

CHAPLIN ELEMENTARY SCHOOL NEWSLETTER



Volume 6 Issue 2 Follow us on Twitter at Kevin Chavez@ChaplinElementa

November 2023

From the Principal...

K. Chavez

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Dear Parents and Guardians,

I would like to thank all the parents who reached out to us after learning of the passing Mr. Henrici, the CES Superintendent. Many people may not realize his impact on the district because he worked behind the scenes. His leadership was instrumental in the challenges we have faced over my five years at CES. His belief in the staff and the great work they do, was conveyed regularly. He will be missed!

It's hard to believe, but we have reached the end of the first trimester. Students in all grades have made positive progress in the first few months. Their engagement in learning is a wonderful thing to see when I walk into the classrooms or talk with them during lunch and recess.

CES hosted a virtual parent night a few weeks ago. Jo Ann Frieberg from School Climate Consultants presented information for parents on the topic of routines and responsibility. She was also able to answer questions for the parents who attended. I need to be honest and tell you that I wish more of our parents/guardians attended the session— we had fewer than 5 non-staff people attend. School and home must be partners if our children are to accomplish everything they are capable of. I will use this newsletter to recap some of the points Mrs. Frieberg made during our time with her.

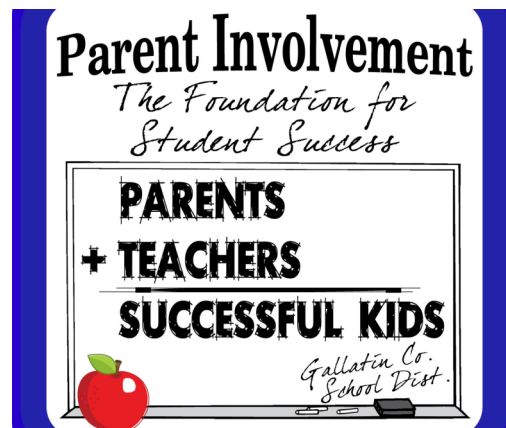
Staff members have been working hard to stay ahead of the CT State Department Of Education initiatives that will affect all schools in the coming year. Numerous staff are involved in professional learning series to be the building lead. Later in the year, I will dedicate a newsletter to inform you of the work being done on this front.

K Chavez

At Chaplin School, we strive to cultivate a strong, collaborative school climate and culture that is focused on high academic development and achievement for all students. – High standards for curriculum implementation and student learning.

Important Dates

- Nov 22 End of the first Trimester
- Nov 22 Early release
- Nov 23-24 Thanksgiving recess
- Nov 30 Report cards issued
- Dec 6 Evening Parent-Teacher conferences (we will have PHHS students offering child care for parents during their meetings)
- Dec 7 Afternoon conferences
- Dec 7 & 8 early release
- Dec 22 early release



Routines and Responsibility

Can your child plan tasks on his/her own? Does your child need to be reminded to get started on regular tasks? Does your child need encouragement to keep working until a job is done? Does your child need constant supervision to ensure task completion? How do they handle morning or bedtime routines? Can they follow them independently, or do they need cues and reminders? Do they keep their bedrooms and work areas neat? Do they keep backpacks and notebooks organized?

These are some of the topics discussed during our night with Jo Ann Frieberg. Obviously these answers will change with the age of the child, but they tell a lot. Chores need to be a part of family routines if children are to improve the skills needed for independence. Routines are important as they define what is important to the family. Routines strengthen the shared beliefs and values of your family; together, routines and chores teach life skills and relationship skills. They lead to feelings of control and efficiency. Just as importantly they lead free up time for other things.

We should all want to build autonomy in our children as they develop, so we need to build them up to enter their teens. We should begin with routines that are safe if mistakes are made. Routines need to be well planned. This planning builds skills such as sustained attention and task initiation as well as directing goals. Consider the chore of vacuuming the house. There is a lot planning that goes into this task, and it is safe. Knowing there is a chore/routine that needs to be completed regularly builds (trash, feed the pets, laundry) build on organization and time management skills. Predictability in routines and chores (after playing, putting toys away; the amount of time it takes to clean the counter/sink; the amount of water used to water the plants) builds on planning and memory. They all help to build emotional control and monitoring our thoughts in order to work more effectively and efficiently.

Free time is necessary for everyone. Watch your children carefully during these times; do they exhibit more or less of the skills mentioned above? Children often struggle to return to the classroom after a short vacation or summer vacation due to fewer routines and chores throughout the day. They return to school where they have academic demands that require the skills underlined above. One of the best ways to combat this is for your child to keep many of the routines the same during these times. For example, your child should continue to have reading time at home; their bed routines should remain as consistent as possible; there are more routines that you can think of. Maintaining consistency will reduce the stress that your child and you may feel.

The impact of routines and chores reach far beyond today and your house. They help your child to develop skills they will need in greater demand as they go through school and young adulthood.

Getting a good night's rest is so important for having a successful day at school. As we've received many questions from parents asking about how to help their children get to sleep better and stay asleep, I've provided some helpful tips below that can work wonders.



Sleep Hygiene for Children

Preschoolers (ages 3-5 years) generally need between 10-13 hours of sleep per night, and school-age children (ages 6-13 years) need between 9-11 hours of sleep per night.

1. **Stick to the same bedtime and wake time every day, even on weekends.** Children sleep better when they have the same bedtime and wake time every day. Staying up late during the weekend and then trying to catch up on sleep by sleeping in can throw off a child's sleep schedule for several days.
2. **Beds are for sleeping.** Try to use your bed only for sleeping. Lying on a bed and doing other activities (e.g., watching TV, using a tablet or computer) makes it hard for your brain to associate your bed with sleep.
3. **A comfy, cozy room.** A child's bedroom environment should be cool, quiet, and comfortable.
4. **Alarm clocks are for waking up.** Children who tend to stare at the clock, waiting and hoping to fall asleep should have the clock turned away from them.
5. **Bedtime routine.** A predictable series of events should lead up to bedtime. This can include brushing teeth, putting on pajamas, and reading a story from a book.
6. **Quiet, calm, and relaxing activities.** Before bedtime is a great time to relax by listening to soft, calming music or reading a story. Avoid activities that are excessively stimulating right before bedtime. This includes screen time like watching television, using a tablet or computer, and playing video games, as well as physical exercise. Avoid these activities during a nighttime awakening as well. It is best to keep video games, televisions, or phones out of the bedroom and to limit their use at least 1 hour before bedtime.
7. **How to relax.** If a child needs help relaxing, they can use techniques such as taking deep and slow breaths or thinking of positive images like being on a beach.
8. **Start the day off right with exercise.** Exercising earlier in the day can help children feel more energetic and awake during the day, have an easier time focusing, and even help with falling asleep and staying asleep later on that evening.
9. **Avoid caffeine.** Avoid consuming anything with caffeine (soda, chocolate, tea, coffee) in the late afternoon and throughout the evening. It can still cause nighttime awakenings and shallow sleep even if it doesn't prevent one from falling asleep.
10. **If you can't sleep, get out of bed.** If a child is tossing and turning in bed, have them get out of bed and do something that isn't too stimulating, such as read a boring book (e.g., textbook). They can return to bed once they are sleepy again. If they are still awake after 20-30 minutes, they can repeat the process and get out of bed for another 20 minutes before returning. Doing this prevents the bed from being associated with sleeplessness.
11. **Put kids to sleep drowsy, but awake.** The ideal time for a child to go to bed is when they are drowsy, but still awake. Allowing them to fall asleep in places other than their bed teaches them to associate sleep with other places than their bed.
12. **Cuddle up with a stuffed animal or soft blanket.** Giving a child a security object can be a good transition to help them feel safe when their parent(s) isn't/aren't there. Try to incorporate a doll, toy, or a blanket to comfort them when it's time for bed.
13. **Bedtime checkups should be short and sweet.** When checking up on a child, the main purpose is to let them know you are there and that they are all right. The briefer and less stimulating, the better.
14. **Maintain a sleep diary** in order to track naps, bedtimes, wake times, and behaviors to find patterns and work on particular problems when things are not going well.

Students who display the core value of perseverance and received the October spirit stick "Challenges Ahead" impress us as they manage their emotions and disappointment. Your teachers and I are so proud of you for your sustained attention to tasks that challenge you.

G2– Sebastiana, Isaac Z, Alyvia, & Elise; G4– Vanessa & Tirza; G6– Mike & Jahnvi

Students who have received spirit sticks as of today for the month of November are:

G3– Catie K; G4– Noah M & Matthew B; G5– Olivia K; G6– Myles I

Their citizenship spirit stick is earned by students who show a positive attitude toward classmates, school, and community. These students also display appreciation for and for others. Lastly, they possess the strength of character and courage to do what is right.

Thank you to the whole school for your generosity during this time of the year. Once again, the donations made to our Helping Hands project is so helpful to our own community. We received so many items including home grown potatoes, that each family is sure to have a wonderful Thanksgiving meal. Another special thank you to the CES PTO who bought and donated the turkeys to this wonderful cause.

Please be on the lookout for information about the PTO sponsored Craft Fair coming on December 2nd. The sixth grade class will also sponsor Breakfast with Santa from 8:30 until 11:00. We hope to see you there!

The following students have been chosen as a Soaring Eagle during the months of October and November:

(1) Courtney, Ivy, Timothy, Charlie, Morgan, & Emma (2) Ava, Avery, Evan, Anna, Payton, Caleb, Ayden, Ethan, Aayden, Isaac Z, Hunter, Carson, & Kaiden (3) Tirza, Braylee, Ella, Emmiline, & Connor (4) Lev, Adam, Noah A, Matthew, Vanessa, Terralyn, & Kylie (5) Ella, Hunter, Grayden, Olivia K, Jace, & Matthew (6) Mike & Jahnvi

Congratulations!