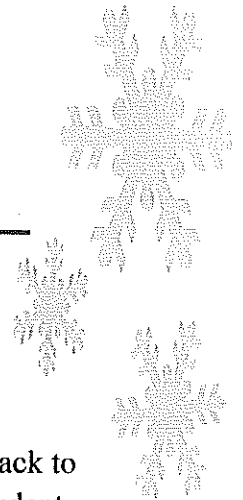


# DOLPHIN TIMES

## HADDAM ELEMENTARY SCHOOL

### JANUARY, 2011

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*Dr. Janice Harris*  
*Principal*

#### PRINCIPAL'S NOTES

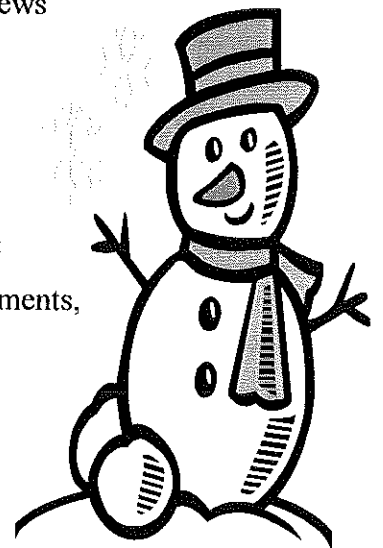
Happy New Year to all! I hope that you each had a delightful vacation. It is great to be back to school with all the energy and enthusiasm that a new year brings! Thank you to all the students, families and staff who participated in the "Coins for a Cause" drive in December. We raised \$700 for "Finley's Fighters" and \$560 for the Kulmann Memorial Walkway for a total of \$1,260! Our school, represented by **Riley McHugh** (2<sup>nd</sup> grade), **Matthew Carson** (2<sup>nd</sup> grade), **Drew Donlan** (3<sup>rd</sup> grade), **Owen Howes** (3<sup>rd</sup> grade), **Ashley Gardner** (4<sup>th</sup> grade), made a special HK Telethon appearance to present the check.

I would like to thank **Dr. Diane Twachtman-Cullen** for kicking off our year with a special presentation on "How to Help Children with Self-Regulation and Critical Thinking". Parents and staff members learned practical strategies for teaching children how to regulate their own behavior. We could tell that Diane had much more to share and we want more! She has graciously volunteered to come back and share more with staff and families. We are grateful for this rich, local resource!

We have a busy month coming up that includes Martin Luther King Day (January 17<sup>th</sup>) followed by two early dismissal days (January 18<sup>th</sup> & 19<sup>th</sup>) for assessment/portfolio reviews and professional development. This is immediately followed by Kindergarten registration on January 20<sup>th</sup> and 21<sup>st</sup>.

In this issue of the newsletter, we are pleased to recognize students' accomplishments in the Performing and Visual Arts (**Sydni Therrien & Morgan Bowles**) and in the Fire Prevention Poster Contest (**Wally Sample**-1<sup>st</sup> place & **Quincy Platt**-2<sup>nd</sup> place). For more information on these accomplishments, please read the Student Recognition section on the next page.

Have a great 2011!





## STUDENT RECOGNITION

This year's Haddam Elementary School recipients of the "Connecticut Association of Schools Arts Awards" (in recognition for outstanding performance in the visual and performing arts) are 4<sup>th</sup> graders Sydni Therrien (Music) and Morgan Bowles (Art). Congratulations to these two students who will be honored at an awards banquet in February.



## STUDENT RECOGNITION

Congratulations to our Haddam Fire Prevention Poster Contest winners:

1<sup>st</sup> Place—Wally Sample

2<sup>nd</sup> Place—Quincy Platt

Both students will receive \$50 savings bonds from the Haddam Fire Department. Wally will go on to compete against other students from Middlesex County.



## Kindergarten News



We enjoyed our Holiday Read with you and your children. The kids loved sharing their favorite stories. In reading, we've learned over twenty sight words and are using letter sounds to read new words. We will be learning to read, write, and compare numbers from 1-31 in math. As we continue to study the seasons we look forward to having a Snowman Celebration at the end of January. The Kindergarten Team wishes you a happy and healthy New Year!



## First Grade News

The children are very excited with the new addition of our SMART Boards in our classrooms! We are learning new ways to use this amazing technology. In reading, we have started working on long vowels as well as r-controlled vowels. We have started geometry and fractions in math. Other topics we will be discussing are Martin Luther King, Jr., and animals in winter. It will be a busy month. Keep warm!



## Second Grade News

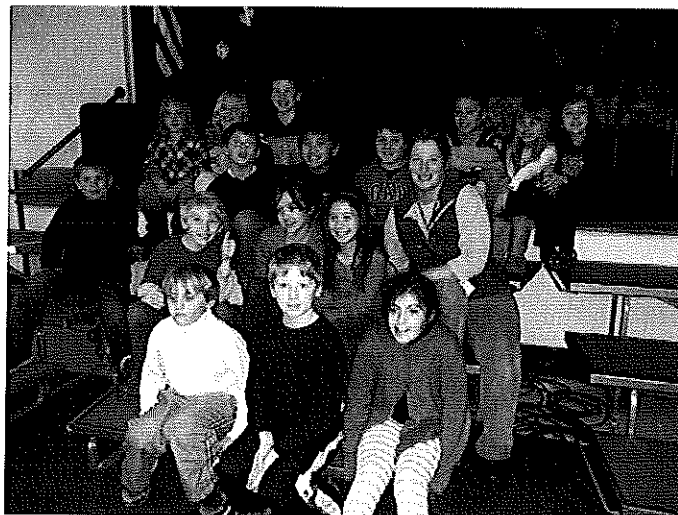
Happy New Year!! We hope everyone had a wonderful vacation and were able to spend time with family and friends. The 2<sup>nd</sup> Grade is currently wrapping up our study of holidays around the world, and sharing some of their own traditions with their classmates. On pajama day we enjoyed a day on "The Polar Express". Our reading instruction will continue to focus on non-fiction as we learn to identify facts, main idea, details and answer open ended questions. We started our study of the different systems in the human body and how nutrition impacts them. In math we have been working on place value concepts using tens blocks, number lines, and 100's charts. We have been making and counting money amounts to \$10, and have spent time looking closely at the language used in word problems, and how to use graphic organizers to solve them. We will continue to revisit past concepts as we move forward with our unit in geometry.



## Third Grade News

We'd like to recognize the following Homework Heroes in December: Lily Bucko, Peyton, Frohlich, Cat Gyrog, Colln Mack, Hope Pagano, Ryan Sadlowski, Robert Thomas, Bliss Weston, Dylan Champagne, Mattie Eikin, Jonathan Johnson, Austin Paradis, Sarah Parkhurst, Natalie Pontbriand, Julia Saglio, Nick Wypy, Alyssa Barbagallo, Evan Ceplenski, Andrew Donlan, Hanna Leavitt, Alyssa Rivera, Saige Sevigny, and Alex Twachtman. Congratulations! (Library books being on time and remembering recorders for music are all a part of the expectations for Homework Hero status.) Thank you to the PTO for the new grade level camera.

3rd Grade welcomed in winter by making bird feeders, and they wish everyone a Happy & Healthy 2011!



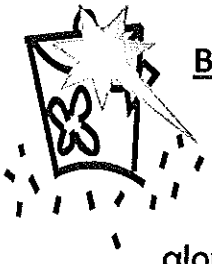


## Fourth Grade News

Happy New Year from the Fourth Grade!!! We are excited to be back to school and ready to start 2011 on the right foot! This month students will be completing two projects: an Adjective Poem and a Nathan Hale Wordsearch. In math, we will begin working on fractions and simple division problems. Everyone is enjoying their study of Land and Water, we are so pleased with their effort on the Water Cycle quiz—super job!!! We are also learning about similes and personification, so be sure to ask your child to tell you all about what they are!

We would also like to thank everyone for your kind gifts for the holiday. We truly appreciate your thoughtfulness!

Mr. Davey, Mrs. Smith, Mrs. Stehr, and Mrs. Grunenwald



### BUCKET FILLING REMINDER

The theme we are focusing on for the month of **January** is **FAIRNESS**. Fairness means treating others equally, following rules, sharing and taking turns. When we treat others fairly, it is so much easier to get along!

### NEWS FROM THE HEALTH OFFICE

#### **The Benefits of a Good Breakfast**



It is nothing new that breakfast is the most important meal of the day. Eating a good breakfast is the best way to start your day and has some very surprising health benefits, as well. Assuring that everyone eats a healthy breakfast is vital.

#### **The Benefits You Will Get From Eating Breakfast**

You might think that you are saving time in the morning by skipping breakfast. While it might seem as if you are doing yourself a favor by ignoring food in the mornings, you are actually missing out on the chance to be more productive. Here are just a few of the advantages to eating a good breakfast every day.

- Breakfast will increase your metabolism, actually causing you to burn more fat than if you had not eaten anything. In order for your body to work properly, it needs energy to burn and breakfast can help you get that process started every day.

- A healthy, well-balanced meal in the mornings will provide the energy you need to stay awake and alert throughout the day. For example, children who regularly eat breakfast have been shown to perform better on testing. This is the reasoning behind the breakfast programs in many schools.

- By eating breakfast, most people find that they eat a bigger variety of foods throughout the day. This will lead to a more balanced diet and a better overall nutrition.

- People who eat breakfast every day are also much healthier. As they can better control their weight and eat a more nutritious diet, factors such as high cholesterol and heart disease are reduced in these people.

These are just a handful of the benefits that you might find yourself enjoying when you eat breakfast. Remember, as with any meal, you must be selective in what you eat for breakfast. Choosing the right foods to eat for breakfast is just as important as eating the meal itself.

### **What Makes A Good Breakfast**

Many of us grab a slice of toast and a cup of coffee or send the kids out the door with a cereal bar and a glass of milk, calling that a decent breakfast. While this might be great for convenience and satisfy your hunger for a bit, a good breakfast needs to be more substantial than a quick snack. Setting aside a few extra minutes each morning to make a good breakfast might seem like wasted time, but it will make a serious difference in your life.

So what should you include in the ideal breakfast?

- A healthy breakfast should contain approximately 400 to 500 calories, depending on your recommended daily calorie count. These calories should come from a variety of sources.
- Include some source of whole grains in your breakfast. Whole grains are a wonderful source of nutrients and fiber, which are essential to a well-balanced diet.
- **Protein** should also be a part of your morning meal. Including a serving of protein can give you a wonderful energy source for the day, and will provide your body with what it needs to build muscle and tissue.
- Including a serving of fruit or a vegetable can help you to get a jump start on the recommended five a day that everyone should be including in their diets. This will also add in some extra vitamins and other nutrients that will get your body going.

Now that you have a good idea of what you should eat for breakfast and what it can do for you, it is time to start a new habit. Even if you lose those precious minutes that allow you hit the snooze button in the morning, you will find yourself feeling much better and healthier throughout the day.



**The Integrated Special Needs Preschool Program at Burr Elementary School** will be accepting entries for role model students for the 2011-2012 school year. A role model preschooler must demonstrate age-appropriate social, behavioral, and academic skills, and must also be potty trained. Transportation

for role model students to and from the program is not provided by the district. The potential applicants will be chosen through a lottery system during the month of February, and a finalized roster will be created by the beginning of March. If you would like to enter your child into the role model lottery for next school year, please provide the following information (via email, telephone, in person, mail) to Ms. Jennifer Dorau and/or Ms. Rachel Fox at Burr District Elementary School, 792 Killingworth Road, Higganum, CT 06441; [dorauj66@rsd17.org](mailto:dorauj66@rsd17.org); [foxr66@rsd17.org](mailto:foxr66@rsd17.org); 860-345-4584.

1. Your child's name/gender
2. Your child's date of birth
3. Your home address
4. Your home telephone number
5. Parent/Guardian name(s)

## IMPORTANT DATES

|                 |  |
|-----------------|--|
| JANUARY 13      | PTO – 6:45 PM ALL PURPOSE ROOM                   |
| JANUARY 17      | NO SCHOOL – MARTIN LUTHER KING DAY               |
| JANUARY 18      | EARLY DISMISSAL – ALL STUDENTS                   |
| JANUARY 19      | EARLY DISMISSAL – ALL STUDENTS                   |
| JANUARY 20 & 21 | KINDERGARTEN REGISTRATION 9am -7pm;<br>9am – 3pm |

## RSD 17

### INCOMING KINDERGARTEN REGISTRATION FOR 2011/2012

Registration for students who will be entering Kindergarten in Regional School District #17 schools in 2011 will be held on Thursday, January 20<sup>th</sup> from 9:00 a.m. to 7:00 p.m.; and on Friday, January 21<sup>st</sup>, from 9:00 a.m. to 3:00 p.m. Children do not need to be present at the time of registration.

Pupils eligible to enter kindergarten in 2011 must reach their 5<sup>th</sup> birthday by December 31, 2011. Original birth certificates must be presented before students start school. Proof of residence is also required, i.e. utility bill, etc. Please bring them at the time of registration if possible. Parent orientation and school visitation dates will be provided at registration.

If you have a child that will be attending kindergarten next year, please fill out the form below and return it to the school office. If you have friends or neighbors who have children who will be attending next year, please pass this information to them.

#### HES Kindergarten Information

Child's Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Name and address of parents:

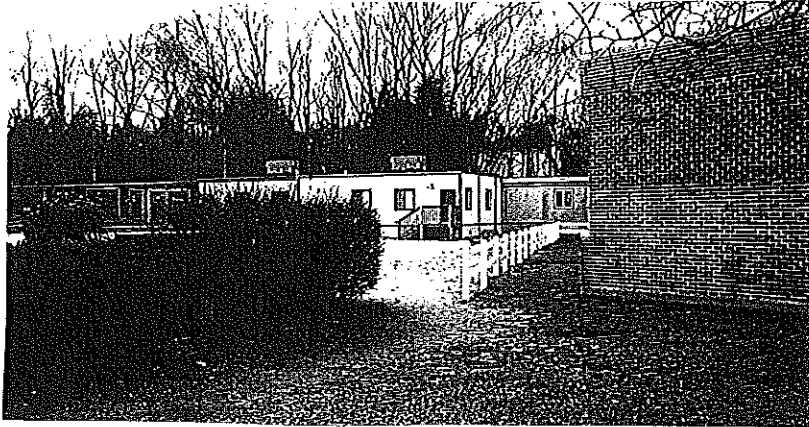
Mother

Father

|         |         |
|---------|---------|
|         |         |
|         |         |
|         |         |
| Phone # | Phone # |

This form may be delivered to the HES office by an older sibling. Thank you!

## Future Home of The Kulmann Memorial Walkway



### You can be a part of something BIG!

We are excited to come together as a school community to celebrate the life of Jaret Kulmann, a former HES teacher, AND to improve our Haddam Elementary School Primary Playground!

- For \$35.00 you can purchase a 4" x 8" Engraved Brick
  - \$30.00 goes towards the cost and construction of the Walkway leading to the playground.
  - \$5.00 goes directly to the Kulmann Children Scholarship Fund. \*\*
- The inscribed bricks are a wonderful, permanent way to honor families, students, staff, alumni, a Class, loved ones, teams, servicemen, or promote a local business. Please see examples in the school foyer.

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**Please Print (One letter per space. 13 characters and spaces per line.)**

**First line:** \_\_\_\_\_

**Second line:** \_\_\_\_\_

**Third line:** \_\_\_\_\_

**Personal Information:**

**Name:** \_\_\_\_\_

**Phone number:** \_\_\_\_\_

**Payment information: \$35.00 Check Number:** \_\_\_\_\_

**Make checks payable to:**

**Haddam Elementary School**  
**The Kulmann Memorial Walkway**  
**P.O. Box 439**  
**Higganum, CT 06441**

**Questions: e-mail Jenn Leavitt at [leavitt77@rsd17.org](mailto:leavitt77@rsd17.org)**

**\*\*Information about the Kulmann Children Scholarship Fund is available upon request.**

# Home & School

Working Together for School Success

## CONNECTION<sup>®</sup>

Haddam Elementary School  
Mrs. Janice Harris, Principal

### SHORT NOTES



#### Picture this

Good readers form mental pictures as they read. To improve your child's comprehension, read a book without letting him see it. Then, ask him to guess what the illustrations look like. *Examples:* How are the characters dressed? Is the setting bright or gloomy?

#### Raising good sports

You can teach your youngster to be a good sport by being one yourself. When you attend a game, clap and cheer for players who try hard, even if they're on the other team. You'll help your youngster learn to be gracious to everyone in the game.

#### Line them up

Sometimes kids get math problems wrong simply because they haven't lined up the numbers correctly. Try this. Have your child work problems on graph paper, using one box per number. Once she gets used to this system, she'll be able to transfer her lining-up skills to regular paper.

#### Worth quoting

"Life doesn't require that we be the best, only that we try our best."

H. Jackson Brown Jr.

### JUST FOR FUN

**Teacher:** Name one important thing we have today that we didn't have 10 years ago.

**Brian:** Me!



## Study smarts

Sarah, a fourth-grader, takes a history test at the end of each month. Evan, a first-grader, has a spelling quiz every Friday. Studying is a skill these youngsters will need throughout their years of school. Help your child study effectively with these tips.

**Start a habit.** Encourage your youngster to treat studying as a daily assignment, not just something she does the evening before a test. For example, she might study 15 minutes every night for a spelling test on Friday. After she finishes her regular homework, she can spend a little time reviewing her notes and handouts.

**Tackle textbooks.** When your child has a chapter to study, have her "preview" it to increase her understanding. She should glance over headings, graphics, and photos and go to the glossary to look up boldfaced words. *Tip:* If she finds a section hard to grasp, she could read a picture book on the



topic. For a science unit on matter, for instance, she could try *What Is the World Made Of?* by Kathleen Weidner Zoehfeld.

**Mix it up.** If your youngster reviews information in several ways, she'll be more likely to remember it. She might use colored pencils to copy each spelling word or math fact onto a separate index card. Then, she can shuffle the cards and study them in a different order each time. For extra reinforcement, suggest that she spell each word or recite each fact aloud. ♥

### Parent power

There are many ways you can support your child's learning and school. Here are a few ideas:

- Spend a few minutes every evening looking over handouts your youngster brings home. Fill out forms to return the next day.
- Tell your child's teachers if you can help them out at school or home.
- Make sure teachers know you appreciate their efforts. From time to time, send a thank-you note or an e-mail.
- Contact your youngster's teacher immediately if you see a problem. Working together will help your child succeed.
- Attend conferences, parent meetings, and school events regularly. ♥

