
November Newsletter

Guilderland Elementary School

Smarter – Kinder - Stronger

Dear Families,

Greetings from GES! The last month has been a busy one for us both inside and outside of school. Our students are now well adjusted to their new classrooms and routines and are working hard each day at becoming better students and better people. As we say on the announcements each morning, we work hard each day to be smarter, kinder and stronger. This mantra is something we can use on a daily basis to help us focus our efforts.

We have also had a couple of wonderful activities led by our PTA in October. Our annual Harvest Fest was a huge success. It was very nice to see students and their families enjoying some of the wonderful activities that were planned. From Go Noodle with Mrs. Nagel, to the Photo Booth, face painting, make-overs by Snip-Its, yoga, or using Tae Kwon Do moves to break boards; there were activities for all. We also had our October book fair. I am not sure of the final count on the number of books sold, but almost all of our students were able to purchase new books to read.

Speaking of books to read, this year the teachers at GES are reading a wonderful book together called, [A Mindset for Learning](#). Many people are using the term, “growth mindset” these days, but there may be some confusion as to what that means. According to author Carol Dweck, *“Individuals who believe their talents can be developed (through hard work, good strategies, and input from others) have a growth mindset. They tend to achieve more than those with a more fixed mindset (those who believe their talents are innate gifts). This is because they worry less about looking smart and they put more energy into learning”*. In [A Mindset for Learning](#), the authors of this book discuss several different mindsets that are important for children to develop. These mindsets include: empathy, optimism, persistence, resilience, and flexibility. You can expect to hear more about these different mindsets, and how we are helping students to develop them throughout the year, in this monthly letter as well as from your child. To learn more about this, you can visit a blog by one of the authors of the book right [here](#).

I hope you have a wonderful month of November!

Sincerely,

Allan Lockwood



November 1

- No School for Parent Conferences

November 7

- PTA Meeting **at 9:00 am**

November 10

- No School – Veterans’ Day

November 14

- 11:30 Dismissal for Parent Conferences

November 15

- 5th Grade Field Trip

November 22 - 24

- Thanksgiving Recess

November 29

- Bus Safety Drill

November 30

- School Picture Retakes



Building Information

Parent conferences

Parent conferences are a very important opportunity for you to meet with your child's teacher to discuss his or her progress early in the school year. This is a great time for you and the teacher to start building the vital relationship that can help propel your child to a successful year. There is a short article later in this newsletter with suggestions for how you can get the most out of your conference.

Dates for fall parent conferences are:

October 26 - beginning at 11:30

November 1 – beginning at 7:40

November 14 – beginning at 11:30



Tardiness Matters

We encourage every student to be on time each and every day. Any student arriving to school at 8:00 or later is considered tardy. More importantly, when your child arrives after 8:00 he or she is already behind in the work of the day. Teachers are working hard to make every minute of the day important and meaningful. That means every minute missed due to tardiness equals missed opportunities for your child.

The Counselor's Corner

Greetings!

For classroom guidance in the month of October, I visited each second and third grade classroom. The second-grade students received a lesson on empathy. This powerful lesson involved learning the definition of empathy, reading The Invisible Boy by Trudy Ludwig (I highly recommend!), and students sharing stories where empathy had been demonstrated. All third-grade students had a lesson from me on the importance of having a growth mindset. I am looking forward to being in fourth and fifth-grade classrooms in November!



In the month of October, I also attended a two-day conference on crisis intervention and therapeutic response. It was great to hear new techniques and to bring those ideas back to school!

Feel free to reach out to me with any questions or concerns by email at rileyjen@guilderlandschools.net or by phone at [518-869-0293 extension 3600](tel:518-869-0293).

Sincerely,
Jenny Riley
School Counselor

Building Cabinet

Building Cabinet is a shared decision-making group made up of teachers, support staff and parents who discuss issues and events at GES and help to make decisions that lead to a smooth operation of the building. At this month's meeting the group discussed; plans for a new school store, ideas for helping families with school supplies, cold weather recess ideas and how to engage the community more with the school.

We are still looking for more parent voices to be on this committee. If you are interested, please contact me at: lockwoods@guilderlandschools.net or our PTA president, MaryAnn Dunn at: GESPTA2225@gmail.com

A Chicken Update

We are sad to report that all 6 of our chickens who have been patrolling our fields in search of ticks over the last year and a half have passed away over the last few months. However, these ladies did their jobs well. This fall, our nurse Mrs. Zwagerman, has not seen any students in her office for tick related issues. This is a tremendous success story! With that in mind, we look forward to getting some new chickens for the spring.



Simple strategies can make reading exciting for your child

Strong reading skills are beneficial in every school subject. But experts say that to build reading abilities, children must want to read. Unfortunately, many children just aren't interested.

To show your child that reading is enjoyable and rewarding:

- Listen to audiobooks. This is a great way to show a reluctant reader how interesting books can be. Young children may enjoy recordings made by parents. They can follow along with the book while listening.
- Sign your child up for a pen pal. Kids love receiving mail and learning about life in other countries. Ask your child's teacher or a librarian about how to get involved.
- Take a field trip. Challenge your child to research attractions in your area, such as museums and parks. Then ask her to be your tour guide as she shares with you what she's learned.
- Follow current events. Is there a developing news story that interests your child? Read the latest reports in the paper or online together each night.
- Give reading coupons. Show your child that you think reading is special by giving her reading coupons. Some might be for 30 minutes of reading with you. Others might be good for a trip to the bookstore or an extra trip to the library to select a book. Reading coupons also make great rewards for good behavior.

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Experts share ways to reduce screen time

The time kids spend staring at screens—watching TV, playing video games, going online—can affect their grades. As a matter of fact, research shows that kids who use these media the most tend to be the poorest readers.

The American Academy of Pediatrics recommends that parents of children ages six and older place consistent limits on the amount of time their kids spend with digital media. However, many kids say there are no rules about screen time in their homes.

Experts advise parents to:

- Establish screen-free areas, such as in kids' bedrooms.
- Designate screen-free times, such as during meals and while in the car.
- Offer alternatives. Go biking together. Play cards. Learn a new craft. Show your child that there are plenty of ways to have fun—and engage her brain—without sitting in front of a screen.

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From the PTA

shopping at Hannaford, Price Chopper/Market 32 or ShopRite, be sure to link your store card to GES.

November Meeting

The November PTA meeting will be on a special day and time. In an effort to be able to have more people attend, the November PTA meeting will be on Tuesday, November 7 at 9:00a.m. We hope the morning time will allow more people to come and learn about the school and how the PTA actively supports the things that happen here. Hope to see you there!

Heartfelt Thanks

**Thank
You!**

Thank you to all the volunteers who helped make the Harvest Fest and Scholastic Book Fair a huge success again this year. We also appreciate all of you who had a great time at Harvest Fest and shopped at the Book Fair. We couldn't have these great events without all of you.

Membership

PTA relies on our membership drive to help fund our programs that support our children and our school. There are two easy ways to become a member: send your blue membership form to school with your contribution or visit this online site: <https://ges-pta-membership-88309.cheddarup.com>. Memberships are \$15 and do not bind you to volunteer or participate in the future.



Coming Up

Enrichments - Later this month, you will be getting information on our wonderful options for Fall Enrichments which will take place in December. Enrichments are mini-classes that are held after school (2:00-2:50) on Mondays, Tuesdays and Thursdays for four weeks. There is a fee to participate in the classes which goes toward paying the leaders of the classes, purchasing supplies and as a fundraiser for the PTA. We think enrichments are a great way to raise money and bring exciting classes to the students at GES.

Help-A-Family - This is our chance to spread some holiday cheer for local families. Please watch for ways you can donate money or volunteer to purchase or wrap gifts.

Box Tops & Grocery Store School Programs

Clip those Box Tops and earn money for your school. It is a very simple way to contribute to our school community. Certain brands (like General Mills, Pillsbury, Green Giant and Annie's) have small labels on their products. Cut out the Box Tops, save them up in a baggie, and send them to school when you are ready. The PTA will collect, count, and redeem them for money we can use for the programs we offer. Also, when you do your usual grocery

