



Liberty Newsletter

A Blue Ribbon School of Excellence

Principal's Message



October 2018

Liberty Elementary School

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Valley Cottage, NY 10989

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Monthly Highlights

- Oct. 8 Columbus Day -
School Closed
- Oct. 10 PTA Mtg.-7pm
- Oct. 16 School Board Mtg.
(H 7:30pm)

Dear Liberty Families,

Fall is in the air and we have many exciting things happening around Liberty! Thank you to all of our parents and guardians who attended "Back to School Night". I hope you found the evening to be informative.

Our character trait for the month of October is Creativity. The week of October 8th is Fire Prevention Week. Our students in Kindergarten through Grade 2 will be visited by the Valley Cottage Fire Department to learn about fire safety.

Although our students do not wear Halloween costumes to school, we do encourage students to celebrate in their costumes on Friday, October 19th at 6pm for Trunk or Treat Halloween Celebration. Please join us!!!

Our PTA will meet on Wednesday, October 10th at 7pm. Please join us and hear about all the wonderful things being planned for your children.

*****NO SCHOOL ON MONDAY, OCTOBER 8th*****
COLUMBUS DAY

Thank you for your continued support in making Liberty a learning environment where all children can be successful.

Sincerely yours,

Ellen M. Rechenberger
Principal

Daily Events

- Oct. 18 School Pictures
- Oct. 19 Trunk or Treat-
6pm
- Oct. 26 Trunk or Treat-
Rain date—6pm

From our School Social Worker:

Mindfulness is the “awareness” that emerges through paying attention on purpose, in the present moment, and non-judgmentally to the unfolding of experience moment by moment. I have been sharing mindfulness exercises with our students and I’m inviting you to try to practice mindfulness as well. Mindfulness has been shown to have a positive impact on stress, attention, and even relationships. The American Psychological Association shares research on a range of [benefits of mindfulness](#), including: stress reduction, boosts to working memory, focus, less emotional reactivity, more cognitive flexibility, and other benefits. A few easy ways to practice mindfulness are:

Setting Intentions for a Mindful School Year

1. Establish a regular practice: Find a few moments each day to sit quietly and focus on your breath.
2. Mindful Breathing: Sit still and focus on your breathing while letting go of thoughts and continuously refocusing on your breath.
3. Set Intentions: Think about your goals for the day. Keep it simple.
4. Practice Gratitude: Remind yourself about the things that matter.

Happy October!

Enisa Nikocecic, LMSW
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From the Psychologist :

Response to Intervention (RTI): A Primer for Parents

A major concern for parents as well as teachers is how to help children who experience difficulty in school. All parents want to see their child excel, and it can be very frustrating when a child falls behind in either learning to read, achieving as expected in math and other subjects, or in getting along socially with peers and teachers. Response to Intervention (RTI) is a multi-step approach to providing services and interventions to struggling learners at increasing levels of intensity. RTI allows for early intervention by providing academic and behavioral supports rather than waiting for a child to fail before offering help.

What are the essential components of RTI?

Simply, "Response to Intervention" refers to a process that emphasizes how well students respond to changes in instruction. The essential elements of an RTI approach are: the provision of scientific, research-based instruction and interventions in general education; monitoring and measurement of student progress in response to the instruction and interventions; and use of these measures of student progress to shape instruction and make educational decisions. The core features of an RTI process as follows:

- High quality, research-based instruction and behavioral support in general education.
- Universal (school-wide or district-wide) screening of academics and behavior in order to determine which students need closer monitoring or additional interventions.
- Multiple tiers of increasingly intense scientific, research-based interventions that are matched to student need.
- Use of a collaborative approach by school staff for development, implementation, and monitoring of the intervention process.
- Continuous monitoring of student progress during the interventions, using objective information to determine if students are meeting goals.
- Follow-up measures providing information that the intervention was implemented as intended and with appropriate consistency.
- Documentation of parent involvement throughout the process.
- Documentation that the special education evaluation timelines specified in IDEA 2004 and in the state regulations are followed unless both the parents and the school team agree to an extension.

What are the potential benefits of RTI?

Perhaps the most commonly cited benefit of an RTI approach is that it eliminates a "wait to fail" situation because students get help promptly within the general education setting. Secondly, an RTI approach has the potential to reduce the number of students referred for special education services while increasing the number of students who are successful within regular education. Since an RTI approach helps distinguish between those students whose achievement problems are due to a learning disability versus those students whose achievement problems are due to other issues such as lack of prior instruction, referrals for special education evaluations are often reduced. Finally, parents and school teams alike find that the student progress monitoring techniques utilized in an RTI approach provide more instructionally relevant information than traditional assessments.

Pia Weston, Ed-M.,NCSP

Notes from the Nurse:

Fall is here and we would like to take this opportunity to pass along some helpful information.

Cold and flu season will be here before you know it. The basics will help keep you healthy. Wash your hands frequently. Remind your children to cover their nose and mouth when coughing and/or sneezing. Getting a good night sleep and eating healthy foods will provide your body with the fuel it needs to get through the day and fight off viruses. If your child becomes ill and feels he/she cannot participate in all of the school's daily activities, *please* keep them home. Your child should be **fever-free for 24 hours** without the use of fever reducing medication before returning to school. As always, seek advice from your physician if your child is not feeling well and symptoms persist.

It is also the time of year when asthma and seasonal allergy symptoms can intensify. If your child requires medication for seasonal allergies while in school, please send in a note from your physician and the medication to be administered. Or, if possible, try to give your child any necessary medication at home before school so that they can be symptom free for the day. If your child has asthma and requires the use of an inhaler or nebulizer treatment, please send in the Asthma Action Plan from your physician **and** the prescribed medication (if you have not already done so). We want to be able to help your child when he/she is symptomatic. I have a nebulizer in the office for the students.

If you have any questions or concerns, please do not hesitate to contact me. Thank you for your continued cooperation.

Kathleen Fredericks, RN
Liberty School Nurse



Kathleen Fredericks
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