

Forestdale School October 2023 Newsletter

By
Christopher Dintino/Principal



We are a month into the school year and students have seamlessly transitioned into the building relatively well in September. I am very impressed with our kindergarten who have transitioned exceptionally well in comparison to prior years.

Students are navigating their way around the building, getting used to classroom routines, school expectations, and making new friends. Becoming familiar with classroom expectations is a struggle for some students. My staff does a nice job of making sure students understand expectations and hold them accountable when an unexpected behavior occurs.

When students are held accountable for their actions we sometimes see certain unexpected behaviors as a result of the consequences. We use the RULER

(Recognizing, Understanding, Labeling, Expressing, and Regulating) Curriculum, developed at Yale University, as a guide to support students and staff. This curriculum helps students identify their feelings and gives strategies to regulate themselves. Sometimes these big emotions happen in front of peers, but teachers explain to students that, "Sometimes everyone has big emotions and we need to be understanding and empathetic to our friends when this happens." Here is a home resource for families from RULER: <https://www.rulerapproach.org/how-it-works/family-engagement/>

Teacher Conferences

Teacher conferences will be held on Wednesday, October 18th from 2:45 pm-4:45 pm and Wednesday, November 1st from 2:45 pm-4:45 pm with night slots available. Teachers will be in contact with families to schedule times. All conferences will be virtual, unless an in-person meeting is requested.

Boosterthon

Boosterthon Fun Run will take place on Friday, October 27. This is the largest fundraiser of the year for the PTA. Here is the schedule:

- **Kindergarten**-9:55 am-10:50 am
- **Grade 2**-10:40 am-11:35 am
- **All PreK (Integrated and SEL (full day only))**-12:15 pm-12:40 pm
- **Grade 1**-1:00 pm-12:55 pm

*Families are encouraged to attend to support their students. The Fun Run will be held on the back fields of Forestdale.

Indigenous People Day

The will not be school on Monday, October 9th in observation of Indigenous People Day

Here's What's Happening Around the Building:

Health Office

Mrs. Lopes and Mrs. Nardone

Screenings in the nurse's office have concluded. Referrals for students that require follow up will go out in the next couple of weeks. If you receive a referral for your student, please follow up as soon as possible and send paperwork into the nurse's office. Children's eyes can change over time and undiagnosed or untreated vision problems can cause learning difficulties in school.

There is a well established link between vision and eye health and learning outcomes. Children with healthy vision will more easily develop early literacy skills. School nurses can help children and school staff follow eye care provider treatment plans and/or recommendations in school. If you do not hear from the nurses office regarding the screenings, you can assume your student does not require any kind of follow up.

As we start to feel the briskness of Fall weather, please make sure your student is dressed appropriately. Wearing layers is a good way to ensure your child is comfortable in the changing weather conditions.

Please notify the health office if your child is diagnosed with a contagious illness (Covid-19, RSV, influenza, strep infection, stomach bug or hand, foot and mouth disease etc.) If your child is sick with a fever or vomiting it is the school policy that they remain home until they are fever free without fever reducing medication and they have not vomited for at least 24 hours. If your child is started on antibiotics it is important that they have been on the medication for at least 24 hours before returning to school to ensure that they are not contagious.

Most pediatrician offices have received the flu vaccine, you may want to contact your child's pediatrician to schedule an appointment.

K and PreK parents: If you have not sent in your students most recent physical please do so as soon as possible. We still have a number of students without medical documentation. According to Massachusetts law students are required to have a physical exam "within one year prior to entrance to school or within 30 days after school entry...".

(<https://www.mass.gov/doc/105-cmr-200-physical-examination-of-school-children/download>)

Physical Education

Mr. McRae and Mrs. DeNardo

In P.E., we are kicking off the year with expectations and teamwork. When we are all safe and kind, we have fun! All classes are off to a great start using a variety of equipment and learning boundaries within our space. Zombie tag is a fun game we've played using the different boundary lines in the gym. Many of our activities require students to work in partners or as a team. Together, Everybody Achieves More! We are playing parachute games, hula hoop roundup, couch potato, using our imaginations to build with our big blue blocks, and using our long ropes to jump over "snakes in the grass" and leap over waves of "electricity". We have also begun working on soccer skills such as dribbling, passing, and trapping. We hope to see friends bring some of these new skills and games out to recess!



Social Workers

Mrs. Pestilli and Ms Darsch

The Social Work Team

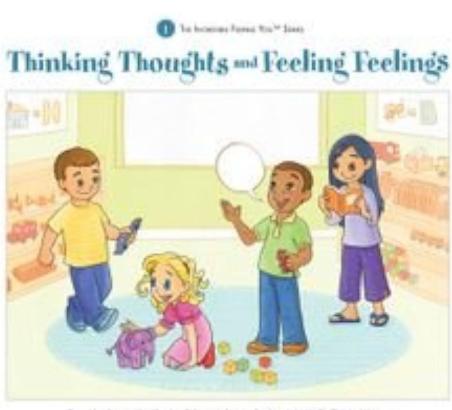
Alyssa Pestilli- school social worker- PreK, Kindergarten and First Grade

Rachel Darsch- school social worker - PreK, Kindergarten and Second Grade

Teddy Biron - social work esp

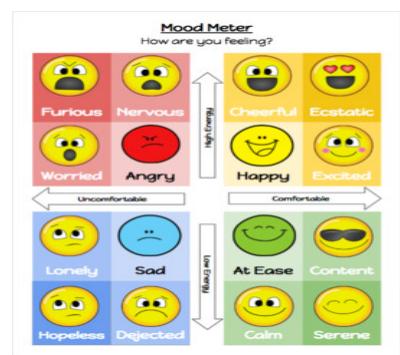
PreSchool

Throughout the school year your preschooler will have a bi-weekly social/emotional special. In preschool we are working on rolling out our new social/emotional curriculum RULER. We are introducing the “mood meter” as a tool to gauge how we feel throughout the day. Specifically, we are acknowledging that we have all kinds of feelings and those feelings come and go - like a wave. We are reading the books *Feelings* by Todd Parr and *When I'm Feeling Happy* by Trace Moroney.



Kindergarten

We will be coming into the classroom once a month to read stories from the Social Thinking curriculum. Students will be learning about their own, and others, thoughts and feelings. They will work on identifying different feelings in themselves as well as identifying how other people are feeling by reading social cues. In addition, students will be given instruction by their classroom teachers on emotional regulation through the RULER curriculum alongside support from us.



First and Second Grade

As in Kindergarten, we will be coming into the classroom once a month to provide lessons on

different social skills and emotional regulation concepts. Through fun and engaging activities our students will learn how to be their best selves by being kind and thoughtful towards themselves and others. They will also learn to identify, understand and regulate their feelings through self advocacy and coping skills.

Students will also be given instruction by their classroom teachers on emotional regulation through the RULER curriculum alongside support from us. As we go along further into the year, the students will learn specific tools from RULER to help them be successful in school and life!

In October we will be discussing expected and unexpected behaviors. We will talk about how the choices we make impact how other people feel. Students will brainstorm how they want to feel as well as how they want their classroom community to feel. Here at Forestdale, we want our students to feel safe, happy, respected and ready to learn!

Health

Mrs. Crosby



HEALTH AND WELLNESS NEWS

We have had a great start to this school year in health. The first term in all grades, we focus on safety in our school, home, and community. The key topics in Unit One are ways to play safe, safety and community helpers, fire safety, and stranger danger. With safety topics, I tell the students that we have to discuss these issues to train our brains in case there is an emergency. Unit 2 in Second Grade is "How We Think", which is about the brain. Unit 2 in First Grade is "Head to Toe" which explores the heart, lungs, and rib cage as well as ways to keep our great body safe. Unit 2 in Kindergarten is the Five Senses. This unit is interactive and exposes them to all their senses. Cisco loves to join the students in Health!

REACH NEWS

The specialists have begun going into their assigned 2nd, 1st, and kindergarten rooms one day a week to work on developing their character and learning the traits

of REACH which are: Respect and Responsibility, Empathy, Assertiveness, Courage and Cooperation, and Honesty. For the month of October we will focus on Respect and Responsibility. To show respect and responsibility students can:

- ★ Treat others the way you want to be treated
- ★ Be considerate of other people and school property
- ★ Listen carefully
- ★ Use manners
- ★ Obey rules at home and school
- ★ Include others
- ★ Completing assignments
- ★ Being prepared for classes

STUDENT RECOGNITION

REACH ASSEMBLIES will be held throughout the school year to recognize students' exemplary behavior. Students are rewarded with a plastic "foot, hand, or other" charm to acknowledge they are reaching toward the top.

Art

Mrs. White

Autumn has arrived and serves as inspiration for our young artists. Second graders will draw pumpkins in the style of contemporary Japanese artist, Yayoi Kusama. First graders will draw/paint a tree with realistic fall colors, then create an imaginary tree of their own invention. Kindergarteners will learn how to use oil pastels, watercolors and round brushes as we take a look at Peter Reynold's book, "The Dot." As this story suggests, we will make a mark and see where it takes us. The art room is seeking volunteers and supplies. Anyone wishing to volunteer must complete CORI paperwork at our main office. I want to send a HUGE thank you to anyone who sent along supplies already. The art room is well-stocked in soap, paper towels and sponges. I am seeking donations of baby wipes, paper plates and disposable cups (any size) for upcoming clay lessons. Feel free to send those (or any donations) with a note that says "ART ROOM," or reach out to me at nwhite@sandwich.k12.ma.us.



Grade 2-Pumpkins



Grade 1-Surreal Trees



Kindergarten-Dots

Science Lab

Mrs. Beers

Grade 2 students are exploring habitats and the plants and animals found there. Labs include an outside explore to see local plants and animals in a Cape Cod forest, looking at freshwater pond samples for snails, tiny pill clams, insects and submerged plants, and meeting crabs, fish and periwinkle snails along with grasses from our local salt marshes.

Grade 1 students are exploring Earth's place in space. We will be creating models of Earth's place in the universe, learning how Earth's rotation leads to day and night, as well as, how Earth's orbit around the sun causes the seasons. We end with creating a moon model complete with craters and a moon book so we can predict what phases of the moon are coming up this month.

Grade K students explore States of Matter. We will be exploring Solids through ice and predicting where the water level will be when our cubes melt. Liquid day we look at water in different shaped containers to see how liquids have no shape of their own. We will use water chromatography to explore how water can dissolve marker colors and separate out the different colors from a black marker. Our gas lab allows students to observe a chemical reaction by combining baking soda (a solid) and vinegar (a liquid) to create a gas (CO₂). We end our week by starting an exploration of force through push and pull labs.

Grade **PreK** students look at animal and plant interdependence with hands-on mini labs.

Technology

Mr. Birmingham

Kindergarteners have been learning about how we use robots to do everyday tasks. Students use building stations and ipad apps to create their own robots.

1st Grade students went on a [technology scavenger hunt](#).

We also learned how to stay safe on the [internet](#) and got reacquainted with the Chromebook with some [fun activities](#).

In 2nd Grade, students are learning about the difference between [Hardware vs Software](#) using a fun game called [Find the Technology](#), and getting a chance to connect their own **computer**

station. Test your student's knowledge about [“How Computers Work: Hardware & Software”](#)

Library

Mrs. Scott

In the Library-Media class we are highlighting the nonfiction series For the Love of sports, authors Melanie Watt, Peter Reynolds, and Mark Teague. We are establishing the routine and checking out the first library books(s). Grade 1 and 2 are practicing using the online catalog to place book requests between sessions and I'm still looking for 4 K volunteers (Wed-Fri 1:45-2:15) to help us have book cart checkouts between sessions for kindergartners. I'd like to thank all the families that generously sent in book donation money. I will be ordering the new books shortly. If any parent/ guardian or grandparent would like to volunteer to shelve books please come in and fill out a CORI form



Important Upcoming Dates/Events

- Monday, October 9th-NO SCHOOL/INDIGENOUS PEOPLE DAY
- Wednesday, October 18th-Teacher Conferences/2:45pm-4:45pm
- Wednesday, October 18th-PTA/Boosterthon Kickoff
- Friday, October 27th-PTA/Boosterthon Fun Run
- Wednesday, November 1st-Teacher Conferences/2:45pm-4:45pm w/night times available
- Friday, November 3rd-Picture Retakes



please join us for

THE 8TH ANNUAL SANDWICH POLICE DEPARTMENT

trunk or treat!

SUNDAY, OCTOBER 29

10 AM-12 PM

HERITAGE MUSEUMS
AND GARDENS

trunks and treaters
wanted!

TO REGISTER A TRUNK, CONTACT
BBONDAREK@SANDWICHMASS.ORG

CANDY DONATIONS WELCOMED

costumes encouraged

