

African Road Elementary School
600 S. Benita Boulevard
Vestal, NY 13850
607-757-2311

December 2019

ARE Newsletter

PRINCIPAL'S NEWS

Dear ARE Families,

It is hard to believe December is already here! December is a month of kindness at ARE as we launch our annual Kindness Challenge. Each day there will be a challenge that students are asked to try that day. Our student council members will be greeting all students in the lobby with the daily challenge below.

KINDNESS CHALLENGE

- 12/3: Thank an adult who helps you succeed.
- 12/4: Say "please" and "thank you".
- 12/5: Pick up after yourself.
- 12/6: Tell an adult how they have helped you.
- 12/9: Greet everyone with a smile and say "hi".
- 12/10: Tell someone they are special to you.
- 12/11: Help someone if they need a problem solved.
- 12/12: Give a compliment.
- 12/13: Let someone in front of you in line.
- 12/16: Self-love: You will make mistakes. Be okay with it.
- 12/17: Self-soothe: Breathe! Count to 10! Be mindful! Take time to rest.
- 12/18: Self-respect: Give yourself a compliment. You are worth it!
- 12/19: Self-care: Prepare for success! Get work done!
- 12/20: Positive self-talk: Use kind words with yourself. You are amazing!

We look forward to seeing many parents and guardians during our upcoming conference days, December 6, 13, and 16. If you did not schedule a conference yet, please call the Main Office at 757-2311 or email your child's teacher. It is a good time to reflect on how far your child has come from September to now!

I have enjoyed getting to know many wonderful ARE students and families this fall and wish you all a happy and healthy holiday season.

Sincerely,

Mrs. Jane Hashey
Interim Principal



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Learning Today, Leading Tomorrow
We ARE African Road Elementary





Ms. Steele's COUNSELING CORNER

Find out what I'm doing in and out of the classrooms at
African Road!



December 2019

Classroom Lessons

All students in Kindergarten through 5th grade have access to the school counselor. For classroom lessons, all students receive universal instruction from me that includes social/emotional learning, academic transitions (for 5th graders), safety curriculum and more. Below is a snapshot of what type of learning has been taking place in the classrooms.

Kindergarten

I have been busy in the kindergarten classrooms teaching all kids about The Zones of Regulation and Second Step lessons. All students have been learning how to be a learner by using skills for listening, following directions, focusing, using self-talk and being assertive. They have also learned the 4 zones of emotions with our Zones of Regulation classroom lessons. Both programs are social/emotional curriculums to help all students better regulate emotions both in school and at home.

First Grade

First grade has been working hard on the Zones of Regulation lessons and the Second Step curriculum. They are also learning what it means to be a learner by using the skills for listening, following directions, focusing attention, using self-talk and being assertive. Mrs. Leicht's class is a bit ahead of Ms. Ferraccioli's class, but all 1st graders will learn the same things. Both the Zones of Regulation and Second Step lessons are social emotional learning and help all students regulate their emotions.

SPARK

Both of our SPARK classes have been busy learning how to be a learner and using our skills for listening. They love listening to music and playing fun games. In our primary classroom, we are using the Early Learning curriculum of Second Step and in our secondary classroom we are using the Kindergarten curriculum. Both classes are enjoying learning!



Second Step program teaches skills in the following four areas: Skills For Learning, Empathy, Emotion Management and Problem Solving. Your child(ren) will be learning a lot this year and to help with this, there are Home Links to reinforce what your child(ren) are learning in school. These will be in the newsletter and you can print them out and do them at home!

Get more information about what your child(ren) are learning by going to : SecondStep.org and enter the activation key: SSP1 FAMI LY71 .

Classroom Lessons, con't

Third, Fourth and Fifth Grade

Students in these grades are receiving Zones of Regulation framework. We are reviewing everything they have already been taught from last year, and allowing new students to learn the curriculum as well. The main focus this year is for all students to come up with their own "toolbox" they can use when they are having a hard time regulating their emotions. We will be doing many fun activities to encourage students to have fun learning about feelings and emotions. For December, all 3rd, 4th and 5th grade classes will be learning about recognizing body clues in themselves and in others to identify how they are feeling.



The Zones of Regulation is a framework and curriculum for teaching students strategies for emotional regulation. It uses four colors to help students identify how they are feeling in the moment given their emotional and levels of alertness. By understanding how to read their body, detect triggers, students can learn improved emotional control and problem-solving abilities. We will use many different types of strategies that will fall into three categories: sensory support, thinking strategies calming techniques.

Collaboration with Students

Student Council

For the month of December, two of our student council committees will be hard at work teaching everyone about the Kindness Challenge and working to organize an assembly for our next Book of the Season on December 16th. The Kindness Challenge will be for the whole month of December and will have a different theme for the three weeks of school: Show support for adults, friendship and self-compassion

A big thank you to Mrs. Graham for organizing and putting together the Veteran's Day assembly.

A shout out to Mrs. Fitzgerald and Ms. Picciocca who helped with the Kindness Challenge.

Thank you so much to the PTA volunteers for the Turkey Trot, especially Katie Balkaya. The music was perfect!

Safety Patrol

This year's safety patrol are such a great group! Everyone is working together to make sure all students are safe, especially getting on and off the buses in the morning and afternoon. I can really see they will pitch in and help when called on. Thank you to all!

Group Counseling

Banana Split groups will all be starting up in December. They are for students in grades 1-5 who have had some type of split in the family, whether it be a separation, divorce, death or they are being raised by someone other than their parent(s). These sessions will take place during a child's lunch. Students interested signed up and permission slips went home. Please contact me if your child is interested in joining!

Counselor Corner, continued

Turkey Trot Committee



Pictured (L to R): Aashrita Kandanati

(bear), Yih Hui Lim, Davey Drew, Heyan

Chung, Harper Smith and
AJ Cucci.

Not pictured: Ruben Valles,
Laila Campoli,



Justice Mitchell, AJ Copp, Angelica Williams

and Jameson Darling,

Pictures of Second Step lessons in kindergarten and SPARK classrooms

Using self-talk to follow directions.



PE



November was an extremely busy, but active month in PE class!

We started off the month with the 4th and 5th graders rollerblading, they had a blast! We borrowed the equipment from BOCES, this included helmets, knee pads, elbow pads, wrist guards and roller blades, so students were well protected if they fell! Students spent two classes either perfecting their rollerblading technique or building up the confidence to move without holding the wall.

On Thursday November 14th, some of our students participated in Guinness World Records Day with Speed Stacks. Since 2006, each year the WSSA (World Speed Stacking Association) attempts to set a new Guinness World Records Title for "Most People Sport Stacking at Multiple Locations in One Day." Each year, the WSSA submits a formal application to attempt the record on Guinness World Records Day. Once all organizers and their witnesses submit their verifications after the event, the total count is sent to Guinness for official validation. The number to beat is 624,390 and as of Monday November 25th, with verifications still coming in the number was at 638,668. Although not officially verified by Guinness, it looks like ARE is going to again be part of the Guinness World Record!

Reminder to parents, with the cold winter months just ahead of us, please make sure to send your child with sneakers for PE. If they wear boots they will not be allowed to participate.

Shoe Collection: We do have some extra sneakers that students can borrow as an emergency if they forget. We are asking families if you have shoes that your child has outgrown that still have some life left in them to send them in with your child for our collection. Our goal is to not have any student sit out if possible. Thank you for your help with this!

If at any point throughout the year you have any questions, please feel free to contact us.

Mrs. Lenga (aflenga@vestal.k12.ny.us) and Mrs. Siegrist (vjsiegrist@vestal.k12.ny.us)



TURKEY TROT

Our fifth annual Turkey Trot was on November 26, 2019. This trot is a day we celebrate, “being” thankful, health awareness, school spirit, and “being” our best selves.



PTA

Dear ARE Families,

The holidays are always a special time of year at ARE, and a busy time for the PTA! We're preparing for our annual **Holiday Shop (taking place December 17-19th)**, where students will have the opportunity to shop affordable gifts for their family and loved ones. Look for the flyer coming home this week.

Holiday Cookie Trays to be distributed to the ARE staff before winter break, thanks to Cathy Fobel for coordinating this again this year. This is a wonderful way to say thank you with some delicious homemade and store-bought treats. Donations of cookies & candies will be collected on **Monday, December 16th between 5-8pm by Cathy at her home: 2301 Acorn Dr., Vestal.** Please consider donating some treats!

Thank you to Leah Sykes for taking on our 2019-2020 yearbook! Please see her message attached to this email for information on how you can submit your photos for inclusion in the yearbook via email to AREyearbook2020@gmail.com

Our next PTA meeting will take place on **Thursday, January 16th at 9:15AM** in the ARE cafeteria.

Happy holidays!

Katie Balkaya, PTA President



VESTAL A.R.E. YEARBOOK

Dear Parents & Teachers,

We are well into the new school year and A.R.E.'s yearbook committee is beginning to collect school photos for the 2019-2020 LifeTouch yearbook.

I invite you to join in sharing any photos you may have from Vestal A.R.E. events and classroom activities to be possible yearbook entries. The more the merrier!

Vestal A.R.E. Yearbook 2020 has set up an email address for you to easily send your photos, from either your mobile device or desktop. All photos will be collected in to one secure and confidential drive maintained by the Vestal A.R.E. Yearbook committee to be previewed for yearbook selection.

When sending in your photos, please include a brief caption to go along with your images, e.g., event, teacher, grade, student(s), activity, class, sport. Also we are asking that you be 18+ yrs. old in order to share photos.

Below you will find Vestal A.R.E. Yearbook 2020's email address. Thank you in advance for all your help in making this book a great year to remember!

Vestal A.R.E. Yearbook 2020 EMAIL ADDRESS:
AREyearbook2020@gmail.com

Sincerely,

Vestal ARE Yearbook Committee



ARE PTA
African Road Elementary

hello!

December 2019

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1	2	3 Kindness Challenge 12/3-12/20 Lego Club #2	4 Report Cards Home Lego Club #7 3:30-5 pm	5	6 Parent/Teacher Conference 11 am Dismissal Drawing/Lego club 3:30-5 pm	7
8 VTA Craft Fair @VHS 10-3 pm	9	10 BOE Mtg 7 pm After-School Art 3:30-5 pm	11 Lego Club #7 3:30-5 pm	12 Winter Showcase 7 pm 	13 Parent/Teacher Conference 11 am Dismissal Drawing/Lego club 3:30-5 pm	14
15	16 Parent/Teacher Conference 11 am Dismissal	17 Holiday Shop	18 Holiday Shop Lego Club #7 3:30-5 pm	19 Holiday Shop	20 Drawing club Lego club #1 3:30-5	21
22 	23	24	25 Merry Christmas 	26 	27	28
Winter Break: December 23—January 1; No School						
29	30	31 NEW YEAR'S EVE				