



Brookside  
Elementary  
School 2018-2019

## PRINCIPAL'S MESSAGE

New this year, we are offering two half days for parent-teacher conferences. Friday Dec. 14 and Friday, Dec. 21

Conferences are a great opportunity to receive a snapshot of your child's educational journey. As an active partner in your child's education, you can enhance the collaborative conversation by coming prepared with questions and comments. This is your chance to ask question, provide insights and express your hopes and dreams for your child.

Talk to your child before the conference. Find out if they have any questions or concerns they might want you to bring up at the conference.

Make a list for the meeting. You might include questions such as:

- How can you, the teacher, and the school work together to help your child?
- What can I do to help my child with subjects he/she finds difficult?
- What types of tests do you give? How often?
- How often do you assign homework? What types of homework assignments can I expect to see?
- What is my child's favorite subject and how do you know?
- What can I be doing at home to reinforce what was taught in class?

Your Partner in Education,

Erin P. Eckert

Proud Principal of Brookside

## DATES TO REMEMBER

PTA Meetings First Tuesday of the Month  
@3:20

Wed Dec 5 - Winter Concert 9:30am/6:30pm

Fri Dec 7 - Pasta Fiesta (new date) 5:30-7:30

Fri Dec 14 and Dec 21 Student dismissal at  
12:00 pm for parent-teacher conferences

**December 24-January 1 - Winter Recess -  
School is closed. See you all January 2, 2019!  
Happy New Year!**



## CHARACTER EDUCATION

### ACTION OF THE MONTH:



**"Show kindness, even  
when no one is looking"**

## Music News

The kindergarten student's in music class have learned a song called, "Sammy Scarecrow". In this fun piece, the children are using high and low voices. Have your child show you the movements of the song while they sing.

A fun music activity to play at home is to find objects around the house that make high and low sounds. This will help reinforce the concept.



### Attention all Chorus, Advanced Band and

#### Advanced Orchestra members!!!

Our Concert is on December 5<sup>th</sup> 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. *If your child has a special part, they should have already received a note home of what they need to wear. Some of these students are not wearing the formal black and white attire.* Thank you all for your help and we look forward to performing for you on December 5<sup>th</sup>!

\* Please contact Mrs. Barry if you are in need of concert attire.



## News From the PE Department!

There are the 5 Fitness Components that can be used to assess fitness levels within each Fitness Component!

### **#1 Cardiorespiratory**

**Endurance/Aerobic Capacity** – *Timed Mile Run and/or Pacer Run*

### **#2 Muscular Strength and #3 Muscular**

**Endurance** – We test the muscular strength and muscular endurance of two areas> Upper Body Muscles and Abdominal Muscles. Upper body strength and endurance is tested by doing 1 out of 3 tests (or all 3 tests)> *#1 is the Push-Up Test, #2 is the Pull-Up Test, and #3 is the Flexed Arm Hang Test.* Abdominal strength and endurance is tested by *the One-Minute Sit-Up test.*

**4. Flexibility** - Flexibility of the hamstring muscle is tested by doing the *Back-Saver Sit & Reach Test.* Doing the *Trunk Lift Test* tests trunk extensor strength and flexibility.

**5. Body Composition** – *The Body Mass Index*> Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems.

Kindergarten and 1<sup>st</sup> Grade are also learning to tell the difference between exercises that are cardiorespiratory and make your heart strong, strength exercises that focus on individual muscle groups, and flexibility exercises that help loosen muscles.



### A Message from Mrs. Barry

Thank you everyone for your generous donations to our annual Thanksgiving Food Drive. Your donations created food baskets for 11 of our Brookside families.

The cold weather is upon us. I still have many coats and snow pants in our Brookside closet. If you need a coat or snow pants, feel free to call me at Brookside and we can see if we have your size available.

Brookside participates in the Backpack program through the Food Bank of the Southern Tier. Participating students take a bag of food home with them on Friday afternoons for the weekend. If you are in need of this program, please let me know. You can call me anytime at 775-7521. Thank you and have a great Holiday Season!

**WARNING!**  
*i have*  
**food**  
**Allergies!**

### Classroom Snacks/Treats

Due to allergy concerns, please plan to **ONLY** provide pre-packaged labeled baked goods/food for classroom treats, birthdays and celebrations. We are unable to accept homemade treats. We appreciate your cooperation.



### *Cold Weather is here!*

*Please send your children to school prepared for the cold weather. We will go outdoors for recess if weather permits. Please make sure you child has snow boots, hats, gloves and warm jackets.*

### Morning Arrival Updates

The school day starts at 8:50am. Our kindergarten entrance opens at 8:20 am for students who would like breakfast. The bus loop needs to remain clear for bus arrivals ~ Please do not enter the bus circle. Students may not be dropped off prior to 8:20 am as there is no supervision available. We appreciate your cooperation.



### Late Arrival Reminder

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



Rock on Café welcomes Dee! The Main office welcomes Mrs. Beauharnois. Be sure to stop by and say hello!

### Parents As Reading Partners

#### PARP Wrap Up

Students and families dove into reading at home and in school during the Parp program November 5-20. We had lots of fun activities, prizes and a visit from author Daniel Jude Miller! Thank you Mrs. Bieber for once again organizing a successful PARP program. Thank you PTA for your support.



### Pasta Fiesta

Pasta Fiesta has been rescheduled for Friday December 7, 5:30-7:30pm. Come enjoy a delicious pasta dinner served by the 5<sup>th</sup> grade class. See attached flyer for more information.



## SEFCU School Banking @ Brookside



Students can open their own savings accounts, make deposits at school and become eligible to earn incentives and enter contests.

Brookside Banking Day is each Friday 8:40-9 in the Main Lobby. PTA volunteers collect cash, coins and checks for deposit.\*

SEFCU will get each student started by depositing \$5 into each student's new account!!

### Other Program Highlights:

- \$5 to each new banker
- No Minimum deposits
- Weekly banking prizes
- Monthly incentives - perfect attendance \$5, Reading Challenge \$5, Star Report Card \$5, etc
- PTA receives \$5 for each new account
- Banking contests throughout the year
- Earn "points" towards private college tuition with SEFCU's tuition rewards (register for free [www.sefcu.com/tuition-rewards](http://www.sefcu.com/tuition-rewards))
- Access to all SEFCU products and services!

Contact PTA President and Banking Coordinator Maria Giammarino for more information and an application

Happy Banking!!

\*All account information is kept confidential with SEFCU. Brookside volunteers do not have access to account numbers, balances or personal identification information - just a student name\*

## Shop, Snap, Earn...Shoparoo

We have 109 supporters...and received a check for \$425.78 !! Wow !! A great start to raising funds for field trips. Join today! We all shop...so why not earn money for our school? It's easy and free!

- Sign up for Shoparoo App on your smart phone
- Each time you shop, take a picture of your receipt.
- Food related purchases earn dollars and all other purchases earn points for a chance at additional money

Use code: **CRAZ4255** or **GRER6589** to get started today!

Need help setting up an account or have questions, contact PTA President.





## 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!

## Head, Shoulder, Fingers & Toes

Brrrr the weather outside is frightful, but wearing the right attire is so delightful! We will be collecting warm hats, scarves, mittens and socks for the Winter season. All donations can be hung on the kindness tree in the main lobby



## You shop. Amazon gives.

Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice.

AmazonSmile is the same Amazon you know. Same products, same prices, same service. Support Brookside Elementary by starting your shopping at [smile.amazon.com](https://smile.amazon.com).

On your first visit to AmazonSmile [smile.amazon.com](https://smile.amazon.com), you need to select a charitable organization. Choose: PTA New York Congress 15-062 Brookside Elem School PTA (Saddlemire Rd NY)

We appreciate your support!

**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

# HERE'S THE IMPACT OF READING 20 MINUTES PER DAY!

**A student who reads**

**20:00**

**minutes per day**

will be exposed to  
**1.8 MILLION**  
words per year  
and scores in  
**90th PERCENTILE**  
on standardized tests

**A student who reads**

**5:00**

**minutes per day**


will be exposed to  
**282,000**  
words per year  
and scores in  
**50th PERCENTILE**  
on standardized tests

**A student who reads**

**1:00**

**minute per day**

will be exposed to  
**8,000**  
words per year  
and scores in  
**10th PERCENTILE**  
on standardized tests

 **SCHOLASTIC**



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 \_\_\_\_\_



# Menus for December 2018

Susquehanna Valley Elementary Schools

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

## Available Daily

**Weekly Salads:**  
 12/3-12/7: Chef Salad  
 12/10-12/14: Turkey Bacon Ranch  
 12/17-12/21: Popcorn Chicken Salad

**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 Fri: Granola  
 PB & Jelly Sandwich

**Daily Breakfast Options:**  
 Student's must select 1 Fruit and/or Juice (pick one or two)  
 M/W/Tb/F: Cereal and/or Muffin Top (pick one or two)

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

*\*All salads served w/whole sides as Yogurt Meal  
 \*All options served w/whole fruit and vegetable of the day*

## mySchoolBucks®

Breakfast \$1.70  
 Lunch \$2.60



Go to mySchoolBucks.com

**Monday, December 3**  
**Breakfast**  
 Fruited Assorted Fruit Milk  
**Lunch**  
 Chicken Nuggets Dipping Sauce Seasoned Brown Rice Glazed Carrots Fresh Apple Milk

**Tuesday, December 4**  
**Breakfast**  
 Choice of Two: Cinn. Bun, Cereal or Yogurt Assorted Fruit Milk  
**Lunch**  
 Rib-B-Que on a Bun Seasoned Potato Wedges Carrots/Cherry Tomatoes w/Hummus & Dip Chilled Peaches Milk

**Wednesday, December 5**  
**Breakfast**  
 Breakfast Pizza Assorted Fruit Milk  
**Lunch**  
 Brunch at Lunch! French Toast Sticks Sausage Patty Potato Puffs Fresh Orange Milk

**Thursday, December 6**  
**Breakfast**  
 Mini Cinnos Assorted Fruit Milk  
**Lunch**  
 Pasta w/Meat Sauce Garlic Breadstick Steamed Broccoli Chilled Applesauce Milk

**Friday, December 7**  
**Breakfast**  
 Breakfast Sandwich Assorted Fruit Milk  
**Lunch**  
 Homemade Cheese, Pepparoni or Garlic Pizza Garden Salad w/Chickpeas Assorted Fresh Fruit Milk

**Monday, December 10**  
**Breakfast**  
 Mini Pancakes Assorted Fruit Milk  
**Lunch**  
 Cheeseburger on a Bun w/Lettuce & Tomato Oven Baked Seasoned Fries Glazed Carrots Fresh Apple Milk

**Tuesday, December 11**  
**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

**Wednesday, December 12**  
**Breakfast**  
 Bagel Breakfast Pizza Assorted Fruit Milk  
**Lunch**  
 Meatball Soup Oven Baked Potato Wedges Veggie Cruncher Cup w/Dip Fresh Orange Milk

**Thursday, December 13**  
**Breakfast**  
 French Toast Sticks w/Syrup Assorted Fruit Milk  
**Lunch**  
 NY Thursday! Chicken Mac & Cheese Garlic Bread Stick Broccoli & Cauliflower Fresh Pear Milk

**Friday, December 14**  
**Breakfast**  
 Breakfast Sandwich Assorted Fruit Milk  
**Lunch**  
 Stuffed Crust Pizza Garden Salad w/Chickpeas Assorted Fresh Fruit Milk

### Cinnamon Roasted Sweet Potatoes

Serving: 6/12/100



1. Preheat oven to 425 F
2. Wash sweet potatoes. Scrub clean, scrub potatoes.
3. Pierce in baking pan and lightly toss with 1-2 tablespoons of oil and rosemary. Place covered pan with new herb in oven.
4. While sweet potatoes are in oven, prepare sweet potato puree. Combine in a processor. Add drained milk, stir thoroughly.
5. As 30 minutes, remove potatoes and rest in a colander. Cook in oven for 30 extra 10 minutes until 215.
6. Enjoy!



mySchoolBucks.com

# OUR NATION'S HISTORY



**T**he beautiful red plants you see a lot of this time of year are "poinesettias." They are named after Joel Poinsett, an American scientist who, after serving as the first United States minister to Mexico, brought the plants to the U.S. from their native country in 1828. A true statesman/scholar, Poinsett also served as U.S. Secretary of War and advocated for the establishment of an American National Museum — which became the famous Smithsonian Institution.



WITH LIBERTY & JUSTICE FOR ALL

# Happy Holidays!

From  
The Food Service Director  
& School Nutrition Staff

Monday, December 17

**Breakfast**  
Fruited Assorted Fruit Milk

**Lunch**  
Chicken Patty on a Bun  
Oven Baked Seasoned Fries  
Green Beans  
Fresh Apple  
Milk

Tuesday, December 18

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

**Lunch**  
Fruit & Yogurt Parfait  
Mozz. String Cheese  
Ultimate Breakfast Round  
Veggie Cruncher Cup  
Chilled Peaches  
Milk

Wednesday, December 19

**Breakfast**  
Breakfast Pizza Assorted Fruit Milk

**Lunch**  
Cheese Lasagna  
Garlic Breadstick  
Harvest Apple Kale Salad  
Baby Carrots  
w/Hummus & Dip  
Fresh Banana  
Milk

Thursday, December 20

**Breakfast**  
Mini Cinnos Assorted Fruit Milk

**Holiday Lunch!**  
Turkey/Gravy  
Wheat Dinner Roll  
Mashed Potatoes  
Corn  
Cranberry Sauce  
Chilled Peaches  
Milk  
Fruit Crisp

Friday, December 21

**Breakfast**  
Breakfast Sandwich Assorted Fruit Milk

**Lunch**  
School's Choice Pizza  
Garden Salad  
w/Chickpeas  
Assorted Fresh Fruit  
Milk



What's on **YOUR** plate?

**Q: Why did Super Orange lose the big race around the world?**

**A: He just ran out of juice! Don't let this happen to you — juice makes a tasty fruit serving!**



Learn more at [www.CHOOSemyPLATE.gov](http://www.CHOOSemyPLATE.gov) or <http://kidshealth.org/kid/stay-healthy/food/dp/yr.html>



Catch you in **2019!**

Holiday begins at the end of classes  
**Friday, December 21**  
Classes resume  
**Wednesday, January 2**