

CHAPLIN ELEMENTARY SCHOOL

Patricia D. King Principal
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August 10, 2018

Dear Chaplin Elementary School Families:

Welcome to the start of the 2018-2019 school year. I hope that your summer has gone well and that you are eager for the beginning of the new school year. I anticipate an exciting year as we collectively work together to foster a culture of learning and high expectations. I feel extremely fortunate to be able to work with such a special group of students, families, and staff members. We will be holding a community wide Back to School Potluck Barbecue on Aug 27th from 4:30-6:30 on the school grounds. Please join us for a fun evening to share your favorite dish and welcome everyone back.

The first day of school for students grades K-6 will be Wednesday, August 29, 2018. Pre-Kindergarten's classes start September 4th. We will hold our annual "Bell Ringing Ceremony" on 8/29 at 8:40 a.m. to mark the beginning of a new year. Students should stand with their classmates and teachers on the lawn next to the building to view the ceremony. Each teacher will have a sign with his or her name and grade for easy identification. Parents are invited to attend and will have a special reserved area in the circular driveway for viewing. There will be signs directing everyone to the proper locations. After the bell rings, teachers will take their classes to the classroom. Please help us reduce traffic congestion and confusion by saying goodbye to your child **prior** to the start of the ceremony.

This year our school will continue to focus its efforts on building a strong community of learners. To keep you informed of the latest school news, all families must provide the school office with an email address. We are doing our best to "go green" in the office. We will now be sending home office communications through email and our website. We are making this change based on the feedback received as part of our annual spring parent survey. I always welcome your constructive feedback and active participation to make our school a wonderful place to learn and grow.

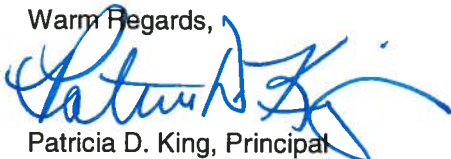
There are a few reminders you will need to be aware of as the school year begins:

- Bus routes will be posted in the *Willimantic Chronicle* on Saturday, August 18th. Also, a listing will be posted on the main entrance of the school. Stop by and take a look.
- School hours for all students are 8:40-3:15. Students **must** be in their classrooms no later than 8:40. Any student arriving in their classroom after 8:40 will be marked tardy.
- Our school day ends at 3:15. Please make every effort to make appointments after this time so your child will not miss the end of the day instruction.
- If you must pick up your child early or and changing how they will be getting home a note **must** be sent in with your child at the start of the day. This allows the office staff and the teacher to prepare appropriately.

Our *Middle Academy* for grades 5 & 6 will be active again this year. This model allows our older students an opportunity to engage in more meaningful hands on learning that will build their critical thinking skills and better prepare them for the rigors of middle school. There is information about the Middle Academy on our school website, chaplinschool.org.

I look forward to continuing our work together as we support the Chaplin Elementary community. We have many opportunities for family members to be involved in our school. Please share your talents with us. Join our Facebook group, Chaplin Elementary School, so you will be able to get a glimpse of just some of our school activities. I hope you enjoy the final days of summer!

Warm Regards,



Patricia D. King, Principal



Home & School

Working Together for School Success

CONNECTION[®]

September 2018



Chaplin Elementary School
Patricia D. King, Principal

SHORT NOTES

Attendance adds up

Students who attend school regularly tend to have better attitudes toward school—and they're more likely to read at grade level. Try to schedule your child's doctor and dentist appointments outside of school hours. Also, be sure to create a backup plan for getting her to school if she misses the bus or you can't drive her.

The importance of integrity

What would your youngster say if a classmate asked him to cheat? Talk to him about how to respond if he's pressured to share answers or let others copy his work. For example, he could say, "Let's study together so we both do well," or "I don't want to risk getting a zero."

DID YOU KNOW?

The average child with a parent in the military moves every two to three years. Encourage your youngster to introduce herself to all new students. If you're a military family, contact your school liaison officer and the school counselor about programs available to help your child adjust.

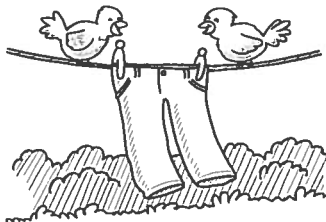
Worth quoting

"All the world is a laboratory to the inquiring mind." *Martin H. Fischer*

JUST FOR FUN

Q: What has two legs but doesn't walk?

A: A pair of pants!



A great beginning

The story of your child's school year is about to unfold. A strong opening chapter will help to set the tone for a great year. Try these strategies.

Introduce the characters

Your youngster's teacher will play an important role in his life this year. Write her a short note, and attach a picture of your family. You might mention your child's hobbies, favorite school subjects, and family members' names. Also, find out how the teacher prefers to be contacted. Getting to know each other now will help you work together in future "chapters."

Get to know the setting

Invite your youngster to tell you about his classroom, the library, and other places at school. What decorations hang on the walls? What books or games are on the shelves? When possible, see for yourself by going to events like book fairs and



math nights. *Idea:* Encourage him to draw you a picture of his classroom to hang on the refrigerator.

Enjoy the plot

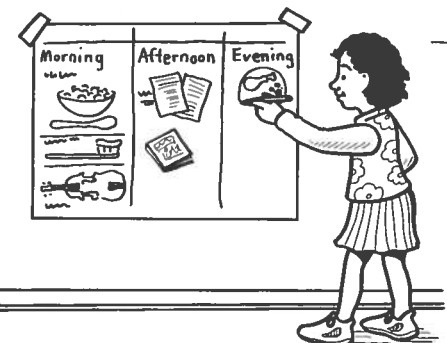
Attend back-to-school night to find out what your child will learn this year. Then, plan family outings or activities related to the topics. If he'll study your state's history, you could visit historic sites. Or if there's a plant unit, let him help you work in the garden or plant seeds in pots.♥

Routines that stick

Little habits make a big difference in the kind of day you and your youngster have. Here are things each of you could do to create routines for smooth days.

Your child can: Make a picture chart of what she needs to do every morning, afternoon, and evening. She might draw a backpack as a reminder to show you papers she brings home. A picture of a violin could prompt her to practice her instrument.

You can: Have her go to bed in time to get 9–11 hours of sleep and to eat a healthy breakfast in the morning. Set aside downtime after a busy day (perhaps 20 minutes when she gets home) so she'll be recharged for homework, chores, and family time.♥



Strengthen social skills

School is more pleasant for everyone when children share classroom materials and compromise to solve problems. Consider this advice for improving your youngster's social skills so she learns to get along with others now and later.

Practice sharing

Do activities with your child that require sharing. For example, color together, and let her



practice asking for the purple or the green crayon nicely. She could say, "May I use that when you're done?" And you might reply, "Sure, I'll give it to you as soon as I finish coloring this dragon."

Learn to compromise

Your youngster and her classmates may disagree on how to approach a group project or a science experiment. Help her prepare by looking for ways to find middle ground at home. Say she and a sibling argue over what book they'd like you to read at bedtime. They could take turns choosing a story every other night or ask you to read one chapter from each book. If they can't compromise, offer a suggestion like reading a book you pick.♥

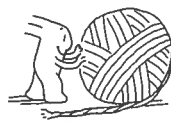
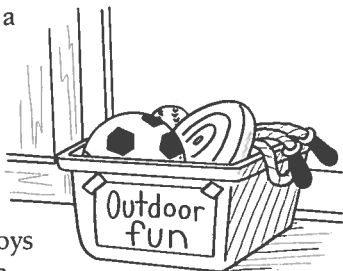
PARENT TO PARENT

Outdoor magic

I used to play outside all the time when I was little, but my sons never seem interested in leaving the house. One day, while reminiscing with my sister about all the fun we had outdoors as kids, an idea struck me.

I labeled a bin "Outdoor fun" and put it near the front door. Then, I asked my boys to fill it with things to play with outside. They found a yo-yo, balls, a Frisbee, a jump rope, and sidewalk chalk. I added a magnifying glass, a jar for collecting rocks and other treasures, and a bucket and shovel for digging in the dirt.

Having this bin in plain sight reminds my sons how much fun it is to play outside. I love seeing them using their imaginations outdoors and getting exercise. And surprisingly, they're not asking for screen time as often.♥



Q & A

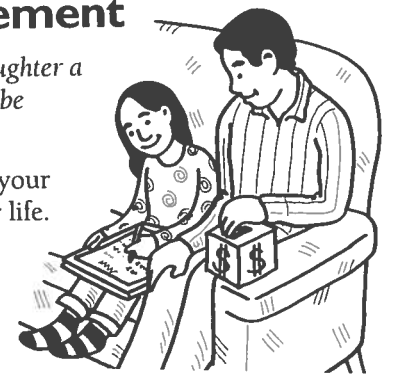
Smart money management

Q: We've started giving our third-grade daughter a small allowance. How can we teach her to be responsible with her money?

A: Learning to manage money wisely will give your youngster financial skills to use throughout her life.

Encourage her to write a budget for herself. She could list inexpensive items she asks you to buy for her, such as hair accessories or slime-making supplies. She can also include something she wants to save up for and gifts she'd like to buy others for birthdays and holidays.

Help your daughter look up prices of the items. Then, she should decide how much money to save each week. Consider letting her open a savings account, too. You can show her how to check the balance—she'll feel pride as she watches her savings grow.♥

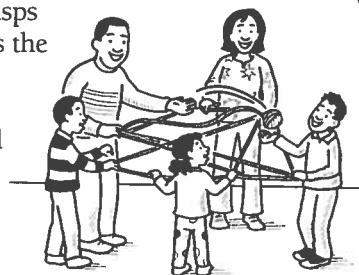


ACTIVITY CORNER

Attention stretchers

Boost your child's attention span with these hands-on ideas that use everyday materials:

● Create a "spiderweb." Have everyone stand in a circle with one person holding a ball of yarn. That person grasps one end of the yarn and tosses the ball to any other player. Your youngster must pay attention so he'll be ready when the ball comes his way. Toss it back and forth enough times, and your child will be delighted by a giant web of yarn!



● Try this classic game that requires focus. You'll need three cups and a small toy like a plastic frog. While your youngster watches, put the toy under one cup. Now slide the cups around for 30 seconds, constantly mixing up their order. Can your child tell you which cup the toy is under? Then, let him try to stump you. *Idea:* For a bigger challenge, increase the time or add more cups.♥

OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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Food and Fitness for a Healthy Child

Chaplin Elementary School
Patricia D. King, Principal

BEST BITES



I'm full

Help your child avoid overeating by taking time to talk about the color, texture, or taste of his food. If you say, "I love the color of carrots," he may respond, "I like how crunchy they are." By stopping to think, he'll slow down his eating pace, giving him time to feel full.

Kangaroo hop

Try this fitness idea from Down

Under. Have your children hop like kangaroos by jumping with both feet and

holding their hands in front of their chests. They can race each other by hopping from one end of a room (or yard) to the other. Or they could take turns being the leader and play Follow the Kangaroo.



DID YOU KNOW?

Research shows that students who skip breakfast have shorter attention spans and don't do as well on tests. Make sure your youngster gets up in time to have a nutritious breakfast either at home or at school. *Tip:* If she's having trouble waking up early enough, move her bedtime back.

Just for fun

Q: What's the worst thing about being an octopus?

A: Washing your hands before meals!



Snack attack

When your child bursts through the door after school or activities, she'll probably want something to eat. Try these tips for healthy snacks that will give her the energy she needs to play and do homework.

Stock the kitchen

Whatever is in the house is what your youngster will eat — so shop with that in mind. Get interesting fruits and vegetables in different colors. Buy mango or peach salsa, and let your child dip in veggie sticks (carrot, celery, jicama). Stock popcorn to air pop (rather than getting less healthy microwave popcorn). Then, offer her choices. She'll have a say in what she eats, but she'll be choosing only from healthy foods.

Have a mini-meal

Breakfast or lunch foods can make a good snack. You could serve oatmeal with bananas and cinnamon or tuck scrambled eggs into a pita pocket. Or try individual pizzas on whole-wheat English muffins. Top each half with a little



tomato sauce, shredded low-fat mozzarella cheese, and vegetables (sliced mushrooms, chopped onions), then bake until the cheese melts.

Build your own

Let your youngster get creative in the kitchen, and she'll be likely to eat the results. She can make kebabs by threading fruit (grapes, melon chunks) and cheese cubes onto toothpicks. Put out cookie cutters for her to cut sandwiches into fun shapes. Or she could spread cream cheese on rice cakes or apple slices and decorate them with raisins or dried cranberries. 🍓

Feeling good about sports

Participating in sports can build your youngster up... or drag him down. Make athletics a positive experience for him with these strategies:

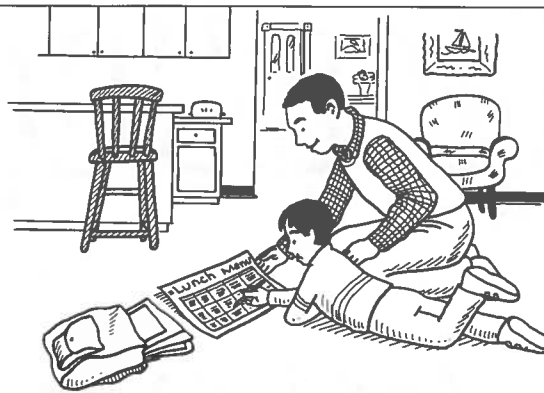
- Keep games in perspective. At this age, sports should be about having fun and developing skills. Ask about his favorite part of practice or the most interesting play in the game, rather than focusing on his performance or the score.
- Encourage your child to set goals — but make sure the goals are realistic. He might aim to touch the ball three times during a game or to try a move that he's been working on.
- Avoid comments about your youngster's size or body. Concentrate on the friends he is making and the effort he is putting forth ("I love how you tried to get the rebound"). 🍓



Cafeteria plan

Why should your child buy school meals? Cafeteria meals are healthier than ever because of updated national nutrition standards. Plus, if he gets lunch at school, you can knock “pack lunch” off your to-do list! Consider these two suggestions.

1. Go over the school menu together. He could circle his favorite items and decide what he will put on his tray the next day. Talk up the menu items. (“The chicken burrito sounds really good!”) If you’re excited about the choices, he will share your excitement.



2. Discuss what he ate. What does he like best? What does he throw in the trash? You might suggest that he write to the cafeteria manager to tell her about his favorite meals. He could also make recommendations for new foods to serve.

Note: If your youngster has food allergies, alert the cafeteria manager, as well as his teacher and the school nurse. Give each of them a list of foods he’s allergic to, possible reactions, and what to do if he accidentally eats one of them. ♥



O&A How much juice?

Q: My children love to drink juice. Should I try to limit how much of it they drink?

A: The short answer is “yes.” While juice has nutrients, it also has a lot of sugar.

Believe it or not, a 12-ounce glass of apple juice can contain 10 teaspoons of sugar — the same as in a can of cola — and a glass of grape juice can have 15 teaspoons of sugar.

Encourage your children to eat fruit rather

than drink juice. They will consume fiber along with more nutrients.

If your kids do have juice, try to limit it to a glass a day. Choose varieties marked 100 percent juice, and stay away from those labeled “fruit drink” or “fruit cocktail.” The best bets are orange or grapefruit juice since they have more natural vitamin C and less sugar. ♥



ACTIVITY CORNER

Exercise = fun

When children are young, exercise isn’t exercise—it’s just plain fun! Here are ideas for putting more physical activity into your youngster’s day.

Superman

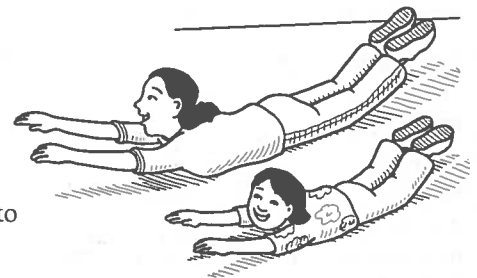
Lie on your tummy with your arms straight out in front of you (as if you’re flying). Lift your chest, arms, and legs off the ground at the same time, and hold for five seconds. Lie back down. “Fly” 10 more times.

Bubble jumping jacks

Have your child do jumping jacks as you blow bubbles toward her. How many bubbles can she pop as she jumps? Switch, and let her blow the bubbles as you do jumping jacks.

Freeze dance

Play music, and dance up a storm. When you stop the music, everyone freezes. Hold your poses for 10 seconds, and start the music back up. ♥



IN THE KITCHEN

Rice bowls

For a quick and healthy meal, borrow this idea from Asian cuisine. Cook brown rice, divide it into bowls for each person, and add healthy toppings.

Breakfast: Scrambled eggs, chopped tomatoes, diced green bell peppers, and shredded Monterey Jack cheese

Chicken: Cubed, cooked chicken (use last night’s leftovers), microwaved frozen

vegetables like corn, peas, and carrots, and low-sodium teriyaki sauce

Taco: Lean ground beef (browned and drained), canned kidney beans (drained and rinsed), shredded cheddar cheese, and salsa

Note: One-half cup of brown rice provides one serving of whole grains (three servings a day are recommended). Also, rice is gluten-free, so it’s a great choice for children with celiac disease or wheat allergies. ♥



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