

N O V E M B E R 2 0 1 8

# SES News

Every Voice Counts... Every Voice Counts... Every Voice Counts...


Happy Fall!

It's hard to believe that November is here already. The first months of school seem to go by faster and faster each year. Thank you to all of you who participated in our on-line Quia Survey we appreciate your feedback and will use the data from it as we reflect on current practices and plan for the future.

Mrs. Mucci and I are thankful for your on-going support, we believe that student success relies heavily on a strong home-school connection. We hope that you are able to have some quality time with your family during this time of thanks.

Your Partners in Education,  
Dina M. Senecal & Melissa Mucci

## November Dates to Remember!

November 14 <sup>th</sup>	Report Cards Go Home
November 14 <sup>th</sup> , 15 <sup>th</sup> , 16 <sup>th</sup>	½ Days of School Parent-Teacher Conferences 12:00 Dismissal No lunches served
November 21 <sup>st</sup>	½ Day of School 12:00 Dismissal No lunches served
November 22 <sup>nd</sup> & 23 <sup>rd</sup>	No School. Thanksgiving Break 



Thank you **PTO** for sponsoring recording artist Jessie Chris who performed for SES students on October 30<sup>th</sup>. To learn more about her anti-bullying campaign, book and music, visit her website <https://www.jessiechris.com/>

The next PTO sponsored events are:

November 7<sup>th</sup>: Author Peter Lourie

November 30<sup>th</sup>: "American Pride" laser show!

## Welcome Guests!

Just about every month, we have a school-wide assembly that is facilitated by students and theme based. Within each assembly, awards are given to those students in each grade level that demonstrate qualities throughout their day that meet the "Social Emotional Learning" focus of the month (see the chart below for topics by month)



This year, we would like to invite the parents/guardians of those students who are receiving awards to the assemblies. If your child is an award recipient, the office will send home a notice, via sealed envelope, prior to the assembly, as the award will be a surprise to your child. Due to limited space within our gymnasium, we are inviting only two members of each child's family to attend. Once you have received the invitation, you must RSVP so we know who will be in attendance by returning the bottom portion of the notice or, calling the office directly.

<u>Month</u>	<u>Social Emotional Learning Focus</u>
September	Personal Responsibilities and Learning expectations
October	Growth Mindset (Perseverance)
November	Attitude & Gratitude (Optimism)
December	Kindness & Friendship
January	Self-Awareness/ Emotional Awareness
February	Conflict Resolution (Respect)
March	Problem Solving (Cooperation)
April	Honestly & Trustworthiness
May	Citizenship & Community Service
June	*Specialists' Awards & Gr. 5 Citizenship Awards



Somers Elementary School is now on Twitter!

Follow us at: @Somers\_ES or view our tweets on the Somers Elementary School Homepage.

## When you do good things, good things happen to you!

The Somers Elementary School Community is committed to fostering a safe learning environment where there is respect for all people, places, and things. We have three defined school-wide expectations:

- ✓ Be Safe
- ✓ Be Respectful
- ✓ Be Responsible



To reward good behavior, students receive tickets. In grades Kindergarten through Second grade, tickets are traded in for prizes from a treasure chest. For students in grades Three through Five, tickets earned translate into “money” that they can use to purchase items at the school store. Also, students can earn “Golden Tickets” for following the rules on the bus, “Golden Nuggets” for following the rules of the cafeteria and “Golden Sneakers” for following the rules at recess.

## *SES Art Matters*



### **The Elements of Art**

In art class with Mr. Dailey, students continue to use and describe the Elements of Art in their artwork. The Elements of Art are *Line, Shape, Color, Value, Texture, Form, and Space*. Different projects emphasize different Elements of Art. For example, when 2<sup>nd</sup> Grade Artists recently built Magic Sticks, form and color were emphasized. Students enhance their presentation and reflection skills when they discuss and explain the Elements of Art in their creations and how those Elements are used.

### **Square 1 Art PTO Fundraiser update**

This November, students will receive and take home a packet of their custom design and 20 FREE Stickers of the design. Families have the option to purchase their child’s design on one of many products. Part of the proceeds will benefit the PTO to support and fund enrichment events at SES.

*Thank you for considering purchasing a custom and unique product of your child’s artwork !*



## Building Gratitude in Our Children

By Colleen Meier and Jenny Devlin

**EIGHT GREAT WAYS TO BE THANKFUL**  
For kids of all ages

Thanksgiving is a time of year when we express our gratitude for all the things we have. Here are eight great ways to show how thankful you are:

- 1 Just say "Thanks!"**  
Learn how to say "Thank You" in different languages. You never know when it will come in handy.  
 Gracias Spanish [grah-see-ahs]  
 Merci French [mer-see]  
 XieXie Chinese [shee-ehh [Mandarin]]  
 Arigato Japanese [ah-ree-gah-toh]  
 Danke German [dahng-kuh]
- 2 Start your own tradition**  
How about asking everyone around the table to share one thing (or several) that they are grateful for, then repeat the process every year? That's a tradition!
- 3 Offer to help without being asked.**  
You can start with helping to prepare dinner, or end with dirty dishes that need cleaning, or many other small things.
- 4 Make an example of yourself for younger kids.**  
You may not know it, but they are watching you. Set a good example. Or better yet, let them help you with small projects around the house.
- 5 Hug someone for no reason.**  
Tell them that you are thankful for them being in your life. Sometimes the simplest things are the best things.
- 6 Create a Thanksgiving diary or scrapbook.**  
Ask everyone to jot down their thoughts or contribute a photo on this wonderful day. Be sure to get it out and add to it each year, to see how things change.
- 7 Remember others that help with the holidays.**  
The sacker at the grocery store, the mail person, the trash collectors, they all help. Leave a simple note or small bag of candy. They will really appreciate being remembered.
- 8 Be a good listener.**  
If you're always talking about yourself, you'll never learn anything about anyone else.

Courtesy: KIDS DISCOVER Magazine; info@kids [doghouse.com]

As we approach the Thanksgiving season, many of us will stop and take time to reflect on the things in our lives that we appreciate and are grateful for. At the same time, toy catalogs are arriving and the holidays can bring out a case of the “gimme’s” in our kids, making many parents struggle with building a sense of thankfulness for what we have in our children. While the holiday season may bring these feelings to the forefront, a sense of gratitude is something that must be built slowly and surely every day. Luckily, many of the steps to do so are fairly simple and quick.

1. Say “thank you” and make your kids say it too. Acknowledge the small and large shows of kindness. Thank someone for holding the door for you or helping clean up. When someone helps your child or gives them a compliment, remind them to look at the person and say “thank you.” Adding in why you’re thankful, particularly for children, can help them understand why you are thankful.
2. Show gratitude yourself. This can be hard with hectic work and after-school schedules, but modeling is perhaps the most critical way to show our kids this is an important skill. Say “thank you” to others, write thank you cards, and talk about what you are thankful for. As we often have to remind kids, our behavior sends a message to others. When we show gratitude ourselves, it shows children that it’s important.
3. At dinner, or when you have a minute, as children to tell you something good that happened that day or the favorite part of their day. Just the focus on the positive part of your day (because, while it might feel like it, no day was all bad) every day can help children shift their focus from negative to positive. If they know you will be asking, they will be on the lookout for the good things that happened so they can tell you their favorite.
4. Give experiences and time rather than things. If you’re like me, you are sick of toys taking over your house, especially around holidays and birthdays. We’ve started, even in my extended family, buying museum memberships and planning for “cousin activities” (like a round of mini golf at Sonny’s place or going roller skating) as gifts. Not only do I not have to deal with so much “stuff,” but my kids have started to really appreciate the time with their family and scheduling this time is sometimes easier than “finding” the time day to day. Life is busy, but making time for quality time with kids (i.e. putting the phone away) shows them people are important.

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Additional suggestions to help your child build gratitude in the articles listed below. The desire to have our children be grateful is an important one, as studies have shown that kids practicing gratitude regularly tend to have a better outlook on life and more satisfaction with their lives. Additionally, higher levels of gratitude are associated with lower levels of depression. Increasing our own gratitude and thankfulness and modeling these traits for our children can lead to improved outcomes for years to come.

Resources:

- Kapp, D. "Raising Children with an Attitude of Gratitude." Wall Street Journal, December 2013.
- <https://www.healthychildren.org/English/family-life/Community/Pages/12-Tips-for-Teaching-Children-Gratitude.aspx>
- [https://greatergood.berkeley.edu/article/item/seven\\_ways\\_to\\_foster\\_gratitude\\_in\\_kids](https://greatergood.berkeley.edu/article/item/seven_ways_to_foster_gratitude_in_kids)

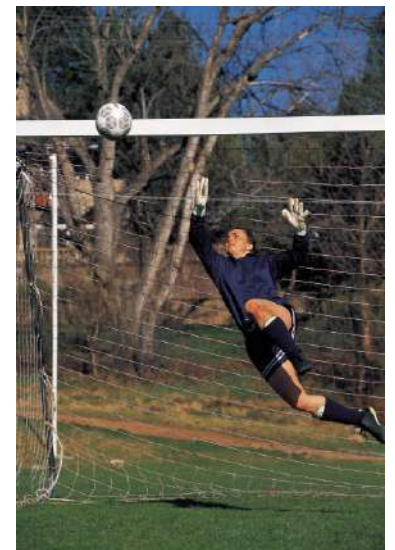
## PE News

Hello family and friend of SES! It's hard to believe but we are already entering our third month of school. Fall is officially here and we want to catch you up on what's going on in our classes, as well as provide weekend ideas for the whole family.

Throughout the rest of the school year, we will fill readers in on what is being taught in class and give family options for staying active throughout all four seasons. It is still recommended for kids to partake in "active play" for a minimum of one hour per day. Incorporating exercise into daily routines proves to be most effective way of creating life long healthy habits. We are constantly encouraging our students to stay active for all seven days of the week!

Currently in our PE classes with 4<sup>th</sup> and 5<sup>th</sup> graders we are wrapping up fitness testing. Students in these grades have been working hard and giving their best effort for each test. We look forward to starting a jump rope unit with these grades soon. In the younger grades students are working on basic loco-motor skills as well as movement concepts. They have also completed their tossing and rolling units and will begin polishing up their soccer skills next!

Speaking of soccer, our high school teams (boys and girls) hope to have a strong showing in this years state tournament. If you would like to support the high school soccer teams please check the high school website or local papers for game times and locations! The same can be done for our football team who is undefeated. The Stafford/Somers/East Windsor co-op football team will have what looks to be a home playoff game in the next few weeks. Get out and support Somers athletics, make it a family tradition.





# PTO NEWS



We would like to thank all of the families, teachers, students and volunteers for making Halloween Happenings a huge success! We sold a total of 304 Sonny's cards!

We hope the kids enjoyed the assembly presented by Jessie Chris on October 30th. It was a wonderful show as Jessie is a very talented Singer & Author!



Save the date...  
Gingerbread Decorating Event  
December 14th .  
Details to follow!



Thank you to those who participated in the Yankee Candle Fundraiser, if you would still like to purchase something, it is not too late! All orders are due on November 5th and will arrive before Christmas. Square 1 Art will be coming home soon which is a fantastic holiday gift for all ages!



The Book Fair will be on November 14th-15th during school hours and conferences. Please come by and check out the books! We will also have a table set up for Spirit Wear in the lobby.

Please mark your calendars and go out and vote on November 6th!  
Every single vote counts!

**NEXT MEETING** will be held on November 5th at 5:30 pm. We will be discussing the upcoming events, budget and new business! We hope to see you there!



Mandy Shonak, VP

