

JANUARY

Brookside
Elementary
School

2019

PRINCIPAL'S MESSAGE



Happy Snowflakes!

Hoping you found the winter break to be a wonderful opportunity to spend quality time together as a family.

The year 2019 is upon us.... Let's get off on the right foot with some small New Year resolution:

- Practicing a growth mindset.
- Attending school on time, each and every day.
- Embracing each day as an opportunity of growth and learning.

Here's to a Happy and Healthy 2019!

Your Partner in Education,
Erin P. Eckert
Proud Principal of Brookside

DATES TO REMEMBER

PTA Meetings First Tuesday of the Month
@3:20

Jan 1 - No School

Jan 2 - Welcome back!

Jan 16 - Board of Education meeting 6pm

Jan 21 - No School - Dr. Martin Luther
King Jr. Day

CHARACTER EDUCATION ACTION OF THE MONTH:



**"Acceptance is when you
embrace people for who they are
on the outside and the inside."
-Macy Decker Brookside Alum**

Music News from Mrs. Dyson

Wonderful performance from the Brookside Advanced Band, Advanced Orchestra and Chorus on Dec. 5th. You worked very hard and it showed! As we begin the new year, the chorus will be preparing new songs for our next three concerts. Below are the dates and times of these performances.

March 12 -We will be performing at the Oakdale Mall at 11:15 am.

April 25 -Good Shepherd Nursing Home (Binghamton) at 7:00pm-7:40pm

June 4 Music and Arts Festival **9:30 am** School Assembly and 6:00pm Evening Concert

If your child isn't in chorus and would like to join, please have them see me for a chorus permission slip.

Thank you for your continued support in the ARTS here at Brookside Elementary and look forward to seeing you at our next performance in March.

Mrs. Kelly Dyson



SPRING ART SHOW

Art Show

New this year... A district-wide Art Show on Tuesday May 14 at the High School. This initiative seeks to bring together the whole community in an evening to celebrate our children's artistic accomplishments. Every child in the district will have at least one piece displayed; if space permits an additional piece may also be displayed. Each piece will be labeled with the child's name, grade, school and art teacher, so families can easily find their child's work.

Students will not be taking their artwork down during the evening art show. All artwork will be returned to families at a later date. Although students will be working on clay projects, each student will bring them home when they are finished. There will not be any 3-D sculptural work on display this year.

Thank you for your support of this new initiative for our art program!



From Mrs. Barry, School Social Worker:

I hope everyone enjoyed their Holidays. Brookside had a very successful Holiday Drive with the help of Brookside Staff, SEFCU, Jennifer Edwards, Lifequest Community Church, and the generous food donation from students and families. Thank you for your generosity.

We begin the second half of the year, continuing our C.U.B.S. program. If you have any issues or concerns that arise, feel free to contact me at any time; 774-7521.



News from Physical Education

Top 5 Reasons Why Physical Activity Is Cool

Reason # 1: Physical Activity Makes You Feel Good Being active is a most excellent way to feel happy, whether you do it on your own, with a friend, with family, or with a group/class.

Reason # 2: Physical Activity Helps Keep Your Weight Healthy Every time you eat food your body uses the nutrients in the food as fuel. It burns these nutrients, or calories, to give us energy. But if the body isn't able to use all the calories that are coming from food, it stores them away as fat. Physical activity helps keep your weight right for your height by burning up extra calories.

Reason # 3: Physical Activity Makes Your Heart Happy Your heart is the hardest-working muscle in your body. Its #1 job is to pump blood through your body! Since it can't lift weights to get stronger, it needs you to do aerobic/cardiovascular exercise!

Aerobic (cardiovascular) is a fancy word for needing oxygen, and **aerobic/cardiovascular exercise** is any kind of activity that makes your muscles use oxygen. Aerobic/cardiovascular exercise is the kind you do over and over to keep bringing fresh oxygen to all of your muscles. When you do aerobic/cardiovascular activity and bring in that oxygen, your heart becomes stronger!

Reason # 4: Physical Activity Makes You Stronger All the muscles in your body do a fine job when you use them for easy stuff, like picking up a book or walking down the stairs.

But what about using them for harder stuff, like taking long bike rides, climbing a tree or carrying your backpack to class? That's where activity comes in: it makes your muscles get stronger and sometimes larger. As your muscles get stronger, you can do more active things for longer periods of time. And strong muscles also help protect you from injuries when you play, because they give better support to your joints.

Reason # 5: Physical Activity Makes You Flexible Can you touch your toes easily without yelling "ouch"? If so, you're pretty flexible, which means you can bend and stretch your body without too much trouble. But as people get older they tend to get less flexible, so that's why it's important to be active when you're a kid—to stay flexible. Plus, when you're flexible, you can play harder without having to worry about getting sprained and strained muscles!



News from Rock On Café

Congratulations to our Brookside 5th graders, Demetrius Morelock, Nevaeh Aldrich, Thomas Hall, Robert Zapolski and Nyasia Copeland, who took part in the On-air taping of the Rock On Café School lunch menu. You can check out on Newschannel 34!



Box Tops Contest Winners

We are all winners when we collect Box Tops, \$.10 really adds up! We collected 4013 box tops which equals \$401.60 towards field trips! The top two classrooms are Mrs. Flagg and Mr Bell. Our next challenge begins January 2 and runs into March and a collection sheet is attached. Thank you for your support!



P.A.R.P.

Congratulations to all our PARP readers! So many families committed to reading together in November. Mrs. Flagg and Mr. Bell's classes had the highest percentage of participants so each student received an additional free book from the book club. Mrs. Bieber organized a kick off assembly with our very own SV Swimmers and Divers who shared how they each 'Dive' into a great book. The week ended with a visit from author Daniel Jude miller. All the classes really enjoyed his message and brought it into their writing workshop! Thank you Mrs. Bieber for all your hard work!



Here in Pre-K we have been hard at work.....
Playing!
Play is a child's work and how young children
learn best!
Play games, read together, retell stories, build,
and create.
This poem reminds us all the ways children
develop and learn as they play.
Enjoy!
~Mrs.Wolf

WHAT'S IN YOUR BACKPACK?

What's in your backpack?
It's empty today.
Where's your work?
Did you just play?

When I built with blocks
I learned about shapes.
I balanced and shared -
Our skyscraper was great.

I played in the windy house
And talked with my friends.
I rocked a baby
And played pretend

In science I observed,
Guessed, and experimented, too.
The same things grown up
Scientists do.

Art was messy.
I created and explored.
I solved my own problem
When I spilled glue on the floor.

My fingers got a work out
With puzzles and clay.
Those same muscles
Will help me write one day.

I counted and sorted
And measured, too.
I used my brain
Like a math whiz would do!

Out on the playground
I ran like the wind.
I learned to take turns
And helped a hurt friend.

Story time is what
I always like best.
I can use my imagination
And give my body a rest.

I sang and danced,
Learned a finger play, too.
I answered questions
And said "please" and "thank you."

There will be time
For worksheets and tests,
But talking and playing
Is how I learn best.

I love to go to school!
I'm glad I'm me.
An empty backpack
Means I'm learning, you see!



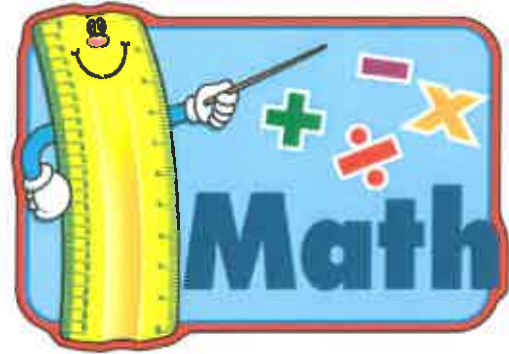
Winter Reading and Writing

Hope you are having a fun-filled winter so far!! One way to stay warm this winter is to grab a hot cocoa and cozy up with a great book to read or maybe pull out the paper (or Ipad/Computer/Device) and write a wonderful winter adventure story!! Here are some more tips to keep fresh with your literacy in the new year of 2019:

1. Keep a journal of your daily activities or a special moment that recently happened. Everyone has stories to share!!
2. Write thank you cards to your loved ones for gifts that were given to you.
3. Pick out a new book to read that maybe is different than books you usually choose! Try to make it a goal to try something new once in a while with your reading.
4. Speaking of goals...set a new goal for yourself for 2019 to read more often. **JUST KEEP READING!!!**
5. Make mini-books. Take a blank white piece of paper fold it, cut it, tape or staple, and then start to write and draw pictures, or the reverse...draw pictures then write!! Mini books are fun to share with friends or family!!

Warmly yours,

Lori Coe, Amy Cortes, and Kara Giblin (AIS Literacy Teachers)



Greetings from the Brookside Math Dept.

We hope you enjoyed your holidays and the time off with your family.

The primary grades continue to focus on making 10's using a variety of models to help with computation. Third grade will be undertaking a new endeavor "Kick It" to focus on fact fluency. .

Fourth and fifth grade will begin our units on fractions as well as a focus on two step word problems.

Where applicative, please incorporate real world math problems into your daily life and have a conversation with your child about the importance of a sound numeracy background. We appreciate your continued support at home.

Please continue to encourage your child to use www.Mobymax.com to help fill learning gaps and to strengthen fluency.

~Anthony Ruffo and Steve Potter
AIS Math Teachers

3rd Grade Mystery Readers at Brookside Elementary



School Resource Officer, Jerry Mullins and Lieutenant Christopher Streno from Vestal Police Department helped our Brookside 3rd graders wrap up their month-long literacy study of the genre of mysteries. As a part of a culmination event, they spent a day in the library with Mrs. Ciz during Mrs. McMahon's, Mrs. Flagg's, Mrs. Volkert's and Mrs. Hatton's classes.

The 3rd graders at Brookside spent the month of December immersed in reading and writing mysteries as a part of the Units of Study in Reading by Lucy Calkins. As a collaborative effort Mrs. Ciz, our school librarian, designed a library component of the unit. Mrs. Ciz created a mystery investigation where a book was "murdered" by an unknown suspect. Over a series of library sessions, students worked through pieces of evidence and searching through books for clues. Using their iPads, students uncovered video interviews of witnesses providing them clues to help them create suspect lists and eventually finding the guilty story character.

Students quickly drew conclusions, believing that it was the Big Bad Wolf. However, during the last day of the unit, students discovered a confession video left by Pigeon, from the book, *Don't Let The Pigeon Drive The Bus*.

Officer Mullens and Lt. Streno were invited to play the roles of the detectives assigned to the case. In the classrooms, reading workshop included using mentor texts such as *The Absent Author*, to model reading strategies during whole group instruction. Students read self-selected mystery books with teachers conferring with individual students and small groups providing guided instruction.

During writing workshop, students applied what they learned from reading mysteries, to write mysteries of their own. During math class, students worked in collaborative groups to solve mini mysteries each week. Students solved the various puzzles and received small mystery themed prizes.

The entire unit concluded with a presentation given by Lt. Streno. Lt. Streno, talked to students about police work and crime scene investigations. He showed students items from an actual CSI kit and taught students about fingerprinting identification. Students examined their own fingerprints and that of their peers to identify the specific types. As a result of the experience, students were actively engaged and motivated to read and write several mysteries beyond the school day. Students learned critical comprehension strategies for reading mysteries and other fiction material and our Brookside 3rd grade "crime solvers" now see themselves as readers and real writers of mysteries.



Make Every Day Count: School Attendance Matters!

To stay on track in school, students need to be present every day. Missing 18 or more days of school in a year puts a child's high school graduation at risk, according to AbsencesAddUp.org, a national chronic absenteeism prevention campaign. Being absent for just two days every month of the school year can put a child behind academically.

Students with regular attendance are more likely to read well by third grade and score higher on tests. They also tend to be more engaged in school and feel better about themselves.

Put your child on the path to success with these attendance strategies.

Make school a priority. Every absence (excused or not), can impact a child's academic achievement. Talk to your child about how important their education is. Make daily routines for homework and waking up on time for school.

Maintain communication with teachers and keep an eye on your child's academic progress. If your child seems disconnected from school or is prone to skipping class, try signing him or her up for an after-school activity. A report by the University of Minnesota found that students in an after-school program attended 18 more days of school and missed nine fewer than their peers.

Make a plan. If your schedule or transportation situation makes getting your child to school a challenge, ask for assistance. Make a carpool or transportation plan with other parents or family members, or ask your school principal for community programs or school initiatives that may help.

Report in. Know your school's attendance policies. If an absence or early dismissal is unavoidable, contact your school. If your family's religious observances fall on school days, let teachers know early in the year which days your child will miss.

Carefully weigh sick days. If your child is sick, talk with your health care provider to determine whether they should stay home from school. 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 (for example, after 24 hours of antibiotics).

Before keeping your children home, make sure they aren't faking symptoms. Regularly feigning sickness may be a sign that your child is anxious about facing a challenge at school, such as bullying.

Schedule wisely. Know your school's calendar, and arrange doctor and dentist appointments after school, on weekends, or during holiday breaks, if possible. Resist the urge to schedule vacations when students will miss school. This gives students the impression that school is not a priority.

Help students complete assignments. When your child has to miss school, make arrangements with teachers

to pick up a packet of make-up work. Ensure that your child follows through, and be available to explain concepts or monitor their work. If your child's absence will be lengthy (for surgery, for instance), alert teachers as soon as you know and pick up assignments as the days go on.



Web Resources

Absences Add Up offers a list of reasons why kids might miss school, and offers solutions for parents looking to keep their kids learning.

www.absencesaddup.com/reasons-why-kids-miss-school

This infographic, **How Sick Is Too Sick to School?**, can help families decide which symptoms should keep students at home.

<http://bit.ly/2a9b6v6>

Attendance Works offers research, webinars, and handouts designed with elementary and middle-level parents in mind.

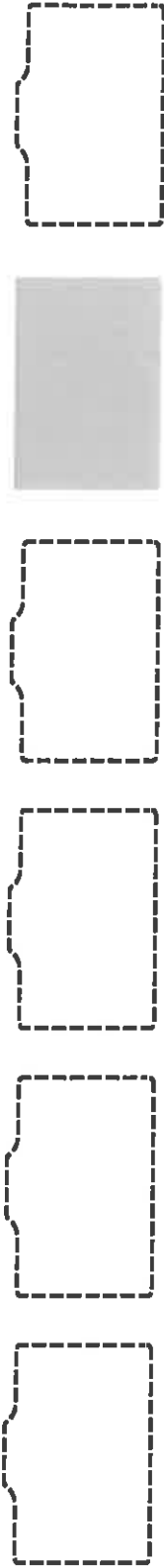
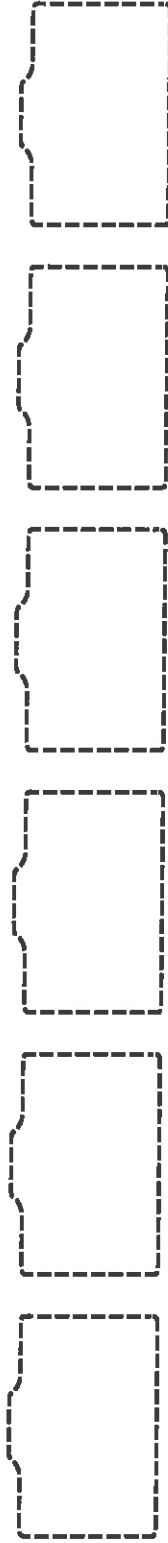
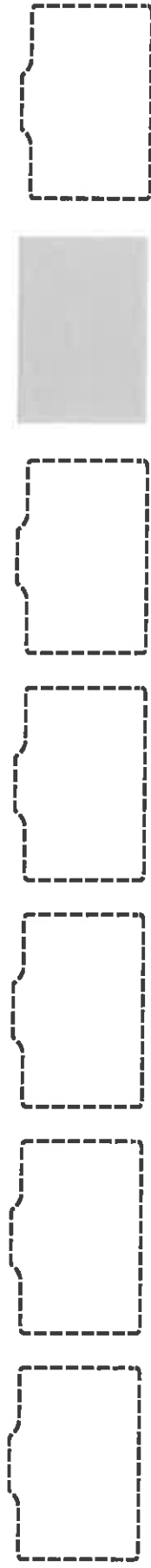
<http://www.attendanceworks.org/tools/>

The common cold and flu share similar symptoms and may feel the same, it can be hard to tell them apart. Both cold and flu viruses spread from person to person. This means that getting either a cold or the flu may be prevented by washing your hands often and avoiding close contact with anyone with a cold or the flu. If your child is infected with the cold or flu virus, have him/her get plenty of rest to help fight the infection. Drinking lots of fluids is also important to stay hydrated and loosen mucus. **Flu symptoms vary from child to child, if you suspect the flu call the doctor. Some bacterial infections like strep throat or pneumonia can also look like the flu or a cold which is why it is important to check with your child's doctor.** Below is a symptom guide for flu vs. cold.

Symptom	Cold	Flu
Fever	Fever is rare with a cold.	Fever is usually present with the flu in up to 80% of all flu cases. A temperature of 100°F or higher for 3 to 4 days is associated with the flu.
Coughing	A hacking, productive (mucus-producing) cough is often present with a cold.	A non-productive (non-mucus producing) cough is usually present with the flu (sometimes referred to as dry cough).
Aches	Slight body aches and pains can be part of a cold.	Severe aches and pains are common with the flu.
Stuffy Nose	Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.	Stuffy nose is not commonly present with the flu.
Chills	Chills are uncommon with a cold.	60% of people who have the flu experience chills.
Tiredness	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with the flu.
Sneezing	Sneezing is commonly present with a cold.	Sneezing is not common with the flu.
Sudden Symptoms	Cold symptoms tend to develop over a few days.	The flu has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.
Headache	A headache is fairly uncommon with a cold.	A headache is very common with the flu, present in 80% of flu cases.
Sore Throat	Sore throat is commonly present with a cold.	Sore throat is not commonly present with the flu.
Chest Discomfort	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with the flu.



GET COZY WITH BOX TOPS



Thank you for helping! Clipped Box Tops are each worth 10¢ for your child's school. Bonus certificates should not be attached to this sheet - please submit them separately. To see more ways to earn cash for your child's school, go to BTFE.com. See more collection sheets at BTFE.com/collectionsheets.



Menus for January 2019

This institution is an equal opportunity provider. Menus are subject to change.

Farm to School January highlight: Cascain Farms



Located in Greene, NY, Cascain Farm raises and processes chicken, beef, rabbit, and legal rights on their beautiful 125 acre farm. In the 2018-2019 school year, Cascain Farm has provided over 100lbs of ground chicken, 100lbs of diced chicken, 60lbs of chicken legs, and nearly 1000lbs of chicken drumsticks to 10 schools in Broome and Tioga counties!

Available Daily

Weekly Salads:
1/2-1/4: Chef Salad
1/7-1/11: Turkey Bacon Ranch
1/14-1/18: Popcorn Chicken Salad
1/22-1/25: Chef Salad
1/28-2/1: Chicken Spiedie Salad

Weekly Sandwiches:
M,W,F: Turkey/Cheese
T,Th: Ham/Cheese

Served Daily
Yogurt/Milk
4 oz. yogurt, string cheese
Served with:
Mon/Tues/Wed: Soft Pretzel
Thurs: UBR
Fri: Granola PB & Jelly Sandwich

*All salads served w/same sides as Yogurt Meal
*All options served w/same fruit and vegetable of the day
*100% Juice available daily at lunch

Daily Breakfast Options:

Student's must select 1 Fruit and/or Juice (pick one or two)
M/W/Th/F: Cereal and/or Muffin Top (pick one or two)

Milk Choices:
Unflavored—1% & Fat Free
Chocolate—1%

Wednesday, January 2

Breakfast
Bagel Breakfast Pizza
Assorted Fruit
Milk

Lunch
Chicken Nuggets
w/Dipping Sauce
Mashed Potatoes
Green Beans
Fresh Apple
Milk

Thursday, January 3

Breakfast
Mini Cinnis
Assorted Fruit
Milk

Lunch at Lunch!
French Toast Sticks
Sausage Patty
Potato Puffs
Fresh Banana
Milk

Friday, January 4

Breakfast
Breakfast Sandwich
Assorted Fruit
Milk

Lunch
Stuffed Crust Pizza
Garden Salad
w/Chickpeas
Assorted Fresh Fruit
Milk

Monday, January 7

Breakfast
Mini Pancakes
Assorted Fruit
Milk

Lunch
Popcorn Chicken
Oven Baked Potato
Wedges
Baby Carrots
w/Hummus & Dip
Fresh Apple
Milk

Tuesday, January 8

Breakfast
Choice of Two:
Cinn. Bun, Cereal or
Yogurt
Assorted Fruit
Milk

Lunch
Taco Salad
w/Assorted Toppings
Seasoned Rice
Corn
Chilled Pears
Milk

Wednesday, January 9

Breakfast
Breakfast Pizza
Assorted Fruit
Milk

Lunch
Pulled Pork Sandwich
Oven Baked Crinkle
Fries
Mixed Vegetables
Chilled Mixed Fruit
Milk

Thursday, January 10

Breakfast
French Toast Sticks
w/Syrup
Assorted Fruit
Milk

Lunch
NY Thursday!
Roasted Chicken
Glazed w/Dinosaur
BBQ Sauce
Wheat Dinner Roll
Cinnamon Roasted
Sweet Potatoes
Steamed Peas
Fresh Apple / Milk

Friday, January 11

Breakfast
Breakfast Sandwich
Assorted Fruit
Milk

Lunch
Wild Mike's Pizza
Garden Salad
w/Chickpeas
Assorted Fresh Fruit
Milk

mySchoolBucks



Breakfast Lunch

\$1.70

\$2.60

Go to: mySchoolBucks.com



"The First State"
Admitted to the Union December 7, 1787 at the 1st State
State Capital: Dover Largest City: Wilmington

What's on YOUR plate?



Q: How can you tell if your beans need a shower?!

A: Dried beans in a jar like those don't need a shower, although some cooks like to soak them. Canned beans, however, have a lot of added salt, so it's best to give them a quick rinse before cooking them! Fresh, dried, or canned, beans are an affordable and inexpensive source of protein, plus they have very little fat, are loaded with vitamins and minerals, and are one of the best sources of fiber you can find. *Eat more beans!*

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Friday, January 18
Breakfast
 Breakfast Sandwich
 Assorted Fruit
 Milk
Lunch
 Stuffed Crust Pizza
 Garden Salad
 w/Chickpeas
 Assorted Fresh Fruit
 Milk

Thursday, January 17
Breakfast
 Mini Cinnis
 Assorted Fruit
 Milk
Lunch
 Pasta w/Meat Sauce
 Garlic Breadstick
 Steamed Broccoli
 Chilled Applesauce
 Milk

Wednesday, January 16
Breakfast
 Bagel Breakfast Pizza
 Assorted Fruit
 Milk
Lunch
 Grilled Cheese Sand.
 Tomato Soup
 Harvest Apple Kale
 Salad
 Tomatoes w/Hummus
 & Dip
 Fresh Banana
 Milk

Tuesday, January 15
Breakfast
 Choice of Two:
 Cinn. Bun, Cereal *or*
 Yogurt
 Assorted Fruit
 Milk
Lunch
 Tacos on a Shell
 w/Assorted Toppings
 Seasoned Rice
 Corn
 Chilled Mixed Fruit
 Milk

Monday, January 14
Breakfast
 Frudel
 Assorted Fruit
 Milk
Lunch
 Chicken Patty on a
 Bun
 Sweet Potato Crinkle
 Fries
 Green Beans
 Fresh Apple
 Milk

Friday, January 25
Breakfast
 Breakfast Sandwich
 Assorted Fruit
 Milk
Lunch
 Homemade Cheese,
 Pepperoni *or* Garlic
 Pizza
 Garden Salad
 w/Chickpeas
 Assorted Fresh Fruit
 Milk

Thursday, January 24
Breakfast
 French Toast Sticks
 w/Syrup
 Assorted Fruit
 Milk
Lunch
 Breaded Mozzarella
 Sticks w/Dipping
 Sauce
 Side of Pasta w/Sauce
 Cucumbers w/Dip
 Chilled Pears
 Milk

Wednesday, January 23
Breakfast
 Breakfast Pizza
 Assorted Fruit
 Milk
Lunch
 Lupo's Chicken
 Spiedie Sub
 Oven Roasted
 Potatoes
 Corn
 Fresh Orange
 Milk

Tuesday, January 22
Breakfast
 Mimi Pancakes
 Assorted Fruit
 Milk
Lunch
 Cheeseburger on a
 Bun w/Lettuce &
 Tomato
 Oven Baked Seasoned
 Fries
 Glazed Carrots
 Fresh Apple
 Milk

Monday, January 28
Breakfast
 Frudel
 Assorted Fruit
 Milk
Lunch
 Chicken Nuggets
 w/Dipping Sauce
 Seasoned Brown Rice
 Glazed Carrots
 Fresh Apple
 Milk



Thursday, January 31
Breakfast
 Mini Cinnis
 Assorted Fruit
 Milk
Lunch
 Home-Style Chicken
 & Gravy
 Biscuit
 Mashed Potatoes
 Steamed Broccoli
 Chilled Peaches
 Milk

Wednesday, January 30
Breakfast
 Bagel Breakfast Pizza
 Assorted Fruit
 Milk
Lunch
 Brunch at Lunch!
 French Toast Sticks
 Sausage Patty
 Potato Puffs
 Fresh Banana
 Milk

Tuesday, January 29
Breakfast
 Choice of Two:
 Cinn. Bun, Cereal *or*
 Yogurt
 Assorted Fruit
 Milk
Lunch
 Meatball Sub
 Oven Baked Potato
 Wedges
 Veggie Cruncher Cup
 w/Hummus & Dip
 Chilled Mixed Fruit
 Milk

Monday, January 28
Breakfast
 Frudel
 Assorted Fruit
 Milk
Lunch
 Chicken Nuggets
 w/Dipping Sauce
 Seasoned Brown Rice
 Glazed Carrots
 Fresh Apple
 Milk

Word Play

"Robot" sounds like a high-tech word, but it's not. It comes from the Czech word for "servant," which is the name used for a medieval peasant who was forced to work for free!

School will be closed Monday, January 21 in recognition of Martin Luther King, Jr.'s birthday.