

SES NEWSLETTER

Volume 13

sesvt.org

March 6, 2009

Town Meeting -I wish to extend a great appreciation to all who support education and our school through involvement at both the Killington Town Meeting and the Pittsfield Town Meeting. The support extended to the school by the community and all parents at SES helps to provide an exemplary education to our students.

Congratulations to Kristin Schiessl-Alf in her recent election to the SES School Board.

Thank you, Steve Finneron - As Steve Finneron steps down from his position as chairman of the SES School Board, we extend gratitude to him for working tirelessly and with great integrity on behalf of school children and the community during his eighteen year tenure. Steve cares about all children, and he has been a part of a team of caring individuals who have worked hard to ensure that Sherburne's children receive an outstanding education in an enriching and safe environment... with a playground that was first of its kind, a sugaring experience that allows our students a glimpse of true Vermont life and enriches the curricula, an addition on the building that provided our gymnasium, a new entryway that keeps ice from accumulating on the front sidewalk, good school/community relations, and a lovely wife, Sheila, who beautifies the front of the school with her "green thumb." All of this happened with Steve's guidance, initiative, and hands-on approach toward realizing our school's improvements. Steve exemplifies the spirit of volunteerism and community service for the Town of Killington and for Sherburne Elementary School, and we thank him from the bottom of our hearts!

Student Recognized with Citizenship Award - Congratulations to Zac Chernin for demonstrating outstanding citizenship in the classroom and beyond. The Sherburne Elementary School faculty recognizes Zac as being a student who is honest, hardworking, helpful, fair, and respectful across all settings. We appreciate these attributes and recognize them as attributes within reach for all students. Zac received a Citizenship medal and certificate at an assembly on February 27th.

Family Fun and Science - Family togetherness can easily integrate with science-based activities. Read the attached National Elementary School Principals' *Report to Parents*, entitled "Science Fun for Your Kids," to learn about exploration and learning opportunities that can easily be incorporated into your home activities.

Word Power - According to research, children with an extensive vocabulary base perform better in school. Reading comprehension is higher, written language is more complex; these skills affect academics across the curricula. How can you help your child build a greater vocabulary base?

Begin by simply engaging in conversation together more frequently. It is important that your child become an active participant in conversation. Discuss things as you go about your normal routines: cooking dinner, gardening, walking the dog, and so forth. Regular conversations that take place during daily routines are as important, or more important, than visits to special places. Secondly, read together. Make it a habit to read aloud to your child or "share read" a story together. Discuss what is happening in the story.

Opportunities to help your child develop a larger vocabulary base surround you.

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Dates to Remember

March 6

Girls on the Run 3-4:30

March 10

2nd Grade to Billings Farm
Bag lunch/No glass please

March 13

"Meet the Middle School"
For 6th Graders @SES @1:30

March 19

Last Trailblazer Ski/Ride Day

March 30

District Band Rehearsal @WUHS 3:30

March 31

District Chorus @WUHS 3:30

April 1

3rd Marking Period Ends

April 4

Preschool Spring Fling Breakfast

April 7

Grades K-3 to "Charlottes Web"
Woodstock Town Hall Theater

April 13

District Band & Chorus Rehearsal

April 14

WCSU Band & Chorus Concert

April 16

Parent Teacher Conferences
Jump Rope for Heart

April 20-24

Spring Recess/ No Classes

May 5

SES Spring Concert @ 6:30

May 11-15

6th Grade to Nature's Classroom

Killington Parks & Recreation News

Spring Training for Baseball will begin the week of March 16th. Definite dates TBA.

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Conversation and reading together act as key promoters of vocabulary development – so help your child gain a lifetime bank of words. Your child will be richer because of it.

Loren M. Pepe, Principal

SES Students continue to Donate to Locks of Love

Congratulations to Amelia Travers and Taylor Tolar for donating their beautiful hair to the Locks of Love foundation. We are proud of you both!

February was Dental Health Month

Clifford, The Big Red Dog and his friend, Emily Elizabeth, know that teeth are not just for smiling! Our teeth help us eat, speak and even make music- so it's important to treat them right! (Scholastic News) This was a unit of study for kindergarten and first grade students during the month of February. Our culminating activity was a presentation by Mrs. Kristin Schiessl-Alf and Mrs. Suzanne Staples from the dental office of Dr. Knott and Dr. Laughlin. We learned about the attire of a dental hygienist and how to take care of our teeth. We would like to thank our presenters and please visit our web page for photos of their visit.

Mrs. Knipes, K/1 Teacher

Congratulations!

Captain Remy Bragg and her Woodstock Youth Hockey team are the Vermont State Champs in the Sports Division, 9 & 10 year olds. Their victory in the championship game played in South Burlington on February 15th, placed them first out of 22 teams across VT.

Sarah Findeisen, Mimi Templeton, & Jackson Ziegler all had roles in *Robin Hood, The Musical* by the Missoula Children's Theater from Missoula, Montana. The production was held at the Rochester School on February 20th & 21st. Rehearsals took place over the winter recess and the cast was comprised of K-12 students from seven surrounding towns.

Health Room News

Headaches are a common complaint among school age children. Most often, these headaches are the result of simple factors such as lack of adequate sleep, dehydration, need for food, or stress. Straining to see can also cause headaches. If your child is having difficulty seeing in school, even if they have had a recent visit to the eye doctor, it may be time to schedule another appointment. There are also a number of other factors that contribute to headaches in children. If headaches run in your family, your child may have a genetic predisposition for headaches as well. Head trauma such as accidental bumps and bruises are a common cause of headaches in children. If your child ever experiences a hard blow to the head, you should call your doctor immediately. Colds, ear infections, flu and sinus infections as well as allergies may cause headaches. Environmental conditions such as bright light, loud noise and temperature changes are also triggers. Stress and anxiety are very common causes of headaches in children. Trouble at school or home with teachers, parents or peers may not be expressed verbally and present as a headache. Nutrition also plays an important role in the prevention of headaches. Foods that are high in sodium (salty foods) and caffeine are common triggers for headaches. The Mayo Clinic recommends that anyone suffering from frequent headaches should keep a journal of when their headaches occur. Record factors such as the date, time of day, stress level, foods eaten, and amount of sleep had the previous night. This may help pinpoint the factor(s) that trigger your headache.

When treating headaches in children, acetaminophen or ibuprofen will often work. Do not give aspirin to children under 16 years of age. Aspirin may cause a rare but potentially life threatening condition called Reye's Syndrome. When giving children over the counter medication, always read the label carefully to give the proper dose. Never give your child more than the recommended daily dose. All over the counter meds should be used sparingly and with caution in children. They have damaging effects on the liver and kidneys. It is always best to start with conservative treatments such as increased amounts of water or taking a nap in a quiet, dark room. Sometimes just a healthy snack will help! You should call your pediatrician if a child's headaches occur more than once a month, prevent him or her from attending school, cause nausea or vomiting, wake him or her up at night, are accompanied by a fever, neck pain or stiffness, or occur after an injury or accident.

Jamie Sudol, School Nurse