

KES Newsletter

Volume 5

November 18, 2016

Dates to Remember

November 20
Lularoe Clothing Sale
KEEPERS KES Fundraiser
@ Chamber of Commerce
Welcome Center
10 AM to 1 PM

November 22
Grade 2 Presents:
A Native American Welcome
@2:15 @KES

November 23-25
Thanksgiving Recess

November 24
6th Annual Killington 5K
Turkey Trot 9:30 AM start

November 28
KES School Board Special
Meeting @8:15 AM

December 1
Symphony for Kids
@KES @1:45

December 2
Killington Pico Area Assn.
(KPAA) Holiday Festival
KES students are invited to
sing at 4:30 PM

December 13
KES Holiday Concert
@6:30 pm @ KES

December 20 & 21
Third Grade Holiday Store

December 23-30
Holiday Recess

January 2
Classes Resume

January 13
Second Marking Period Ends

January 16
In Service/ No Classes

February 20-24
Winter Recess

April 17-21
Spring Recess

May 2
Spring Concert

Excitement Builds for the Audi FIS Ski World Cup as Mikaela Shiffrin Visits Superstar!



Have you noticed the welcome sign for World Cup competitors at the foot of Schoolhouse Road? Thank you to Killington Mountain School for the graphic design contribution sharing KES students' interest in this event. Several students got autographs and photo ops with the reigning Olympic and World champion in slalom, Mikaela Shiffrin, when she visited Killington early this week.

The World Cup event next weekend, Saturday, November 26th, and Sunday, November 27th, brings world class women athletes to compete on our own Superstar Trail as well as movie premiers and other exciting events throughout the weekend.

Parent/Teacher Conferences are Important

Thank you to all of our parents for your diligence to partner with teachers during parent/teacher conferences. There was much positive energy in the building as parents came and went throughout the day. These types of opportunities for open dialogue among parents and educators benefit the children in our community far beyond report card grades and achievement test scores. As always, parents are encouraged to communicate with teachers and the principal at any time throughout the school year.

Festival of Trees

KES students are invited to participate in a holiday choral performance at the Vermont Holiday Festival taking place Friday, December 2nd at 4:30 pm. Get a preview of our upcoming concert and look for the KES tree celebrating the World Cup adorned with ornaments created by our students! We ask student performers to be ready to perform in the Oscar Wilde Ballroom at the Killington Grand Resort Hotel at 4:15 pm. Student performers do not need a ticket to enter on Friday. Complimentary tickets for KES families will go home prior to the event. We hope to see everyone there!

Thanksgiving Luncheon



Thank you to everyone who attended the Thanksgiving luncheon.

Mrs. Flynn once again prepared a delicious feast. Many thanks go to the bakers in our community for providing the desserts. They were amazing; almost too beautiful to eat but who could resist!

It was very evident that the second grade class had rehearsed their Thanksgiving song to remind us to be grateful for all we have every day. Thank you to Mrs. Laird and second grade for making our Thanksgiving Luncheon extra special.



5K Turkey Trot

The Annual 5K Turkey Trot is on Thanksgiving Morning at 9:30 AM. This race has become quite popular in Killington and has moved to a bigger location at the Pickle Barrel. It is a fantastic way to work up an appetite for that big feast so if you have not already done so, sign up today at www.killingtonturkeytrot.com. Pre-registration is \$20.00 and everyone who pre-registers receives a FREE T-Shirt. All proceeds benefit the Killington Ski Club Scholarship Foundation.

Mary Guggenberger, Principal

The 3rd Grade Holiday Store Is Looking for Donations

The third grade holiday store tradition continues! The holiday store will be located in the Specials' room and will be open for all KES students to shop and purchase gifts (all under \$1) for family and friends. The KES merchants are looking forward to setting up their store with your donations of like-new scarves, jewelry, knickknacks, games, puzzles, books, toys, and other valuables. We also need wrapping paper donations for the wrapping table. Please no scented donations or well-loved stuffed animals! Donations are being accepted daily until Wednesday, December 14th. The store will be open for business on December 20th and 21st! Teachers will sign up for at

least two designated times to bring their students to the store to shop. Please send children with small change (no more than \$5) to spend while 3rd graders hone their math skills adding up purchases and making change.

Trailblazers' Ski/Ride Volunteer Thank You

A volunteer coaches' meeting was well attended on Monday, November 7th. Thank you to the many parents who took time from busy schedules to work out ski and snowboard groups and help us ensure a continuing, positive, experience for all KES children in our winter alpine program.

We are especially grateful to those volunteers who forego skiing/riding with their own children to coach wherever needed in the program. We still have a need for non-skiing adults to help out at the magic carpet with our never ever children. Please contact Mrs. Pilsmaker if you are able to help.

Killington Elementary Educators and Parents Encouraging Rising Stars (KEEPERS) by Rebecca Claffey Fundraising:

Head to the Killington Pico Area Association (KPAA) building this Sunday, 11/20 between 10a-1p to do some holiday shopping (or shop for yourself)! LuLaRoe will have over 3,000 pieces of inventory including leggings, skirts, shirts, dresses, and cardigans available for purchase. A portion of all proceeds will be donated to the KEEPERS organization to develop and implement activities that build community and enrich the learning environment.

KEEPERS is sponsoring a Box Tops for Education (BTFE) collection competition at KES. Our 2016/17 fundraising goal from BTFE is \$800.00. When we hit that number KEEPERS will sponsor a pizza party for the school. Additionally, the student that collects the most BTFE and submits them prior to February 16, 2017 will win \$25.00.

We are looking for 1-2 volunteers from each KES classroom to be "Classroom Parents." Classroom parents are needed to help KES teachers where needed and foster communication between the teacher and other parents. Responsibilities will vary by class, but could include things like: organizing and planning class parties and productions, recruiting volunteers for school programs, acting as a liaison between the teacher and the KEEPERS, etc.

If you are interested in volunteering, please contact Rebecca Claffey at 917-902-1607.

Headache in a Can by Susan Clarke, School Nurse

Recent research in Israel noted that 6-18 year olds who drank 51 ounces of caffeinated soda (or large fast-food cola plus a 20 ounce bottle from a vending machine) reported chronic headaches and migraines.

Caffeine is a known stimulant which causes changes in the brain chemistry and affects the expansion and contraction of blood vessels in the brain, hence the resulting headache. Caffeinated drinks such as Red Bull, Mountain Dew, Dr. Pepper, tea, coffee, some vitamin waters, root beer, and orange soda are common culprits.

Children should decrease their consumption of these items gradually as a dramatic caffeine decrease can also cause headaches. If the headaches persist, see your pediatrician.

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