

# FOREST PARK FLYER



## December 2011

### *From the Principal...*

During the month of November, students participated in activities involving friendship and cooperation. Our staff and students collected food donations and participated in "Hats on For Hunger" in order to establish a fund for families in need during the holidays. They also participated in our "Stuff the Bus" campaign to collect toys for needy children.

This month staff and students will be focusing on Kindness, Courtesy, and Thankfulness. We will continue to practice acts of kindness through service projects at all grade levels. Students have been reminded to be courteous by saying "please", "thank you", and "you're welcome" throughout the school day. We at Forest Park are very thankful and grateful for the many fortunate opportunities presented here.

Finally, please be reminded that our "lost and found" section in the cafetorium is filled with many articles of clothing. Please ask your child to check there for a missing item. After December 23<sup>rd</sup>, all unclaimed items will be donated to a local charity.

On behalf of the Forest Park Staff, our best wishes to you and your family for a restful, safe, and enjoyable holiday recess. We look forward to seeing everyone again on January 3<sup>rd</sup>.

Patrick Gunner  
Principal





### News from the Library:

As the holiday approaches and we begin thinking about gift giving, keep in mind that good books make great gifts. Research shows parents should not stop reading to children after they have learned to read by themselves, but read more advanced books with them.

Children's books provide models for caring, perseverance and a strong work ethic. Reading with your child is also a great bonding experience that brings you closer to your child. The PTA will be sponsoring a Scholastic Book Fair on December 9<sup>th</sup>. This is the perfect opportunity to pick up some great gifts!



### Nurse Rubino's Corner:

#### **Managing Holiday Stress**

Ideally, holidays are a time of rejoicing in the company of loved ones and friends, giving and sharing. For many people, however, holidays become a time of last minute shopping, over committing, too much food, visiting too many relatives, and spending too much money. It becomes easy to lose sight of what the season is all about because of the hustle and bustle. Children, especially, can be affected not only by their own stress of the season, but also by the stress of those around them.



Here are a few tips to help families keep the spirit of the holiday within them and around them:

- **Keep a balanced perspective.** Prioritize your time. Determine what is most important to your children. Striving for perfection is stressful! Be realistic about what you can or cannot get accomplished.

- **Start early and plan ahead.** If it is too late for this year, start early next year. Write your gift list out in January. Throughout the year, jot down gift ideas for each person on the list. This allows you to look for better deals as the year goes by. Gifts can be put away until the holidays arrive (just remember where you put them!)
- **Help your children understand that holidays are not all about "getting".** Keep gifts age appropriate. Let children know they may not get everything they put on their wish list.
- **Encourage your family to think about others.** What can you do as a family to bring holiday cheer to those not as fortunate? Create your own special holiday memories by working together as a family to bring holiday cheer to someone in need.
- **Avoid financial worries.** Determine a realistic budget well before the holiday season. Contact your local bank or credit union to open a Holiday Club. You probably won't notice the regular deduction in your paycheck throughout the year, but you will notice when the money is delivered to you!
- **Be physically active.** Physical activity reduces feelings of depression and anxiety; as well as helps to control weight and just makes you feel better! Try regular walks as a family. If it isn't too cold and there is no snow on the ground, go for a bike ride!
- **Eat in moderation,** especially sweets and snacks.
- **Maintain your regular routine.** Children especially need routine. Try to keep their activities and sleep schedule as close to usual as possible.

Happy Holidays!  
Nurse Rubino



### **Dr. Kelly's Corner:**

Children in the United States watch about four hours of TV every day. Watching movies on tape and playing video games only adds to time spent in front of the TV screen. It may be tempting to use television, movies, and video games to keep your child busy, but your child needs to spend as much time growing and learning as possible. Playing, reading, and spending time with friends and family are much healthier than sitting in front of a TV screen.

**10 things parents can do** (recommendations from the American Academy of Pediatrics)

- 1. Set limits** –The AAP recommends limiting your child's use of TV, movies, and video and computer games to no more than one or two hours per day.
- 2. Plan your child's viewing**-Use a program guide and the TV ratings to help you and your child choose shows. Turn the TV on to watch the program you chose and turn it off when the program is over.
- 3. Watch TV with your child**-Whenever possible, watch TV with your child and talk about what you see.
- 4. Find the right message**-Even a poor program can turn out to be a learning experience if you help your child find the right message.
- 5. Help your child resist commercials**-Children are susceptible to absorbing ads for toys, candy, snacks, cereal, drinks, or new TV programs without your help.
- 6. Look for quality children's videos**- There are many quality videos available for children that you can buy or rent. If you have questions about children's videos or just want some suggestions, contact The Coalition for Quality

Children's Media at 505-989-8076 or visit their Website at <http://www.cqcm.org>.

- 7. Give other options**-Watching TV can become a habit for your child. Help your child find other things to do with his/her time.
- 8. Set a good example**- Limiting your own TV viewing and choosing programs carefully will help your child do the same.
- 9. Express your views**-When you like or don't like something you see on television, make yourself heard. Write to the TV station, network, or the program's sponsor. Stations, networks, and sponsors pay attention to letters from the public.

### **10. Get more information**

The following people and places can provide you with more information about the proper role of TV in your child's life:

- **Your pediatrician** may have information about TV or can help you get it through the American Academy of Pediatrics. Ask for the AAP brochure "Understanding the Impact of Media on Children and Teens".
- **Public service groups** publish newsletters that review programs and give tips on how to make TV a positive experience for you and your child. Check with your pediatrician.
- **Your local Parent/Teacher Association (PTA).**
- **Parents of your child's friends and classmates** can also be helpful. Talk with other parents and agree to enforce similar rules about TV viewing.



### Kindergarten News:

Kindergarten has had a "non-stop" November! Our themes this month were: Thanksgiving, Five Senses and Nutrition.

In language arts, we are becoming great readers. We are using some "good reader" strategies: taking a picture walk, pointing to each word as we read, looking at the pictures to help us with the words and saying the sound of the beginning letter of a word. In math, we completed our chapter on patterns & graphing. We have begun our unit on number recognition (0-10). Here are some ways for your child to practice this skill:

- look for numbers on clocks, in books, on street signs
- have your child cut coupons and tell you the numbers
- write the numbers in playdoh (with your finger)

**Friday, December 23 – Kindergarten Pajama Party!**



### Grade 1 News:

This was a perfect month for learning about the past and the present. Students spent time studying about the history of our country and the changes that have taken place over time. Scotia Glenville Travelling Museum came to visit and taught us about some toys from long ago. The children enjoyed sharing simple wooden/antique games and laughter could be heard among them.

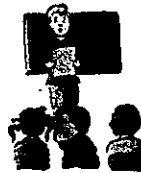
In math, subtraction and addition were the topics of conversations. Please use flash cards with your child to increase speed and accuracy with simple facts to 10. Classrooms were busy with Thanksgiving activities, arts and crafts before vacation.



### Grade 2 News:

In math the students have been reading, writing and identifying numbers up to 100. We will also be encouraging the students to practice their facts at home on a daily basis to help increase their speed and accuracy. In reading, the students have been begun to deepen their understanding of texts through making predictions and asking the questions who, what where, when, why and how. We are continuing to encourage the students to make good choices when selecting "just right" books.

Thank you to those who contributed to our Halloween parties. The students had fun! We would also like to thank the families who donated money for our school charities. We hope your family had a Happy Thanksgiving!



### Grade 3 News:

In third grade, we are continuing to stress the importance of organization and responsibility. Parents play an integral role by checking the take-home folder daily and encouraging their children to make sure they are prepared to do their job as a student.

In science, the students are excited to be learning about the changing earth, including volcanoes and earthquakes.

In social studies, we are working on map skills and different landforms that exist on the earth. Please continue to read with your child each day. This gives them the practice they need to develop their reading skills.

As the holidays approach, we would like to extend our sincerest wishes for a happy and healthy season. Remember, the cold weather is upon us, so please make sure your child comes prepared to play outside with coats, hats and

gloves. Otherwise, they will not be allowed to go outside.

Thank you for your continued support.



#### Grade 4 News:

We trust that you all enjoyed a restful Thanksgiving with family and friends.

We had a very informative presentation recently by Mrs. Spataro of the Albany Institute of History and Art who shared with us about the Hudson River and its importance to our local area. Students have completed the assessments of addition and subtraction facts. Most have been successful, scoring 80% or better in 5 minutes. If your child has not yet reached this goal, they should continue to practice daily until memorized. They should no longer be using fingers. We will be moving on to multiplication facts this month.

As we prepare for a hectic holiday month, there are many ways in which you can involve your children so that they are using skills that are necessary for academic success. When shopping, have them determine how much change you should be getting back. While traveling, have them read the odometer to figure out how many miles you've traveled, and have them figure out how many minutes it takes to get there. When cooking, have them double the recipe. Students are responsible for completing word problems in all of these areas. Using the skills in everyday life supports what they work on in school.

Also note that supplies such as erasable pens, dry erase markers, crayons, glue sticks etc. make great stocking stuffers.

We wish you a healthy and happy holiday season.



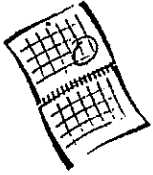
# Forest Park Elementary

Fast Fact News from the PTA

December 2011

## ~ PTA Meeting Notes ~

### Dates to Remember



### December

Giving Tree

- 9 Holiday Gift Shop
- 9 Scholastic Book Fair

**December's  
Character Education Trait:**

**Kindness/Thankfulness/  
Courtesy**



<http://www.southcolonieschools.org>

Remember... Send in your used ink cartridges and cell phones to recycle, they earn \$\$\$ for the PTA!

Your PTA Officers:

- President, Sheri Leitch
- Vice President, Ann Trivison
- Vice President, Jill Crow
- Vice President, Jen Tomisman
- 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. If you have not yet joined please send your membership in today and help us reach our goal of 2011!

- **FOOD DRIVE:** This annual program kicked off on November 1st and ran through Nov. 18th. All non-perishable items collected will be donated to five Forest Park families in need. Thanks to Mr. Gunner and Mrs. Luizzi for chairing this year's drive, as well as to everyone who donated to this worthy cause.
- **GIVING TREE:** Each year, the PTA 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 on Nov. 28th, your child can hang donated items on a holiday tree located on the school stage in the cafeteria.
- **HOLIDAY GIFT SHOPPE:** The Gift Shoppe offers a way for children to inexpensively shop for family members during the holidays. Items are priced between \$1 and \$10. The event will take place on Friday, Dec. 9th from 6:30-8:30pm in the gymnasium.
- **SCHOLASTIC BOOK FAIR:** The semi-annual Scholastic Book Fair will be held on Friday, Dec. 9<sup>th</sup>.
- **SCHOOL BANKING:** School Banking began on Oct. 5<sup>th</sup>. 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!
- **School Spirit Day:** The next school spirit day will be Friday, December 16<sup>th</sup>. Show your school pride by wearing your Forest Park merchandise!

**NEXT PTA MEETING:** Tuesday, January 10, at 7 pm in the school library.

Free babysitting provided!

**Please join us!**

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

- \* Price Chopper Tools for Schools
- \* Hannaford Helps Schools
- \* Box Tops for Education
- \* Campbell's Soup Labels
- \* Shop at Colonie Center

Here is how you can submit photos online:

\*Go to: <https://images.memoryebooks.com/login>

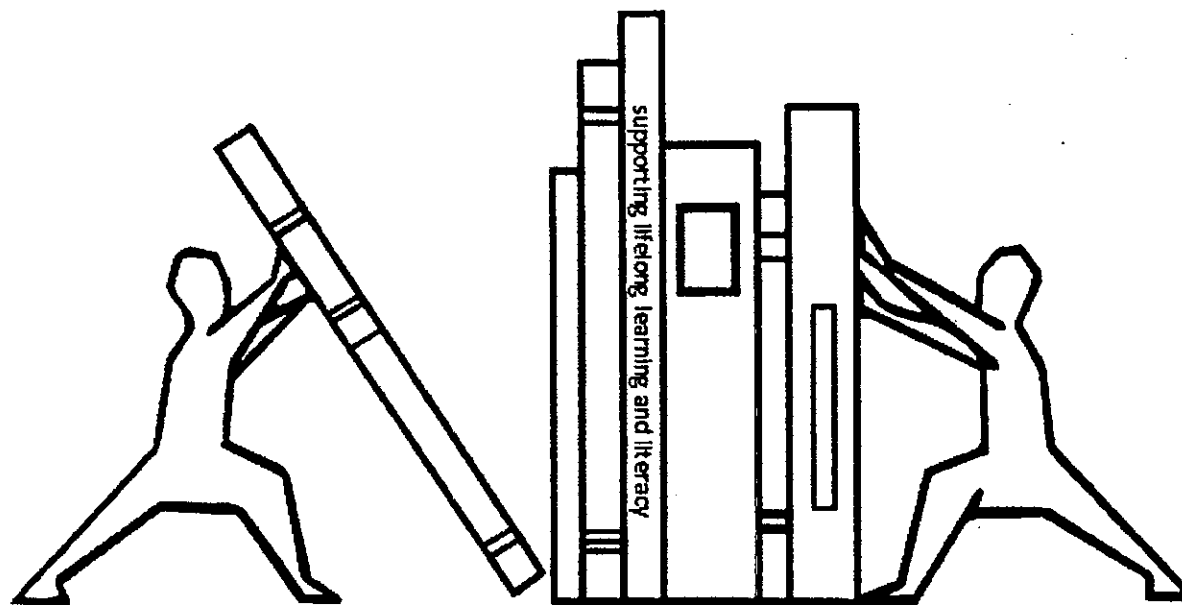
\*Enter Username: 400114063 and Password: fpyb2011

\*Browse to select the photo(s) you wish to upload

\*Enter information about the photo and provide contact information

\*Click "Save details".

# South Colonie Central School District



# FRIENDS of the LIBRARY

*Yes! I would like to join South Colonie's Friends of Library program.*

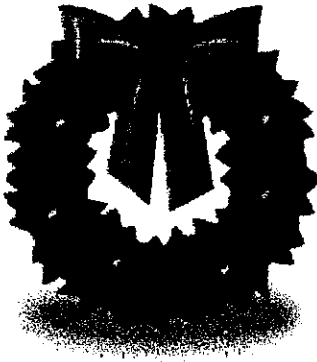
Name: \_\_\_\_\_

Email Address: \_\_\_\_\_

- I am a:
- Parent/guardian
  - Faculty/staff member
  - South Colonie resident
  - PTSA member

*Please return to:  
Colonie High School Library  
(c/o Barbara Brown)  
1 Raider Blvd.  
Albany, NY 12205*

*or email all of this information to: [barbara.brown@southcolonie.k12.ny.us](mailto:barbara.brown@southcolonie.k12.ny.us)*



**Upcoming Events:**

- |                    |   |
|--------------------|---|
| <b>December 6</b>  | <b>Board of Ed Meeting – 7:00 P.M., District Office</b>                             |
| <b>December 9</b>  | <b>Scholastic Book Fair &amp; Holiday Gift Shop<br/>6:30 P.M. – 8:30 P.M.</b>       |
| <b>December 16</b> | <b>School Spirit Day</b>  |
| <b>December 20</b> | <b>Board of Ed Meeting – 7:00 P.M., District Office<br/>Hanukkah Begins</b>         |
| <b>December 21</b> | <b>Winter Begins</b>  |
| <b>December 22</b> | <b>Holiday Concert at Colonie Center, 12:00 noon<br/>Lower level near Boscov's.</b> |
| <b>December 26</b> | <b>NO SCHOOL – HOLIDAY RECESS</b>   |
| <b>December 27</b> | <b>NO SCHOOL – HOLIDAY RECESS</b>   |
| <b>December 28</b> | <b>NO SCHOOL – HOLIDAY RECESS</b>   |
| <b>December 29</b> | <b>NO SCHOOL – HOLIDAY RECESS</b>   |
| <b>December 30</b> | <b>NO SCHOOL – HOLIDAY RECESS</b>   |

# **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