

Wales Window

Website: www.tantasqua.org/wales

Next School Committee Meeting: October 15, 2014 @ 6pm
School Committee Voicemail: 245-7571 ext. 132

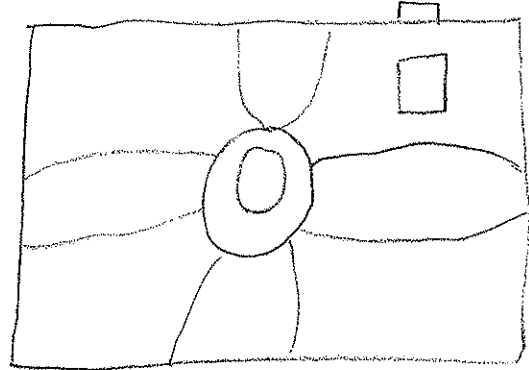
October 2014

School Pictures: October 6-7

Illustration by **Mackenzie/grade 2**

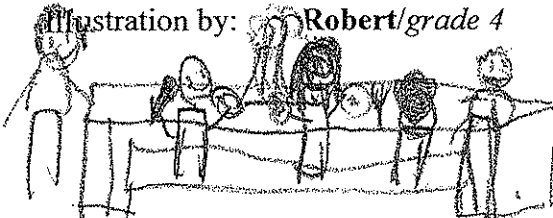
Casson-Foster Photographers will be handling our school pictures once again this year. Pictures will be taken for grades K-6 on October 6th. Preschool pictures will be taken on October 6th for the Mon./Wed./Fri. session and on October 7th for the Tue./Thurs session.

Notices will be sent home a week in advance.



Please join us for LUNCH: October 14-17

Illustration by: **Robert/grade 4**



School Lunch Week is celebrated from October 14th to October 17th. Please take this opportunity to enjoy a "**school lunch**" with your child/children.

When is the last time you had a ***school lunch?*** The school cafeteria has changed over the years, it has become the largest classroom in the school – it's not just a place to eat, but a place to learn. It's a fun place to be – a place where you can feel the pulse of the school community."

Please do not bring your own lunch. The purpose of "School Lunch Week" is for parents to eat a school lunch with their child. Lunches for adults are \$3.50. Please call to let us know if you are coming.

Welcome to our new staff:

- | | |
|-----------------------|---------------------------------|
| ▪ Mrs. Barbara Brogan | School Nurse (Monday & Tuesday) |
| ▪ Ms. Nicole Brogan | Grade 2 |
| ▪ Ms. Angelina Racco | School Psychologist/Team Chair |
| ▪ Ms. Megan Speidel | Instrumental Music |

All students, regardless of race, color, sex, gender identity, religion, national origin, sexual orientation, disability, or homelessness, have equal access to the general education program and the full range of any occupational/vocational education programs offered by the district.

MOBILE DENTIST:

Mark your calendars: The Mobile Dentist will be visiting the Wales Elementary School on Thursday, November 20th.

VOLUNTEERS IN BUILDING:

As mentioned during Open House, all volunteers must have a CORI check on file in order to be with children. If you do not have a form on file and wish to do so, please see Sue Marcucci. As always, our biggest need for volunteers is during lunch times from 11:35am to 12:45pm.

Thank you to those who attended the *mandated* orientation sessions.

From the Guidance Office:

My name is Angelina Racco and I am the new School Psychologist/Team Chair at the Wales Elementary School. I work in the area of special education to assist students with special learning concerns or the need for specific accommodations in the general education classroom four days a week (Monday-Thursday). Additionally, I am available to students regarding social/emotional issues. Please feel free to contact me, or inform your child to come see me at school if a situation arises and they would like a safe place to talk. If you have additional questions about my role or how I may be able to assist your child, you can email me at raccoa@tantasqua.org or call me at 413-245-7748. I look forward to a busy, successful, and happy year working with students at Wales Elementary School.

Notes from the Health Office:

A to Z: Enterovirus

Enterovirus (EN-tuh-ro-vy-rus) is a term for viruses that live in the human digestive tract and cause a range of different symptoms, from mild to serious. Most cases do not cause serious harm and go away in just a few days.

More to Know

There are many kinds of enteroviruses, including coxsackieviruses, echoviruses, polioviruses, the hepatitis A virus, and others, such as enterovirus D68. These viruses are common and infect millions of Americans every year. They can infect anyone, but are more likely to cause illnesses in infants, children, and teens who haven't developed immunity against the virus yet (from not being previously exposed to it), and people with weakened immune systems.

Most people who get infected with an enterovirus don't get sick. When someone does get sick, symptoms include:

- fever
- runny nose
- sneezing
- cough
- breathing difficulty
- muscle aches

Infections that spread beyond the digestive tract can cause hand, foot, and mouth disease, hemorrhagic conjunctivitis (an infection of the eye), and viral meningitis (an infection of the membranes surrounding the brain and spinal cord).

Recent outbreaks of enterovirus D68 in the United States have caused severe respiratory illness in some children and teens. In rare cases, enterovirus infections can lead to paralysis and infections of the brain (encephalitis) and heart (myocarditis). Enteroviruses spread easily from person to person, usually on unwashed hands and surfaces contaminated by feces (poop), where they can live for several days.

There is no specific treatment for enterovirus infection other than relieving symptoms until the infection has run its course, which is usually not more than a few days.

Keep in Mind

Although enteroviruses can cause serious illness, enterovirus infections usually are mild. Most cause no symptoms at all. If symptoms are severe or last more than a few days, call a doctor right away.

Many enterovirus infections can be prevented by washing hands often, avoiding contact with sick people, and keeping household surfaces clean and disinfected.

All A to Z dictionary entries are regularly reviewed by KidsHealth medical experts.

NOTICES: for the safety of your children!!!

1. There is **no** supervision before 8:30 a.m. Please **do not** drop off your children before that time. Walkers should plan to arrive at 8:30.
2. **Picking up your child after school?** If someone other than a parent is picking up your child, please indicate their name in your note. An ID may be requested.
3. **Early Dismissal:** Kindly refrain from dismissing your child(ren) from school early as this disrupts the educational process for all students in the classroom. Your cooperation is appreciated!
4. **Separated/divorced parents:** We **must** have a copy of the official restraining order, custody determination, etc. before we can refuse either parent from taking their child out of school.

5. **Procedure for expressing your concerns:** If you have a concern about your child's progress or what is happening in class, please speak with your child's teacher first. If you are not satisfied with the results or action taken, then feel free to call the principal. Concerns should be handled at the level closest to the problem for the best solution. Our "chain" is teacher, principal, superintendent and then school committee

LEGAL NOTICES:

WATER QUALITY: Our water is tested on a regular schedule for 59 volatile organic compounds twice a year in accordance with state regulations. The results of these tests are on file in the office and are available to anyone who wishes to review them.

ASBESTOS NOTICE: Our building has been inspected for asbestos and asbestos containing material.

We are fortunate not to have any health hazards to our children. However, we are required by the Asbestos Hazard Emergency Response Act to notify you that an asbestos management plan has been developed for our school. These plans are available for review in the school office.

We make routine investigations of all asbestos containing materials in school.

INFORMATION RELEASE: The office and/or classroom teachers may release to the PTF, room mothers, or school related committee members the names, phone numbers, and addresses of

students to contact parents regarding school related functions. (Unlisted phone numbers are not given). Parents who do not wish the above mentioned persons to receive such information must submit a written request.

STUDENT RECORDS:

Testing results, health records, and other pertinent information are kept in your child's record folder. You have the right to inspect your child's records if you wish. A copy of the general provisions of 603 CMR 23 regarding parent rights is available in the school office.

PTF NEWS:

We hope you all had a wonderful summer! Welcome Back!! It's been about a month since school started and the PTF has been very busy. 2014-2015 is going to be another great year! We extend a *warm* "**Welcome**" to all our new members! Thank you to all who have sent in volunteer forms. If you have forgotten, please send yours in-it's never too late!

Thank you to all our staff for a wonderful first month. The school looks great! Thank you so much for all your hard work, preparation, and dedication.

The PTF purchased school and cleaning supplies for classrooms to start the new year. PTF also provided funds for AIMSWEB, an assessment program for grades K through 6.

We are continuing with **Box Tops** this year. Information has been sent home on the Box Tops Program. Please help us reach our goal of raising \$1000.00 from Box Tops this school

year. This fundraiser requires no selling and minimal work yet benefits our school. We appreciate your support of this program.

If you have any ideas or suggestions, please contact PTF by sending a note to the office, emailing us at walesptf@hotmail.com, or calling Dawn at 245-3674.

Our next **PTF meeting will be Tuesday, September 23rd at 3:00 p.m.** Please join us!

We will be discussing the Fall Fun Run Fundraiser, the Halloween Celebration and starting plans for the Santa Breakfast.

FERRY BEACH:

The 6th graders returned from an exciting trip to the Ferry Beach Ecology School in Saco, Maine. Our students had a most enjoyable environmental, educational experience.

FROM THE CAFETERIA:

Lunches must be paid daily or pre-paid weekly or monthly. Please make checks payable to the "Town of Wales/Lunch Program". The cost for lunch is \$2.75 and the reduced cost is \$.40 (includes milk) and milk may be purchased separately for \$.50. **Please use the lunch money envelopes and fill them out completely.** If you need extra envelopes you can get them in the school office.

Our school lunch menu is on our web site or a copy is available at the school office. A call by 10:00 to the

cafeteria is appreciated if you wish to join your child for lunch. Adult lunches are \$3.25 and breakfast for adults is \$1.75.

Any child forgetting lunch monies, losing a lunch or needing to charge may do so for the day. Remember – *charging is for an emergency only!* Please be aware of your child's lunch needs and status. You may apply for free lunch at anytime during the year, even on a short-term basis if your income changes.

Breakfast costs \$1.25 and the reduced cost is \$.30. Breakfast can be prepaid or paid daily only. *No breakfast charges.* Any unused breakfast or lunch credits will be carried over for the next week.

Breakfast is the most important meal of the day and teachers report that students are more alert and perform better in class if they eat breakfast.

We offer great breakfast food at good prices. Kids come to school breakfast for many reasons:

- Some kids just aren't hungry when they first wake up, but still need breakfast to get them through the morning.
- Some kids come because their parents need to be at work earlier than a sit-down breakfast at home would allow.
- Some kids just like eating breakfast with their friends.
- Some kids leave the house so early that they're ready for a "second" breakfast at school

So come join us and help us wake up the kids with breakfast!

FYI: USDA MEAL PATTERN REQUIREMENTS

The USDA has issued new requirements for school lunches. All of our pasta and breads will be whole grain. Our flavored milk must be fat free. Children must choose a vegetable or fruit as part of their meal. Our goal is to teach children about portion control and healthy foods.

Rest assured children will never be forced to eat anything that they don't choose to. These requirements are in place to help our children learn to eat healthier.

Local Wellness Policy

Beginning the first day of school 2006, each local educational agency participating in the National School Lunch Program has established a school *Wellness Policy* for their school. The goal for the Wales Elementary Cafeteria is to serve nutritious, balanced, good tasting lunches that promote healthier eating habits.

The *Wellness Policy* greatly effects what we can sell on our snack cart. All items cost \$.50. The items that the cafeteria will be selling this year are:

- 100% fruit juice – apple, orange, grape, - 4 oz.
- Bottled water
- Milk/1%white, fat free chocolate, fat free strawberry, skim – 8 oz.
- Gold fish crackers (baked)
- Sunchips
- Smartfood popcorn
- Rold Gold pretzels
- Cereal (bowl pack)

- Breakfast bar
- Graham Crackers

Please keep “snack money” separate from lunch or breakfast money. Children need to bring money with them when they purchase a snack.

If there are any questions on the lunch policies or program, please contact Nancy Gilley in the cafeteria. Any parent with eating concerns should contact the school nurse or relay concerns to the cafeteria. Any child needing a ‘Lactaid’ milk, instead of a milk at lunchtime, must contact the cafeteria so it can be ordered. Please feel free to join us for lunch at anytime, a call is appreciated.

Have you seen any of the recent research highlighting the scientific link between healthy eating, physical activity and academic performance? Did you know that out of our 58 students that qualify for free or reduced priced meals that only 10 to 15 participate in school breakfast? Improving our school breakfast program is an easy way to help all of our students perform their best academically AND we receive federal reimbursement for each meal served. Feeding our students school breakfast can lead to better test scores, better attendance, fewer behavioral issues and more funding for our school nutrition program. You know your child(ren) should eat a good breakfast, but morning can be rushed and sometimes they just aren’t ready to eat when they first wake up. Teachers report that students who eat breakfast are ready to learn and more likely to participate in

class. Even if your child(ren) eat breakfast at home, providing school breakfast for all students can create a better learning environment. We would like to implement a ‘Grab ‘n’ Go’ breakfast here at Wales School. The students can pick up a bagged breakfast that consists of milk, juice, breakfast bar and string cheese. They can then eat it when they get to class or at snack time. Please let us know if your child(ren) will be interested so that we can have the Grab ‘n’ Go breakfast available for November 1st.

Thank You

DISTRIBUTION OF FLYER’S POLICY:

The distribution of information of an advertising or promotional nature is not allowed on school premises. Information regarding the activities of school or district-sponsored programs may be distributed. Flyers regarding town-affiliated activities which are age-appropriate and in the best interest of students may be distributed, provided the materials do not threaten to substantially disrupt or interfere with school activities. All other flyers approved by the principal may be left in the front office for those children or parents who wish to collect them. The titles of such flyers will be advertised through the local school newsletter.

WALES FOOD BANK:

The Wales Food Bank is located at the Senior Center and is open on Wednesdays from 10am to 12noon. Feel free to stop by if you could use some assistance!

FREE AND REDUCED LUNCH APPLICATIONS

Thank you to all who responded to our requests to complete a Free and Reduced Lunch Application. If you haven't already done so, kindly complete the application. Your cooperation is greatly appreciated.

ANTI-BULLYING CURRICULUM:

The Tantasqua School District has adopted the Michigan Model for Health for grades K-6 as the Anti-Bullying Curriculum throughout the district. The Michigan Model for Health focuses on the social and emotional health of all students. Your child will have the chance to take part in lessons designed to develop life-long health habits. Some of the lessons will focus on the following:

- Skills for making and keeping positive friendships and relationships
- Skills for making decisions and solving problems
- Skills for identifying and discussing feelings
- Communication skills to enhance health

The nurses will be implementing these lessons throughout the year in their health lessons. There is a website with an array of information for your viewing - www.michiganmodel.org.

DATES TO REMEMBER

October

October	3	School Banking
	6-7	School Pictures
	6	School Council 4pm
	7	Gr. 4, 5, & 6 field trip
	9	Mid-Term
	9	PTF Meeting 3pm
	10	No School – Professional Development Day
	13	No School – Columbus Day
	14-17	National School Lunch Week
	15	Progress Reports
	15	School Committee 6pm
	17	School Banking

FROM WALES PUBLIC LIBRARY:

The Wales Public Library welcomes and encourages children to use the library. There are materials here that will delight children of all ages. Parents are welcome to browse the offerings too. Library cards can be issued to any child over the age of 8 with a parent signature. The hours are Monday, Tuesday and Thursday 3-7PM, Wednesday 10AM-12 Noon and 3-7 PM, and Saturday 10 AM – 1PM.

The Homework Center has been in operation since 1999 as a resource for Wales students to complete assignments, receive some assistance, use a computer or study quietly. It is open Monday through Thursday from 3-7PM. We have a wealth of resources available in several different forms: print, audio, video and electronic to help to get assignments done. Interlibrary loan allows us to access the collections of most Massachusetts Libraries, this process does take a week or more, so it is important to begin to collect materials as soon as the assignment is given.

We hope to see you at your library soon! Nancy Baer

Philosophy of Wales Elementary School

We at the Wales Elementary School are eager to meet the challenge of providing our young people with the skills to face the world today. We believe this can best be accomplished by a cooperative relationship between our community and our school, using the strengths of both groups. It is our hope that the school and community will share the following responsibilities.

Our responsibilities are:

- to build a strong foundation for every child enabling each one to define and solve life problems now and in the future.
- to provide a relationship that acknowledges both strengths and weaknesses while fostering self-esteem, self-confidence, and self-discipline.
- to maintain a nurturing and safe environment where students can mature physically and emotionally.
- to provide a healthful school environment, not only as a requirement for safety and the prevention and control of disease, but also to develop healthy attitudes and good health management skills and practices.
- to instill an atmosphere of respect and responsibility for the rights, feelings, and property of others.
- to establish and maintain high standards in academic and social settings through developmentally appropriate methods.
- to develop every child's skills for effective communication in listening, speaking, reading, writing, mathematics, arts, and all the sciences including social and computer science.
- to bring realistic experiences into the learning process in a creative way that enhances the understanding of the relationship between learning and life.
- to stimulate appreciation and respect for the arts, the environment, new and different ways of thinking, other cultures and times.
- to foster open lines of effective communication in a community-wide partnership that involves citizens, students, staff and administration.

Our goal is to enhance the quality of life for every child by providing an environment

that fosters the development of lifetime skills, dreams and goals. Our hope is to encourage a continuing thirst for knowledge throughout life and to empower the children with the confidence to achieve their potential.

