

Essex Elementary School Newsletter

September 2018

Principal's Message by Jennifer Tousignant

Dear Families,

I hope you had a fantastic summer, full of fun and relaxation! Welcome back to a new school year. We had a great opening to 2018-19! Thank you for your continued cooperation and support in making the start to our school year a smooth one for your child! Please refer to my August Welcome Back Letter for valuable information on arrival, dismissal, and visiting procedures, and please remember that these procedures are put in place for the safety of your child and all within our school community.

I look forward to a year full of great success and learning for all of our students.

Fondly, Jenn

Upcoming Events and Important Information:

Monday, September 3: No School - Labor Day

Tuesday, September 4: PTO Meeting at 6:00 in the Media Center- ALL are Welcome!

Thursday, September 6 and Friday, September 7: School Picture Days

Monday, September 10: No School - Rosh Hashanah

Thursday, September 13th: Fall Curriculum Night

5:30 – 6:00 Grades K - 3 (adults only)

6:00 – 6:30 Grades 4 - 6 (adults only)

Thursday, September 13: EES Board of Education Meeting- Media Center 7:00

Wednesday, September 19: No School - Yom Kippur

Don't forget to send in your summer reading or math pictures!

Your picture will be featured on the morning news in September! Email pictures to rmitchill@reg4.k12.ct.us before Friday, September 7!

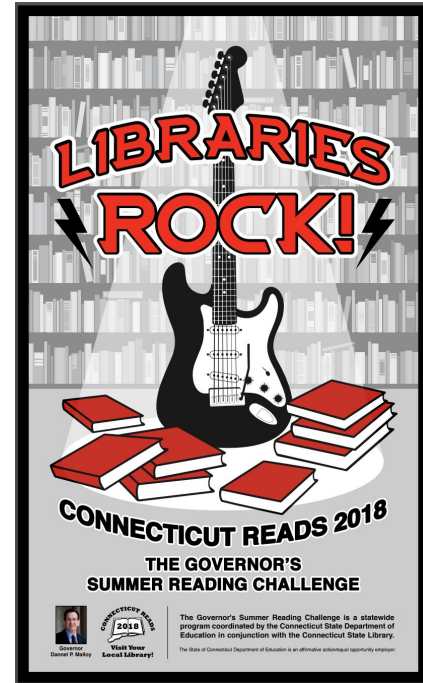


A few of the photos we have received so far!

Summer Reading

Mrs. Doxsee, Ms Page & Mrs. Roussel

Don't forget to return your summer reading log by Friday, September 7th. We can't wait to hear about all the great books you read this summer.



HOW TO HELP YOUR CHILD LOVE "MATHS"

FROM PROFESSOR JO BOALER



1

Encourage children to play maths puzzles and games. Award winning mathematician, Sarah Flannery reported that her maths achievement and enthusiasm came not from school but from the puzzles she was given to solve at home. Puzzles and games – anything with a dice really – will help kids enjoy maths, and develop number sense, which is critically important.

2

Always be encouraging and never tell kids they are wrong when they are working on maths problems. Instead find the logic in their thinking – there is always some logic to what they say. For example if your child multiplies 3 by 4 and gets 7, say – Oh I see what you are thinking, you are using what you know about addition to add 3 and 4, when we multiply we have 4 groups of 3...

3

Never associate maths with speed. It is not important to work quickly, and we now know that forcing kids to work quickly on maths is the best way to start maths anxiety for children, especially girls. Don't use flashcards or other speed drills. Instead use visual activities such as <https://bhi61nm2cr3mkdkgk1dtaov18-wpengine.netdna-ssl.com/wp-content/uploads/2015/03/FluencyWithoutFear-2015.pdf>

4

Never share with your children the idea that you were bad at maths at school or you dislike it – especially if you are a mother. Researchers found that as soon as mothers shared that idea with their daughters, their daughter's achievement went down.

5

Encourage number sense. What separates high and low achievers is number sense – having an idea of the size of numbers and being able to separate and combine numbers flexibly. For example, when working out $29 + 56$, if you take one from the 56 and make it $30 + 55$, it is much easier to work out. The flexibility to work with numbers in this way is what is called number sense and it is very important.

6

Perhaps most important of all – encourage a "growth mindset" let students know that they have unlimited maths potential and that being good at maths is all about working hard. When children have a growth mindset, they do well with challenges and do better in school overall. When children have a fixed mindset and they encounter difficult work, they often conclude that they are not "a math person". One way in which parents encourage a fixed mindset is by telling their children they are "smart" when they do something well. That seems like a nice thing to do, but it sets children up for difficulties later, as when kids fail at something they will inevitably conclude that they aren't smart after all. Instead use growth praise such as "it is great that you have learned that", "I really like your thinking about that". When they tell you something is hard for them, or they have made a mistake, tell them: "That's wonderful, your brain is growing!"

There is no such thing as a "maths person" – everyone has the potential to learn maths to the highest levels.

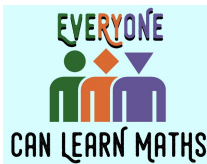
This is how we grow our "maths brain." When we learn, one of three things happen:

- 1) **We grow a new brain pathway;**
- 2) **A brain pathway becomes stronger; or**
- 3) **Different brain pathways connect.**

— Jo Boaler

Why "Maths" rather than Math?

Jo Boaler uses *maths*, rather than *math*, partly because she is from the UK and they say *maths* there and partly because *maths* is short for *mathematicS*, it is a plural noun. *Mathematics* was chosen to be plural to reflect all the many parts of mathematics - draw- ing, modeling, asking questions, communicating, etc. *Math* sounds more singular and narrow (Do the *math*, usually means do a calculation!), and she prefer to keep the idea that *maths* is a multidimensional and varied set of *mathematic*. Makes sense right?!



FROM THE HEALTH OFFICE

Suzanne Deens, RN

Welcome to the 2018-2019 school year! I look forward to getting to know the kindergarteners and new incoming students and seeing how much the returning students have grown and changed over the summer.

As a wellness school, our goal is to keep students healthy and attending school so they can fully participate in the programs at Essex Elementary. We ask parents to be proactive with us in helping students learn healthy behaviors. These are things we can all do to keep everyone healthy.

A primary factor in promoting good health and wellness for all students is to limit food in classrooms and therefore reduce the opportunities for students with food allergies coming into contact with foods that can pose a serious health risk. The PTO sponsors the Birthday Book program. Information regarding the program should have gone home the first day of school. The classroom teachers offer special indoor or outdoor activities for the class in honor of the "birthday girl/boy." The children actually LOVE the extra recess/activity and often thank the "birthday child" for the choice that was made!

Teach your child to wash his/her hands often with soap and water (before & after eating, after using the restroom). At school we will do a refresher course with students on using hand sanitizers found in every room and in other spaces throughout the building.

Teach your child not to share personal items like drinks, food or unwashed utensils. We have a rule at school not to share food and drinks but reinforcing that at home will help with this practice in the cafeteria and on the bus.

Teach your child to cover up his/her cough or sneeze with the crux of their elbow, arm, or sleeve instead of their hand when a tissue is not available. Mrs. Deens will reinforce that with all students and will include it in her hygiene lessons.

Do not send children to school if they are sick. Any child who is determined to be ill while at school will be sent home as soon as possible.

A child with a fever of 100 degrees or higher must stay at home and be fever free for 24 hours without fever reducing medication before returning to school. This is a district policy and very important during flu and cold season.

Lice are cause of concern for all parents of school age children. As a preventative measure, you may want to check your child(ren) on a weekly basis for lice or nits. Also, there are hair products available at the local pharmacy or your hair salon that can be put in your child's hair to repel lice. Fortunately, these products usually do have a pleasant odor.

Lastly, starting the day with a healthy breakfast boosts brain power. In other words, food is fuel for the brain. Students that eat breakfast can focus and concentrate better in class, do better on tests, and have a longer attention span.

If you have any questions or concerns, please call me at (860) 767-1524 or e-mail me at sdeens@reg4.k12.ct.us. The same contact information can be used to report your child(ren) will be absent or tardy.

SEPTEMBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 No School Labor Day	4 C PTO Meeting	5 D	6 A School Pictures	7 B School Pictures	8
9	10 No School Rosh Hashanah	11 C	12 D	13 A Curriculum Night	14 B	15
16	17 C	18 D	19 No School Yom Kippur	20 A	21 B	22
23 30	24 C	25 D	26 A	27 B	28 C	29



August / September 2018 Breakfast Menu

BREAKFAST IS AVAILABLE AT ALL SCHOOLS - COME JOIN US FOR THE MOST IMPORTANT MEAL OF THE DAY

Monday	Tuesday	Wednesday	Thursday	Friday
			8/30 FIRST DAY OF SCHOOL Grab & Go Cereal Graham Crackers Fresh Fruit & Dried Fruit Choice of Milk	8/31 Apple Cinnamon Muffin Fresh Apple Slices & Dried Fruit Choice of Milk Or Fresh Homemade Fruit Smoothies
9/3 <u>Labor Day</u> <u>School Closed</u>	9/4 Yogurt Graham Crackers Fresh Fruit & Dried Fruit Choice of Milk	9/5 Banana Bread Fresh Fruit & Dried Fruit Choice of Milk	9/6 Grab & Go Cereal Graham Crackers Fresh Fruit & Dried Fruit Choice of Milk	9/7 Blueberry Muffin Fresh Apple Slices & Dried Fruit Choice of Milk Or Fresh Homemade Fruit Smoothies
9/10 <u>Rosh Hashanah</u> <u>School Closed</u>	9/11 Yogurt Graham Crackers Fresh Fruit & Dried Fruit Choice of Milk	9/12 Zucchini Bread Fresh Fruit & Dried Fruit Choice of Milk	9/13 Grab & Go Cereal Graham Crackers Fresh Fruit & Dried Fruit Choice of Milk	9/14 Apple Cinnamon Muffin Fresh Apple Slices & Dried Fruit Choice of Milk Or Fresh Homemade Fruit Smoothies
9/17 Grab & Go Cereal Graham Crackers Fresh Fruit & Dried Fruit Choice of Milk	9/18 Yogurt Graham Crackers Fresh Fruit & Dried Fruit Choice of Milk	9/19 <u>Yom Kippur</u> <u>School Closed</u>	9/20 Grab & Go Cereal Graham Crackers Fresh Fruit & Dried Fruit Choice of Milk	9/21 Blueberry Muffin Fresh Apple Slices & Dried Fruit Choice of Milk Or Fresh Homemade Fruit Smoothies
9/24 Grab & Go Cereal Graham Crackers Fresh Fruit & Dried Fruit Choice of Milk	9/25 Yogurt Graham Crackers Fresh Fruit & Dried Fruit Choice of Milk	9/26 Zucchini Bread Fresh Fruit & Dried Fruit Choice of Milk	9/27 Grab & Go Cereal Graham Crackers Fresh Fruit & Dried Fruit Choice of Milk	9/28 Apple Cinnamon Muffin Fresh Apple Slices & Dried Fruit Choice of Milk Or Fresh Homemade Fruit Smoothies

Full Pay Students Breakfast Meal Price \$ 1.25

Free & Reduced Eligible Students – No Charge

Fat-Free Chocolate & 1% Low-Fat Available Daily with Breakfast or \$0.50 a la carte.

Our menus follow dietary guidelines for reduced fat, salt and sugar while increasing whole grains, fruits and vegetables.
As part of a balanced breakfast, Fruit or Fruit Juice and Fat Free or Low-Fat Milk are offered daily. All Bread items are Whole Wheat.
Menu Subject to change without advance notice.

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



August / September 2018 Lunch Menu

BREAKFAST IS AVAILABLE AT ALL SCHOOLS - COME JOIN US FOR THE MOST IMPORTANT MEAL OF THE DAY

Monday	Tuesday	Wednesday	Thursday	Friday
			8/30 FIRST DAY OF SCHOOL Stuffed Crust Cheese Pizza Or Stuffed Crust Pepperoni Pizza Tossed Salad w/ Croutons Whole Fruit Sherbet Chilled Fresh Fruit Cup	8/31 Sausage, Egg & Cheese Sandwich Or Egg & Cheese Sandwich Hash Brown Potatoes Vegetable Sticks Fresh Fruit Cup
9/3 <u>Labor Day</u> <u>School Closed</u>	9/4 Personal Pizza Or Personal Pepperoni Pizza Tossed Salad w/ Croutons Whole Fruit Sherbet Chilled Fresh Fruit Cup	9/5 Pasta Bar Tomato, Meat or Alfredo Sauce Warm Garlic Bread Steamed Carrots Chilled Fruit Cup	9/6 Hamburger or Cheeseburger Lettuce & Tomato Oven fried Potatoes Chilled Fruit Cup	9/7 Toasted Cheese Croissant or Toasted Ham & Cheese Croissant Tomato Soup Baby Carrots Chilled Fruit Cup
9/10 <u>Rosh Hashanah</u> <u>School Closed</u>	9/11 Stuffed Crust Cheese Pizza Or Stuffed Crust Pepperoni Pizza Tossed Salad w/ Croutons Whole Fruit Sherbet Chilled Fresh Fruit Cup	9/12 Pasta Bar Tomato, Meat or Alfredo Sauce Warm Garlic Bread Green Peas Chilled Fruit Cup	9/13 Beef & Bean Nachos Salsa & Sour Cream Roasted Corn Chilled Fruit Cup	9/14 Fluffy Pancakes Blueberry Topping Sausage Links Fresh Fruit Cup
9/17 Personal Pizza Or Personal Pepperoni Pizza Tossed Salad w/ Croutons Whole Fruit Sherbet Chilled Fresh Fruit Cup	9/18 Hot Chicken Fajitas Wrap Sautéed Onions & Peppers Salsa & Sour Cream Black Beans & Rice Chilled Fruit Cup	9/19 <u>Yom Kippur</u> <u>School Closed</u>	9/20 Hamburger or Cheeseburger Lettuce & Tomato Oven fried Potatoes Chilled Fruit Cup	9/21 Pasta Bar Tomato, Meat or Alfredo Sauce Warm Garlic Bread Steamed Broccoli Chilled Fruit Cup
9/24 Stuffed Crust Cheese Pizza Or Stuffed Crust Pepperoni Pizza Tossed Salad w/ Croutons Whole Fruit Sherbet Chilled Fresh Fruit Cup	9/25 Crispy Chicken Pattie Sandwich Lettuce & Tomato Potatoes Wedges Chilled Fruit Cup	9/26 Pasta Bar Tomato, Meat or Alfredo Sauce Warm Garlic Bread Garden Salad Chilled Fruit Cup	9/27 All Beef Hot Dog on a bun Baked Beans Veggie Sticks w/ dip Fresh Fruit Cup	9/28 Chicken Teriyaki Fried Rice Mixed Vegetables Chilled Fruit Cup

Meal Price \$ 3.00

Milk \$0.50 each

Adult Meal Price \$ 4.50

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. All Bread & Pasta items are Whole Wheat.

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