

# HAMLIN / LAKE ELEMENTARY

PRINCIPAL'S REPORT — May 2011



## WORDS FROM MISS FALISKIE

### How to Help Your Child Handle Stress

**Stress is a part of everyone's life.** People feel stress when they are under pressure. Even children feel stress.

**Some stress is ok.** It can help you to push your child to do well in school; learn new skills or take part in school clubs or teams. **But too much stress is harmful.** It can hurt your child's health; keep your child from doing his or her best; make your child unhappy or cause your child to use alcohol or other drugs.

**Children feel stress for many reasons.** Your child may feel stress from:

**Changes at home-** Some examples are: divorce, money problems, sickness, a new brother, sister or stepparent, moving, death of a loved one.

**Outside pressures-** Some examples are: trying to get good grades, trying to make friends, taking part in too many activities, dealing with a bully, being pressured to use drugs or join a gang.

**You can help your child handle stress in healthy ways.**

**Help your child feel loved.** This helps him or her deal with stress.

**Show your love.** Tell your child often that you love him or her. Show an interest in what your child does. Hug your child often.

**Talk about pressures.** Ask your child to tell you about any fears or problems. Listen carefully to what he or she says. Try not to judge.

**Set a good example.** Solve conflicts without hitting or yelling. Talk things out. Don't turn to alcohol or other drugs. Get help if you are having any problems.

**Have fun together.** And help reduce Stress!

**Spend time together.** Play games, sing songs, tell jokes. Share some quiet time. Read, draw, or listen to soft music.

**Exercise together.** go for walks or bike rides. Play tag or other active games.

**Eat meals together.** Try to eat at least one meal together each day. Plan healthy meals with your child.

**Your child may know when you are feeling stress. Dealing with your stress may help reduce your child's stress.**

**Teach your child how to relax.** You can do these with your child:

**Deep breathing-** keep your eyes closed, take a deep breath, let it out slowly and repeat.

**Muscle relaxation-**Tense, then relax, muscles in the feet and legs, chest and back, hands and arms, and head and shoulders.

**Imagery-** close eyes, Breathe slowly. Pretend you are at a quiet place like a park or beach. Imagine what you would see, hear, touch and smell.

*Miss Faliskie*



## pre-Kindergarten

It's the last full month of school - May! This month, the Pre-K children will learn new letters of the alphabet and we'll celebrate a special holiday for Mom.

In Pre-K we have learned most of the alphabet, but we still have a few more letters to go! We'll learn all about the letters J, Y, and Z this month. Pretty soon we'll know them all.

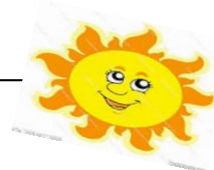


Mother's Day is a great day for all moms!

The Pre-K classes have been working on a special art project for our mothers. At the end of May, we'll celebrate Memorial Day by making batons and marching around the school.

We hope that May brings lots of sun and a lot of fun outside! We're going to make the last full

month of school at Hamlin Elementary Center the best one yet!



### Inside this issue:

Miss Faliskie.....	1
Pre-K.....	1
Kindergarten.....	2
First Grade.....	2
Second Grade.....	2
Third Grade.....	3
Fourth Grade.....	3
Fifth Grade.....	3
Title I.....	4
Enrollment.....	4



## Kindergarten

Our kindergarten is buzzing with excitement this month! The students have shown so much progress in their reading and math skills, and they are as busy as bees when it comes to work time.

*Exploring Our Surroundings* is our reading theme this month. Two of the stories the children have enjoyed listening to and singing along with are Five Little Ducks by Pamela Paparone and Come Along Daisy! by Jane Simmons.

The new sight words from the reading theme are *one* and *little*. The kindergartens are now reading and writing simple words using the vowel *u* (as in bus, tub, cut, run, and rug). They are now making new words by substituting the beginning, middle, or ending sounds.

In math, the students will be exploring temperature and learning about a thermometer. Telling time on the hour and half hour will be introduced. Please practice these skills at home. Remember to use both analog and digital clocks.

Now that the weather is getting warmer and your children are spending more time outdoors, we want to remind you to set aside time each evening to read for at least 15 minutes.



## First Grade

As the end of the school year approaches, there are many things that are going on in first grade. We are continuing to read our reading series book, Going Places. In this book we will learn new vocabulary, as well as new sight words. Please continue to work on your child's sight words every night. This is very important to their reading success. Also, we are getting ready for DIBELS testing. First grade students are expected to segment at least 35 sounds in a minute, read at least 15 nonsense words, and read 40 words per minute.

We are continuing to work on these skills each and every day.

In math, we are continuing to practice counting money, tally marks, place value, time to the hour and half hour, and adding two digit numbers. Please keep reviewing these skills with your child at home.



Thanks for keeping up with the nightly reading. It really does make a difference! As the end of the year approaches, students are looking forward to Field Day. Thanks to the parents, staff, and PTA for everything that you do on these special days. Everyone appreciates it tremendously.



We made it, Spring is finally here and we couldn't be happier!

The team would like to thank you, as parents and guardians, for preparing the students with proper rest and positive attitudes during the Terra Nova's. The students did a great job with their listening skills and we are very proud of them!

The reading theme has been Neighborhood News where the children discovered that members of a community are connected in a variety of ways. They learned that each person plays a part in making a community special.



Fractions and measurement have been taught in math. The students enjoyed measuring a variety of objects in their classrooms while using vocabulary words such as inches, feet, yards, centimeters and meters. The students have also been learning to tell time by hour, half hour and 5 minute intervals, while continuing skills of counting money. Please practice these skills with your child at home to help build accuracy!



The second graders were fortunate to have community representatives visit for a reading and math lesson.





## Third Grade

The year is flying by and knowledge as well as

size!

our third graders have grown a great deal in

We have been concentrating on fluency practice in order to be able to read 115



to prepare for Spring DIBELS testing. Students have IPODS to increase their reading rate as well as expressions. Practice makes perfect!



Our Sun Protection unit in Science informs us

We learn about the skin and its layers UV rays and their effects on the skin, the sign and symptoms of skin cancer, how to protect skin with sunscreen, and the meaning of SPF or Sun Protection Factor.

about the sun and its effects on our skin.

Even though the year is almost over and Spring Fever is in reminders. The importance of nightly reading and math stressed too many times. Third graders are expected to have their multiplication memorized by the end of the year. A few minutes a night is



the air, we have a few fact practice cannot be facts through multiplication all it takes.



Thank you for setting high expectations for your child when it comes to doing his or her best. Your support and encouragement are invaluable.



May has working child is a brother or sister. Reading is a part of all subjects and practice will help them be better readers in and out of school.

finally arrived and we are glad the snow and bad weather are behind us. We have been hard this year and it is not over yet. We cannot forget our nightly reading. Reading together with your great way to spend time together. Encourage them to practice reading aloud to you or to a younger brother or sister. Reading is a part of all subjects and practice will help them be better readers in and out of school.

## Fourth Grade



In math, Fourth grade is working on geometry, time and money. We ask that you work with your child, whenever possible to count money. A good way to help your child is to let them count the change you might receive back in the store or add up items that are on sale in the grocery ads. We are also continuing with our multiplication and division facts, and asks that you make sure they continue to study those math facts.

In social studies we are looking forward to our field trip to The Roebling Bridge in Lackawaxen. We have been preparing for this trip to Upper Delaware and Recreational River, by learning all about the Railroad and Canals that were built in this area. In Science we are studying the effects of alcohol and tobacco use.

We hope what we learn in class will help us make the right choice in years to come.

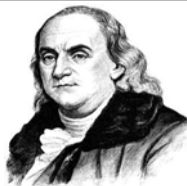


Finally we have entered our last theme in students read about characters who travel to and discovery as a lifelong process, courageous heart. We hope they do the same



reading and it is New Lands. In this theme, students new lands. The characters come to view exploration always beginning with an open mind and a along the roads they travel.

## Fifth Grade



Spring has finally sprung and 5<sup>th</sup> graders couldn't be happier! There is so much to look forward to this time of year. In Social Studies, the students have been learning about the birth of our country and colonial life. They have learned about Benjamin Franklin, many of his contributions and about the city of Philadelphia. As we move into the fourth quarter the 5th grade students will be learning about the dramatic story of the brave men and women who were responsible for creating America.



Fifth grade is in the midst of the reading theme, "School Rules". Selections in this theme include an excerpt from a story about 2 students running for class president, a boy who finds a new name for the word 'pen', and a science fiction story about the future. The science fiction story is about 2 students who find a "book", words printed on paper. Now a days with our Kindles and I Pods this story may soon become nonfiction, instead of science fiction!

PSSA tests were administered they have learned in reading, math students will participate in Spirit one of the many activities and



during the month of March. Our fifth grade students did their best to demonstrate all that and writing throughout their three years at Lake Elementary. As a building wide incentive the Week. Spirit week was held the week of April 18<sup>th</sup>, right before our break. Spirit week is just events headed our way as the year starts winding down.

We are ready to spring into a successful fourth quarter. We thank all parents for the support and encouragement that you have given your children throughout the year. Together we can help our fifth graders "blossom" to be the best that they can be.



# Title I



Wow! Can you believe it is May already? We would like to thank everyone who came out to the Title I Awards Night. It was a great evening to really acknowledge all the hard work that the children put forth throughout the year.

Remember that May brings our last DIBELS benchmark assessment for the year. Lake Elementary students will be tested on May 3<sup>rd</sup> and Hamlin Elementary students will be tested on May 4<sup>th</sup> and 5<sup>th</sup>.

It is hard to believe that the school year will be coming to a close. The students in the Title I program have worked extremely hard throughout the year and have made some great growth. As summer brings the warm weather and outdoor fun, remembering to read daily is still important for the children to maintain the growth they have made. Below are some summer reading tips from the PBS website.

- **Create a reading plan with your child.** Using a calendar, help your child make a schedule for summer reading. Helping your child plan ahead and stick to the schedule will help him/her avoid leaving his reading until the last few days of summer.
- **Set aside a consistent time each day for reading.** Depending on your family's schedule, reading time might be in the morning, afternoon, or before bed. Whatever time you choose, stick to it, but also remember that flexibility around trips and special family events is OK.
- **Alternate required reading with your child's own choices.** Your child will be more motivated to read when he/she has the opportunity to select some of her own reading.
- **Read books together and discuss them.** You can read aloud together by taking turns by page, or you can get two copies of the book and each read silently. In either case, tell your child what you are thinking as you read and ask your child questions about what he reads. By reading together, you help your child to understand what he reads and motivate him to read by demonstrating that you enjoy sharing ideas about books.

**Find audio books if your child is struggling.** By listening to books on tape and discussing them with you, your child will learn new vocabulary and information. If audio books are not feasible, read required books aloud to your child and discuss them together. At the same time, help your child to find books at a comfortable level so she gets practice reading herself.

For more great tips visit [www.pbs.org/parents/readinglanguage/articles/sumreading/main.html](http://www.pbs.org/parents/readinglanguage/articles/sumreading/main.html)

Remember every student will also be given a summer reading book to read over the summer. Your child will be evaluated on this book in the beginning of the next school year. Also, the school website [www.westernwayne.org](http://www.westernwayne.org) has a suggested reading list for every grade level. Please click on your child's school and then summer reading.

For those of you that like taking trips to the library, the Salem Public Library will be sponsoring a summer reading series. Please contact the library at 689-0903 for more information. Please have a safe and restful summer and remember to read, read, read!



## ENROLLMENTS



### HAMLIN ELEMENTARY

Early Intervention	13
Pre-Kindergarten	60
Kindergarten	81
First Grade	84
Second Grade	85
Outside	<u>2</u>
<b>Total</b>	<b>325</b>



### LAKE ELEMENTARY

Third Grade	109
Fourth Grade	102
Fifth Grade	103
Outside	<u>3</u>
<b>Total</b>	<b>317</b>

