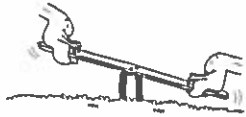


Home & School

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 CGH Incorporated
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Counselor Mail



March/2018

Dear Parents/Guardians!!!

The second cycle of group counseling sessions is coming to an end. The spring cycle will begin April 16th. The groups will meet once every 6 days for approximately 6-8 weeks during recess. The topics we will explore include: (Please check only one)

- *Banana Splits (changing families)* _____ **See Back*
- *Good Grief (death of an immediate family member)* _____ **See Back*
- *Hot to Cold (anger management)* _____
- *Friendship Club (social skills- learning how to make and keep friends)* _____
- *Positivity Club (building self-esteem and confidence)* _____
- *Peaceful Feeling Club (worries)* _____
- *On the Move *medical diagnosis needed with consent form* _____

The Group Counseling program is designed to meet the needs of all students. Please take the time to speak to your child to see if he or she is interested in participating. Feel free to email me at mlipson@nanuetsd.org or contact me at 627-3470 if you have any concerns or would like additional information.

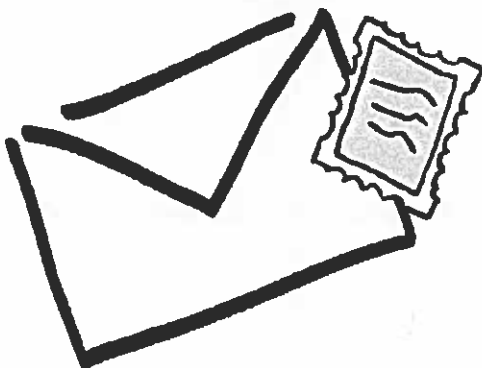
Sincerely,

Melissa Lipson
 Melissa Lipson, School Counselor



Student _____ Grade _____ Class _____
 Parent Signature _____ Tel# _____ Email _____

PLEASE RETURN IN A SEALED ENVELOPE TO MRS. LIPSON BY 3/19/2018



* make sure to mention Nanuet Elementary PTA when you go *

HIGH EXPOSURE FUNDRAISER

Join the Nanuet Elementary PTA on March 16, 2018 from 7:00 pm – 9:00 pm for a fun fundraiser for the kids.

Bring your child(ren) to High Exposure to show off their Ninja Warrior Moves.

It is \$25 per child.

****Please fill out a waiver on-line at www.highexposureclimbing.com before the night of the event.****

Any questions contact: Kathleen Gelhaus:

Kathleen.gelhaus@verizon.net or Deserie Duffy:

dduffy845@yahoo.com

A promotional poster for a climbing event. The top right features the text "HIGH EXPOS" and "ADVENTURE ON THE F". Below this, there are navigation links: "HOME", "GETTING STARTED", "KIDS & YOUTH", and "PARTIES & GR". The main title "Climbing" is prominently displayed in a large, white font. Underneath, it says "Bergen and Rockland's largest Climbing". The background of the poster shows a person climbing a rock face. At the bottom of the poster, there is a bold warning: "****THIS IS NOT A DROP OFF EVENT. YOU MUST STAY WITH YOUR CHILD(REN).****".

******THIS IS NOT A DROP OFF EVENT. YOU MUST STAY WITH YOUR CHILD(REN).******

4th Grade Yearbook Pictures

The Yearbook Committee is working hard to gather pictures of your children to include in this year's yearbook. We need pictures from Kindergarten through 4th grade.

Some guidelines for Picture Submission:

All pictures must be in an **ELECTRONIC format such as JPEGs** emailed directly to **nanuet2026@aol.com** or on disks, or flash drives submitted to the box in the school office attention Yearbook Committee.

Please label all pictures as to what year and who is in the pictures, and the event if possible. Also please label your child with First and Last Name and current Class code. (We have many children with different last names from their parents this helps keep them all straight.) Flash drives and cd's will not be returned to you unless specifically requested.

Group pictures which include 3 or more children are appreciated, and are preferred. These are more inclusive of more children whose parents may not have been able to attend the event.

Pictures should all be of your child and his/her classmates at school functions such as Class Trips, School Plays, Playdays, Halloween Parades, Halloween Happenings, H-Games etc.

Birthday Parties, Bus Stops, Sports Teams, Scouting events, Family Vacations, and Family Portraits are not acceptable.

New Deadline for pictures is March 30, 2018



PARENT SUPPORT GROUP

For Parents of Children, Teens & Young Adults Experiencing Mental Health Concerns



DAYTIME GROUP

Our groups are an encouraging place for you to meet and talk with other parents who understand.

Get the support you need. *We are solution focused!*

Join us for coffee and we will help you problem solve, learn about services to help your family
Or just listen. There is not cost and you do not need to call first, just drop by.

Last Wednesday of Every Month 11:30 am - 1:00 pm



Location:

Rockland BOCES
65 Parrott Road
Building #10, Conference Room
West Nyack, NY 10994

Future Support Group Dates:

March 28th; April 25th; May 30th; June 27; July 25th

For More Information Contact:

MICHELLE QUINN

Rockland BOCES / Partnership For Safe Youth
(845)405-4180 * MQuinn@rboces.com

MELINDA GONZALEZ

NAMI Rockland
(845)359-8787 * Melinda@namirockland.org



PARENT SUPPORT GROUP

For Parents of Children, Teens & Young Adults Experiencing Mental Health Concerns



EVENING GROUP

Our groups are an encouraging place for you to meet and talk with other parents who understand.

Get the support you need. *We are solution focused!*

Join us for coffee and we will help you problem solve, learn about services to help your family

Or just listen. There is not cost and you do not need to call first, just drop by.

Third Thursday of Every Month 7:00 pm - 8:30 pm



Location:

BERC
Adult Education Building Entrance
131 Midland Avenue North
Nyack, NY 10960

Future Support Group Dates:

March 15th; April 19th; May 17th; June 21st; July 19th

For More Information Contact:

MICHELLE QUINN

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MELINDA GONZALEZ

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