

SES NEWSLETTER

Volume 16

sesvt.org

April 8, 2010

Kindergarten Registration - Beginning kindergarten, a milestone in the lives of children and their parents, signals the onset of academic and social expectations in a more formal setting. At SES, we have steps in place to make the transition a positive and affirmative experience for each child. Our kindergarten teacher, Mrs. Knipes, begins by asking preschoolers to visit her classroom. Those children who do not attend the preschool at SES may participate in registration activities to meet Mrs. Knipes and to tour the school. Kindergarten registration is scheduled for April 28th. Please contact the school to make an appointment. Bring your child's birth certificate and immunization records. We look forward to hearing about each child's unique characteristics and inviting parents to become a part of the school community.

WCSU Band and Chorus Concert Entertains All - Students from our district and surrounding elementary schools joined together at Woodstock's YOH Theatre on Thursday, April 1st to share their talents in a chorus and band concert. This delightful concert highlighted the students' musical skills acquired under the tutelage of their music teachers. The event took place due to a collaborative effort between all music teachers in Windsor Central Supervisory Union. At SES, we thank our music teacher, Christine Morton, for encouraging and supporting our students as they participated in this exciting opportunity. The positive energy from the musicians and singers radiated throughout the auditorium and provided musical inspiration to all. A special thanks goes to Ben Potvin, WUHS Band Director, and Lisa Robar, WUHS Choral Director, for hosting this special event.

Hockey Jamboree at Union Arena—SES physical education teacher, Greg LaBella, recently hosted his annual Hockey Jamboree at the Union Arena, uniting 5th and 6th grade students from Pomfret, Barnard and Sherburne. All students received the same prior training in hockey, and this venue provided them with an opportunity to demonstrate what they learned in a competitive activity. The focus for the day was on self-organization, behavior values and skills learned in physical education class. Teachers and spectators commented on the quality of this activity and the knowledge demonstrated by students. Referees, Casey Crompton and Jack Holding, embodied the spirit of the activity and we thank them for taking on this role.

End of Marking Period - March 31 marked the end of the third marking period. Parent conferences, scheduled for April 15th, allow parents and teachers time to meet to discuss student progress and goals. Please try to attend the conference. Research clearly shows a link between student performance and active participation and communication between parents and teachers. Information regarding conference scheduling will come from your child's teacher.

Continued on Page 2

Dates to Remember

April 9

No Classes/Staff Development

April 13

School Board Meeting @ 4:00 pm

April 15

Parent Teacher Conferences
Jump Rope for Heart

April 19-23

Spring Recess/ No Classes

April 21

Technicool for parents @ Rutland Intermediate School 6:30-8 pm

April 28

Kindergarten Registration

May 4

SES Spring Concert @6:30 pm

May 11

School Board Meeting @4:00 pm

May 17—21

Sixth Grade to Nature's Classroom

May 18

K, 1 & 2 to CSC
"How the Elephant Got His Trunk"

May 31

Memorial Day Observed/ No Classes

June 7

SES School Picnic & Field Day

June 8

School Board Meeting @4.00 pm

June 11

SES Graduation
WUHS Graduation

Summer Art Camps

Zoe Marr is offering summer art camps at the Carving Studio & Sculpture Center this summer for ages 6—12. Contact 802-438-2097 or www.carvingstudio.org for more information.

Continued from page 1

Dealing with School Problems Successfully and Smoothly - Anyone who has attended school knows that problems do arise from time to time. What do you do when you sense or know that there is a problem? Maybe your child is upset about friendship issues, maybe it's homework, or a conflict with a teacher. What should you do? Always start with the teacher. Set up a phone conference and tell the teacher about the situation. Often times, hearing the teacher's perspective helps a parent make sense of a situation. If the problem remains unresolved, set up an appointment with the teacher and perhaps include your child for a conference in person. No matter what... find a way to share your concerns. Think positively and get all the facts straight. For more details on this topic, read *How to Succeed with School Personnel* in the National Association of Elementary School Parents Report to Principals.

Spring Recess Begins April 17th - Thank you to all of our families who plan their vacations around school breaks, resulting in fewer student absences. Consistent attendance helps students and teachers as they continually strive for academic excellence. We wish everyone, whether traveling afar or relaxing at home, a safe, fun and rejuvenating week together.

Loren M. Pepe, Principal

Health Room News

Lyme disease is becoming more prevalent in our state. Due to the various ways it can present itself, Lyme disease is sometimes difficult to diagnose. Blood tests are not always accurate. Signs and symptoms are often similar to those of other maladies. As always, education and awareness about the disease can help prevent you from acquiring it.

Lyme disease is caused by tick bites that transmit the infection known medically as *Borrelia burgdorferi*. The infection can affect the skin, heart, joints, and nerves. If identified early, it can be treated successfully with antibiotics.

Signs and symptoms vary. A "bull's-eye" rash may or may not be noted within the first month of infection. Other symptoms include fatigue, chills and fever, muscle and joint pain, headache, and swollen lymph nodes. In children, a noticeable change in the child's normal behavior may be noted.

Take precautions this spring and summer! Avoid playing in wooded, brushy and grassy areas. When possible, wear long pants and long sleeves if gardening or hiking in wooded areas. Always do a head to toe "tick check" on yourself and your children when they come inside from playing and at the end of the day. Remember that ticks can be very small and may only look like a speck or a freckle. In order to transmit Lyme disease, the tick normally must be attached for 24-36 hours.

If you suspect that you or your child has been bitten by a tick, or you notice signs and symptoms of Lyme disease, don't delay-call your doctor immediately. Early treatment is the best prevention for more serious affects of Lyme disease.

Jamie Sudol, R.N.

Have You Ever Gone Fishing?

It took me an hour to get to Echo Lake. I looked across the ice and saw nothing. So I dug a hole with an auger. Then I got my bait and the jigger from my car. I moved my shanty to the hole. Then I went inside and ate lunch. I got my buckets ready. I lit my wood stove and smelled smoke, I felt cozy. I felt safe.

Then I decided to go to another spot. There in my new spot I saw a range of mountains. I heard a blue jay sing and I smelled smoke from a fire. I felt the wind against my face. I started ice fishing again. I heard cracking. It was loud. I saw a crack. It looked like a lightning bolt. It started at the hole and ended at the middle of the lake. I was scared.

I went over to the crack to investigate and I fell through the ice. I couldn't get out. I was struggling. My hands were on the ice. My legs were in the water. My legs were feeling frozen and started to get numb.

I noticed that my equipment was right next to me. I grabbed my ice pick. I pulled myself up out of the water and on to the ice. I was very cold and went back to my shanty to sit by the fire. The moral of the story is to be careful when you're investigating a crack.

Sam Groom, Grade 3