



# THE LION'S SHARE



LAKE STREET SCHOOL'S MONTHLY SHARE OF NEWS AND UPCOMING EVENTS

Please visit our school website @ [www.vernonpublicschools.org/lss-homepage](http://www.vernonpublicschools.org/lss-homepage)

February 2018

## Upcoming Events:

**Thurs., Feb. 8th**

Family Math Night

5:30 pm

**Mon., Feb. 12th**

PTO Meeting

6:30 pm

**Thurs., Feb. 15th &**

**Fri., Feb. 16th**

**No School**

Professional Development

Days

**Mon., Feb. 19th**

**No School**

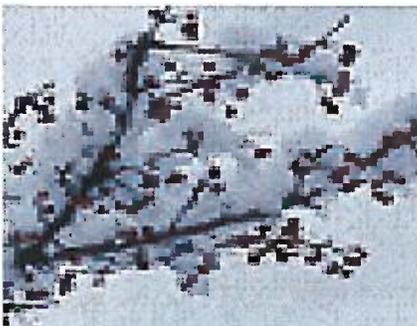
Presidents' Day

**Thurs., Feb. 22nd**

Annual Jump Rope for Heart

Jack & Allies

6:00—8:00 pm



## Principal's News



Dear LSS Parents,

It's hard to believe that as I write this we are preparing to celebrate our 100<sup>th</sup> Day of School. Each week, I note some of the learning that I see in my visits to the classrooms. Here are some samples from the past month:

- \* Kindergarten students using *Lips the Fish* and *Eagle Eye* strategies to sound out words!
- \* Second graders playing games to enhance their math fact fluency!
- \* Preschool students identifying numbers using ten frames!
- \* A third grade student telling of the many obstacles that Eleanor Roosevelt faced before she was 8 years old!
- \* Fifth graders sharing thematic symbols, such as water being a symbol of hope and a reminder that we are all connected!
- \* ABL students identifying happy expressions in other people!
- \* First grade students sharing the main star of their stories with outside and inside character traits!
- \* Fourth grade students presenting their research projects on natural disasters to third graders!

The staff and I thank you for your continued support, at school and at home. We enjoy seeing you here celebrating our student learning.

Tracy Duenzl

Please see our link on Facebook: <https://www.facebook.com/LakeStreetSchool/>

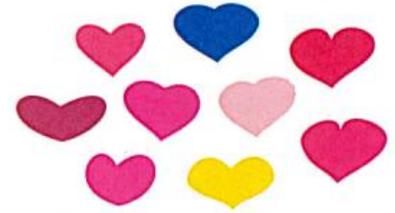
Like us for daily updates on student learning and school events!

See us on Instagram @lakestreetschool

	Gr.	Aug.	Sept.	Oct.	Nov.	Dec.
LSS Attendance Our Goal: 95%	K	99.4	95.0	96.5	96.1	94.6
	1	99.9	96.3	96.6	98.1	94.8
	2	100.0	98.6	99.5	97.1	95.5
	3	100.0	98.3	98.8	96.3	96.1
	4	99.9	98.5	98.4	98.0	96.7
	5	100.0	97.9	98.0	97.1	94.9
Total Monthly %		99.9	97.5	97.9	97.2	95.5



# FEBRUARY



From the Secretary's desk....

## Mrs. Gessay

This is a reminder that if there is any change in the dismissal routine for your child, we must have this change in writing and submitted to the teacher or office at the beginning of the day. Given the high number of changes we receive daily, we must have a note to accommodate any change in dismissal. We will follow your child's regular dismissal routine unless a note is received. Your child's safety is extremely important to us!

With a continuous effort to save on paper, all weekly and monthly newsletters will be sent home via e-mail. If you do not want the information e-mailed to you, please send in a note to let me know. If you have not received any e-mails from me or Laura Ryan, please let me know. It may be an error in our system.



Lake Street School will GO RED on Friday, February 2nd in order to support Heart Health. All Staff members and Students are welcome to participate and wear your RED!

## A note from the Nurse's Office:

**DIRECT PHONE NUMBER 860-870-6088 -To call in all absences**

Dear Families,

We have sent home a letter from the Vernon Public Schools Health Room regarding Influenza. There have been several cases of flu at the school. In the letter, influenza prevention, symptoms, and our district's policy were included. Please, read it carefully and share with family members.

We recommend that your child stay home from school if experiencing symptoms such as:

- Very stuffy or runny nose and/or cough
- Mild sore throat
- Headache
- Mild stomach ache

Definitely keep your child at home for treatment and observation by pediatrician if he or she has any of these symptoms:

- Fever (greater than 100 degrees). Your child may return to school if he or she has been fever/medication free for at least 24 hours.
- Vomiting
- Diarrhea
- Chills
- General malaise, fatigue, weakness or muscle aches
- Congestion (wet) or croupy cough
- Nasal congestion with frequent blowing of nose

To help prevent the flu, please remind your child about good hygiene habits: wash hands frequently, do not touch nose or mouth, cover your mouth and nose when sneezing or coughing.

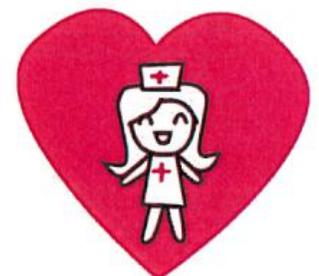
Together we can prevent widespread flu in the school and keep our children and community healthy.

Please, do not hesitate to contact me, or stop by my office, if you have any questions.

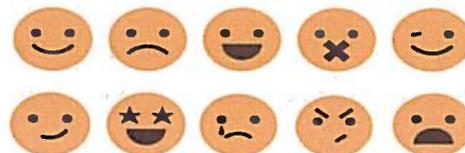
Thank you,

Lorena Valentino, RN

[maria.valentino@vernonct.org](mailto:maria.valentino@vernonct.org)



# News from the school Social Worker, Family Liaison, and School Psychologist



**SAVE THE DATE!** Two upcoming events!!

*Do your mornings seem rushed? Trouble getting kids to bed? Seeing more defiant behavior? Come join our conversation!*

Lake Street Breakfast Workshop -- "Positive Behavior Techniques at Home" on  
Wednesday 2/21 at 8:30 a.m.

Ready! Set! School Fair on Saturday 2/24 at V.C.M.S.

*A community fair to connect families with young children to area opportunities and  
Vernon Public Schools*

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## Technology tips:

*Here are some practical ways to help make kids' screen time at home more productive:*

**Stock any rooms that have a TV, computer, or other devices with plenty of other non-screen entertainment (books, kids' magazines, toys, puzzles, board games, etc.) to encourage kids to do something non-screen related.**

**Keep TVs, iPads, and other screens out of kids' bedrooms.**

**Turn off all screens during meals.**

**Don't allow your child to watch TV while doing homework.**

**Treat screen time as a privilege that kids need to earn, not a right that they are entitled to. Tell them that screen time is allowed only after chores and homework are completed.**

**Try a weekday ban.** Schoolwork, sports activities, and job responsibilities make it tough to find extra family time during the week. Record shows or save video games for weekends, and you will have more family togetherness time to spend on meals, games, and physical activity during the week.

**Set a good example.** Limit your own screen time.

**Check the TV listings and program reviews.** Look for programs your family can watch together (like developmentally appropriate and nonviolent programs that reinforce your family's values). Choose shows that foster interest and learning in hobbies and education (reading, science, etc.).

**Preview programs.** Make sure you think they are appropriate before your kids watch them.

**Use the ratings.** Age-group rating tools have been developed for some TV programs and usually appear in newspaper TV listings and onscreen during the first 15 seconds of some TV programs.

**Use screening tools.** Many new standard TV sets have internal V-chips (V stands for violence) that let you block TV programs and movies you don't want your kids to see.

**Come up with a family TV schedule.** Make it something the entire family agrees on. Then post the schedule in a visible household area (like on the refrigerator) so that everyone knows which programs are OK to watch and when. And make sure to turn off the TV when the "scheduled" program is over instead of channel surfing for something else to watch.

**Watch TV and play video games with your child,** to see if the programming is OK for your child.

**Find out about other TV policies.** Talk to other parents, your doctor, and your child's teachers about their TV-watching policies and kid-friendly programs they'd recommend.

**Offer fun alternatives to screen time.** If you want your child to turn off the screen, suggest alternatives like playing a board game, starting a game of hide and seek, or playing outside.

## *Talking Is Important*

Talk to kids about what they see on screens, and share your own beliefs and values. If something you don't approve of appears on the screen, turn off the screen and use the opportunity to talk with your child. Here are some suggestions:

"Do you think it was OK when those men got in that fight? What else could they have done? What would you have done?"

"What do you think about how those people were acting at that party? Do you think what they were doing was wrong?"

If certain people or characters are mistreated or discriminated against, talk about why it's important to treat everyone fairly despite their differences.

You can use programs and games to explain confusing situations and express your feelings about difficult topics (sex, love, drugs, alcohol, smoking, work, behavior, family life). Teach your kids to question and learn from what they see on screens.

## *Video and Interactive Computer Games*

**Look at the ratings.** Video games do have ratings to indicate when they have violence, strong language, mature sexual themes, and other content that may be inappropriate for kids. The ratings, established for the Entertainment Software Rating Board, range from EC (meaning Early Childhood), which indicates that the game is appropriate for kids ages 3 and older, to AO (for Adults Only), which indicates that violent or graphic sexual content makes it appropriate only for adults.

**Preview the games.** Even with the ratings, it's still important to preview the games — or even play them — before letting kids play. The game's rating may not match what you feel is appropriate for your child.

**Help kids get perspective on the games.** Monitor how the games are affecting your kids. If they seem more aggressive after spending time playing a certain game, discuss the game and help them understand how the violence that's portrayed is different from what occurs in the real world. That can help them identify less with the aggressive characters and reduce the negative effects that violent video games can have.

## *Internet Safety*

**Become computer literate.** Learn how to block objectionable material.

**Keep the computer in a common area.** Keep it where you can watch and monitor your kids. Avoid putting a computer in a child's bedroom.

**Share an email account with younger children.** That way, you can monitor who is sending them messages.

**Teach your child about Internet safety.** Discuss rules for your kids to follow while they're using the Internet, such as never revealing personal information, including address, phone number, or school name or location.

**Bookmark your child's favorite sites.** Your child will have easy access and be less likely to make a typo that could lead to inappropriate content.

**Spend time online together.** Teach your kids appropriate online behavior.

**Monitor kids use of chat rooms.** Make your kids aware that posting messages to chat rooms reveals a child's email address to others.

**Find out about online protection elsewhere.** Find out about the online protection offered at school, after-school centers, friends' homes, or anywhere kids could use a computer without your supervision.

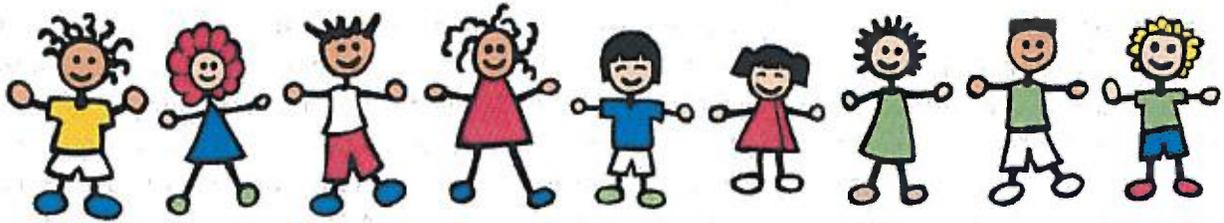
(Taken from <http://www.kidshealth.org>)

*Mrs. Weber, Ms. Wawzyniecki, & Mrs. Welnicki*



## Hello from the Special Education Department

Ms. Boltseridge, Mrs. Bedson, and Mrs. Kowalczyk



### Helping Your Child with Test Anxiety

As Special Education Teachers, we sometimes see our students getting extra worried when they have a test or project coming up. One thing we like to do is to tell our students to focus on progress, not perfection. If they take their time, practice often at school and home, and try their best, they are likely going to do just fine. Here are some tips from [friendshipcircle.org](http://friendshipcircle.org), about how you can help your child at home if he/she is getting nervous about an upcoming test or project:

#### Minimize Test Talk

Put the focus on learning instead of taking the test. Remind your child that tests are just a way to show teachers what he/she knows, and for teachers to see how they can help their students even more.

#### Prepare

Help your child develop good habits by managing their time. If there is a project due, spend small amounts of time each night working on it. This will eliminate stress and also prepare your child for when they are older and have even more responsibilities.

#### Sleep Well

Make sure your child gets plenty of sleep the night before a test. Eliminate screen time, video games, and sweets the night before. A warm bath or weighted blanket may also help some children to feel calm.

## Information from our Reading Specialists:

### Amy Hardell & Suzanne Ruiz

It's that time of year again! Our Read Across America event is coming up. This year, our celebration will take place on March 1st. During the school day, we will have some special guest readers including some important people in our school district as well as in our government. We will even have someone that you may recognize from television! These readers will visit with classes and share some favorite books. At night, you are invited to join us at school, which will be transformed into Lake Street International Airport. You and your children will be able to participate in some fun literacy games and activities as we "Read Around the World". More information to come soon!

Amy Hardell & Suzanne Ruiz  
Reading Specialists  
Lake Street School  
Vernon Public Schools  
860.870.6085



## News from the Math Corner!

### Mrs. Browne

**Greetings! The Math Corner** is bubbling with excitement over our upcoming Family Math Night on Thursday, February 8<sup>th</sup>. We will welcome LSS families with games, pizza, and an entertaining show called *Arithmetickles*. Flyers have been sent home electronically and in paper copy. To be included in this fun event, just sign up and return the response to your child's teacher. Hope to see you all there! Below is the press release for the show:

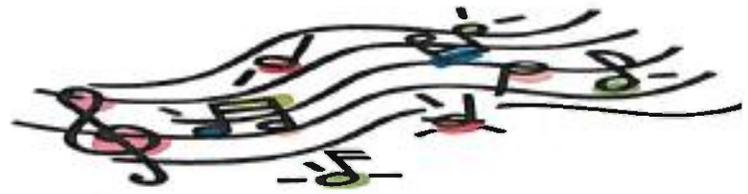
#### **"ARITHMETICKLES" TAKES MATH FROM THE PAGE TO THE STAGE**

*Arithmetickles* takes math from the page to the stage by blending fast-paced theater games, audience participation, improvisation, mime, magic and puzzles. The show demonstrates that numbers, shapes, percentages, fractions and logic are all a part of everyday life. The performance invites children to creatively explore and solve math problems in real life situations by using imagination and humor.

One of the highlights of *Arithmetickles* is the chance for students to perform onstage and also to watch their classmates as they take on math challenges in games such as "*Arithmetickle-Tac-Toe*". Even audience members play along by using creative thinking skills as they attempt to solve a variety of interesting math problems. *Arithmetickles* reinforces the idea that math is fun and intriguing and that it goes far beyond simply reciting facts and memorizing multiplication tables".



## MUSIC NOTES from Mr. Stern



As we come to the end of January there has been lots of learning in the Music Classroom. Kindergarten students are learning about their four voices for music class: singing, talking, whispering, and thinking (inner-hearing). When they understand the differences between the four voices, it helps them sing more healthfully and in tune. 1<sup>st</sup> grade has been experimenting with loud and soft by singing, playing instruments, and moving throughout the classroom. 2<sup>nd</sup> grade has been learning how to *improvise* (creating music in the present, as opposed to *composing* music that is written down and can be revised later). They keep a steady beat with a partner and take turns improvising rhythms. 3<sup>rd</sup> grade is continuing their work on xylophones and using a rubric to peer- and self-assess. 5<sup>th</sup> grade is using a different rubric to give more detailed feedback on performances, and using that feedback to discuss practice strategies. 4<sup>th</sup> grade is *composing* short pieces for the recorder to help them memorize the finger positions needed to play different pitches.

## News from the Art Room

Mrs. Shaw-Mumford



This month in the art room, students are working hard creating artwork for Lake Street School's upcoming Literacy Night. We are learning about different countries and creating artwork inspired by places such as England, France, India, Egypt, and many more. Students are using collage, oil pastel resist, color mixing, pattern making techniques as well as working in groups to create larger artworks.

## Physical Education

Mr. Johnson



In Physical Education, grades 3-5 just finished project adventure, problem solving and cooperative activities. Students worked together in large and small groups to accomplish certain tasks. Students in grades K-2 have been learning how to perform striking movements with implements such as racquets, feet, and hands. All grades are about to start bowling where the younger students will learn proper grip and what pin to aim for in order to knock down as many as possible. Older students will learn proper grip, approach and scoring as we transform the gym into "Lake Street Lanes".

Our intramural programs will be resuming this month so be on the lookout for permission slips. The first sport will be bowling followed by basketball and floor hockey. Our annual Jump Rope for heart event is on February 22<sup>nd</sup> for grades 3-5 from 3-4:30 p.m. so make sure you get those permission slips turned in when you receive them. Students in grades K-2 will be doing the event during their PE classes during that same week.