

KES NEWS

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From the Desk of Mrs. Paula Bartosiak, Principal

The children have all settled in from their holiday break and are working hard here in school. This is the time of year that yields great learning for all students. Many parents and guardians I have spoken with have indicated that many of you love the character education initiative that we have going on here at KES. One of those pillars of character being worked on in our school building is building responsibility with your child (ren). I know all parents are always striving to make this a priority at home as well.

A great resource is the Parent Institute which has published many brochures with the newly revised series on Building Student Responsibility. Here is a little about how things get done there. All materials published by The Parent Institute are research-based. The topics which are in the brochures are identified through scientific surveys of practicing education leaders to make sure they are relevant and of high priority interest. During the writing process, the editors consult with education experts and review the research to be sure that their evidence is accurate. You can go online to www.parent-institute.com to find out more about The Parent Institute.

One of those brochures in the Building Student Responsibility is called, Seven Habits of Highly Responsible Students. In addition to the Reading, Writing and Arithmetic (now called math) being taught in schools today, many parents and teachers want to add a fourth discipline and that is Responsibility. It is a fact that responsible students usually grow up to be responsible adults. There is no secret to being responsible. Here are the seven habits:

Set goals. Goals keep kids focused. This is the foundation of responsible behavior and success in school. Some questions you might ask your child: How much improvement would you like to see on this writing assignment? Test? How would you like to improve your goals? What are some things that you will need to meet those goals?

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**From the Desk of Mrs. Bartosiak
Continued From Page 1**

- **Plan a time line.** Responsible people meet their obligations or timelines. Help your child use a big calendar to organize his/her time. Write down all commitments and use the calendar to plan homework, projects, and sports after school. Take time to talk about if it all can fit in.
 - **Study every day.** Learning a subject is like learning to ride a bike. Help your child set aside time to read, practice math facts, or to write in a journal every day. Practice is the key.
 - **Take notes.** Although this would not pertain to the students in K –through Grade 2 as much it would if you have an older child. However, there are times in Grade One and Two that may require students to research. This would involve taking notes on pertinent information
 - **Have the tools needed.** Be sure your child has what he needs to come to class. If they need a folder, pencil, crayons etc. They should have them ready to bring to class.
 - **Keep commitments.** Doing assignments well and on time. If it is group project, they hold up their share of the group work. Set an example at home whether it is your commitment to make the meals for the family or clean the clothes. Whatever it may be, demonstrate commitment.
- Get ready ahead of time.** Try not to start the day out in a crisis. A child should know where his/her homework is placed (maybe in the homework folder). Clothes are ready to put on in the morning. Teach your child to leave five to ten minutes before bedtime to get ready for the next day. His/her backpack should be packed. This helps to make the morning go easier and your child arrives to school more relaxed and ready to learn.

It is important to start to develop good habits at an early age!

The Silver Lake Regional School District Integrated Preschool Program

The Silver Lake Regional School District Integrated Preschool Programs will begin accepting applications for 3 and 4 year old peer model students for the 2012-2013 school year on Monday, February 27. Applications will be accepted until 4:00 p.m. March 9, 2012, and are available at the Special Education Office, Kingston Elementary School, 150 Main Street, Kingston, or from the local elementary schools. For further information contact the Special Education office at (781) 585-4382.

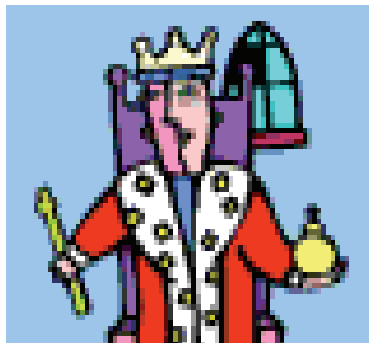
From the Desk of Mrs. Bartosiak
Continued From Page 2

Interesting Facts about Birthdays! **By: Mrs. Bartosiak, principal**



Who doesn't love to celebrate their birthday? It is a day that is just for you. You feel happy when you wake up on your birthday. People say "Happy Birthday" to you if they know about it in advance. It is such a special day for it was the day you were brought into the world.

I got to thinking about birthdays one day and asked myself when did people begin the celebration of birthdays? I Googled Hallmark (one of the leading sellers of greeting cards) and found out some very interesting history about this special event that happens in everyone's life once a year (whether you want it or not). ☺



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From the Desk of Mrs. Bartosiak Continued From Page 3

Birthdays have been celebrated only since the invention of the calendar in 4000 B.C. Only kings celebrated their birthdays in ancient times because no records were kept on the common people.



About 5 million people celebrate birthdays in the United States each week with an average of 700,000 birthdays occurring each day!

More people are born in the month of August than any other month (9.07 percent). That is about 21 million Americans having their birthday in August.

In recent years, July ranks number two in the number of birthdays (8.80 percent) and February is last with (7.55 percent).

In 1850, the first birthday card originated in England. More than one billion birthday cards are given each year. Birthday shopping is a \$10 billion dollar business.



Children's birthday parties are increasingly important especially theme parties. Party ware featuring licensed character designs seem to be the hot sellers.

There are websites out there today that outline what parents and children are loving in regards to birthdays. (www.townonline.com/parentsandkids/homepage/432301192)

So, birthdays come but once a year, you will have a bit of history the next time it is here!

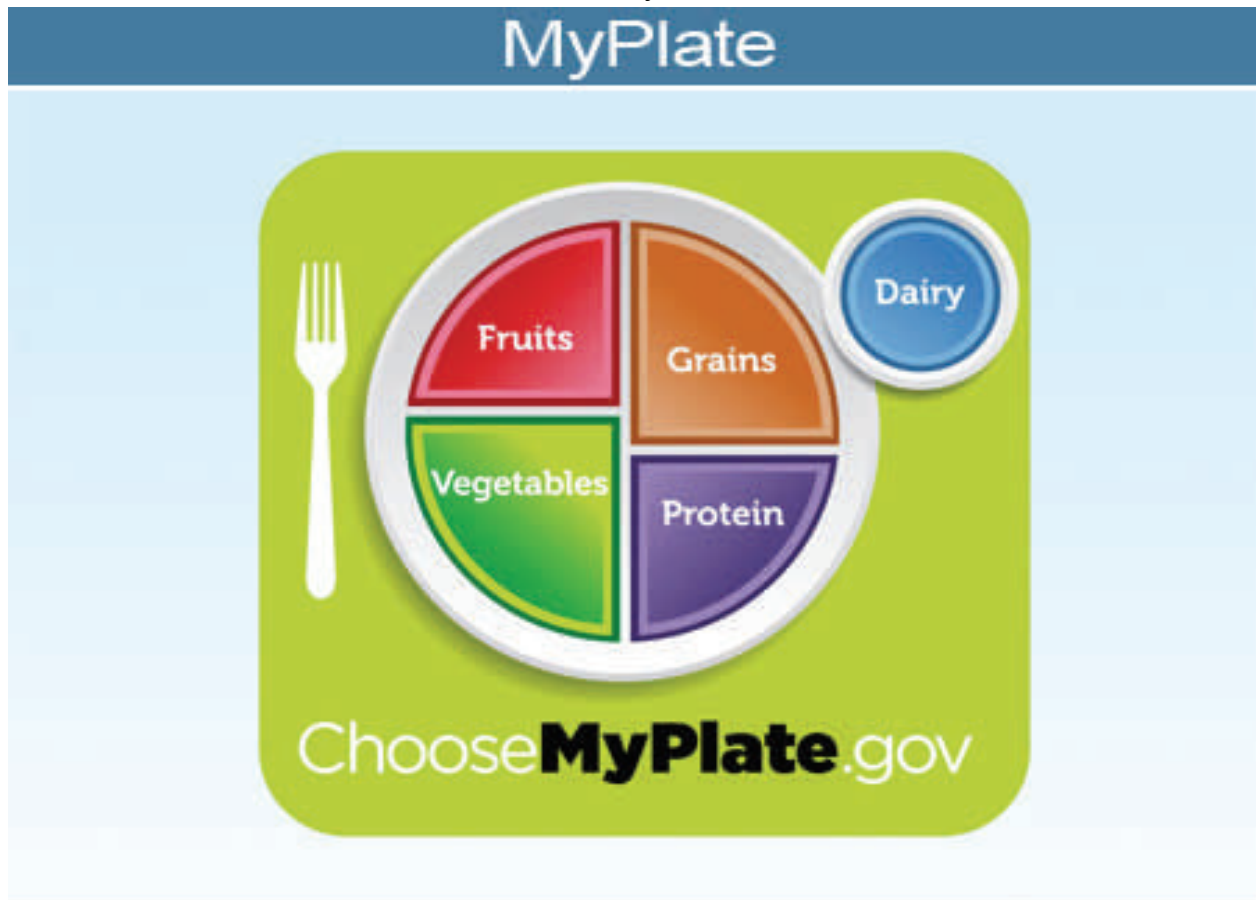
News From The Nurse

Mrs. Jody Lunn

**What is MyPlate?**

The quest to improve the American diet has a new icon. In June 2011, First Lady Michelle Obama and Agriculture Secretary Tom Vilsack unveiled the MyPlate icon. MyPlate replaced the previous MyPyramid image as the tool to help Americans make healthier food choices. The goal is to get people to think about building a healthy plate at meal times.

This is the MyPlate icon.



In addition to the MyPlate icon, a web site <http://www.ChooseMyPlate.gov> is available for more information on building a healthy plate and diet. The USDA (U.S. Department of Agriculture) states that "as Americans are experiencing epidemic rates of overweight and obesity, the online resources and tools can empower people to make healthier food choices for themselves, their families, and their children."

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News From the Nurse , Continued from page 5

10 tips
Nutrition
Education Series

choose MyPlate

10 tips to a great plate



Making food choices for a healthy lifestyle can be as simple as using these 10 Tips. Use the ideas in this list to *balance your calories*, to *choose foods to eat more often*, and to *cut back on foods to eat less often*.

1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."



10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

News From Kindergarten **Mrs. Foresteire**



Kindergarten is such a great grade level to teach! We are constantly moving, laughing and learning. I don't know who has more fun me or the students. This month has, as always been fascinating. The weather is ever-changing and makes it interesting to discuss. We froze water early in January for two days or so, there was the weekend snowstorm but later that week the temperature was back up in the fifties and the snow was gone! Some days we are bundled up and others we are not. We learned about what happens when water freezes, how animals keep warm in the winter, and we learned about polar bears and their habitat. The kindergartens' Big Buddies from Mrs. McCartney's class have been working with us and we made predictions just like the Ground Hog on February 2nd. The Big Buddy program is always a favorite activity for the students. We are working hard on blending all the letter sounds that we have learned so that we can read! Many students make great strides in reading and their ability to read increases this time of year, it's like something clicks and they just get it. We continue to work on math skills such as number identification, counting sets of twenty, and writing numbers.

News From Grade One **Mrs. Key**



February is going to be a BIG month in room 172. The 100th day of school is just around the corner and Mrs. Key's class will celebrate with a 100th Day Trail Mix. Each student will count out 100 of a type of food for the mix and bring it into school. On the 100th day everyone will wash their hands and take turns pouring in their food into a large bowl as we count by hundreds. The best part is that after all the food is mixed together we all get to eat the big 100th Day Trail Mix!

We will continue to learn about weather this month and will get to see a real tornado hit room 172. I hope all the kids are sitting tight in their chairs for this big one! At the end of February families are invited to join us for Weather Day. This fun day will provide the students with an opportunity to explore weather at hands-on science centers.

The students will be finishing their timelines this month as a family homework assignment. Students will be choosing 5 significant events from their lives and write about those events along a timeline with a photograph or illustration marking each event. The completed timelines will be proudly on display here at school. Later this month look for a big-time special display in the hallway across from room 172.



News From Grade Two **Mrs. Lunde**

Our class celebrated the start of Chinese New Year with centers. We had a great time making fortune cookies and creating fortunes to put in them. We also made a dragon mask, played and made our own tangrams, made plum blossom trees, created paper cards for family and friends with Chinese symbols, and learned about the zodiac. For lunch, we treated ourselves to Chinese food. A great time was had by all and thank you to all the parents who helped and made this day a great success.

In March, we will be having another big theme day. Our class will celebrate King Arthur's birthday by recreating the story of Sir Cumference and All the King's Tens. On this day, students will dress in medieval clothing and spend the day counting "guests" as they arrive at King Arthur's party. We will be practicing what we have learned in our place value lessons, especially what we have learned about regrouping. We will be regrouping into the thousands. For lunch, we will have sandwiches in the shapes of castles and crowns. It will be another exciting day. Watch for pictures of this theme day!



News From Special Education **Mrs. Donna Vafides**



It is a new year and the question from parents still remains the same, "How can I help my child?" I continue to find the question endearing and always ask myself, "How can I help your child?" We are both on the same page. Here are just a few suggestions that are really quite simple and go a long way to support school performance. Always ask your child to speak in complete sentences. Always keep your child on topic. Correct their grammar when it is incorrect. Correct sounds that they may not say correctly. Ask them to use skip counting strategies as when counting silverware around the table, or shoes come in (2) so you can count the shoes in a closet, compare piles of laundry by counting, words have syllables that can be counted, be sure to have a face clock in your house versus digital for telling time and skip counting, and always have sets of math fact flash cards for short practice sessions. All that change in your pocket can be separated, labeled, and counted. It has real value and your child might be able to make a little money after all that skip counting. Mostly I hope you will enjoy their mistakes. It takes lots of practice and lots of mistakes to master concepts and skills.

News From Our School Psychologists **Ms. Lebel & Mr. White**

Here at KES, students and staff have been reinforcing concepts of good character. Through assemblies, classroom lessons, guest speakers, posters, and even street signs hung around the school, students have been learning about the Six Pillars of Character (Respect, Trustworthiness, Responsibility, Fairness, Caring, and Citizenship). Building a school community of good character reinforces how we treat each other, how we act and think, and builds good ethical values in our students.

As you know, continuity between school and home can help students to understand key concepts and build upon the skills they are developing every day. With this in mind, here are some ways in which you can continue to reinforce good character at home.

As we tell the stories of our lives and the world around us, we convey the different concepts of good character to children. Discuss with your children the stories they see on television, read about in books, or hear about during family conversations. Listen and respond to their stories about school and peers and help them think through the right thing to do. Prompt them to tie these ideas into the character concepts they are learning in school. Through these discussions, you can convey and reinforce lessons of character to your children.

So far this year, students have learned about the Pillar of Respect. They learned that a Respectful person treats others the way they would like to be treated. Respectful people use kind language and manners and accept the differences in others. A Respectful person also understands how to respect themselves by taking care of their body and mind with healthy habits. Sample lessons have included working together successfully with peers, identifying how we show respect and to whom, and how students can expect respect from others.

Students are currently learning about the Pillar of Trustworthiness. Students will learn that a Trustworthy person is someone who is honest and tells the truth and does what they say they are going to do. Upcoming activities and lessons will encompass the ideas of identifying who we trust and how we can be trusted, learning how to be tactful in our honesty, and what dishonesty can look and feel like.

As the school year continues, we will devote several weeks to each of the remaining pillars. Be sure to follow up with your children to ask what they have learned about the pillars and how they can demonstrate their knowledge at home.

See you on Respect Avenue!!

KINGSTON ELEMENTARY SCHOOL

150 Main Street, Kingston, MA 02364
Tel. (781) 585-3821 Fax: 781-582-3858



Paula J. Bartosiak, Principal

Richard M. Cochran, Assistant Principal

Fall 2012 Kindergarten Registration

The registration process for those children who will enter kindergarten in the fall 2012 will be Thursday, March 1st through Wednesday, March 14th, 2012.

Eligible children must be five years old on or before September 1st, 2012.

To register your child, come to Kingston Elementary School located at 150 Main Street between the hours of 8:30 a.m. and 2:30 p.m., **Thursday, March 1st through Wednesday, March 14th, 2012.**

During this time we will also be accepting registration for new first graders who have not attended K.E.S. before and will be six years old on or before September 1st, 2012.

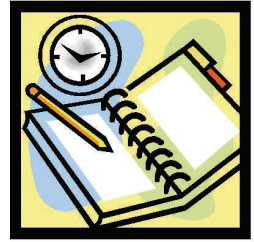
Please bring a copy of your child's birth certificate, proof of residency, (i.e., a tax bill, phone bill, etc.), immunization record, most recent physical, and any legal documents, if applicable. You will be given a registration packet to fill out at that time.

After registration you will be receiving notification in the mail concerning **Brigance spring screening for Kindergarteners on Tuesday, May 22nd and Wednesday, May 23rd.** Classroom placement will depend on screening results. *It is important you keep this screening appointment with your child.*

An orientation will be held Wednesday, June 6th, 2012 from 6:00 p.m. to 7:15 p.m. in the Kingston Elementary School cafeteria.

CALENDAR OF EVENTS

Kingston Elementary School



Events at KES for the 2011 – 2012 school year.
Some events, dates, or times are subject to change.

February

- 1 Book Fair~ Family Night @KES 6:00-8:00 p.m.
- 3-9 Book Fair for students during school hours 8:35 a.m.-2:30 p.m.
- 8 Evening Barn Dance Gr. 1: 6:00-7:00 p.m.
Gr. 2: 7:30-8:30 p.m.
- 13 *School Committee Meeting @ KIS 7:00 p.m.
- 20-24 Winter Vacation Break – NO SCHOOL
- 27 School Reopens

March

- 11 Daylight Saving Time Begins (Clocks ahead on hour)
- 12 Term Two- Report Cards Sent Home
- 12 School Committee Meeting @ KIS 7:00 p.m.
- 15 *Early Release Day for Students (Lunch served) 12:45 p.m.
- *Parent Conferences @ KES 1:00-4:00p.m. and 5:30-8:00p.m.

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KES Calendar of Events, Continued From Pg. 11

<u>Month/Date</u>	<u>Event</u>	<u>Time (if applicable)</u>
April		
6	NO SCHOOL – Good Friday	
9	School Committee Meeting @ KIS	7:00 p.m.
16 – 20	Spring Vacation Break – NO SCHOOL	
23	School Reopens	
26	Title One ELA/Math Family Night	5 – 7 p.m.
30	Term 3 – Progress Reports go home	
May		
8	National Teacher’s Day	
14	School Committee Meeting @ KIS	7:00 p.m.
17	*KES Art Show in Main Foyer of Building	5:00 – 7:00 p.m.
28	No School – Memorial Day Observance	
June		
1	Science Fair – Grade 1 students	9:00 – 10:00 a.m.
5	Step Up Day – Grade 2 to Grade 3	
6	Parent Orientation for Incoming Kindergarten	6:00 p.m.
7	Early Release Day for Students (Lunch served)	12:45 p.m.
8	Heritage Day – Grade 2 students	9:00 – 10:00 a.m.
11	School Committee Meeting @ KIS	7:00 p.m.
15	Tentative Last Day of School Students dismissed at 12 noon – NO LUNCHESES SERVED Term Three – Report Cards Sent Home on last day of school	