

GLENWOOD ELEMENTARY NEWSLETTER JANUARY 2021



First graders Ashley and Brynn pose with the snowman they built during recess.

From the Main Office

Important Dates:

Monday, January 18 -- NO SCHOOL -- Martin Luther King Jr. Day

Monday, January 25 -- GSCA Zoom Meeting, 6:45 p.m.

HAPPY BIRTHDAY



Students

- 1/1 Laila R., Grade 4
- 1/2 Dax A., Grade 3
- 1/4 Caleb D., Grade 3
- 1/5 Karlee H., Grade 1
- 1/5 Gavin D., Grade 2
- 1/6 Kaylee R., Grade K
- 1/7 Isabelle F., Grade 4
- 1/8 Noah R., Grade 2
- 1/8 Lucas H., Grade 5
- 1/9 Joshua S., Grade 3
- 1/10 Ethan V., Grade 2
- 1/10 Mara W., Grade K
- 1/12 Robert K., Grade 3
- 1/13 Crosby T., Grade K
- 1/14 Joseph P., Grade 1
- 1/15 Henry H., Grade 1
- 1/16 Miles C., Grade 4
- 1/18 Chloe C., Grade 4
- 1/18 Trenton R., Grade 5
- 1/27 Skylar R., Grade 1
- 1/28 Anuha B., Grade 3
- 1/29 Hadley K., Grade 2
- 1/30 Jaora T., Grade 4
- 1/31 Adriana P., Grade 2
- Colton G., Grade 2

Staff

- 1/1 Mrs. Green
- 1/4 Mrs. Tobler
- 1/6 Mrs. McCarthy
- 1/7 Mrs. Russell
- 1/8 Mrs. Truesdell
- 1/16 Mrs. Kirchheimer
- Mrs. Spencer
- 1/20 Mrs. Kelly-Brunza
- 1/21 Mrs. Runyon
- 1/25 Mrs. White
- 1/26 Mrs. Mirtallo

Dear Glenwood Families,

Happy New Year to all of you! I hope that your time together over the winter break was happy and healthy for all.

This is the time of year when we typically set new goals for ourselves and look to the future with New Year's resolutions and personal improvement plans. However, this year, maybe more than ever, looking ahead to the coming months has taken on a different importance. For many of us, the past few months have been an exercise in survival and some of those plans and resolutions we made in January of 2020 have been pushed on the back burner as we focused on the here and now.

Because life has been especially hard, for children and adults, it's more important than ever that as we look forward we focus our efforts on kindness and consideration toward others.

Our hope is that you will join us in the coming weeks as we focus on spreading kindness. I never thought there would be a day when a simple hug could be a dangerous act but that's our current reality. The times we're in, the physical distance that we need to maintain away from others, means that we need to give more acts of kindness to others with our words and actions. We all need that medicine right now.

The kindness cards below are a good place for us to start. See if you can do one or two Corona-Kindness Acts together as a family and prepare for more kindness challenges as we head into February.



~ Doreen McSain



Make a handmade card for a grandparent.

Make a funny video and send it to a friend.

Create a cheerful painting and hang it in the front window.

Print photos of your family and make a collage.

Play with your pet/s and give them lots of attention.

Do some weeding or sweeping outside.

Put a teddy bear in a front window for kids to find.

Help out by making lunch or dinner all by yourself.

Clean your room without being asked.

Video message a younger cousin or friend and chat.

Read a book to a younger sibling or cousin.

Write 'Hello' in 7 languages and display in window.

Make art for an elderly neighbour and send a photo.

Start a family yoga session each day.

Read a chapter of a book with the family each evening.

Create a treasure hunt for a sibling with toys.

Rub someone's feet or back for 10 minutes.

Create a scrapbook on all the best times with family.

Say something kind to each family member.

Choose toys and clothing to give away to goodwill.

Make a handmade frame for a special photo.

Write a letter to a friend in a different country.

Create a picnic morning tea for the family.

Bake something delicious for the family.

Take your parents breakfast in bed.

Ask your grandparents about their childhood.

Play a game with a sibling and be happy if they win.

Make something crafty to give away to a friend.

Wash and fold some laundry without being asked.

Make everyone have a family board game night.

Give a big hug to a brother or sister.

Set up an obstacle course with chalk for a sibling.

Say 'Thank you' when people do things for you, all day.

Help with whatever job mum and dad are doing.

Don't complain once, all day long.

Box up books you don't read for goodwill.

Make your bed AND someone else's.

Tell someone you love them.

Write a poem for someone.

Email someone who you know might be a little lonely.

Create a 'quiet corner' for anyone feeling sad/stressed.

Plant some special flowers in the garden.

Make a list of things you love about your family.

Write a beautiful thank you card for someone.

Record songs and rhymes for/with younger kids.

Write or paint an uplifting quote for the fridge.

Have a silly Youtube session with the whole family.

Let it go when someone bothers or annoys you, all day.

Make a bird feeder or bird house.

Do a dance or stretch session with your siblings.

Water all the plants and keep them happy.

Have a screen-free day and hang with family.

Help someone learn a new skill.

Pick some flowers and make a nice display.

Make a 'Happy Hits' playlist and share with friends.

Wash and clean out the car.

Make thoughtful art for each family member.

Write jokes on a mirror with non-permanent marker.

Surprise someone with a gift.

Share your stuff without complaining, all day.

THE Counseling CONNECTION

Glenwood Elementary School

Stephanie Mitsakos, School Counselor

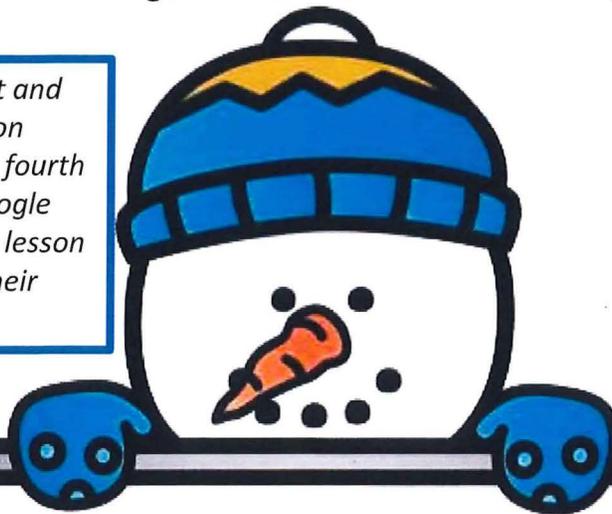
slmitsakos@vetstal.k12.ny.us

Happy New Year Glenwood!

I hope all our Glenwood families had a wonderful and restful winter break.

Here are the social-emotional lessons we are focusing on for the month of January: In **kindergarten**, we are taking what we learned about feelings and learning how to be “emotion detectives” by paying attention to facial expressions, body language, and sound. Soon, we will start learning about the Zones of Regulation. The Zones of Regulation help teach children about how feelings can affect their ability to do their best work and what we can do to regulate and manage those uncomfortable feelings. In **first and second grade**, we are finishing up our Second Step units about Empathy – with focusing on showing care, concern and compassion and being able to predict feelings. Mid-month we will begin the unit on Emotion Management.

As always, lessons for first and second grade are posted on Seesaw. Lessons for third, fourth and fifth are posted in Google Classrooms. Kindergarten lessons are done weekly during their class zooms.



In **third, fourth and fifth** grade we are also finishing our Second Step units on Empathy and Skills for Learning. Each grade is moving into Emotion Management. This unit is important because it teaches children that feelings are neither good nor bad – but rather uncomfortable and comfortable. With that, it is challenging to be our best selves when we are experiencing normal, but uncomfortable feelings. When we can fully understand our emotions, we can learn tools and strategies for addressing those feelings in a healthy way and moving toward more comfortable feelings that allow us to do our best learning and show the best version of ourselves.

Social-Emotional Book Recommendations

I am so glad you all enjoyed the book recommendations from the month of November!

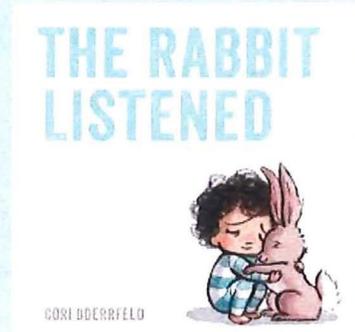
I am so excited to tell you about three more books you and your family might enjoy.

Remember, the grades listed are just recommendations.

Grades K-2

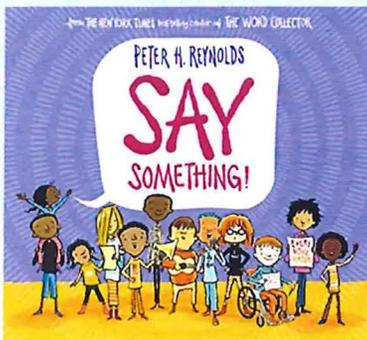
The Rabbit Listened by Cori Doerfeld

This may be one of my new favorite books. It focuses on one of the most simple task, yet sometimes the most difficult - listening. When something sad happens, Taylor doesn't know where to turn. All the animals are sure they have the answer. The chicken wants to talk it out, but Taylor doesn't feel like chatting. The bear thinks Taylor should get angry, but that's not quite right either. One by one, the animals try to tell Taylor how to act, and one by one they fail to offer comfort. Then the rabbit arrives. All the rabbit does is listen... which is just what Taylor needs.



Grades 3-5

Say Something by Peter H. Reynolds



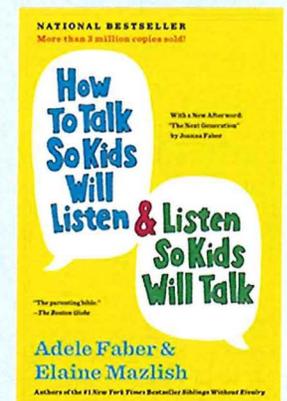
Our voices carry such power! This author explores the many ways that a single voice can make a difference. Each of us, each and every day, have the chance to say something: with our actions, our words, and our voices. This timely story reminds its readers of the undeniable power of their voice. There are so many ways to tell the world who you are...what you are thinking...and what you believe. And how you'll make it better!

Parents/Guardians

How to Talk So Kids Will Listen & Listen So Kids Will Talk

by Adele Faber

Talking to your children is not always easy! This book is all about how to effectively communicate with your child. It includes insights, suggestions and methods to solve common problems and build foundations for lasting relationships, including ways to cope with your child's negative feelings, engage your child's cooperation, set firm limits, and resolve family conflicts. For those of you with younger children, there is another book titled How to Talk so Little Kids Will Listen and is geared for children ages 2-7.



Notes From the Health Office

Reminders

*Please remember to send winter boots, a hat, gloves and snow-pants with your child on snowy days. Our students go outside in all types of weather and love to play in the snow!

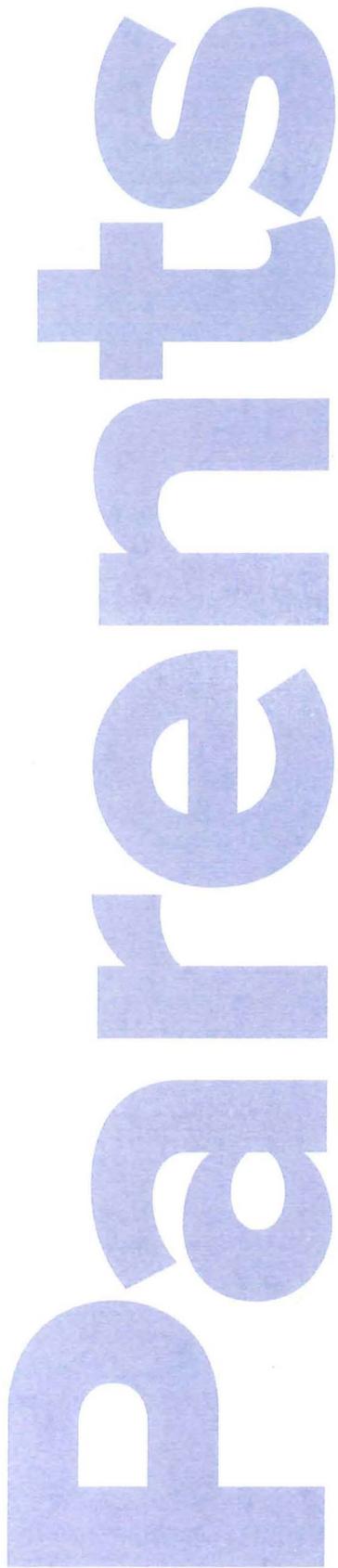
*Physical exams are required for all students in grades K,1,3 and 5 and any students that are new to the district– please be sure to send that form in to the health office if you have not done so already. Forms are available on the district website and can be faxed to 757-2233.

*Please be sure to call the health office at **757-2293** if your child will be absent or late to school.



Thank you for your support! Happy 2021!

Mrs. Kirchheimer



Fight Flu

at Home and School

Flu, or influenza, spreads easily and can make people very sick, especially kids. You can help stop flu!

Flu symptoms include:

Fever or chills, body aches, cough, sore throat, headache, runny or stuffy nose, feeling very tired. Some people, especially children, may have stomach problems and diarrhea. Unlike a cold, the flu comes on very suddenly.

Prevent flu!

- Flu vaccine is the best protection against the flu. It is recommended every year for everyone 6 months and older.
- Get the flu vaccine for you and your children every year! It helps make flu sickness milder or prevents it all together.
- Getting the vaccine early in the fall means you and your children will be protected when flu season starts.
- Ask people close to your children, like babysitters and relatives, to get the vaccine, too.
- The vaccine is especially important for people with certain health conditions, like asthma, diabetes, heart or lung conditions because the flu can make them even sicker.

If your child gets the flu:

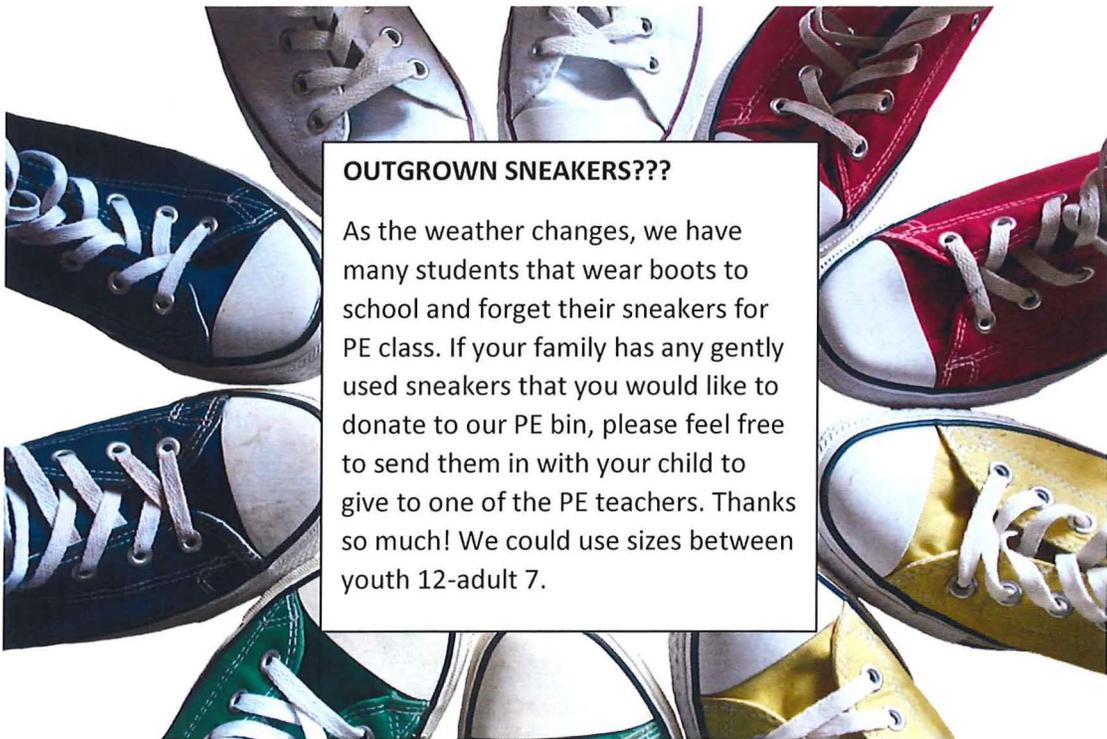
- Your child will need plenty of rest and lots of fluids.
- Keep your child home from school for at least 24 hours after their fever is gone without using fever-control medicine. This helps avoid giving the flu to others.
- Talk with your child's health care provider before giving a child any over-the-counter medicine.
- Never give your child or teenager aspirin or any medicine that has aspirin in it. Aspirin can cause serious problems.
- If your child gets flu symptoms and is younger than 5 or has a medical condition like asthma, diabetes, or heart or lung disease, call their health care provider. Young children and those with certain medical conditions are at greater risk for getting seriously ill from the flu. Ask their health care provider if they recommend an antiviral drug.
- If you are worried about your child, call their health care provider.

Don't spread flu!

- Wash hands often with soap and water for at least 20 seconds.
- If soap and water aren't handy, use an alcohol-based hand rub.
- Cough or sneeze into a tissue or your elbow, not your hands. Put used tissues in the trash.
- Avoid touching your eyes, nose, and mouth. That's how germs spread.
- Stay away from people who are sick.

health.ny.gov/flu



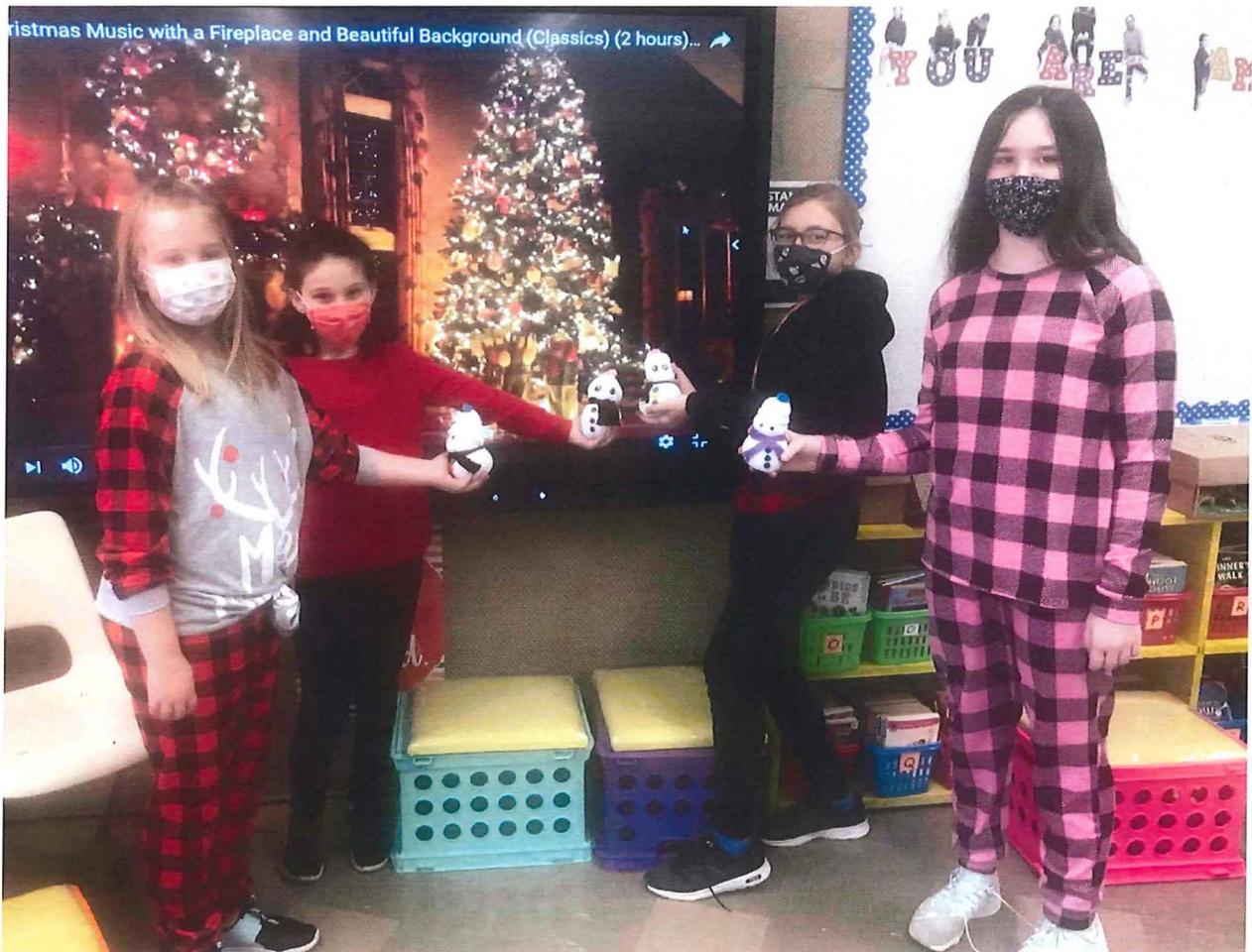


OUTGROWN SNEAKERS???

As the weather changes, we have many students that wear boots to school and forget their sneakers for PE class. If your family has any gently used sneakers that you would like to donate to our PE bin, please feel free to send them in with your child to give to one of the PE teachers. Thanks so much! We could use sizes between youth 12-adult 7.



Mrs. Morgan's fifth-grade students enjoyed making snowmen during their party before winter break!



*Snowman Party in Ms. Truesdell's Class...
We had SNOW much FUN!*

