

The Boulevard Beat

A Monthly Newsletter from SBS - February 2018 Edition

The Principal's Place

Dear SBS Community,

Don't look now, but it's almost March! Despite some of the unfortunate topics that February presented, SBS highlighted kindness, family fun, reading, a new hairstyle for our principal, and visits to grades 1-2 from our resident scientist, Dr. Marrero. Thanks to our PTO and parent community, our teachers and students continued to benefit from her expertise in exploring scientific inquiry, engaging in authentic experiments, and transitioning into the Next Generation Science Standards. Our second graders explored the effects of weather, specifically experimenting with erosion, weathering and deposition. Yesterday, our first grade students and teachers worked with Dr. Marrero on investigating how light behaves and interacts within the environment. This has truly been fantastic for our school!

After previewing this month's newsletter, I have decided to keep my message brief with hopes that you will focus on the important content posted throughout this edition. Please be sure to check in next month, because I plan on sharing some information related to your important roles in our student placement process for the 2018-19 school year.

Thank you for your ongoing support!

Robert Gardella
Principal



The Nurse's Nook

A Shout Out from the Health Office

At SBS, we have spent the last few weeks recognizing kindness. Our participation in the Great Kindness Challenge last month has been a launching pad for some exciting new initiatives at SBS. For instance, our morning announcements have become a platform for recognizing thoughtful words and good deeds. Our school days now begin with “shout outs” to students and staff who have shown kindness to others day after day. Our third graders acknowledge 3 or more acts of kindness each day during morning announcements, and in over three weeks, they have not run out of people to thank!



I, too, will never run out of people to thank for the kindness and caring they extend to students in our school. The safety net we create together on behalf of our district’s youngest students extends well beyond the walls of my office. This is most apparent to me as I consider the team of adults and students at SBS who support our students with chronic health challenges. This group includes our students with asthma, seizure disorders, diabetes, food allergies and many other unique circumstances.

This week, as our school psychologist, Mrs. Gaynor and I prepare a lesson for our food allergy support group, I have our growing population of students with food allergies on my mind. So, on behalf of this particular group alone, I am compelled, to offer a few “shout outs” of my own...

- **To teachers and other professionals**, who monitor the safety and emotional well being of all of our students in their classrooms and offices
- **To our paraprofessionals**, who stand by in our lunch room, who guard the safety of the children on the playground and who mind the EpiPens at recess
- **To our custodians**, who clean the cafeteria tables between lunches, giving particular attention to our “Peanut Free Table”
- **To our 35 EpiPen Designees--staff members**, who have volunteered to be trained and who are ready to respond to emergencies
- **To Mr. Gardella**, whose unequivocal support sustains training of staff, the implementation of sound procedures in school and the ongoing efforts of our unique food allergy support group.
- **To our building and district administrators, and our Board of Education**, who continue to hear the concerns of staff, parents and students and who have supported the development of policy on behalf of food allergic students
- **To our room parents**, who work with extra diligence to insure safety at our class parties
- **To our students**, whose kindness is shown over and over through their care and concern for each other
- **And to our SBS parents and caregivers**, who instill the values of kindness and compassion in their homes—values that fortify our work on behalf of all students daily.

Like our third graders at morning announcements, I will never run out of people to thank. My gratitude is beyond limits!

Karen Leister
School Nurse

Counseling Connection

There has been a lot of talk recently about students' stress levels in both Middle School and High School. It is only natural for us all to wonder, where does this come from, how can we help our children deal with worries and when does it go from being a “normal” worry to an anxiety disorder.

Anxiety is a natural human emotion and a normal reaction to life’s stresses. “All children and adolescents experience some anxiety around different aspects of their lives,” says R. Lindsey Bergman, PhD, associate clinical professor, Health Sciences at the UCLA Child Anxiety Resilience Education and Support (CARES) Center, “and the level of anxiety tends to vary according to their age.” Normal types of anxieties and fears can be frequent but usually do not interfere with daily life. There are numerous books and articles written on how to help children manage anxiety. I have listed a few tips that I find to be very helpful.

A few tips are:

1. Respect and validate your child’s feelings. Reassure them that it is OK and normal. Do not tell them that “you’ll be fine”. Acknowledging that your child’s fears are real is imperative. Empathy will increase the chances that your child will accept your guidance.
2. Practice deep, slow belly breathing. This is an easy, portable skill for helping your child switch from their emotional brain to their thinking brain.
3. Listen to your child and encourage them to tell you what they are thinking. This will reveal any thoughts building up in their minds.

4. Don't swoop in and reassure your child that what they are worried about won't happen, ask them "How likely is this to happen?" This teaches them to challenge their anxious thoughts.
 5. Ask your child for ways they think they can handle the situation. Brainstorm ideas with them. This is empowering.
 6. Try to avoid ideas such as mental health days, skipping the party or sleeping with parents. Avoiding feared situations makes anxiety stick more firmly and can lead to further avoidance.
 7. Encourage your child to be brave and praise them for every small attempt they make to be brave.
 8. Develop a step by step plan leading to a bigger goal.
 9. Recognize your own anxiety and say aloud what you do to calm yourself down. Modeling is a great way to teach. (just don't overshare)
- Please feel free to reach out to me if you would like additional resources relating to anxiety.

Kelly Medvin
School Counselor

Library Lowdown

Friday, March 2nd is Dr. Seuss' birthday and Read Across America. Students may celebrate the day by wearing wacky hats or red/white/black/grey (Cat in the Hat colors). *This is optional.* We will have guest readers in the library all week to celebrate. The Cat in the Hat will be greeting the students at morning drop-off and dismissal.

Thank you to our guest readers for sharing their time with us:

Mr. Robert Gardella, SBS Principal
Mrs. Kathleen O'Connor, Director of Elementary Education
Mrs. Karen Leister, SBS School Nurse
Detective Anthony LoPorto, Chatham Township Police Department
Mrs. Peggy Kepler, SBS School Secretary
Mrs. Jenny Bischoff, SBS School Secretary
Mrs. Forte, ESL Teacher
Mrs. Gaynor, SBS School Psychologist
Mrs. Kelly Medvin, SBS School Counselor
Mrs. Danielle Dagounis, D&T/Library Supervisor
Mr. Scott Davis, SBS Security Officer
Mrs. Mary Szoke, WAS Library Media Specialist
Mrs. Jill Mills, MAS Library Media Specialist
Mrs. Jennifer Cifrodella, LAF Library Media Specialist
Mr. Michael Curran, CHS Library Media Specialist
Mrs. Valerie O'Connor, SBS Retired Teacher
Mr. Mark Stevens, SBS Phys. Ed. Teacher
Mr. Chris Dalton, SBS Phys. Ed. Teacher
Mrs. Jackie Loyek, SBS Basic Skills Teacher
Mrs. Jamie Zidle, SBS Basic Skills Teacher

To learn more about Dr. Seuss visit <http://m.seussville.com/biography.html>

Check out the Seussville website for some great Dr. Seuss games, information, and activities:
<http://www.seussville.com/>



In addition, don't forget about this special event message from Mr. Gardella...

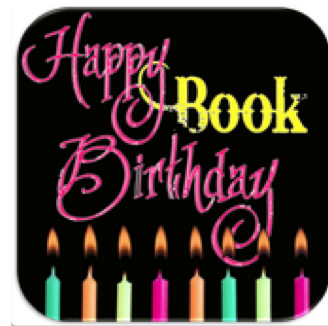
March 2nd Family Reading Night 6:30PM - 7:30PM – All families are invited to come to SBS to celebrate **Read Across America** this Friday with our first SBS Read in! Whether you prefer to read independently, with a partner, or in a small group, this is a great opportunity to get together to celebrate reading as a community. PJs and stuffed animals are welcome. Bring a book, find a nook, and enjoy!



Mike D'Aloia
Librarian

Birthday Books

Commemorate your child's birthday or other special occasion with the donation of a book to the SBS Media Center in his/her honor. Donations will be acknowledged in the Boulevard Beat monthly. [Click here for the form.](#)



The Design Den

Welcome Families, to the Design Den!!

Kindergarten - We are learning about habitats and how animal habitats meet their needs for life. *Ask your child what the needs of life are!*

1st Grade - We have begun brainstorming bridge ideas for the Billy Goats Gruff! *Ask your child to describe their bridge idea!*

2nd Grade - We are CREATING our designs for the fourth little piggy! *Ask your child to share their PLAN with you!*

3rd Grade - We are investigating “water walks” around the world. *Ask your child to help you learn how long your water walk is!*

Have a Marvelous March!
Ms. Stojanov (Ms. S)



Music Notes

Why is music class important?

Music helps improve communication between the left and right sides of your brain, which helps increase your brain's capacity to learn.

Music class provides your children with:

1. a creative outlet
2. a means of self-expression
3. teamwork skills and discipline to achieve the challenge of performing with a group
4. memory development
5. a lifelong appreciation and enjoyment of music
6. real world connections to all subject areas



First Graders are learning to read rhythm patterns using quarter notes and eighth notes. They are also learning how to place music notes on the music staff. The children sing many songs during music class and often add movement to the songs. The movements are often student created. We are also continuing to listen to music of Peter Tchaikovsky.

Second Graders are working on reading and writing notes on the music staff. So far, we are using the notes of the pentatonic scale – Do, Re, Mi, So, and La. We have been playing the melody of one of our songs on xylophones. We are also continuing to listen to music of Ludwig Van Beethoven.

Third Graders have been working on their concert music. In addition to learning the correct rhythm and melody, they are now starting to memorize all of the words! The Third Grade Concert is Thursday, April 19th at 1:45pm. We are also continuing to listen to music of J.S. Bach.

As you can see, music is multi-dimensional. Active music making is a whole brain experience that embraces cognitive abilities as well as expressive qualities.

Thank you,
Ms. Roskam

PTO Posts

Thank you, as always, to our SBS parents who continue to help us support the school and volunteer to make our many activities happen. Whether it is volunteering as an art or library aide, helping out on pizza day or constantly working behind the scenes like our ASE team...none of these extra events could happen without our parents. This month we have enjoyed many of our favorite annual recurring events such as K/1 Family Fun Night and our annual Book Fair. Thank you to everyone who came out and supported these two events. They were both hugely successful thanks to all of you.

The countdown is on! Get the Early Bird tickets for the ***Seventh Annual SBS Golf & Tennis Outing*** (**Early Bird prices end today, 2/28**), to be held at the Fairmount Country Club on Monday April 30th, 2018. The outing features an 18-hole "shot gun" Golf scramble, Tennis Round Robin, "The Five Senses Experience," Cocktail Reception & Dinner, Live & Silent Auction. Register at <https://squareup.com/market/sbs-pto/>. To discuss ways to participate or questions, contact us at margaritadutton@live.com, jenmcnally1@gmail.com or andreacaserta@aol.com.

Please mark your calendars for these upcoming dates:

***3/2 Pizza Parlor Day**

***3/13 SBS PTO Meeting** Please join us in our schools media center at 9:15 am.

*Please note that **International Day**, originally scheduled for **3/15** has been rescheduled to **5/18**.

Thank You....

*to our Book Fair Specialists... Sarah Hadzima , Cristina Antenen and all the volunteers for their week long time/dedication to make our Book Fair such a success.

*Sally Simonfay for once again organizing our Love to Read Week which the children look forward to taking part in every year!

*Brittney Pruss, Larissa Wilson and their fantastic committee for hosting a wildly successful K/1 Family Fun Night on February 23!

Finally, thanks to the amazing generosity of our SBS parent community, the PTO was able to fulfill many teacher 'wish list' items including district-approved wipes, tissues, indoor recess games and extra classroom supplies to help us get through to Spring!

Erin Creatore
SBS PTO President 2017-2018

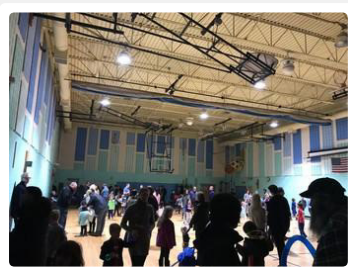
The Book Fair



Congratulations to the SBS students for completing 75% of the reading activities for our Strike Big With Books reading incentive program. Principal Gardella promised to dye his hair pink if they achieved their goal...and they did!



K & 1 Family Fun Night



A big thank you to Detective LoPorto for attending the February PTO meeting.



[PTO Website](#)

[SBS Website](#)

[SBS Calendar](#)



Southern Boulevard School

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