

The Boulevard Beat

A Monthly Newsletter from SBS - November 2015 Edition

The Principal's Place

Dear SBS Community,

Welcome back! November has been filled with energy and excitement as students, parents and staff members have been immersed in the many facets of their lives. Just to scratch the surface, we've raised money collecting box tops, experienced field trips, and enjoyed a Coffee and Conversation event, an outstanding Author's Day with Suzy Kline, and another amazing HOPE Week. As we return from Thanksgiving and prepare for parent-teacher conferences and all that December promises to bring, there's no better time to pause for some genuine reflections and expressions of gratitude. I'd like to share some recent happenings that I believe capture the essence of our community, and represent reasons for us to be grateful.

November 16th-20th was our second annual HOPE Week. It is refreshing to see our children engaging in activities with the shared purpose of helping others, and fulfilling to listen to them explain the impact that they are having. Please ask your children to describe how they've helped, and keep your eyes open for more information about HOPE Week. The messages behind this initiative exemplify a community effort that truly makes SBS a special place for children to learn each day. Thank you to our parent volunteers and our staff for delivering such meaningful experiences, not only during HOPE Week, but every week.

On November 10th, Mrs. Leister, Mr. Pesapane and I received our school's National Blue Ribbon Award in Washington D.C. Through various keynote speakers and participation in several sessions in which representatives from Blue Ribbon Schools from all 50 States shared their experiences, it was evident that we absolutely belonged there. While it is difficult to encapsulate the feelings of pride, accomplishment, excitement and validation that we enjoyed, I'll offer the video and thoughts below and encourage you to try to find a few minutes to watch. When you do, think about the many ways that our community works together to ensure that no child is left on "first base". School communities like ours are comprised of adults who cherish every opportunity to model the right examples for our children. As a result, we have children that are raised to think outside of the box in order to overcome challenges, and to ensure that they are doing the right thing. In addition to outstanding academic achievement, this is what it means to "be blue".

You'll notice that we've already started to celebrate this accomplishment with a plaque on the wall outside of the main office, a beautiful banner hanging above our main hallway, and some new blue lights outside of our building in the fixtures on either side of our main entrance. We are also planning to have a flag raising ceremony and a reception for the entire community in March. Details will be coming just after the New Year.

I'm looking forward to seeing you again soon.

Respectfully,

Robert Gardella
Principal

Video - "Touching Them All"

The Nurse's Nook

The Art of Staying Well....Keeping Each Other Healthy at School

As we face the beginning of flu season, here are some tips for maximizing the health and well-being of all:

1. Always use a thermometer to determine your child's temperature BEFORE sending him/her to school.

Students who complain of any symptoms of illness, such as sore throats, stomach aches, coughs or general malaise need to be assessed first by having their temperature measured with a thermometer. This should be done prior to giving a medication such as acetaminophen (Tylenol) or ibuprofen (Motrin, Advil). As per our district document "Required Exclusion Times for Contagious Disease", all children with temperatures of 100 degrees or more should be kept home until the fever resolves (without the use of medication). Please keep in mind that the health of the rest of the school community should be your top priority when determining your child's readiness to return to school.

2. Remind your child to wash their hands.

Frequent, vigorous hand-washing with soap and water is not only the easiest way to minimize the spread of illness—it is also the most effective way to do so. This simple measure goes a long way in maintaining the health of the community.

3. If you suspect that your child is ill with strep throat (or any other illness), please keep them home and have them evaluated at the doctor's office before sending them to school.

For the health of the community, this is a better option than sending them to school until you can secure an appointment. It is also better for your child; if they are already sick, they are likely to be vulnerable to other illnesses to which they may be exposed at school.

4. If your child is not feeling well and you are awaiting the results of a strep culture that was sent to a lab and your child is still exhibiting signs and symptoms of strep (sore throat, fever, headache, nausea and/or vomiting), please keep your child home until the results of the test are known and treatment, if necessary, has been underway for at least 24 hours.

We have had a number of infectious students in school awaiting the results of these tests and, at the same time, unwittingly exposing others to strep. Only by taking the most conservative approach to your own child's health can we safeguard our community against the spread of illness.

There are students in our school with chronic health challenges that predispose them to become severely sick if exposed to common illnesses such as influenza and strep throat. We have children who return home from school every day to parents and grandparents with compromised immune systems due to chemotherapy treatments, for example. We have teachers who are pregnant. Many of our students come from families with young children at home. These are individuals for whom illness could be quite harmful. Please consider the needs of others before sending a child who may be sick to school.

Please keep in mind that determining a student's readiness for school is "an art and a science", but the science must always come first. Use a thermometer, report all information on the attendance line and remember that the health of the community depends on us all.

Thanks for your support.

Karen Leister
School Nurse

The Library Lowdown

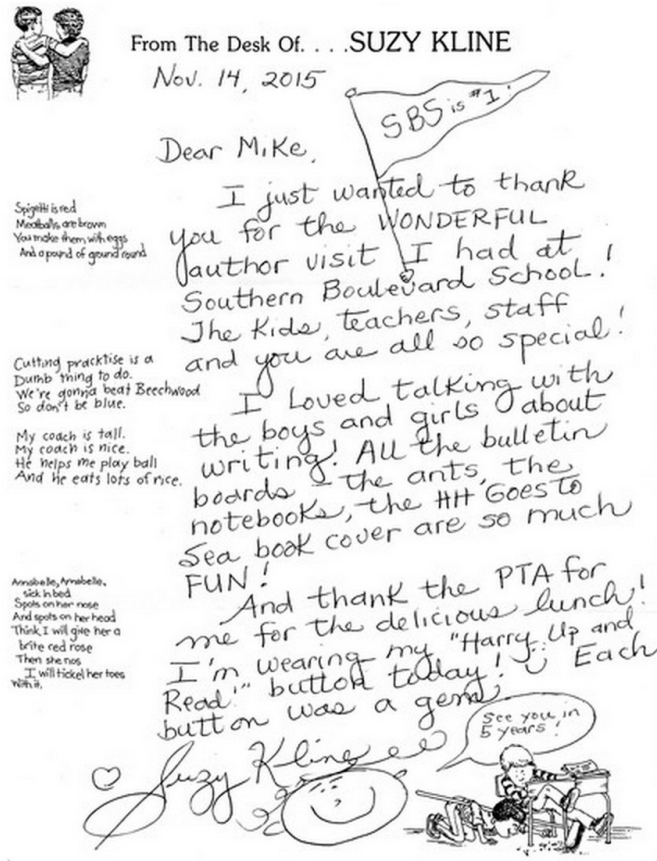
AUTHOR'S DAY

Author's Day with Suzy Kline (suzykline.com) was a huge success! The students and teachers learned a great deal about reading and writing. Suzy encouraged students to keep a small notebook in their pocket to record "seeds", a few words or pictures that may make good stories in the future. This is Suzy's 4th time visiting SBS - 1992, 2005, 2010, and 2015!



Thank you to our P.T.O. for sponsoring Author's Day. A big big thank you to the P.T.O. Author's Day Committee, Mrs. Cooper, Mrs. Di Meo, Mrs. Nejes, Mrs. Ruddy, Mrs. Sherman and Mrs. Volovich! Your preparation, planning, attention to detail, time, and energy are greatly appreciated! It was great working with you on this committee.

- Mr. D'Aloia



Birthday Book Donations

Nathaniel West - *The Tales of Beedle the Bard*, by J.K. Rowling

In honor of HOPE Week, the P.T.O. has generously donated 10 copies of the book, *If Kids Ran the World*, by Leo & Diane Dillon

The Design Den

[Welcome Families, to the Design Den!](#)

What has been happening in Design and Technology this month?

Kindergarten: Students have been identifying objects from the Natural World and the Human Made World



natural world and the human-made world.

Ask your child to classify objects into two categories; belonging to the Natural World or the Human-Made World.

1st Grade: Students are helping the Three Billy Goats Gruff make their way back home across the river.

Ask your child what the Three Billy Goat Gruff's problem is and why it is important to help them engineer a solution.

2nd Grade: Students are collaborating and creating their house designs for Paulie, the FOURTH little piggy.

Ask your child to list properties of a material and how they can make it stronger.

3rd Grade: Students are using their knowledge of buoyancy to help them design and engineer a vessel that will be able to carry a heavy load.

Ask your child about their plan for their design and how they collaborated with their peers.

Have a Wonderful December!

Ms. Stojanov (Ms. S)

Counseling Connection

It's common in November to teach the virtue of gratitude. As an expression of gratitude, we typically teach about ways to contribute to others in need and to be thankful for all that we have. If you ask children what they are grateful for, the responses may range from the tangible objects they own to the less tangible gifts about connections with family and friends.

Along the range of the connections we have, when I talk with children about how they manage their emotions, I suggest that we can be grateful for our emotions because those emotions can offer us information ~ I explain to them that one thing we all have in common is that we experience emotions and feelings and understanding this is the beginning of empathy ~ when we can feel what another feels, we begin to connect, and that connection can bring about behavior that is caring and compassionate.

Empathy is key in order to deepen understanding of how emotions can guide us socially. Using a common language for communication skills when working through hurt feelings can be so helpful if it opens a meaningful dialogue. For example, if a child feels hurt by another, I will suggest that he or she say to the other child, "Did you know that would hurt my feelings?" In this way, a dialogue can ensue. This requires some reflection and listening skills. Listening to each other's experiences can be such a great gift and can bring connection and empathy into the forefront, making way for more compassionate actions. When I help children work through conflicts, I always bring the point home that we can be grateful for listening to each other to work things out, in an effort to understand each other.

I wish you all a Happy Thanksgiving.

Abigail Silverman
School Counselor

Miss Galasso's class taking time out to "Focus for Five"





HOPE Week

We had another AMAZING HOPE Week at SBS! Thank you so much to all the children who created Sustainable Lunches, First Night Kits, Super Hero Packs, and Sweet Dreams Pillowcases. A special shout out to all the parents who stopped by SBS to help the kids with their projects. We couldn't have done it without you!



PTO Posts

Happy November, SBS families!

I can hardly believe that Thanksgiving has already come and gone! How the year is flying by! I hope your children enjoyed last week's HOPE Week activities and were able to share with you some of the experiences that they had. It's wonderful to see everyone engaged in making our community a better place!

We have several more exciting events coming up this week:

- * **12/1-12/3 Holiday Boutique:** While you have your parent-teacher conference, drop your child off at our pop-up shop where they can pick out inexpensive gifts for their family. Don't want to shop? We will also have a babysitter available in the gym.
- * **12/4 Walk to School Day:** Walk or ride to school to be counted among our participants! Have a bus-rider? Consider walking to the bus stop if you usually drive (and if it's safe!).
- * **12/4 Bash the Trash Assembly:** Help us welcome Bash the Trash to SBS as they bring to life the message that one person's trash is another person's treasure!
- * **12/4 Pizza Parlor Day:** We never get tired of welcoming Hickory Tree Pizza to the school for some hot, whole wheat-crust pizza to the SBS cafeteria.
- * Also please note that our 12/15 PTO meeting has been cancelled. We'll see you again on January 12th!



Author's Day

Thank you to committee chairs **Sarah Sherman** and **Terry Cooper**, for helping us welcome Suzy Kline back to the school.



HOPE Week

We HOPE we can properly express our thanks to HOPE Week committee chairs, **Vivian Cooney** and **Ashley Dunn**.



The Harlem Wizards

Mark your calendars for the return of the Harlem Wizards to Chatham on January 9th for two shows. More details coming soon!

Finally, as we move into the season of giving thanks, I wanted to take a minute to once again thank all the families who have so generously donated to the Fund for SBS. Your contributions help make our programs run and we truly could not do what are able to do for the school without you.

Have a wonderful Thanksgiving!
Mae Hacking
SBS PTO President 2015-2016



[PTO Website](#)

Congratulations to Mrs. Izsa's class for winning the Box Top Contest with over 700 coupons clipped!!! Way to go!!!

Dinnertime Conversations...

Tired of the same old responses when you ask your children how their day went? Check here for some conversation starters!

Ask your kindergartner:

1. What do the words "greater" and "less" mean?
2. How do you read with a partner?
3. Can you tell me about your five senses?

Ask your first grader:

1. What sound does short *i* make? Can you name words that have the short *i* sound?
2. What is your reading goal for this week?
3. What is HOPE Week? What activity did you do to give back to the community?

Ask your second grader:

1. What is your favorite math game that you have learned?
2. What topic are you writing about in Writing Workshop?
3. What are you reading in Reading Workshop?

Ask your third grader:



1. How was your experience at Winakung Village. What did you learn about Lenape culture?
2. Author Suzy Kline recently visited SBS. What tips did she give you about writing and finding ideas about writing?
3. What is an array? How can an array be used to help solve a multiplication problem?


[SBS Website](#)

[SBS Calendar](#)



Southern Boulevard School

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 chatham-nj.org/sbs