

Wednesday Folder



Weekly Newsletter
Information for
Griswold Elementary School



Kindergarten

Kindergarten Registration

Griswold Elementary School/Full Day Kindergarten



It is time to register your child for the 2019– 2020 school year.

Your child must be five years old on or before January 1st, 2020



(Children attending Griswold Public Schools Preschool Program are already registered and you do not have to do anything further.)

WHERE: Griswold Elementary School Office

WHEN: Monday thru Friday 9 am - 2:30 pm or 3:15 - 4:15 pm

PLEASE BRING: Proof of Residency

Birth Certificate

Connecticut State Health Form (Physical)



**It is vitally important that all age-eligible
Griswold children are registered ASAP**



Please call 860-376-7610 with any questions



Join your 2nd Grade student for

Muffin Morning



Friday, 2/22/19

8:00-8:30

GES cafeteria

**Spirit Sticks will
be available for
purchase!!!**

Start your day with muffins and good conversation!

ARRIVING. Park in the lot by GHS and use the crosswalks. All guests must sign into the GES main office and go directly to the cafeteria. Please stay with your student at all times.

Thank you for supporting this PTO sponsored event!

QUESTIONS? Contact Greta by email: gkulhay@hotmail.com

Please detach & return the bottom portion by Friday, **2/20/19**

Attending:

Student Name: _____ Total attending: _____

Teacher Name: _____

I can help:

{ } I'll bring _____ muffins. { } I'll bring cut fruit.

{ } I'll bring 100% fruit juice boxes.

Name: _____

Phone number: _____ Call or text? (circle one)

Email address: _____

BOX TOPS

We need to submit Box Tops!!! **Parents** please send all your Box Tops in by

Friday, February 22, 2019

Teachers – please send your Box Top to the office by Monday, February 25, 2019

Box Tops have been a *HUGE* aid with helping our school out, please take the time to send them in!

Don't worry if you did not tape them on a sheet, put them in a baggie and send them in. Please mark what grade level your child / children are in as we have a Box Top Chairperson for each grade level.



SHOW LOVE FOR YOUR CHILD'S SCHOOL WITH BOX TOPS!

Thank you for helping! Clipped Box Tops are each worth 10¢ for your child's school. Bonus certificates should not be attached to this sheet - please submit them separately. To see more ways to earn cash for your child's school, go to BTFE.com.



Mark your calendar!

Our book character dress up day will be on Thursday, February 28.

GES students and staff who wish to participate can come to school dressed as a favorite book character.

Keep it simple, be creative.

Think of a favorite character from a children's book. Use what you have around the house.

There are many simple ideas on Pinterest.

Book ideas from past years:

- Harold and the Purple Crayon
- Fancy Nancy
- Angelina Ballerina
- Captain Underpants
- Chicka Chicka Boom Boom
- Where's Waldo
- Elephant and Piggie
- Pete the Cat
- Bad Kitty
- Paper Bag Princess
- Charlotte's Web
- Little Red Riding Hood
- The Three Pigs

It's Time to Order Your.....
YEARBOOK!



Yearbook orders are due by March 25, 2019. If you have not placed your order already, please do so immediately. Yearbooks are \$15.00.

Questions: Call Sheri Marchand 860-334-8138

You can order online at:
<http://www.ges-pto.org/yearbook-order-form.html>

Or return the form below to the school.

Yearbook Order Form

Student Name: _____

Teacher's Name: _____ Grade: _____

Parent's Email: _____ Phone #: _____

Number of Yearbooks _____ x \$15.00 = Total Amount Due \$ _____

- Check enclosed {make payable to GES PTO}
- Cash enclosed

Thank you for supporting Griswold Elementary School!



Dear GES Families,

A "Shout Out" is a short message to your GES student that will be printed in 2018 the yearbook. It is open to all grades Pre-K through 4th. For example: "Great job, Sam! You did it!".

You get up to 70 characters for just \$5.00. If you need more than 70 characters, you can purchase additional blocks. Please remember that spaces and punctuation marks count as a character. Make sure to write clearly. It helps reduce errors!

Your Name: _____ Your Email: _____ Phone Number: _____

Please form message in the spot below. Please remember to write clearly or feel free to attach a typed version!

Student's Name (Included Free): _____

Send in with a check made payable to: GES PTO. **All shout outs must be in by: February 20, 2019**

Questions? Contact Sheri Marchand 860-334-8138 GESPTO@griswoldpublicschools.org



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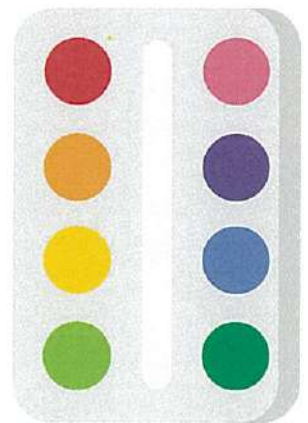
6th annual art show

MARCH 27th and 28th

Come view select pieces GES students have created in art class so far this year! Enjoy an assortment of baked goods available for purchase. All proceeds go to the GES Art Department. Please bring \$1 bills.

DATE & TIME

K	3/27 @ 6:00 pm
1	3/27 @ 6:30 pm
2	3/28 @ 6:00 pm
3&4	3/28 @ 6:30 pm





PEACE AT HOME
P A R E N T I N G S O L U T I O N S

FREE Positive Parenting Workshops

Brought to you by the Griswold Public Schools and the Griswold School Readiness Council

Peer Pressure and Bullying: How Can Parents Help? (Preschool – 8th grade)

9:00 – 10:30 AM, Wednesday, February 27, 2019

Griswold Elementary School Cafeteria

Teacher: Aaron Weintraub, MS

Bullying is a topic of concern in schools across the country. With convenient access to digital devices and social media, hurtful messages are easily spread. Adding to the distress, kids can post harmful messages with anonymity, ease and without a real-time reaction from the victim. In addition, children increasingly look to peers for direction including values, identity and codes of behavior. Participants will examine the nature of these trends in relation to their own families and consider ways to address bullying, deepen connections with children and strengthen their loyalty and love.

Anxious Children: What Really Helps (Preschool – 8th grade)

3:30 – 5:00 PM, Tuesday, March 19, 2019

Griswold Elementary School Library

Teacher: Ruth E. Freeman, LCSW

- Does any of this sound like your child?
- Clinging, crying and/or tantrums when you separate
- Excessive shyness, avoiding social situations
- Constant worry
- Avoiding situations or places because of fears
- Complaints of frequent stomach aches or headaches
- Sudden and frequent panic attacks

Your child may be struggling with anxiety. And you may feel frustrated and helpless. You are not alone. This workshop will help you better understand the nature of anxiety and simple strategies to handle everyday challenges.

Manage Screen Time: End the Power Struggles (Preschool – 8th grade)

5:30 PM Dinner, 6:00 - 7:30 PM, Thursday, April 25, 2019

Griswold Elementary School Cafeteria and Library

Teacher: Aaron Weintraub, MS

Screen time is a red hot issue between parents and children. Parents complain they can't get screen time under control and kids can't seem to get enough. Over half of parents say their kids are "addicted" and even among young children craving for screen time is rapidly accelerating. Class participants will learn practical solutions to this growing challenge and recognize ways that parents may not realize we are contributing to the problem.

Griswold Elementary School, 303 Slater Ave, Griswold, CT

CHILD CARE provided. Door prizes at all workshops.

Please REGISTER EARLY for workshop and for childcare:

Courtney Brannon at 860-376-7610 or email cbrannon@griswoldpublicschools.org

www.PeaceAtHomeParenting.com

PeaceAtHomeParenting@gmail.com • phone: 860.933.1371



Peer Pressure and Bullying: How Can Parents Help?

FREE Workshop for Parents of Children in Preschool – 8th Grade
This event is sponsored by Griswold Public Schools and Griswold School Readiness Council

9:00 – 10:30 AM, Wednesday, February 27, 2019

Griswold Elementary School Cafeteria

303 Slater Avenue, Griswold

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With convenient access to digital devices and social media, hurtful messages are easily spread. Adding to the distress, kids can post harmful messages with anonymity, ease and without a real-time reaction from the victim. In addition, children increasingly look to peers for direction including values, identity and codes of behavior. Participants will examine the nature of these trends in relation to their own families and consider ways to address bullying, deepen connections with children and strengthen their loyalty and love.

Workshop presenter Aaron Weintraub, MS is director of Kids Cooperate in Tolland, CT and behavior specialist at Holiday Hill Camp in Mansfield, CT. His perspective draws from an integration of practical therapies and philosophies that share a strengths based approach and a focus on practical, evidence based techniques tailored to the individual needs of the child and family. Aaron is a dad and Peace At Home teacher and coach.



PRE-REGISTRATION FORM

Parent/Guardian's Name _____

Child Name(s) & Age(s): _____

Phone Number: _____

Email address: _____

Special Accommodations: _____

Please return to GES Main Office- Attention: Courtney Brannon or call 860 376-7610 to register

www.PeaceAtHomeParenting.com
PeaceAtHomeParenting@gmail.com • phone: 860.933.1371

FREE LIVE ONLINE PARENTING CLASSES

Sponsored by the Griswold School Readiness Council and Griswold Public Schools

- ✓ Build Strong Connections
- ✓ Reduce Family Stress
- ✓ Get Kids to Listen and Cooperate
Without Raising Your Voice!



Register at: PeaceAtHomeParenting.com/Griswold-Login

		SAMPLE OF AVAILABLE CLASS RECORDINGS
JAN	<p>JAN 8, 8:15 pm: Putting it all together: Parenting Check-up (Birth – teens)</p> <p>JAN 10, 8:15 pm: 5 Mindful Habits to Reduce Stress and Increase Happiness</p> <p>JAN 14, 8:15 pm: Get ready for Childcare/Pre-K: Ensure a positive transition for you and your child</p> <p>JAN 15, 8:15 pm: Manage Screen Time: End the Power Struggles</p> <p>JAN 21, 8:15 pm: Wellness on the Run: Quick, Real Life Strategies for Parents of Young Children</p> <p>JAN 22, 8:15 pm: FREE Live Online Class: How to Take the Stress Out of Parenting</p> <p>JAN 23, 8:15 pm: Positive Discipline for Peace at Home (For parents of children ages 2 - 12)</p> <p>JAN 28, 8:15 pm: Free Q&A Session for All Online Class Participants</p>	<ul style="list-style-type: none"> • Positive Discipline for Peace at Home • Positive Discipline for Children with ADHD, Autism or Anxiety • Be Your Child's Emotions Coach: Help Kids understand and Manage Emotions • Self-Regulation: Teach & Model • Mindfulness & Parenting • Solve Challenging Behaviors: Parent-Child Teamwork (Kindergarten – 8th grade) • Talking to Teens: Discipline & Communication • Social Skills for Kids with Special Needs (for parents of children with ADHD or Autism) • Help Your Child Feel Safe in a Complicated World • Routines, Chores & Family Meetings • Sibling Connections among Young Children • Be Your Child's Calm Center • Mealtimes: End the Power Struggle • ABC's of Potty Training • Raising Happy Children: Parenting for Optimism & Resilience • Support Your Anxious Child • EAT PLAY SLEEP: Help Infants & Toddlers Grow In Positive Ways • School Success: Inspire Motivation • Co-Parenting: Make It Work • How to Take the Stress Out of Parenting & More
FEB	<p>FEB 4, 12 noon: Establece un ambiente de cooperación (2-12 años)</p> <p>FEB 5, 8:15 pm: FREE Live Online Class: How to Take the Stress Out of Parenting</p> <p>FEB 7, 12 noon: Infant Toddler Brain Development: Why Parents Matter So Much</p> <p>FEB 11, 12 noon: Disciplina Positiva que funciona (2-12 años)</p> <p>FEB 12, 8:15 pm: Mealtimes: End the Power Struggle</p> <p>FEB 13, 12 noon: Anxious children: what really helps? (2 – teens)</p> <p>FEB 19, 8:15 pm: Toxic stress: what is it and why is it important in family life?</p> <p>FEB 25, 8:15 pm: Meltdowns, Tantrums and Aggression, oh my! Positive Discipline for Toddlers and Preschoolers</p> <p>FEB 28, 8:15 pm: Free Q&A Session for All Online Class Participants</p>	
MAR	<p>MAR 4, 8:15 pm: Parenting teens: power struggles or effective discipline?</p> <p>MAR 11, 8:15 pm: Inspire independence and sustain love of learning (Birth – 5 years old)</p> <p>MAR 12, 8:15 pm: Money and Kids: Raise Financially Responsible Children (2 – teens)</p> <p>MAR 18, 8:15 pm: Establece un ambiente de cooperación (2-12 años)</p> <p>MAR 20, 12 noon: FREE Live Online Class: How to Take the Stress Out of Parenting</p> <p>MAR 21, 8:15 pm: Free Q&A Session for All Online Class Participants</p> <p>MAR 25, 8:15 pm: Disciplina Positiva que funciona (2-12 años)</p> <p>MAR 27, 8:15 pm: Sibling connections - for parents of infants and toddlers with older siblings (Birth – 5 years old)</p> <p>MAR 28, 8:15 pm: Be your child's calm center: how to stay calm when your child is stressed</p>	

ALL CLASSES INCLUDE ONGOING SUPPORT: Participants are invited to join our private Facebook group to connect with other parents working on similar issues. Teachers are available to comment and answer questions. **BONUS:** Participants have access to free monthly online Q&A sessions. Teachers provide follow-up and guidance as parents apply new approaches. Next Q&A Sessions are listed above. Class tests and certificates of participation available.

For more information, contact Courtney Brannon at cbrannon@griswoldpublicschools.org or email us at info@peaceathomeparenting.com.