January 2022, Issue 4

# Glenwood Elementary Newsletter

Happy New Year!

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**ATTENTION GLENWOOD FAMILIES:**
**EARLY RELEASE DAY FRIDAY, 1/14, AT 11:50;**
**NO SCHOOL MONDAY, 1/17, IN OBSERVANCE OF MLK JR. DAY**

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.

January is a time when we typically set new goals for ourselves and look to the future with New Year's resolutions and personal improvement plans. Once again this year, one of our resolutions here at Glenwood is to spread as much kindness as we can to the people around us. As we head into the second year of the pandemic, it's more important than ever that we focus on those things that we can control, and that we work together to make our world better in big ways and small. We hope that you will join us throughout the month of January as we focus our efforts on kindness and consideration toward others.

The kindness challenges below are a good place for us to start. See if you can do one or two acts of kindness together as a family and prepare for more kindness challenges as we head toward the end of the month. ☺

~ Doreen McSain

PS We typically have our Wonder, Explore, and Create Fair Kick Off in January, and then have the actual fair sometime in February. This year, we are pushing it out a few weeks and will have our kick off in March and the fair in April. More info to come!

**At Glenwood Elementary...**

- **We follow class rules and routines.**
- **We take responsibility for our learning and our behavior.**
- **We use what we know to help others.**
- **We work together to make our world better.**

HOW MANY ACTS OF KINDNESS CAN YOU COLLECT? IT MIGHT BE EASIER THAN YOU SUSPECT! HELP SOMEONE IN NEED, BE IT BIG OR SMALL, AND YOU'LL FIND THAT KINDNESS CHANGES US ALL!

# RANDOM ACTS OF KINDNESS

| | | | | |
|---|---|---|---|---|
| SMILE AT SOMEONE. WAVE HELLO. | SORT THROUGH OLD CLOTHES AND TOYS TO DONATE. | CLEAN YOUR ROOM WITHOUT BEING TOLD TO | PUT YOUR DEVICES AWAY FOR THE AFTERNOON. | RECYCLE. BE KIND TO PLANET EARTH. |
| READ A BOOK TO A SIBLING OR FRIEND. | TEAMWORK! HELP SOMEONE WITH A CHORE. | TEACH SOMEONE ELSE SOMETHING YOU ARE GOOD AT. | SAY I LOVE YOU TO SOMEONE SPECIAL. | TAKE OUT THE TRASH WITHOUT BEING ASKED. |
| DRAW A PICTURE FOR SOMEONE. | MAKE A FRIEND! SAY HELLO TO SOMEONE NEW. | LEAVE A TREAT FOR YOUR MAIL CARRIER. | BRING A SNACK TO SOMEONE IN NEED. | WRITE A NOTE TO SOMEONE SPECIAL. |
| LET SOMEONE ELSE GO FIRST. | TELL A JOKE. MAKE SOMEONE LAUGH TODAY. | PAINT ROCKS AND LEAVE THEM FOR OTHERS TO FIND. | DO SOMETHING NICE FOR YOURSELF. | ENCOURAGE A CLASSMATE TO DO THEIR BEST! |

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# The Great Kindness Challenge

## FAMILY EDITION

Create a kinder world.
Take a week, a month, or a year.
Have fun and complete as many acts of kindness as you can.
Your Kindness Matters!

Presented by

(BE) FEARLESS KIND

Hasbro

## Acts of Kindness

- ⌟ Smile at 25 people
- ⌟ Take a treat to your local firefighters
- ⌟ Do a household chore without being asked
- ⌟ Donate something to an animal shelter
- ⌟ Take a board game to play at a senior center
- ⌟ Read a book to a younger child
- ⌟ Make a thank you card for your librarians
- ⌟ Entertain someone with a happy dance
- ⌟ Create a family gratitude jar
- ⌟ Cheer for every player on both teams
- ⌟ Deliver a special gift to a child in the hospital
- ⌟ Make a new friend or welcome a new neighbor
- ⌟ Send a card or gift to a military family
- ⌟ Walk or pet an animal - but ask first!
- ⌟ Go a full day without complaining
- ⌟ Hold the door open for someone
- ⌟ Learn to say "Thank You" in a new language
- ⌟ Embrace your family with a big hug
- ⌟ Teach something to a younger sibling or friend
- ⌟ Write or draw a loving note for someone
- ⌟ Make and display a "Kindness Matters" sign
- ⌟ Raise funds and donate to your favorite cause
- ⌟ Watch the sunrise or sunset together
- ⌟ Breathe, stretch, and think a happy thought
- ⌟ Cut out 10 hearts and leave them on 10 cars
- ⌟ Donate needed school supplies
- ⌟ Thank a bus driver
- ⌟ Leave a flower on someone's doorstep
- ⌟ Be kind to yourself and eat a healthy snack
- ⌟ Call your grandparents or esteemed elder
- ⌟ Walk or bike instead of driving
- ⌟ Say "Thank You" to a police officer
- ⌟ Bake cookies and share with your neighbors
- ⌟ Say "Good Morning" to 5 people
- ⌟ Pick up and recycle trash in your neighborhood
- ⌟ Take a family walk outside
- ⌟ Draw a heart in the sand or dirt
- ⌟ Write a thank you note to your mail carrier
- ⌟ Make a wish for a child in another country
- ⌟ Volunteer in your community
- ⌟ Say "Hi" to someone who looks sad
- ⌟ Write a happy message with sidewalk chalk
- ⌟ Paint a kindness rock and randomly place it
- ⌟ Share food with someone who is hungry
- ⌟ Sincerely compliment 5 people
- ⌟ Post a positive message on social media
- ⌟ Let someone go ahead of you in line
- ⌟ Help plant a garden
- ⌟ Reflect on kindness you witnessed during the day
- ⌟ Create your own kind deed

#GKCfamily
www.greatkindnesschallenge.org

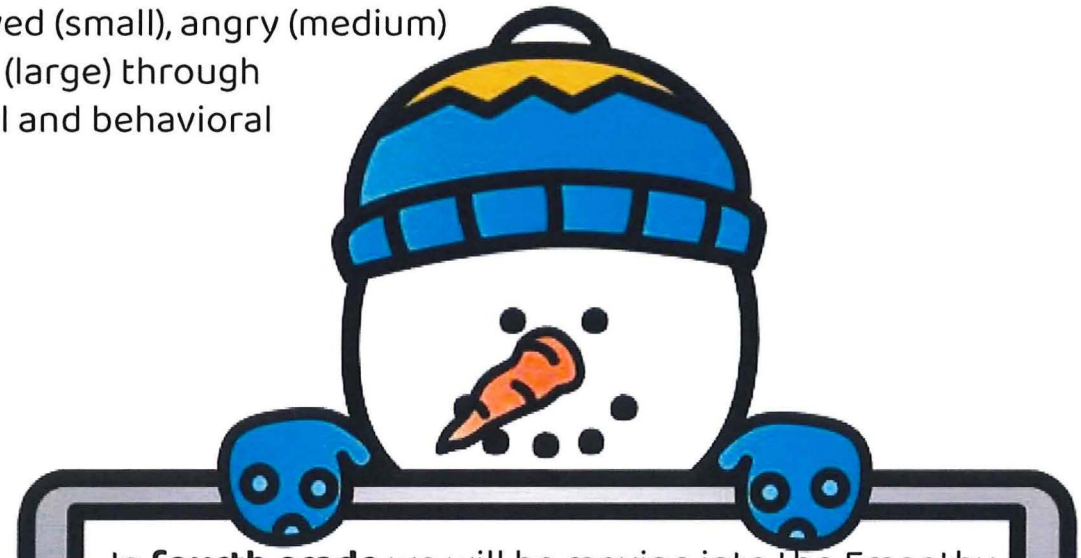
# THE Counseling CONNECTION

## Glenwood Elementary School

Stephanie Mitsakos, School Counselor slmitsakos@vestal.k12.ny.us

Happy New Year Glenwood Families!

Here's what on the agenda for January during our Social Emotional Lessons in each classroom: In **kindergarten**, we will continue to learn about all the different "Spots" of feelings. In December, we learned about the Peaceful Spot. This month we will be focusing on the Spots of Anger and Anxiety. The kids are doing GREAT and having so much fun with these lessons. In **first grade**, we are going to start the Emotion Management portion of our lessons. We will start with learning about how we notice feelings in ourselves and in others. In **second grade,** we will be continuing our lessons on Emotion Management and will focus on feeling disappointed. Students will identify reasons for feeling disappointed and how to manage or handles those uncomfortable feelings. **Third grade** is also all about feelings! We are going to really study the feeling of being angry and will work on differentiating this feeling - are you annoyed (small), angry (medium) or furious (large) through contextual and behavioral clues.



In **fourth grade** we will be moving into the Empathy and Kindness Unit of Second Step. We will start by exploring various points of view that can be presented with the same situation. We will discuss how a situation can be the same, but feelings about that situation can be different. Finally, in **fifth grade** we will continue our discussion on the topic of stress. We will explore how students can identify at least one change they can make to manage strong emotions in a recurring situation. Fifth graders will also soon be discussing the transition to VMS! Stay tuned!

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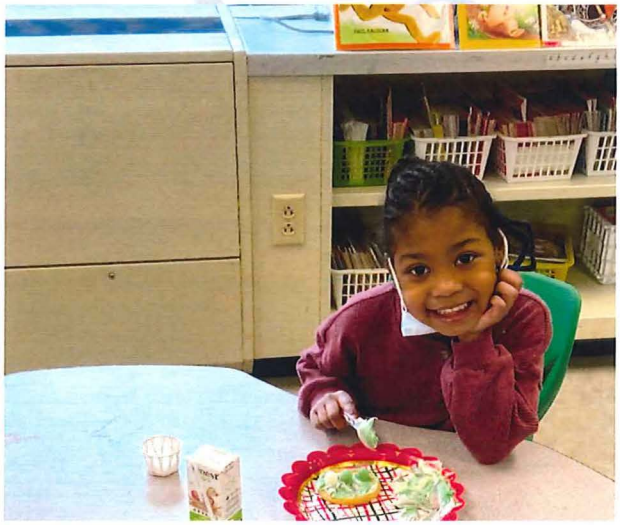
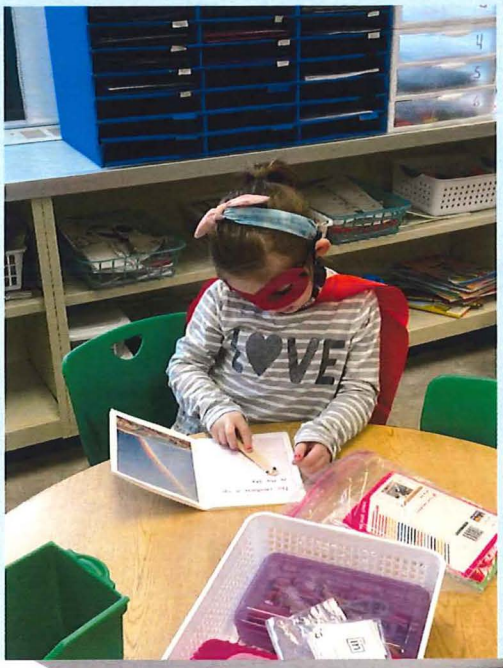
# Happy birthday!

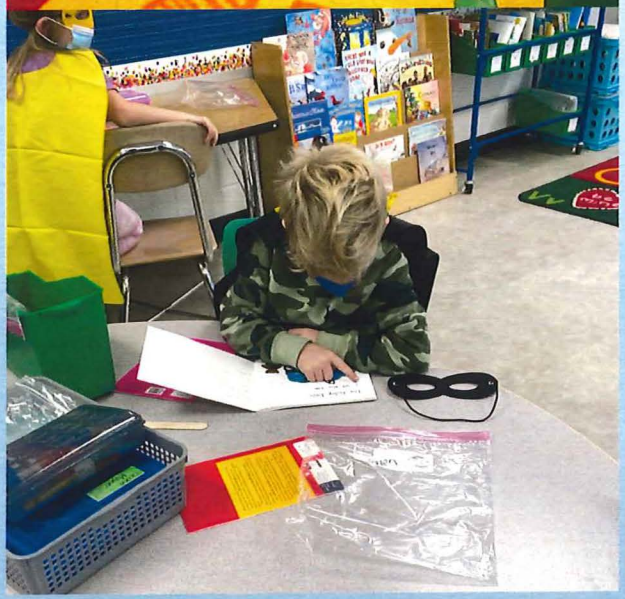
1/1 Laila R.
1/1 Mrs. Green
1/2 Dax A.
1/4 Caleb D.
1/4 Mrs. Tobler
1/5 Gavin D.
1/5 Karlee H.
1/6 Kaylee R.
1/6 Ms. McCarthy
1/7 Noah R.
1/7 Isabelle F.
1/7 Mrs. Russell
1/8 Ms. Truesdell
1/9 Joshua S.
1/10 Ethan C.
1/10 Mara W.
1/12 Robert K.
1/13 Crosby T.
1/14 Joseph P.
1/15 Henry H.
1/16 Miles C.
1/16 Mrs. Kirchheimer
1/16 Mrs. Spencer
1/17 Russell H.
1/18 Chloe G.
1/20 Mrs. Kelly-Brunza
1/20 Ms. Lukovich
1/26 Mrs. Mirtallo
1/27 Skylar R.
1/28 Joseph E.
1/28 Noah M.
1/28 Anuha B.
1/29 Hadley K.
1/30 Jaora T.
1/31 Adriana P.
1/31 Colton G.

# Mrs. Spencer's class had some holiday fun before winter break!



**Mrs. Spencer's class also transformed into superheroes! They have super powers that help them become Super Readers.**





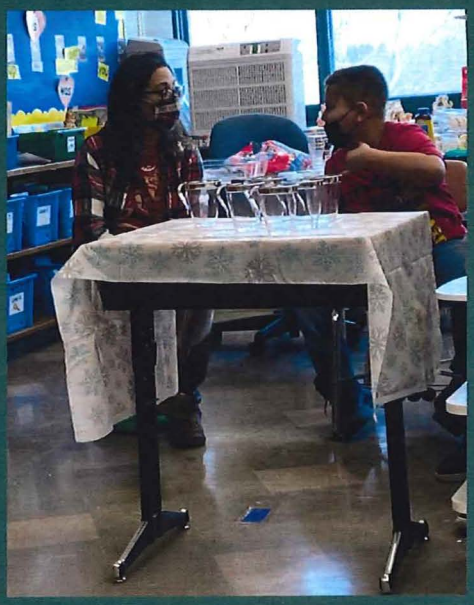
# Winter Party
# in Mrs. Borgeson's Class!

MRS. MIRTALLO'S CLASS MADE A FESTIVE CRAFT AT THEIR HOLIDAY PARTY.

**Mrs. Morgan's class had fun acting as engineers to make chain reactions. There was a lot of cooperation, negotiation, and communication throughout this fun process!**

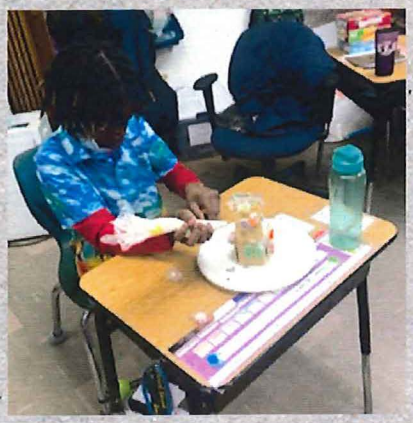
# Make a Dazzling Design

Students in Ms. Truesdell's class took time to create a "light up" 3-d design project using recyclables, beads for lights and other craft materials. Each theme represented a winter celebration.



**Ms. Rivera's class set up a milk and cookies stand before winter break! They gave out milk, cookies, candy, candy canes, and books the students wrote and illustrated themselves. Oh what fun!**

# Ms. Walter's class made gingerbread houses with Mrs. Fine!



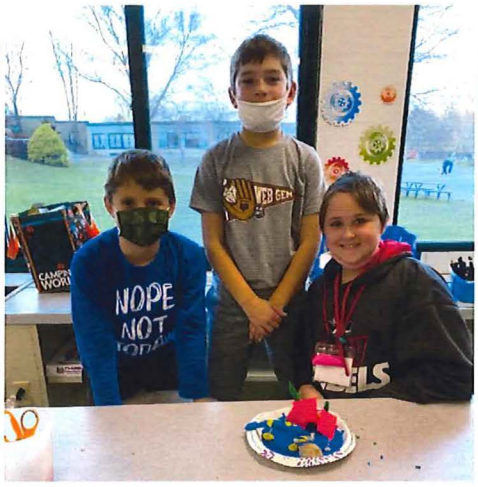
# PE

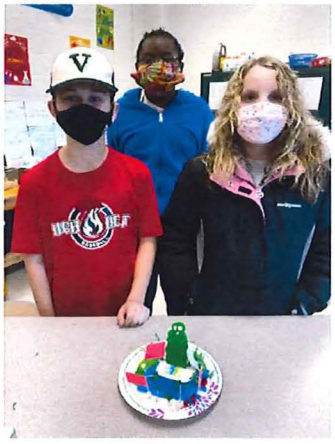
*As of the end of 2021, three students have achieved 100 miles in the Bear Tracks Club! Way to go, Santino Annunziata, Kason Lyon, and Carson Ross!*

*PE teachers Mrs. Siegrist and Mrs. Tyler led a Toys for Tots drive in December. Thank you for all the donations, Glenwood families.*

# Scenes From STEAM

Fifth graders created an original ecosystem and an animal perfectly suited to live in it. They had to buy all of the materials at the STEAM store. Along with practicing teamwork and creativity and practicing staying within a budget (of time and money) they reinforced so many ideas about adaptations and environments.



# Scenes From STEAM

Fourth and fifth graders explored chain reactions in honor of the animals in our One School, One Book book. They had to follow directions, work as a team and anticipate what would happen when they triggered their machine.

# Scenes From STEAM

Fourth Graders designed their own experiment using paper airplanes. They decided if the were going to measure distance, time in the air, loop de loops, etc. They prepared their experiment, set up a table to collect data, and headed out to test their plane.

# January 2022

## What's happening this month?

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| | | | | | | 1 |
| 2 | 3 School resumes | 4 Board of Education Meeting, 6 p.m. | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 **EARLY RELEASE** GLE dismisses at 11:50 a.m. | 15 |
| 16 | 17 **NO SCHOOL** Martin Luther King Jr. Day | 18 Board of Education Meeting, 6 p.m. | 19 | 20 | 21 | 22 |
| 23 | 24 GSCA Meeting, 6:30 p.m. | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |