



KES NEWSLETTER



Volume 4

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Fire Safety News- In honor of National Fire Prevention Week, members of Killington Fire and Rescue visited with Killington Elementary School (KES) preschool, kindergarten, first and second grade students this week to discuss how to avoid fires and to make sure children are prepared to escape should a fire break out in their surroundings. Discussion centered on what to do in the event of a fire. Talk to your child. Make sure he knows that if he finds himself in a burning building, get out. If in the home or school, go to a designated “meeting spot” and wait for help to arrive. Tell him to call 911 to seek help once out of the building, and be prepared to share the home address with the dispatcher. Parents, we can’t emphasize enough the need for children to know the physical address of their home. With the use of cell phones today, the dispatcher will rely upon the caller for this information.

We thank the following members of Killington Fire and Rescue for educating students about fire prevention and safety: Assistant Fire Marshal, Lieutenant Bill States, Captain Mark Fiore, and Firefighters Ron Ottino, Sabina Schulz, Deb Burke, Armin Raffei.

Starbase Vermont-Killington Elementary School fourth graders’ recent participation in Starbase Vermont supports the fourth grade curriculum in an engaging manner and builds upon student learning from earlier years. The mission of Starbase is “...to raise interest and importance of knowledge and skills in youth and science, technology, engineering, and math (STEM).” Starbase provides an exciting hands-on, activity-based curriculum involving STEM, personal development, team building, and healthy choices. Established by the Vermont National Guard in 1994, Starbase receives federal funding from the Department of Defense. We thank fourth grade teacher, Maria Garland, for organizing the Starbase experience for our students each year.

Science NECAP Scores Arrive-Fourth graders throughout the State of Vermont participated in the New England Common Assessment Program (NECAP) Science Assessment last spring. NECAP Science assesses students’ content knowledge in the areas of physical science, Earth and space science, and life science. Teachers use test data to determine future curriculum and instructional needs. Professional development and professional learning community meetings in our school have focused upon science inquiry and writing in science as we constantly strive to increase our students’ knowledge base in all areas of science. The NECAP Science scores indicate that 73% of Killington Elementary fourth grade students reached proficiency in the science assessment this year, compared to 51% statewide. With a small group administration, test variability from one year to the next is a likely occurrence. Therefore, KES educators review and analyze test scores over a three to five year span to determine instructional needs and supports both for individuals and for groups of students. Individual student test results will be shared with parents at upcoming parent/teacher

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Dates to Remember

October 15

Grade 5 NECAP Testing

October 16-18

Grades 3-6 NECAP Testing

October 19

Teacher In-Service/No Classes

October 22-26

Red Ribbon Week

October 23

K,1, & 2 to Pentangle @ noon

October 24

School Picture Re-take @8:30 AM

October 26

KES Haunted House
End of First Marking Period
KES School Board Meets @1:00 PM

November 2

KEEPERS Meeting @8:15 AM

November 8

KES Thanksgiving Lunch

November 12

Parent/Teacher Conferences/ No Classes
KES FREE Winter Gear Swap

November 16

Grades 3-6 to CSC @9:00 AM

Congratulations to the following 2012-13 Student Council Officers:

President, Will Crompton
Vice-President, Maddie Rieger
Recorder, Maggie Rice
Treasurer, Owen Coates

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conferences.

iPads in Our School-The recent "iPad Initiative" at KES, spearheaded by parents, Peter Phelps and Jim Haff, raised \$5000! This money combined with \$3000 earmarked for the iPad Initiative allowed the school to purchase sixteen iPads for student use, enough for a complete class of students to use at any one time! Teachers and students alike are excited about the new learning opportunities the iPad brings to the classroom. A very special thank you goes to Peter Phelps, Jim Haff, and all those who donated to this initiative.

Sixth Graders Explore a Cosmic Sense of Space- From the small scale of microscopy to the larger scale of astronomy, students discovered the varied scales of viewing their place on Earth. Throughout the week of September 24th, KES sixth graders joined fellow sixth graders from throughout the supervisory union to collaborate as they analyzed and synthesized the cosmic sense of scales. Two questions were explored during the course of the week: How does your perception of a place change when you observe that place on different perspectives or scales? How do lenses expand our understanding of the universe and help us make connections? Each day students learned to look at the world in new and fascinating ways -- from microscopy to astronomy to photography. Many thanks to the folks at Marsh Billings and to our sixth grade teachers throughout Windsor Central Supervisory Union for offering this program to our students.

Loren M. Pepe, Principal

Health Room News

Medication to treat a multitude of ailments is readily available everywhere from supermarkets to drug stores. Our culture promotes this "quick fix" attitude. Consequently, abuse of over the counter medications as well as prescription medications, including heavy duty pain meds, is rampant in today's society. Prescription pain medications and amphetamines, such as some medications prescribed for ADHD, are being sold illegally on the streets. A child's perception of medication is strongly influenced by how the people he lives with use medication.

It is very important to remember that medication, even over the counter medication, is a drug. It changes the way our body works. Even small amounts (especially in children) cause some damage to our organs such as our liver, kidneys, and stomach. The over use of antibiotics around the world has caused some germs to mutate into forms that cannot be killed by antibiotics.

How can we prevent the over use and abuse of medication in this country? It begins by creating a culture that resists reaching for the bottle of medication every time we have a sniffle, a headache, or mild discomfort. Remember, over the counter medications do not cure a cold, they only help relieve symptoms. Rest, increased fluids, and comfort measures such as hot / cold packs, warm baths, and TLC will often be all that's really required when a child is sick. If a child is coughing, vomiting, or febrile, it is time to call the pediatrician and let him determine the course of action.

What do you do when you don't feel well? Children learn habits from those around them. If you are constantly popping the ibuprofen, you are setting a tone for medication use. If you only use medication when it is truly necessary, your children will learn how to use medication responsibly.

New research has shown that even over the counter medications cause more damage to a child's organs than previously thought. Medical professionals are also discovering that some children's bodies metabolize medication differently. There have been several recently reported deaths of children who were given age and weight appropriate doses of acetaminophen (Tylenol) with codeine. Incidents such as these are making the medical world look more carefully at how and when to prescribe medication for children. It is important to remember that vaccines are not medications. They are a harmless version of a bacterium or virus that tricks your body's immune system into developing antibodies against that germ. Vaccinations help prevent illness. The next time you or someone in your family is thinking about taking medication, ask yourself and your doctor if it is really necessary. Help change the culture of medication over use and abuse.

Jamie Sudol RN, School Nurse

Candy Drop at KES for Halloween in Pittsfield

Do your children trick or treat in Pittsfield? KES families have been asked to help the Pittsfield families living on the Green by contributing candy for the many Halloween trick or treaters who visit that neighborhood. There will be a drop-off box here at KES for your contributions. This marks the second year that the Roger Clark Memorial Library has organized some help for the families who make Halloween so much fun in Pittsfield. It is the first year that KES has participated with a candy drop here at school. We're hoping those of you who do not give out candy at home on Halloween will provide some for the families in Pittsfield who do.

Questions? Contact pittsfieldvtlibrary@gmail.com or call Marion at 746-8876.