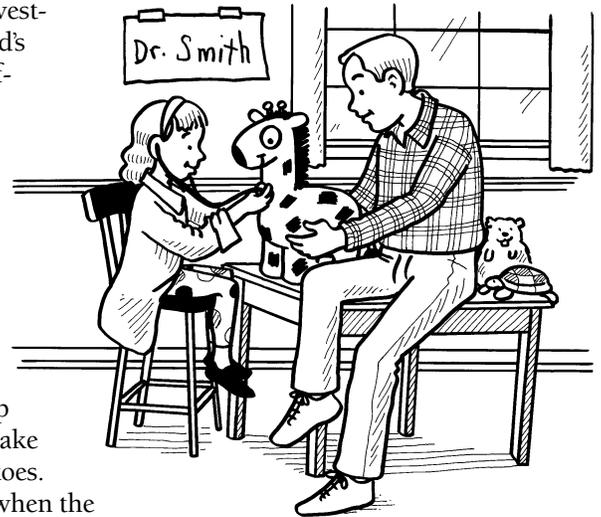
Family time is a worthy investment that can boost your child's communication skills and self-esteem. As a result, she may learn more and behave better in school. Try these ideas for fitting in more time with your youngster.

Maximize minutes

Sharing simple, everyday moments may lead to conversations about school or friends. Ask your child to help you with dinner. She could make the salad while you peel potatoes. Or sing along with the radio when the two of you are in the car or listening to music at home.

Have "play dates"

Join your youngster when she plays. She might teach you the rules for Trouble or Mousetrap, or you could show her a card game you liked at her age. Or pretend with her—maybe she'll be a veterinarian and you'll bring stuffed animals for checkups. Taking turns and role-playing build social skills she needs in school.



Plan ahead

With your child, list special activities you both enjoy, such as going to a flea market, visiting a nature center, or watching a basketball game. Put these on a calendar so you'll plan on them. She'll see that her company is important to you.

Tip: Silence or put away your phone to give your youngster your undivided attention while you chat or play.♥

Celebrate history

For a child, even yesterday can seem like a long time ago. Bring the past into the present for your youngster with these do-it-today activities.

● Celebrate Martin Luther King Jr. Day.

This civil rights leader helped to change the world.

How can your family make a difference? Have each person draw a star on a sheet of paper, then cut it out and write one way to help others on each of the star's points. *Examples:* "Make a meal for a sick neighbor." "Play with a classmate who doesn't have a lot of friends."

● **Create a personal history museum.** History isn't just about others—your family has its own history, too! Let your child turn a box into a museum filled with items that remind family members of "historic" moments. He might include his T-ball award or a photograph of his little sister in a school play.♥



Keys to collaboration

Here's a skill that will come in handy when your child works with partners or groups: collaboration. He'll need to exchange opinions and solve problems throughout his school career and in future jobs. Share these tips.

Think before answering. In a good discussion, each person builds on others' responses. Practice by asking



one family member wants tacos for dinner and another wants pasta. Perhaps he'll suggest a "taco-spaghetti bar" where you have tortillas *and* noodles, with toppings for both.♥

a "Would you rather" question, such as "Would you rather fly like a bird or transport anywhere instantly?" Maybe you'll say "teleporting" is better because you'd get home from work quickly. Your youngster might reply, "I agree that teleporting would be faster, but I'd like to fly and look at the world below."

Negotiate thoughtfully.

Appoint your child "consensus builder" for one week. His job is to think of compromises. Say

PARENT TO PARENT

Peer pressure: Stop and think

My daughter Chloe has a friend who dares her to do things that could lead to trouble. When the girls got a restroom pass from their teacher, this friend pressured her to sneak onto the playground. Chloe said it was hard to say no, and when she did, her friend called her a "scaredy-cat."

I told Chloe I was proud of her for doing the right thing. Then I shared an idea to use if she faces peer pressure. She can picture a



stop sign in her mind—that's her cue to *stop and think*. If she wouldn't want her teacher or me to see her saying yes, she should say no.

We also talked about how true friends will take "no" for an answer. I hope the "stop sign" strategy will help her handle tough situations in the future.♥



Q & A

Encourage active play

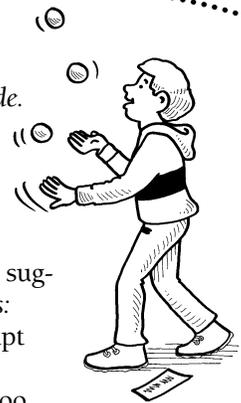
Q: My son used to get plenty of exercise by playing outside. Now that he's older, he spends more time sitting around than running around. How can I get him moving?

A: You're right to want your son to move more, since daily physical activity will keep him healthier.

Challenge your child to think of fun ways to be active, and suggest that he write each one on a separate index card. *Examples:* "Jump rope." "Juggle balls." "Play air guitar." Every day, prompt him to pick a few cards and do what they say.

Encourage him to enjoy physical activity with other kids, too, by joining a sports team or taking a class like karate or gymnastics. You can also help by being active *with* him. Go outside for a game of catch, follow along with a workout video, or play Ping-Pong at the community center.

Between these ideas—and recess and PE at school—your son can get the recommended hour or more of exercise per day.♥



ACTIVITY CORNER

Make a crystal "garden"

This sparkly science experiment will show your youngster how crystals form.

1. Save the shells from 4 eggs that you've cracked in half. Have your child rinse them and place into an empty egg carton.

2. Measure $\frac{1}{2}$ cup boiling water into a mug. Your youngster should stir in about $\frac{1}{4}$ cup salt, a little at a time, until it won't dissolve anymore.

3. Let your child pour 1 tbsp. water into each shell and add a drop of food coloring.

4. Have her check the shells twice a day and record what she sees. Over several days, colorful crystals will form.

5. She could paint her crystals with clear nail polish to preserve them.

The science: As salt dissolves, the water molecules drive apart the salt molecules. When the water evaporates, the salt molecules go back together,

forming a regular geometric pattern called a *crystal*. Snowflakes and diamonds are real-world examples of crystals.♥



OUR PURPOSE

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

Resources for Educators, a division of CCH Incorporated
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Nutrition Nuggets

Food and Fitness for a Healthy Child

January 2018

Northern Adirondack Central School
Al Pageau, RN School Nurse



BEST BITES

Junior chef

Get your child excited about helping in the kitchen by letting her dress the part. Find a large white button-down shirt she can wear like a chef's outfit. Have her write her name on a mailing label ("Chef Suzy") and stick it on. Hand her a colorful spatula, and enjoy cooking together.



Swap parsnips for potatoes

Make "french fries" from parsnips, a root vegetable that's high in fiber and folate. Peel 2 lbs. parsnips, and cut into thick strips. Toss with 2 tsp. olive oil, $\frac{1}{2}$ tsp. salt, and $\frac{1}{4}$ tsp. pepper. Place on a baking sheet, and bake 10 minutes at 450°. Flip, and roast 10 minutes more.

DID YOU KNOW?

Swimming builds endurance, strengthens all muscle groups, and is easy on joints and bones. Encourage your youngster to swim year-round with trips to an indoor community pool. He might take swim lessons or sign up for a winter league. *Ideas:* Join him in the pool and swim together, race against each other, or play tag.

Just for fun



Q: What's green and bumpy and jumps every few seconds?

A: A pickle with hiccups.

Get healthier together!

Make eating better and getting fit a family affair this year. Being "in it together" can keep everyone motivated. Use these simple tips to get started.

Be a role model

Your youngster will copy your good and not-so-good behaviors. Telling him to eat an orange while you munch on potato chips sends a mixed message, as does using your tablet while encouraging him to go shoot baskets. A better approach? Ask him to help you cut apples for a snack, or suggest that you play basketball together.



Focus on variety

Instead of dieting or emphasizing foods to avoid, identify healthy foods to *add* to meals. Think: fresh fruits, crisp vegetables, beans and lentils, nuts, seeds, whole grains, and lean protein. This ensures you're not limiting nutrients your growing child needs. It also pushes less-nutritious foods off your plates.

Increase physical activity

Brainstorm regular family fitness ideas with your youngster, then put them on the calendar. You might try nightly after-dinner walks or Saturday morning bike rides. Move more during everyday activities, too. Park farther from your destination, take the stairs rather than the elevator, or shovel snow together. Before you know it, being more active will become a household habit. ♥

DIY supersized fun

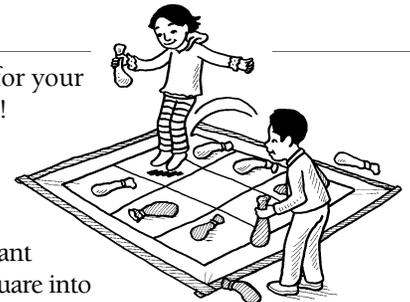
Looking for some life-size entertainment for your child? Let her create a giant tic-tac-toe board!

Materials: old sheet, marker, duct tape, 10 old socks (5 of one color and 5 of another), dry beans, rubber bands

Help your youngster measure and draw a giant square on the sheet. Draw lines dividing the square into 9 equal boxes, and tape the sheet to the floor, or set it outside.

Make beanbags by filling socks with beans and sealing them shut with rubber bands.

Each player gets 5 same-color beanbags. Now take turns hopping into a square, dropping a beanbag, and hopping out. The first to get three in a row across, down, or diagonally wins. ♥



A well-stocked kitchen

With the right ingredients on hand, you can quickly whip up nutritious dinners on busy weeknights. Plus, you'll avoid last-minute impulse purchases or costly takeout. Try these steps for shopping and planning.

1. Take inventory. Help your child list ingredients you use frequently, such as rice, pasta, shredded cheese, green beans, bread, and ground beef. Let her go through the refrigerator and pantry and cross out items you already have. *Bonus:* She'll practice reading and writing.



To make it healthier, grate zucchini and stir into the sauce. Have a can of black beans and some brown rice? Just add cooked broccoli for a healthy rice bowl. 🍷

2. Stock up. Shop together for ingredients that remain on your list. Look for healthy swaps, such as whole-wheat bread rather than white, frozen vegetables instead of canned, and extra-lean ground beef in place of regular.

3. Figure out meals. Ask your youngster to help you create nutritious menus based on what's on hand. For instance, if you've got whole-grain spaghetti and a jar of marinara sauce, there's an easy meal.

PARENT TO PARENT

What's in your smoothie?

My son Liam loves our local smoothie place, and I'm happy he's getting more fruit into his diet. But recently, I noticed a sign listing nutrition information, and I realized his favorites have a lot of sugar and fat. So I decided to start making smoothies at home in the blender.



We experiment with fruit combinations like strawberry and banana or peach and mango. Instead of flavored yogurt, which has a lot of sugar, I use plain yogurt and a little honey. Sometimes I include peanut butter or flaxseed for protein. I've even added kale and spinach so my son gets greens.

Liam enjoys our homemade smoothies, and now he's eating more fruits and vegetables—and less sugar and fat. 🍷

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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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ACTIVITY CORNER

Boosting balance skills

Set your youngster up for success in sports and games by helping her improve her balance. Consider these fun ideas.

• **Flamingo contest:** See who can stand on one foot the longest. Switch legs, and do it again. To increase the challenge, close your eyes while balancing.

• **Cereal box challenge:** Have each person place an empty cereal box on her head. Keeping your back straight and chin up, race across the room. If you drop your box, return to the start. The first player to cross the room wins.

• **Hula hop:** Scatter a few hula-hoops on the ground a few feet from each other (or make circles with pieces of yarn). Family members can jump into each hula-hoop—without losing their balance and falling outside the hoop. Try it again, this time jumping backward. 🍷



IN THE KITCHEN

Slow-cooked meals

Tap into the power of your slow cooker with these recipes to enjoy on cold winter days.

Chicken-quinoa risotto

Place 1½ lbs. boneless chicken breasts into a slow cooker. Add 1 cup uncooked quinoa, 2 cups low-sodium chicken broth, and 2 cloves minced garlic. Cook on high 4 hours. Shred chicken, and return to slow cooker. Add 2 cups frozen peas, stir, and cook 30 minutes more.

Vegetarian "pot roast"

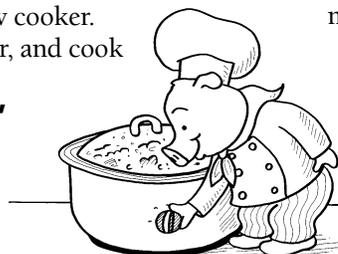
Chop 1 lb. mushrooms (white or portobello), 1 lb. sweet potatoes, and 2 carrots. Put in slow

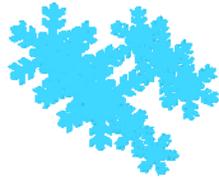
cooker with 2 cups vegetable stock, 1 tbsp. tomato paste, 1 tsp. dried thyme, ¼ tsp. salt, ¼ tsp. pepper, and ½ tsp. garlic powder. Cook on low 6–8 hours.

Beef stroganoff

Fill slow cooker with 1½ lbs. lean stew meat, 1 medium onion (diced), 1 cup low-sodium beef broth, 2 tbsp. Worcestershire sauce, 2 tbsp. Dijon mustard, and ¼ tsp. each salt and pepper. Cook on low 6–8 hours.

Stir in 1 cup Greek yogurt just before serving. Enjoy over whole-grain egg noodles. 🍷





January 2018



The "Word of the Month" for January is *Tolerance*. *Tolerance* means being willing to accept feelings, beliefs or habits that are different from your own. Showing patience, fairness and respect to all people.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 No School 	2 School Resumes	3	4 Playgroup 8:30 - 11:30 a.m.	5 Grade 4 Ski Trip to Titus Mountain	6
7	8 PTO Meeting 6:00 p.m.	9 	10	11 Early Release 11:50 a.m. Playgroup 8:30 - 11:30 a.m.	12 PRIDE Assembly 8:30 a.m. Spelling Bee Grade 4& 5 1:00 p.m.	13
14	15 No School Martin Luther King, Jr. Day	16 Dental Hygiene Clinic Grade 2	17	18 Playgroup 8:30 - 11:30 a.m.	19	20
Elementary Dental Clinic						
21	22 Board of Education Meeting 6:00 p.m.	23	24	25 Playgroup 8:30 - 11:30 a.m.	26 2nd Quarter Ends	27
28 	29 3rd Quarter Begins	30	31			