

Three Bridges School - Home of the Terrific Tigers



TBS Magazine

ISSUE #1

DECEMBER 2014



BE GREEN
READ ME
ONLINE



480 Main Street Three Bridges, New Jersey



TBS Magazine

2014 - 2015 Strategic Planning Goals

- Enhance students' social, global, and intellectual engagement.
- Create a vibrant learning environment for students and staff.
- Create a culture of collaborative partnerships in and around our community.
- Ensure institutional and financial sustainability in the face of economic and demographic challenges.
- Assess and monitor our progress toward these goals and adjust strategies and actions accordingly.

Mission Statement

Dedicated to the pursuit of excellence, Readington Township schools will nurture and challenge all students in a safe and innovative learning community. By encouraging respect and responsibility, students will become self-directed life-long learners who reach their greatest potential. It is the expectation of this school district that all pupils achieve the New Jersey Core Curriculum Standards at all levels.

Follow Us Online

www.readington.k12.nj.us/threebridges

Principal's Message

Mrs. Kristen Higgins

khiggins@readington.k12.nj.us

Dear TBS Community,

The 2014-15 school year is moving quickly! The first quarter is now complete and the students have been working very hard at their academics and making friends. This year marks the opening of our full day kindergarten program. The students have been afforded the opportunity to stay with us all day, enjoy lunch, recess and the related art classes. It is wonderful to see how the children have grown in confidence and independence since the beginning of September. The kindergarten students travel the building like they have been here for years! The academic rigor of the kindergarten has changed. Now, the students have more time to develop concepts, practice skills and work cooperatively with their peers. The teachers are not in such a rush to teach the curriculum. They can now slow down and take the time needed to develop the students as learners. The students are eagerly participating and enjoying their time on task. ☺

State Testing will change for third grade students in 2015. This year, the assessment is no longer a paper and pencil based test. Now, the students will need to compose their responses to both language arts and math on the computer. The students are working on using Google Classroom and other web based sites to practice reading by responding and using the computer tools available on the various programs. To learn more about the PARCC test visit www.parcconline.org, there you can find sample tests and tools the students can use while taking the computer based test.

Are you looking for what your child will be learning throughout the year? Visit the district web page and find the curriculum tab. There you can find the district curriculum for all the grades in this area of the website. You can also read about the Common Core by visiting www.achievethecore.org. The Common Core standards drive the curriculum in our district and are tested on the PARCC assessments beginning in grade 3.

I hope you and your family had a wonderful Thanksgiving. I know I am so very thankful to work with your children each day. We have an amazing staff at TBS. I know how hard they work and care for your children. I am also so thankful for the supportive families. We all work together to help create a vibrant and child-centered environment. It is so exciting to see the growth the children make day to day and year to year.

Enjoy the newsletter!
- Kristen Higgins

What is the I&RS Committee?

WHAT IS INTERVENTION AND REFERRAL SERVICES?

Intervention and Referral Services, also known to many as I&RS, is an interdisciplinary team of professionals within the school environment who come together throughout the school year to formulate coordinated services and team delivery systems to address the full range of student learning, behavior, social, and health problems. The goal of the committee is to see student improvement in targeted areas.

HOW IS A STUDENT REFERRED?

1. A problem is identified: A school staff member or parent needs assistance with their child's learning, behavior, social, or health problem that is occurring during the student's school program.
2. An I&RS Referral Packet is completed: The I&RS team only begins once a staff member completes and submits the referral packet to the school counselor, Mrs. Beth Furka. The form should state clearly the reasons for the referral, their observations, and all prior interventions tried for the identified area of concern.
3. The referral packet is reviewed: The I&RS coordinator, Mrs. Beth Furka, reviews the referral packet to ensure that it is completed accurately.
4. Schedule the I&RS meeting: The I&RS coordinator schedules the meeting for the next I&RS meeting. The I&RS team meets monthly.

WHAT ARE SOME BENEFITS TO YOUR CHILD'S TEACHER USING THE I&RS COMMITTEE?

1. The team process increases the chance of accurate assessment of problems because there is a collection of comprehensive information from different professionals with diverse training, experience and backgrounds.
2. Many teachers come after trying multiple interventions to address the area of concern. Therefore, the team is responsible to think in new and creative ways to resolve both typical and atypical learning, behavior, social and health problems.
3. The action plans developed during an I&RS meeting is to address the problem area and include types of support to be provided to the teacher(s) and the support staff, as well as how the assistance will be provided.
4. The I&RS process yields descriptive documentation to support whether a child may require additional services outside of general education programming.

What is the I&RS Committee?

WHAT ARE SOME EXAMPLES OF STRATEGIES THAT MAY BE RECOMMENDED BY THE I&RS COMMITTEE?

Example of an identified goal for a student by the I&RS team:

- **Improve On-Task behavior during seatwork:**
 - Make sure necessary supplies are available so student can work during independent time without excuses.
 - Provide desk examples for reference.
 - Assign a specific buddy for clarification during seat work.
 - Give a student "fail proof" work that he or she can work on while waiting for assistance from a teacher.
 - Prepare a visual signal for the student to notify the teacher that he or she needs assistance.
 - Use a timer and "beat the clock" system to motivate him or her to complete their work in a timely manner.
 - Reward the student for work completion during short designated time segments.
 - Provide study carrels and quiet areas where distractions are limited.
 - Actually cut with scissor assignments or work pages into smaller segments and only pass out the small segments, one part at a time.
 - Give student a "to do list" or a check list of what they need to complete at their desk. Have the student cross out as they complete each part.
 - Observation and feedback provided by the district's behaviorist.
 - Observation and feedback provided by the district's school social worker or school counselor.
 - Social skills counseling with school counselor to work on improving on-task behavior.

SOME ADDITIONAL PARENT INFORMATION

- I&RS records are locked and secured in a safe office for confidentiality.
- Students can receive testing modifications as part of their I&RS action plan with the exception of STATE TESTING.
- All students who receive an action plan are assigned a "shadow". The shadow is a team member who is the contact person for the student discussed.
- If a teacher has a question or concern regarding the plan, he or she contacts the "Shadow".
- The parent is always notified by the teacher when their child is being referred to the I&RS committee. Parents are invited to attend. If a parent does not attend, the parent is contacted after the meeting by the teacher to review the outcome of the meeting and to share the action plan.

For more information regarding I&RS, please contact Mrs. Beth Furka
bfurka@readington.k12.nj.us

Preschool

Mrs. Dotro, Mrs. Fahey, and Mrs. Robb

Pumpkins, bats, firefighters, and spiders! These were the topics of many stories, songs and classroom activities in preschool during the month of October. We played Pumpkin Bingo, made Candy Corn Crafts, and used shapes to make Jack 'O Lanterns. We ended the month by celebrating Halloween with our parade and party!

We have learned about the letters Aa-Ee, as well as their sounds. Each week was devoted to one letter. Many classroom activities had students identifying/finding items that began with the letter of the week. Students were busy learning how to write them too. It's fun learning about the alphabet letters. We especially liked finding the letters in our names!

We took two field trips in October! During Fire Prevention week we visited the Three Bridges Firehouse. The firefighters showed us their special clothes and equipment. We learned about making a fire safety plan and when to call 911. We visited the Norz Hill Farm for a hayride into the pumpkin patch where children all searched for the best pumpkin they could find! We even got to walk around the farm to see all of the farm animals.

October and November were BUSY months, and we enjoyed the cool, crisp fall air when we play outside. Now we look forward to learning about the December holiday season.



Kindergarten

Mrs. Coleman, Mrs. Dauernheim Miss Marczyk and Mrs. Shashkewych

Kindergartners are so excited to learn to read. Developing reading skills is a big focus in our kindergarten classrooms. Reading development is dependent on their understanding of the alphabetic principle - the idea that letters and letter patterns represent the sounds of spoken language. Learning that there are predictable relationships between sounds and letters allows children to apply these relationships to both familiar and unfamiliar words, and to begin to read with fluency.

Phonemic awareness is the awareness of basic speech sounds. Phonemic awareness activities help young children know that words are made of sounds. As children learn to hear, copy and play with separate sounds, they begin to understand letter-sound relationships. These kinds of activities that stimulate early literacy in kindergarten help children get ready for reading.

Phonemic awareness skills...

Children need to be able to:

- hear rhyming words e.g. hit, bit, sit, lit
- break words into syllables e.g. hel i cop ter
- hear some beginning sounds e.g. Peter Pumpkin picked...
- blend sounds together to make words j-um-p
- hear beginning and ending sounds—pen starts with p; ends with n
- delete a beginning or end sound to make a new word—meat eat bump bum

Helping your children make the letter sound connection and play with sounds in words will help your kindergartner begin to develop important skills for reading.



First Grade

Miss Ericson, Mrs. Higdon, Mrs. Meer, and Mrs. O'Connor

It has been an exciting start for our first grade students here at Three Bridges School. We have been very busy getting to know all of our new classmates and learning the routines of our classroom. We have also been learning the rules of our school in order to stay safe and happy.

In math, we have been learning strategies to solve addition and subtraction equations. We have been working hard on building our fact fluency by practicing daily and playing math games.

In reading, we have been busy choosing, reading and listening to books. We have learned many reading strategies that readers use when they come to a word they don't know.

During writer's workshop we have been writing small moment stories about ourselves. The students enjoyed publishing and celebrating all of their hard work. We shared our stories with our first grade peers!

We welcomed fall with a delicious celebration of apples, caramel dip and apple cider. We even picked a class pumpkin from our TBS garden.



Second Grade

Mrs. Buelow, Ms. Dearstyne, Mrs. Ehler, and Mrs. Meares

Reading:

During the past month, the second grade students have been reading some new, exciting text selections. They include small moment stories like: Daddy Makes the Best Spaghetti by A.Hines, Shortcut by Donald Crews, and Knuffle Bunny by Mo Willems. The children are studying these small moment stories and trying to notice what great things these authors do. Then, we use these techniques to improve our own narratives during writing workshop.

In addition, students are practicing multiple reading strategies to become more effective readers. Strategies like making and confirming predictions, decoding hard or unfamiliar words, and making connections, and inferences. Encourage your child to practice and share some of the reading strategies they are learning. If they can explain what they are doing, then they truly understand how to become a more successful reader!

Writing:

In the past month or so, students have been writing many different small moment stories. A small moment story is a personal narrative that really zooms in on an important moment in our lives. Many students have chosen such wonderful things to write about! Examples include meeting a brand new sibling for the first time, learning a new move in football practice, demonstrating a new skill during horseback riding, and picking out a new family pet. I am truly impressed by all the wonderful ideas the children are choosing to write about. Great job, terrific tigers!

In addition to choosing super ideas, students have been working hard to make characters come alive by adding dialogue, incorporating strong endings, and adding juicy words to make their writing more interesting. We are in the process of publishing our writing and can't wait to celebrate the amazing progress that we have made together!

Math:

We are now wrapping up our first math unit on addition and subtraction within 20. Second grade students are now using Reflex Math at school and at home to build fact fluency. If you haven't checked it out with your child, we highly recommend it! It is truly fun and interactive for students; in the meantime they are becoming addition and subtraction fact masters!

During this unit students have also spent a lot of time working on word problems. Some problems contained too much information, not enough information, or hidden information. We spent a lot of time re-reading the problems to look for important information. Also, students practiced underlining or circling key information to help solve problems. Making math mountains, using comparison bars, and writing equations are all strategies we are using to solve challenging word problems. Encourage your child to tell you all about the strategies they are learning here in class. You may be surprised at how well they can explain their process!

Social Studies:

In Social Studies, we are currently wrapping up our unit on Governing the People. Students have learned about why we have government and some of the responsibilities of government. We also discussed and determined how government collects taxes and some of the possible uses for that money. (Fire department, police department...etc.) Students are also learning about some of our government leaders: mayor, governor, and President. We are also practicing using map skills to read maps more effectively.

In addition, children are building good character by celebrating Red Ribbon week by promoting a bully and drug free environment. We discuss problem solving strategies and what each of us can do to help one another. Encourage your child to share some of these understandings with siblings, too!

In the near future we will switch paths to science. We alternate between Science and Social Studies to be able to spend a greater amount of time exploring our units.

Third Grade

Mrs. K-B, Mrs. Kokoszka, Mrs. Lewis, Mrs. Nabozny, and Mrs. Weintraub

Our third graders got off to a great start this year! They have been busy getting reacquainted with old friends and making time to meet new ones. Each classroom has created its own community by offering the children chances to grow and learn from each other. Team building activities are being done to establish a friendly protocol for the students' final year here at Three Bridges School.

The third graders are honing in on their skills as successful readers and writers! They are taking part in Reading and Writing Workshops on a daily basis. During this time, students are coming up with ideas for personal narratives and practicing thinking about their reading. Soon, we will begin discussing realistic fiction and practicing strategies good readers use such as; connecting, inferring, and asking questions. In math, the third graders are using some of the tools provided by our *Math Expressions* program. They are using whiteboards and practicing daily routines that help with fact practice and problem solving. Students are also learning about the Sun, Moon, and Stars for our science unit, and reviewing communities for social studies.

This year, the students will be participating in many grade-level specific activities. In September, they took part in a "Say Goodbye to Summer" activity. Students were able to go outside and reconnect with their peers, all while enjoying ice pops and lemonade. This activity served as a springboard for a discussion on the autumnal equinox. In addition, we also had our first field trip! The trip to the RVCC Planetarium was stellar! Be sure to ask your third grader all about the constellations in the sky. The third graders are in for a year full of fun and learning!



Guidance Corner

Mrs. Furka

Hello TBS Families... We had a lot going on for the month of October: Week of Respect (Oct 6-10), Violence Prevention Week (October 20-24), and Red Ribbon Week (October 27-31).

During Respect Week students took a pledge to use good manners, respect other's property, and be safe and aware of others feelings. They also dressed in their school colors to show respect for their school and community.

We also recognized Violence Prevention Week (October 20-24). Students wrote about what kind of friend they want to be and wore their shirts backwards to say they "turn their back on bullies".

Also, Red Ribbon Week was also recognized to help our students learn to make healthy choices. More than 100,000 schools and organizations throughout the U.S. celebrate Red Ribbon Week each October. Three Bridges had a "Wear All Red Day", and students wore red ribbons. The goal is to teach students to make healthy choices and to stay away from bad choices.



Reading News

Mrs. Henderson, Mrs. Lax, Mrs. Robb, and Mrs. Schoener

Literacy begins long before young children participate in formal school training. Adult-child interactions at home and exposure to printed materials can provide young children with the opportunity to see the various forms in which messages can be conveyed. Home environments where children are read to regularly, frequently see others read for pleasure or daily tasks, are encouraged to interact during reading and writing activities are considered fundamental to the development of reading and writing skills.

Some early strategies we like children to master can be developed at an early stage of development before formal schooling is started. Here are a few strategies to focus on while reading at home with your young children:

- Locate beginning (front) and end (back) of book
- Left to right directionality while looking at pictures, turning pages, and following print
- Positioning and placement of book will create better handling skills
- Matching of words with finger pointing to realize we only say one word for each word
- Locate first and last letter of a word
- Go back and read it again.
- Look at the pictures.
- Think! What makes sense?
- Start the word. What sound would you expect to hear at the beginning of the word?
- Say the word. Does it make sense? Does it sound right?
- Remember motivation begins at HOME!!!!



Speech and Language

Mrs. Fillebrown and Mrs. Winebrenner

How To Increase Your Child's Vocabulary

Expanding vocabulary is a lifelong process, which is critical to language development, reading comprehension and writing success. Long before a child can speak in simple words, phrases and sentences, the child is forming an extensive vocabulary of words he or she understands. Building a rich and varied word repertoire will provide your child with more opportunities to engage in sophisticated conversation and understand and respond to written material. You can help to expand your child's vocabulary in the following ways:

- Talk, read and sing to your child (mealtime and time spent in the car are good opportunities for conversation)
- Provide experiences to stimulate new vocabulary (a trip to the grocery store, museum, zoo, sporting event, play, etc.) and talk about what you see and do
- Play word games with antonyms (opposites), synonyms (words that mean the same), and multiple meanings (give two meanings for: rock, calf, match, etc.)
- Use a variety of words in your conversation
- Repeat new words until your child uses them
- Add new information to expand on what your child is saying
- Talk about new situations before you go, when you are there, and again afterward

Technology

Mrs. Barca

The computer lab has seen some exciting changes this year. We have 25 brand new, touch screen Dell laptops! Our preschool through third grade students and teachers are ecstatic to use our new technology.

Our preschool students are exploring many educational websites. Have you tried www.starfall.com? Starfall is a wonderful website that teaches the basics of reading. It includes interactive books and phonics games. Kindergarten students have created pattern books on the computers, they have also used Microsoft Word to type in their sight words. Our first grade students have learned how to log onto the computers using their very own username and password. They are also learning to word process on the computers. Students have identified the shift, spacebar, backspace and enter keys on the keyboard. Second and third grade students are learning how to use Google Docs and Google Classroom. Google Docs is a powerful tool for students to collaborate with their peers and receive feedback from their teachers on their writing.



Music

Mrs. Dribbon

During Music class at Three Bridges School, I expose the students to a wide variety of musical styles and genres. It's a bit like encouraging a child to try many different kinds of vegetables...something initially perceived as being "yucky" just might turn out to be a big hit! Here are some suggestions for expanding your child's "musical palette" at home.

- Have family listening time, with each person choosing his or her favorite music. Be receptive to what each person selects. Internet music streaming services, such as Pandora or Spotify, are an easy way to try this out.
- Encourage your child to share songs he/she learned at school.
- Plan a special outing to a ballet, concert, musical or festival. These can be local or perhaps a larger trip into NYC.
- Read a musical story with your child, such as *Carnival of the Animals* or *Peter and the Wolf*.
- Experiment with your child to see what instruments you can create using household items. A quick google search ("make your own instrument") yield lots of interesting ideas.
- Encourage your child to listen to movie soundtracks. Many of these feature the classical and musical theatre genres. Examples include the music from *Star Wars*, *Superman*, *Batman*, *Cars*, *Frozen* and other animated films.

How do I encourage my third grader to practice his/her recorder at home?

- Help your child make a practice schedule (with specific days and times) that he/she can follow... 4-5 times a week for at least 10 minutes a practice session is a good goal.
- Agree upon an appropriate place in your house to practice.
- Ask him/her to play what was learned during music class.
- Help him/her find recorder tutorial videos and mp3's via the TBS music webpage to help with practicing.
- Encourage him/her to compose/improvise songs using notes already learned during music class.



Student Voice

Third Grade Student Voice and Loew Orthodontics organized and promoted a food drive to help replenish the shelves at the Flemington Food Bank. Dr. Loew, a Readington parent, provided an incentive pizza party to the class bringing in the most items, which was won by Mrs. AnneMarie Ehler's second grade class. Student Voice members packed up about 1,000 personal care and food items and loaded them into the Loew family van for delivery to the food bank.



Student Voice Members will be holding a Pajama Drive for the month of December.



**Student Voice Pajama Drive
at Three Bridges School**

**1 Million Good Nights
Pajama Program**
www.pajamaprogram.org

Help us Make a Difference!

Pajama Program, a 501(c)3 not-for-profit organization, provides new, warm pajamas and new books to children in need in the United States, and around the world, many who are waiting and hoping to be adopted. These are youngsters who may not know the comforts of a mother or father to tuck them into a cozy bed and read them a bedtime story. Too many have been abandoned, most deprived of any love at all.

**On December 19th
we will have a school-wide
PAJAMA DAY.
Students and Staff are
invited to wear their
pajamas to school!**

**The Third Grade Student Voice is
collecting new pajamas and books
to help children in need.**

**Donations can be dropped off at
Three Bridges School
from December 1st – December 18th.**

It's so easy to help!

- ★ donate new pajamas
all sizes are acceptable
- ★ donate new books



Meet Miss Ericson

This is my second year teaching at Three Bridges School. Last year I was a long-term substitute in first and second grade. I am thrilled to have my own first grade class this year! I grew up in Readington Township and actually attended Three Bridges Elementary School as a student. I have so many wonderful experiences and memories in school as a child and continue to build them as a teacher.

Take a look at this picture from 1997 of me as a 2nd grader at TBS. Mrs. Henderson was my teacher! There I am in the middle row holding the clock!



In 2012, I graduated from Montclair State University with a Bachelor's Degree in Elementary Education. Outside of teaching, I have a passion for athletics and enjoy staying active. I played basketball at Montclair State, and I am the JV girl's basketball coach at Hunterdon Central. I have so much fun instilling my love for the game on my team. Aside from coaching, I also enjoy hiking, kickboxing, and walking my dog at the park.

5 interesting facts that you may not know about me:

- I do not like chocolate.
- I scored over 1,000 points during my career at Montclair State.
- I love animals, especially dogs.
- I have two older sisters.
- I plan on traveling to Yellowstone National Park this summer.



Meet Miss Marczyk

Hello! This is my first year teaching at Three Bridges School and I am having so much fun! Prior to teaching kindergarten at TBS, I taught special education in Basking Ridge. I graduated from Rider University with a bachelor degree in Elementary Education and a minor in Special Education. Also, while at Rider University, I was a member of Kappa Delta Pi. This honor society's focus is to better and improve teachers of the future. I absolutely love school myself and look forward to passing on that passion to my students.

In my free time, you can find me outside hiking. I enjoy everything the outdoors has to offer. The highest mountain I have hiked is located in Lake Placid, NY; its name is Mount Algonquin and it is the second highest mountain in New York. Mount Algonquin's elevation is 5,115 ft! That is roughly four Empire State Buildings stacked on top of one another. It was a very strenuous hike, however, it was all worth it in the end- the view was incredible!



Here is a picture of our class on Halloween. We had so much fun! Can you guess what Miss Marczyk was for Halloween?

Meet Mr. Carder

Hi Everyone! I am Mr. Matthew Carder, born in Nottingham, England. The beautiful, sunny city is about a 2.5 hour drive north of London. Nottingham is famous for a very special person and his merry men. Robin Hood lived in Sherwood Forest, a real life forest in Nottingham. Robin Hood is famous for stealing from the rich to give to the poor. A misconception about England is that it rains every day. That is not true and you can get a nice bronze tan from visiting in the summer.

I graduated from Kean University in 2013 with a BA in Physical Education and Health, but I have been educating children since I came to America in 2002 to coach soccer. In the evenings I am a soccer trainer working with boys and girls of all ages who want to improve their soccer skills. Now as a Physical Education teacher I teach students a variety of sports and I love coming to school everyday. The most rewarding part of teaching is watching the students develop their fundamental locomotive skills from Kindergarten to 3rd Grade. My goal as a physical educator is to reduce the rate of obesity, which continues to grow in America.

Here are some fun translations for all the students to learn.

American English to British English

Soccer = Football
Sneakers = Trainers
Pants = Trousers
Vacation = Holiday
Recess = Play Time
Parking Lot = Car Park
Sausage and Potatoes = Bangers and Mash
French Fries = Chips
Trash = Rubbish
Band Aid = Plaster



Caught You Being Good!

Three Bridges School rewards positive behaviors. Each month, we focus on one of the six pillars of good character:

- Trustworthiness
- Respect
- Responsibility
- Fairness
- Caring
- Citizenship



As students are “caught” exhibiting these behaviors towards themselves or others, they are awarded a “Caught You Being Good” certificate and their picture is placed on the bulletin board. Students caught so far this year include:

Kara Vandal
Hannah Lawrence
Jake Hample
Lauren Facinelli
Adrien Reeder
Brendan Gill
Janan Porque
Ainsley Kroon
Justice Forsythe
Zach Fisher

Derek Sutphen
Riley Muir
Delia Jackson
Maggie Howell
Maddie Bezahler
Conor Mikaelian
Nicholas Armbruster
Andrew Leibowitz
McKayla Kavanaugh

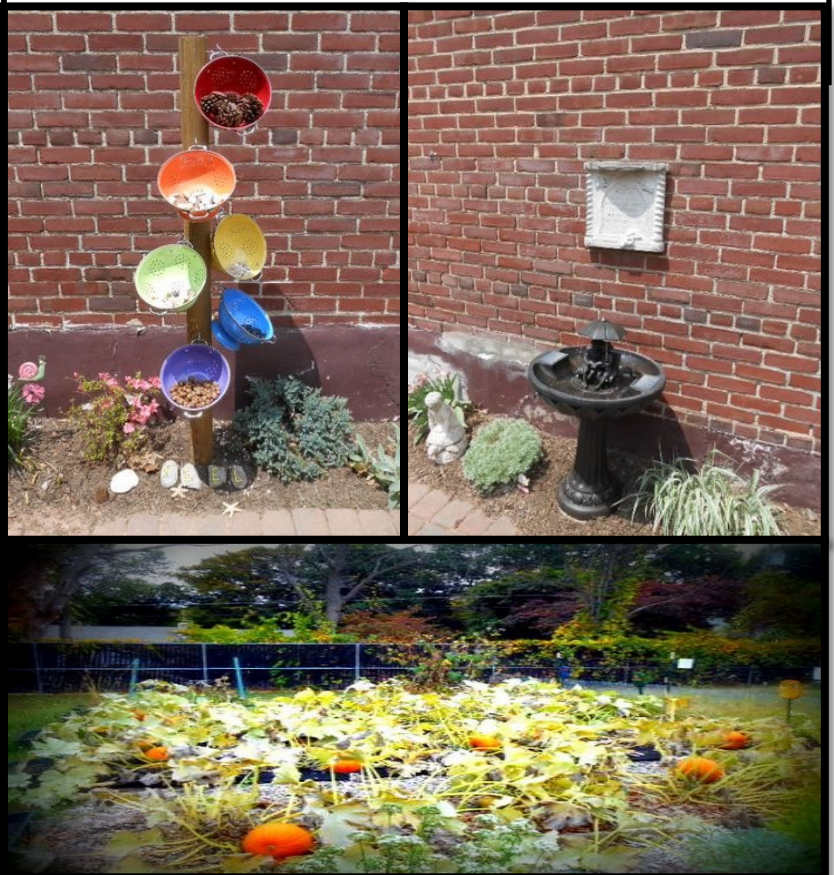
TBS Gardens

Thank you to the following families, Scout Troops and Business for your generous donations to both our Sensory Garden and school vegetable garden:

- Corbin Family
- Jiwnani Family
- Johnston Family
- Allorto Family
- Duffy Family
- Knudson Family
- John— Our TBS Bus Driver
- Schafranek Family
- Sepe Family
- Yip Family
- Turvey Family
- Mason Family
- Ann Asher
- Carol Hample
- Jen Percario
- Friedhoff Family

- Brownie Troop 80572
- Pack 182 Den 6
- Brownie Troop 81194

- Home Depot
- Reston Lloyd
- Lowe's



Prevention is the Best Medicine

Hand washing with warm water and soap is our best defense against viral illness. Hand Sanitizer is an excellent alternative when you do not have access to soap and water. But it should not take the place of good hand washing.

Other ways to help maximize your child's immune system:

- Vaccinate everyone in your family against the flu! The flu vaccine is recommended for everyone age 6 months and older. The flu vaccine is mandatory for preschool children.
- Ensure that your child is getting an adequate amount of sleep every night. Children age 5-10 should get 10-11 hours of sleep each night.
- Maintain a healthy diet of fruits and vegetables for you and your children.
- Participate in regular exercise or activity. The Centers for Disease Control (CDC) recommend children get at least 60 minutes of activity daily.



When to Keep Your Child Home

- A temperature of 100 degrees or higher. Your child must be fever free without the use of fever reducing medications such as Advil or Tylenol.
- Vomiting and/or diarrhea, keep child home until 24 hours without any.
- Any unusual rashes (should be evaluated by your health care provider).
- Treatment of bacterial conjunctivitis. Requires 24 hours of medication before returning to school.
- Strep Throat requires antibiotic treatment. Students must be on antibiotics for 24 hours before returning to school.

HEALTH OFFICE NEEDS CLOTHING!

- ◇ Sweatpants boys & girls size 6 thru 8
- ◇ New underwear boys & girls size 6 thru 8



Everyone experiences it! Stress affects physical, emotional, and mental health. Stress is associated with many aspects of our lives. Test taking, social relationships, family relationships, self-esteem and issues of body image all cause stress in an adolescent's life. Good health habits are often developed during these formative years. The ability to cope effectively with stress can lead to good health habits, improved well being and increased success in school!

Signs of Stress

- Complaints of frequent headaches
- Complaints of frequent stomachaches
- Irritability
- Difficulty sleeping
- School avoidance
- Concentration problems
- Change in friends/relationships
- Low self-esteem or self-confidence
- Insecure or unhappy
- Lonely, withdrawn or isolated
- Sudden change in mood or behavior
- Lack of interest in hobbies / activities
- Talk about running away or trying to get away from "it" all.

Manage Stress

1. **Identify the signs of stress.** Does your child complain of headache, stomachache, seems irritable.
2. **Identify the cause of stress.** Talk to your child about what could be the cause. Are they feeling over-scheduled, worried about a test, speaking in front of their class or having trouble with friendships.
3. **Do something about the cause of stress.** Discuss with your child ways to manage the stress.
4. **Take action to reduce the effect of stress.** Now put those strategies into action! Use healthy habits daily to manage effects of stress.

Stress-Bustin Techniques

- Try "The Lemon Squeeze"
Use stress balls or imaginary lemons and tightly squeeze both fists. Squeeze to a count of three or so, and then relax for a few seconds.
- Try "Square Breathing"
 1. Breathe in through your nose for a count of 4 (Breathe slowly).
 2. Hold your breath for a count of 4.
 3. Slowly breathe out of your mouth for a count of 4.
 4. Think of something positive for a count of 4.
- Say your "I-Can statement"
 - ..I can do my best work
 - ..I can practice for my test
 - ..I can make this team
 - ..I can succeed

Holiday Assistance

If you are experiencing financial hardship, whether it be a temporary situation or more long term, there are organizations in the community that can help!

Readington Township Starfish distributes food baskets for Thanksgiving and Christmas. They also provide gifts for families in need at the Holidays.

If you would like more information please contact your school nurse or

Director of Social Services, Diane Clapp at (908) 534-0974 .

All requests are confidential.