

Next School Committee Meeting: November 19<sup>th</sup> - 6pm  
School Committee Voicemail: 245-7571 ext. 132  
Website: [www.tantasqua.org/wales](http://www.tantasqua.org/wales)

# Wales Window

## COMING EVENTS

November 2014

### Veterans Day Assembly: November 10<sup>th</sup>

Everyone is welcome to join us on Monday, November 10<sup>th</sup> at 2:00pm to honor our Veterans. Each class will present a short performance.

Special guests include: Marilyn Bolaske, and local Veterans.



Illustration by:  
**Michael/gr.3**

### Preschool Screening:

Screening for Disabilities for Children Ages 3 -5  
Wales Elementary School

Wales Elementary School will be providing evaluations by appointment for children ages 3-5. If you are concerned that your child may have a disability, please contact Wales Elementary School to set up an appointment for Thursday, December 4, 2014. If you have any questions about this process, please feel free to call the school at 413-245-7748.

### MCAS RESULTS:

MCAS results were mailed to parents. It is important to remember that the scores (for both the school and individual students) are not the end-point. They give us extremely useful, detailed information on the strengths and weaknesses of our schools' and students' performance. We use these results to improve our programs and provide a better education for your child.

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.

### *The Cold Weather Is Here:*

As the cold weather approaches, please make sure that your child is appropriately dressed. Children go outside for recess when the temperature is 20 degrees or above. With the high cost of fuel, we will be trying to conserve in the school also. Dressing children in layers will help keep them comfortable both in and out of the school.

### *Celebrate Family Literacy Night:*

Wales Elementary School will have a *Family Literacy Night* on Monday, November 3<sup>rd</sup>. Students will bring home a book to read with their family. Parents are encouraged to read with their children for 15 minutes or more. Please return books on Wednesday, November 5<sup>th</sup>.

*Research reveals that parents and adults at home can be the best teachers in each child's life.*

- **Read to and with your child for 30 minutes every day.** It is very important to read out loud to your children before they start school. Help your children to read with you. Ask them to find letters and words on the page and talk with your children about the story.
- **Talk with infants and young children before they learn to read.** Talk with your children all day long, using short, simple sentences. Talking with them even before they can speak will help them later when they learn to read and write.
- **Give your children writing materials.** Children want to learn how to write and practice writing. Help them learn by having paper, pencils, pens, or crayons for them in your home. Help your children write if they ask you.
- **Ask your children to describe events in their lives.** Talking about their experiences makes children think about them. Giving detailed descriptions and telling complete stories also helps children learn about how stories are written and what the stories they read mean.
- **Help your children to read on their own.** Reading at home helps children do better in school. Save lots of children's books in your home and visit the library every week. Help your children get their own library cards and let them pick out their own books.
- **If your child has a developmental delay, your child may find reading frustrating.** Have books on tape in your home. Borrow or buy a tape player that is easy to work. If you cannot find recordings of your child's favorite books, you or a family member could make recordings of them for your child to listen to while looking at the books.
- **Help your child to see that reading is important.** Suggest reading as a free-time activity. Make sure your children have time in their day to read. Set a good example for your children by reading newspapers, magazines, and books.
- **Encourage dinner conversations.** Ask questions about the day; discuss events, news, the community, country and world. This develops vocabulary, grammar, sequencing skills and general knowledge.
- **Talk with your children as you do daily activities together.** When you take your children places, talk with them about what you are doing and ask them questions. Make your

child an active participant in daily life. Ask him or her to tell the time, look up phone numbers, bake a recipe, cut coupons, make shopping lists, shop, read signs and maps, etc.

- **Encourage good study habits.** Set aside a time and place for homework and help if you are asked. Set up a reading area in your home. Keep books that interest your children in places where they can easily reach them. As your children become better readers, make sure that you add harder books to your collection.
- **Restrict the amount and kind of TV your children watch.** Watch educational programs with your children that teach letter sounds and words or give information about nature and science.

### Meeting w/the Principal:

If you need to schedule a meeting with Mr. Zinkus, please feel free to contact the school. Arrangements can be made for early morning or evening appointments should the need arise.

### NOTICES:

Applications for free or reduced lunch are available in the school office. If you think you may qualify, please call the school office for an application. If your income changes at any time, you are still able to apply throughout the school year. The number of children receiving free or reduced lunches determines the amount of our reimbursement that we receive from the State and a grant is available to the Town based on the number of applications on file.

**Lunch envelopes:** Just a reminder that we are using lunch envelopes to facilitate the collection of lunch monies. Please forward your envelope to school on *Monday*

*mornings* (checks may be made payable to the *Town of Wales*). Please return any unused envelopes to the school. If you wish to purchase an additional lunch during the week that you have not already ordered, please feel free to send in \$2.75 for that day.

### Reminders:

*Party invitations* - Please do not send party invitations to school to be distributed in class unless everyone is invited.

Children's feelings are hurt when they do not receive an invitation. Thank you for your co-operation.

*Please remember* that it is unlawful to smoke on school property.

### Half-Day Procedures:

Breakfast is served on half-days.  
Lunch is not.

School is dismissed at 11:45 on half-days. Preschool will not be in session on Early Release Professional Development Days.

### The Health Office:

#### **The Flu Vaccine**

If you've ever had the flu, you know how bad it can make you feel. To help avoid all that misery — as well as possible health complications — doctors now recommend that all teens get a flu vaccine every year.

Hate getting shots? There's good news: The flu vaccine also comes in a nasal spray.

## Why Get Vaccinated?

The main reason for getting vaccinated is to spare yourself the misery of flu. But there are other reasons to get vaccinated too.

**It's especially important for people with certain medical conditions (like kidney disease, diabetes, HIV, heart problems, or asthma) to get a flu vaccine.** They are more likely to have serious complications (like pneumonia) when they get the flu.

**Kids and teens who take aspirin regularly also need to be vaccinated.** They are at risk for developing a serious condition called Reye syndrome if they get the flu.

**Another reason for getting vaccinated is to protect the people around you who might get seriously ill from flu** — like babies, people with serious illnesses, and the elderly. When you protect yourself with a flu vaccine, you also protect other people who are more vulnerable because there's less chance you'll get the flu and pass it on. Scientists call this "herd immunity."

## When Should a Person Get Vaccinated?

The best time to get a flu vaccine in the United States is before flu season starts. This gives the body a chance to build up immunity before the winter flu season. It's best to get vaccinated as soon as this year's flu vaccine becomes available in your area. (Your mom or dad should be able to find out when that is from your doctor's office, or you can ask your school nurse.)

Even if you can't get vaccinated right away, getting a flu vaccine after flu season begins will still give you some protection. You also can protect yourself against the flu (and many other infections) by washing your hands well and often.

## What's in a Flu Vaccine?

Flu vaccines are available as a shot or nasal mist (a spray that's squirted up the nose). The shot contains killed flu viruses that won't cause people to get the flu, but will cause the body to make antibodies to fight off infection by the live flu virus.

The flu shot is very effective at protecting against the flu, but it's not 100%. A few people who get the shot will get the flu. In addition, the shot only contains certain strains of the virus. If a new flu strain emerges, a person who's had a shot may not be protected against it.

If you hate getting shots, ask your doctor about the nasal mist vaccine. The nasal mist is different from the shot because it contains weakened *live* flu viruses instead of killed viruses. Because it contains live viruses, the nasal mist isn't for everyone. For example, people with weakened immune systems (from certain illnesses or medications) shouldn't get the nasal mist. Check with your doctor to see if you can get the nasal mist vaccine.

## What About Side Effects?

It's possible to have some minor side effects for 1 or 2 days after getting a flu shot, like soreness in the area where you got the shot. Some people may feel achy or have a mild fever after getting the shot. But the side effects aren't as bad as the flu, which can make some people sick for as long as 2 or 3 weeks.

A few people who get the nasal mist vaccine can develop mild flu-like symptoms that go away after several days.

**If you have an egg allergy, get your flu shot in a doctor's office, not at a supermarket, drugstore, or other venue.**

### **IMPORTANT CHANGE:**

According to “new regulations”, we cannot administer cough drops to students without a **signed** doctor’s note.

### **NOTICES:**

Just a reminder that Wednesday is “NOTICE DAY”. All notices to be sent home must be received by the close of school on Tuesday in order to be distributed on Wednesdays.

### **PTF NEWS:**

Welcome to our new members! It was nice to see and meet you. Thank you to all who have sent in Volunteer Forms. If you would like to volunteer at any events, please contact PTF. We appreciate all your help.

Funds have been allotted to purchase supplies for Scholastic Magazine for PK.

Thank you to all who participated in our second *Fun Run*. We appreciate your time and support!! The kids were very excited to run and did a great job! It was a windy day but it wasn’t too cold out and there was no rain, so everyone had fun! Thank you to Mrs. Hughes for setting up a great course for us. Thank you also to the volunteers who came to pass out snacks and record the number of laps each child ran.

The **Book Fair** will once again be in December this year. We will be using Scholastic as our book supplier. The Book Fair will be open during some school hours and as much as possible during Parent/Teacher Conferences. This is a great way to earn books for our library and

classrooms. More information will be sent home concerning specific times the Book Fair will be open.

Our **Santa Breakfast** will be on December 6<sup>th</sup> with a snow date of December 13<sup>th</sup>. Plan to join us for a fun morning complete with a hot breakfast, pictures with Santa, raffles, crafts for the kids, and shopping at the Book Fair.

Thank for your support of the **Boxtops For Education Program**. Please continue to save and send Boxtops in to school. Please remind your family and friends that we collect Boxtops.

*Save these dates!!*

**Santa Breakfast and Secret Santa  
Workshop December 6<sup>th</sup>**

**Our next meeting date is:  
November 4<sup>th</sup> at 6pm**

### **Wales Wizards Shirts Available:**

There are still some Wales Wizards shirts available in various sizes. Please contact the school for further information.

**Dates to Remember**

**NOVEMBER**

- 3 Family Literacy Night
- 3 School Council 4pm
- 4 Picture Retakes 9am  
PTF Meeting 6pm
- 5 Books returned from Family  
Literacy Night
- 7 School Banking
- 10 Veteran's Day Program 2pm
- 11 No School – Veteran's Day
- 19 School Committee 6pm
- 21 School Banking
- 26 End of First Term
- 26 Early Release 11:45
- 27-28 No School

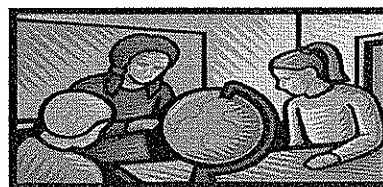
*Happy Thanksgiving*

School District, Brenda Looney will be available to answer any questions you have.

**All workshops are held at  
Rehabilitative Resources, Inc.  
1 Picker Road, Sturbridge,  
MA**

**MEETINGS ARE FREE and  
OPEN TO EVERYONE**

For more information call Sherri Cloutier  
(508)347-0976 or  
askpactantasqua@gmail.com



## **ASK PAC OF TANTASQUA**

“Assist Special Kids Parent Advisory  
Council of Tantasqua Regional School  
District”

Assist Special Kids Parent Advisory  
Council is a special education parent  
support group. We offer free  
guidance in special education issues  
and resource information for parents  
and caregivers of children with  
special needs.

**Wednesday, November 12, 2014  
7-9pm**

**Basic Rights of Special Education**

The speaker is Sharon Faucher an  
Educational Consultant. The Special  
Education Director of Tantasqua Regional