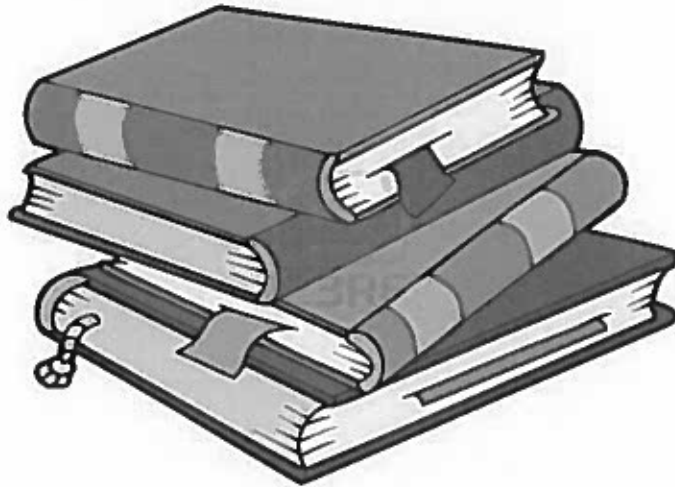


Rockland Read-In 2018



All Highview students will be participating in the Rockland Read-In on **Friday, February 16th.**

Please have your child:

- Bring in reading materials.
- Wear comfy clothes.
- Please, no pillows or blankets.



Reminder: PARP is Thursday, February 15th from 6:30—8:00 pm at Miller.

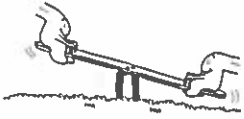
Let the reading begin!

Home & School

Working Together for School Success

CONNECTION®

Highview Elementary School
Nancy Bonner, 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? What wasn't so cool?"
- "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.♥



Q & A

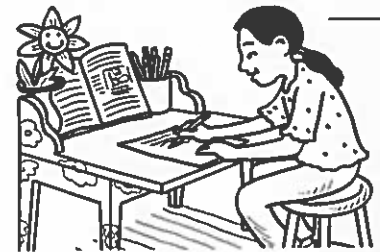
Strong study habits

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.♥



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
128 N. Royal Avenue • Front Royal, VA 22630
800-394-5052 • rfeustomer@wolterskluwer.com
www.rfeonline.com
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Highview 4th Grade Class of 2017

NEEDS YOUR HELP

PICTURES NEEDED

**Please dig through computer files, phones, and Facebook accounts
and send us pictures to be considered for the**

4TH GRADE SLIDESHOW AND YEARBOOK

Picture Submission Guidelines

Our photographers have plenty of group shots over the years.

What we need:

- **Your child:** Individual or in a small group of about 2-4 children
 - 3 pictures from varying grades is ideal. – 5 max of your individual child please
 - Provide **first and last name** of your child (and those in group shots)
- **ONLY** pictures from the classroom or school functions are permitted
 - **NO** bus stop, holiday, sports, scouts, birthday parties, etc.
- Quality counts – send original pictures.
 - Screenshots from your phone will not have adequate resolution.
- Email your pictures to **Nanuet2026@aol.com**

DEADLINE: February 20, 2018

**If you would prefer to submit pictures by CD or flash drive, please
contact Michele Grisanti @**

michelegrisanti4@gmail.com (914) 924 - 6937

From The Highview Health Office

In an attempt to prevent the spread of the Influenza Virus, we are asking parents to be pro-active in monitoring your kids for signs and symptoms, as well as early changes of behavior that may indicate something is coming on.

What we are seeing early on with the flu is complaints of headache and/or stomach discomfort, often with no fever. Children then present a day or two later with fever and more severe symptoms.

Please abstain from giving your child any fever reducing medications the morning before school, as this masks signs and symptoms of the flu, causing others to possibly become infected. If your child is not feeling well at all, please keep them home and monitor them.

Some Symptoms of the flu:

Fever
Headache
Fatigue
Dry cough
Sore throat
Stuffy nose
Muscle aches
Nausea, vomiting and/or diarrhea

Good Habits:

If you are feeling sick **STAY HOME!!!**

If you sneeze or cough, cover appropriatelythen wash hands.

Wash hands frequently, the best way to prevent the spread of germs is through vigilant hand washing.

"Personal Space" should be respected-arms length distance when possible, to reduce the possibility of transmitting germs.

If you have a body temp of 100 or greater, you must be fever -free for 24 hours (without the use of fever reducers) before returning to school.

If you have vomited, you can not return to school until 24 hours has passed and a normal diet has been tolerated

Replace toothbrushes during illness and frequently to prevent illness.

Please review the District's Illness Policy on the school website.

**Please report any cases of the flu or any other contagious
Diagnosis to the School Nurse
Dana Denise, RN
627-3490**