

# SES NEWSLETTER

Volume 10

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**African Music and Dance Ensemble** - Sherburne students recently attended an African Music and Dance Ensemble at Woodstock Union High School. Students from throughout the supervisory union enjoyed this energetic and exciting performance, emphasizing Ghanaian culture, tradition, art, music and history. At the conclusion of the performance, performers asked all teachers and students to stand up and join them in the African dance. We thank Susan Piccoli, educator at Woodstock High School, for organizing this event and for inviting all area elementary students.

**Celebrate Diversity** - In today's world more than ever before, children will benefit from relating to people of different ethnicities and of different backgrounds. There are many ways you can help your child learn to accept other people and their cultures. Begin by answering your child's questions about the differences in people openly and factually. Reflect diversity as you choose books, music, games, and toys for your child. Discourage name-calling of any kind; this leads to prejudiced comments. Instead, celebrate differences. Embrace new languages, new foods, new games, and new ways of life. Bring diversity home and let your children see that you accept and appreciate the differences in others, especially as we recognize the significance of Dr. Martin Luther King Jr. Day on January 18th.

For books on diversity, visit the SES library and check out the following titles recommended by our librarian, Eileen Vaughn: *The Other Side* by Jacqueline Woodson, *Silent Music: A Story of Baghdad* by James Rumford, *My Name is Yoon* by Helen Recorvitis, *The Gold-Threaded Dress* by Carolyn Marsden, *Crossing the Wire* by Will Hobbs, *Home of the Brave* by Katherine Applegate.

**The Gift of Reading** - Give your child a gift: make reading together a part of your daily lives. Research indicates that in those families where reading is a regular activity, children perform better in school. This is not the only the reward. A report by the National Association of Elementary School Principals (NAEP) indicates that children who are read to by a family member feel loved, comforted and secure. Fifteen minutes each day is all it takes. Let your child listen as you read. Have a conversation about the story. Let your child reap the benefits that come from reading together.

For more information, copies of the NAEP *Report to Parents, The Rewards of Reading* are available at the SES front desk.

Happy New Year!

Loren M. Pepe, Principal

A HAPPY  
NEW YEAR

## Dates to Remember

### January 12

SES School Board @4 pm

### January 13

Student Informational Ski Program  
Assembly (Parents Welcome!) @11:30

### January 14

Trailblazers Ski/Ride Program  
Grades K-6 @ Ramshead Lodge

### January 18

No Classes/Staff Development

### January 20

2nd Marking Period Ends

### January 28

Grades 4,5 & 6  
to Castleton State College  
"Cross That River"

### February 15—19

Winter Recess/ No Classes

## Trailblazers' Ski/Ride Program

Trailblazers 2010 begins Thursday,  
January 14!

SES students grades K-6 need a valid Killington Resort/Pico Mountain ski pass and the proper equipment for their sport at SES Thursday morning in order to participate.

A description of a typical Thursday ski/ride day and the routine your child will follow is attached. This information should answer many of your questions. If you require more information, feel free to call Mrs. Wise, the Trailblazers' Off Hill Coordinator, 422-3366.

An informational ski meeting for students (and parents!) will be held Jan.13th at 11:30 in the SES gym.

### Health Room News

Keeping warm and healthy during the Vermont winter can be a challenge. The cold, dry air takes its toll on our skin and sometimes our lungs. Hands and lips chap. Noses bleed and throats get irritated. There are several easy things we can all do to help prevent some of these uncomfortable conditions. Intact skin is our body's first line of defense against infection. Moisturizer can be our best friend in the winter. After bathing or showering is a great time to apply moisturizer to your whole body. It may be the only chance you have to get it on a small child. Look for moisturizers that are fragrance and color free. Labels that say "hypoallergenic" are usually a good choice. Generic brands work just as well as name brands and can be much cheaper. For the lips, good old petroleum jelly (Vaseline) works great. If your child is prone to chapped lips, you may want to send her/him to school with a stick of lip balm. Remember to tell your child not to share it with anyone! Many of our homes get very dry in the winter. Running a humidifier or putting a pot of water on top of the wood stove helps put moisture back into the air. This will help moisten mucous membranes like the inside of noses and throats. Putting a humidifier in a child's room at night can help eliminate a dry cough caused by throat irritation or prevent nose bleeds. Saline nasal spray can also aide to moisturize the inside of dry noses.

Dressing for the cold weather is also important in Vermont. The Trailblazer program is about to begin and we want to make sure that the children are dressed properly for the slopes. Layering is the key. Start with a thermal layer that helps to wick moisture. Synthetic fabrics such as polypro work better than cotton. Add a turtle neck and a fleece under a shell jacket or just a fleece if your child's coat is heavily insulated. Don't forget to protect their face with a neck gator or face mask. Goggles and a helmet are a must! Remember, they can always take layers off if they are too hot but it is difficult to warm up once the cold sets in. Children are more prone to hypothermia than adults. Don't assume your child is warm enough just because you are. Mittens are a warmer option than gloves. Proper fitting socks are very important to a child's comfort in ski or snowboard boots. Again, synthetic material (and a little wool) work much better than cotton or all wool for keeping feet warm and dry. If you need help outfitting your child for the slopes, please let us know as soon as possible. We want everyone to be warm and comfortable on the slopes.

Jamie Sudol, RN

### RCSC "Little Tots" program.

John Aguda, former Kenyan National Team player, St. Rose College coach, and RCSC U16 and U17 Boys coach, has offered to work with any 5, 6 and 7 year olds who are interested in fun soccer sessions for 45 minutes on Sundays at the Rutland Middle School (in the small gym), and then outdoors at the Polo Field. The program is free of charge. The goal is to have fun and to get these youngsters excited about soccer at an early age.

The program is open to boys and girls, and begins this Sunday, January 10th. Please contact RCSC to sign up and get more information.

### Chess Club News

The newly formed SES Chess Club will be meeting on Tuesdays, 3 -4 pm, beginning January 12th. Students in grades K-6 are encouraged to join and learn the basics of chess. A small snack will be provided. Please contact Ms. Willis, [wwillis@sesvt.org](mailto:wwillis@sesvt.org), to sign up!

### Preschool News

We are thrilled to announce that the Preschool FINALLY has its own bathroom! Doug Johnstone did a beautiful job over the holiday recess to complete this project which included moving the classroom sink, taking down bookshelves and cabinets and adding a door to connect the preschool classroom to the bathroom in the back of the kitchen. This project was 100% paid for with money generated by various fundraisers over the past several years. Big thanks and appreciation go out to Joy and Phil Black, Eunice McDonald and Ray Rice, Mrs. Gordon, Mrs. Fielder, Ms. Buker, Doug Johnstone and all the other families who have worked so hard to support the preschool fundraising efforts!

### Geography Bee News

Do you know where Bhutan is located? Or what type of climate Uruguay has? Students in grades 4-6 recently participated in the National Geographic Bee school-level competition. After many rounds of questions, Mimi Templeton emerged as Sherburne Elementary School's Geo Bee champion! Mimi will take a test to be qualified for the state-level bee in May. Congratulations to all who participated, and good luck Mimi!

Mrs. Simonds, 6th Grade Teacher & Geography Bee Coach