

Essex Elementary School Newsletter

October 2018

Principal's Message by Jennifer Tousignant

Dear EES Families,

As a district, our unified focus again this year is on preparing our students for critical and creative thinking needed for solving difficult problems. Throughout the year, your child will have multiple opportunities to utilize their critical and creative problem solving skills, at all levels and in all content areas. Your child's teacher will further communicate the specific aspects of critical and creative thinking for solving problems within his/her classroom!

Our busers will take part in a Bus Evacuation Drill when they arrive on **Friday, October 12** prior to entering the building. As we have fire drills and lockdown drills within the building, this is a drill to practice what students should do in the case of a bus emergency.

Please join us for our PTO Harvest Fair from noon until four o'clock on Sunday, October 14th, rain or shine.

The Essex fire department will present a program for Fire Prevention Week on Wednesday, Oct 10h.

Our annual Halloween Parade will be on Wednesday, October 31st at 2:15 in the gym. Students in preschool through grade 3 are invited to bring their costumes to school that day so they can dress up for this event. Please be sure that the costume is not scary and does not include a face mask. Some of our little ones are easily frightened and the face masks make it difficult for students to see where they are going. Also, toy weapons to go along with all of the police men and ninjas for example, are not allowed.

Please sign up for a Parent Teacher conference if you haven't already done so. ~Jenn

Important Dates:

Oct 3-5: 5th Grade CoGats Test Administration

Oct. 4: PTO Cultural Arts Program- 1:30 Irish Band in Cafeteria

October 8th: No Students, Professional

Oct. 14: Harvest Festival Noon-4 pm - PLEASE sign up to volunteer!

Oct. 18-19: PTO Book Fair- in the gym (stage side)
Early Dismissal for Parent Teacher Conferences

October 31: Halloween Parade 2:15

FROM THE EES HEALTH OFFICE

The 2017-2018 school year is in full swing. October is here already and Halloween is just around the corner!

All grade levels do have a daily snack. Just a reminder to be sure students have a healthy snack packed daily. On occasion a student may forget to pack a snack or it ends up spilling on the floor or bottom of the backpack. The classroom teachers would greatly appreciate any donations of a snack such as goldfish or crackers for such “emergency” situations.

Allergies, colds, and sniffles are in full bloom here at EES. Tissues supplied to the classrooms by the school tend to be a little rough and scratchy for tender little noses. The classroom and specials teachers, and especially the students, would greatly appreciate any donations of tissue boxes.

Please review the Attendance and Tardy policy on page 4 of the school calendar. If your child has a dentist or doctor appointment on a school day, please ask for a note for the school. Medical facilities are accustomed to this practice and are more than willing to comply with your request.

IMPORTANT: If your child sustains some kind of injury requiring a Dr.’s visit, PLEASE ask for a medical note stating whether or not there are any limitations. The note is important to help us keep your child safe and healthy and prevent further harm to the existing injury.

Please remember to call the school or email me if your child will be tardy or absent from school. The direct line to the Health Office is (860) 767-1524. A voicemail can be left at any time of day or evening. My email on the school calendar is incorrect. The correct email is: sdeens@reg4.k12.ct.us.

Please feel free to call the school with any questions or concerns.

Have a happy and safe Halloween!

Mathematics at EES

We do not teach spelling through the memorization of letter order, or reading by memorizing the definitions of every word we encounter, so why would we teach math fact fluency through the rote memorization of facts?

Enter strategy-based instruction! Strategy-based instruction boils down to helping kids become flexible thinkers. Helping them to use what they know to figure out what they don't know. It gives them a place to start. At EES we approach the teaching and learning of math fact fluency through a strategy-based approach. To view the strategies taught click the below link. For more information on the research and science behind a Strategy-based approach to teaching fact fluency please reference the article below, Fluency without Fear. If you have questions about fact fluency please feel free to contact me at svandermale@reg4.k12.ct.us

Fact Fluency Strategies Taught at EES

[Addition](#)

[Subtraction](#)

[Multiplication](#)

[Division](#)

More information about math fact fluency: [Fluency without Fear](#)

CCPS Problem of the Month

Check out the CCPS Problem of the Month board for more hints, an envelope to submit your solution and shared solutions next month!!

How many balloons would it take to carry me into the air?

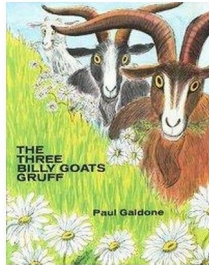
Hint: How much weight can a helium balloon hold?

Understanding is
more important
than speed.



Kindergarten

The Kindergarteners have been working hard to adjust to their new school, expectations, and routines. We've been getting into the swing of Reader's Workshop. Reader's Workshop teaches us to be avid readers. In Kindergarten, we read every day. We've been learning how we can read "learn-about-the-world" books (nonfiction) and "old favorite" storybooks (books we hear over and over again and know by heart). This helps us to develop our oral language and begins to help us to understand the structure of stories. Be on the lookout for storybooks that will be coming home so you can help your child to discover new "old favorites."



In writing, we are working on using our pictures and words to tell true stories that have happened to us. We have been learning how to use realistic colors and details to help our readers understand our pictures. We have been working on incorporating labels into our writing as well to help our readers better understand what our story is about.

In math, we are wrapping up our unit called "Numbers to Five & Ten." In this unit we practiced counting to 20 (and above), recognizing and building sets to 10 using fingers, five-frames and ten-frames, and objects, counting, ordering, and comparing numbers to 10, and writing numerals to 10.

Fourth Grade News

Welcome back from the fourth grade team! We have gotten off to a great start and are looking forward to an exciting year full of so much learning! We are fortunate to have so many opportunities for hands-on learning this year to experience our social studies and science curriculum! Thanks to the fabulous PTO, we will be visiting The State Capitol in Hartford as well as the Supreme Court building to enrich the students' learning of state government and the history of our state. The fourth grade team has the opportunity to explore our ecosystems by visiting some local ecosystems guided by the Connecticut Audubon Society. We will be visiting Clarke Community Park in Old Saybrook on October 11th. This will be the first of two field trips provided by the Connecticut Audubon Society. This field trip will focus on plant and animal structures and adaptations within a New England forest ecosystem. The second field trip will be in June at Hammonasset State Beach, focusing on plant and animal structures and adaptations within a beach and marsh ecosystem. We are fortunate to have these hands-on opportunities and would love for parents to be involved. Please contact your teacher if you would like to join us on any of our trips.

Fourth graders are up and running with their one-to-one chromebooks! This means that every fourth grader is assigned to their very own chromebook for the entire year. Students in all four classrooms have joined their Google Classrooms and have begun completing and handing in work online. Just a few of the activities the fourth graders will be participating in are practicing their typing skills, word processing, utilizing online resources for fiction and nonfiction, computer based projects and so much more! Parents are encouraged to sign in to their child's account at home and check out some of the great work!

Students from last year's trip to Clarke Community Park creating a "super animal" with any adaptations they can chose



Grade 6

The sixth graders are off to a strong start of their final year at EES. They have been stellar role models for younger grades. Some beginning of the year highlights include: Math About Me, “I Am” poems, and reviewing U.S. Geography.

In Reading Class, students are focusing on forming theories about their main characters, tracking those theories, and supporting them with evidence. In Writing Class, students are in the “Collecting” phase of the writing process and are drafting small moment, personal narratives.

We would like to thank parents for attending Curriculum Night. Just a reminder, Parent/Teacher conferences are October 18th & 19th.

In math, students have been introduced to their first C.C.P.S. problem of the year. In this activity, students will use critical and creative problem solving in order to develop and solve Fermi problems. The focus of this activity is not to come up with an answer, but rather to see different ways to break a Fermi problem down into smaller questions that can be measured, estimated, or calculated. Some questions the 6th graders came up with included:

- How many times do I blink in a year?
- How many blades of grass are on a soccer field?
- How many hours of television do you watch in a year?

In Science, students are practicing and applying some of the NGSS Science and Engineering Practices as part of an introductory unit. They practiced **engaging in argument from evidence** and **plan and carry out investigations** with our mystery tube activity. In our Skittles lab activity, we have been reviewing and applying the *scientific method* and **analyzing and interpreting data**.



Second Grade Writing Workshop

What does Writing Workshop look like in second grade?

Writing Workshop begins with a mini-lesson that teaches a new strategy. Teachers start with, "So far we've been.....Today I want to teach you..." or with an anecdote that connects to what the teaching point of the day is. After each mini-lesson students will have independent writing time where they will choose their own topic for their writing and have an opportunity to practice skills and strategies taught in the mini-lesson. By giving the students choices in their topics, the writing becomes authentic, engaging, and meaningful. During this independent writing time the teacher will be meeting with individuals or small groups to confer and encourage their growth as authors. Occasionally during independent writing time we will pause for a "mid-workshop share." This will be a time for the teacher to refocus the group, or to highlight the extraordinary efforts of an individual writer in the class. At the end of the workshop, about 10 minutes will be spent giving the students an opportunity to share their writing with the class or a writing partner.

How can I help my second grader at home?

1. Encourage your child to carry a small notebook with them, paying attention to details and thinking, "I could write a true story about this."
2. Help your child to identify times they have had strong feelings, and then list "small moment" stories pertaining to that feeling.
3. With your child, think of the stories that your family tells and retells.
4. Keep an ongoing list of story ideas in your writer's notebook.
5. Think of a subject, or a person, place, or thing that matters to your child, then list small moments you remember.
6. Take small moments and break them into beginning, middle and end.

Physical Education News

We're off to an AWESOME start in physical education! At EES, we believe every child is an ATHLETE. We've been sharing ideas to help us stay physically active and have fun with family/friends during this wonderful, colorful season!

Sneakers for safety please! Children need to wear sneakers for physical education class. The sneakers should have laces or velcro with good ankle/foot support and a flat sole. Sneakers need to stay securely on your child's feet during physical activity. Rubber-soled shoes with a strap behind the heel and/or straps down the side of the foot do not offer enough stability. Other rubber-soled shoes and footwear are not appropriate or safe for many of our movement activities. Due to safety concerns, students who are not wearing sneakers will be unable to physically participate in the physical education session. If it's difficult for your child to remember the letter day s/he has phys. ed. class, we suggest keeping an extra pair of sneakers in their backpack or leave an old pair in the classroom. Please look for the letter rotation schedule each month in this newsletter. We also recommend students wear socks to prevent blisters and absorb sweat, in addition to wearing comfortable clothing suitable for physical activity.

The fields are often wet with dew for our students if their class time is scheduled in the morning. We suggest students in these grades (3rd, 4th, 5th) bring in, or leave in their homeroom, an extra pair of socks and/or footwear to change into after physical education class. Please also be aware that much of our field was once marshland and we have drainage issues after it rains. For certain units, we do try to get outside as long as it is safe, so extra socks and footwear come in handy, especially for students in grades 3-6. Thank you for your support in helping your child be prepared for physical education on their letter day. Your help is greatly appreciated!

If your child is not feeling well for class or has an injury, please send a note from home so that we have the necessary information to modify class activities for your child. Serious injuries such as fractures, recent surgeries, etc., require an MD note regarding activity limitations, as well as, clearance for full participation. We appreciate your coordination with medical and school staff. Your child's well-being and safety are our top priorities.

All fourth and sixth grade students are required to take the state mandated Connecticut Physical Fitness Assessment each fall. The objective of this assessment is for students to learn the concepts and process of fitness assessment to determine their current levels of health related fitness. We hope that students will utilize this knowledge to stay physically active and maintain an appropriate level of health related fitness throughout their lives.

The four assessment components are:

- 1.) sit and reach (to measure flexibility of the lower back and hamstring muscles)
- 2.) curl-ups (to measure abdominal strength and endurance)
- 3.) 90 degree push-ups (to measure upper body strength and endurance)
- 4.) one mile run/walk (to measure cardio-respiratory endurance)

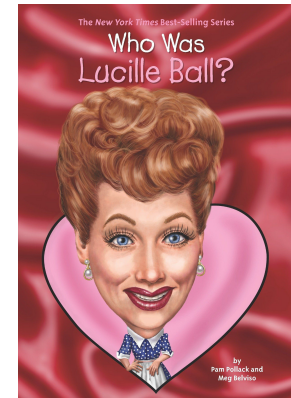
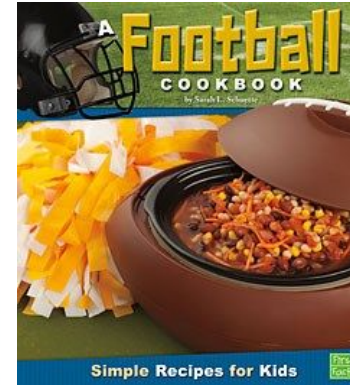
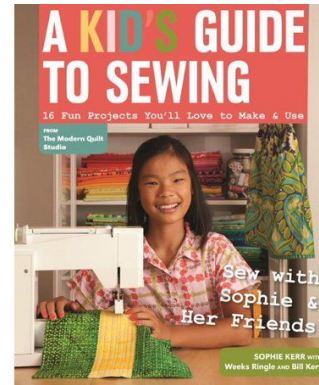
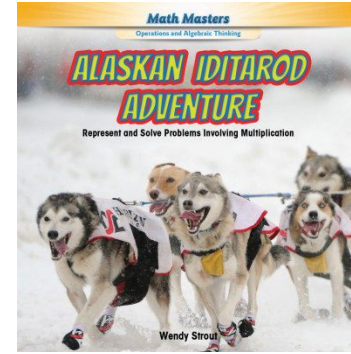
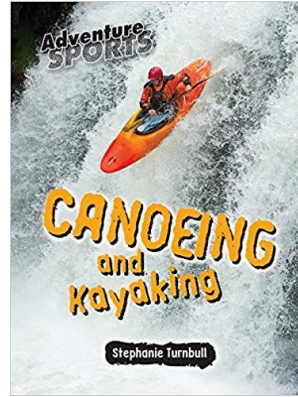
At school, 4th and 6th graders have been working hard on their conditioning during physical education classes, as recommended by the State Department of Education. I have been very impressed with the positive attitudes and effort students have shown in preparing for this challenging fitness assessment. Our emphasis is on doing one's best! At Essex Elementary, we believe it is important to help develop a student's positive self-image, as well as to provide students with realistic data about their performance, encouraging them to improve and helping them to succeed. More information will be sent to parents of our 4th and 6th grade students regarding this assessment. Please feel free to contact me at kwalsh@reg4.k12.ct.us or 860-767-8215 if you have any questions, concerns or suggestions at any time throughout the school year. We are looking forward to a FANTASTIC year of learning and achievement in physical education!

“It is health that is real wealth and not pieces of gold and silver.”

-Mahatma Gandhi

New Books in the Library in Honor of Former EES Teacher!

A group of retired teachers from EES decided to honor one of their former colleagues, Lisa Dyslin, with a donation to purchase books for the library media center. Lisa was a 6th-grade teacher at EES for 25 years. After her passing, her friends wanted to recognize her dedication to teaching, love of children, and sense of adventure. There are fifty new books in the library media center that will have a bookplate in memory of Lisa Dyslin. The books cover topics that Lisa was passionate about, such as the Iditarod, dogs, cooking and baking, kayaking, and knitting and sewing. Her former colleagues hope the current students of EES will enjoy these books and embrace the love of learning that Lisa so embodied.



Some of the books donated in Lisa Dyslin's honor.

A Celebration of Summer Reading!

- The Reading Team: Mrs. Doxsee, Mrs. Page, and Mrs. Roussel

This summer, 75 students participated in our Summer Reading Challenge. We celebrated this achievement with an extra special recess and a certificate from our Governor. Here are some pictures from our reading celebration. Congratulations to those students who took part in this challenge. It has been fun talking to the children about all the wonderful books they read over the summer months.



Parents - thank you for encouraging your child to read all summer!



OCTOBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	¹ D	² A	³ B	⁴ C	⁵ D	⁶
⁷	⁸ No School <i>Columbus Day</i>	⁹ A	¹⁰ B	¹¹ C	¹² D	¹³
¹⁴ PTO Harvest Festival 12-4pm	¹⁵ A	¹⁶ B	¹⁷ C	¹⁸ D Early Dismissal Conferences	¹⁹ A Early Dismissal Conferences	²⁰
²¹	²² B	²³ C	²⁴ D	²⁵ A	²⁶ B	²⁷
²⁸	²⁹ C	³⁰ D	³¹ A Halloween Parade 2pm	¹ B	² C	



October Breakfast Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
10/1 Grab & Go Cereal Graham Crackers Fresh Fruit & Dried Fruit Choice of Milk	10/2 Yogurt Graham Crackers Fresh Fruit & Dried Fruit Choice of Milk	10/3 Banana Bread Fresh Fruit & Dried Fruit Choice of Milk	10/4 Grab & Go Cereal Graham Crackers Fresh Fruit & Dried Fruit Choice of Milk	10/5 Blueberry Muffin Fresh Apple Slices & Dried Fruit Choice of Milk Or Fresh Homemade Fruit Smoothies
10/8 <u>Professional Development Day</u> <u>No School</u>	10/9 Yogurt Graham Crackers Fresh Fruit & Dried Fruit Choice of Milk	10/10 Zucchini Bread Fresh Fruit & Dried Fruit Choice of Milk	10/11 Grab & Go Cereal Graham Crackers Fresh Fruit & Dried Fruit Choice of Milk	10/12 Apple Cinnamon Muffin Fresh Apple Slices & Dried Fruit Choice of Milk Or Fresh Homemade Fruit Smoothies
10/15 Grab & Go Cereal Graham Crackers Fresh Fruit & Dried Fruit Choice of Milk	10/16 Yogurt Graham Crackers Fresh Fruit & Dried Fruit Choice of Milk	10/17 Banana Bread Fresh Fruit & Dried Fruit Choice of Milk	10/18 Grab & Go Cereal Graham Crackers Fresh Fruit & Dried Fruit Choice of Milk	10/19 Blueberry Muffin Fresh Apple Slices & Dried Fruit Choice of Milk Or Fresh Homemade Fruit Smoothies
10/22 Grab & Go Cereal Graham Crackers Fresh Fruit & Dried Fruit Choice of Milk	10/23 Yogurt Graham Crackers Fresh Fruit & Dried Fruit Choice of Milk	10/24 Zucchini Bread Fresh Fruit & Dried Fruit Choice of Milk	10/25 Grab & Go Cereal Graham Crackers Fresh Fruit & Dried Fruit Choice of Milk	10/26 Apple Cinnamon Muffin Fresh Apple Slices & Dried Fruit Choice of Milk Or Fresh Homemade Fruit Smoothies
10/29 Grab & Go Cereal Graham Crackers Fresh Fruit & Dried Fruit Choice of Milk	10/30 Yogurt Graham Crackers Fresh Fruit & Dried Fruit Choice of Milk	10/31 Banana Bread Fresh Fruit & Dried Fruit Choice of Milk		

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



October 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
10/1 Personal Pizza Or Personal Pepperoni Pizza Tossed Salad w/ Croutons Whole Fruit Sherbet Chilled Fresh Fruit Cup	10/2 Meatball Grinder Marinara Sauce Roasted Red Potatoes Chilled Fruit Cup	10/3 Pasta Bar Tomato, Meat or Alfredo Sauce Warm Garlic Bread Steamed Carrots Chilled Fruit Cup	10/4 Hamburger or Cheeseburger Lettuce & Tomato Oven fried Potatoes Chilled Fruit Cup	10/5 Sausage, Egg & Cheese Sandwich Or Egg & Cheese Sandwich Hash Brown Potatoes Vegetable Sticks Fresh Fruit Cup
10/8 <u>Professional Development Day</u> <u>No School</u>	10/9 Stuffed Crust Cheese Pizza Or Stuffed Crust Pepperoni Pizza Tossed Salad w/ Croutons Whole Fruit Sherbet Chilled Fresh Fruit Cup	10/10 Pasta Bar Tomato, Meat or Alfredo Sauce Warm Garlic Bread Garden Salad Chilled Fruit Cup	10/11 Beef & Bean Nachos Salsa & Sour Cream Roasted Corn Chilled Fruit Cup	10/12 Toasted Cheese Sandwich or Toasted Ham & Cheese Sandwich Tomato Soup Baby Carrots Chilled Fruit Cup
10/15 Personal Pizza Or Personal Pepperoni Pizza Tossed Salad w/ Croutons Whole Fruit Sherbet Chilled Fresh Fruit Cup	10/16 Crispy Chicken Pattie Sandwich Lettuce & Tomato Potatoes Wedges Chilled Fruit Cup	10/17 Pasta Bar Tomato, Meat or Alfredo Sauce Warm Garlic Bread Green Peas Chilled Fruit Cup	10/18 <u>Early Dismissal</u> Hamburger or Cheeseburger Lettuce & Tomato Oven fried Potatoes Chilled Fruit Cup	10/19 <u>Early Dismissal</u> Fluffy Pancakes Blueberry Topping Sausage Links Fresh Fruit Cup
10/22 Stuffed Crust Cheese Pizza Or Stuffed Crust Pepperoni Pizza Tossed Salad w/ Croutons Whole Fruit Sherbet Chilled Fresh Fruit Cup	10/23 Turkey Grinder Or Cheese Grinder Baked Chips Veggie Sticks w/dip Chilled Fresh Fruit Cup	10/24 Pasta Bar Tomato, Meat or Alfredo Sauce Warm Garlic Bread Steamed Broccoli Chilled Fruit Cup	10/25 All Beef Hot Dog on a bun Baked Beans Veggie Sticks w/ dip Fresh Fruit Cup	10/26 French Toast Maple Syrup Sausage Links Fresh Fruit Cup
10/29 Personal Pizza Or Personal Pepperoni Pizza Tossed Salad w/ Croutons Whole Fruit Sherbet Chilled Fresh Fruit Cup	10/30 Crispy Chicken Pattie Sandwich Lettuce & Tomato Potatoes Wedges Chilled Fruit Cup	10/31 Pasta Bar Tomato, Meat or Alfredo Sauce Warm Garlic Bread Garden Salad 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