



Nancy R. Bonner  
 Principal

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 Superintendent of Schools

## Social, Emotional & Behavioral Concerns in Children

**Is your child expressing feelings of anxiety over things that they cannot control?  
 Does your child lack confidence or have low self-esteem?  
 Is your child easily frustrated or having behavioral issues?  
 Is your child struggling to focus in school or at home?**

\*Raffle will be held\*  
 \*Snacks will be served\*

**Date: Thursday, February 7<sup>th</sup>, 2019**  
**Time: 7:30 pm– 8:30 pm**  
**Location: Highview Elementary School**  
**Guest Speaker: Kristin O'Rourke, LCSW**

- Learn how to identify the signs of common social, emotional & behavioral concerns in children.
- Discuss steps you can take to decrease your child's stress level and highlight their strengths.
- Review effective coping techniques and parenting interventions to create a more positive home environment and school experience.



Kristin O'Rourke is a licensed Clinical Social Worker with over fifteen years of experience supporting children and families with anxiety disorders and behavioral issues. She is the owner of In-Home LCSW, PLLC, a private group practice which provides home and office based counseling services to children and families. Kristin recently published the new children's book, "There's a Bully in My Brain" for children struggling with anxiety, shyness and low self-confidence. Read more about her and her practice on [www.inhomelcsw.com](http://www.inhomelcsw.com)

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**Please return in an envelope no later than January 29th**  
*Highview: Homeroom Teacher (envelope addressed to Mrs. Lipson)*  
*Miller: Homeroom Teacher*

\_\_\_\_\_ **YES, I will attend the parent workshop on addressing Social, Emotional & Behavioral concerns.**

Child \_\_\_\_\_ Grade: \_\_\_\_\_ Teacher \_\_\_\_\_  
 Parent/Guardian \_\_\_\_\_ # Adults attending \_\_\_\_\_  
 Email \_\_\_\_\_ Phone \_\_\_\_\_

# ***JUST A REMINDER!***

The Highview School  
Third Grade  
presents

## **He Had a Dream**

WEDNESDAY, January 23, 2019\*

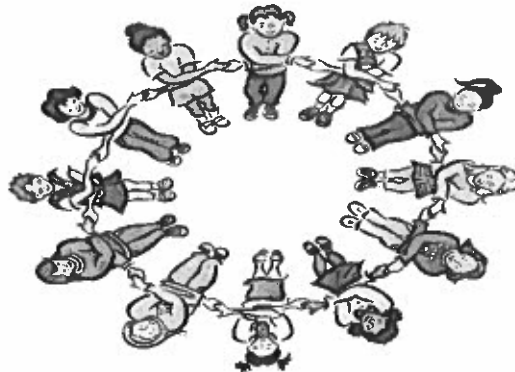
@ 1:45 PM

Highview Auditorium

(\*snow date - Jan. 25)

Families are cordially invited to attend -  
*Parking is available **across the street from the school** on  
Highview Ave. or in the Grace Baptist parking lot.*

**Costume: Nanuet Colors (Black and Gold)**



# KELSO'S CHOICES



**SHARE AND TAKE TURNS** If you and your friends are playing with toys or using materials, make sure you each get a fair amount. When beginning a game ask your friend, "Would you like to go first?" If you go first, make sure you stop after a short time and let your friend have a chance to go.

## **TALK IT OUT**



When you don't agree, each person needs to explain their feelings while the other person listens. Then they need to switch. The important thing is for both people to listen to each other.



**MAKE A DEAL** When you and a friend can't agree, you can make a plan to do a little of what your friend wants and a little of what you want. This is called a compromise. You may lose a little by not getting your way completely, but you gain a lot of fun and friendship.

## **TELL THEM TO STOP**



When someone is bothering you, if you really want them to stop, get close to the person, look him or her in the eye and say, in a quiet, but firm voice, "Please stop."



**GO TO ANOTHER GAME** When you have too many small problems while playing with friends it may be time to leave that activity and play something else.

## **WALK AWAY**



If someone is bothering you, you may need to move away from them. Leave the area and find a new place to work or play.



**IGNORE IT** If someone is bothering you, don't look at him/her or listen to him/her. This is very hard to do. Try to continue doing what you were doing and don't pay attention to them. If you can keep ignoring the person, it may take a long time, but eventually they should stop. Practice doing this with a calm face and a relaxed body.

## **WAIT AND COOL OFF**



If a small problem has gotten you really upset and the choices you have tried did not work, you can wait and cool off. Go to a quiet spot and think about how you are going to solve this problem. Do not try to talk it out if you are angry. Cool off first.



**APOLOGIZE** If you have done something to bother a friend, stop what you are doing and say that you are sorry. When you apologize you should look at the other person with a friendly face and use a nice tone of voice.

# Nanuet Elementary PTA 2019



## January

- 2 – School Reopens
- 4 – Spirit Day
- 17 – PTA meeting @ 7:30pm Miller
- 21 – MLK Jr. Day – No School  
Smashburger Fundraiser
- 23 – HV 3<sup>rd</sup> Grade Chorus @ 1:45pm
- 25 – Casino Knight @ the Elks Club
- 28-1 - Spirit Week – Kindness Challenge

Schedule  
 Change



## February

- 1 – Spirit Day
- 7 – PTA meeting @ 7:30pm HV  
w/ Guest Speaker, Kristin O' Rourke, LCSW  
“Addressing Social, Emotional & Behavioral Concerns in Children”  
Also – Salsa sampling for our April Sales Event
- 8-15 Miller Book Fair
- 11 – PARP Knight
- 18-22 Winter Recess
- 26 – ZUMBA KNIGHT @ 7:30pm Miller Gym
- Family Movie Knight - TBD



## March

- 1 – Spirit Day
- 7 – 11:35am Dismissal – Parent/Teacher Conferences - 5:30 – 7:30pm
- 11 – 11:35am Dismissal – Parent/Teacher Conferences - Day Conferences  
ZUMBA KNIGHT @ 7:30pm Miller Gym
- 14 – PTA Meeting @ 7:30pm Miller
- 22 – Superintendent Conference Day – Staff Only
- 25 – Founder's Day Dinner @ 6pm H.S.
- Mixed Bag Fundraiser - TBA
- Salsa Sale - TBA





- 2-4 – NYS ELA Testing Gr. 3 & 4
- 5 – Spirit Day
- 9 – Incoming 5<sup>th</sup> Gr. Orientation @7:30pm
- 10 – PTA Meeting @7:30pm HV
- 12 – Bingo Knight
- 19-26 Spring Recess



- 1 – Principal Appreciation Day
- 1-3 - NYS Math Test Gr. 3 & 4
- 3 – Spirit Day
- 6-10 - Teacher Appreciation Wk
- 7 – HV - H Games
- Teacher Appreciation Day
- 9 – Incoming 3<sup>rd</sup> Grade Orientation @ 6:30pm HV
- 10 – HV - Author visit, Lauren Tarshis - “I Survived” series
- 13 – PTA Meeting @7:30pm Miller
- 14 – K-2 Miller Play Day
- 17 – 3<sup>rd</sup> Gr. String Performance @10am
- 21 – 4<sup>th</sup> Gr. Spring Concert @7:30pm H.S. Aud.
- 27 – No School – Memorial Day
- 22-31 NYS Science Test - 4<sup>th</sup> Gr.



- 3 – NYS Written Science Test Gr. 4
- 7 – Spirit Day
- 4<sup>th</sup> Gr. Fun Day
- 11 -- 2<sup>nd</sup> Gr. Field Trip to Powerhouse
- PTA Meeting @7:30pm HV
- 14 – 4<sup>th</sup> Gr. Cardboard Challenge
- 24 – 4<sup>th</sup> Gr. Moving Up Ceremony @ 9:45am
- 25 – 11:35am Early Dismissal
- 26 – 10:05am Early Dismissal
- 2<sup>nd</sup> Gr. Clap Out - TBA



TBD:  
Cultural Arts Assemblies  
STEM Assemblies



# Nanuet Elementary PTA

[nanuetelementary.com](http://nanuetelementary.com) · [nanuetpta@gmail.com](mailto:nanuetpta@gmail.com)

## Nanuet Elementary PTA 2018 - 2019 Membership Registration

Please consider joining us and making a difference in your child's educational experience! Our children benefit tremendously when families get involved with the PTA. Your membership dues help fund a wide variety of fun and engaging programs and events for all the students at George W. Miller and Highview Elementary throughout the school year:

- Author Visits · Character Building Assemblies
- Cultural Arts Assemblies · Family Nights · Halloween Happenings
- PARP Night · 2<sup>nd</sup> Grade Celebration
- 4<sup>th</sup> Grade Fun Day and Moving-Up Ceremony · 4<sup>th</sup> Grade Yearbook
- Welcome Back Family Picnic · and more!

To become a member, complete the registration form and return it with payment (cash or check) to your child's class in an envelope labeled **PTA Membership**. Make checks payable to **Nanuet Elementary PTA**. You can also visit [nanuetelementary.com](http://nanuetelementary.com) and purchase a membership in our store. We greatly appreciate your support!

\_\_\_\_\_ **\$25 Family**

\_\_\_\_\_ **\$15 Individual**

**Name(s)**

\_\_\_\_\_

(For Family membership, include all parent / guardian names.)

**Address**

\_\_\_\_\_  
\_\_\_\_\_

**Phone #**

\_\_\_\_\_

**Email\***

\_\_\_\_\_

\*For Family membership, be sure to provide an email address for each member in order to receive a NYS PTA membership eCard.

Check if you would like to receive email updates on upcoming PTA activities.

**Child's Name – First and Last**

**Class Code**

Child's Name – First and Last	Class Code
_____	_____
_____	_____
_____	_____

If you would like to be added to our Facebook page, please provide your Facebook Name: \_\_\_\_\_





# Nanuet Elementary PTA

nanuetelementary.com · nanuetpta@gmail.com

## Nanuet Elementary PTA 2018 - 2019 inscripción de miembros

¡Por favor, considere unirse a nosotros y hacer una diferencia en la experiencia educativa de su hijo! Nuestros niños se benefician tremendamente cuando las familias se involucran con la PTA. Sus cuotas de membresía ayudan a financiar una amplia variedad de programas y eventos divertidos y atractivos para todos los estudiantes de George W. Miller y Highview durante el año escolar:

**Visitas de autor • Asambleas de crecer como carácter**  
**Asambleas de la Artes Culturales • Noches Familiares • Halloween Happenings**  
**Noche de PARP • Celebración del 2º Grado**  
**Ceremonia de Graduación y Día de Diversión del 4º Grado • Anuario del 4º Grado**  
**Bienvenido de Nuevo Picnic Familiar • y más!**

Para hacerse miembro, complete el formulario de registro y devuélvalo con el pago (efectivo o cheque) a la clase de su hijo en un sobre etiquetado como Membresía de la PTA. Haga los cheques a nombre de Nanuet Elementary PTA. También puede visitar nanuetelementary.com y comprar una membresía en nuestra tienda. ¡Estamos muy agradecidos por su apoyo!

\_\_\_\_\_ \$25 Familia

\_\_\_\_\_ \$15 Individual

**Nombre(s)**

\_\_\_\_\_

(Para membresías familiares, incluye los nombres de todos los padres o guardianes)

**Dirección**

\_\_\_\_\_  
 \_\_\_\_\_

**# de teléfono**

\_\_\_\_\_

**Email**

\_\_\_\_\_

\*(Es muy importante incluir su Email porque va a recibir una tarjeta de membresía NYS PTA por Email.)

**Marca si quiere recibir noticias por Email sobre próximas actividades PTA.**

**Nombre del niño(a) – Nombre y apellido**

**Código de Clase**

_____	_____
_____	_____
_____	_____

Si desea ser agregado a nuestra página de Facebook, proporcione su Nombre en **Facebook**:

\_\_\_\_\_

Nanuet Elementary PTA



**Thurs. Jan. 17th**  
**7:30pm**  
**@ Miller Library**

Eat at Smashburger on Monday Jan. 21st and mention Nanuet Elem. PTA and a portion of the sales will be donated to us.



**smash. sizzle. savor.®**