



Glenwood Elementary Newsletter

OCTOBER 2019

Dear Glenwood Parents and Families,

Welcome to autumn and a brand new school year! We spent the month of September getting to know each other, establishing routines and expectations, and setting the stage for a year full of fun, exploration, and learning.

It was nice to have so many of you here for our Curriculum Night on Wednesday, September 25th. I'd like to thank the GSCA for all of their work in setting up the Book Fair and coordinating that each year during Curriculum Night and Open House.

We're kicking off our school year with a celebration of reading during our One School, One Book initiative that is taking place the entire month of October. Every family will be receiving their copy of the book that we will read together this month. We appreciate your support in carving out a few minutes each night to read with or to your children at home. Our goal is to help our students see how much fun it can be to talk about, think about, and enjoy a book together. It's a school wide Book Club, and we are hoping that every single one of you will participate. Each one of our Glenwood staff members has a copy of the book as well, even the bus drivers! And we have fun activities planned for our students here at school, and for you to participate in at home. **SAVE THE DATE – November 6th from 6:30-8:30 in the evening we invite ALL of you to come to our culminating evening event so that we can celebrate our month of reading together.**

We have several new staff members working at Glenwood this year:

- Mary Glazer**-2nd grade from VHE
- Ruth Crissman**-part time band teacher/shared with THE
- Bridget Soriano**-Speech Therapist/shared with ARE
- Malinda Miller**-Librarian/shared with VHE
- Amanda Rabineau**-Kindergarten Aide
- Debbie Welch**-monitor
- Officer Talbut**-School Resource Officer

The district added an additional SRO (School Resource Officer) this school year, and Officer Talbut's main focus will be to support the elementary buildings. Your children may mention Officer Talbut more often than they have in the past and that is because they are getting used to seeing him here every day. We are so excited to have him join us! His "office" here at Glenwood is right in the main hallway.

We have our school pictures scheduled for October 18th, and many other fall celebrations planned—including Trunk or Treat sponsored by the GSCA on Friday, October 25th at 6:00 PM.

We are looking forward to a fantastic school year and are delighted to have your child join us as we discover and grow together!

Doreen McSain
Glenwood Elementary Principal

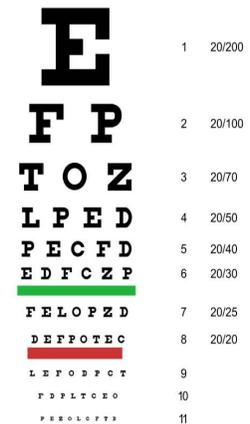


September is the time for Bus Drills! Our older Glenwood students did a wonderful job of helping our little ones out the back emergency exit that morning.

BUS DRILLS



Nurse Notes



Vision and Hearing Screening

Routine vision and hearing screenings will be completed for Kindergarten, first, third and fifth grade students this fall. A letter will be sent home if there are any findings that cause concern or need medical follow-up.

Physical and Dental Examinations

All students entering Kindergarten, first, third and fifth grades and any new students to Vestal are **required** to have physical examinations. Please return the completed physical form to the health office by the end of October. If you prefer, your child can be scheduled to have an exam with the school physician.

It is also **requested** that these students have their dentist complete the dental examination form when they go for their scheduled appointments anytime during the school year. Forms are available in the health office or on the Vestal School District website.

Attendance

Please call the health office at **757-2293** if your child will be absent or late coming to school even if you have told the teacher in advance.

I hope that your school year has gotten off to a great start!

Mrs. Kirchheimer

Counselor Corner

Welcome back to school Glenwood families!

I am thrilled to be starting another year of fun here at Glenwood. September is one of my favorite months because everyone is excited to come back to school to meet their new teachers, see their old friends and are eager to make new ones! Plus, who doesn't love new school supplies!?



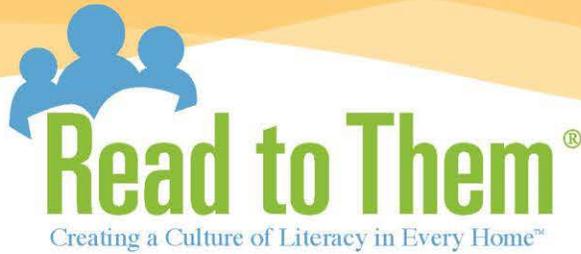
As school begins in full swing, so does our focus on the academic, social and emotional growth of all of our students. During the first few weeks of school, myself and Meaghan Pariseau, Glenwood's school psychologist, have been going into each classroom and discussing our roles in the building. We talk about what we do, how students can access our support and what they can expect from us during the school year.

I talk to the children about classroom counseling lessons and our focus on understanding and regulating our emotions, being a good friend, and being an independent problem solver. These lesson topics vary by grade level. In October, however, our main focus in all grades will be on understanding the Zones of Regulation. The Zones of Regulation is a social-emotional curriculum used to help children understand their feelings, how those feelings change their energy levels, and how both of those can affect their ability to do their best learning. I will share more about the Zones of Regulation in the newsletter next month!

In addition to classroom counseling lessons, I am also available to assist students and parents on a variety of issues and topics. I can happy to support students with school-based problems or concerns, as well as supporting students emotionally through short-term difficulties. If you are looking for community counseling or psychological support, I am happy to refer you to community providers that would best meet your needs.

As always, I am happy to speak with you at any time. I am a resource for you as well as your child. You can reach me at 757-2260. I look forward to another fantastic year!

Stephanie Mitsakos
Glenwood School Counseling
slmitsakos@vestal.k12.ny.us



Dear Glenwood Families:

During the months of October and November, our school will be embarking on a special project, an all-school book club called **One School, One Book**. Every family will receive a copy of the same book and will be asked to read it together at home over a four week period. We are kindly asking you to make the time so that your family can participate in this special activity.

Reading aloud at home is valuable because it better prepares your child to be an effective reader, and it is also a fun, worthwhile family activity. With the **One School, One Book**™ program, we aim to build a Community of Readers at our school. Everyone – students, parents, teachers, even administrative staff will all be following along together.

Your child will receive a copy of our carefully selected title at a special school-wide assembly introducing the program and the book. This will take place on October 9th. Along with the book, you will receive a reading schedule so that you can keep up at home. Generally, you will be asked to read about 15 minutes each night.

In school, your child will be invited to answer daily trivia questions to encourage and reward attentive listening. You will soon find that your child will take pride in knowing and anticipating the details of the story. In class, students will explore the book through activities and discussion. You will want to make sure your family keeps up so that your child can be included. Throughout the event, everyone will be engaging in a shared conversation.

One School, One Book is a novel program in that children of all grade levels will all be listening to their parents read the same book. Strange or daring as that may seem, it actually makes sound educational sense. Reading professionals recommend reading material out loud that is beyond a child's own reading level. We also believe that you can and should continue reading chapter books with your older children, even when they are able to read by themselves. We have selected a title that can be followed and understood and enjoyed by younger students, but will still captivate and stimulate older children.

We know that you'll enjoy this special reading time with your children. We look forward to sharing this experience with you and hope to talk with both you and your student sometime during the month about our book selection. "When a whole school reads a book, there's a lot to talk about." With your help, we can build a Community of Readers at our school.

– Glenwood's One School, One Book Committee

Glenwood School Community Association
September 16, 2019 @ 6:30pm

Welcome!! Please make sure that you sign in, take a copy of our budget, write your name on a "Hello" sticker and on a slip of paper for our raffle. Thank you!!

Agenda

- 1) Welcome & Icebreaker (favorite memory from the Summer 😊)
- 2) 2019 NYS Principal of the Year Report – Doreen McSain
 - new staff
 - Mary Glazer-2nd grade from VHE
 - Ruth Crissman-part time band teacher/shared with THE
 - Bridget Soriano-Speech Therapist/shared with ARE
 - Malinda Miller-Librarian/shared with VHE
 - Amanda Rabineau-Kindergarten Aide
 - New Monitor-starting in two weeks
 - Officer Talbut-school resource officer
 - enrollment
 - up from last year
 - kindergarten-4 sections-64 students
 - Patriot Day Ceremony
 - thank you to Boy and Girl Scout Troop leaders
 - Curriculum Night
 - Wednesday, Sept 25th
 - What will be the same?
 - One School, One Book in October
 - Books of the Season
 - Goal of at least one parent event per month
 - One School One Book Celebration, Oh the Places You'll Go, Wonder Explore Create Fair, Talent Show, VIP and Munchkins Breakfast
 - What else?
 - Responsive Classroom approach

- Focus on relationships
- Understanding the continuum of development

3) Board Report – Christina Pierce (absent)

4) Scout Liaison – Heather Kirchheimer

5) Budget Report – Nichole Hantsch

6) GSCA Upcoming Events:

- Room Parents -Facebook or meeting attendance HIGHLY requested
Brunch (10/2 @8am)

- Curriculum Night/Book Fair (9/25 @ 6:00pm)

Book Fair –Abbi Foreman

**We need someone to shadow Abbi and take over for the Spring
Sign-up genius will be on the GSCA page tomorrow or Wednesday

- School Pictures (10/18)– Alisha Porto

- Trunk or Treat (10/25 @ 6pm-7pm)

Room Parents get first option to participate and then opened to others

- Science Club – full!!

Money requested for snacks. GSCA donated snack money.

7) Looking Ahead:

- Target?– Submit letter to request donation (same letter as last year)

- Yearbook –Kelly Browning/looking for someone to take over next year.

- Save Around – Chairperson (please see me after the meeting)

Our next meeting is Monday, October 28th @ 6:30pm!! Bring a friend!!

We will be raffling off

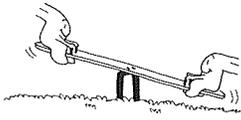
2 tickets to Animal Adventure!!

Home & School

Working Together for School Success

CONNECTION®

Glenwood Elementary School
Ms. Doreen McSain, Principal



SHORT NOTES

Excellent attendance

Being in school every day means your child won't miss out on learning. Try to schedule appointments and family trips outside of school hours. If he asks to stay home "just because," remind him of what he'll miss, such as his reading group or PE class. Explain that he can be absent only if he's sick or if there's a family emergency.

DID YOU KNOW?

Children who regularly eat meals with their families tend to do better in school and avoid risky behavior. Eating dinner together is great, but other meals count, too. If you work at night, maybe you could make time for a family breakfast. Or on a weekend, try a picnic lunch.

Celebrate progress

Suggest that your youngster create a fun reminder of all the things she has accomplished. Let her cover a box with construction paper and label it "I did it!" Then, she can write each success ("I learned to add fractions") on a slip of paper and put it in the box. If she's feeling discouraged, have her read the slips.

Worth quoting

"The best way to cheer yourself up is to try to cheer somebody else up!"
Mark Twain

JUST FOR FUN

Q: Can a kangaroo jump higher than the Empire State Building?

A: Of course. The Empire State Building can't jump!



Conversations about school

When you think of parent involvement, do you picture moms and dads volunteering in classrooms? That's one way to help—but research shows that supporting your child's education at home is even more important. Here are conversation starters that will help you stay involved.

"Let's see what you brought home."

Look at completed work to find out what your youngster is learning and how well she's doing. You could comment on her math work or social studies project, for instance. ("You know a lot about our state's history!") Also, respond to notes from her teacher, and sign her weekly folder or daily planner if required.

"Show me what you have for homework."

It's your child's job to do her homework, but you play a role, too. Make sure she knows what she's supposed to do by having her explain the assignments to you. After she finishes her homework, glance over the work to see that it's complete.

"Describe a book you enjoyed today."

This gives you an idea of what your youngster prefers to read. Then, build a daily reading habit by asking what she'd like to read tonight. Encourage her reading and listening skills by reading aloud to her and letting her read to you.

"Tell me what you learned that you'd like to know more about."

Use her interests as jumping-off points for activities to share. If she likes geometry, you might hunt for



shapes together. If she's fascinated by how animals adapt to winter, take her to the library to research the subject or to the zoo to see live animals.♥

After-school questions

Asking "How was school today?" might not get you far. Instead, ask questions like these for a better picture of your youngster's day:

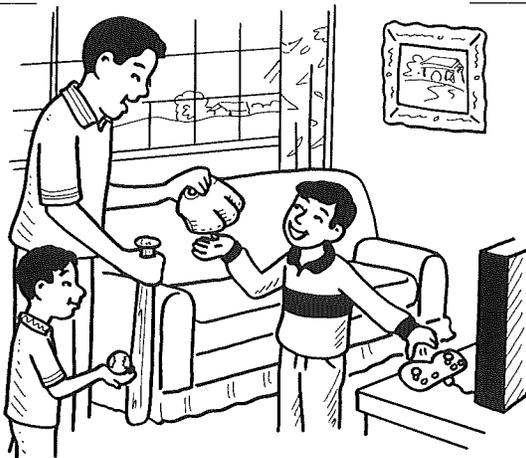
- "What's the coolest thing that happened today?"
- "Pretend you're the teacher. How would you describe the day?"
- "What made you laugh?"
- "What was the most creative thing you did?"
- "How were you kind or helpful today? How was someone kind or helpful to you?" ♥



What does respect look like?

Your youngster's daily dealings with adults and kids alike will be more pleasant if he speaks and acts respectfully. Try these tips for helping him learn about respect.

Respectful replies. Think about something that you and your youngster disagree on (say, whether his video game time should be limited). Model having a respectful discussion about it. You might say that his brain and body are growing and that he needs to run and play to stay healthy. Then, suggest a respectful response, such



as, "I want to be healthy, but I love video games." Have him brainstorm other situations where people have different opinions but still speak to each other with respect.

Everyday acts. When you mow the lawn or clean up after your dog, you can teach your child about respect for neighbors.

Explain that keeping your neighborhood clean and neat makes it nice for everyone. Ask him to think of other respectful things neighbors should do. If you share an apartment laundry room, he might say that you respect neighbors' time by removing your clothes when they're done so others get to use the washers and dryers.♥

A reading challenge

By reading more complex books, your child can learn new words, facts, and ideas. He'll also be exposed to more complicated plots and will grow as a reader. Share these suggestions:

- Knowing something about the topic or setting makes a tougher book easier to comprehend. If your youngster is reading a novel set in China, he could talk to someone who has been there or look up the country online (try a children's site like kids.nationalgeographic.com).



- Encourage your child to look at a simpler book on the same subject. A picture-book biography about Harriet Tubman may help your youngster better understand a textbook chapter on the civil rights movement, for instance.

- Suggest that your child read complicated material with pencil and paper in hand. He can jot down questions, words to look up, or facts he wants to learn more about.♥



Strong study habits

Q: My third grader has to spend more time studying this year. How can I make sure she studies effectively?

A: Set your daughter up for success by helping her find a distraction-free study spot. Also, have her come up with a study routine. For instance, she could reserve time each evening to review her textbook and notes in the days leading up to a test.

Also, many students find it helpful to jot down a purpose each time they study. Your child might write: "I will learn the definitions of all the boldfaced words in chapter 7, section 1."

Finally, encourage her to experiment with study strategies to find what works best. She could close her eyes and imagine how a word is spelled or draw a grid with 9 squares to solve 3 x 3. Or she might find it helpful to spell or recite math facts aloud in rhythm or to a familiar tune.♥



Talking to kids about money

My children were always asking to buy things like dress-up shoes or new games. They didn't seem to understand that these items weren't in our budget.

I wanted them to learn about how we spend our money—and that it is limited. So I got a spiral notebook and labeled it "Family Spending Journal." I explained that for two weeks, everyone would keep a record of what they spent money on. I listed items like my

subway fare, the electric bill, and food at the grocery store. The children wrote down expenses such as school lunch, soccer cleats, and field trip fees.

After a few days, they were surprised by how many things we needed money for. Our kids had no idea, for example, that we paid for taxes on our income, several types of insurance, and membership in our homeowners' association. Sometimes they still ask to buy too many things at the store, but when I say no, at least they understand why.♥



OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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Glenwood List of Events and Dates for 2019-20

Oct.

- 2 Room Parent Brunch 8:00 am
- 10 Early Dismissal Drill. Students dismissed 15 minute early
- 10 Vestal Fire Dept 9:00 - 10:15 Kindergarten (cafeteria)
- 11 No School - Superintendent's Day
- 14 No School - Columbus Day
- 18 Red Ribbon Day 10:00 - 10:35
- 18 School Picture Day
- 22 Board of Education Meeting 7:00 pm
- 25 1st Grade Fall party 9:30 - 10:00 (Cafeteria)
- 25 Truck or Treat 6:00 pm
- 28 GSCA Meeting 6:30 pm

Nov.

- 3 Daylight Savings time ends Fall back 1 hour
- 5 No School - Election Day
- 5 Board of Education Meeting 6:00 pm
- 6 One School, One Book 6:30
- 11 No School - Veterans Day
- 15 5th Grade Chorus to ARE 1:15
- 19 Board of Education Meeting 7:00 pm
- 23 Barnes and Noble Book Fair - all day
- 25 GSCA 6:30 pm
- 26 School Picture Make-up Day
- 27-29 No school Thanksgiving Break