

Conway Elementary School Newsletter

February 2020

Cougar News



Conway Elementary has always been known for its strong sense of culture and climate within our school community. This vibrant feeling throughout CES is a direct result of the dedication, hard work, and the willingness of staff, students, and families to support the need of realizing the full potential of each and every student.

Earlier this year Conway Elementary staff came together to revisit and recommit to our Core Beliefs that drive what we believe at CES. After many conversations, a new set of belief statements offer a familiar feeling yet have evolved to encompass everyone that enters our building. Our Core Beliefs guide our decision making as we support everyone that is part of our school community.

Upcoming Events

February 11-Teacher Workshop

NO SCHOOL

February 17-21-VACATION WEEK

NO SCHOOL

March 12- Snow Day

March 19- 12:30pm Early Release

March 20- Report Cards

March 31- 6:30 pm-Louis Fuchs Concert



Core Beliefs

Conway Elementary School



WE BELIEVE

- 🐾 Everyone deserves to have their basic needs met.
- 🐾 Everyone should have the opportunity to reach their full potential.
- 🐾 Everyone should be treated with kindness, compassion, and respect.
- 🐾 Everyone should have the opportunity to laugh, smile, have fun, and create every day.
- 🐾 Everyone deserves to be heard, feel a sense of belonging, and know their opinion matters.
- 🐾 Everyone has the potential to be successful.
- 🐾 Everyone has unique learning styles, interests, and strengths.
- 🐾 Growth Mindset and SEL - social emotional learning are lifelong skills.
- 🐾 Effective communication skills are essential for success.
- 🐾 Learning and teaching are collaborative processes.



Visitors and parents,

A reminder to please follow the directional signs in the parking lot and the traffic pattern.

We also ask that you come to a full stop at the stop sign in front of the school.

Thank you

Best Practices for Flu Season

Cold and flu season is here. Please review the following list of flu symptoms and viral illness recommendations. These recommendations are for any illness your child may experience during their school years. Thank you for keeping your children at home when they are ill and also for reporting those symptoms of illness to us by leaving a message with the office.

Flu-like symptoms may include:

Fever (100 degrees Fahrenheit or greater)

- **Cough**
- **Sore throat**
- **Runny or stuffy nose**
- **Body aches**
- **Headache**
- **Chills**
- **Fatigue**
- **Some people may also vomit or have diarrhea**

Recommendations:

The CDC recommends the single best way to prevent illness is good hand washing.

The CDC recommends that everyone 6 months and older receive the flu vaccine.

Teach your children to wash their hands often with soap and water or an alcohol-based hand rub. You can set a good example by doing this yourself.

Teach your children to try not to touch their face. The eyes, nose, and mouth are where bacteria and viruses can enter the body and cause illness.

Teach your children not to share personal items like drinks, food or utensils.

Teach your children to cover up their coughs or sneezes using their elbow, instead of their hand when a tissue is unavailable.

Know the signs and symptoms of the flu and viral illness.

Keep your child home if they have vomited more than once or had diarrhea repeatedly in the past 24 hours.

Keep sick children at home for at least **24 hours after they no longer have a fever, without the use of fever-reducing drugs.** Keeping children with a fever at home will reduce the number of people who may get infected. Any child determined to be sick while at school will be sent home. Please keep your contact information up to date in PowerSchool.

Thank you for your understanding and assistance in keeping our students healthy! Please call me anytime with questions or concerns. I look forward to talking to you.

Susan Davison, RN



January 30, 2020

Every school year we have several cases of head lice. However, there is no need to be alarmed; lice are relatively harmless. The presence of lice is not indicative of a child's cleanliness. Children should be reassured a case of head lice is not their fault. Lice are spread predominantly through head-to-head contact, rarely by sharing brushes, hats, combs, coats and scarves. We do however discourage sharing of these personal belongings.

Comb to Detect. Comb to treat. Comb to Prevent.

Using a *metal head lice/nit comb* during checks is very helpful in detecting a case of head lice at a very early stage. Carefully examine every head in your home, using a comb and a very bright light or sunlight to look for any sign of head lice, small eggs or nits. Pay special attention to areas around ears, nape of neck and crown of head. Head lice are about the size of a sesame seed and are grayish/brown.(see greatly magnified picture above) Lice eggs are white, yellow, brown or tan in hue and are about the size of a poppy seed. Using a metal head lice/nit comb during checks is very helpful in detecting a case of head lice at a very early stage.

Comb to Detect. Comb to treat. Comb to Prevent.

We would like to emphasize early detection as the best prevention. **Sometimes screening allows parents to comb out lice and nits before they even know their child has them!** Lice enjoy grown-up heads and short hair too, so parents should also take the time to screen and comb themselves as well as their children with short hair. ***Combing can help at every stage of the game.***

Comb to Detect. Comb to treat. Comb to Prevent.

Conway Elementary School cares about educating and empowering children with things that they can do -- like keeping hair pulled back, never sharing brushes, combs or hats and being screened at least twice a week with ***a good comb with closely spaced metal teeth***. This teaches responsible personal health behaviors...just like brushing teeth and washing hands.

Please feel free to call me for any lice advice. I am happy to assist and pass on my lice knowledge! In my opinion the ***Nit Free Terminator comb*** is the best thing out there for lice prevention and treatment. It can be purchased online for less than \$10 and it can last a lifetime. Any closely spaced metal toothed comb or a flea comb from the pet department can work very well too!

Sincerely,

Susan Davison, RN
Conway Elementary School Nurse



Greetings from the Art room!

Parents, guardians, students, families and friends of Conway Elementary School,

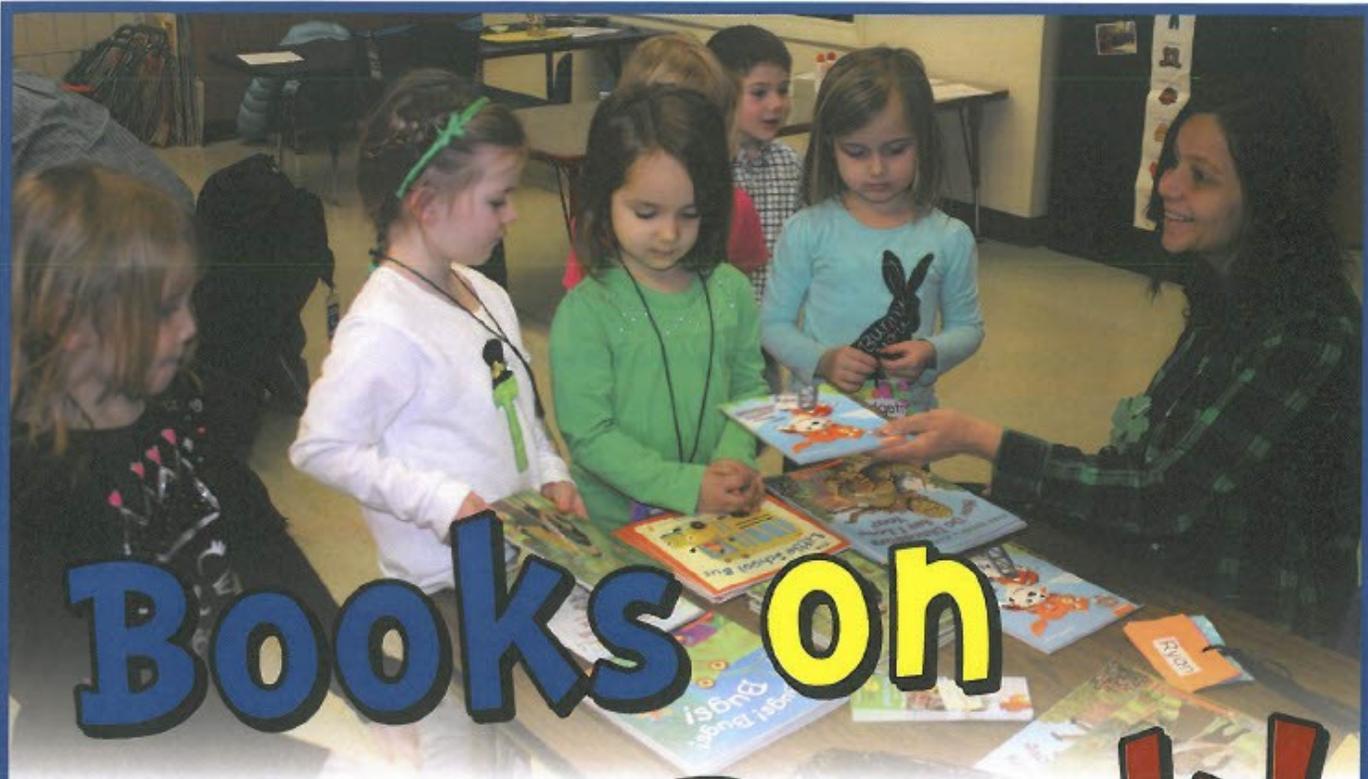
Conway Elementary School is starting a marker recycling program through Crayola's Color Cycle. Crayola is taking the entire marker and recycling them. The really awesome part about Crayola's Color Cycle is that they accept all types of markers! Sharpies, Expo, highlighters and everything in between is accepted in this program.

Conway Elementary will have a large marker bin in the front lobby for the community to help recycle unusable markers. Students and staff are participating with each classroom having a bucket/container for old, dried up markers that can't be used anymore. So if you find any markers in your home that can't be used anymore, feel free to drop them off or send them with your Conway Elementary student to drop them in the bin.

Hopefully we can start some more recycling programs soon and make this beautiful place we live a little better for the future. Just remember every little bit helps!

If you have any questions feel free to contact me s_laird@sau9.org

Thanks so much!
Stevi Laird
Art Teacher



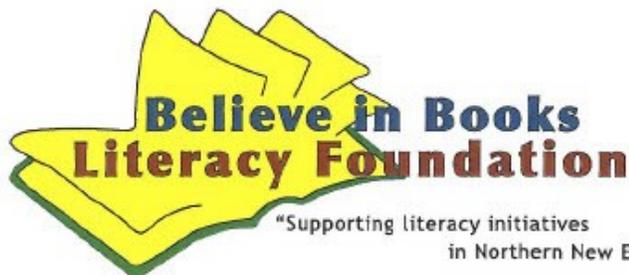
Books on

Break!



**BRING HOME A GENTLY
USED BOOK TO READ ON
SCHOOL BREAK!**

Believe in Books Literacy Foundation will be set-up inside your school just before vacation for students to pick out gently used books to take home to read while they're on break! There will be a variety of books for all age groups to choose from!



**Believe in Books
Literacy Foundation**

"Supporting literacy initiatives
in Northern New England"

believeinbooks.org

Nutrition Nuggets

Food and Fitness for a Healthy Child

January 2020

Healthy Schools

Healthy Eating & Active Living in New Hampshire Schools

BEST BITES

Rainbow skewers

Turn skewers into a veggie rainbow for a colorful snack or side dish. On each skewer, your child could alternate cherry tomatoes with slices of orange bell pepper, yellow squash, green zucchini, and purple eggplant. Brush with olive oil and roast at 400° for 10–12 minutes or until tender.



Be a "star"

Here's a fun exercise for your youngster—and the whole family. Lie on your backs with your arms and legs stretched out into a star shape. Lift your left leg, raise your head and shoulders off the ground, and reach to touch your left foot with your right hand. Change sides and alternate. *Idea:* How many "star touches" can he do in a minute?

DID YOU KNOW?

Seeds are filled with nutrients. Add them to your child's diet by letting her toss unsalted sunflower seeds into salads or add pumpkin seeds to soups and cooked vegetables. Try grinding seeds in a coffee grinder, and sprinkle them on hot or cold cereal or yogurt.

Just for fun

Mom: Zach, why are you standing on your head?

Zach: Because my feet are tired!



A+ breakfasts

Fuel up your child for the school day ahead by making sure he eats a nutritious breakfast. He'll be more alert for learning and playing when you start the morning with these tips.

Prepare ahead

Getting healthy meals on the table during the busy school-and-work week can be challenging. Make it easier by prepping ingredients the night before. For example, cook a batch of oatmeal, barley, or brown rice. In the morning, your youngster could microwave it and add his favorite toppings to create a grain bowl. Some ideas: diced peaches, dried cranberries, crushed walnuts, cinnamon, nonfat Greek yogurt.

Eat at school

What's more fun than eating breakfast at home? Eating a healthy breakfast at school with friends! Scan the cafeteria menu with your child. He'll find fresh fruit and perhaps options like whole-wheat French toast sticks, scrambled egg tacos, and whole-grain banana muffins.



When he gets home, ask him to tell you what he had for breakfast that day.

Make weekends special

With more time on the weekends, plan special morning meals you and your youngster can cook together. Toss frozen blueberries into whole-grain pancake batter. Or make grilled breakfast sandwiches on whole-wheat bread, tucking in nutritious ingredients like tomato slices, mushrooms, and low-fat cheddar cheese. *Idea:* Let him use cookie cutters to cut the pancakes or sandwiches into different shapes. ●

Add activity to chores

Help your youngster get fit while building responsibility. Try these suggestions the next time she does chores.

● **Listen to music.** Make an upbeat "chores playlist" together. Your child can dance while both of you wipe down kitchen counters, dust, or sweep. *Tip:* Bring in math by asking her to estimate how long chores will take and create a playlist to fit that time.

● **Turn it into a game.** To tidy up, each family member is responsible for one room—collecting shoes, toys, books, or papers and putting them where they belong. Set a timer and meet back in the living room when it goes off. Did everyone finish straightening up their room? ●



Elementary School Parents[®] Conway Elementary School

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make the difference!



Offer support when your child has a writing assignment

A writing assignment can seem like a tough challenge for many students. Good writing involves everything from understanding a subject, to knowing how to organize thoughts, to checking spelling and punctuation.

To help your child with writing assignments:

- **Suggest that she “talk through”** some ideas before starting. Clear writing starts with clear thinking. Talking with you can help your child clarify her thoughts.
- **Encourage her** to take notes and make an outline before she starts to write. Organizing her thoughts will make her writing clearer.
- **Remind her** that first drafts don’t have to be perfect. Encourage her to focus on what she wants to say first. She can edit her paper for spelling and grammar later.
- **Offer plenty of praise.** Your praise can motivate your child to keep working. Be as specific as you can: “I really like the way you’ve described what led up to this event. I understand it better now.”
- **Don’t over criticize.** It’s helpful to point out errors now and then, but if your child thinks you are always looking for what’s wrong, she will be less likely to share her writing with you.
- **Be patient.** Good writing takes time. Your patience and support can help your child develop into a clear thinker and skilled writer.

Five ways to motivate your child to read



When children *like* to read, they do it more often—which boosts their reading skills and overall

school success.

To ignite your child’s love of reading:

1. **Celebrate.** Instead of simply checking out books at the library, make an event of it. Select interesting books, then choose a special place to enjoy reading together.
2. **Explore.** Help your child find an appealing book series. He may not be able to resist picking up the next book.
3. **Investigate.** If he doesn’t know what a word means, have your child take a guess. Look it up together and see if he is right.
4. **Play.** Turn something you just read together into a fun challenge: Ask your child to summarize the story using only three sentences. Or, ask him to use the characters from the story in a new story.
5. **Experiment.** Try new kinds of books with your child. If he’s used to reading fiction, have him try a biography or how-to book, for example.

Celebrate these famous February birthdays with some learning fun



February is filled with birthdays of notable people. Plan some fun activities to help your child learn about these heroes, writers, inventors, scientists and artists:

- **February 4**—Rosa Parks. Go online to learn more about this heroine of America's civil rights movement.
- **February 7**—Laura Ingalls Wilder. Read one of the books from the *Little House on the Prairie* series, which is based on Wilder's childhood in a family of settlers and pioneers.
- **February 8**—Jules Verne. Read one of his science fiction stories with your child.
- **February 11**—Thomas Edison. Ask your child what he would like to invent to improve daily life.
- **February 12**—Abraham Lincoln. Challenge your child to memorize the Gettysburg Address.
- **February 19**—Nicolaus Copernicus. Take a walk together and look at the stars.
- **February 21**—Nina Simone. Listen to some of her music with your child and learn more about her life.
- **February 22**—George Washington. Ask your child what she would do if she were president of the United States.
- **February 25**—Pierre-Auguste Renoir. Check out a book with reproductions of his paintings. Ask your child to paint one of her own.

"There's no excuse for the young people not knowing who the heroes and heroines are or were."

—Nina Simone

High expectations can motivate your child to succeed in school



Don't just *hope* your child will succeed—*expect* him to succeed! If you express high, yet realistic, expectations for your child, he's likely to meet them.

To help your elementary schooler succeed in the classroom and beyond:

- **Don't act surprised** when he does well. Did your child just bring home a B+ on a super-hard science test? Instead of acting shocked, act like you never doubted that he'd do well. "That's awesome! I knew all of your extra studying this week would pay off!"
- **Support him when he stumbles.** Never belittle your child when he messes up. Remind him that failure happens to everyone sometimes. Besides, plenty of other people in the world will be there to criticize him. That's why your constant love and acceptance are so vital. Always be your child's "safe place."
- **Discourage "victim mode."** When unfortunate things happen, don't chalk them up to bad luck or a mean teacher. That will make your child feel as if he's a victim and has no control over situations. Instead, empower him to take action. When something goes wrong, ask him what he learned from it. Help him think about how he might handle similar situations in the future.

Are you making the most of your report card talks?



Perhaps your child's report card is great. Or maybe it's worse than you feared. Whatever the report card says, it provides a valuable opportunity to talk with your child about school and his study habits.

Answer *yes* or *no* to the questions below to see if you are making the most of report card talks:

- ___ 1. Do you take your child's report card seriously and set aside time to review and discuss it together?
- ___ 2. Do you ask your child if he agrees with the grades, and why or why not?
- ___ 3. Do you remain calm and try not to make your child feel worse if he's already disappointed?
- ___ 4. Do you help your child figure out a plan to improve or maintain his grades for the next grading period?
- ___ 5. Do you contact the teacher if you have concerns or questions?

How well are you doing?

If most of your answers are *yes*, you're turning report card time into learning time. For each *no* answer, try that idea in the quiz.

Elementary School
Parents
make the difference!

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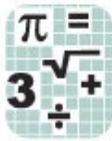
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Everyday tasks can strengthen your child's math skills



Most people read every day. They probably do math every day, too—although they may not realize it. Math is a vital part of life, so it's important to involve your child in everyday math when you:

- **Follow recipes.** When preparing meals, let your child help with weighing and measuring. Discuss sizes, shapes and fractions. Ask her questions such as, "How could we double this recipe?" and "When we add $\frac{1}{4}$ cup to $\frac{1}{4}$ cup, what do we get?"
- **Go shopping.** Help your child use a calculator to keep a running tally of purchases. Use coupons to inspire math problems. "If we use this coupon, will the item cost less than other brands?" "Which of these items is really the best deal per pound?"
- **Save money.** Ask your child to choose a goal, such as saving for a book. How much does she need to save each week? How long will it take her to reach the total? Help her track her progress on a chart. Then have fun shopping together!
- **Take a trip.** Before leaving, measure the air pressure in your car or bike tires. Calculate how many miles you'll go. If you are driving, how much gas will you use? As you travel, say a number between 1 and 10. Who can find a license plate with numbers that add up to the number you called out?
- **Start a family project.** Planning to paint a bedroom? Involve your child in figuring out how much paint you will need to do the job.
- **Play games.** There are lots of fun math games you can play together. Try dominoes, Uno and Connect 4.

Help a disorganized child take responsibility for belongings



Your child has a special notebook where he is supposed to write down homework assignments—but he forgot to bring it home. Or he needs to turn in his math worksheet—but he left it sitting on his desk at home.

Some children never seem to know how to take responsibility for their schoolwork. Here's how you can help your child learn to be responsible:

- **Ask him** to help develop a plan. Talk with your child about what he needs to do to get more organized. You might say, "You're having trouble getting to school with all your homework and bringing home everything you need. What could you do that would help you remember? Why don't you think about it, and we'll discuss it at dinner."
- **Let your child** try to make his plan work—without jumping in to rescue him. If he leaves his homework at home, don't rush to school to take it to him. Let him face the consequences.
- **Suggest changes** he can make, but let him put them into action. "How about if we try placing a box here by the door? Then you can put everything that needs to go to school in the box. What do you think of that idea?"

Q: My fourth-grade daughter is very competitive in sports. Her teacher says she is competitive in the classroom, too. She rushes through assignments, hoping to be the first one finished. She doesn't take the time to be neat or to check her work. I know this hurts her grades. How can I help?

Questions & Answers

A: It sounds like your daughter has a habit of turning tasks into competitions—and she wants to be first across the finish line. But being first isn't what matters when it comes to schoolwork.

Start by talking with your child's teacher. Let her know you would like to work together on a plan to help your daughter focus more on *quality* work, not *speedy* work.

Then, talk to your child. Put her competitive nature to work by using a comparison from a sport, such as basketball. Explain that sometimes it is important for a player to get down the court as fast as she can. But when a player is shooting free throws, her accuracy is more important than her speed.

Doing schoolwork is more like shooting free throws. Tell your child that you're going to look over her homework each night to check her work for neatness and accuracy. If her work is not up to an appropriate standard, tell her you'll ask her to do it over.

In school, the teacher can try the same approach, looking over work before it's handed in.

Soon your child will figure out that when she slows down, she'll get the work right the first time—and that actually takes less time in the long run!

It Matters: Discipline

Take five steps to address school misbehavior



It's wonderful to have a good sense of humor. But it's no laughing matter when a student constantly disrupts

class with jokes and rude body sounds.

If your child is clowning around in school, take these steps:

1. **Look for what's behind the behavior.** Sometimes children need attention or want to impress their classmates. Often, they try to use humor to cover up academic shortcomings.
2. **Work with the teacher.** Together, try to identify when the problem behavior started and what might have triggered it. If your child tends to act up after recess, for example, she may need help settling down. The teacher might help by assigning her a high-profile task like handing out worksheets.
3. **Talk to your child.** She might not understand when it's OK to be silly and when it's not. Help her see there's a time when being funny and "clever" is actually being disrespectful.
4. **Establish clear guidelines.** With the teacher's help, explain to your child what type of behavior you both expect from her.
5. **Set consequences** that you and the teacher will enforce if your child breaks the rules.

By following these five steps, you and the teacher should be able to get your child's behavior back on track!

Source: K. Levine, *What To Do ... When Your Child Has Trouble at School*, Reader's Digest Books.

Improve behavior at home with effective teacher strategies

Can't get your child to complete homework? Pay attention? Respond to requests? Why not get help from those who get not just one child—but 20 or more kids—to do what's expected? Teachers!

Here's what they suggest:

- **Explain what you want your child to do.** Focus on the tasks you want to be routine—like putting his backpack by the front door.
- **Post a schedule.** Your child will know what to do and when to do it. And he'll feel more independent.
- **Avoid abrupt transitions.** Let your child know how many minutes he has left before he needs to switch gears and do something else.
- **Add excitement to ordinary tasks.** Don't just tell your child to pick up his room. Challenge him to do it in rhythm to music.
- **Use silent signals.** Use a gentle touch on your child's shoulder



- to get his attention. Flick the lights off and on to give a five-minute warning before bedtime.
- **Provide meaningful things for your child to do.** Expect him to contribute by doing household chores. In the grocery store, put your child in charge of the list.

Positive discipline can help your child learn and grow



The first thing many people think of when they hear the word *discipline* is punishment.

But discipline actually means *to teach*. And it's most effective when it's delivered in a positive, calm and loving way.

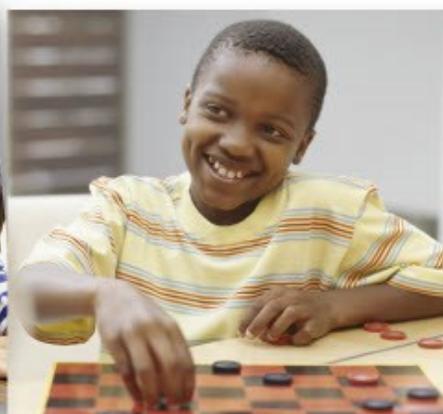
When disciplining, focus on your:

- **Words.** Tell your child exactly what you expect. For example, "It's time to do your homework," is better than, "Aren't you supposed to be doing your homework?"
- **Tone of voice.** It's important not to sound too stern or too unsure. Try to find a happy medium, a tone that says, "I'm confident you will do as I say."
- **Facial expression.** A calm look will encourage your child to cooperate. You don't need to look angry or upset.
- **Body language.** If possible, face your child and look her in the eye. Avoid intimidating gestures such as shaking a finger or putting your hands on your hips.

Parent & Child Activity Calendar

Elementary School

Conway Elementary School



THE PARENT INSTITUTE

Parent & Child Activity Calendar

Elementary School
Parents
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>February 2020</h1>						1 Plan to get some exercise with your child every day this month.
2 Encourage your child to write a thank-you to a favorite teacher this month.	3 Have your child predict the results of flipping a coin 10 times. Try it and see if he's right.	4 When your child asks a question you can't answer, write it down. Keep a list of questions to look up later.	5 Learn how to say "I love you" in at least three other languages. Share this with your child.	6 Have your child interview people in various careers that interest her. What would a typical day be like?	7 Ask your child to invent a word and write its definition as it would appear in the dictionary.	8 Look for ways to involve your child in your hobbies. For example, if you are a runner, take your child for a short jog.
9 Do a crossword puzzle with your child. It's a great way to learn new words.	10 Discuss the meaning of a dozen. What things are often sold in dozens?	11 Have your child go online to research events that occurred on the day he was born.	12 Make a design using five toothpicks. Let your child look at it, then cover it up. Can she recreate it from memory?	13 After your child goes to bed, leave a valentine where he'll see it first thing tomorrow morning.	14 Tell and show family members that you love them.	15 Challenge family members to write, eat or do other activities with the hand they don't favor.
16 Take a walk with your child and use all five senses to observe the world around you.	17 Have your child draw a picture for the author of a book. Send it to the author in care of the book's publisher.	18 Fold paper to make different types of airplanes. See which one flies the best.	19 Help your child practice division. Ask her, "How many of your lifetimes has Grandma lived?"	20 Teach your child to show empathy. Have him imagine how others might feel in certain situations.	21 When your child is working on something difficult, say "I know you can figure this out!"	22 Go to the library and check out two books with your child. Check out some books for yourself, too!
23 Let your child help with a household chore today. Remember to thank her when she finishes.	24 Learn the sign language alphabet with your child. Use it to spell words today.	25 Encourage your child to be a humble winner and a gracious loser.	26 Ask your child to complete this sentence: "If I had one wish, it would be ____."	27 Does your child need some new books? Plan a neighborhood book swap.	28 Does your child have homework to do over the weekend? Make sure he schedules time to complete it.	29 Today is Leap Day. Talk to your child about what makes February 29 a special day.