

FOREST PARK FLYER



November 2011

From the Principal...

During the months of September and October, our character education focus has been on the concepts of responsibility and respect. This month we will be talking about cooperation and friendship. Your children will be discussing what constitutes a good friendship and how to work with others to accomplish a task. Law enforcement officers, firefighters, and hospital staff are some excellent examples of people who must work together to be effective. These highly visible teams can serve as the basis for family discussion about cooperation.

The goal of a public school is to educate children, so that they can develop into responsible citizens. For many years, Forest Park students have engaged in various service activities that have supported many worthy causes. This year, we will continue to have a specific focus for service projects. Classes within each level may choose to support any organization through a variety of projects. Then, as these students move from kindergarten through fourth grade, they will have gained a better understanding of the importance of service to others in the community.

Our Olweus Bully Prevention Program is in full implementation. You may want to review the anti-bullying rules we have adopted.

1. We will not bully others.
2. We will try to help students who are bullied.
3. We will try to include students who are left out.
4. If we know that somebody is being bullied, we will tell an adult at school and an adult at home.

Throughout the school year, you will be informed about the ongoing projects in your child's class. If you would like to become actively involved in any of the activities, please contact your child's teacher.

Patrick Gunner
Principal



Nurse Rubino's Corner:

Thanksgiving Day signals the start of the six-week long holiday season. It is a time to celebrate with family and friends by continuing old traditions and creating new ones. Many of our holiday foods are rich in tradition as well as rich in fat, sugar, and calories. It is difficult to maintain a healthy diet and active lifestyle during this season due to our busy schedules. Unfortunately, the average weight gain during the holiday season is about six pounds. Here are some tips on how to enjoy the holiday season and still maintain a healthy lifestyle:

- List all of the holiday festivities that you and your family will be involved in. Plan a workable schedule that includes time for healthy eating and physical activity.
- Use a sensible approach to eating. Eat a snack like an apple or a small bowl of cereal before going to a party so you won't be too hungry when you get there. Check out the food first and choose carefully. Load up on fresh fruits and vegetables from the buffet table. Socialize away from the food.
- Be adventurous and try new recipes. See if you can trim down the fat and sugar in recipes to make them healthier.
- Volunteer to bring a raw veggies tray and low fat dip or a tray of fresh fruit and yogurt to a party. Serve these at home to your family. Other low fat hors d'oeuvres include low fat cheese and whole grain crackers or a snack mix of whole wheat crackers, mini pretzels, peanuts and air popped popcorn.
- Being physically active is so important at this time of year. Encourage family and friends to take holiday walks together. Try to participate in more

physical activities like walking, ice-skating, hiking, and playing basketball or purchase aerobic tapes to use.

Happy Holidays!
Nurse Rubino



Dr. Kelly's Corner:

Peaceful Bus Program – This month, Mrs. Danton and I have been meeting with your children with their bus communities and talking about solving problems on the bus. Your children are very smart and talked about great ways to solve problems! We discussed ways to solve different problems that may come up on the bus; many issues discussed were small problems that students were encouraged to solve themselves. Big problems, like bullying, must be brought to the attention of the bus driver, teacher, and parent.

The Sleep Time Routine – I can't tell you how very important it is for your children to get proper rest, nutrition, and play every day! I wanted to focus this month on sleep. New research has come out about how sleeping well is not only associated with how well you function the next day, but has effects on long-term health. Having your child get into a good bedtime routine is essential for good physical and mental health and good for you too! Having two daughters in elementary school, I know how difficult it can be to maintain that bedtime routine, but here are some general sleeping tips from the National Sleep Foundation that may be helpful:

- Ease your child into a routine with consistent bedtimes.
- Keep sleep areas cool, dim and without stimuli such as toys, TV, and noise.
- Develop a set of bedtime rituals that work for your family.

- Avoid caffeine and sugary foods that may interfere with sleep.
- Have a specific cutoff time for activities that stimulate, like TV & video games.

Children ages 5 to 12 need 10 to 11 hours of sleep. Because children are busy with school and outside activities as well as computers, video games and TV, they need to adhere to a regular bedtime and routine. Sleep disorders are common at this age. Eliminating stimulating activities, especially TV and video games before bed may decrease insomnia and sleep resistance, as well as nightmare and night terrors.

Children this age still enjoy and benefit from a routine that may include reading a story or poem, or singing a song together. Being “tucked in” remains important—even to older children. Having comfortable sleep clothes and a cool (but not cold) room facilitates sleep. A warm (not hot) bath also can help your child wind down. A single security item, such as a blanket or stuffed animal may be helpful. A night light may provide a feeling of security.

Teach your child the value of sleep. Tell him/her that a good night’s rest will give her the energy she needs for play the next day. Make bedtime a pleasant, but not prolonged part of your child’s day. Soft music of nature such as falling rain or soft ocean waves may help your child drift off. If your child frequently has difficulty falling or staying asleep, or wets the bed, snores loudly, has extremely restless legs, or grind their teeth at night, get help as soon as you notice, as these may signal a medical problem.

Resources that can help you in your venture include:

1. National Sleep Foundation -
<http://www.sleepforkids.org/html/habits.html>
2. University of Michigan: Kids and Sleep (excellent) –
<http://www.med.umich.edu/1libr/yourchild/sleep.htm>
3. Personalized Bedtime Routine Kit –
<http://www.milestoneparenting.com>
4. Tales and Lullabies –
<http://www.talesandlullabies.com/>



Kindergarten News:

The kindergarten classes had an outstanding October!

This month, we studied various themes: Columbus Day, Fire Safety, Pumpkins and Apples.

In math, we are studying patterns and graphs. Ask your child if he/she can “spot” a pattern in your home! Hint: How about when helping to set the table?

In language arts, we are reading our own books and pointing to each word as we read. We have begun observational drawings. This is a beginning step for detailed illustrations when writing.

Upcoming Events:

- **November 8** – Parent Teacher Conference Day (No school for elementary students).

- **November 16** – Parent Teacher Conference Day (No school for elementary students).

Please remember: at Open House you signed up for a conference time. Your child's teacher will send home a confirmation note prior to your particular conference. If you did not attend Open House, the teacher will be in contact with you to set up a conference time.



Grade 1 News:

In first grade, we are learning basic addition facts to ten. We will also begin basic subtraction facts to ten. Flashcards have been sent home to help your child improve speed and accuracy on addition math facts. Guided reading groups are in full swing. The students are doing a great job learning new strategies to read. Reading on a daily basis will further reinforce good reading habits.

In science, we will have completed a unit on plants and in social studies we will complete a unit on Native Americans and Thanksgiving. Enjoy your delicious Thanksgiving Day feast with family and friends.

To end our unit we are having the Scotia-Glenville Traveling Museum come in to do a program entitled In Days Gone By.



Grade 2 News:

The second graders are becoming more familiar with our routines and expectations. We are continuing to focus on fostering independence and responsibility in the classroom.

In math, the students are learning to use various strategies to help them add and subtract with

increased speed and accuracy. The students have also been working on finding key words to help them solve word problems.

During reader's workshop, the students have been practicing how to select "just right" books. During read-alouds the students have been engaged in discussions about characters, events and their favorite parts.

In writer's workshop, students are learning to select topics to write about. Presently, we are asking students to write about what they know, as writers often do. In addition, we are encouraging students to reread their writing to make sure it looks right, sounds right and makes sense.



Grade 3 News:

November will provide many opportunities for the third graders to practice their paragraphing skills. They are learning the importance of starting paragraphs with a topic sentence. By using a graphic organizer, students are also learning to develop details that fit their main idea.

In science, we have been studying the different cycles that occur in space. The third graders have learned about the rotation of the Earth on its axis and the revolution of the Earth around the sun. We are continuing our look at cycles by learning about the phases of the moon.

During social studies we are learning about geography, with a focus on map skills.

In reading, we look forward to the inspiring story of Molly's Pilgrim, emphasizing tolerance and acceptance of all individuals.

This Thanksgiving story of a modern day Pilgrim is a wonderful way to kick off the holiday season.



Grade 4 News:

The students saw a very beneficial musical presentation to support our "No Bullying" theme at Forest Park. Thank you to the PTA for this relevant presentation. As you continue to read each night and complete your log don't forget to put this time on your PARP calendar for the month!

Students have been reviewing their NYS geography skills. Next, we are going to be learning about the first people of New York State.

We have completed studying place value and counting money and will be moving forward into concepts of time and elapsed time. Please encourage your children to count some change at home, as well as figure out how long it takes to drive somewhere or complete a task.

Making the connection between what is being taught in school and real world events are a great reinforcement of the concepts being reviewed with the students.

Additionally, as you read each night it's important to ask your child about what they have read. To make their reading more meaningful you can ask your child the following questions about their book:

Who are the characters? What happened in the book? Where is the story taking place? When is the story happening? Is there a problem in the story? and How has the problem been solved?

Have a relaxing, peaceful Thanksgiving.



Library News:

New books have arrived! We've received many new books and they are ready for circulation. Students, staff, and parents may come to the library to "check out" the new books!

Parents as Reading Partners (P.A.R.P.) have concluded. Please send in your logs as soon as possible so certificates can be prepared and awards handed out.

Happy Reading!



REMINDER:

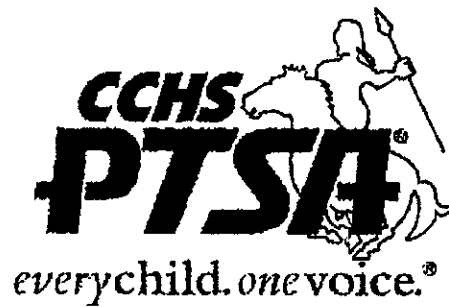
On Thursday, November 10, students in the district will be dismissed 15 minutes early. This early dismissal allows the schools to practice some of their emergency evacuation plans, particularly for communication and transportation.

Please be sure to notify the school if your child will be going to a location **DIFFERENT FROM** the usual location.



Recess:

Just a reminder: students will still be going outside during their lunch recess. Please make sure they are dressed appropriately for the weather.



Press release:

Colonie Central High School
28th Annual FALL CRAFT FAIR
Saturday November 19, 2011
9:00am-4:00pm
Colonie Central High School Multi-Use Gym (MUG)
1 Raider Blvd
Albany, NY 12205
(1/2 block east of Colonie Center-off Hackett Ave/Central Ave or Sand Creek Rd)
Enjoy a little holiday shopping among 75+ crafters.
Free admission.
Food and beverages available.
Prize raffles and a Bake Sale for your sweet tooth

www.southcolonieschools.org

Should you require additional information, feel free to contact me at 489-7011.
Thanks – Stephanie Cogan, CCHS PTSA, President and Craft Fair PR

SCHOOL DELAYS

ONE-HOUR DELAY:

- ❖ **SCHOOL STARTS AT 9:46**
- ❖ Buses pick up students one hour later. For example, if your child is normally picked up at 8:25 a.m., on a one-hour delay they would be picked up at approximately 9:25 a.m.
- ❖ Students should be dropped off no earlier than 9:30 a.m. at the school as there is no supervision prior to that time.
- ❖ There is no Before School Program.
- ❖ There will be no breakfast served.

TWO-HOUR DELAY:

- ❖ **SCHOOL STARTS AT 10:46**
- ❖ Buses pick up students two hours later. If your child is normally picked up at 8:25 a.m., on a two-hour delay day they would be picked up at approximately 10:25 a.m.
- ❖ There is no Before School Program.
- ❖ There is no Morning Assembly Program (specially scheduled programs/awards will be rescheduled, usually the next day). At 10:46 a.m. students will report directly to their classrooms.
- ❖ There will be no breakfast served



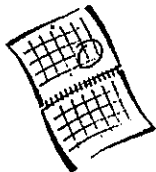
Forest Park Elementary

Fast Fact News from the PTA

November 2011

~ PTA Meeting Notes ~

Dates to Remember

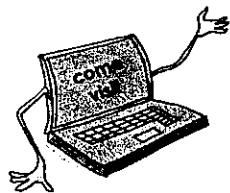


November

- 1 Food Drive Begins
- 8 PTA Meeting
- 18 School Spirit Day
- 18 Food Drive Ends
- 28 Giving Tree Begins

November's

Character Education Trait:
Cooperation/Friendship



<http://www.southcolonieschools.org>

Don't Forget...
Community programs
help raise money
for our school!

Your PTA Officers:

- President, Sheri Leitch
- Vice President, Corie Weaver
- Vice President, Jen Tomisman
- Vice President, Amy Santandrea
- Treasurer, Sheri Prevratil
- Recording Secretary, Elaine Luizzi

MEMBERSHIP: "Come Get Reeled In" Memberships are now being accepted for the 2011 -2012 school year, at a cost of \$5. New this year, an additional family member in the same household may also join for an additional \$3.50.

FUNDRAISERS: This year's fall fundraisers were a big success!! Your generous support will enable us to continue providing fun and educational programs and events for the children. Thank you!! Don't forget...**pick up will be on Nov 8th.**

SCHOOL BANKING: School Banking began on Oct. 5th. Information has been sent home with your child. Please contact Amy Messier at 608-4556 with any questions. Keep saving for your chance to win \$25.00!

PICTURE DAY: All classes participated in Picture Day on Wednesday, Oct. 12th. Pictures will be sent home with your child when they are delivered to school. Thank you to our parent volunteers: Tina Prentiss, Judy Pagan, Raneé Pierre, Lori Haas & Corie Weaver!

3rd ANNUAL HALLOWEEN EXTRAVAGANZA: This much-anticipated event will be held on Friday, Oct. 28th. Students, staff, and families who have pre-registered for the event will enjoy a fabulous magic show with Jim Snack, pizza, carnival, cupcake decorating, and new this year a haunted house!

FOOD DRIVE: Beginning on Tuesday, November 1st, Forest Park PTA will once again collect non-perishable items for our local food pantry through its annual Food Drive. Look for details to come home in your child's folder. Please contact Chairperson Elaine Luizzi at 869-3006 if you have any questions.

GIVING TREE: This program collects winter clothing items for families in need in the Forest Park Community. Students can contribute hats, gloves, mittens, scarves and socks, as assigned by grade level. Beginning Nov. 28th, your child can hang donated items on a holiday tree located on the school stage in the cafeteria. We are in need of volunteers!

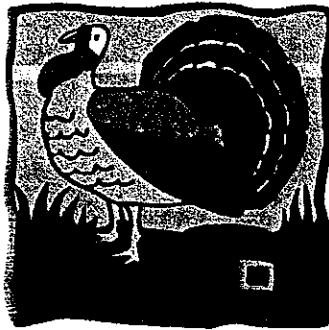
School Spirit Day: The next school spirit day will be Friday November 18th. Show your school pride by wearing your Forest Park gear!

Yearbook: Get your pictures in the yearbook! The Yearbook Staff invites students and parents to submit photos for the yearbook. If you've got great photos of school and community events we'd like to see them.

Here is how you can submit photos online:

- *Go to: <https://images.memoryebooks.com/login>
- *Enter **Username:** 400114063 and **Password:** fpyb2011
- *Browse to select the photo(s) you wish to upload
- *Enter information about the photo and provide contact information
- *Click "Save details".

NEXT PTA MEETING: Tuesday, Nov 8th, at 7pm in the school library.
Free babysitting provided!



Upcoming Events:

- | | |
|--------------------|--|
| November 1 | Board of Ed. Meeting, 7:00 P.M. |
| November 8 | NO SCHOOL – Parent Conferences for K-6
Forest Park PTA Meeting – 7:00 P.M. |
| November 10 | Students Go Home Early Drill |
| November 11 | NO SCHOOL – Veteran's Day |
| November 15 | Board of Ed. Meeting, 7:00 P.M. |
| November 16 | NO SCHOOL – Parent Conferences for K-6 |
| November 17 | Picture Re-Take Day |
| November 18 | School Spirit Day! |
| November 24 | NO SCHOOL – Thanksgiving Recess |
| November 25 | NO SCHOOL – Thanksgiving Recess |
| November 28 | Giving Tree Begins
PTA Council 7:00 pm @ District Office |