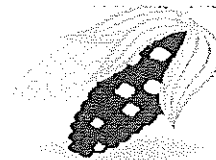
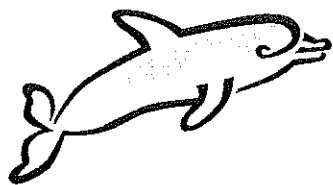


# HADDAM ELEMENTARY SCHOOL

## NEWSLETTER

NOVEMBER, 2009



### NOTES FROM THE PRINCIPAL

*Dr. Janice Harris*

Dear Parents/Guardians,

Most of you are well aware that we are dealing with many absences due to flu-like symptoms, most likely H1N1. As a school we continue to encourage best hygiene practices among children and staff such as washing their hands with soap and water, using hand sanitizers and covering their cough/sneezes with their elbows. However, we appreciate your support in keeping sick children at home and waiting to return to school until 24 hours after they have had a fever. So far, we have been very fortunate to not have many staff affected by the flu. However, we have developed a contingency plan to ensure that we are able to maintain the essential functions of the school in the event of increased number of staff absences. Please know that our priority is to maintain a comfortable, well-supervised learning environment for the students.

Illness has not dampened the volunteer spirit at HES! October was busy with several activities that were successful because of the hard work and cooperation of our parent volunteers. During conference week, we enjoyed a great book fair with many titles for students, teachers and parents to choose from. The staff also appreciated the wonderful treats that parents donated so that they could have a snack during their busy conference days. We are certainly grateful to all who participated!

The month would not have been complete without our traditional HES PTO Hoe Down. Though it was held on a rain date, it was well-attended by families, scarecrows and carved pumpkins ☺. Thanks to Dawn MacLeod for spearheading this fun evening and all the volunteers who assisted. We also had a beautiful night for our Halloween Parade, organized by Kristy Marinaro, but run with the help of a great group of volunteers. We had an excellent turnout from Superheros, ancient Grecians, law enforcement, etc. The children had lots of fun. Finally, we ended the month with Fall Fun Friday. Special thanks to staff member Denise Buckley and parent volunteer Katie Bodak for helping to organize this event. Our volunteers for crafts and general assistance were excellent! The students and teachers were so appreciative of the crafts and/or games and the overall teamwork that it took to make this event run smoothly. Thank you to those who pitched in to lend a hand to this event! (I even noticed many compliments up on our "Building a Strong Community" wall.)

We are looking forward to an equally busy November, starting off with the following events on **Thursday, November 5<sup>th</sup>**:

5:00-5:30pm—Principal Office Hours with School Advisory Team members

If you have a question, suggestion or feedback for the team to consider, feel free to stop by during that time to share that with us. You can also email me at [jharris@rsd17.org](mailto:jharris@rsd17.org). and I will share your feedback with the team.

5:40-6:00pm—Volunteer Orientation Session —All Purpose Room

Please attend this session if you have been unable to attend a previous session

6:00-6:45pm—Kindergarten Parent Curriculum evening

6:45pm—PTO Meeting—all parents are welcome!

Enjoy the rest of the month. I wish you a reflective Veterans' Day and a Happy Thanksgiving



### Celebrating Birthdays at HES

As a school, we believe it is important to make each child feel special on his/her birthday. Teachers have been given latitude to honor individual students on their birthday in a way that supports the classroom culture that they create with the students. Please adhere to the policy that your child's teacher has established as he/she has considered all of the factors to ensure that the celebrated student feels special, while making sure that all classmates feel included in the celebration.



**Honeywell Instant Alert** – all students should now be in the system. If you had trouble logging on before, please try again. Go to: (<https://instantalert.honeywell.com>) Remember, if you don't register, you may miss important announcements.

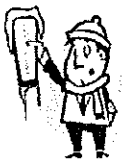


### LEAP into fall 2009

The Learning and Enrichment activities this fall carried out by small pull-out groups from second, third and fourth grade include: exploring and visualizing home location, community, and the world through maps and globes (2<sup>nd</sup> grade); studying the ecology of Long Island Sound with a specific focus on one area of interest per student (3<sup>rd</sup> grade); discovering Connecticut's shoreline towns which includes a research-based individual project that focuses on a specific shoreline town (4<sup>th</sup> grade).

Our new program includes weekly enrichment for regular classroom small groups (2-6<sup>th</sup> grades). The students are extending their understanding of current math and language arts concepts and applying skills in focus areas.

LEAP will continue to promote enquiry and discovery to engage school-wide interests throughout the year. So keep tuned!



### THERE'S A CHILL IN THE AIR

As the weather turns colder (temps below 50°) we ask that your child be dressed appropriately for school by wearing winter coats, mittens, hats, etc. Students not wearing coats will not be allowed outside. When snow is present on the playground, the children who bring in snow pants, boots and gloves will be allowed to play in the snowy areas of the playground. Those children who do not come dressed for the snow will have to stay on the blacktop area of the playground. Also, please remember to label all articles of clothing sent in with your child. We would like your child to fully participate in recess and enjoy their time outside

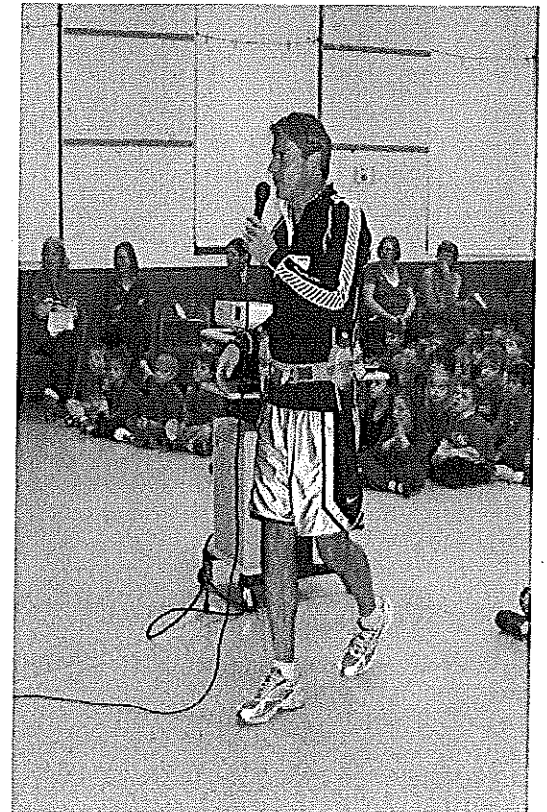
# It's fun Friday!

October 30, 2009



On Friday, Oct. 30<sup>th</sup>, HES formally thanked **Mr. Matt Gyorog** for his generous gift of the digital piano. The 2<sup>nd</sup> and 3<sup>rd</sup> graders sang a song to thank him for his generosity, and Mr. Gyorog shared his experience "running across the state for music's sake" with a slide presentation.

The beautiful piano will be used during music classes and at concerts.





## Notes from the Health Office

I cannot believe it is already November! Now that winter is starting, please make sure your children are dressed according to the weather each day. Provide hats, gloves, and coats for those really cold days. And please remind your children that there is to be no sharing of personal property for any reason.

If your child is running a fever, having diarrhea, or vomiting, we ask that you keep them home until they are free of these problems for **24 hours**. The district wide policy is that any fever 100 or greater, the child **MUST** be out of school until he/she has been fever free. We ask that you respect the other children and staff at this school if your child is not well, and keep your child at home to rest. We want your child to be at his or her best while they are at school so that they can learn at their full potential. If you ever have a question about your child's return to school after an illness, you may call me at any time in the health office and we can discuss it further. Each situation is unique and worth discussing at any time.

Please send your child with a water bottle to school each day. The water bottles are allowed to be used in class and this will help keep your child well. Our building is very dry, so the water will help keep your kids hydrated and help decrease headaches and stomachaches. Please make sure your child also eats a healthy breakfast before coming to school. I have many children who come to my office midway through the morning with stomach aches who tell me they have not had breakfast. It is hard to learn on an empty stomach.

I am conducting handwashing and healthy habits classes at each grade level at this time. It is important for you to reinforce these habits at home with your children. Please enforce good handwashing and coughing/sneezing into their elbow. Handwashing should last for a minimum of 20 seconds with soap and water. When you cough/sneeze into your elbow, please make sure that your nose and mouth are buried in your elbow. A lot of children cough/sneeze **OVER** their elbow. They have the right idea, but are actually spreading more germs that way.

And, as always, please remember that we encourage healthy eating here at HES. Please send healthy choices for lunch and snack every day. This, in combination of 10-12 hours of sleep at night, and not watching TV or playing video games before bed, will help ensure that kids are not losing "steam" in the afternoon.

My door is always open and I welcome your comments and suggestions!

Jennifer Pletcher, RN

HES nurse



## NOTES FROM THE KITCHEN

Prepaid lunches are gladly accepted by the cafeteria. Just write on an envelope how many lunches you would like to prepay (\$2.75 per hot lunch) along with cash or a check made out to "RSD 17 Food Service and we will be glad to accommodate your request. No foreign coins please.

## 4<sup>TH</sup> GRADE SCIENCE DAY

On Tuesday October 20<sup>th</sup>, fourth grade parents/ care givers were invited to join their child/ children in conducting an experiment. Students are learning about the effects of water on land through



hands on experiments involving stream tables. On this day, we learned about tributaries, deltas, and runoff.

## 2<sup>nd</sup> Grade Classes



## *Seniors Visit*



On Friday, October 9<sup>th</sup>, our 2<sup>nd</sup> grade classes hosted members of the Haddam Senior community to our school. The Social Studies curriculum includes comparing how school, holidays and traditions have changed over time. We interviewed these "community experts" about the past and later compared the information with present day. We were all very interested in learning about what life was like for these seniors when they were of school age. Most did not have toys, telephones or even cars! They had to walk miles to school in the snow! It was both an enlightening and enjoyable experience for all. We will continue to meet periodically with these "community experts" learning more about the past!

### Size Matters

(from Mrs. Pletcher-School Nurse)

I was watching CBS Sunday Morning a few weeks ago, and they did a segment on the benefits of eating healthy. They reported that Americans



are 4.6 billion pounds overweight. One third of the country's adult population is overweight and another 1/3 is considered obese.

The federal government has stated that the above numbers are due to the increasing sedentary lifestyle of adults and children. People are spending less time walking and more time in front of computers and TV. There has been an increase in diabetes, heart disease, stroke, cancer, and the cost of health care due to 2/3 of the population being overweight.

Last year alone, 147 billion dollars was spent directly on obesity and the underlying diseases that are associated with that. Obesity rates have doubled in the last 30 years. Research has found that our population is consuming 300 calories more a day than 1/2 a decade ago. The childhood obesity rate is 4 times higher than it was 30 years ago. One third of children are overweight or obese. That is more than 23 million young people.

Much of what we eat is quick and easy — from fat-laden fast food to microwave and pre-packaged meals. Daily schedules are so jam-packed that there's little time to prepare healthier meals or to squeeze in some exercise. Portion sizes, in the home and out, have grown greatly. People are living shorter life spans due to obesity. With the technology and advancements in medicine, we should be seeing LONGER life spans, not shorter.

So what can you do to help?

Healthy eating needs to start from early on so that healthy children will become healthy adults. If children learn good habits now, they will continue into adult hood.

Children should exercise every day. Current guidelines recommend that kids over 2 years of age get at least 60 minutes of moderate to vigorous physical activity on most, preferably all, days of the week.

The key to keeping kids of all ages at a healthy weight is taking a whole-family approach. It's the "practice what you preach" mentality. Make healthy eating and exercise a family affair. Get your kids involved by letting them help you plan and prepare healthy meals, and take them along when you go grocery shopping so they can learn how to make good food choices.

And avoid falling into these common food/eating behavior traps:

Don't reward kids for good behavior or try to stop bad behavior with **sweets or treats**. Come up with other solutions to modify their behavior.

**Don't maintain a clean-plate policy.** Be aware of kids' hunger cues. Even babies who turn away from the bottle or breast send signals that they're full. If kids are satisfied, don't force them to continue eating. Reinforce the idea that they should only eat when they're hungry.

**Don't talk about "bad foods" or completely eliminate all sweets and favorite snacks from kids' diets.** Kids may rebel and overeat these forbidden foods outside the home or sneak them in on their own.

Remember making children healthy eaters now can help make them healthy eaters for life!



### DATES TO REMEMBER

NOVEMBER 5	SEE PRINCIPAL'S NOTES ABOVE PTO MEETING – 6:45 PM
NOVEMBER 9	VETERAN'S DAY ASSEMBLY – ENTIRE SCHOOL
NOVEMBER 11	NO SCHOOL – VETERANS DAY
NOVEMBER 13	9AM - PICTURE RETAKE
NOVEMBER 19	LYMAN PIE PICK UP IN ALL PURPOSE RM. 4:30-6:30PM
NOVEMBER 25	EARLY DISMISSAL ALL STUDENTS DIMISSED AT 1:05
NOVEMBER 26 & 27	NO SCHOOL – THANKSGIVING RECESS
DECEMBER 1	MATH OVERVIEW – 6PM – 7PM IN ALL PURPOSE ROOM