

## ARE Newsletter

### PRINCIPAL'S NEWS

Dear ARE Families,

I hope this letter finds you and your family well. This is not the typical first week in April we are accustomed to having. I am including our character education for the month of April for your information, but please know that this will be taught to your children in different ways throughout the next three months of school.

Our Book of the Season is *Teach Us Your Name* by Huda Essa. Please listen to the story here: <https://youtu.be/2gyhoIZn81c>. You can expect more from our Building Planning Team surrounding this book during the month of May. Please discuss the story with your child. This year we have been reading books that illustrate the importance of names. We have been teaching children to be proud of their identities and utilize opportunities to learn from others.

Our IB Learner Profile or “hive topic” for the month of April is **BALANCED**. Through morning meetings, your children’s teachers planned to teach that to be balanced means balancing different parts of your life (mind, body, and emotions). When you are balanced you are interested and involved in many different things. Being balanced is understanding that taking care of one’s self is important. Our Building Planning Team will be connecting the profile, Balanced, to our book of the season in May.

Please be reviewing your child’s weekly academic schedule from your classroom teacher each week. It is important for your child to participate as much as possible in the academic tasks assigned. We realize that each family may not be able to participate at the same level and we are understanding of everyone’s unique situation at this time.

During this challenging time, please know that our teachers, staff and administrators are here to help you and your family. This is a time more than ever that we need to support one another and work together as an ARE community.

Please stay well.

Sincerely,

Mrs. Stenta

ARE Principal



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This month's newsletter is dedicated to one thing: **CONNECTION**. Please stay connected.

## Mental Health Resources for Adults

### Websites:

#### The National Child Traumatic Stress Network– Fact Sheet

[https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak\\_factsheet\\_1.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf)

#### The National Association of School Psychologists– Fact Sheet

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

#### Vestal Central School District Home Page

<https://www.vestal.stier.org/COVID-19HomeLearningResources.aspx>

### Phone Numbers:

#### New York State Office of Mental Health Crisis Counselors

Call 1-800-273- TALK or text GOT5 to 741741.

Are you struggling in the midst of COVID-19? Crisis counselors are still just a phone call or text away.

#### National Suicide Prevention Lifeline

1-800-273-TALK (8255)

If you or someone you know is suicidal or in emotional distress, contact the National Suicide Prevention Lifeline. Trained crisis workers are available 24 hours a day, 7 days a week. Your confidential and toll free call goes to the nearest crisis center in the Lifeline national network. These centers provide crisis counseling and mental health referrals.

#### SAMHSA's National Helpline

1-800-662-HELP (4357)/ 1-800-487-4889 (TDD)

Free and confidential information in English and Spanish for individuals and family members facing substance abuse and mental health issues. 24 hours a day, 7 days a week.

#### CPEP: Comprehensive Psychiatric Emergency Program

Hotline: 607-762-2302 or 800-451-0560

In person: Binghamton General Hospital's Emergency Room. Hotline and in person are 24 hours a day/7 days week.

# Helpful reminders for children and adults during the COVID-19 School Closure

## Caring Connections Calendar

Authentic connection provides a buffer that softens the negative effects of stressful situations. As you and your family cope with the life changes and anxiety caused by COVID-19, use activities from this Caring Connections Calendar to enjoy restorative moments of bonding, beauty and joy.

Created by Master Instructor Kim Hughes, the Caring Connections Calendar features activities that strengthen relationships by practicing kindness, being grateful and spending quality time with those we love. Each activity builds connection while encouraging kind acts, helpfulness and positivity.

Like connection, being kind and helpful to others is a biological imperative that is required for optimal brain development. It also releases feel-good chemicals and hormones, something we could all benefit from right now.

Similarly, focusing on the positive creates more positivity. Practicing gratitude offers significant benefits for our mental and physical health, including enhanced empathy, better sleep and improved self-esteem. The activities included in the Caring Connections Calendar may seem simple, but the impact they'll have on you and your family is powerful.

On the next page is a Connection Calendar for you and your family to try everyday for 30 days. Take the challenge with me! I will be doing it.

Resource from: <https://consciousdiscipline.s3.amazonaws.com/Free-Resources/Printable-Posters-Tools-Activities/FREE-Printable-Caring-Connections-Calendar.pdf>

# CARING CONNECTIONS: Strengthening Relationships by Practicing Kindness, Being Grateful, and Spending Quality Time With Those We LOVE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Do something helpful for a family member or friend.</p> 	<p>Connect with a relative to say hello and chat.</p> 	<p>Count your blessings: List the kind things others have done for you.</p> 	<p>Create and then share a card or a piece of art with someone you love.</p> 	<p>Go outside and find one thing that reminds you of someone. Share what you find and your why.</p>	<p>Create a cell phone / device parking lot so you can enjoy device-free moments together each day.</p>	<p>Find a deck of cards and play a game like Crazy Eights, Spoons or Go Fish.</p> 
<p>Find a joke that you love and share it with 2 other people in person, by phone, or virtually.</p>	<p>Work together to plan a 3-course meal. Write down / draw each part of the meal to share as the menu for the evening.</p>	<p>Go outside and find materials to create a centerpiece for others to enjoy!</p> 	<p>Name 3 things you are grateful for. Draw a picture or write a list of these things and then post in a prominent place.</p>	<p>Work to create 5 "happy cards" for seniors that are in a local nursing home. Drop them off for them to enjoy.</p>	<p>While washing your hands look at yourself in the mirror and tell yourself one thing you like about YOU!</p>	<p>Do one act of kindness to make life easier for someone.</p> 
<p>Thank 3 people you are grateful to and tell them why.</p> 	<p>Smile at the people you are with to brighten their day.</p> 	<p>Learn one new thing today and share what you learned with someone.</p> 	<p>Choose a favorite song(s) and enjoy a spontaneous dance party.</p> 	<p>Get a deck or two of cards and build a home. Talk about what makes a home safe and what connects us to others.</p>	<p>Go outside and enjoy a game of "Red Light, Green Light." Be sure to run, walk, slide, jump and enjoy other creative ways to move.</p>	<p>Design and create a musical instrument. Enjoy a sharing concert.</p> 
<p>Ask someone to do what you LOVE to do today.</p> 	<p>Send a message or letter to someone you cannot be with today.</p> 	<p>Find a favorite book and read it or share it with someone.</p> 	<p>Enjoy a scavenger hunt with someone. Both write lists of 5 things the other person will look for, switch lists and then GO!</p>	<p>Notice 5 things that are beautiful within your world. Share your ideas with someone.</p> 	<p>Learn how to play hopscotch and then PLAY!</p> 	<p>Thank someone and tell them how they make a difference for you.</p> 

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## April is National Child Abuse Prevention Month



April is National Child Abuse Prevention Month. During this month and throughout the year, we are dedicated to supporting families to reduce the risk of child abuse and neglect. Communities like African Road do as much as we can to support, protect, strengthen and prevent child abuse and neglect. To find out more information on what you can do, visit [www.childwelfare.gov](http://www.childwelfare.gov).

## READING



A message from your Reading Teachers!

We miss working with all of our students so much! However, we have loved to hear how so many of our students are reading at home. I know the amount of online literacy resources can be a little overwhelming so we wanted to share a few of our favorites. Remember though, one of the greatest things you can do at home is a read aloud. This exposes children to so many more vocabulary words and can lead to many great discussions. That being said though, here are a few resources that are available that we recommended for our students to do during this time.

**Scholastic** has opened up all of their content for free online. It is divided up by grades and is an easy to navigate site. You can read a book, read an article, watch a video on the topic, and complete an activity.

<https://classroommagazines.scholastic.com/support/learnathome.html>

**Pebble Go** is another great website that opened up all their content for free during this time. You will need to log in to this one. This is aimed more at students K-2. It also incorporates science and social studies and is one that the younger students should enjoy.

Log in: ClatyonAve

Password: media

[www.pebblego.com](http://www.pebblego.com)

**TrueFlix** is aimed more at students in 3rd-5th grade. It is an online resource of award winning nonfiction content to help students with their literacy skills and build knowledge of subject-area content.

<https://sdm-tfx.digital.scholastic.com/?authCtx=U.794217314>

**WorldBook eBooks** has hundreds of ebooks - nonfiction (sports, mysteries & wonders, technology & engineering, etc) as well as fairy tales, folktales, myths and classic literature for children. You need to log in for this one too and then click on eBooks.

Username: vestales

Password: vestales

<https://www.worldbookonline.com/wb/Login?ed=wb>

We know that your classroom teachers have also signed up students to many online resources as well. We are here if you have any questions or concerns. We have already spoken to many parents but we would love to speak to more and are only an email away.

Take care, Mrs. Eames & Mrs. Neuhard



## POETRY MONTH

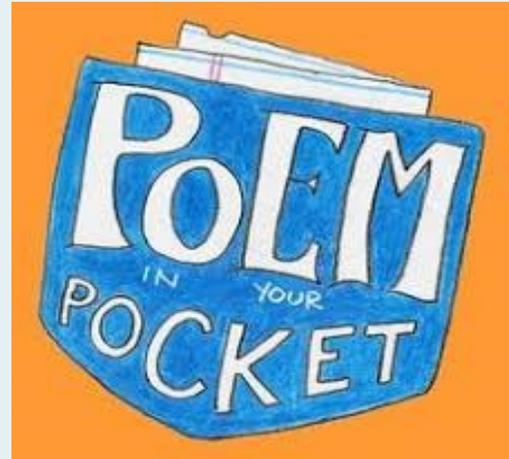


Dear Families,

April is Poetry Month! Let's start off poetry month with the poem, Keep A Poem In Your Pocket. Keeping a poem in your pocket to take out and read throughout the day is a fun activity for the entire family! Just copy the poem on a slip of paper, decorate it with a border and place it in a pocket. Pull out the poem at the start of a meal, on the hour, before watching a show on TV or whatever times work for your family. Reading poetry can be relaxing – and rereading is a great way to build reading fluency.

If you have a favorite poem that you would like to share, email it to Mrs. Eames [weames@vestal.k12.ny.us](mailto:weames@vestal.k12.ny.us) or Mrs. Neuhard [hlneuhard@vestal.k12.ny.us](mailto:hlneuhard@vestal.k12.ny.us)

April, we welcome you!



### **Keep a Poem in Your Pocket**

*By Beatrice Schenk de Regniers*

Keep a poem in your pocket  
And a picture in your head  
And you'll never feel lonely  
At night when you're in bed.

The little poem will sing to you  
The little picture will bring to you

A dozen dreams to dance to you  
At night when you're in bed.

So . . .

Keep a picture in your pocket  
And a poem in your head  
And you'll never feel lonely  
At night when you're in bed.

## KINDERGARTEN

During Reading Workshop the Kindergarten classes have been learning Super Powers to help them when they are reading. Mrs. Ligas's class wrote notes to Reader Man and invited him to their class to read a story. Reader Man came and read Please Don't Eat Me! by Liz Climo. Then they discussed some of the powers or strategies we use when reading, like Pointer Power, pointing to the words and Picture Power, using the pictures in the story to help figure out unknown words. The student's had lots of fun and can't wait to invite Reader Man to come back again!



Mrs. Ligas



## BAND

Hello 5<sup>th</sup> Grade Band!

Thinking of you daily and hope we will be together soon! Please refer to the information in the emails that I have sent via School Tool. I'm excited to hear about all of your musical accomplishments and family stories during our time apart.

Mrs. Lewis-King



## PTA

We hope you and your families are doing well and staying healthy during this stressful time. All PTA business has been paused until school resumes to allow our members and officers to focus on their families. Once school does resume, we will reassess all planned activities and notify the community of what is still possible at that time. Thanks to our teachers and parents for all that you are doing to support the children of ARE!

Katie Balkaya, PTA President



## PE

Hi everyone!

We hope you are all doing well. With the nicer weather try your best to get outside and go for a walk, jump rope, play basketball or baseball or any other outside activity that you enjoy. We thought this fitness name activity sounded fun. Try it first by spelling your name, then maybe your families names, or some sight words or spelling words from your classroom teachers. Stay safe and try your best to do some type of movement each day, even if it is just jumping jacks in your bedroom.

We miss you all!

Mrs. Lenga and Mrs. Siegrist

# what's fit activity for kids your name!

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- |   |  |
|---|--|
| <b>A</b> jump up & down 10 times                      | <b>N</b> pick up a ball without using your hands                   |
| <b>B</b> spin around in a circle 5 times              | <b>O</b> walk backwards 50 steps and skip back                     |
| <b>C</b> hop on one foot 5 times                      | <b>P</b> walk sideways 20 steps and hop back                       |
| <b>D</b> run to the nearest door and run back         | <b>Q</b> crawl like a crab for a count of 10                       |
| <b>E</b> walk like a bear for a count of 5            | <b>R</b> walk like a bear for a count of 5                         |
| <b>F</b> do 3 cartwheels                              | <b>S</b> bend down and touch your toes 20 times                    |
| <b>G</b> do 10 jumping jacks                          | <b>T</b> pretend to pedal a bike with your hands for a count of 17 |
| <b>H</b> hop like a frog 8 times                      | <b>U</b> roll a ball using only your head                          |
| <b>I</b> balance on your left foot for a count of 10  | <b>V</b> flap your arms like a bird 25 times                       |
| <b>J</b> balance on your right foot for a count of 10 | <b>W</b> pretend to ride a horse for a count of 15                 |
| <b>K</b> march like a toy soldier for a count of 12   | <b>X</b> try and touch the clouds for a count of 15                |
| <b>L</b> pretend to jump rope for a count of 20       | <b>Y</b> walk on your knees for a count of 10                      |
| <b>M</b> do 3 somersaults                             | <b>Z</b> do 10 push-ups  |

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM

# HOW SHOULD I PREPARE TO EXERCISE?



**HAVE  
A PLAN**



**Hydrate  
Your Body**

**"FUEL UP"  
WITH A HEALTHY SNACK**



**BRING  
A POSITIVE ATTITUDE**



**GET MUSIC  
PREPARED FOR  
MOTIVATION**



**PUT ON  
ATHLETIC  
SHOES**

**WEAR CLOTHING THAT  
WILL ALLOW YOU TO MOVE**



**WARM UP  
YOUR  
BODY**



**HAVE THE CORRECT  
EQUIPMENT  
READY TO GO**



**VISUALIZE YOUR  
FUTURE RESULTS**



# ART

Hello my **AMAZING** artists! I miss your smiling faces, energy, and most of all I miss making art with you. Please keep creating beautiful, fun, and unique art at home! Here are some ideas and resources for you.

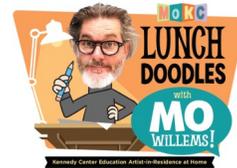
Please don't feel like you have to use them, but you can if you are looking for some guidance.

<https://www.artforkidshub.com/>

This is my personal favorite! It is filled with lots of drawing tutorials that are very easy to follow. You just need a pencil and you can create so many cool things.

<https://www.kennedy-center.org/education/mo-willems/>

Mo Willems invites YOU into his studio every day for his lunch doodle. Learners worldwide can draw, doodle and explore new ways of writing by visiting Mo's studio virtually once a day for the next few weeks.



<https://sketch.io/>

This website may be a bit tricky for the younger grades but if you are tech savvy, I suggest giving it a try! It introduces you to the neat world of graphic design. Give it a try and see what you can create!

<https://www.youtube.com/user/muffalopotato>

This YouTube channel is great for the younger kids! It is filled with drawing tutorials using nothing but numbers and letters. What a great way to create art and practice math and literacy at the same time!

<https://www.wedrawanimals.com/>

This website gives step by step instructions on how to draw lots of different animals. It also teaches you how to draw them realistically which is a fun challenge, especially for the older kiddos!

I can't wait to hear about your new art adventures. Take care and keep creating!

Mrs. Merta



# MUSIC



Hello ARE Families!

I hope that you are all staying healthy and encouraged during these new times. I wanted to share some music information with you. I plan to re-schedule the Recorder/Ukulele concert when we have more information about remainder of the school year. For now, if you have a recorder or ukulele at home, please keep practicing! Below I have included YouTube links and websites to help you practice. 4<sup>th</sup> and 5<sup>th</sup> Grade Chorus students can find videos of their songs for practice in their Google Classrooms. Practice what you can, when you can. There's never a wrong time to dance to the music!



~Mrs. Graham

## Resources to use at home

San Francisco Symphony for Kids – Students can make their own music, conduct, and perform along to classical music.

<http://www.sfskids.org/>

PBS Kids – Games designed to help students learn about music.

<https://pbskids.org/games/music/>

Noteflight – For students that would like to create their own music. You can create a free student account using the student email.

<https://www.noteflight.com/>

Rhythm Trainer – Upper grades (3-5) can use this website to practice hearing different rhythms and choosing the correct ones.

<http://www.therhythmtrainer.com/>

## YouTube Channels to Explore

### **K-2 Music Activities**

Prodigies Music Lessons

Super Simple Songs

TheLearningStation - Kids Songs and Nursery Rhymes

Jack Hartmann Kids Music Channel

The Kiboomers - Kids Music Channel

### **3-5 Music Activities**

Ukulaliens - Ukulele Club

Visual Musical Minds – Ukulele, Recorder, and Rhythmic practices

SING PLAY CREATE



## Making Instruments to Use at Home

If you'd like to try making instruments at home, here are some good links to check out!

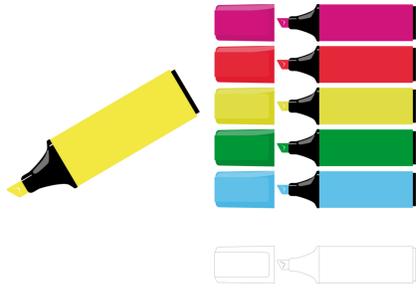
<https://feltmagnet.com/crafts/Music-Instruments-for-Kids-to-Make>

[https://www.cbc.ca/parents/play/view/activity\\_musical\\_instruments](https://www.cbc.ca/parents/play/view/activity_musical_instruments)

<https://www.howweelearn.com/spectacular-homemade-musical-instruments/>

# LIBRARY

Please see the below resources from Mrs. Vill our librarian!



Online	Offline
<a href="#">National Parks links and activities</a>	Shadow drawings
<a href="#">Animal cams from the Monterey Bay Aquarium</a>	From the City of Binghamton Parks and Recreation Facebook Page
	Write a story based on Tracey West's posting. (She has written many books including The Dragon Masters series and many Pokemon books)
<a href="#">Activities from NASA website</a>	<a href="#">Coloring pages of Phelps Mansion in downtown Binghamton</a>
<a href="#">Recipes and activities the cooking show America's Test Kitchen</a>	Try to cook or bake a recipe with adult supervision

# LINK

by ENTOURAGE YEARBOOKS

The link between your yearbook and your school community. Link by Entourage Yearbooks is a user friendly website for parents, students, and faculty to interact with the yearbook.

## SEVEN EASY STEPS TO "Purchase a Yearbook"

1. Go to <http://link.entourageyearbooks.com/my/ARE2020>
2. Register for a new login (if you are a first time visitor)
3. Enter your Name, Email, Password and "Submit"
4. Your name will appear on the left side of the homepage in place of the word "Register"
5. Search for your school in the search bar and choose your school by the dropdown list that appear when you start typing
6. Click on the "Buy Books" button
7. Fill in student information and click on "Buy Yearbook"



**Entourage Yearbooks**  
Princeton Junction NJ, 08550  
888-926-6571  
[www.entourageyearbooks.com](http://www.entourageyearbooks.com)