



# JANUARY 2019



F.P. Donnelly  
Elementary School

## PRINCIPAL'S MESSAGE

Happy New Year! I hope you all found the winter break to be a wonderful opportunity to spend quality time with family and friends.

This is the perfect time to reflect upon the wonder of the New Year. The students have spent the last four months fully engaged in their learning and expressing their excitement for school. I'm looking forward to what the rest of this year brings for them as we continue to grow together.

As we look ahead, there are several events that will be taking place in January:

- PARP continues! Our theme, "Be a part of the team, read!", moves forward as students celebrate stories and enjoy activities focused on different sports.
- PTA will meet Thursday, January 3<sup>rd</sup> @ 6:00 p.m. in the cafeteria.

Our character education word of the month is **Tolerance**. Remember to check in with your student(s) to discuss what our Saber CUBS are doing in school to learn about and promote tolerance.

As always, thank you for your support and dedication to our children and school program. The home-school relationship is vital to our students' success. I'm very proud of each and every child here at Donnelly Elementary and I am looking forward to witnessing the great things they will achieve in 2019! I hope you all have a wonderful year filled with good health and positive experiences.

Jill Rich

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## DATES TO REMEMBER

- \* Jan. 3 - 6:00 p.m. - PTA Meeting
- \* Jan. 21 - Martin Luther King, Jr. Day - No School
- \* Jan. 16 - 6:00 p.m. - BOE Meeting
- \* Jan. 25 - 5<sup>th</sup> Grade Trivia Night



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## CHARACTER EDUCATION ACTION OF THE MONTH "TOLERANCE"

Tolerance is not working with your eyes, but rather your heart!

Tolerance means:

- Being accepting of others
- Being kind to people who are different from you
- Accepting of others' opinions & beliefs

We can show tolerance:

- Treat others as you want to be treated
- Put yourself in others' shoes
- Ask yourself, "How would I feel if that happened to me?"
- Listen and react appropriately



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**Math Corner**

Are you waiting in line? On a long car trip? Have some time to fill with your child? Try playing "Guess the Number." Think of a number appropriate for your child's age. See how many guesses it takes him or her to figure out your number. When they make a guess give them a clue like "too high" or "too low." When they figure out your number, ask them what would be 10 more? 100 less? You can try fraction or decimal numbers with older children, or give them a clue like, "It's the number of feet in a mile." See if your child can find some strategies to figure out your number in fewer guesses, like asking if the number is even or odd. Have fun AND gain some number sense while you wait!

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**LOST & FOUND**



Many items have been "found." Please remind your child to stop by the "lost and found table" in the lobby to claim their belongings.

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**OLWEUS/Character Education Committee**

The word of the month for January is Tolerance. Classrooms continue to have regular meetings to discuss Olweus rules and build community so that all children feel a sense of safety and belonging.

Your Olweus Team

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**STUDENT RECORDS**



It is important that our student records are current. Please be sure to call or send in any changes to your phone numbers and emergency contact information. If your address has changed, please visit the district office to have that updated. Thank you for your cooperation!

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**STUDENT PICK-UP**

To ensure the safety of our students, please be prepared to show identification at pick up. If you are sending someone else to pick them up, please send written notice to the main office.

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### Healthy Tips from the Nurse's Office

Usually when the New Year begins we make resolutions about our health. More exercise, eating better, or getting more sleep. Here are few ways to eat healthier!

**Build a healthy meal (from [www.choosemyplate.gov](http://www.choosemyplate.gov)):**

- \* Make half your plate fruits and veggies
- \* Add lean protein (lean beef or pork, turkey, chicken, beans, tofu)
- \* Include whole grains (100% whole wheat or 100% whole grain)
- \* Don't forget dairy (low fat or fat free milk), soy milk is a good option if you don't do milk.
- \* Avoid extra fat: skip the heavy gravies and sauces.
- \* Take your time: Eat slowly and enjoy the taste and texture of your meal.
- \* Use a smaller plate: this will help with portion control.
- \* Take control of your food: eat at home so you know exactly what you are eating. If eating out, tried baked instead of fried options.
- \* Try new foods: Foods like mangoes, lentils, or kale may become a new favorite!
- \* Satisfy your sweet tooth: Have naturally sweet fruit as dessert.  
Try baked apples topped with cinnamon or fruit and yogurt together.

Be creative and explore your grocery store produce aisle with your child. You may find some new favorites!

Your School Nurse,  
Rebecca Flanders, RN



## WEATHER RELATED SCHOOL CLOSINGS

We have been very fortunate with our mild winter weather! Please check the district website at [www.svsabers.org](http://www.svsabers.org) for the most up-to-date information regarding school closings or delays.

Just a reminder, when school is *delayed or closed*, announcements will be made concerning "Susquehanna Valley Central Schools of Conklin" on the following radio and TV Stations:



### TV STATIONS:

WBNG-TV 12

WIVT-TV 34

WICZ-Fox 40



### RADIO STATIONS

WNBF (1290 AM)    WHWK (98.1 FM)

WAAL (99.1 FM)    WMXW (103.3 FM)

WINR (680 AM)    WKGB (92.5 FM)

WLTB (101.7 FM)    WSKG (89.3 FM)

When "Susquehanna Valley" is announced, it includes the two elementary schools - Brookside and Donnelly, as well as the RTS Middle School and SV High School.

Also, please make sure that your **Emergency Plan** is up to date. This tells us what your child is to do in case school needs to close early once the students have arrived at school. If circumstances have changed since you completed the form at the beginning of this school year, please have your child request a new "Emergency Dismissal Plan" form from his/her teacher. This is the information we use to determine what your child is to do, so it's very important to keep this information up to date.



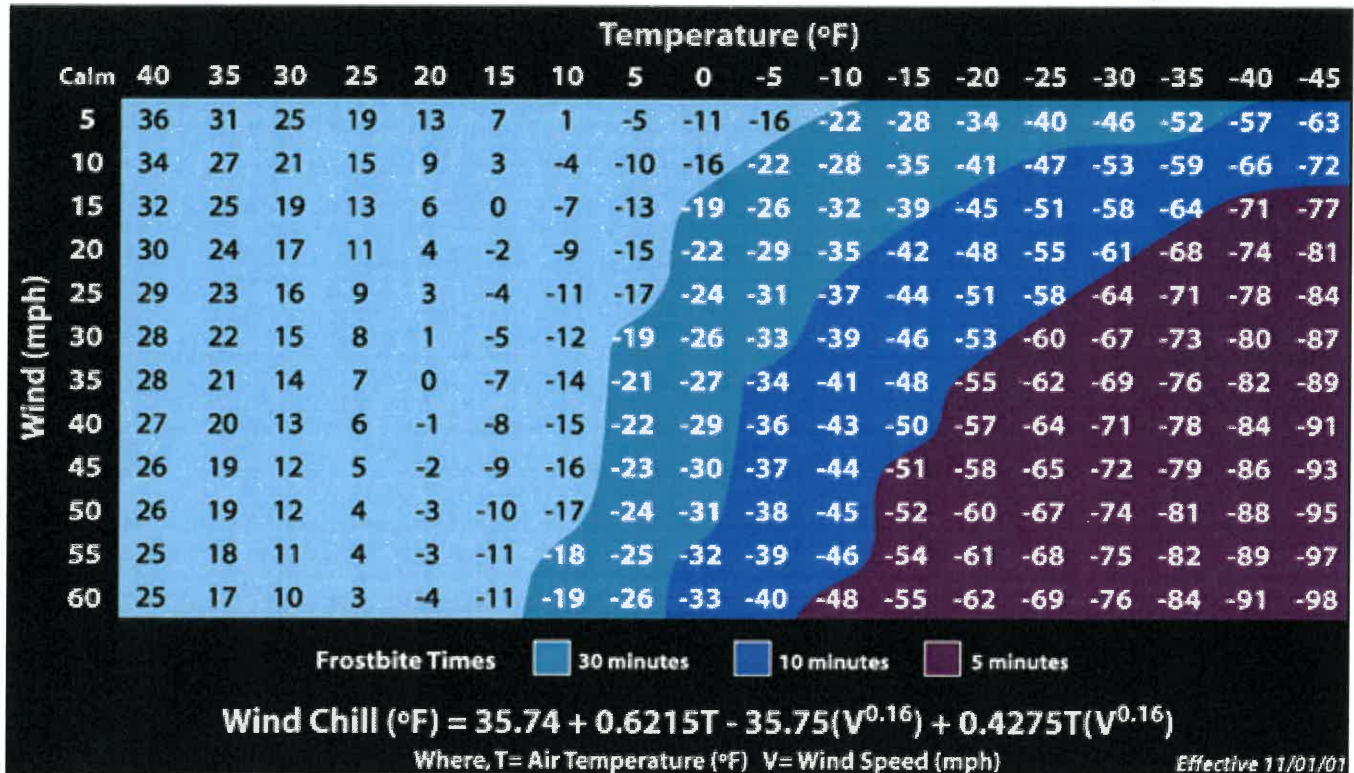
With the extreme cold, please be sure to send your child(ren) in with the appropriate attire. The CDC recommends the following to stay warm and dry:

- Adults and children should wear
- a hat
  - a scarf or knit mask to cover face and mouth
  - sleeves that are snug at the wrist
  - mittens (they are warmer than gloves)
  - water-resistant coat and boots
  - several layers of loose fitting clothing

The following chart indicates what it feels like outside as the wind increases with the cold temperatures!



# NWS Windchill Chart



## Helping Children Cope with "Big Feelings"

Children can have the same big feelings that we do. The difference for adults, though, is that we have more life experience to know how to deal with difficult emotions. When our children feel fear, anxiety, or anger, they need our help to learn how to cope. Here are some tips:

### **Name the feeling(s)**

Help your child figure out which feeling they are having/were having. Putting a name to it can help validate their experience. Having a feelings poster or reading children's books about feelings can be helpful to identify their own feeling.

### **Normalize the feeling(s)**

It can be confusing for a child whose feelings take over and lead to behaviors they may not usually have. Explain that all people have these feelings sometimes, and we all have to learn how to manage them.

### **Talk about the brain**

Our brains and our bodies are connected, and our brains send out signals when we experience certain "big feelings." Explain that we have a part of our brain (thinking brain) that's in charge of making decisions, thinking things through, and managing our emotions. Explain that another part of our brain (emotional brain) is in charge of important things like breathing, digesting food, and holds onto big feelings like anger or anxiety; this part of our brain also reacts to any threats, and can make us feel like we need to run (flight), fight back, or freeze. Sometimes this part of our brain overreacts, and we need to try strategies to calm it down. (For a full script of the brain conversation, visit: <https://imperfectfamilies.com/what-anxious-and-angry-kids-need-to-know-about-their-brain/>.)

### **Practice self-regulation skills**

When children are calm, their thinking brain is on, and this is the best time to come up with a plan for when their emotional brain tries to take over. Encourage taking a break (not a timeout), deep breathing, releasing angry energy by exercising, and relaxation strategies such as progressive muscle relaxation, coloring, calm down jars, music, etc. Practice these repeatedly when they are calm. Helping your child begin to recognize their body's early signs of a big feeling (heart racing, clenched jaw, etc.) can help them learn when to employ their self-regulation skills.

<https://theSchoolCounselorKind.wordpress.com>

## Promoting Good Attendance All Winter Long

Every winter, bad weather — snow, slush, freezing temperatures or even heavy rains in warmer climates — can present challenges to getting children to school. So do the colds, fevers and earaches that often come with the winter months.

### WHAT CAN PARENTS DO?

#### 1. Develop back up plans for getting your children to school in bad weather.

- a. Check to see if your child can get a ride with other families who have a reliable car that can manage the snow.
- b. Form a "walking school bus" with other families to get students to school safely.
- c. Join other families in a snow shovel brigade to clear the sidewalks closest to the school.
- d. Ask if school administrators have developed plans for transporting students.

#### 2. Keep your children healthy.

- a. Dress them warmly for the cold weather.
- b. Stress the importance of eating a good breakfast every morning.
- c. Stress hand washing, particularly in the winter months. Send your child to school with a small bottle of hand sanitizer. Research shows that something as simple as hand washing can improve attendance.

Attendance Works - Advancing Student Success By Reducing Chronic Absence  
<https://www.attendanceworks.org/>



## January 2019 News from Donnelly PTA

***PTA Mission Statement: A powerful voice for all children, a relevant resource for families and communities, and a strong advocate for the education and well-being of every child.***

**\*\*This month's PTA meeting is January 3<sup>rd</sup> at 6 pm in Cafetorium  
Child care available by our H<sup>5</sup> Yes Leaders.**



***Ice Cream Schedule for January:*** If you are unable to fulfill your ice cream duty, please contact Jessica Kinney @ 607-348-7473 as soon possible, so we can get a replacement. If no one shows up, there is no ice cream for the kids that day. Volunteers should be there no later than 11 a.m. and you will be there until approximately 12:30 p.m.

Jan 2<sup>nd</sup> Catherine Coates, Jan 3<sup>rd</sup> Jessica Morris, Jan 8<sup>th</sup> Laura Kaczynski, Jan 10<sup>th</sup> Jessica Short, Jan 15<sup>th</sup> Michelle Fitzsimmons, Jan 16<sup>th</sup> Alicia Mastronardi, Jan 17<sup>th</sup> Sara Leatso, Jan 23<sup>rd</sup> Tanya Tillotson, Jan 24<sup>th</sup> Kate Desimone, Jan 29<sup>th</sup> Laura Kaczynski, Jan 30<sup>th</sup> Elizabeth Finch, Jan 31<sup>st</sup> Bill Dumian

***BOX TOPS:*** Save your Box Tops for Education! We are about to begin our annual collection of Box Tops for Education to see which classroom can collect the most and earn a PIZZA Party! The contest will run for three weeks from Monday, January 7<sup>th</sup> through Friday, January 25<sup>th</sup>. Each classroom will have a bag for contributions which will be collected and counted each Friday. Each Box Top for Education earns 10 cents and helps fill our PTA's treasury so they can continue to provide us with fun events for the whole school.

***AMAZON SMILE:*** Please continue to use this link <https://smile.amazon.com/ch/23-7005133> anytime you shop on AMAZON. A portion of your purchase goes to the Donnelly PTA.

***MEMBERSHIP:*** Please consider getting your NYS PTA membership. It is only \$5.00 per school year and there are no obligations. Your membership entitles you to vote in any of our decision makings. We are always looking for new faces and new ideas. We are now up to 71 members. As a PTA Member, you receive free and useful information, numerous discounts and special rates.

***PARP:*** (Pick A Reading Partner) Please continue to have your child read or you read to your child every day.

*Join our Facebook page at Donnelly PTA where we remind you of upcoming events, request donations, people post pictures from the events, and a lot of other community questions/answers. A majority of our events are also on the school calendar that should have been mailed to you in the beginning of the year. You can also access the school calendar on the SVSABERS.ORG website.*

**Have a safe and joyous holiday season from your Donnelly PTA**

