



Liberty Newsletter

A Blue Ribbon School of Excellence

Principal's Message



January 2018

Liberty Elementary School

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Valley Cottage, NY 10989

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Dear Liberty Families,

Best wishes to all for a happy and healthy 2018! I hope all of our families enjoyed a relaxing holiday break. Our grades 3-5 Winter concert will be on Thursday, January 11th at 7pm at Nyack High School. Please join us! Thank you to Mrs. Philhower for all your hard work preparing the children.

January is a busy month at Liberty! Our character trait for this month is Cultural Awareness. We will be discussing the courage of Martin Luther King during this month. We will also be honoring students and staff members each month for showing "Random Acts of STARdom". Those individuals are highlighted at Morning Program and on our hallway bulletin board. We are looking forward to adding to our STARS during this month.

We are very proud of our fifth grade students who will be completing the DARE program with Officer Norm Peters. We will celebrate their accomplishments at their DARE graduation on Thursday, January 25th at 9:15am. Congratulations fifth graders, their teachers and families.

Just a gentle reminder: During Morning Drop-off, please do not block the traffic circles. If you plan to walk your child to the door, please park your car. Mr. Gallagher, our Security guard is outside each morning to assist you if you have questions about the parking lot and bus circles.

Winter is upon us, so we would like to remind you that we still go outdoors for recess when the temperature and the wind chill factor are 25 degrees or above. We also consider the conditions of the playground equipment and blacktop area in our decision. It is essential to make sure that your child dresses appropriately for school and outdoor recess. Thank you for your cooperation.

***** NO SCHOOL *****

MONDAY, JANUARY 15th- Martin Luther King Day

Once again, our Lost and Found baskets are growing with large amounts of clothing. If your child is missing articles of clothing, please check our Lost and Found. Going forward, it is helpful if articles of clothing are labeled so they can easily be returned when found.

Happy winter!

Mrs. Ellen Rechenberger
Principal



Monthly Highlights

- Jan. 3 PTA Mtg. -7pm
- Jan. 9 School Bd. Mtg. (H 7:30pm)
- Jan. 11 Grs.3-5 - Winter Concert- (HS 7pm)
- Jan. 15 Martin Luther King, Jr. Day- School Closed
- Jan. 23 School Bd. Mtg (H 7:30pm)

Daily Events

- Jan. 19 Family Bingo Nite- 7pm
- Jan. 25 D.A.R.E. Grad.- 9:15am
- Jan. 26 5th Gr. Basket- ball Game -7pm

From our School Social Worker:

Let's start the New Year with Positive Self-Talk!

Kids face new experiences and challenges all the time. Positive self-talk is a way people can encourage themselves. It can build your family's confidence that you can indeed make healthy changes. If you teach your kids about positive-self talk and how to do it, it can give them the ability to change feelings of "I can't" to "Yes, I can." Let kids know that using positive-self talk takes practice. Just like they need to run and play to make their muscles and heart stronger, practicing positive self-talk helps their minds get stronger so they can make healthy choices.

When Can Kids Use Positive Self-Talk?

One of the best times is when something seems too hard or makes them nervous. When doubt creeps in, teach them they can do something about it. The first step is to recognize negative thoughts. However, sometimes recognizing negativity can be tricky, especially if it's something that you or your kids do out of habit. Negative thoughts tend to be sweeping, all-or-nothing statements that jump to conclusions. There are certain words that are flags for negative self-talk. Listen for "I can't," "I never" or "I always." When your kids say things like this, stop and talk to them. Then you can help them find more positive thoughts to think and say instead.

How Can You Help Your Kids Come Up With Positive Thoughts?

When you hear them say something negative, take a three-step approach: Find out what's wrong, reassure them, and help them choose a positive statement to say instead. You're teaching your child that while you can't always control what happens to you, you can control the way you see it, and that changes what happens next for the better.

Enisa Nikocevic, LMSW, CASAC-T
School Social Worker

From the Psychologist :

Building Resiliency: Helping Children Learn to Weather Tough Times

Adversity is a natural part of life. At some point, we all face difficulties, such as family problems, serious illness, a personal crisis, or a painful loss. Protecting our children against all of life's unexpected painful events is not possible. Giving them a sense of competency and the skills to face adverse circumstances can be a valuable legacy of all parents. Resiliency can be built by understanding these important foundations:

1. **Think positive!!** Modeling positive attitudes and positive emotions is very important. Children need to hear parents thinking out loud positively and being determined to persist until a goal is achieved.
2. **Express love and gratitude!** Emotions such as love and gratitude increase resiliency. Praise should always occur much more often than criticism. Children and adolescents who are cared for, loved, and supported learn to express positive emotions to others. Positive emotions buffer kids against depression and other negative reactions to adversity.
3. **Express yourself!** Resilient people appropriately express all emotions, even negative ones. Parents who help kids become more aware of emotions, label emotions appropriately, and help children deal with upsetting events are giving them useful life skills.
4. **Get fit!** Good physical health prepares the body and mind to be more resilient. Healthy eating habits, regular exercise and adequate sleep protect kids against the stress of tough situations. Regular exercise also decreases negative emotions such as anxiety, anger, and depression.
5. **Foster competency!** Making sure that children and adolescents achieve academically is great protection against adversity. Children who achieve academic success and who develop individual talents, such as playing sports, drawing, making things, playing musical instruments or playing games are much more likely to feel competent and be able to deal with stress positively. Social competency is also important. Having friends and staying connected to friends and loved ones can increase resiliency. Social competency can even be created by helping others.

Pia Weston, Ed-M.,NCSP

Notes from the Nurse:

Happy New Year! I hope you had a happy and healthy holiday break. As we proceed through winter, please remember to send your child dressed for outdoor play with hats, gloves, and boots. We try to have outdoor recess as often as possible unless it is extremely cold. Please send in extra clothes in your child's backpack – even "big kids" get wet/muddy on a wet or snowy playground.

Thank you for your prompt return of physical exam forms. Students in grades K, 2, 4 and new students need an updated physical for school. Those who have not returned physical exam forms, please send them in by the end of January. *Note: a physical dated on or after September 1, 2016 is valid for the 2017-2018 school year.* If we do not receive the required physical exam for your child, he/she will be examined by the Nyack School District Physician in the near future.

If your child is ill, *please* keep him/her home. Illness is the one thing we don't want to share! Please remember to call 353-7250 to leave a message whenever your child will be absent for any reason. Messages can be left around the clock. As per district policy, if your child is sent home from school with a fever and/or vomiting or diarrhea, they **must remain home until fever free or symptom free for 24 hours before returning to school.** Also, please remember that if your child needs to take any medication in school for any reason, a doctor's note and a parent note are required. The medication must be labeled and in the original container. This is per New York State regulations.

Finally, please keep us updated on any changes in your daytime/emergency phone numbers. If your child is ill or seriously injured, we need to be able to reach you.

Thank you for your assistance.

Kathleen Fredericks, RN
Liberty School Nurse



Kathleen Fredericks
845-353-7250