

Whitehouse School News

March 2020

From the Principal...



Thank you to all who participated in our
WHS Annual Photo Contest.
Congratulations to our contest winners!

The Results are in...

Enjoy the following pictures and continue to make time for
family fun!

WE ARE CUBS OF CHARACTER!!!

The mission of Whitehouse School is to provide children with a nurturing environment where they will feel safe and accepted. Our school community encourages respect and builds independence while fostering academic and personal growth and creating a love for learning.



Most Exciting Activity



Adrianna Hlinka



Are you kidding me?

Where did Neil
Armstrong go when he
landed on the moon?

Answer: Starbucks



Claire and Nadia Ryan

Whitehouse School News

Celebrity Encounter



Daniel & Robert Brueggeman



Ryan Coward

Farthest Location



Samantha DiStefano



Autumn and Emerson
Myers



Maelyn Gawlowski

Most Educational



Brice Lindquist

Guidance News

Reminders

Parents, if you are looking to get in shape for the summer, then being active with your child is a great way to spend time as a family in addition to showing the importance of being active. In need of ideas, use the following link: <https://tinyurl.com/wbo4rzq>

Learning & Growing...

PHYSICAL ACTIVITY STRENGTHENS THE MIND & THE BODY

EMOTIONAL WELL-BEING
Our brains release endorphins during exercise, which help improve our mood, sleep, and energy levels.

MEMORY
Exercise boosts the area of the brain in charge of verbal memory and learning.

HEART, VEINS, ARTERIES
The heart is a muscle. Exercise helps it become stronger and more efficient, aids in keeping our veins and arteries clear, and decreases the levels of harmful cholesterol and fats in our blood.

LUNGS
Working out increases lung capacity, so that our lungs can draw more oxygen into our bodies while releasing more carbon dioxide.

SOCIAL SKILLS
Physical activity most of the time involves participation in a team, which enhances leadership and empathy skills.

ATTENTION
Being physically active increases our ability to pay attention.

BONES
Being physically active increases bone density, which helps prevent osteoporosis.

WEIGHT CONTROL
Regular exercise helps us remain fit and control our weight.

BLOOD SUGAR LEVELS
When we exercise, the glucose in our bloodstream is used by our muscles which makes it less likely that sugar will build up in the blood.

POWERED BY: **NOBEL** COACHING & TUTORING

As we shake-off the winter hibernation with Spring around the corner, many families become physically active whether it is due to spring sports, new exercise routine, or just the enjoyment of being outside in pleasant weather. While the benefits of exercise has been well documented for physical health, research continues to show a relationship between exercise and emotional health. This holds true not only for adults, but new research shows that it can be a protective factor against depression in children and adolescents. Some key findings are:

- Sedentary behavior increases as children grow older
- Depression scores in adolescents increase with greater sedentary behavior
- 2 hour reduction in sedentary behavior from age 12 - 16 is correlated to a 16-22% reduction in depression scores by age 18
- Light activity (e.g. painting) taps into similar benefits as intense exercise (e.g. Basketball game)

Mr. Paul Smith, WHS School Counselor

LaMotte, S. (2020) *Keep your teen moving to reduce risk of depression, study says.* Retrieved from <https://www.cnn.com/2020/02/11/health/teen-depression-exercise-wellness/index.html>

Character Corner

HEALTHY HABITS DAILY COUNTDOWN

9 thousand steps
8 hours sleep
7 glasses of water
6 minutes meditation
5 servings of fruits and veggies
4 breaks stretching and mental
3 meals and 2 healthy snacks
2 hours of no-phone before bed
1 session of exercise

The difference between try and triumph is a little "umph"

Nurse

Reminders

We are here to all work together. If your child has borrowed clothes from the nurse's office, please wash and return.

Character Corner

Trustworthy

- Keep your promise
- Do the right thing even when it is hard to do
 - Tell the truth
- Follow the rules
- Take care of things you have borrowed.

Learning & Growing...

Here is a reminder of symptoms that can be a helpful guide.

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU

When to keep your child home:

- Fever of 100.0 or greater must stay at home.
- A child must be fever free for 24 hours without the use of fever reducing medication like Advil (ibuprofen) and Tylenol (acetaminophen).
- Vomiting and/ or diarrhea should be kept at home. The student can return when they have not vomited or had diarrhea in the last 24 hours.
- Strep throat is treated with antibiotics.
- Conjunctivitis requires 24 hours of antibiotics before returning to school.
- Rashes and earaches should be evaluated by healthcare professionals.





Speech & Language Therapy

Reminders

Please contact Mrs. Bobal directly if you wish to schedule a time to discuss your child's progress in therapy during parent-teacher conferences.

Character Corner

This month's character trait is:

Trustworthiness

Trustworthy:
(adjective) able to be relied on as honest or truthful

Synonyms: reliable, dependable, true, responsible, steady

Antonyms: dishonest, undependable, unreliable, misleading

Learning & Growing...

Spring Speech and Language

As we start to see some warmer days, get outside and work on your child's speech and language targets while you go for a walk or bike ride!

1. For student's working on speech sounds, play 'I spy' and see what you can find that has your special sound in it! When you go back inside, draw pictures of what you found.
2. Practice describing objects in the environment to build vocabulary skills by talking about the item's attributes (color, size, shape, and parts), the category the item belongs to, and the function or action associated with the object you are describing.
3. Ask your child WH (who, what, when, where, and why) questions about animals you may see, scenery that may be changing, and ways to care for the environment.

If you have questions or concerns regarding your child's speech or language skills, please don't hesitate to contact me at (908) 543-4758 or at jbobal@readington.k12.nj.us.

Mrs. Jillian Bobal, M.A., CCC-SLP
Speech-Language Pathologist



Kindergarten

Reminders

March 2nd
Favorite Book
Day
**March 9th-
13th**
Book Fair
**March
19th & 20th**
Parent
Teacher
Conferences

Character Corner

Kindergartners will be learning how to be a trustworthy friend and student. We will learn what it means to be honest, reliable and dependable.

We will be participating in the WHS Reading Drive to promote literacy. We will have to be very honest with how many pages and books we read!



Learning & Growing...

Spring is right around the corner and the kindergarten children's skills in literacy are in full bloom. Their confidence has developed and they are writing words and sentences in their daily writing. As the year continues, the children will fine tune their skills with spacing and using as many lowercase letters as they can.

Phonemic awareness skill development will continue to flourish with their newly learned skills in phonics. They are excitedly reading decodable books with short vowel blending of three letter words and the sight words that they are learning. In addition, they are beginning to blend two letters together such as "dr" or "sn" to figure out those tricky words like drive and snowman. In the sharing literature activities, the children will be working on reading comprehension, concepts of print, story sequencing, characters, and retelling. The children will continue to bloom with their new literacy skill development over the next couple of months.

After completing the wood portion of our science unit on Wood and Paper, the children will see that the upcoming paper investigations will be just as exciting and informative. Looking ahead to April, the boys and girls will be celebrating Earth Day with a paper recycling activity where they will actually make their own paper. Then, it will be on to our new science unit on Animals with lots of interesting creatures entering our classrooms!

Kindergartners have been skip counting by 2's, 5's and 10's, and creating number stories. The children will continue to review and build on their understanding of addition and subtraction stories. Visualizing teen numbers as a ten and extra ones and continuing partner work for partners 2 thru 6 will be a focus for the boys and girls this month. Yes, we will be busy little bees this spring!



First Grade

Reminders

Please remember to sign up for Parent-Teacher Conferences.

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Please return Trustworthiness Buckets to your teacher on time.

Character Corner

Our First Graders will be discussing the importance of being trustworthy in school and at home.



Learning & Growing...

In February, our first grade authors were writing up a storm as they continued to create Opinion Writing pieces. They authored collection writing, reviews, and persuasive letters. Now, in the month of March, our first grade writers will be tackling (Scenes to Series) Realistic Fiction Writing. They will be creating fictional characters, settings, problems, and story solutions to create a series of books similar to the Henry and Mudge series.

What strong, voracious readers our first graders have become! Starting this month, our first grade readers will be introduced to various realistic fiction book series such as Henry and Mudge, Mr. Putter and Tabby, Poppleton, and Zelda and Ivy. During this next unit of study, we will be focusing on retelling stories, while looking for main characters, setting, problem and solution. At home, be sure to practice reinforcing these retelling skills and ask your child what happened in the beginning, middle, and end of their fiction stories.

In math, we just completed Unit 2 and are now beginning Unit 3. In this unit, the students will be working on place value, counting to 120, money, and time to the hour and half hour. Please continue to read the family letters that are sent home on Mondays and have your child practice their skills using i-Ready.

We are now beginning our Air and Weather science unit. During this unit, students will engineer parachutes to explore the properties of air. Students will be using instruments to observe and record weather patterns and connect them to the changing weather conditions.

Second Grade

Reminders

We look forward to meeting with you for Parent/Teacher Conferences on 3/19 and 3/20!

Important Dates:

3/2 - Town Hall Mtg. and Favorite Book Day
3/13 - Springfest
3/19 and 3/20 - Early Dismissal Days and Conferences
3/30 - No School

Character Corner

March is trustworthy month! We will be talking about ways we can be trustworthy at home, school and beyond! Please help your child demonstrate trustworthiness this month and remind him or her to color in a bucket piece each time he or she shows trustworthiness.

Please don't forget to return your signed bucket to your child's classroom teacher!



Learning & Growing...

Spring is in the air in second grade! Our classrooms have been blooming with activity!

Fluency has taken center stage in Reader's Workshop. Students are discovering and rehearsing "reading voices" and are learning how to scoop up words into phrases to smooth out choppy reading. Paying attention to punctuation and dialogue tags also helps students monitor expression and rate of speed while reading. Practice these strategies at home and encourage your child to read smoothly and expressively to you, too!

In Writer's Workshop, we have begun our Poetry unit. Our poets are learning how to use comparisons; incorporate line breaks, musicality and rhyme; and create mood and tone in their poems. We will explore different types of poems, as well, and expose students to different tools that poets use such as alliteration, similes, metaphors, and visual imagery.

Mathematicians will spend the next few weeks learning about money and telling time. You can practice these skills with your children at home, as well. Giving your child a handful of coins to identify and count is great practice or you can even set up a pretend "store" at home and have your child pay the correct amount of money for certain items. Practicing how to tell time on both digital and analog clocks is also a great idea.

Scientists are investigating solids and liquids and we are very excited to be moving on to lots of new experiments! We will discuss and explore the different properties of solids and liquids and discover the unique qualities of each. We also finished our Moon landing projects and are very proud of our work!

We are looking forward to watching the amazing growth that will sprout these next few months with your children!



Third Grade

Reminders

March 9-13th:
WHS Book Fair

March 18:
Third Grade Clubs

March 19-20th:
**Parent/Teacher
Conferences**

March 30th:
No School

Learning & Growing...

The third graders have been learning about the astronauts and life on the ISS. Did you know that the International Space Station orbits the Earth every 90 minutes, and that astronauts experience 16 sunrises and sunsets in a 24 hour period? Students have been enjoying their research as they identify interesting facts about the ISS in correlation with our previous nonfiction units in both reading and writing.

Our third grade writers are becoming more confident in their ability to persuade others as they discuss a topic of their choosing. As they write, students are learning to utilize persuasive language as well as to incorporate facts and details that properly support their arguments. Teachers continue to focus on the importance of revision as a critical stage in the writing process. This helps students make decisions about organization and word choice. With each unit of study, our writers are developing their ability to edit their own work by adding punctuation or fixing spelling errors that they identify independently.

Our current themes in reading revolve around character studies and mystery stories. Students will be using their detective skills as they learn to read for clues! Additionally, they will continue to notice and think about characters as they look closely for habits, strengths and suspicious behaviors. As they reflect on their reading, students continue to practice locating and providing evidence from the text in both written and oral responses. They are also learning to infer meanings of unfamiliar words by using clues in the text and prior-knowledge.

In math classes, students worked with multiplication and division facts and applied problem solving strategies. They practiced other applications of multiplication, such as finding the area of shapes. Next, the **whole** third grade is excited to begin learning all the interesting **parts** about our unit on **fractions**. The teachers are **equally** enthused! Remember to encourage practice of all math skills at home using the websites, iReady and Reflex Math!

Character Corner

March is trustworthiness month!
We will be discussing the many ways students can be trustworthy at home and school. Please encourage your child to color in puzzle pieces for their trustworthy behavior choices!

As always, please remember to return signed buckets to your child's classroom teacher by the assigned date.





Music

Reminders

Third grade students should periodically wash their recorders to prevent the spread of germs!

Separate into three pieces and rinse with warm soapy water or use the top rack of the dishwasher.

Character Corner

"You have BRAINS in your HEAD.

You have FEET in your SHOES.

You can STEER yourself any DIRECTION you CHOOSE!!"

-Dr. Seuss



Learning & Growing...

Did you know that March is National Music in Our Schools Month? This year's theme is "Music Changes Lives" and we strive to bring that spirit to life here at Whitehouse School. We hope your child leaves class each week feeling like music has an important place in his or her world!

Be on the lookout for more information from Readington's Fine and Performing Arts Committee to learn about how our district will be celebrating Arts Week (March 16 to March 20). Please visit the FPAC website to discover more about this branch of the HSA and what you can do to support the Art and Music programs in the Readington Public Schools. <https://www.readington.k12.nj.us/Page/5420>



Please note our Spring Concert times.
We look forward to seeing you in the audience!

Thursday, May 21
Kindergarten @ 9:00 AM
Grade 1 @ 2:15 PM
Grade 2 @ 10:00 AM
Grade 3 @ 1:15 PM



Reminders

If your child has brought home his/her art smock, please wash it and send it back into school right away. We are messy in the art room and I wouldn't want any clothes ruined because students didn't have their smocks.

Character Corner

Trustworthiness:

I always promote trustworthiness in the art room. Because we all share tables, I trust everyone to use their art materials in an appropriate manner, as to not deface or interfere with someone else's artwork.

Learning & Growing...

Do I dare say Happy Spring? Since we've been having such a mild winter... It may be a little early to get excited for springtime! Our outer space thematic unit is almost finished! I am looking forward to our springtime birch tree project, our concentric circle flower project, and one of my favorites...Vincent Van Gogh's Sunflower painting.

Our Kindergartners and first graders have done an out-of-this-world charcoal rendering of our solar system. I can't wait for you to see how spectacular they look! Next, kindergartners will be drawing and then painting self-portraits. First graders will be working very closely with Pete the Cat for an open-ended painting about a special place they hold near and dear to their hearts.

Second graders will be finishing their wordless out-of-this-world books by giving their main character a name and creating a name for their new planet. They will add these to their covers and **Voila**...instant book.

And, our third graders have been diligently working on their rainforest birds, and are creating a graphic mind map about the International Space Station, which complements our school's thematic unit!



Physical Education

Reminders

Please remember to wear sneakers on your Physical Education days!



Character Corner



Character Builds
Trustworthiness



Learning & Growing...

Never a dull moment in Physical Education...

MOVE, MOVE, MOVE! That's what we continue to do in Physical Education class.

During the month of January, students played Pillow Polo Hockey. The high-excitement game features plenty of scoring and goal defense opportunities. Each student had the opportunity to play the action-packed position as the goalie.

During the month of February, students played a variety of cooperative games and challenges such as Pirate's Gold and Save Our Ship. Students have also enjoyed playing Snowball Pin Dodge and Snowball Pin Guard. The latter is a new game with a twist on our traditional Pin Guard in which we add a "Snowman" to both sides and students can earn back pins they have lost by targeting and knocking over their opponent's snowmen.

The students have also been busy working together participating in Speed Stacking Relays. Students had the opportunity to use both traditional Speed Stack cups and JUMBO cups and were asked to build patterns such as a 2-1, 3-2-1, and a 1-10-1. We also did a partner challenge using the same patterns listed above. Speed stacking is an exciting individual and team sport where the students stack and unstack 12 specially designed high-tech cups. When the students are stacking, they are using both sides of their bodies and brain to develop skills necessary to dribble, throw, catch, play a musical instrument and type on a computer, and more!

Students can look forward to Pinky's return (with a new friend), Rescue the Dinosaur and Save the Penguin Activity. Students really love these activities which help to promote team spirit and cooperation. For our thematic unit, the students will be playing a new game, Space Tag!

~ Miss Kozal & Mr. Lillia

Library

Reminders

Valerie Zanardi
WHS Librarian
vzanardi@readington.k12.nj.us



Character Corner

This month we are setting reading goals in our SEL Journal.

Students will complete Trustworthiness Pledges...

They will set a reading goal (We say what we mean) and work to meet that goal (and mean what we say!)

The WHS Library is proud of ALL students who read and submitted minutes.

You ROCK !!!

Learning & Growing...

Hunterdon County Librarians Association Enthusiastic Readers 2020

*The following students were nominated by staff members to represent Whitehouse School in recognition of their enthusiasm for reading.
Congratulations!*

Dena Abdulwahab
Matthew Antinozzi
Jack Bakerman
Max Bakerman
Jayden Chen
Xia Cobb
Madisyn Colasurdo
Vincent DeAngelo
Lucas Dalfonzo
Max Dustin
Sarah Erd
Finn Fosbre
Maelyn Gawlowski
Gia Geiger
Eyad Hassan
Adrianna Hlinka
Abigail Kaecker
Colin King
Remy Knoll

Sawyer Lepinski
Nicholas Lobo Setti
Lexi Marchese
Ana Medlin
Ellie Millette
Maxwell Perper
Adonis Pitts
Karina Rajeev
Sean Ritter
Autumn Rivers
Lily Rivers
Kitty Roman
Erik Schnaudt
Taylor Shubiak
Lucas Stahl
Nathaniel Stahl
Harrison Strelko
Kailea Vandermejde

Computers

Reminders

Tiffany Barca
tbarca@readington.k12.nj.us
908-534-4411 ext. 133
Mondays

Wendy Reardon
wreardon@readington.k12.nj.us
908-534-4411 ext. 133
Tuesdays
Wednesdays
Fridays

Character Corner

Kindergartners and First Graders will **trust** their partner to program a Bee Bot and travel to the correct planet.



Learning & Growing...

Kindergartners continue to make amazing progress in the Computer Lab. Students were introduced to our new robotic friends, The Bee Bots. Students learned simple programming skills to navigate the Bee Bots to letters in the alphabet. The Bee Bots allow students to learn sequential programming by pressing forward/reverse/left/right buttons in order to make the Bee-Bots go from one place to another.

First graders learned how to use *Microsoft Powerpoint* to create a slideshow about their favorite animals. Please visit the Computer Lab website to view your class video. Students will use the Bee Bots to travel through the Solar System to celebrate our school-wide thematic unit.

Second graders are continuing to use *Google Classroom* for all of their in-class projects. Each class will celebrate our schoolwide thematic unit on the Moon by creating a *Google Doc* on What it is like to be an Astronaut...

Third grade students have applied their foundation in computer skills to larger research projects. All third grade projects are completed through *Google Classroom*. Students completed research on Martin Luther King Jr. Each student created a slide show showcasing three facts. Students will use these research skills to complete a *Hyperdoc* on the Solar System.

Every third grade class spends 10-15 minutes on *Typing Club* to enhance their keyboarding skills. The great news is *Typing Club* is accessible from home. Since keyboarding is an essential skill, students may choose to practice at home. Please visit this website. <https://readington.typingclub.com/>



Spanish

Reminders

A great way to review and practice Spanish vocabulary is playing online games :) Please visit the Spanish website to have direct access to the links.

Character Corner

We have learned how to say in Spanish:
Fairness
"Justicia"
(**ser justo/a**)
and Caring
"Preocupar se por los demás."

Learning & Growing...

During the winter, your children have made great progress with their Spanish. They have increased their vocabulary, grammar, pronunciation and knowledge in Spanish by engaging in written and oral exercises along with activities, reading, conversations, interactive games, songs and special projects.

Kindergartners have been practicing questions about their name, age and how they are doing. They have been using the calendar to recite the days of the week, months, weather and numbers in Spanish. Kindergarten students have enjoyed identifying the colors and participating in a variety of activities and games.

In first grade, the children have reviewed previously-taught vocabulary and questions. They are now focusing on clothing, which they have connected with the colors, body parts and weather. Students have been working on the "Paper Doll Project" and have picked, decorated and labeled clothes for their paper doll to review vocabulary for clothes items.

Students in second grade have been working on the meal times, food and drinks. They are practicing the verbs "To Eat" and "To Drink" and the use of *first* and *second* through a variety of dialogues, which they love to perform in front of the class. Additionally, second graders have become familiar with the different meal times and foods that the Spanish speaking countries have.

Third graders have been building up vocabulary and conversation skills by working in pairs to practice new and previously-learned questions. The children have been focusing on classroom objects, school supplies and subjects. They use this vocabulary on a daily basis. Currently, we are learning the time, which ultimately connects with our school schedules.

Saludos,
Señora de los Santos