Nanuet Elementary PTA presents

Reading Under the Stars

A K-4 PARP Event at George Miller Elementary
Thursday, February 15th 2018 at 6:30pm to 8:00pm

Bring your blanket, your flashlight, and a book and come read under the stars!
You and your child(ren) will not only be reading but you will also be making s’mores and singing campfire songs.
The book fair will also be open so you and your child can stop by and buy a book!

Admission is free, but space is limited. Please make sure to send in the form below by February 12th to save your child’s spot.
We cannot take walk-ins on the day of the event.

__________________________________________________________
Child’s Name:______________________________________________

Classroom Code: _______ # of Children: ______ # of Adults _____

Email Address:_______________________________________________

***Please note this event is for children in K thru 4th that attend the Nanuet Elementary Schools. No younger/older siblings allowed.
Highview Elementary

Rare Disease Day is February 28, 2018
"With Research, Possibilities are Limitless"

Pledges for: ____________________________

Grade: ___________ Teacher: _______________

Starting February 1, 2018 through February 28, 2018, I will be participating in the Rare Disease Day Fundraiser. I will have 28 days to complete as many chores and helpful deeds as possible at home and in my community. The funds collected will be donated to ATCP and SPF in honor of Rare Disease Day. I hope you can help by sponsoring me.

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Why should you participate?
There are currently just over 7,000 rare diseases identified, affecting 30 million people in the US alone. Although these numbers are staggering, what is of even greater concern is that approximately 75% of those affected are children, making this disease category one of the most deadly and debilitating for our country's children. (atcp.org)

Forms and money due back March 6, 2018
Together time

Family time is a worthy investment that can boost your child's communication skills and self-esteem. As a result, she may learn more and behave better in school. Try these ideas for fitting in more time with your youngster.

Maximize minutes
Sharing simple, everyday moments may lead to conversations about school or friends. Ask your child to help you with dinner. She could make the salad while you peel potatoes or sing along with the radio when the two of you are in the car or listening to music at home.

Have “play dates”
Join your youngster when she plays. She might teach you the rules for Trouble or Mousetrap, or you could show her a card game you liked at her age. Or pretend with her—maybe she'll be a veterinarian and you'll bring stuffed animals for checkups. Taking turns and role-playing build social skills she needs in school.

Plan ahead
With your child, list special activities you both enjoy, such as going to a flea market, visiting a nature center, or watching a basketball game. Put these on a calendar so you'll plan on them. She'll see that her company is important to you.

Tip: Silence or put away your phone to give your youngster your undivided attention while you chat or play.

Celebrate history

For a child, even yesterday can seem like a long time ago. Bring the past into the present for your youngster with these do-it-today activities.

- Celebrate Martin Luther King Jr. Day.
  This civil rights leader helped to change the world. How can your family make a difference? Have each person draw a star on a sheet of paper, then cut it out and write one way to help others on each of the star's points. Examples: “Make a meal for a sick neighbor.” “Play with a classmate who doesn't have a lot of friends.”

- Create a personal history museum. History isn't just about others—your family has its own history, too! Let your child turn a box into a museum filled with items that remind family members of “historic” moments. He might include his T-ball award or a photograph of his little sister in a school play.

Q: Where was the Declaration of Independence signed?
A: At the bottom.
Keys to collaboration

Here’s a skill that will come in handy when your child works with partners or groups: collaboration. He’ll need to exchange opinions and solve problems throughout his school career and in future jobs. Share these tips.

**Think before answering.** In a good discussion, each person builds on others’ responses. Practice by asking a “Would you rather” question, such as “Would you rather fly like a bird or transport anywhere instantly?” Maybe you’ll say “teleporting” is better because you’d get home from work quickly. Your youngster might reply, “I agree that teleporting would be faster, but I’d like to fly and look at the world below.”

**Negotiate thoughtfully.** Appoint your child “consensus builder” for one week. His job is to think of compromises. Say one family member wants tacos for dinner and another wants pasta. Perhaps he’ll suggest a “taco-spaghetti bar” where you have tortillas and noodles, with toppings for both.

Peer pressure: Stop and think

My daughter Chloe has a friend who dares her to do things that could lead to trouble. When the girls got a restroom pass from their teacher, this friend pressured her to sneak onto the playground. Chloe said it was hard to say no, and when she did, her friend called her a “scaredy-cat.”

I told Chloe I was proud of her for doing the right thing. Then I shared an idea to use if she faces peer pressure. She can picture a stop sign in her mind—that’s her cue to stop and think. If she wouldn’t want her teacher or me to see her saying yes, she should say no.

We also talked about how true friends will take “no” for an answer. I hope the “stop sign” strategy will help her handle tough situations in the future.

Encourage active play

**Q & A**

**Q:** My son used to get plenty of exercise by playing outside. Now that he’s older, he spends more time sitting around than running around. How can I get him moving?

**A:** You’re right to want your son to move more, since daily physical activity will keep him healthier.

Challenge your child to think of fun ways to be active, and suggest that he write each one on a separate index card. Examples: “Jump rope.” “Juggle balls.” “Play air guitar.” Every day, prompt him to pick a few cards and do what they say.

Encourage him to enjoy physical activity with other kids, too, by joining a sports team or taking a class like karate or gymnastics. You can also help by being active with him. Go outside for a game of catch, follow along with a workout video, or play Ping-Pong at the community center.

Between these ideas—and recess and PE at school—your son can get the recommended hour or more of exercise per day.

Make a crystal “garden”

This sparkly science experiment will show your youngster how crystals form.

1. Save the shells from 4 eggs that you’ve cracked in half. Have your child rinse them and place into an empty egg carton.
2. Measure 1/2 cup boiling water into a mug. Your youngster should stir in about 1 cup salt, a little at a time, until it won’t dissolve anymore.
3. Let your child pour 1 tbsp. water into each shell and add a drop of food coloring.
4. Have her check the shells twice a day and record what she sees. Over several days, colorful crystals will form.
5. She could paint her crystals with clear nail polish to preserve them.

*The science:* As salt dissolves, the water molecules drive apart the salt molecules. When the water evaporates, the salt molecules go back together, forming a regular geometric pattern called a crystal. Snowflakes and diamonds are real-world examples of crystals.