

Week of
December 3, 2018

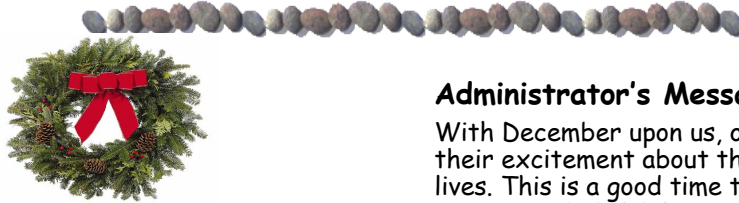


BEAVER BROOK ELEMENTARY NEWSLETTER

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Abington, Massachusetts

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Looking ahead to next week:

Monday, Dec. 3, School Council meeting 5:00pm
Monday, Dec. 3, PTO Meeting 7:00pm
Tuesday, Dec. 4, Special Ed PAC 6:30pm at
Middle/High school library
Friday, Dec. 7, Report Cards go out to Grades 1 & 2
Tuesday, Dec. 11, Early Dismissal 12:00pm
Thursday, Dec. 20 Pajama Spirit Day (wear pj's)
Monday, Dec. 24 thru Tuesday, Jan. 1, No School,
Holiday Vacation

Here are some useful links at your fingertips!

[Communication](#)

[Transportation](#)

[Constant Contact](#)

[District Calendar](#)

[AIJCE K-12 Program](#)

[Documents and Forms](#)

[Food Services](#)

[Facebook](#)

[School Council](#)

bbsfeedback@abingtonps.org

Feedback/Suggestions

We now have a link for you to connect with us regarding feedback and/or suggestions bbsfeedback@abingtonps.org please feel free to leave us a message about any topic you wish for us to know more about. Just click on the link below in the links column and leave us a message. Both Mrs. Zinni and Mrs. Gover will be notified and one of them will be in touch with you regarding your feedback/suggestion.

Administrator's Message

With December upon us, our students have begun to share their excitement about the many events coming up in their lives. This is a good time to remember that following basic routines is helpful for students when there is a lot going on. At school we continue to follow established classroom routines and we inform students when there is a change in the daily schedule. Our students benefit when they come to school on time so they are able to review their schedule. If you are feeling rushed in the morning, keep in mind that Beaver Brook offers breakfast starting at 8:30 AM. Adults bringing students between 8:30-8:45 can use door B. The cost is \$1.50 for full price and \$.30 for reduced price eligible students and free for eligible students.

Mrs. Zinni and Mrs. Gover

Morning Meeting

During December we will focus on the character trait of **Caring**. We encourage students to think about how they show they care about others. Morning Meeting may have conversations about how we show caring at school. We show we care when we offer to tie someone's shoe, pick up and return a mitten dropped in the hall, or ask another person if they are feeling better when they return from being ill. You may want to discuss how your family shows caring at home. Caring is a way to fill someone's bucket.

Lunch Accounts

Guardians/Parents who sign up in My Bucks to pay or add money to their child's lunch account may follow the directions under Food Service (on website www.myschoolbucks.com) so you can receive an electronic alert when the account is low on funds.

Important message

Winter weather has arrived! The nurse provided jackets to several students this week to borrow. Please have your children dressed appropriately in layers, heavier jackets, and hats/mittens. Coat donations are available if you reach out to the nurse. Her ext is 4367 and email is michelle.apazidis@abingtonps.org to leave a message anytime.

Please note... There will be no December School Council Meeting. We will reconvene for its next meeting on January 7, 2019.

Parent Teacher Organization

Join us for our upcoming meeting on Monday, December 3, 2018 @ 7 pm.

On Thursday December 6th, we will hold a Holiday Shopping night in the BBES cafeteria. BBES students will have the opportunity to shop for family and friends. Items range in price from 25 cents to \$12 with the majority of gifts under \$5. Cash or check only! Please enter through the main front door.

Reading Specialists

Research has shown there is a strong relationship between volume of reading and achievement which includes the benefits of reading with and aloud to your children. Here are 10 reasons to do it: it sparks imagination, it extends their attention spans, helps build a child's comprehension, reading begets reading, reinforces book mechanics, builds listening skills, teach us about the world around us, helps children sleep, increases vocabulary, provokes critical thought, aids in language development and most importantly is a great bonding activity. Adapted from: Helping Your Child Learn to Read. (1996). Office of Educational Research and Improvement, U.S. Department of Education.

Tutors

Mrs. Brink continues to reinforce letter name/sound recognition and sight words. She is also working with her students on initial sounds and phoneme segmentation.

Ms. Whitman continues to reinforce phoneme awareness and high frequency words with her grade 1 students. She continues to work on reading fluency and comprehension with her grade 2 students. Students in both grades are practicing their writing skills with journal writing and seasonal writing activities.

Health and Physical Education

In Health this month, we have worked on becoming more mindful. Mindfulness means paying full attention to something. It means slowing down to really notice what you're doing. Being mindful is the opposite of rushing or multitasking. When you're mindful, you're taking your time. Students have been learning an assortment of mindfulness strategies to manage uncomfortable feelings and monitor high or low energy levels in their bodies. Students were introduced to a mood jar to help settle feelings and bodies, a variety of breathing techniques, positive self-talk, and body scan for sensation meditation. There are many online resources for continuing mindful practices at home.

In Physical Education this month, we got to use the scooters for high energy, core strengthening fun. We also played a tag game called the Turkey and the Farmer where students worked together to gather "food." Finally, students got the chance to do some bowling!

I have been continuing to update my website with pictures from class and a variety of events that are taking place in school. I invite you to please check it out! <http://rebeccapulkinen.weebly.com/>

Nurse

If your family or a family you know is experiencing financial hardship, you can find informational handouts on the main office front desk that list 2018 local resources for assistance during the winter months. These include home heating, holiday meals, and holiday gifts. Please do not hesitate to reach out to me by email or confidential phone call if you would like me to send the information home in your child's backpack. My email is: michelleapazidis@abingtonps.org and my direct office phone number is (781) 982-2185 Ext 4367. I also have a new direct contact email for holiday gift assistance through St. Bridget's Church in Abington if interested.

Warmest wishes for a happy and healthy season,
Michelle Apazidis
BBE School Nurse

Dismissal Safety

Adults should send a note, with child's first/last names as well as homeroom teacher's name or room number, if their child is being dismissed early from school. Adults picking up students in the office should stay in the office, rather than the hall, so office staff know when the child has left with his/her adult. Students who visit the doctor or dentist can bring an "I was seen in the doctor's office today" note that we can add to your child's excused reasons for absence section in the attendance data base.



Bucket Filling

During this school year we will encourage, remind and recognize everyone's efforts to be bucket fillers at home, at school and everywhere they go.

We are excited about this program and look forward to your support. If you would like to learn more about bucket filling, visit the Bucket Filler website, www.bucketfillers101.com Bucket Fillers offer a free weekly e-newsletter for parents and teachers.

