



KES NEWSLETTER



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KES Recognizes Red Ribbon Week- KES students and staff recognized Red Ribbon Week recently. The United States Congress proclaimed an eight day Red Ribbon Week twenty-three years ago as a way to help students understand the negative effects of drug and alcohol abuse. The red ribbon signifies intolerance for drugs in our school, our work place, and our community. The campaign has grown since that time and affects millions of Americans. Teachers spoke to children about the importance of making healthy choices, and various activities were held throughout the week to remind children of this message. The week culminated with an all-school dance in the gymnasium.

Thank you to K/1 teacher, Missy Knipes, and school nurse, Jamie Sudol, for organizing the week's events.

Spelling Bee Congratulations!-In a nail-biting competition, Windsor Central Supervisory Union students gathered together at Woodstock Union High School's Teagle Library on Friday, October 12th. Words such as loathe, malevolent, and humanitarian were among the many our students faced during the bee. Many thanks to everyone at WUHS/MS for graciously hosting this opportunity for our union elementary schools to gather together for a healthy competition, especially Greg Schillinger, WUHS Principal, judge, and spelling bee proctor, and WUHS Associate Vice Principal Garon Smail, judge and scorekeeper.

Fifth and sixth graders TJ Borzekowski, Quinn Alper, Hannah Coates, Owen Coates, Theresa Steward, and Alec Peyton represented Killington Elementary School well. Their efforts and those of Coach Allison Naugle, fifth grade teacher, brought them to a first place finish in the district. The team goes on to the regional spelling bee on November 3rd. Congratulations spellers!

Loren M. Pepe, Principal

Student Council Initiatives Support Our Community

Please help students in our school with two KES Student Council initiatives that happen to be coming up at the same time: Trees for Troops and the Thanksgiving Food Drive.

Trees for Troops

Local community member and KES alum, US Army Specialist Denny Miller, is currently serving our country in Afghanistan. With the Miller family, we plan to send Denny a Christmas tree and ornaments made by the students in art class, letters from our students, and other items that could be of use to him and his comrades. Items such as pens, AA batteries, hard candies, phone cards, tea packets, hot cocoa mix, beef jerky and more are needed. Please refer to the attached list for these items and more. Please feel free to send items into school by November 8th.

Thanksgiving Food Drive

The KES Student Council is also holding a food drive to support the local food shelf and families in need. The Killington Food Shelf needs specific items to help local families with every day meals and to help them celebrate Thanksgiving. Please consider donating paper towels, toilet paper, crackers, coffee, tea, kids' cereals, snack bars, boxed white potatoes, turkey gravy mix, canned pumpkin, and more. The attached list will offer suggestions for items that would be most appreciated and utilized. However, please note that we can only take non-perishables at school. Food will be delivered to the food shelf on November 14th, the week prior to the Thanksgiving holiday.

K. Carey, Student Council Advisor

Dates to Remember

October 26

KES Haunted House
End of First Marking Period

October 29

Pumpkins After Dark 5:30—7 pm
@Johnson Recreation Center

November 2

KEEPERS Meeting @8:15 AM

November 8

KES/Community Thanksgiving Lunch
Families' Last Names A-H 11:50-12:30
Families' Last Names I-Z 12:40-1:10

November 8

Deadline for Trees for Troops donations

November 12

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

November 14

Donations to the Killington Food Shelf

November 16

Grades 3-6 to CSC @9:00 AM

November 21-23

Thanksgiving Recess/ No Classes

December 11

KES Holiday Concert @6:30 pm

December 14

KES performance @ Festival of Trees
@5:00 pm

December 24-January 1

Holiday Recess/No Classes

KES After School Program

The After School Program being run by the Preschool at Killington is available for all students at KES. It runs from 3pm to 4pm Monday through Friday. Please see Phebe in the P@K classroom for paperwork; or, for more information email:

thepreschoolatkillington@gmail.com

Health Room News

Every year, the Vermont Department of Health collects statistics from school nurses to help them determine the health care needs of students throughout the state. They ask us to submit data on how many students in each grade have health insurance, have seen a pediatrician for a wellness visit within the past year, and have been to the dentist within the past year. No personal student information is given, simply the numbers. I cannot stress enough how important it is for your child to see a doctor and a dentist at least once a year. Many people are under the impression that if their child is not ill, or complaining, they do not need to see a doctor or dentist. Every child should have an established medical and dental "home." Yearly doctor visits are important to ensure that your child is developing normally, up to date on immunizations, and screened for height and weight. Also, if your child does develop an illness, the doctor has a good baseline history on your child. Immunization recommendations change frequently. If your child has not been seen by a doctor within the past year or more, he may not be up to date on his immunizations. Annual visits to the dentist are equally important. As soon as your child has cut teeth, he should be seen by a dentist on a regular basis. Many pediatricians and dentists in this area accept Medicaid / Dr. Dynasaur. The cost is almost always fully covered. If your child has not been to the doctor and or dentist within the past year, please call ASAP to make him an appointment. If you need help finding a pediatrician or dentist for your child, please give me a call at school. If I am not available, leave me a message and I will return your call as soon as I am back in the office. Physical wellness plays an important role in your child's academic success. Please help the state reach its goal of having every child in Vermont covered by medical insurance and belonging to a medical and dental home.

Jamie Sudol, RN, School Nurse

Fourth Grade News

The Fourth Grade recently completed a five session Starbase Vermont Program at the Rutland Army Reserve Center. This program is an exciting activity-based curriculum involving hands-on STEM (science, math, engineering, technology), team building, and healthy choices. Students participated in rocketry, hot air balloon building, robotics, and computer aided design activities to name a few. Taylor Plourde was one of two students in the program to have a perfect score on the Starbase post test. Congratulations to all KES 4th grade students for excellent participation in this program.

Grade 2 News

Did you know that you can see the butterfly's wings before it hatches from its pupa? A butterfly is an insect. A butterfly has six legs. A butterfly has antennae. A butterfly lays many eggs. The eggs hatch. The larva eats and eats. Then it makes a pupa. After 14 days it hatches from its pupa.

Now it's a butterfly. Butterflies drink nectar from flowers. Then that butterfly lays eggs on leaves and the cycle starts again. A butterfly's habitat affects its survival.

One way a butterfly's habitat affects its survival is because butterflies need shelter. The shelter is a leaf. Another way a butterfly's habitat affects its survival is because some butterflies eat milk weed leaves when they are in their larva stage.

In conclusion, a butterfly's habitat affects its survival because butterflies need shelter and they need food or they will die.

Damon Rogers

VT Safe Routes to School

KES recently joined the Vermont Safe Routes to School (SRTS) program. This program provides support, resources and funding for school specific projects designed to make it safer and easier for children to walk and bike to school. It also provides the conduit to the national program for KES and the other 53 Vermont elementary schools currently enrolled in Vermont's program. Improving the drop off area, making routes to school more bike and pedestrian friendly, raising biking and walking safety awareness, recognizing walkers/ bikers and creating designated meeting places for children to be dropped off to walk the remaining way to school are examples of initiatives implemented by schools in rural areas similar to Killington.

A parent survey will be coming home with each student to gather baseline data and identify potential projects and initiatives that may be beneficial to our school. To encourage participation, every child who returns a completed parent survey to school will receive a small thank you gift. If you would like more information on the program, please contact Loren Pepe or Betsey Bianchi or join us at next Friday's 8:15am KEEPERS meeting in the KES cafeteria.

Betsey Bianchi, SRTS Champion

KES FREE Winter Gear Swap

Once again the KES parent group, KEEPERS, will manage the FREE winter gear swap during Parent/Teacher Conferences on **Monday, November 12th**. Winter clothing and sports gear will be available for families to choose from along with some advice from our "seasoned" parent volunteers, especially for parents new to KES, regarding what your child might need for the KES Trailblazers' Ski and Ride program, which begins in January. All students need equipment and warm clothing to participate.

If you have equipment or clothing your children have outgrown, we'll begin accepting donations the first of November. As you take out your winter items, gather those you'd like to donate and mark your calendars for the swap to find items your child might need for a cold winter!

Zumba & Full Body Conditioning classes are now being offered at the KES gym!

Led by Amy Lewis, Killington Parks & Recreation is pleased to offer fitness classes at the KES gym. Zumba Fitness® is a fusion of international music-dance themes that create a dynamic, exciting and effective fitness system. Full Body Conditioning is designed to get your heart pumping and your muscles working to the max using a variety of exercises including body weight, dumbbells, circuit training, and more! All levels are welcome at both classes. Zumba is offered on Mondays and Thursdays at 4:30 pm and on Saturdays at 8:30 am. Full Body Conditioning is offered on Mondays and Thursdays at 5:30 pm and on Saturdays at 7:30 am.