

KES Newsletter

Volume 12

February 7, 2014

Dates to Remember

February 12

K-6 to WUHS @ 8:10 AM
for Louis Armstrong
program

February 13

Trailblazer Ski/Ride @1:15

February 14

KES School Board of
Directors' Meeting @
8:15AM

KEEPERS Meeting
@8:15AM KES Dining Hall

Box Tops for Education
deadline for this
collection period

February 15

Killington Arts Guild
Opening Reception
Celebrating Student Art
1-3:30 PM Upstairs @
Cabin Fever Gifts

Celebrate National Club
Day @ Killington Ski Club,
Killington Resort

February 17-21

Winter Recess/No
Classes

February 27

Trailblazer Ski/Ride @1:15

March 3

Inservice/ No Classes

Annual KES District
Meeting & School Budget
Vote @4:30 PM KES gym

March 11

WCSU 2014 Band
Show case @WUHS gym
@6 PM Snow date is
March 12

March 19

Sixth Grade Parents' Info
Night @6:30 PM @ WUMS

New England Common Assessment Results

The New England Common Assessment results (NECAP) indicate that Killington Elementary School (KES) students continue to perform very well. This test is administered statewide to students to measure individual school's progress under the federal No Child Left Behind Act. At KES, we also use the assessment results as one indicator of individual student progress over time. Testing was done in third through sixth grades over several days.

In the area of reading, 96% of KES students performed in the proficient and proficient with distinction categories, compared to 70 % statewide. When we take a closer look, 55% of KES students scored in the proficient with distinction category, compared to 20% statewide.

In the area of mathematics, 96% of KES students performed in the proficient and proficient with distinction categories, compared to 62% statewide. Again, a closer look indicates that 41% of KES students performed in the proficient with distinction category, compared to 19% statewide.

Small schools must interpret scores from year to year with caution, as tests are statistically unreliable in small group administrations. The NECAP is one piece of data, among many worthy of consideration, when evaluating the success of a school. However, solidly, for the last nine years, KES students have performed exceptionally well on the NECAP assessment. We recognize and applaud our teachers for their expertise and their perseverance as they provide a high quality education to all children. Likewise, we commend so many of our parents for working with us in a team effort for their own children and for those they take under their wings in many and various situations.

Individual student test results will be mailed home by the end of the month. Please contact Mrs. Pepe if you have any questions.

Killington Poster Contest Winners

Congratulations to fourth graders for their recognition in the National Ski Area Association (NSAA) and Killington Resort and Pico Mountain's Safety Poster Contest 2014. Kudos to the following students:

Hannah Black, Most Creative Runner Up
Heidi Alf, Best Safety Message Runner Up
Lilly Kowalczyk, Most Creative Winner
Evan Joaquin, Best Safety Message Winner

All four posters gain entry to NSAA's national level poster contest. Winners for this contest will be announced in April. All of our fourth graders' posters are on display in Pico and Ramshead lodges. The judges had a difficult decision as our students entered very creative, artistic, and original safety posters! A special thank you goes to our fourth grade teacher, Maria Garland, for supporting student participation in this contest each year.



Big Friend/Little Friend Breakfast with Frosty

Kindergartners and their sixth grade "Big Friends" enjoyed a holiday breakfast recently with special guest, "Frosty the Snowman." Thank you, thank you to MB Neisner for making a delicious breakfast for everyone to enjoy and for transforming into "Frosty" much to the delight of our young students.

Loren M. Pepe, Principal

Sleep Deprivation by Susan Clarke, School Nurse

An American Pediatric Physicians' Study, looking at children in kindergarten through fourth grade, showed that 85 percent of children in those grades are not meeting their nightly sleep requirements. The report states that the children fall asleep on the bus and teachers report that they have to send children to the nurse's office to nap. A sleepy child in school is a child whose education is being compromised. Children who are struggling to stay awake are not able to focus on the information being taught.

Signs that a child is sleep deprived

Sleep-deprived children are hard to rouse and exhibit sleepiness in the morning, much like adults. Unlike adults, children generally become more active -- and less able to concentrate -- later in the day. Because they become increasingly more "wired" as the day progresses, sleep-deprived children often have trouble going to sleep at night. The brain does not shut down during sleep; it is actually highly active, perhaps even more active than when we're awake.

Good sleep habits are just as important to overall health as diet and exercise. Chronic lack of adequate sleep can exacerbate a tendency toward diabetes and being overweight, two growing health concerns in the United States. The report also noted that sleep-deprived children are more accident prone than adequately rested children.

Children develop habits when they're young. Good sleep habits need to be

developed during childhood so these habits can carry into adult years. Sleep needs to be valued. Sleep is essential; it is not a luxury.

Tips to develop Healthful Sleep:

- Establish a reasonable bedtime. Most elementary children should be getting 10 to 11 hours of sleep a night. Some children may need even more.
- Allow sufficient time for children to wind down. Children should not be engaging in activities such as watching television, playing video games, or using the computer right before they go to bed. They need about an hour of down time to prepare to fall asleep. Relaxing activities such as taking a bath, or reading a story can help children fall asleep more easily.
- Avoid giving children caffeinated drinks and foods high in sugar in the late afternoon and evening.
- Provide a quiet area that is conducive to sleep.
- Maintain a consistent nightly routine. Children should go to bed at the same time every night including weekends.

Celebrate National Club Day

On Saturday, February 15, 2014 Killington Ski Club (KSC) and Killington Mountain School (KMS) will be celebrating National Club Day with the U.S. Ski and Snowboard Association (USSA) recognizing over 400 skiing and snowboarding clubs across the nation.

Members of the community are invited to come join us to learn more about the Killington Ski Club and Killington Mountain School and take part in the following events:

- * Join a youth or adult ski and snowboard program group for the day
- * Ski & Snowboard parade at the start of the day
- * Club BBQ social to meet members and coaches
- * Olympic viewing party

As part of this event Killington will be participating in a continuous coast-to-coast snowsport parade with clubs across the country in honor of the Killington Ski Club, Killington Mountain School, and the U.S. Ski Team, U.S. Snowboarding and U.S. Freeskiing athletes competing in the Winter Olympic Games in Sochi, Russia. For more information contact Killington Ski Club at kim@killingtonskiclub.com or the USSA Club Development Manger Brian C. Krill at bkrill@ussa.org.

Celebrating Student Art Month

Your are invited to attend the Killington Arts Guild Opening Reception, Celebrating Student Art Month, featuring student and guild member art from 1-3:30 PM, Upstairs @ Cabin Fever Gifts, Route 4, Killington, on Saturday, February 15th. Killington Mountain School and Killington Elementary School student art will be displayed.

Box Tops for Education by Sarah Rasmussen

We are looking for any and all Box Tops for Education coupons you have been collecting. We are gathering up all the Box Tops we can find for our next submission deadline. So, please bring in what you have at home and put them into the Box Tops collection box at KES (round table in front of Mrs. Pepe's office) or at the Sherburne Memorial Library (on front desk) by Friday, February 17. Thanks for your clipping, it is helping our teachers with much needed school supplies.

2014 WCSU Band Showcase in March

The 2014 WCSU Band Showcase will take place on Tuesday, March 11th (with a snow date of Wednesday March 12th) in the WUHS/MS main gymnasium.

The schedule for the after school event is:

3:15-3:30 Please arrange to transport elementary band students to rehearse
6:00 Parents will return to enjoy the performance
6:30 Conclusion

Please mark you calendars! More detail will be provided in a handout to band students.

Sixth Grade Parents' Information Night

Wednesday, March 19th, at 6:30 PM, in the Woodstock Union Middle School (WUMS) North Cafeteria, come and meet the teachers and staff who will be working with your child at the Middle School. Find out about programs and curriculum for the seventh grade in 2014-15. The evening is designed for parents/guardian only.

Questions? Call 457-1330 WUMS Office.

Directions: Follow the middle school walkway to the middle school lobby, turn left and go downstairs. Turn left again and the north cafeteria is the third door on the right.

Killington Elementary School

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