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

October 2020

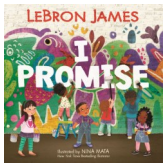
ARE Newsletter

PRINCIPAL'S NEWS

Dear African Road Parents and Families,

ARE staff has had a wonderful first few weeks of school getting to know our students. We are so proud of the resilience we have seen our students show as they navigate their school schedules. We are very appreciative of the home/school support we are receiving from families as we make this year the best it can be for our students.

Again, this year, our theme is "Being our Best Selves" as students integrate the three "bees" into their days: Be respectful. Be kind. Be in control.



Our first Book of the Season is *I Promise* by Lebron James which I have recorded here:

https://www.youtube.com/watch?v=lawi_l5sdoo&t=25s

The IB Learner profile that we will connect to our book this month is **Open-Minded.** We teach children that being open-minded means**,** "I know that people are different and may think differently than me. I try to understand others. I appreciate my culture and the values and traditions of others."

Student Council for grades 3-5 will look a little bit differently this year. Any student in grades 3-5 will have the opportunity to be a part of student council. All grades 3-5 students are encouraged to join! Student council meetings will be held on Wednesdays, via Zoom, for any student who wants to volunteer their time and help ARE plan for student events. Our first meeting will be Wednesday, October 14th at 1:00. The Zoom link will be on your child's Google Classroom. A few of the upcoming events student council will help with virtually include:

Veteran's Day assembly
Turkey Trot organization
Kindness committee
New student committee
School Spirit Week

I hope you enjoy the fall weather!

Meghan Stenta, Principal

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WELCOME

Please welcome our new staff members to ARE:

- Jennifer Broder, Kindergarten teacher
- Brianna Stevens, Kindergarten teacher
- Domenica Scarapicchia, 2nd grade teacher
- Liza Turner, Third grade teacher
- Kathleen Rouse, PE teacher
- Joy Miller, ENL teacher
- Sarah Krager, Occupational Therapist
- Alexis Schumacher, Reading Specialist

NURSE'S NEWS

Physical Reminder

Physicals are required for all students in grades k, 1, 3 & 5. Getting the exam by your primary care physician is encouraged, as it is a more thorough exam then our school physician can provide in the ARE health office. Health examinations that were done in the last year (anytime since September 1st, 2019) are acceptable for this school year. Please send a copy of your child's exam to the school nurse if you haven't already done so, or call 757-2313 to inform the nurse of the date of your child's upcoming appointment. If a copy of your child's exam or an appointment date is not received, a physical will be scheduled with the school physician after January 1st.

Covid-19 symptoms and return to school Protocol

If your child is absent due to having **any** symptoms of Covid-19 that are listed below, or if he or she develops Covid-19 symptoms during the school day and is sent home, your child will need **all** of the following before returning to school per New York State Department of Health:

1. Documentation of an evaluation from your physician
2. A negative Covid-19 test
3. Symptom resolution

Symptoms of Covid-19 can include any of the following:

Fever >100° or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea

Lynne Dutkowsky, RN

Ms. Steele's COUNSELING CORNER

October 2020

This month's counselor section is dedicated to: CALM. Practice mindfulness to calm the mind!

For Families:

The link below will take you to **African Road Elementary's Psychologist and Counselor** Google Sites page. Here you will find resources and activities for social and emotional well being, mindfulness activities, quick links and so much more. I hope this site was helpful for families during our school closure in the spring. I plan to be including a lot more on this site for Second Step and classroom lessons, along with videos for families to watch together. The site is:

https://sites.google.com/vestal.k12.ny.us/african-road-psych-counselor/home

For Students:

Welcome back! It's so great to see everyone back in your classrooms or at home virtually! We will be doing many fun things together this year, including classroom lessons, assemblies (virtual), PTA sponsored events and many more things that will make this year the best it can be!

One thing I would like to focus on this year is mindfulness. As a school, we did a lot of this together last year during the school closure when I could come to your classrooms and do some activities. We will continue to do this again this year! It's great for calming the mind and focusing— perfect to keep you in the green zone, ready to learn!

Happy October!

Ms. Steele

Staying Active During Fall

School is in session and autumn is on its way. Soon, temps and leaves will both begin to drop. Fall is a season full of energy and excitement. It is the perfect time to get kids on their feet. Below you'll find outdoor autumn adventures that will get your child outside, running around, and having fun.

Mrs. Lenga & Ms. Rouse

Make a leaf maze

Take A Nature Walk

Outdoor Color Match

Visit A Pumpkin Farm

AFRICAN ROAD follows the "Three Bees"

Be Respectful	Be in Control	Be Kind
Hands and body to yourself	Use your inside voice	Use nice words
Use your manners	Clean up after yourself	Include others
Listen to adults and follow directions	Be accountable for your actions	Take turns

PTA

Welcome back from the PTA!

We're so happy to see students returning to school, either via hybrid or remote learning plans. ARE is such a special community and it's wonderful that our children and teachers are finally able to reunite!

We will be sending a volunteer sign up (Google form) out shortly. Please keep an eye out for it & consider signing up for as many initiatives as you are able to help with to help enhance our student's experience this year!

If you haven't already joined the ARE PTA, consider signing up today. Becoming a member is the most basic way to support your child's school, and comes with no obligation to volunteer in any way (though anything you can do to help is appreciated)!

Visit our online member store to sign up: https://arevestal.memberhub.store

You can also make direct donations to the ARE PTA via the link above (click on the donation button at the top of the page), or by mailing a check to school, payable to 'ARE PTA.'

Here's to a great year ahead!

Katie Balkaya, PTA President

katiebalkaya@gmail.com

October 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Google Classroom Grades 3 - 12 7:00 - 8:00 pm	6	7	8 Early Dismissal Drill Google Classroom Grades 3 - 12 7:00 - 8:00 pm	9	10
11	12 NO SCHOOL 	13 Board of Education Meeting 6 pm	14	15 Seesaw Grades K - 2 7:00 - 8:00 pm	16	17
18	19	20	21 ENL Family Orientation 7-8:30 pm	22 Eureka Math in Sync Grades K-5 7:00-8:00 pm	23	24
25	26	27 Board of Education Meeting 6 pm	28	29	30 Trunk or Treat 6 pm TBD 	31