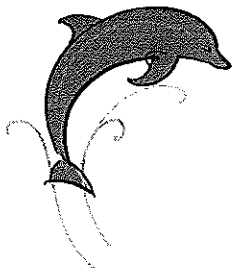


Haddam Elementary School Newsletter



October, 2008

*Dr. Janice Harris
Principal*

PRINCIPAL'S NOTES

At the last PTO meeting, I shared the recommendations from the National Mathematics Advisory Panel (2008) for ways that parents can encourage their children in mathematics learning. One way to do that is to avoid statements such as, "I wasn't good at math." It is important that we emphasize to students that effort, not just "intelligence", is what will make them successful. Students who believe that hard work results in achievement are less likely to give up when faced with challenges.

*(You can find take a look at the brochure and the Panel's complete report at:
<http://www.ed.gov/about/bdscomm/list/mathpanel/index.html>)*

As a school community, we hope to inspire our students to be the best that they can be. This year we are using morning announcements on most days to share words of wisdom and inspiration. The program, called Project Wisdom, is a collection of one-minute public address messages that are rich in history, culture and literature. These messages encourage reflection on topics such as integrity, respect, confidence, courage and honesty. On October 1st, the announcement will be about Honoring Elders to celebrate International Older Persons Day. Please take time to discuss family stories that illustrates the wisdom of an "elder".

We look forward to seeing you during the very busy week of October 14th as you come in to meet with your child's teacher for a conference. While you are here, you have a chance to purchase books from the extremely popular PTO-sponsored Scholastic Book Fair in Portable Classroom A. The week will culminate with the HES Hoe Down on October 17th, weather permitting. Thanks to all the book fair and Hoe Down volunteers!

Don't forget to join us for Afternoon Tea/Book Club on Tuesday, October 21st at 4:00pm. This year we will also be introducing another fun parent/staff activity—the Holiday Sing-Along Parent/Staff chorus. You can find more information in another section of this newsletter.

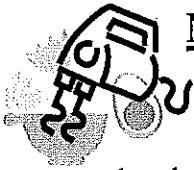
On a final note, to help us maintain a safe environment, I am asking that parents and students use crosswalks when crossing in our parking lot. Please do not walk between buses or cars. Also, when dropping off in the morning, please make sure that your child gets out of the car on the passenger side. Remember, students arriving at school after 8:40 a.m. are considered late and should walk to our main office to sign in.



NEW VISITOR PROCEDURE

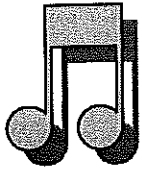
All the doors to Haddam Elementary School will be locked during school hours. All staff and visitors must enter and exit through the main office doors using the buzzer system from 8:40 a.m. - 3:25 p.m. You will need to press the button and state your name when asked. Please do not hold the door open for anyone, or place a wedge in the door for any reason. As you know, the office is often very busy, please be patient as it may take a few moments for someone to respond.

Staff will be wearing photo IDs and visitors will have to sign-in at the office to obtain a building pass. Your patience and understanding are appreciated.



NOTES FROM KITCHEN

The cafeteria cannot accept any foreign monies as the bank will not accept it. If you are paying on a lunch or milk charge, please put the money in an envelope with the child's name on it. Also, you can pay for lunches one week at a time, up to a month at a time.



Holiday Sing-Along Parent/Staff Chorus

The HES community has talent and we're not afraid to use it! On Tuesday, December 23rd, HES will hold its annual Holiday Sing-Along and this time we want to have a Parent/Staff Chorus as part of the festivities. If you enjoy singing and are willing to put in a couple of practice times, we would love to have you. Please contact Cindy Mortensen at mortensen77@rsd17.org by October 24th to express interest. Details to follow...

HEALTH NOTES

Why is good hand washing so important?

Here at school we are constantly reminding kids to wash their hands. It is a good practice to get in to, and it also should be continued at home. Washing your hands is one of the best defenses we have against germs.

Germs can be transmitted many ways, including:

- touching dirty hands
- changing dirty diapers
- through contaminated water and food
- through droplets released during a cough or a sneeze

- via contaminated surfaces
- through contact with a sick person's body fluids

When kids come into contact with germs, they can unknowingly become infected simply by touching their eyes, nose, or mouth. And once they're infected, it's usually just a matter of time before the whole family comes down with the same illness.

Good hand washing is the first line of defense against the spread of many illnesses, from the **common cold** to more serious illnesses such as meningitis, bronchitis, flu, Hepatitis A, and infectious diarrhea.

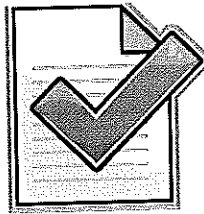
Here's how to scrub those germs away. Demonstrate this routine to your kids — or better yet, wash your hands together often so they learn how important this good habit is:

1. Wash your hands in warm water. Make sure the water isn't too hot for little hands.
2. Use soap and lather up for about 10 to 15 seconds (antibacterial soap isn't necessary — any soap will do). Make sure you get in between the fingers and under the nails where uninvited germs like to hang out. And don't forget the wrists!
3. Rinse and dry well with a clean towel.

To minimize the germs passed around your family, make frequent hand washing a rule for everyone, especially:

- before eating and cooking
- after using the bathroom
- after cleaning around the house
- after touching animals, including family pets
- before and after visiting or taking care of any sick friends or relatives
- after blowing one's nose, coughing, or sneezing
- after being outside (playing, gardening, walking the dog, etc.)

Don't underestimate the power of hand washing! The few seconds you spend at the sink could save you trips to the doctor's office and save you trips to the doctor's office.



IMPORTANT DATES

OCTOBER, 13	NO SCHOOL – COLUMBUS DAY
OCTOBER 14 & 15	EARLY DISMISSAL-PARENT/TEACHER CONFERENCES
OCTOBER 14 – 17	BOOK FAIR Tuesday 8:30am-7pm; Wednesday & Thursday 8:30am- 5pm; Friday 8:30am-12:30pm
OCTOBER 17	HOE DOWN – 5:00 PM
OCTOBER 21	AFTERNOON TEA & TALK AT 4PM
OCTOBER 24	HOE DOWN—Rain Date, if needed
OCTOBER 24	Deadline to e-mail Mrs. Mortensen if you are interested in the Holiday Parent/Staff Chorus

REMINDER

In the event of an evacuation in which students and staff must leave the school premises, we have two locations that we are authorized to use. One is the United Methodist Church next door and the other is the Town Garage. The **EMERGENCY LINE TELEPHONE NUMBER** is 345-8526.

ELEMENTARY SCHOOL HOURS

Grade K- 4 8:40 - 3:25
AM Preschool and ½ time Kindergarten 8:40 – 12:00
PM Preschool 12:05 - 3:25
Bus Arrival – 8:35 AM – See note below*

*All parents should be aware that teacher supervision begins with the arrival of the first bus (8:35 a.m.) **NO CHILD** should arrive at school, either by walking or being dropped off, **before 8:35 a.m.** Our doors will be locked from the time the final bus arrives until dismissal. Please utilize the intercom near the front door to gain admittance.

INCLEMENT WEATHER SCHEDULE

Two Hour Delayed Opening

Grade K - 4 10:40 – 3:25
PM Preschool 12:05 – 3:25
No AM Preschool

Weather-Related Early Closing

AM Preschool and Grades K-4 8:40-1:05
No PM Preschool

SCHEDULED EARLY DISMISSAL DAYS

Grades K-4 will attend school on all scheduled early dismissal days from **8:40-1:05**. Preschool will operate on the following schedule:

AM classes only, No PM preschool	PM classes only, No AM preschool
September 26,	January 20,
October 14,	January 21,
October 15,	February 11,
November 26,	February 12,
December 23	May 22

In addition to our scheduled district wide early dismissal days, there will be 3 other early dismissal days for all kindergarten students on the following Wednesdays.

March 25

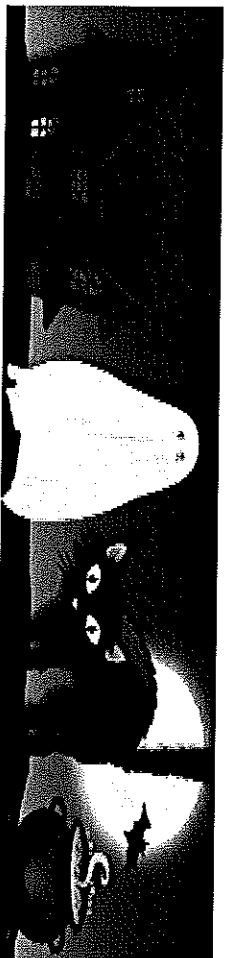
April 29



May 27

Our district wide Kindergarten Faculty will participate in community outreach on these days. School hours for the additional Wednesdays will be **8:40 – 12:00**. Please be sure to provide a healthy snack as your child will not be having lunch at school on those days. Transportation will be provided for all Kindergarten students on all early dismissal days.

October 2008

Elementary Schools



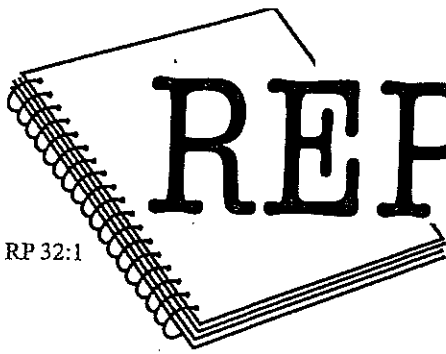
 Student Lunch \$2.50 Adult Lunch \$3.50 Milk .50		1. Choice of: French Toast Sticks or Cheese Quesadilla Hash Browns Roasted Carrots Yogurt Parfait	2. Choice of: Chicken Fryz or Grilled Cheese Brown Rice Green Beans Peaches	3. Choice of: Pepperoni Pizza Or Fish Fillet on Wheat bun, Steamed Broccoli Orange Wedges
6 Choice of: Chicken Teriyaki or Hot Dog White Rice Oriental Vegetables Pineapple	7 Choice of: Cheese Ravioli Or Chicken Patty Sandwich Broccoli Mixed Fruit	8 Choice of: Pancakes or Vegetable Scramble Bacon ½ Orange	9 Choice of: Hamburg w/ L&T, or Veggie Burger, Pickle, Smiley Fries, Chilled Peaches	10 Choice of: Pizza OR Soft Beef Taco, Refried Beans, Tropical Fruit Salad
COLUMBUS DAY NO SCHOOL	14 Choice of: Turkey/Stuffing & Gravy or Cheese Calzone Broccoli Cranberry Sauce	15 Choice of: Scrambled Eggs or Waffles Turkey Sausage Hash Brown Potatoes Fruited Jell-o	16 Choice of: Chicken Parmesan w/ spaghetti or Chicken Parmesan Sand, Side Salad Pears	17 Choice of: Pepperoni Pizza Or Cheese Sticks w/ Marinara Sauce, Steamed Broccoli Apple sauce
20 Choice of: Baked Macaroni and Cheese or Meatball Grinder, Fresh Veggies and Dip, Mandarin Oranges	21 Choice of: Baked Chicken or Sloppy Joe, Orange Glazed Sweet Potatoes, Peas Pineapple	22 Choice of: French Toast OR Egg and Cheese Sandwich, Potatoes, Warm Cinnamon Apples	23 Choice of: Taco Boat or Popcorn Chicken Green Beans, Tater Tots Chilled Peaches	24 Choice of: Pizza OR Fun Fish Shapes, Pasta salad w/ Broccoli Fruit Sherbet
27 Choice of: Vegetable Stir Fry, over rice OR BBQ Rib Sand on Wheat Bun, Rice, Corn, Tropical Fruit Salad	28 Choice of: Buffalo Chicken Drumsticks OR Cheese Quesadilla Cous Cous, Steamed Broccoli, Applesauce	29 Choice of: Pancakes and sausage on a stick, OR Baked Ziti, Side Salad, Fruit Cup	30. Choice of: Hearty Chicken and Noodle casserole OR Grilled Cheese on Wheat, Zucchini and Carrot Sticks w/ dip, Fruit Crisp	31. Choice of: Ghostly Goolash OR Frightening Chicken Fingers, Monster Mashed Potatoes, Creepy Carrots, Booberry Crumb cake

Sandwich Alternate

- 1 Tuna w/ L&T on Roll
- 2 Salami and Cheese on wheat
- 3 Egg Salad w/ L&T on a Bun
- 6 Turkey and Cheese on White
- 7 Ham and Cheese on wheat
- 8 Roast Beef on a bun
- 9 Bologna & cheese w/ L&T on white
- 10 Ham and cheese on rye
- 14 Turkey & cheese on 100% wheat
- 15 Bologna w/ L&T on Italian bread.
- 16 Pepperoni and cheese on Bun
- 17 Ham and Cheese on white
- 20 Egg salad on 100% whole wheat
- 21 Cold cut combo grinder
- 22 Bologna on white
- 23 Tuna on white
- 24 Roast Beef on a bun
- 27 Turkey and Cheese on White
- 28 Ham on 100% whole wheat
- 29 Egg salad on Italian bread
- 30 Pepperoni and cheese wrap
- 31 Batty Bologna and cheese on a bun.



These items are available daily: Fresh fruit, canned fruit & 100% fruit juice; One choice of milk: skim, 2%, whole or chocolate; Chef salad. This menu is in full compliance with and meets all USDA regulations on school menu initiatives for healthy children. If you have any questions, please call Sharon at 345-4534, ext. 421. Menu is subject to change without notice.



REPORT to PARENTS

RP 32:1

School Attendance

Students need to be in school every day to stay on track. Teachers' lesson plans are carefully constructed to introduce new concepts, reinforce them with learning activities, and then move on to new skills and ideas. When children aren't in school, they fall behind. And the more days they miss, the harder it is to catch up. That's where you come in.

Report In. Schools are required to track attendance of every child in every classroom every day. It is essential that you always contact the school if your child is going to be late for class, will need an early dismissal, or will be absent.

Get the Work. When you know ahead of time your child will be missing class, give the teachers plenty of notice so they can provide your child with make-up work to do. Be sure that your child follows through—you'll need to be his or her "teacher" on those days, so be available to explain concepts or monitor the work.

If your child is out unexpectedly, due to illness or other reasons, in addition to contacting the school attendance office, make arrangements with your child's teachers to pick up a packet of work/readings from the school. If the absence will be lengthy (e.g., for surgery), alert the teachers as soon as you know and get updated assignments and work packets as the days go on.

Religious Absences. It is inevitable that some families' important religious observances will fall on school days. Let your children's teachers know early in the year precisely which days your children will not be attending or will need to leave early.

How Sick Is Too Sick? It's impossible to say categorically when a child should go to school or stay home. However, one typical guideline is that a child is usually fine to attend school if his or her fever is under 100° and there is no rash, "pink eye," nausea, or diarrhea. The decision to keep a child home from school is best

made between you and your child's health care provider. If the doctor or nurse recommends that your child stay home, find out exactly how long and on what conditions he or she can return to class (e.g., after 24 hours of antibiotics).

Faking It? If your child is complaining of a fever, but you're suspicious, make sure to stay in the room the entire time the child's temperature is being taken. A child complaining of nausea will probably be paler in color and slightly sweaty, and will usually need to vomit more than once. Send your child to school if you don't see a real symptom, knowing that the school nurse will contact you if things change. Also, be alert if your child seems to be "sick" on school days but always rebounds for the weekend.

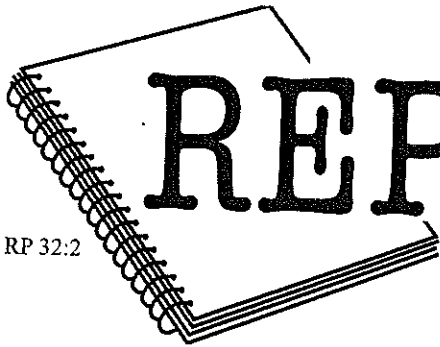


Vacation Plans. It's tempting to pull your kids from school for a family trip, but it's a bad idea. Why? First, it gives your children the impression that their schooling is not your top priority. And when they miss classwork, even if you ask for make-up work to be sent home ahead of time, they can fall behind because they're missing many hours of instructional time each day. Instead of thinking of how you can miss the crowds by taking trips during the school year, think about what it could

be costing your child in the long run.

Check Those Appointments. Schedule your kids' doctor and dental appointments for after-school or weekend hours unless there's an emergency. Schedule your children's twice-yearly dental appointment during winter and summer breaks, and schedule school physicals, immunizations, and other routine care for school holidays or summer break.

Finally, remember to show and tell your children that attendance is important—whether it's as a child in school or as an adult on the job. You'll be helping them succeed, both in school and in life.



RP 32:2

REPORT_{to} PARENTS

Effective and Appropriate Help With Homework

Parenting requires many judgment calls, including numerous decisions related to schoolwork and school projects. Principals and teachers are always stressing how important it is for parents to be involved, but how much is too much? For a start, put yourself in these situations:

- Your child's big science project is due tomorrow, but her after-school schedule has been so busy lately that she hasn't had time to finish it herself. Not wanting her to get a bad grade, you end up doing most of the work with her so she can turn it in on time.
- Your son's math homework packet is a big part of his grade, but he's having trouble with a few of the concepts. Is it OK to help him with some of the answers?
- Your daughter must write a poem for a school competition, but the verses she's come up with so far seem pretty bad. After thinking about her theme, you suggest different rhyming phrases that sound better. When the awards are announced, your daughter comes home excited and says, "We won!"

We all want our children to do well in school. But, sometimes, we might want it too much and end up giving them too much assistance. The problem is, while their grades might look stellar, their self-esteem can suffer. Children are smarter than we sometimes give them credit for. They know when they've earned a grade—and when they haven't. Instead of helping them succeed, too much parental involvement can lead them to failure.

So what's a concerned parent to do? How much help is reasonable? What kinds of suggestions or assistance are acceptable? And what do you do if they don't understand their homework, even after asking you for guidance?

Don't do it for them. Rule No. 1 is an easy one to remember: Don't ever do your children's homework or school projects for

them. The assignments were given to them for a reason—they need to learn the concepts, and they can't do that learning if you do their work.

Guidance is great. Help your children understand assignments by talking with them about the concepts. Let's say your child is having trouble with basic division. Dump out a stack of pennies or paper clips, count the total, and, together, divide them into groups of five, six, or seven. If your child has writer's block, instead of suggesting phrases to use, brainstorm together about ideas of things he or she could write about, and ask your child to list some of the things he or she could say. Help your children to learn how to think through the process.



Be encouraging. It can be frustrating to try to master new concepts and complete school projects. Give your children encouragement and understanding as they work things through.

Expand their brains. One great way parents can help their children with school projects is by asking them to go beyond their original ideas. If your son, for example, wants to do a shoebox diorama about dinosaurs, tell him that his original idea is good, but ask

what other ways he could try. Don't give him ideas, but help him use his own creativity. Ask him to think out a number of different ways he could approach the assignment. Let him follow his own path, and both you and his teacher will probably be very pleased with the result. Not only that, the work will be his own.

Finally, know when to call for help. If your child is consistently having trouble with a specific concept, even after you've helped explain it to him or her, it's time to let the teacher know. Chances are yours isn't the only child in the class who's confused. In addition to learning the schoolwork, your child will gain some very important knowledge: that it's smart to ask for help when you don't understand something.