

November

**Brookside
Elementary
School**

2018

PRINCIPAL'S MESSAGE

Inhale blessings - Exhale Gratitude

We are so thankful to have the opportunity to provide rigorous learning for students each and every day!

It remains an honor and privilege to serve as your principal. Please stop by and say hello!

Together, we are partners in education:

Erin P. Eckert

Proud Principal of Brookside

National Education Support Professionals Recognition

We celebrate and recognize the dedicated support staff members of Brookside!

Thank you to: Mrs. Barrett, Mrs. Beamer, Mrs. Beauharnois, Mrs. Ciz, Ms. Cortes, Mr. Coddington, Mrs. Dumas, Mrs. Eggleston, Mrs. Farley, Mrs. Fellin, Mrs. Gnad, Mrs. Hannigan, Mrs. Hashey, Mr. Hornick, Mr. Ingrasciotta, Mrs. Jacobs, Mrs. Kick, Mrs. Killmeier, Mr. Marcello, Ms. Mohr, Ms. Portz, Mrs. Salisbury, Mrs. Smith, Mrs. Spencer, Mrs. Wasko and Mr. Woodward

DATES TO REMEMBER

PTA Meeting First Tuesday of Month @3:20
Mon. Nov 5 - Book Fair and P.A.R.P begin
Jared Campbell Assembly Prek-2nd 1:00pm and
3-5th grade 1:45pm
Tues Nov 6 - Pastries with the Principal @8:50AM
Fri. Nov 9 - Pasta Fiesta 5:30-7:30 PM
Mon. Nov 12 - Veteran's Day No School
Wed. Nov 14 - BOE @ 6 PM
Thur. Nov 15 - Picture day make up, and
Math & Movement night 6 PM
Fri. Nov 16 - Report cards issued, and Pasta
Fiesta 5:30-7:30 PM
Nov 21 - Nov. 23 Thanksgiving Break
Fri Nov. 30th - Winter Festival/Cookie Bake-
Off 6 - 8 PM

CHARACTER EDUCATION

ACTION OF THE MONTH:



**Thankfulness
-is-
the beginning of happiness**

A Message from Mrs. Barry

Hello from Mrs. Barry, School Social Worker! We have many coats available for children in our CUBS closet. Some are new with tags. If your child is in need of a winter coat, give me a call at Brookside. 669-4105 From Mrs. Barry, School Social Worker:

In October, we celebrated Red Ribbon Week with a variety of activities. Many students created posters which will be submitted to the Yes Leads poster contest. You will be notified by mail if you are a contest winner.

Thank you everyone for your donations to Mom's House during Red Ribbon Week.

If your family is in need of assistance during the holidays, (food basket at Thanksgiving, Holiday gifts), please contact me at 775-7521.

I still have coats and snow pants of various sizes if your child needs one. You can simply call me at the number above.

Excerpt from www.powerofmoms.com :

1. What are the most important nine minutes during the day that can have the greatest impact on a child?

Answer: The first three minutes at three important times: When they wake up, when they come home from school, and before they go to sleep.

2. What is the minimum number of touches a child needs to feel connected to a parent?

Answer: 8 touches is the minimum a child needs to feel connected to a parent, 12 if they are going through a challenging time. This can include straightening a collar, patting the shoulder, or a simple hug.

3. What one daily event is especially important for children?

Answer: 1 meaningful, eye to eye conversation between a parent and child every day.

We will also be collecting Thanksgiving items for our food baskets. A sheet will be sent home soon with the item for which your child's class is responsible. If you are in need of a Thanksgiving basket, please call me at 607-669-4105



Brrrr, It's Cold Out There...

As weather gets colder, please send your child to school prepared for outdoor recess. Please send in hats, gloves, etc. Have them wear warm jackets and long pants or leggings.

Late Arrival Reminder

If your child is late to school - arriving after 8:50, an adult must sign the child in at the Main Office. Please plan to send in a note regarding the absence or tardy.

Welcome to our Foster Grandparent Connie Shadduk.

New this year we are working with office of the Aging Foster Grandparent program! We welcome Connie Shadduk who is with us four days a week. We are enjoying this great partnership!

WARNING!
i have
food
Allergies!

Classroom Snacks/Treats

Due to allergy concerns, please plan to **ONLY** provide pre-packaged baked goods/food for classroom treats, birthdays, celebration. Etc. We are unable to accept homemade treats.

Attendance Matters!

Missed days = missed opportunities. You are missed and you miss out on learning and growth. We need You here each day, You are a valuable member of our school community.

When your child begins to miss days of instruction you can expect a letter home. Although we understand illness happens, it is still missed time and missed learning opportunities.

Please contact us -the main office, nurse or social worker, if there is any support you may need to establish or reestablish a daily attendance plan.



Bus Drill Safety

In addition to building drills, we also practice bus drills. Last month, students practiced emergency evacuation from the bus. Ask your child all about it!

News from the Music Department

Attention all Chorus, Advanced Band and Advanced Orchestra members!

Our Concert is on December 5th at 9:30am (School Assembly) and 6:30pm (Evening Concert). You will need to wear your nice white tops (long sleeve or short sleeve) and nice black pants. The students will also need to wear black dress shoes. Please, no sneakers. This is a very special event. Some students who are only in chorus and have a special part, may not have to wear this concert attire depending on their costume.

Thank you all for your help and we look forward to performing for you on December 5th at 6:30pm!



Parent As Reading Partners ~PARP



News From the PE Department

Brookside PE classes have been participating in a fitness unit. Within our fitness unit we have been learning about the 5 Health-Related Fitness Components. To be a fit person, one must be sure to work on all 5 of these areas! The five Health-Related Fitness Components are:

1. **Cardiorespiratory Endurance** - Cardiorespiratory endurance (also known as cardiovascular endurance or aerobic endurance) is the ability of the heart, lungs and vascular system to deliver oxygen-rich blood to working muscles during sustained physical activity.
2. **Muscular Strength** - Muscular strength is the amount of force a muscle or muscle group can exert against a heavy resistance.
3. **Muscular Endurance** - Muscular endurance is the ability of a muscle or muscle group to repeat a movement many times or to hold a particular position for an extended period of time.
4. **Flexibility** - Flexibility is the degree to which an individual muscle will lengthen.
5. **Body Composition** - Body composition is the amount of fat in the body compared to the amount of lean mass (muscle, bones etc.).

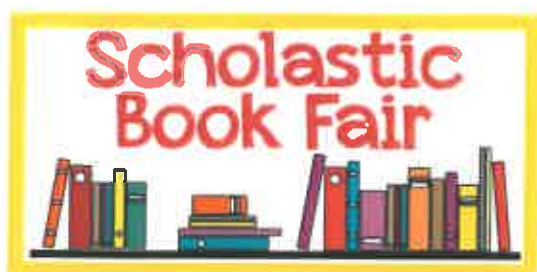
Dive into Reading! Begins November 5

Hey Brookside readers, here's a riddle for you- What are the top 3 ways to be a better reader? Read, Read, and Read!!! This month we will be Diving Into Reading with an adult in our home to stress the importance of reading at home. PARP readers pledge to read for at least 15 min. for 5 nights a week with a grownup at home. We have lots of fun activities planned, prizes, and a visiting author named Daniel Jude Miller. So don't just get your feet wet, dive right in to READING!! Look for more information coming home November 2.



Red Ribbon week was October 22 - October 27. A flyer went home explaining the Yes Leads poster context. Please have your poster in by Wednesday November 14.

PTA News



Book Fair begins November 6

Help is always appreciated, if you want to be involved please call us!

PTA will be running the Scrips gift card fundraiser. This is a great way to purchase gift cards for stores you love and more while supporting the PTA. Forms will be coming home soon. Any questions contact Maria (text or call 760-2580).

**** Save the Date ** November 30
PTA Winter Festival and Cookie
Bake Off. Join us as a cookie
baker or a cookie enjoyer!**



Box Tops for Education

The Fall Box tops contest will run through December 21. Please send in individual box tops and/or attached to the collection sheet (to the main office). Please label box tops with homeroom teacher's name. The two classrooms with the most box tops collected will receive a special treat from PTA!

Rock On Café

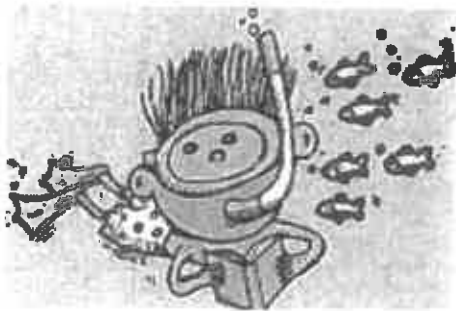
Fresh New York Thursdays- We have been participating in the Fresh NY Thursdays featuring local food and produce for the students to enjoy. The Food and Health Network joined us on October 23rd for a food tasting opportunity. Ask your child all about it!



B R O O K S I D E P A R P

DIVE INTO READING

PARENTS AS READING PARTNERS NOVEMBER 2 - 20, 2018



* Enjoy Reading *

Parents as Reading Partners is a collaborative effort among parents, staff, and community to build a reading partnership between the home and the school.

GET INVOLVED WITH PARP.

Learning to read is the single most important activity in a child's education. Studies show that children who read at home are better prepared to succeed in formal education. Virtually everything a child learns depends on the ability to read. Reading

expands a child's vocabulary, improves their comprehension, and allows him/her to explore their imagination. The Parents as Reading Partners program is aimed at involving parents in the essential task of helping their children become lifelong readers.



Participate in
PARP

To participate in PARP read with, to, or alongside your child for 15 to 20 minutes a night for at least 5 nights a week. Any teacher's assigned reading homework can be used for this purpose as long as it's

done together. Complete and return the reading contract weekly. We know that life can be busy, but we hope by choosing to participate, you can help your child Dive Into Reading!!



PARP ~ Dive Into Reading ~ 2018

~ November 2018 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Opening Assembly	3 Dive into a great book
4 PTA Book Fair ->	5 Fishy Wordfind	6 Bring in a poem for the Poetry Reef	7 School wide SABER time	8 Bookmark from PTA	9 Bring in PARP Contract	10 Visit the Public Library
11 Read the Sunday Funnies	12 Veteran's Day	13 Goldfish snack Yum!	14 Author visit	15 Seashell Guess	16 Bring in PARP Contract	17 Read an Ocean story
18 Read to a family member	19 Mad Lib Monday	20 Wear your slippers~ "slip into a good book"	21	22 Thanksgiving	23	24
25	26	27	28	29	30	31

More
May, June

Calendar: April



PARP Reading Contract

Our program will run from Nov. 2- Nov. 20. We ask that you fill in the reading contract below and have your child return it to their teacher on Friday 11/9 and again on Friday 11/16. The children who return the reading contract on these days will have their name displayed in the lobby and they will be entered into a drawing for prizes to be given at the end of PARP. Refer to the attached calendar to see how you can help your child stay involved. Thank You!

Week 2 Parents: Initial at least 5 of these days that you read with your child and return to school on **Friday 11/16.**



Fr. 9



Sat. 10



Sun. 11

Name _____

Teacher _____



Mon. 12



Tues. 13



Wed. 14



Thurs. 15

Week 1 Parents: Initial at least 5 of these days that you read with your child and return to school on **Friday 11/9.** (full name ~ neat)



Fr. 2



Sat. 3



Sun. 4

Name _____

Teacher _____



Mon. 5



Tues. 6



Wed. 7















































Thurs. 8

Please tape your unexpired Box Top\$ to this sheet. If you can, trim and peel excess backing from the Box Top\$. Remember to turn in your Box Top\$ at least once a month to help your class compete for prizes. Thank You for helping our school!!!

Student's Name _____

Teacher's Name _____

**WHEN TO KEEP A CHILD HOME
WITH ILLNESS DURING COLD AND FLU SEASON**

Sometimes it can be difficult to decide whether to send children to school when they wake up with early symptoms of an illness or complaints that they do not feel well. However, there are some situations in which it is best to plan on keeping your child home for a day to rest or to arrange for an appointment with your health care provider. The following are a few such situations that warrant watching and possibly conferring with your health care provider:

- **Persistent fever greater than 100° orally, including a fever that requires control with medication, like Tylenol or Advil**
- **Child is too sleepy or ill from an illness to profit from sitting in class all day**
- **Significant cough that makes a child feel uncomfortable or disrupts the class**
- **Sore throat that is severe, accompanied by fever and/or feeling ill, that persists longer than 48 hours, OR develops after known exposure to a confirmed case of Streptococcal throat infection**
- **Honey-crusted sores around the nose or mouth or rash on other body parts that might be impetigo; OR a rash in various stages including boils, sores and bumps that may be contagious; OR a significant rash accompanied by other symptoms of illness such as fever**
- **Itchy, red, runny eyes that distract the child from learning**
- **Large amount of discolored nasal discharge, especially if accompanied by facial pain or headache**
- **Severe ear pain or drainage from the ear**
- **Severe headache, especially if accompanied by fever**
- **vomiting/diarrhea**

Any child that has/had a fever, vomiting or diarrhea is required to stay home for 24 hours after symptoms. They should be symptom free for 24 hours without the use of medication prior to returning to school.

Reminder: Call and let the office know when and why your child will be staying home from school. It is helpful to let the Nurse know the cause of absence in order to track contagious illnesses.

Please keep the office/health office updated with any phone or address changes.

Any medication that is to be dispensed at school needs a written physician order, parent signature and brought to school by an adult in the original marked container from the pharmacy

Thank you for helping to keep our school a healthy place to learn and grow

Rebecca Eggleston, RN
Brookside Nurse

Susquehanna Valley Elementary Schools

Menus for NOVEMBER 2018

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

AVAILABLE DAILY

- Weekly Salads:**
 11/1-11/2: Turkey Bacon Ranch
 11/5-11/9: Popcorn Chicken
 11/13-11/16: Chef Salad
 11/19-11/20: Turkey Bacon Ranch
 11/26-11/30: Popcorn Chicken

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

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

Daily Breakfast Options:
 Student's must select 1 Fruit and/or Juice (pick one or two)
 Milk, Yogurt, Cereal and/or Muffin Top (pick one or two)

All salads served w/ome slices as Yogurt Meal!
 All options served w/some fruit and vegetable of the day

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



mySchoolBucks®

LUNCH

Breakfast

\$1.70

\$2.60

Go to: mySchoolBucks.com

Thursday, November 1
Breakfast
 French Toast Sticks
 w/Syrup
 Assorted Fruit
 Milk

Friday, November 2
Breakfast
 Breakfast Sandwich
 Assorted Fruit
 Milk

Lunch
 Cheese Ravioli
 with Sauce
 Garlic Breadstick
 Harvest Apple Kale
 Salad
 Chilled Peaches
 Milk

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

Thursday, November 8
Breakfast
 Mini Cinnus
 Assorted Fruit
 Milk

Friday, November 9
Breakfast
 Breakfast Sandwich
 Assorted Fruit
 Milk

Lunch
NY Thursday!
 Southwest Chicken
 Chili
 Chips, Cheddar
 Cheese, Sour Cream
 Garden Salad
 w/Chickpeas
 Fresh Pear
 Milk

Lunch
 Homemade Cheese,
 Pepperoni or Garlic
 Pizza
 Garden Salad
 w/Chickpeas
 Assorted Fresh Fruit
 Milk

Meet one of our distributors supporting Farm to Schools!
 Located in Ontario, New York, Headwater Food Hub distributes fresh meats, cheeses, and produce around New York State.
 The delicious pears on our menu come from a farm in Niagara County distributed through the Headwater Food Hub.



DON'T FORGET!

TURN BACK

TIME



SUNDAY, NOV. 4

Monday, November 5
Breakfast
 Mini Pancakes
 Assorted Fruit
 Milk
Lunch
 Chicken Nuggets
 Dipping Sauce
 Sweet Potato Cross
 Trax
 Glazed Carrots
 Fresh Apple
 Milk

Tuesday, November 6
Breakfast
 Choice of Two:
 Cinn. Bun, Cereal or
 Yogurt
 Assorted Fruit
 Milk
Lunch
 Taco Salad
 w/Assorted Toppings
 Seasoned Rice
 Corn
 Chilled Mixed Fruit
 Milk

Wed, November 7
Breakfast
 Bagel Breakfast Pizza
 Assorted Fruit
 Milk
Lunch at Lunch!
 French Toast Sticks
 Sausage Patty
 Potato Puffs
 Fresh Orange
 Milk

Thursday, November 8
Breakfast
 Mini Cinnus
 Assorted Fruit
 Milk
Lunch
NY Thursday!
 Southwest Chicken
 Chili
 Chips, Cheddar
 Cheese, Sour Cream
 Garden Salad
 w/Chickpeas
 Fresh Pear
 Milk

Friday, November 9
Breakfast
 Breakfast Sandwich
 Assorted Fruit
 Milk
Lunch
 Homemade Cheese,
 Pepperoni or Garlic
 Pizza
 Garden Salad
 w/Chickpeas
 Assorted Fresh Fruit
 Milk



What's on YOUR plate?



Find the two dozen Thanksgiving words!



AMERICA MAYFLOWER
 COLONY PE
 COOK PILGRIMS
 CORN PLYMOUTH
 ENGLAND PUMPKIN
 FALL SAIL
 FAMILY SETTLERS
 FEAST SQUASH
 FREEDOM STUFFING
 GRAYV THANKSGIVING
 HARVEST TURKEY
 MAZE VANS

S N H K E Y D E Z I A M C N H
 P U M P K I N G G K A O G Z
 M C M R G L G M C O L O N Y
 O M O C R H L L F F T K I X
 B I D S Q U A S H S H S E D Y P
 A S E E C O R A N M A E A D I L
 J E E I P A D N E E Y R N J S G
 E M R T I L L F M Y R N L K R
 O O F M T K Y E S A I L K R
 O C D R G L K M E H F C N I
 L I I P I R E W O L F Y A M
 B S G M U L A R B U W H S
 Z F A T P O D V S I T U T A
 J F A L L S M A Y H S H Z B

Learn more at www.ChooseMyPlate.gov or <http://kidshealth.org/kid/stay-healthy/food/yrand.html>

Monday, November 12



**Veteran's Day
No School Today**

Tuesday, November 13

Breakfast
 Prudel
 Assorted Fruit
 Milk

Lunch
 Popcorn Chicken
 Dipping Sauce
 Oven Baked Crinkle
 Fries
 Glazed Carrots
 Fresh Apple
 Milk

Wednesday, November 14

Breakfast
 Breakfast Pizza
 Assorted Fruit
 Milk

Lunch
 Meatball Sub
 Oven Baked Potato
 Wedges
 Veggie Cruncher Cup
 w/Dip
 Chilled Pears
 Milk

Thursday, November 15

Breakfast
 French Toast Sticks
 w/Syrup
 Assorted Fruit
 Milk

Lunch
 Turkey & Gravy
 Wheat Dinner Roll
 Mashed Potatoes/Cor
 Cranberry Sauce
 Chilled Peaches
 Fruit Crisp
 Milk

Friday, November 16

Breakfast
 Breakfast Sandwich
 Assorted Fruit
 Milk

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

Monday, November 26

Breakfast
 Prudel
 Assorted Fruit
 Milk

Lunch
 Cheeseburger on a
 Bun
 w/Lettuce & Tomato
 Oven Baked Crinkle
 Fries
 Glazed Carrots
 Fresh Apple
 Milk

Tuesday, November 27

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

Lunch
 Wild Mike's
 Mozzarella Bites
 Side of Pasta w/Sauce
 Garden Salad
 w/Chickpeas
 Chilled Peaches
 Milk

Wednesday, November 28

Breakfast
 Bagel Breakfast Pizza
 Assorted Fruit
 Milk

Lunch
 Fruit & Yogurt Parfait
 Mozz. String Cheese
 Ultimate Breakfast
 Round
 Baby Carrots
 w/Hummus & Dip
 Applesauce
 Milk

Thursday, November 29

Breakfast
 French Toast Sticks
 Assorted Fruit
 Milk

Lunch
 Tacos on a Shell
 w/Assorted Toppings
 Seasoned Rice
 Corn
 Chilled Mixed Fruit
 Milk

Friday, November 30

Breakfast
 Breakfast Sandwich
 Assorted Fruit
 Milk

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



THANKSGIVING!
ENJOY YOUR HOLIDAY!
SEE YOU MONDAY!

How to teach PROBLEM-SOLVING SKILLS

>> by age group <<

Big Life Journal



"SHOW ME THE HARD PART"

3-5 YEARS

- Use **emotion coaching**:
 - Step 1: Name & validate emotions.
 - Step 2: Let them process emotions.
 - Step 3: Problem-solving.
- Say, "**Show me the hard part.**"
- Problem-solve with **storybooks** (use the "dialogue-reading" technique).
- Problem-solve with **creative play**.



REFLECT:
What worked? What didn't?

5-7 YEARS

- Teach the **problem-solving steps**:
 - Step 1: What am I feeling?
 - Step 2: What's the problem?
 - Step 3: What are solutions?
 - Step 4: What would happen if...?
 - Step 5: Which one will I try?
- Problem-solve with **craft materials**.
- Ask **open-ended questions**: "How could we work together to solve this?", "What do you think will happen next?"



**BREAK PROBLEMS
INTO CHUNKS**

7-9 YEARS

- **Break down** problems into chunks
 - brainstorm together
 - ask open-ended questions
 - LISTEN
- Show "**The broken escalator**" YouTube video and have a discussion



**CREATIVE PROBLEM-
SOLVING**

9-11 YEARS

- **Creative** problem-solving with **prompts** (e.g., create a jump ramp for cars, design your own game with rules).
- Make them **work** for it (ask HOW they can earn the money to get what they want).
- Encourage them to put it on **paper** with problem-solving graphic organizers available online.

Situation
Options
Disadvantages
Advantages
Solution
METHOD

12+ YEARS

- **Play chess** together. Players use critical thinking, creativity, analysis of the board, and more.
- Have them learn to **code**. It promotes creativity, logic, planning, and persistence.
- Encourage to start a **meaningful project**.
- Apply the **SODAS** method. This method can be used for big or small problems.
- Encourage to **join** problem-solving **groups**: Odyssey of the Mind, Model U.N., Debate team, Science Olympiad, and others!

CONVERSATION STARTERS

for a Problem-Solving Discussion
with **Tweens & Teens**

1

IDENTIFY THE PROBLEM

- ★ What information do you know?
- ★ Can you describe what happened?

2

WHY IS IT A PROBLEM?

- ★ What's upsetting you? How does this problem make you feel?
- ★ Why is this important to you?
- ★ What's the worst thing that could happen?

3

WHAT ARE THE SOLUTIONS?

- ★ What are possible solutions to this?
- ★ What do you think would happen if...?
- ★ How could we work together to solve this?

Solution 1

Solution 2

Solution 3

4

PUT A SOLUTION INTO ACTION

- ★ Which solutions seem like a good option for this problem?
- ★ Is it safe and fair? How might people feel about it?
- ★ What are the biggest obstacles to this solution?

5

EVALUATE THE OUTCOME

- ★ What solution worked well?
- ★ What did not work?
- ★ What would you do differently next time?