

**NORTHERN
ADIRONDACK
ELEMENTARY**

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



Special points of interest:

• CHECK OUT GOLDEN RULE WEEK IN SEPTEMBER!!!

Please be sure to check out the Golden Rule Week calendar enclosed in your summer packet.

- Fall Festival - Thursday, September 13, 4:30-6:30 p.m. Come and spend some time together at this family and school centered event!!

- PRIDE Assembly on Friday, September 7 at 1:05 p.m. Parents, please come and join us!

PLEASE NOTE THE TIME CHANGE FOR THE PRIDE ASSEMBLY.

- There are still a few 2017-18 Memory Books available. Just send in \$18 (in an envelope clearly marked "Memory Book") to Mrs. Brassard in the main office if you would like one.



September 2018

Parent News & Notes



AND WE'RE OFF....

Greetings from NAC Elementary! The start of the new school year is under way. I would like to offer a warm welcome back to our families and students from last year and give a warm welcome to our new students and families.

I would ask parents to review the important information below so that we can get back into the normal routine and also assist Kindergarten students to transition to this routine. If you have any questions, please contact me. I'm looking forward to another successful year at NAC Elementary!

Ms. Lisa M. Silver
Elementary Principal



MORNING ARRIVAL PROCEDURES

Please note the following guidelines for our morning procedure:

Due to no supervision, *students may not enter the building or be dropped off prior to 7:45 a.m.*

All students being dropped off *must be accompanied into the building by an adult* and enter through the Main Entrance.

After entering the Main Entrance, students should check in with the secretary and then proceed directly to the cafeteria to be supervised.

Students are *not allowed* to roam the hallways or go directly to classrooms.

Students are to remain seated in the cafeteria until the breakfast monitor dismisses them.

Students should then proceed directly to their classroom and should not be loitering in the hallways.

Please keep in mind that these procedures are in place to keep your child secure during our morning routine. We want parents to refrain from mingling in the hallways during this very busy time. Adults in the hallways, other than school staff, will visually alert us to unauthorized persons in the building. If you need to be in the school at this time, please report directly to the main entrance sign in desk. We are frequently confronted with difficult custody and visitation issues as well as Court Orders and Orders of Protection. Therefore, we need the cooperation of all parents and visitors to our building. This cannot be emphasized enough. Your cooperation and understanding will assist us in keeping our school a secure place for your child to attend.

PARENT NEWS & NOTES IS NOW

This will be the second year, the Parent News & Notes monthly newsletter will be available on the school's website at www.nacs1.org. We no longer send home paper copies.

KINDERGARTEN OPEN HOUSE

There will be a Kindergarten Open House on Wednesday, September 5 from 1:00 to 1:30 p.m. At 1:30, the Kindergarten students will take a short bus ride to become familiar with bus safety procedures.

FIRST & SECOND GRADE OPEN

On Wednesday, August 29th, there will be an Open House for 1st & 2nd grades from 4:00 to 6:00 p.m.



CAFETERIA MEAL PRICES

Again this year there will be no charge for breakfast and lunch due to the Universal Free Breakfast & Lunch Program. You may still add money to your child's lunch account for ice cream, extra milk or an extra entrée. Prices are listed below:

Extra Milk	.50
Ice Cream	.50
Extra Entrée	1.25/lunch & .75/breakfast



STUDENT AGENDAS



Students in grades 3-5 will be furnished with a student agenda. The agenda is an assignment pad, a planner, and a resource guide. The purpose of the agenda is to provide an easy way for parents and teachers to communicate.

GREEN COMMUNICATOR/HOMEWORK FOLDERS

All elementary students in grades Pre-K-5 will be given a green communicator folder for use throughout the school year. This is a two-pocket folder labeled with 'return to school' on one side and 'keep at home' on the other. Graded work will be sent home in this folder as well as daily homework that is assigned. This has been very helpful to assist students as well as parents in organizing the many papers that may come home and those which need to be returned to school.

ELEMENTARY DRESS CODE

All students are expected to dress appropriately for school and school functions. Students and their parents have the primary responsibility for acceptable student dress and appearance. The following items are not allowed to be worn in elementary school:

1. High heeled shoes
2. Flip flops or open backed shoes (only sandals with a back strap are allowed)
3. Spaghetti strap tops
4. T-shirts of a violent nature

Please refer to the Dress Code Section in our Code of Conduct located in the student handbook for further guidelines.

LABEL STUDENT'S BELONGINGS

Please be sure to label your child's personal belongings such as lunch boxes, backpacks, coats, etc. Many times items are turned in to the office and we do not know whom they belong to. Lost items end up in the lost and found without being returned to the



DISMISSAL TIMES & PROCEDURES

Please note the following dismissal times:

Grades 3-5	2:20 p.m.
Grades Pre-K-2	2:25 p.m.

Parents are asked not to sign children out before these times. At the end of the day, teachers are finishing their classes, giving extra help, finalizing homework assignments, giving last minute instructions, etc. An early dismissal may cause your child to miss important information. If you are picking up your child for an appointment, please send in a note with your child so homework assignments can be prepared before departure.

If children are not riding the bus home, parents must report to the office to sign them out. Parents are not to report to the classroom to pick up their child. You are required to sign the child out in a logbook. The office staff will then call your child to the main entrance sign in desk while you wait. Please make sure you allow for this policy in your timetable.

If it is necessary to call school to have your child ride a different bus or be signed out early, please call before 1:30 p.m. During the 2:15 p.m. announcements, we will announce that your child will be expected to report to the office at dismissal time and not board the bus. If someone other than the parent is sent to dismiss a child, a phone call or note giving the school permission to release the child must have been received prior to the pick-up time. It is also important to write a note letting us know if there is a change in the normal routine. Children are not allowed to meet parents in the parking lot at dismissal or be released from the buses or classroom. Parents are to wait at the main entrance when picking up their child.

Any student leaving school without following these procedures will be considered truant and can expect disciplinary action.

Students are not allowed to leave the school grounds for any reason. Children are never allowed to go to the store.

Students who normally ride the bus to and from school must do so unless permission is obtained from the parent or the elementary office.

BRINGING ITEMS TO SCHOOL

Children are prohibited from bringing electronics to school. These are expensive and could be damaged or stolen. Radios, electronic games, MP3 players, tablets, iPads and cell phones are not to be brought to school under any circumstances. The school is not responsible for them; therefore do not allow your child to bring these items to school. Violation of this rule may warrant confiscation of the item and a parent to pick it up.

Please consult the Student Handbook for additional procedures and expectations. You will find it on our website at www.nacs1.org. Once there go to Elementary School-Parents-Elementary Student Handbook.

NURSE'S CORNER

The beginning of each school year is filled with excitement and stress. Parents and students have to think of what supplies will be needed and what will be expected of them for the next school year. I hope to make the health office list short and easy.

Those students entering Pre-K and kindergarten are required to have all necessary immunizations within two weeks of the start of school. You will find an immunization requirement form enclosed in the summer packet that needs to be signed and returned. Notifications will be sent to parents of students that do not currently have updated or completed records. A physical is requested as well as dental health certificates.

A Health Certificate (physical examination) must be dated no later than 12 months prior to the start of the school year in which they are required (Pre-K, K, Grades 1, 3, and 5 or new entrants). This certificate is to be submitted within two weeks of entrance into school. Ideally, the child's primary health care provider should perform the health examination; however the school medical director will provide physicals as needed. If a parent has chosen to have a physical for his/her child done by their family physician, the complete physical examination form must be dated with the calendar year that it is required and presented to the health office within two weeks.

Medication at school is taken very seriously. No medication will be administered to any person without a signed physician order. An adult must bring all medication to school. Medication can never be delivered by a student and never be on a bus. Parents must sign a consent form for administration of medication at school. This rule includes all medication including over-the-counter medication such as Tylenol or Motrin.

Remember communication is the key to success. The health professionals at school are here to help the students and families in our district. Head lice is always a major problem in schools throughout the North Country. Please check your child's hair regularly. This helps to prevent an outbreak and report any infestations as soon as you are able. Head lice do not discriminate and prefer to live on the cleanest heads. Any student found to have live pediculosis (headlice), the parent/guardian will be contacted immediately. The student will be removed from school until the hair is treated. There are no exceptions.

New York State requires many school districts to report BMI information from the previous school year. Northern Adirondack Central School may be selected this year. If you are opposed to your students BMI information from grades K, 2, 4, 7 or 10, we must receive notification of your refusal to utilize your child's information. Keep in mind that only gross category numbers are sent, no names and certainly nothing that could identify any particular student. An opt-out form is included in the summer packet.

Working together we can make school a healthy, fun and safe place to learn and grow.

REMEMBER.....




- To collect Big "G" Box Tops!!
- Our school earns points when you shop at Price chopper and use your Advantage Card!!





September 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 <i>No School</i> LABOR DAY	4 <i>Staff Development Day for Faculty & Staff</i> <i>No School for Students</i>	5 <i>Staff Development Day for faculty & Staff</i> <i>No School for Students</i> <i>New Student Walk-Through 2:30-3:30 p.m.</i> <i>Kindergarten Open House 1:00-2:00 p.m. & bus ride</i>	6 <i>Welcome Back Students!</i> <i>First Day of School</i> 	7 <i>PRIDE Assembly @ 8:30 a.m.</i>	8
9 Golden Rule Week	10 <i>G.R.W. - Crazy Hair Day</i> <i>P.T.O. Mtg. @ 6:00 p.m.</i>	11 <i>G.R.W. - Inside Out Day</i> <i>Welcome Back Assembly With Sylvia 1:30 pm</i>	12 <i>G.R.W. - Hat Day</i>	13 <i>Fall Festival on the front lawn!</i> <i>4:30 p.m. - 6:30 p.m.</i> <i>All are welcome!</i> <i>Food & Prizes!</i>	14 <i>G.R.W. - Dress Your Best Day</i> <i>Fall Picture Day!!</i>	15
16	17 <i>Board of Education Mtg. @ 6:00 p.m.</i> <i>Gr. 3-5 swimming unit starts</i>	18 <i>Church School Begins</i>	19	20 <i>New Student Ice Cream Social Gr. 1- 5 1:45 p.m. - 2:30 p.m.</i>	21 CHEESE! 	22
23	24	25	26	27	28 AUTUMN 	29

The word of the month is Respect.
Respect means using your manners, thinking about other people's feelings and treating everyone and everything in the world with the care they deserve.

Home & School CONNECTION[®]

Working Together for School Success

CONNECTION[®]

September 2018

Northern Adirondack Elementary



SHORT NOTES

Attendance adds up

Students who attend school regularly tend to have better attitudes toward school—and they're more likely to read at grade level. Try to schedule your child's doctor and dentist appointments outside of school hours. Also, be sure to create a backup plan for getting her to school if she misses the bus or you can't drive her.

The importance of integrity

What would your youngster say if a classmate asked him to cheat? Talk to him about how to respond if he's pressured to share answers or let others copy his work. For example, he could say, "Let's study together so we both do well," or "I don't want to risk getting a zero."

DID YOU KNOW?

The average child with a parent in the military moves every two to three years. Encourage your youngster to introduce herself to all new students. If you're a military family, contact your school liaison officer and the school counselor about programs available to help your child adjust.

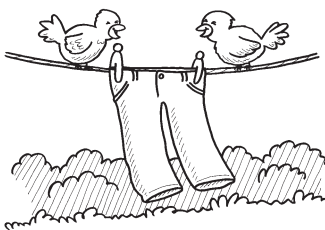
Worth quoting

"All the world is a laboratory to the inquiring mind." *Martin H. Fischer*

JUST FOR FUN

Q: What has two legs but doesn't walk?

A: A pair of pants!



A great beginning

The story of your child's school year is about to unfold. A strong opening chapter will help to set the tone for a great year. Try these strategies.

Introduce the characters

Your youngster's teacher will play an important role in his life this year. Write her a short note, and attach a picture of your family. You might mention your child's hobbies, favorite school subjects, and family members' names. Also, find out how the teacher prefers to be contacted. Getting to know each other now will help you work together in future "chapters."

Get to know the setting

Invite your youngster to tell you about his classroom, the library, and other places at school. What decorations hang on the walls? What books or games are on the shelves? When possible, see for yourself by going to events like book fairs and



math nights. *Idea:* Encourage him to draw you a picture of his classroom to hang on the refrigerator.

Enjoy the plot

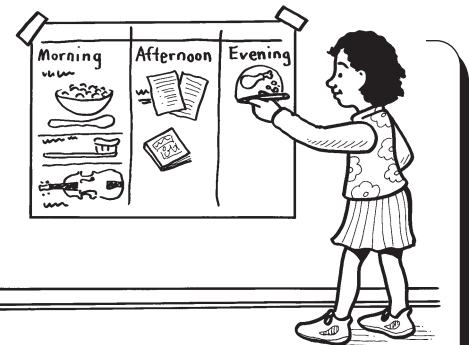
Attend back-to-school night to find out what your child will learn this year. Then, plan family outings or activities related to the topics. If he'll study your state's history, you could visit historic sites. Or if there's a plant unit, let him help you work in the garden or plant seeds in pots. ♥

Routines that stick

Little habits make a big difference in the kind of day you and your youngster have. Here are things each of you could do to create routines for smooth days.

Your child can: Make a picture chart of what she needs to do every morning, afternoon, and evening. She might draw a backpack as a reminder to show you papers she brings home. A picture of a violin could prompt her to practice her instrument.

You can: Have her go to bed in time to get 9–11 hours of sleep and to eat a healthy breakfast in the morning. Set aside downtime after a busy day (perhaps 20 minutes when she gets home) so she'll be recharged for homework, chores, and family time. ♥



Strengthen social skills

School is more pleasant for everyone when children share classroom materials and compromise to solve problems. Consider this advice for improving your youngster's social skills so she learns to get along with others now and later.

Practice sharing

Do activities with your child that require sharing. For example, color together, and let her



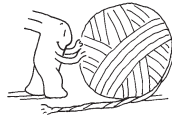
practice asking for the purple or the green crayon nicely. She could say, "May I use that when you're done?" And you might reply, "Sure, I'll give it to you as soon as I finish coloring this dragon."

Learn to compromise

Your youngster and her classmates may disagree on how to approach a group project or a science experiment. Help her prepare by looking for ways to find middle ground at

home. Say she and a sibling argue over what book they'd like you to read at bedtime. They could take turns choosing a story every other night or ask you to read one chapter from each book. If they can't compromise, offer a suggestion like reading a book you pick.♥

PARENT TO PARENT



Outdoor magic

I used to play outside all the time when I was little, but my sons never seem interested in leaving the house. One day, while reminiscing with my sister about all the fun we had outdoors as kids, an idea struck me.

I labeled a bin "Outdoor fun" and put it near the front door. Then, I



asked my boys to fill it with things to play with outside. They found a yo-yo, balls, a Frisbee, a jump rope, and sidewalk chalk. I added a magnifying glass, a jar for collecting rocks and other treasures, and a bucket and shovel for digging in the dirt.

Having this bin in plain sight reminds my sons how much fun it is to play outside. I love seeing them using their imaginations outdoors and getting exercise. And surprisingly, they're not asking for screen time as often.♥

Q & A

Smart money management

Q: We've started giving our third-grade daughter a small allowance. How can we teach her to be responsible with her money?

A: Learning to manage money wisely will give your youngster financial skills to use throughout her life.

Encourage her to write a budget for herself. She could list inexpensive items she asks you to buy for her, such as hair accessories or slime-making supplies. She can also include something she wants to save up for and gifts she'd like to buy others for birthdays and holidays.

Help your daughter look up prices of the items. Then, she should decide how much money to save each week. Consider letting her open a savings account, too. You can show her how to check the balance—she'll feel pride as she watches her savings grow.♥

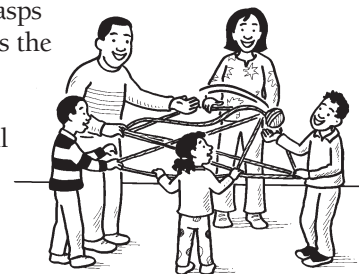


ACTIVITY CORNER

Attention stretchers

Boost your child's attention span with these hands-on ideas that use everyday materials:

- Create a "spiderweb." Have everyone stand in a circle with one person holding a ball of yarn. That person grasps one end of the yarn and tosses the ball to any other player. Your youngster must pay attention so he'll be ready when the ball comes his way. Toss it back and forth enough times, and your child will be delighted by a giant web of yarn!



- Try this classic game that requires focus. You'll need three cups and a small toy like a plastic frog. While your youngster watches, put the toy under one cup. Now slide the cups around for 30 seconds, constantly mixing up their order. Can your child tell you which cup the toy is under?

Then, let him try to stump you. *Idea:* For a bigger challenge, increase the time or add more cups.♥

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
128 N. Royal Avenue • Front Royal, VA 22630
800-394-5052 • rfeustomer@wolterskluwer.com
www.rfeonline.com
ISSN 1540-5621

Nutrition Nuggets

Food and Fitness for a Healthy Child

September 2018

Northern Adirondack Central School
Al Pageau, RN School Nurse



BEST BITES

Wash your hands

Want to lower the chance of your child getting sick or spreading germs? Make it a family habit to wash hands regularly—and always before preparing food or eating. Scrub with soap and warm water for at least 20 seconds, about the time it takes to sing the alphabet song.

Balance like a squirrel

Fun fact: Squirrels use their tails for balance as they scurry across branches. For a playful way to work on balance, have your child pretend she's a squirrel. Let her use chalk to draw a line on the sidewalk. She can run along the line, one foot in front of the other. Ask how *she* balances (perhaps with her arms out at her sides).



DID YOU KNOW?

Your youngster could eat a different kind of apple every day for 20 years! That's because apples come in more than 7,500 varieties. Challenge him to count the types at your grocery store or farmers' market. He could keep a list of ones he tries, perhaps putting a star beside his favorites. *Bonus:* They're *all* excellent sources of fiber and good sources of vitamin C.

Just for fun

Q: What has to be broken to be used?

A: An egg.



Routines for healthy eating

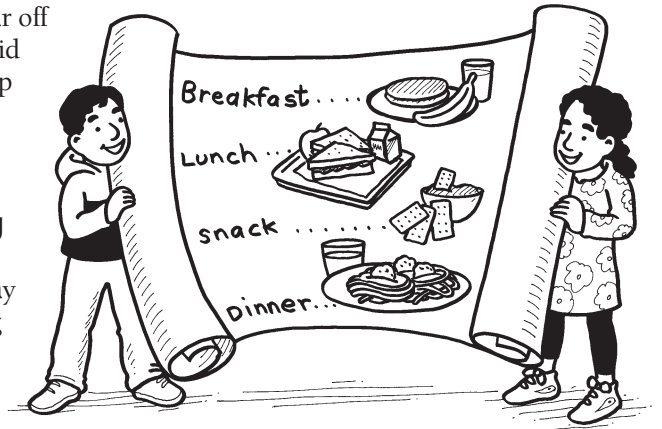
Starting a new school year off right includes setting up solid routines for eating well. Help your youngster map out a good strategy for each part of her day.

Jump-start the morning

A healthy breakfast prepares your child for a full day of learning. Consider letting her eat breakfast in the school cafeteria. She'll save time and get a balanced meal with whole grains, protein, low-fat dairy, and fruit. *Idea:* Have her make a "breakfast tracker" chart. Every day, she could draw a different-colored star for each food group she ate from.

Boost afternoon energy

Your youngster will want a snack to tide her over until dinnertime—make sure it's a nutritious one! She might pack whole-wheat crackers, hummus, and grapes to munch on at after-school care. Or if she comes right home after school,



she could eat half of a turkey and tomato sandwich with a glass of milk before she tackles homework.

Fuel up at dinner

Try to eat dinner together, even on busy evenings. Fitting dinner prep into your morning routine is one way to make this happen. For example, put chili ingredients into a slow cooker. Another idea is to prepare the night before, perhaps marinating chicken and cutting up vegetables. ♥

"Fall" for physical activity

The longer, warmer days of summer are winding down. Use these ideas to keep up your child's physical activity when fall arrives.

● **Be active in school:** Encourage your youngster to wear sneakers every day so he's comfortable playing at recess. He might also join an after-school activity like a running club or a kickball team.

● **Take advantage of daylight:** Let your child play outside right after school or child care. Consider saving chores for after dinner.

● **Dress appropriately:** It's great to play outside year round. In cooler weather, layers are ideal because your youngster can shed them as exercise warms him up. ♥



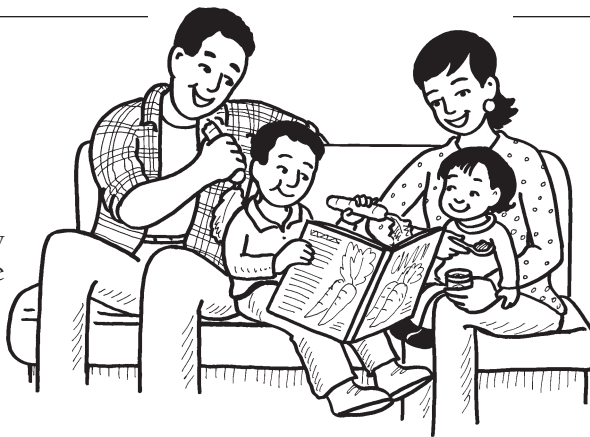
Books that inspire good nutrition

Picture books offer a fun way to drive home messages about healthy eating. They can also encourage picky eaters to be more adventurous. Here are topics, books, and activities for getting started—ask your child’s school librarian for more book recommendations.

Topic: Fruits and vegetables

Book picks: *Blueberries for Sal* (Robert McCloskey), *Creepy Carrots!* (Aaron Reynolds)

Activity: Talk about how the characters prepared their fruits and veggies, and brainstorm different ways to serve them in your home. You could make blueberry and cottage cheese “pizzas” on English muffins or put together a carrot-and-raisin salad.



Topic: Cooking

Book picks: *Growing Vegetable Soup* (Lois Ehlert), *Good Enough to Eat* (Lizzy Rockwell)

Activity: Follow a recipe from the book together, but let your child put his own twist on it. Maybe he’ll add mini whole-wheat pasta shells to soup or make yogurt pops with his own combinations of fruit.

Topic: Picky eaters

Book picks: *Gregory, the Terrible Eater* (Mitchell Sharmat), *The Seven Silly Eaters* (Mary Ann Hoberman)

Activity: Ask your youngster to draw a picture of foods that both he and the characters like to eat. Now have him draw a food that they might all want to try! ♥

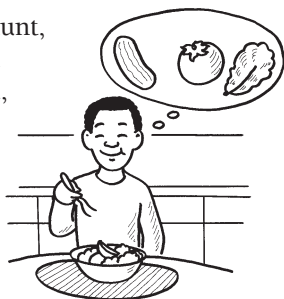


PARENT TO PARENT

Mindful eating

I recently read that “mindless eating” can lead to overeating and weight gain. I recognized my son in this article—sometimes I feel like he inhales his food without even tasting it!

I asked my aunt, who works in a school cafeteria, for advice. She suggested that we make it a habit at meal-time to slow down and talk about what we’re



eating. She said a good trick is to close your eyes while chewing so you can concentrate on the textures and flavors.

My aunt also said we should turn off the TV so we focus on our food rather than on a show. I’m hoping that eating “mindfully” will slow my son down—and help him realize when he’s full so that he doesn’t overeat. ♥

ACTIVITY CORNER

Take a hike, family-style!

Hiking is a heart-healthy activity that also strengthens your youngster’s (and your) muscles. Try these tips for a successful family adventure:

- Stop by the visitor center or ranger station at a state or national park, or search online for “family-friendly hikes” in your area. Choose a trail that’s suited to your child’s stamina and ability by considering the distance and the terrain (hilly or flat, rocky or smooth).
- Build in stops to share a healthy snack, rest, and appreciate nature. Together, make a list of things to spot (moss growing on a rock, a red bird, a furry animal, a yellow flower). Let your youngster bring a magnifying glass for a close-up look at bugs and plants. Or have her pack a sketchpad and crayons so she can create crayon rubbings of tree bark or draw the view from scenic overlooks. ♥



IN THE KITCHEN

Stuffed veggies

With these nutritious recipes, your youngster can have her “bowl” and eat it, too.

Chicken-salad tomatoes

Combine 3 cups cooked, shredded chicken with ¼ cup chopped celery and 3 tbsp. light mayonnaise. Cut 3 large tomatoes in half, and remove the insides. Divide the chicken salad into the tomato halves.

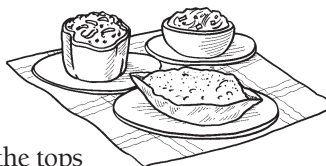
Cheeseburger peppers

Cook 1 lb. lean ground turkey. Drain fat, and stir in ¼ cup diced onions. Slice off the tops of 3 bell peppers, and remove the seeds.

Fill with the turkey mixture, and top each pepper with 2 tbsp. shredded cheddar. Bake at 350° for 25 minutes.

Apple-cinnamon sweet potatoes

Pierce 4 sweet potatoes a few times with a fork, and bake at 425° for 45 minutes. Cut the potatoes in half. Scoop out the insides, and mash them in a bowl with 1 apple (peeled and chopped), 1 tbsp. butter, 1 tbsp. brown sugar, and ¼ tsp. cinnamon. Spoon into each potato half. ♥



OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
800-394-5052 • rfeustomer@wolterskluwer.com
www.rfeonline.com

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

ISSN 1935-4630