

# NOVEMBER NEWSLETTER



## Events

### Veterans Day

There is no school on Friday, November 11, 2011 in honor of Veterans Day.

### Board of Education

#### MEETING CHANGE

The Essex Board of Education will meet on November 30, 2011 at 7:00 PM in the Media Center. Please change the date on your calendar.

### PTO Meeting

The next PTO meeting will be on November 1, 2011 at 7:00 PM in the Media Center. Hope you can join us!

### Professional Development

Students in grades K-6 will be dismissed at 1:00 PM on November 10, 2011. On early dismissal days, AM kindergarten meets from 8:25 until 10:15 AM and the afternoon classes meet from 11:10 AM until 1:00 PM. On early dismissal days, the AM Preschool remains the same and the PM Preschool session is cancelled. The teachers will be in professional development activities in the afternoon.

## FROM THE PRINCIPAL

DR. JOANNE BEEKLEY

The National Education Association's 90th annual American Education Week, November 13-19, 2011, presents all Americans with an opportunity to celebrate public education and honor individuals who are making a difference in ensuring every child receives a quality education. The annual theme, **Great Public Schools: A Basic Right and Our Responsibility**, highlights the importance of bringing together educators, school staff, parents, students, and communities in a unified effort to build great public schools.

American Education Week is about appreciating and acknowledging the importance of education and all who do that work. A better tomorrow lies in the hands of today's children. Only through education, will our children be able to handle the challenges before them.

We will hold a Parent Night on November 17, 2011, which will be dedicated to math resources that parents can use to support their child's mathematical development. There will be different stations for parents to visit and learn about resources that are available to them. Learn how children's literature, computer resources, manipulatives and games that the whole family can play support children's mathematical growth.

Thank you for supporting, in so many ways, the work the staff at Essex Elementary School does on a daily basis. It is an honor for all of us to educate the students of Essex.

# CURRICULUM CORNER

In the elementary years, parents are key to helping children become familiar with mathematical ideas and activities as they relate to the world outside of school. Educators say that students whose families are involved in their child's mathematical development are more likely to pursue challenging math courses later on in school.

Here are some activities that you can do with your child that will boost his or her math skills:

- Count the number of steps needed to walk from the sidewalk to the front door or from the first to the second floor of your home. Try to walk the same distance with fewer or more steps.
- Count and pair objects around the house (laundry sorting is great for finding pairs).
- Make a game out of doubling, tripling or quadrupling small numbers (try this with larger numbers to challenge older children).
- Empty your change purse or grab a handful of coins from the coin jar. Children can sort them by type, count the number of each type of coin, calculate the value of each pile of coins and determine the total value of all the coins.
- Measure objects around the home using conventional tools (ruler, tape measure, yard stick) and non-conventional ones (Goldfish crackers, hands and feet, pencils - i.e., Kevin is XX hands tall; the table is XX Goldfish crackers long).
- Cooking is a great way to learn about measuring. *Gobble Up Math: Fun Activities to Complete and Eat for Kids in Grades K-3* by Sue Mogard and *The Math Chef: Over 60 Math Activities and Recipes for Kids* by Joan D'Amico are two books to look to for math-in-the-kitchen inspiration.
- Math can be combined with eating. Pizza goes from a circular whole to two equal halves, quarters, eighths, even sixteenths. Using a handful of edible counters such as M&Ms or Skittles, have children sort them in half, into four equal piles or quarters, etc.
- Have children use household objects (toothpicks stuck into marshmallows, straws, pipe cleaners or twist ties) to construct different shapes.
- PRACTICE math facts every day!

Look for additional ideas and resources each month and join us on November 17<sup>th</sup> at 7:00 PM!

## PLEASE, PLEASE, PLEASE

It is important that the morning student drop-off be safe and orderly. Please remember that if you need to get out of the car to assist your child(ren) with backpacks, instruments, projects, etc. you should be parking in a space and not holding up the flow of traffic in the circle. No child should exit on the driver's side of the car for any reason. It is not safe! If everyone would abide by these simple rules, it would help the flow of traffic greatly. Thank you, Thank you, Thank you!





FROM THE FLES PROGRAM

Sra Valencia

HOLA everyone!

I am very happy so many students/parents are using the Spanish website to practice at home. The hit counter at the bottom of the page had 8,492 hits at the end of June/2011. You will still find games for kindergarten, first and second grade to honor parents' and students' request.

Don't forget to use the links at the bottom of the page to visit Sra Valencia's wiki site, where you will find more games and activities. You will also find a link to videos of Spanish students in the district from Kindergarten to 6th. grade (2007-2010). It gives you an overview of the curriculum and also reflects the philosophy of the FLES program.

The Spanish website at EES is a great way for the Spanish teachers to communicate what students are learning in class. It is a wonderful tool for your child to practice at home in a fun way. Children don't have too much opportunity to teach parents something they don't know. Take this time to learn from your child and encourage their efforts to learn another language "Learn a Language, Share a Culture, Change the World". When learning a new language, the amount of time that a person is exposed to it can make a difference. One or two games a few nights per week will really benefit your child's learning of the language. It is also an effective way to study for a test.

Please make sure you visit the site and have your child play some games.

Spanish Website

[www.reg4.k12.ct.us](http://www.reg4.k12.ct.us)

Our schools

Essex Elementay School

Student resources

Spanish

Sra. Valencia

Feel free to contact me if you have any questions or comments,

Sra. Valencia phone: 860-767-8215

Email address: [mvalencia@essex.k12.ct.us](mailto:mvalencia@essex.k12.ct.us)

## THANKSGIVING HOLIDAY

School will dismiss at 1:00 PM on Wednesday, November 23, 2011. On all early dismissal days, AM kindergarten meets from 8:25 until 10:15 AM and the afternoon classes meet from 11:10 AM until 1:00 PM. There is no Preschool that day. School will not be in session on Thursday and Friday, November 24, 25, 2011. On behalf of the entire staff, I wish you and your family a Happy Thanksgiving!

## SCHOOL DAY

Supervision of students begins at 8:10 AM. If a student arrives at school prior to the 8:10 AM bell, he/she should report to the Art Gallery to wait for the bell. School begins at 8:25 AM. Students should be in their classroom at that time ready for morning announcements. Students who arrive in their classroom after 8:25 AM will need to go to the office for a tardy pass.

## CRISIS RESPONSE DRILLS

Our first drill will be in November. We will have the Resident State Trooper and other law enforcement officials observing the drill to provide feedback and suggestions that will improve our practice. Students will review the procedures with their teacher(s) prior to the first drill. If you have any questions, please do not hesitate to contact me.



## Being an Asset-Building Friend

Friendships, like all relationships, never stay the same. Sometimes spending time with friends can be a lot of fun. Other times, they can make you mad or sad. To be an asset-building friend, consider these ideas:

- Do activities that you both enjoy when you're together. If you have different interests, either focus on what you agree on or take turns choosing what to do next.
- Become a better listener. When your friend has something to say, genuinely pay attention. Ask questions. Be sure your friend wants advice before you offer it.
- Identify what you admire most about your friends. How can you be more like that?
- Be a positive influence on your friends. Make good choices and encourage your friends to do the same.
- Refuse to call friends names or tease them in ways that are hurtful.
- Pay attention to how you feel when you're with a friend. You may start to feel uneasy when the friendship is changing. Or you might become agitated when a friend is pressuring you to do something you don't want to do. Talk with others about your feelings, especially if you're not sure what those feelings mean.
- Recognize that some friendships change. Some friends will be friends for life; others stick around for only a short while.
- Ask your parents what they think of your friends. Parents sometimes notice things that you may not. Ask them to mention strengths as well as things that might worry them.
- When your friend hurts your feelings or makes you mad, say so. (But do so in a way that isn't mean.) See if the two of you can work it out.
- Ask questions to learn more about your friends. Find out about their families and their interests away from school.
- Do something nice for a friend. If your friend forgot her or his lunch, give away part of yours. Or lend your friend money to buy a lunch.
- Congratulate your friends when they do something difficult or extraordinary. Get excited about their accomplishments.



## FROM THE EES HEALTH OFFICE



We appreciate your call to the Health Office to report your child's absence, reason for the absence, and the symptoms your child is experiencing. The Region #4 schools keep track of staff and student illnesses in order to report them to the Health District, a part of Public Health illness surveillance. Your call also assures that we account for all Essex Elementary students' health and safety. Thank-you for sharing this information with us. The Health Office phone number is (860)767-1524 and is open from 8:00 am to 3:30 pm.

In preparation for the winter and holiday season, we wanted to share information from the CDC: "Students who wash their hands have 24% fewer absences due to respiratory illnesses and 51% fewer absences from the stomach flu." The CDC does recommend an annual flu vaccine for everyone aged 6 months and older as the first and most important step in protecting against the flu. Tips for helping to prevent exposure to the flu virus include:

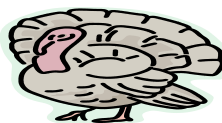
- 1) SING & SCRUB: Make sure kids wash their hands with soap & warm water for at least 20 seconds. That's the time it takes to sing the Happy Birthday song twice. That will clean off any germs that may have been unknowingly picked up throughout the day and keep them from being passed on.
- 2) DO THE ELBOW COUGH: Cough into elbows, not hands, where they are more likely to spread bacteria and the flu virus through touch.
- 3) DISINFECT HOT SPOTS: Disinfect the surfaces kids touch most frequently with flu disinfectant products. The top 5 germ hot spots are: phone receivers; refrigerator, microwave, & door handles; bathroom & kitchen faucets; light switches and TV remotes.
- 4) FOLLOW GOOD HEALTH GUIDELINES: Eat right, exercise, and get plenty of sleep. That will help boost your immune system; which is your body's way of fighting off the effects of colds and flu.

Here at EES, we are practicing good hand-washing skills, "respiratory hygiene", and keeping our space (desks, etc.) clean. To get more information on keeping your family healthier this season, visit the website [www.SayBoototheFlu.com](http://www.SayBoototheFlu.com). For updates on the flu virus, visit the website [www.flu.gov](http://www.flu.gov) <<http://www.flu.gov>> .

We would like to remind parents that health physicals are required for students in 2nd and 5th grades. For students who will be entering 7th grade in September 2012, the Department of Education mandates a physical assessment. The physical assessment qualifies as the 7th grade physical, if done after September 1, 2011. If you need forms or information, please call the Health Office at (860)767-1524.

We wish you all a healthy winter season!  
Suzanne Deens, R.N. & Rosemary Vitali

**Regional School District No. 4  
Essex, Deep River and Chester Elementary Schools**



**November 2011 Lunch Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>11/1</b> Egg Cheese & Sausage Muffin Tater Tots Broccoli Florets Apple Sauce	<b>11/2</b> Homemade Baked Ziti w/ Tomato or Meat Sauce Garden Salad Whole Wheat Roll Chilled Fruit Cup	<b>11/3</b> Chicken Caesar Wrap Baked Chips Veggie Sticks w/dip Fruit Cup	<b>11/4</b> All Beef Meatloaf w/ Gravy Mashed Potatoes Whole Wheat Dinner Roll Glazed Carrots Chilled Fruit Cup
<b>11/7</b> Personal Pizza Tossed Salad w/ Croutons Fresh Fruit Sherbet Cup	<b>11/8</b> Toasted Cheese Sandwich or Toasted Ham & Cheese Sandwich Tomato Soup Baby Carrots Chilled Fruit Cup	<b>11/9</b> Penne Pasta Plus Tomato, Meat or Alfredo Sauce Baked Zucchini Whole Wheat Garlic Bread Chilled Fruit Cup	<b>11/10</b> <b>Early Dismissal</b> Beef & Vegetable Chili Corn Bread, Beans Fresh Green Beans Chilled Fruit Cup	<b>11/11</b> <p align="center"><b>Veteran's Day No school</b></p>
<b>11/14</b> Stuffed Crust Pizza Tossed Salad w/ Croutons Fresh Fruit Juice Bar	<b>11/15</b> Whole Wheat Turkey Grinder or Cheese Grinder Pretzels Veggie Sticks w/dip Chilled Fruit Cup	<b>11/16</b> Rigatoni Pasta Plus Tomato, Meat or Alfredo Sauce Fresh Broccoli Whole Wheat Garlic Bread Chilled Fruit Cup	<b>11/17</b> Chicken Fajitas Sautéed Peppers & Onions Brown Rice & Beans Fruit Cup	<b>11/18</b> <b>Mickey Mouse's B'day</b> Mickey's Roasted Chicken Pluto's Mashed Sweet Potatoes Minnie's Green Beans Donald's Fresh Fruit
<b>11/21</b> Personal Pizza Tossed Salad w/ Croutons Fresh Fruit Sherbet Cup	<b>11/22</b> Whole Wheat Pancakes Home Fried Potatoes Sausage Patties Fresh Fruit Cup	<b>11/23</b> <b>Early Dismissal</b> Homemade Cheese Lasagna Meat or Tomato Sauce Fresh Broccoli Whole Wheat Dinner Roll Fruit Cup	<b>11/24</b> <p align="center"><b>Thanksgiving Break No School</b></p>	<b>11/25</b> <p align="center"><b>Thanksgiving Break No School</b></p>
<b>11/28</b> Stuffed Crust Pizza Tossed Salad w/ Croutons Fresh Fruit Juice Bar	<b>11/29</b> Stir-Fried Chicken & Vegetables Rice Pilaf Chilled Fruit Cup	<b>11/30</b> Penne Pasta Plus Tomato, Meat or Alfredo Sauce Baked Zucchini Whole Wheat Garlic Bread Chilled Fruit Cup		

**Meal Price \$ 2.75**

**Milk \$0.50 each**

**Adult Meal Price \$ 3.75**

Our menus follow dietary guidelines for reduced fat, salt and sugar while increasing whole grains, fruits and vegetables.

Meals include a source of protein, grains, vegetables, a milk & fruit or juice. We proudly offer locally grown, seasonal fresh fruits & vegetables.

Menu Subject to change without advance notice. Sandwich and or Salad choice available.

For suggestions and questions about School Lunch Program please call 860-526-9546 ext. 1420

# EES LIBRARY LINKS...

INTEGRATING SOCIAL DEVELOPMENT THEMES THROUGH LITERATURE

## Celebrate Who You Are This Month: Share Family Stories Like...

**Grandpa Green**  
by Lane Smith.



Grandpa Green is a book that examines family, history and kinship through the sculpted garden of a grandpa's life. Enjoy this new title in our EES Libraray collection! Check it out! You may also enjoy a sampling of titles that explore similarities and differences; family and cultural heritage: and new friends!

All the Colors of the Earth by Sheila Hamakaka, All the Colors We Are by Katie Kissinger, The Crayon Box That Talked by Shane DeRolf, I Am America by Charles R. Smith, Jazz Baby by Carole Weatherford, Skin You Live In by Michael Tyler, What a Wonderful World by Ashley Bryan, Whoever You Are by Mem Fox, Leon the Chameleon by Melanie Watt, Black is Brown is Tan by Arnold Adoff, The Other Side by Jacqueline Woodson, Coming on Home Soon by Jacqueline Woodson, The Ugly Duckling by Hans Christian Andersen, Tolerance by Cynthia Roberts, Project Mulberry by Linda Sue Parks, Yo! Yes! by Chris Raschka, Island of the Skogg by Steven Kellogg, Iggy's House by Judy Blume, and many more... stop in and explore our library collection.

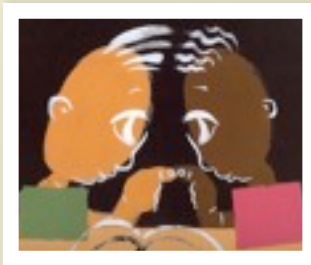
## ✧ November Book of the Month ✧

We are pleased to present our November Book of the Month, *Skin Again*, written by Bell Hooks and illustrated by Chris Raschka. *Skin Again* provides rich discussion of emphasizing the beyond the skin. This title will lend itself nicely to the observance of Thanksgiving and the opportunity to be thankful for our family and friends. We will also recognize the rich cultural heritage of the United States and celebrate the unique and successful cultural blend that makes our country so remarkable. A bibliography of titles that will help us understand and address similarities and differences in all cultures in the United States and the world is included in this November issue of *Library Links*.



## ✧ Presenting ... Skin Again ✧

Publisher Comments: "The skin I'm in is just a covering. It cannot tell my story. The skin I'm in is just a covering. If you want to know who I am you have got to come inside And open your heart way wide. Celebrating all that makes us unique and different, Skin Again offers new ways to talk about race and identity. Race matters, but only so much-what's most important is who we are on the inside. Looking beyond skin, going straight to the heart, we find in each other the treasures stored down deep. Learning to cherish those treasures, to be all we imagine ourselves to be, makes us free. Skin Again celebrates this freedom."



**Visit: [TeachingTolerance.org](http://TeachingTolerance.org) and discover:** "A place to find thought-provoking news, conversation and support for those who care about diversity, equal opportunity and respect for differences in schools." Providing a complete overview of 'Mix-it-up' day and the many ways we can teach our children to become caring citizens of the world. At EES we promise to be responsible, respectful, prepared, safe, and kind.

Deborah Giaconia, MLS





**Talking About the Preschool Years:  
Anticipating Full Day Kindergarten**

"Are our schools ready for this  
transition?"

"Will MY child be ready?"

**Monday, November 14, 2011 from 7:00 – 8:30pm  
Chester Elementary School**

**Panelists:**

**Ian Neviasser, Assistant Superintendent of Schools**

**Danielle Lipkvich, Essex Elementary School Teacher**

**Mike Barile, Principal of Chester Elementary School**

**Meredith Adler, Parent Resource Coordinator at Tri-Town Youth Services**

**Facilitator: Linda Hall, Region 4 Regional Board of Education President.**

The evening's presentation is free, due to a grant from Middlesex United Way and is sponsored by the Early Childhood Council of Deep River, Chester and Essex. The mission of the Council is to sponsor Early Childhood Scholarships for local families in need and to keep our local families informed on topics related to the needs of families with young children.

For more information, call Tri-Town Youth Services at 860-526-3600