



VH Highlights

Dear Vestal Hills Families,

Welcome to the 2019-20 school year. Our entire Vestal Hills team is excited to spend the school year with you. September and October are such a great time to foster the love of learning, make new friendships and get inspired about what the year has to offer. Each year of learning has new opportunities that will help your child embrace the mindset of 'yes' while tackling new challenges and experiences. Our staff is ready to be your child's cheerleader as they explore new topics, become empowered learners and excel in things once unimaginable to them. That is why I love our school so much. Each and every day I have the opportunity to see new hopes and dreams be imagined while others are reached.

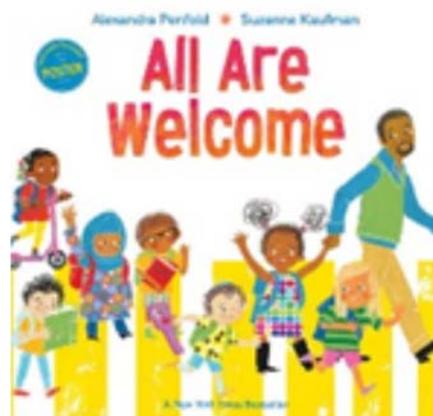
Vestal Hills is excited about our new staff members. Vestal Hills is pleased to welcome Mrs. Burns, Mrs. Hudock, Mrs. Vimislik, Mrs. O'Flanagan, Ms. Crosley, Mrs. McElligott and Mrs. Lamb to Vestal Hills. Mrs. Burns has joined our fifth-grade team, Mrs. Hudock has joined our fourth-grade team, Mrs. Vimislik has joined our third-grade team and Mrs. O'Flanagan has joined our Support Services team. Ms. Crosley will be our Orchestra teacher this year, and Mrs. Lamb and Mrs. McElligott are monitors working in our cafeteria and on the playground.

Vestal Hills continues to be a great place to grow and learn! We continue to strive toward our goal of always improving student achievement. This past year, our student body performed again as one of the premier schools in the region, and we have been recognized as a Rewards School again for the 2018-19 school year due to our student progress and high achievement over time, and for closing the gap in student achievement. Our building scores were in the top regionally in nearly all of our 3-5 ELA and Math proficiency exams. In addition, we maintained one of the lowest failure rates

in the region.

This year is the third for our **Principal's Book of the Month**. The idea behind the Principal's Book of the Month is that each month every student in our school has the opportunity to read a common text, and engage in learning, thinking, and responding to that shared text. When all students and adults in a school share a common experience around literature, it helps to not only unify and create a literacy learning community, but to provide a shared experience for all students while emphasizing the behaviors and habits of mind that schools want students to emulate.

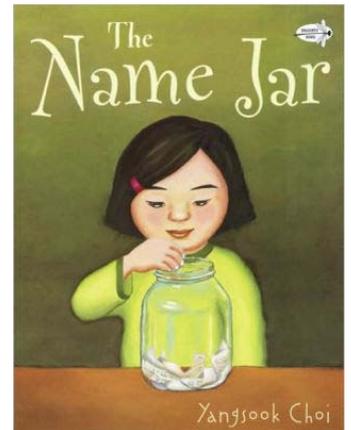
September's book is All Are Welcome by Alexandra Penfold, illustrated by Suzanne Kaufman. Celebrate diversity and inclusion with this New York Times bestselling picture book about a school where all are welcome! This book will let us follow a group of children through a day in their school, where everyone is welcomed with open arms. A school where kids in patkas, hijabs and yarmulkes play side-by-side with friends in baseball



caps. A school where students grow and learn from each other's traditions, and the whole community gathers to celebrate the Lunar New Year. All Are Welcome lets young children know that no matter what, they have a place, they have a space, and they are welcome in their school.

October's Principal's Book of the Month is The Name Jar by Yang Choi, illustrated by Yangsook Choi.

Being the new kid in school is hard enough, but what about when nobody can pronounce your name? Having just moved from Korea, Unhei is anxious that American kids will like her. So instead of introducing herself on the first day of school, she tells the class that she will choose a name by the following week. Her new classmates are fascinated by this no-name girl and decide to help out by filling a glass jar with names for her to pick from. But while Unhei practices being a Suzy, Laura or Amanda, one of her classmates comes to her neighborhood and discovers her real name and its special meaning. On the day of her name choosing, the name jar has mysteriously disappeared. Encouraged by her new friends, Unhei chooses her own Korean name and helps everyone pronounce it—"Yoon-Hey."



Thank you in advance for being so committed and connected to the school. This will be an amazing school year for your child as they take one of those big steps to build a strong foundation for their life. We look forward to seeing your family at the many events in our school through the year. Please join us on **September 26 for Curriculum Night: 6-7 p.m.** for K-2 classrooms and 7-8 p.m. for grades 3-5. Also, mark your calendar for our annual **Back to School Concert & Picnic on Friday, September 27!**

continued on next page

Many of our kindergarten students took the **100 BOOK CHALLENGE** and were leaders this summer. They set a goal to read 100 books, and 23% of our Kindergarten students did it or are continuing to work toward it. **WONDERFUL JOB!**

Personal Property: The goal of the school is to provide students with a positive and enriching learning experience. Toys, games, trading cards and other play-related items or personal property must be left at home, as they pose a distraction to the teaching and learning process. The district is not responsible for lost or stolen items.

Connect with Respect Personal Device Protocol: "Personal device" refers to any device that the student brings to school that connects to the Internet and/or requires a battery, including cell phones and tablets. This also includes any device that is wearable and able to transmit digital messages. A basic expectation is that personal devices are NOT to be used in classrooms. Please see pages 6-7 for more details.

At the elementary-school level, personal devices will not be used during the school day. **Devices brought to school must remain off**, or in airplane mode, and be stored in backpacks. Our students do not have a need to have or use their cell phones during the school day. If you need to contact your student, please call the office at 607-757-2357.

Classroom visits: The classroom teachers would like us to remind parents that the beginning of the day is very busy. Please allow your students to proceed to class by themselves. If you wish to visit with the teacher, please make an appointment.

Employment Opportunities: Substitute paraprofessionals and monitors are needed for all the Vestal Schools. Monitor hours are 11 a.m. to 3 p.m. Paraprofessionals work in the classrooms from 8:15 a.m.-3:45 p.m. The substitute might be called for any day of the week that a paraprofessional will be absent. If you are interested in becoming a substitute, please contact the Personnel

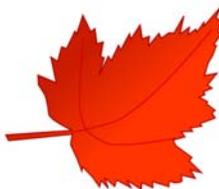
Department at 757-2317. Thank you!

Dress for the Weather The fall winds will begin to blow so please dress your child for the weather daily. We will go outside for recess unless it is raining or the temperature with the wind chill is extreme.

Back-To-School-Bus-Safety

1. Stand on the same side of the street as the bus stop.
2. Don't goof around while waiting, and stay on the sidewalk.
3. Be alert to traffic.
4. Always walk in front of—not behind—the bus.
5. Don't rush for the bus. Move toward the door only after the bus stops, the door opens, and the driver says it's OK to board.
6. Hold onto the handrail when getting on and off the bus.
7. Never stand up or walk around while the bus is moving.
8. Move away from the bus quickly after getting off. Let them know not to worry if they leave something behind.
9. Always obey the bus driver.

Thank you, thank you, thank you... to Mr. Feringa and our summer maintenance staff! We are pleased to recognize and thank our dedicated custodians and summer maintenance staff, who worked through the summer getting our building ready for the start of a new year. This is when carpets are shampooed, floors are stripped and waxed, windows are washed, painting projects are completed, rearrangements of furniture and equipment are accomplished, and every surface is cleaned and polished. This summer was an excellent example of the professionalism that our maintenance staff displayed, day in and day out; they completed many major projects to ensure that, our building was shining for the opening day of school.



Thank you also to Mrs. Webster, who single-handedly staffed the office, enrolled record numbers of new students, prepared schedules for every student and processed new purchase orders, along with a million other jobs and tasks that consumed our very busy summer as we prepared for a new school year. We could not do what we do for children without Mrs. Webster and Mr. Feringa.

We urge you to become involved at Vestal Hills! To learn about the PTA, please join me in attending the monthly PTA meetings at 7 p.m. in our cafeteria. October's meeting is on Monday, October 7. We are always looking for families to get involved in helping, running or creating new opportunities for our students.

Thank you also goes to all of our families for your continued support of our programs and our students. Vestal Hills is truly a wonderful school community made up of our students, staff, parents and community members. We look forward to seeing you throughout the school year at Vestal Hills. Please contact me if you need anything, have any questions or would just like to chat about our school/your child.

We wish you all a wonderful Fall Season!!!—**Therese Mastro, Principal**

School Closings

School closings, delays in opening and early dismissals due to inclement weather or other emergencies will be announced via robocalls, on the school district's website (www.vestal.stier.org/) and on local radio and TV stations. To also receive text alerts, please text Y or YES to 67587 from your mobile phone.

Homework Tips

Homework is such an important part of a child’s education and serves as an extension of the classroom that reinforces the concept taught. Oftentimes, homework can become a huge struggle—especially when the child feels frustrated which may in turn make the adult frustrated! PBS Parents (www.pbsparents.com) has some great advice on how to cope with the child who is struggling with homework (adapted from their website):

Let your kids get frustrated. When kids are having a hard time with homework or a school-related subject, they often explode with anger. Sometimes when the child gets angry, they provoke someone else in order to make them feel the same way they do. i.e. hopeless or helpless.

Take a break. If your child says “I can’t do it!” and throws the pencil down, take a little break. Breaks allow the child to calm down and restart.

Don’t always try to have a rational conversation. When kids get out of control about school, they cannot think logically. A cool-down is important.

Let your child make his own mistakes. It’s hard not to correct a child’s homework, but most teachers ask you not to take over unless your child asks for your help or the teacher requests it. Teachers generally want to know what the child understands, not what the parent understands about the material.

Put a time limit on the work. Most teachers will not expect younger kids to work longer than a half-hour on homework from any particular subject, but ask your teacher for a time limit. If your child struggles (while actively trying) and exceeds the limit, write the teacher a note explaining that that’s all that could get done.

Contact the school. If homework or a project is turning into a dreaded battle, talk with the school. Don’t wait!

****Help your child learn to organize him- or herself.**** This is a life-long skill that can be taught, but it can be challenging to do so. “It’s very difficult to teach children to be organized if it is not in their nature (or yours),” says guidance counselor Linda Lendman, M.S.W. “Encourage your child to label everything. Develop strategies, like the ‘must-do list’ before you leave school (put math book in backpack). Schedule a weekly ‘clean out the backpack and clean off your desk’ time so papers don’t build up. Be patient, and try not to place blame.”



Mark your Calendars!

27-Sep	Fri	VHE Back to School Concert (9:30) & BBQ
3-Oct	Thu	ENL Family Orientation at Clayton Ave. Elementary (209 Clayton Ave.), 7-8:30 p.m.
4-Oct	Fri	Back-to-School Bash: Book Fair, Storytime & Sundae Bar, 5-8 p.m.
7-Oct	Mon	VHE PTA meeting, 7 p.m.
8-Oct	Tue	BOE Meeting, 6 p.m. / <i>Yom Kippur begins at sunset</i>
10-Oct	Thu	Early Dismissal Drill, 3:15 p.m.
11-Oct	Fri	** Superintendent’s Conference Day **
14-Oct	Mon	Columbus Day Holiday – NO SCHOOL
18-Oct	Fri	VHE STEAM NIGHT, 6-7 p.m.
22-Oct	Tue	BOE Meeting, 7 p.m.
23-Oct	Wed	VHE Photo Day
25-Oct	Fri	VHE Fall Party

Attendance Matters

School is your first and most important job.

You are learning about more than math and reading. You’re learning how to show up for school on time every day, so that when you grow up and get a job, you’ll know how to show up for work on time every day.

When you are not here, we notice because we care and we want you to be successful.

A student who **misses 10 days or more during a school year** is 20 percent less likely to graduate from high school and 25 percent less likely to ever enroll in college.

If you think missing a day here or there will not matter, think again. By missing just one day every two weeks, you would be on track to miss 10 percent of the school year – and that can happen before you know it.

School only gets harder when you stay home too much.

Sometimes it is tempting to stay home but missing a day only makes that worse.

We understand that you will get sick sometimes and need to stay home. The important thing is to get to school as often as possible to stay on track with your learning.

IMPORTANT REMINDERS

Morning Arrivals

We encourage all students who are eligible to **ride the bus** to take advantage of that privilege. The traffic congestion at arrival and dismissal is a growing safety concern and one we would like to eliminate if at all possible. Your help with this matter is appreciated.

Please **do not drop off your students prior to 8:40 a.m.**, when students may enter and go to their homerooms. There is no supervision prior to that time. If you need your child to arrive at school before 8:40 a.m., please contact the office for Cub Care information.

DO NOT DROP YOUR STUDENT OFF on Country Club Road unless you plan to park and escort your child to the building. The only drop-off in the front of the building is at the Washington Dr. end of the circle, allowing the students to walk up the sidewalk to the school.

There is no access to the front circle or side parking lot from 8:30-9:00 a.m. due to the unloading/loading of our buses.

Students may be dropped off via the **Case Drive Drop-Off loop** from 8:40 to 8:50 a.m.

Staff will be at that entrance to help students exit their cars. PLEASE have your student exit the car on the passenger side, with all of their materials, so that the process is smooth and quick.

The Case Drive morning drop-off has raised several **neighborhood concerns**:

- The speed of the cars traveling on Case Drive, especially after students have been dropped off and at 8:50 a.m.
- Cell phone use by drivers
- Traffic affecting their ability to exit their driveways.

The Vestal Police will be monitoring this situation closely with our Building Safety Team and the district office. If the neighborhood concerns continue, we may need to discontinue the drop-off at Case Drive. I ask you are to please be considerate of our neighbors.

Appointments

If your child will need to leave early, send a signed note to school that morning, stating the time they will leave. Please come to the office to sign the student out.

Attendance

If you are bringing your child to school, please remember that students should be in their classrooms by 8:50 a.m.

Attendance is taken by 8:55 a.m.

If your child is late, please come to the vestibule to sign your child in and provide a written excuse.

If your child is going to be absent from school, please **call the nurse at 607-757-2256** as soon as possible. If there is no answer, you can leave a voice mail to inform us that your son or daughter is going to be absent and the reason for the absence.

An **excused absence or tardy** is when the student has a valid, school-approved excuse such as personal illness, death in the family, religious observance or medical visit.

An **unexcused absence or tardy** is any absence or tardiness for which the student has no valid, school-approved excuse, such as shopping trips, family vacations and oversleeping.

Please note: In order for an absence/tardy to be reported as excused, **a written note** is required when the student returns to school. If a note is not received, the absence/tardy will be recorded as unexcused.

Dismissal

If there are any changes to your child's dismissal, the child must bring a signed note to school that morning.

Walkers are students whose parents have given written permission for them to walk to a specific destination without supervision, thus assuming responsibility for their safety upon dismissal. This option is not for parents to pick students up in their cars after dismissal – if you plan to pick your child up, you are asked to sign them out through the regular pick-up procedure.

Walkers will be dismissed through the main entrance after departure of the buses from the front driveway. The Case Drive exit will not be used for dismissal of walkers.

All students being picked up must be signed out. There is no admittance to the front circle from 3:00-3:45 p.m. due to the unloading/loading of our buses and for the safety of our students.

Parents may enter through the front doors and **wait in the cafeteria.** Due to the congestion in the halls, please plan to arrive **no earlier than 3:15 p.m. and no later than 3:25 p.m.** Students being picked up will report to the cafeteria at 3:20 p.m. They must be signed out there, and identification will be required if there is any doubt about who the person picking the child up is. The sign-out supervisor must see the student with that adult before the child leaves the cafeteria.



If you need to **take your student from the bus line or the bus**, you must sign your student out **IN THE OFFICE.**

Parents are not to approach the drivers, as they are not authorization to dismiss children off their buses.

Stay Connected

Facebook- Join the [Vestal Hills Elementary School & PTA](#) page.

Instagram – vestal_hills_elem

Please friend/follow request the Facebook and Instagram pages to receive information throughout the year regarding PTA/school events and notices. It's just another way to stay informed at Vestal Hills!

Twitter – search for #vestalhills is also a very good idea to check **backpacks** daily!

News from the Counseling Office



Dear Vestal Hills Families,

The beginning of the school year is always very busy. I will be visiting each classroom and welcoming students back to school. The students will learn who I am, where my room is located, and how to find me if they need to talk. We have several students in grades 1-5 who are new to Vestal Hills. I will be meeting with these students to welcome them to our school and help them in their transition.

Learning how to make friends and nurture those friendships is a very important part of our children's lives. Through classroom lessons on friendship and conflict resolution, our children learn the skills they need to maintain healthy relationships

We teach these skills through **Kelso's Choices**. Kelso's nine choices give children options and control over small problems, helping them solve these problems.

The nine Kelso's Choices are:

1. Go to another game
2. Share and take turns
3. Talk it out
4. Walk away
5. Ignore it
6. Tell them to stop
7. Apologize
8. Make a deal
9. Wait and cool off



When your child/children are solving small problems at home, ask them what choices they made to solve the problem. We ask them to try two of the choices, and if the problem doesn't get solved, it becomes a big problem. Big problems need to be solved by an adult. The more we reinforce these choices with our children at home and school, the more they will become common practice and more empowering for our children.

Our **Banana Splits** groups are forming for those students whose parents are divorced or separated, who are coping with a parent death, or who are living with



another relative. These are supportive groups that meet during lunch time and will begin to meet next month. Permission slips have gone home. If you feel your child would benefit from this group, and you did not receive a permission slip, please call me at 757-3758.

If you have any questions, please call me at 757-3758.

—Miss Tyson, School Counselor

Connect With Respect

Vestal Central School District

Personal Device Protocol

“Working together to promote a focused learning environment and foster the responsible use of digital media to enrich the lives of our students.”

Personal Device refers to any device a student brings to school that connects to the Internet and/or requires a battery including cell phones and tablets. This also includes any device that is wearable and able to transmit or receive digital messages and images. This protocol does not apply to school district provided devices or pre-approved devices. (Pre-approved devices may include assistive technology, translation resources, or tablets approved by principal.)

Overview:

The district has two basic designations for cell phone us:

- **Power Off, Attention On**
- **Respectful Use Allowed**

For areas that are ‘Power off, Attention on’ all personal devices will be turned off or in airplane mode. Headphones are not visible.

- All classrooms are ‘Power off, Attention on’. Classroom use will be initiated by the teacher who will signal to students to take out and power on their personal devices for a specific purpose. When a teacher requests devices to be put away, students must adhere to “Power Off, Attention On” expectations.

Power Off, Attention On

A basic expectation is that personal devices are NOT to be used in classrooms:

- **Elementary Schools:** Personal devices will not be used during the school day. Devices brought to school must remain off, or in airplane mode, and be stored in backpacks.
- **Middle School:** Personal devices will not be used in instructional settings (including library and study halls) alternate learning areas (ALA), locker rooms, rest rooms, and test make-up centers. All personal devices must be powered off or in airplane mode before entering the classroom. Headphones are not to be visible.
- **High School:** Personal devices will not be used in instructional settings, alternate learning areas (ALA), locker rooms, rest rooms, and test make-up centers. All personal devices must be powered off or in airplane mode before entering the classroom. Headphones are not to be visible.

Other areas may be designated as **Power Off, Attention On**. These areas will be marked with a sign.

Testing & Assessment: During all classroom assessments students will be required to place their personal devices in an individual storage containers for the duration of the assessment. The teacher will not distribute the assessment until all student personal devices are located in the storage containers. All student devices will remain in the containers until the last assessment is collected by the teacher. (Consequences: Refer to *Code of Conduct*.)



Respectful Use Allowed

Personal devices are only to be used in designated areas in the middle school and high school which include: holding area, lunchroom, and hallways. At the high school, this also includes the library and study halls. Respectful use means to:

- Respect the privacy of others;
- Respect the safety of others (no inappropriate or threatening messages, words, pictures, actions);
- Respect social situations (being present to listen, talk, engage, and respond in person).

Failure to engage in respectful use will be addressed by faculty and administration through our school district *Code of Conduct*.

Consequences

An incident is defined as any indication that a personal device is on and attracting attention (i.e. phone or wearable alerts that include buzzing, vibrating, ring tone) or that headphones are visible and/or in use in an individual teacher's classroom.

When a student does not honor the **Power Off, Attention On** guidelines, the following consequences will occur. These consequences are progressive and are designed to communicate with parents and students our district's expectations for **Power Off, Attention On** and the importance of this expectation to making sure all students are focused during their classroom lessons:

1. **First incident:** The student will bring the personal device to the front of the classroom and place it in a container.
2. **Second incident:** The student will bring the personal device to the front of the classroom and place it in a bin. Teacher will contact parents to explain the incident and the consequence of a third incident.
3. **Third Incident:** The student will bring the personal device to the front of the classroom and place it in a bin. Teacher will complete an incident report and give to building administration. Administration will contact parents informing them of the incident and consequence: The student will be required to deliver their personal device to the Assistant Principal's Office. The device will be locked up daily for *5 school days* that the student is in attendance.
4. **Fourth Incident:** The student will bring the personal device to the front of the classroom and place it in a container. Teacher will complete an incident report and give to building administration. Administration will contact parents informing them of the incident and consequence: The student will be required to deliver their personal device to the Assistant Principal's Office. The device will be locked up daily throughout the *remainder of the semester*.
5. **"Start Over":** Students will have personal device privileges restored at the completion of the semester.
6. **Multiple Incidents** on a single day may result in discipline pursuant to the *Code of Conduct*.

Assurances:

We understand that cell phones and personal devices are valuable and important. All students are responsible for the security and care of their devices. When devices must be retained by the school office, students will place their device in a container and close it. It will be securely stored in the bin and returned at the end of the day. During this time, students may use the school phone located in the main office at any time to contact their parents or care givers. Throughout the year, we encourage parents to contact the main office if there is a need to convey a message to their child. We assure parents that we will act promptly to either bring the student to a phone or communicate information to the student.

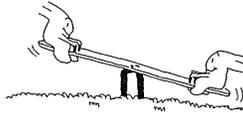
Vestal Middle School Main Office Phone #: 607-757-2333	Vestal High School Main Office Phone #: 607-757-2281
	

Home & School

Working Together for School Success

CONNECTION[®]

Vestal Hills Elementary School
Mrs. Therese Mastro, 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

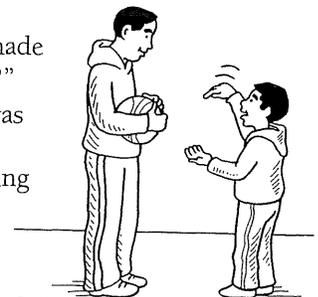


shapes together. If she's fascinated by how animals adapt to winter, take her to the library to research the subject or to the zoo to see live animals. ♥

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:

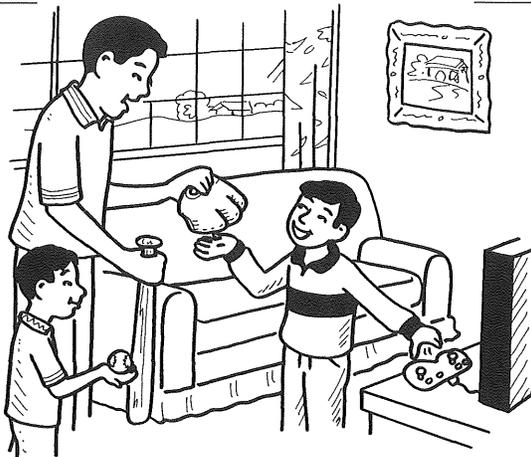
- "What's the coolest thing that happened today?"
- "Pretend you're the teacher. How would you describe the day?"
- "What made you laugh?"
- "What was the most creative thing you did?"
- "How were you kind or helpful today? How was someone kind or helpful to you?" ♥



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.♥

OUR PURPOSE

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

Resources for Educators, a division of CCH Incorporated
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www.rfeonline.com
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Q & A

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.♥



PARENT TO PARENT

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.♥



October

Where Will Your Wings Take You???

VESTAL HILLS ELEMENTARY

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Day 1 1 1-3 Puppet Show	Day 2 2	Day 3 3 Buddy Day (ENL) Family Orientations @ CAE 7PM	Day 4 4 Back to School Book Fair Bash 6-7PM	5
6	Day 5 7 Kdg Puppet Show PTA Mtg 7PM	Day 6 8 BOE Mtg 6PM	Day 1 9 Team Time K-2 Fire Prevention 9AM	Day 2 10 Early Dismissal Drill 3:15PM	11 Superintendent's Conference Day NO SCHOOL	12
13	14 Columbus Day Holiday NO SCHOOL	Day 3 15 5th Gr Step It Up	Day 4 16 Science Club 4-5PM VHE Night @ Chipotle 5-9PM	Day 5 17 4th Gr Step It Up	Day 6 18 STEAM Night 6PM	19
20	Day 1 21 3rd Gr Step It Up	Day 2 22 BOE Mtg 7PM	Day 3 23 Team Time Science Club 4-5PM VHE Photo Day	Day 4 24	Day 5 25 Team Time VHE FALL PARTY 6PM	26
27	Day 6 28	Day 1 29 Team Time	Day 2 30 Science Club 4-5PM	Day 3 31 K-5 Awards & Celebrations Acceptance Candy Collection Halloween		

Team Time Suggestions: Building Grade level Friendships/relationships, encouraging words to support others

Overarching Theme: Community, Friendship & Acceptance

Book of the Month: *The Name Jar* By Yang Choi

October's

FITNESS IS SPOOKTACULAR

SKELETON

25 Tuck Jumps

20 Alternating Lunges

20 Flutter Kicks

JACK-O' – LANTERN

25 Mountain Climbers

20 Squats

20 Knee-to-Elbow Plank

VAMPIRE BAT

20 Jumping Jacks

20 Step-Ups

20 Scissor Abs

Choose your level of spook

Spooky! – 1 round of exercises

Spookier! – 2 rounds of exercises

Spookiest! – 3 rounds of exercises

THE SPOOKTACULAR INSTRUCTIONS

1. Find the picture of a skeleton, pumpkin, or a vampire bat for the day. For example, October 1st has a skeleton. Therefore, on that day, you will do the *skeleton* workout listed.
2. On the calendar, initial each day you complete the workout. At the end of the month, add up the total number of days completed.
3. **Have your parents sign the bottom of the calendar, and return it to your PE teacher for a special prize.**

FITNESS IS SPOOKTACULAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 	2 	3 	4 	5 
6 	7 	8 	9 	10 	11 	12 
13 	14 	15 	16 	17 	18 	19 
20 	21 	22 	23 	24 	25 	26 
27 	28 	29 	30 	31 	Keepingkidsinmotion.com	

Total Days Completed: _____ Parent Signature: _____ -

Grade: _____ Homeroom Teacher: _____