

News from the Elementary & Middle Schools

The Principal's Pen

Dear Parents,

The following is a list of upcoming events for the Middle School during December 2018:

Picture re-take day for grades 4-8 is scheduled for Wednesday, December 5.

December 6 is a Half Day Dismissal. This is only for grades K-8.

On Tuesday, December 5, there will be the annual wreath laying ceremony at the Martin Van Buren gravesite in Kinderhook to celebrate his birthday (12/5/1792). All are invited to attend. The Middle School will send representatives from each of the fourth grade classes.

Our Winter Concert for grades 5 & 6 is December 11 at 6:30pm. The inclement weather date is December 13.

The Winter Concert for grades 7 & 8 is December 12 at 6:30pm. The inclement weather date is December 17.

Come and enjoy the music performed by our talented students. We hope to see you there!

The Polar Express Activity Night for grades 4 & 5 is scheduled for December 14th, 6:30-8:30pm.

Winter Recess is from December 24 -January 1 (students return to school on Wednesday ,January 2).

I sincerely wish all of you a Merry Christmas, Happy Hanukkah, and a Happy Kwanzaa. If you are traveling, please be careful.

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- Happy Holidays
- Winter Recess

From The Nurse's Desk

Many parents ask, "When is my child sick enough to stay home from school?"

This is not always an easy question to answer. We hope that these tips can help.

A child who is sick will not be able to perform well in school and is likely to spread the illness to other children and staff. We suggest making a plan for childcare ahead of time so you will not be caught without a comforting place for your child to stay if he/she is ill.

Our school policy states that you should not send your child to school if he/she has:

- Fever in the past 24 hours
- Vomiting in the past 24 hours
- Diarrhea in the past 24 hours
- Chills
- Sore throat
- Strep Throat (must have been taking an antibiotic for at least 24 hours before returning to school)
- Bad cold, with a very runny nose or bad cough, especially if it has kept the child awake at night
- Head lice – until your child has been treated according to the nurse or doctor's instructions

If your child becomes ill at school and the teacher or school nurse feel the child is too sick to benefit from school or is contagious to other children, you will be called to come and take him/her home from school. It is essential that the school have a phone number where you can be contacted during the day and an emergency number in the event you cannot be reached. Please be sure that arrangements can be made to transport your child home from school and that childcare is available in case of illness. If your daytime or emergency phone number changes during the year, please notify the school immediately.

Please call the Health Office if you have any questions or concerns.

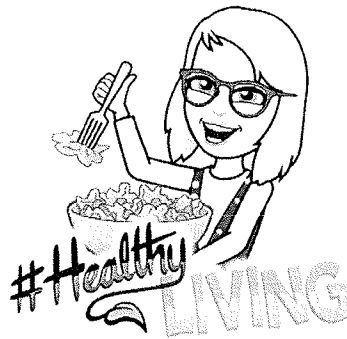
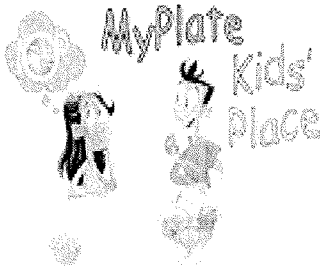
Jo-Ellen Estabrook-Pollack, RN
Middle School Nurse
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9th Annual We Go Together Family Variety Show

We Go Together is a variety show made up of various acts performed by students and family members. It is open to students in grades K-12. In addition to the family acts, the locally famous "Teacher Act" adds to the fun and variety of the show. The "We Go Together" band, made up of teachers, students, and parents also performs each year. The performance is scheduled for **Thursday, January 31, at 7PM in the High School Auditorium**. Ticket order forms will go home with students in early January. We Go Together is sponsored by TEMPO.

“Learning to be Fiscally Responsible”

Mrs. Kuhn’s seventh grade FACS classes are learning how to balance income and expenses by developing a budget using google sheets, themint.org and nycareerzone.org. They’re learning to “pay themselves first,” by saving 10% of their income for unexpected expenses. Students get a taste of what it will be like to pay their bills without help from their parents, and discover why their education & training are important to future earning potential.



“Planning Healthy Meals”

The sixth grade FACS classes are using the choosemyplate.gov website to practice planning nutritionally balanced menus and learn about serving sizes. Later students will learn to measure ingredients accurately, use kitchen technology safely, and prepare healthy recipes using teamwork.

Middle Years

Working Together for School Success



Short Stops

Getting the message

Let your tween know you're counting on her to keep you in the loop about school news. During morning announcements, she might jot down reminders ("Ask for a ride to basketball tryouts, Saturday 9 a.m."). Or have her post flyers on the refrigerator where you'll see them.

Mealtime manners

Encourage your child to be polite when he's offered food. If he doesn't like something, he could take a small portion to try—maybe he'll enjoy it after all! If he has a food allergy or eats a vegetarian diet, he can mention it and say, "Thank you anyway."

Turning in assignments

Your middle grader's homework isn't finished until she hands it in. Suggest that she take it out of her backpack as soon as she sits down in each class so it's ready to be collected. Or perhaps she'll keep homework in one folder to carry to every class so she doesn't leave any assignments in her locker.

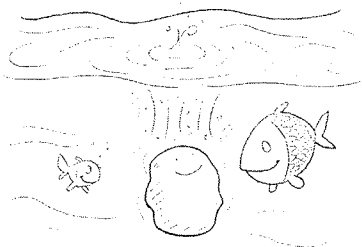
Worth quoting

"Happiness often sneaks in through a door you didn't know you left open."
John Barrymore

Just for fun

Q: If you throw a blue rock into the Red Sea, what will it become?

A: Wet!



Growing responsibility

Picture your middle grader as a responsible young adult. How do you help him get there? Consider these ideas for planting the seeds of responsibility now so he'll grow into the dependable person you're trying to raise.



Promote consistency

Sticking to routines makes handling responsibilities a natural part of your tween's day. For instance, if he needs a tablet for school, he might charge it on the kitchen counter every night. Or suggest that he bring his PE uniform home on Fridays so he can wash it.

Pass the "baton"

Imagine you're in a relay race and you're passing the "responsibility baton" to your child. Make the handoff by switching from giving instructions to asking questions. Say he's getting ready for a chorus concert. Instead of telling

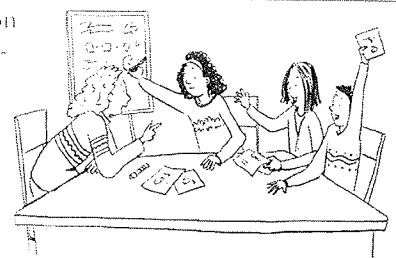
him to put on his dress shoes and find his sheet music, try saying, "What do you need to do to get ready?"

Discuss accountability

Experience is an excellent teacher—and it can make your middle grader more responsible. Share an example from your own life ("I forgot about my doctor's appointment, so now I have to pay a no-show fee"). Then, explain what you learned ("I need to put appointments on my calendar right away"). 👍

Brainstorm for project success

Your tween may have heard the expression "Two heads are better than one." That's especially true when it comes to brainstorming! Share these tips she can use the next time she works on a group project.



■ **Get organized.** Decide what the group will accomplish (say, picking a topic for a class presentation). Review the assignment guidelines, and appoint one person to record ideas.

■ **Consider all possibilities.** Encourage your middle grader to call out any idea that comes to mind, even if she's not sure it'll work. An off-topic or half-formed suggestion may lead others to think of ideas that *will* work.

■ **Read and evaluate.** At the end of the brainstorming session, look over all the contributions. Think of ways to combine or tweak everyone's favorites. 👍

Writing is fun!

Motivate your tween to write more often with these activities. She'll practice using parts of speech and descriptive language.

Make up Mad Libs. Your middle grader could create a silly story by leaving blanks for you to fill in. Encourage her to think carefully about where to put blanks and label each with the part of speech needed (noun, verb, adjective). For example, will



she leave out a noun so you can choose the character? ("I looked up to see a giant _____ walking down the street.") Or will she pick the character and let you supply an adjective to describe it? ("There was a _____ wildebeest on the loose.")

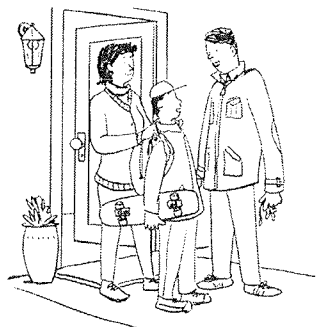
Write shape poetry. Can your

child write a poem in the shape of her topic? With *concrete poetry*, she'll do just that. First, have her select an object to write about, such as an apple, and think about what it brings

to mind (baking apple pies with Grandma, visiting an apple orchard). She should draw an outline of an apple in pencil, write lines of poetry in pen to fit the shape, and erase the outline. 🍏

Parent to Parent Peaceful co-parenting

After our divorce, my ex-wife and I used a co-parenting app to communicate because talking in person was awkward.



When I mentioned the app to my counselor, he suggested that it would be good for our son, Aiden, to see his parents getting along—in person.

I realized he was right, so lately I've started going to my ex-wife's door to pick up Aiden rather than waiting in the car. I caught my son smiling when he saw me talking to his mother about how he's doing in school and about our plans for the weekend.

We still use the app, but it's getting easier to set aside our emotions for Aiden's sake. He's realizing that we can work together even though we have our differences. 🍏



Q & A Avoid the gossip scene

Q I recently heard my daughter talking with her friends about a rumor that's going around at school. How can I encourage her not to gossip?

A First, talk to your daughter when her friends aren't around. You could suggest that she always assume rumors are false. Point out that people who start or share them often don't even know if they're true. They may gossip because they want attention or to get revenge, for example.

Then, have your tween think about how the person being talked about would feel if he overheard the gossip. Instead of staying silent, your middle grader might speak up and say, "That sounds like a rumor." She should also avoid spreading the rumor.

Finally, explain that sharing rumors can cause friends not to trust her. After all, if they know she's willing to gossip, they may wonder if she'll gossip about them one day, too. 🍏



Creative tweens

Ever wonder what happened to your singing, doodling, spontaneous child? He's still there! Since middle graders are usually more self-conscious, they might need a little coaxing to express their creativity. Try these strategies.

1. Put an inexpensive art easel and supplies (drawing paper, paints, brushes, markers, colored pencils) in a corner of your home. When you're not looking, your tween may

decide to sketch a pet, paint a sunset, or try his hand at abstract art.

2. Put your middle grader in charge of making signs on the computer or on poster board for family members' birthdays. He can download pictures specific to the person (favorite food or movie star) and write a clever greeting. *Example:* "Happy birthday from the whole bunch" with a picture of bananas. 🍌



OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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MILK

**ICHABOD CRANE
HOME OF THE RIDERS
LUNCH MENU FOR DECEMBER 2018
MIDDLE SCHOOL
4th -8th grades**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>December 3 Italian Cheese Pizza Green Beans</p> <p>chilled & fresh fruit Assorted skim or 1% Milk</p>	<p>December 4 Meatball Subs 3 Bean Salad Potato Chips</p> <p>chilled & fresh fruit Assorted skim or 1% Milk</p>	<p>December 5 Grilled Cheese Tomato/Chicken Noodle Soup Peas & Carrots</p> <p>chilled & fresh fruit Assorted skim or 1% Milk</p>	<p>December 6 Half Day Breakfast Sandwich Juice</p> <p>chilled & fresh fruit assorted skim or 1% milk</p>	<p>December 7 General Tso Chicken Brown Rice Broccoli</p> <p>chilled & fresh fruit assorted skim or 1% milk</p>
<p>December 10 Italian Cheese Pizza Carrots</p> <p>chilled & fresh fruit assorted skim or 1% milk</p>	<p>December 11 Hamburger or CH Burger on a Bun Lettuce, Tomato French Fries</p> <p>chilled & fresh fruit assorted skim or 1% milk</p>	<p>DELI DAY December 12 Ham or Turkey w/cheese Lettuce, Tomato Tomato cucumber Salad Potato Chips</p> <p>chilled & fresh fruit assorted skim or 1% milk</p>	<p>December 13 Chicken Queso Pizza salsa,sour cream Corn</p> <p>chilled & fresh fruit assorted skim or 1% milk</p>	<p>December 14 Chicken Nuggets Smiley Fries</p> <p>chilled & fresh fruit assorted skim or 1% milk</p>
<p>December 17 Italian Cheese Pizza Carrots</p> <p>chilled and fresh fruit assorted skim or 1% milk</p>	<p>Brunch For Lunch December 18 French Toast Sticks Sausage or Egg Patty Syrup Fresh baby Carrots</p> <p>chilled and fresh fruit assorted skim or 1% milk</p>	<p>December 19 Hot Dog on a Bun Vegetarian Beans French Fries</p> <p>chilled and fresh fruit assorted skim or 1% milk</p>	<p>December 20 Mozzarella Sticks Marinara Sauce Caesar Salad</p> <p>chilled and fresh fruit assorted skim or 1% milk</p>	<p>December 21 Chicken Patty on a Bun Tater Tots</p> <p>chilled and fresh fruit assorted skim or 1% milk</p>
<p>December 24 NO SCHOOL WINTER BREAK</p>	<p>December 25 NO SCHOOL WINTER BREAK</p>	<p>December 26 NO SCHOOL WINTER BREAK</p>	<p>December 27 NO SCHOOL WINTER BREAK</p>	<p>December 28 NO SCHOOL WINTER BREAK</p>
<p>December 31 NO SCHOOL WINTER BREAK</p>	<p>January 1 NO SCHOOL WINTER BREAK</p>			

Find our Menus at
www.ichabodcrane.org

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AND EMPLOYER**