

# KES NEWS

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## *From the Desk of Mrs. Paula Bartosiak, Principal*

### More Important Information for Parents to Read



*Happy New Year from the staff at KES!  
Hope you had a wonderful holiday and vacation.*

Here is a review of important pieces of information regarding the drop off and pick up of students at KES.

**Please read through to the end.**

Have you noticed the **No-Idle Zone sign posted in front of the school?** Yes it is on the silver pole at the entrance of the road that leads to the KES front doors. It is located right underneath the sign that says Do Not Enter from 8:00 – 8:30 a.m. and 2:15 – 2:45 p.m. So now we have two regulations that are posted for the benefit of our children.

Let's talk about the No- Idle Zone policy here in Kingston. The Kingston Board of Selectmen last year approved a No-Idling Policy for the town. The selectman say unnecessary idling contributes to smog and global warming, is a waste of money and resources, and raises health issues related to excessive car, truck and bus engine emissions. No-Idle signs have been posted around town in public places such as schools, parks, post offices, MBTA train station and other high

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**From the Desk of Mrs. Bartosiak**  
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visibility areas. These sign postings appeared around February 20, 2008. The selectmen want to raise public awareness of the negative effects associated with unnecessary idling. So, I am asking that anyone who drops off their child or picks up their child to please abide by the new town policy. **Do not leave your car running for any length of time in excess of five minutes.** Thank you.

Another posting that is on that silver pole that sometimes gets neglected now and then is when parents/guardians drop off their child in the morning for the YMCA program. Cars cannot enter the bus zone in the front of the building during the hours that are posted. (8:15 – 8:30 a.m. and 2:15 – 2:45 p.m.) This is when we reserve this area to remain clear of cars so that our busses can pull in and drop off our students. This is a safety factor and one we really need your support on. I have heard parent(s) say to staff or to me, “It will only take a second to drop off my child and then I’ll be out of the way.” However, that second in which you choose to not follow the rule is a safety concern for me. So I ask that anyone who drops off their child or chooses to pick them up early, please do not drive in the bus zone in front of the Kingston Elementary School during the posted hours. Please take notice, these rules were made for a purpose and that purpose is: “Children First”.



The **circular area in front of KES near the flag pole is off limits to all vehicles** as well **EXCEPT SCHOOL BUSES AND VANS**. The cold weather is approaching and it is understandable that it is easier for you to just drive in that area and drop off your child....*but you cannot*. This area usually has a sign out there indicating **Restricted Area for School Vans and Busses only**. Please do not enter for that area has been designated for vans to drop off our students and for busses to pick up our students in the afternoon. Thank you for your understanding and support of these rules and procedures which are for the benefit and safety of our students which are your children. Thank you so much.

So, where do I park to drop off my child? Well, in the big parking lot in the front of the school building. You then can walk your child across the street and along the blacktop pathway. As they near the walkway to the front door, the KES staff can take it from there.

Now, if you plan to dismiss your child to parent pick up (which starts at 2:45 p.m.) in the afternoon, then you need to be sure you have written a note to your child’s classroom teacher indicating that information and who will be picking your child up as well. The classroom teacher will get that information to the main office. We then log it into our daily dismissal procedure so that all staff is aware a child has been picked up by the parent/guardian.

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**From the Desk of Mrs. Bartosiak  
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When you do not send a note in to school and just tell your child that you are picking him/her up it holds up bus dismissal for all. If we do not have a note, then we are going to have to call you by phone to verify what you had intended for your child to do on that particular day. Safety is our first priority when it comes to the children. We are going to check with a parent first. Again, this can hold up bus dismissal.

If you have not sent in a phone number that can reach you within 10 seconds then you need to do that immediately. Most parents have filled out the Emergency Cards at the beginning of the year. Most parents have placed both a land line (if you have one) and a cell phone in which you can be reached quickly. When we are tracking down a parent, we call the cell phone number first unless you have indicated otherwise. If your cell phone number changes, please call the main office and let us know.

It is always good practice to write a note or give a call to the main office of the school to inform them of any changes to your child's drop off, pick up, and after school program (YMCA, Daisies, etc.). Any changes are important pieces of information as it will help to make dismissal for your child smoother and more accurate.



**News From The Nurse**

Mrs. Jody Lunn

**New Year's Resolutions for Family Fitness and Health**

**New Year's resolutions about health, and especially about diet and weight loss, must be the most common vows made each January 1. Is your family among those resolving to make some healthy changes? For best success, choose just a few New Year's resolutions, and make them specific and manageable ("sign up for Spinning class on Tuesdays and Thursdays and attend regularly" vs. "work out every day"). Try these suggested resolutions, gleaned from excellent lists created by the American Academy of Pediatrics and the YMCA of the USA.**

**New Year's Resolutions for Kids**

- I will try to find a sport (like basketball or soccer) or an activity (like playing tag, jumping rope, dancing, or riding my bike) that I like and do it at least three times a week.
- I will always wear a helmet when bicycling.
- I will drink milk and water, and limit soda and fruit drinks.
- I will apply sunscreen before I go outdoors. I will try to stay in the shade whenever possible and wear a hat and sunglasses, especially when I'm playing sports.
- I will get plenty of sleep each night so that I am rested and ready to learn and play each day.

**New Year's Resolutions for Teens**

- I will eat at least one fruit and one vegetable every day, and I will limit the amount of soda I drink.
- I will take care of my body through physical activity and nutrition.
- I will choose non-violent television shows and video games, and I will spend only one to two hours each day, at the most, on these activities.
- When I feel angry or stressed out, I will take a break and find constructive ways to deal with the stress, such as exercising, reading, writing in a journal or discussing my problem with a parent or friend.

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News From the Nurse , Continued from page 4

### **New Year's Resolutions for Adults**

- I will make sure my children wear helmets and other appropriate sports safety gear.
- I will provide foods from several food groups at each meal. I will emphasize foods that are less processed, such as whole grain breads and cereals and fresh fruits and vegetables.
- I will try to find a sport or an activity that I like and do it at least three times a week.
- I will think in small steps. If I start an exercise program, I will focus first on adopting the habit. When I attain my first goal, I will set the next one and raise the bar if I am ready.

### **New Year's Resolutions for Families**

- We will eat fast food one less time each month.
- We will add at least one fresh fruit snack to our daily routine.
- We will switch to whole grain breads, pasta, and cereals.
- We will have a family "pantry raid," reading labels and removing foods that don't fit in a healthy eating plan (those high in sugar, trans fats, or high fructose corn syrup). Then we will shop together to restock with healthy foods.
- We will spend 30 minutes outside playing together as often as possible, regardless of the weather.
- We will find a place that provides opportunities for the entire family to be physically active together or offers child care and after-school or teen programs.
- We will add physical activity or play time to the calendar. We will schedule an evening walk, fitness class, or soccer games for kids with the same commitment as other important meetings.
- We will pick a fun run/walk or 5K a few months away, sign up, train as a family and participate in it together.

Good luck and happy new year!

**News From Kindergarten  
Mrs. Monteiro**

This has been such an exciting time to be a kid! In our Kindergarten class, we had a lot of fun celebrating the holiday season! We learned about ways we can give to others of ourselves through use of good character skills. The kids showed each other kindness, thoughtfulness and generosity as they shared in the joy of the season. We are looking forward to embarking on the New Year as we look ahead with enthusiasm to all of the wonderful things we are going to learn! Happy New Year everyone!

Best Wishes,  
Mrs. Monteiro

**News From Grade One  
Mrs. McCaffrey & Miss Morganella**

Our first grade classes have been busy this month. In Math the children have been working hard learning our addition and subtraction facts, especially doubles facts and solving word problems. During literacy time we are reading about different forest animals as we practice short vowel words, blends, plurals, and contractions. The children are beginning to write non-fiction stories during Writers Workshop. We enjoyed Candy Cane Day as we made gingerbread houses, felt candy cane mice ornaments, and presents to bring home. December is the month we are concentrating on Respect, one of the character pillars. The children have been working with Mr. White with various activities that involve showing respect here at school and at home. We are looking forward to January when we will working on Trustworthy activities.

## **News From Grade Two Mrs. Whittemore**



In Mrs. Whittemore's class we have been investigating different forms of writing: descriptive, informational, and personal narratives. We have also had fun researching information on sharks and penguins!

In math we continue to work on strategies to help us with our facts, reading and writing numbers in word form, using tens, comparing numbers, estimating, skip counting, and identifying odd and even numbers. We have also begun regrouping with addition

In science, we will be finishing our unit on matter: solid, liquid, and gases. The students have had a chance to work with a variety of materials, throughout several experiments. We dissolved sugar, raced to melt ice, and seen how different things react to one another. We will even see how to change the color black into a rainbow of colors before our eyes.

In Social Studies we are continuing to work on maps as representations of a space, such as a classroom, a neighborhood, a town or the world. We will be investigating how ordinary people in our history have helped make positive changes in our society. We have also had a special treat from one of our moms and her students at the high school. They came and taught us some winter vocabulary, numbers, and Jingle Bells in French. The children had a great time!

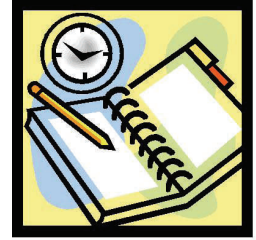
## **News From The Music Room Mrs. Mathewson**



The music classroom is a fun place where the children share their enthusiasm for music. One focus during this time has been about the students' voices. Some of the topics covered were: the proper use of voice, correct posture, exploring vocal sounds, comparing a speaking voice to a singing voice, following the cues of a conductor, being soft or loud appropriately, as well as listening to voices from other parts of the world. To learn to sing in tune with confidence and expression takes lots of listening and practice! A variety of simple melodies are continuously used including action songs, folk songs, patriotic songs and seasonal songs. Movement, percussion instruments and games are added to reinforce their learning in a positive and fun way.

# CALENDAR OF EVENTS

## Kingston Elementary School



### **Events at KES for the 2011 – 2012 school year.**

Some events, dates, or times are subject to change.

#### January

3	School Reopens	
9	School Committee Meeting @ KIS	7:00 p.m.
11	Crabgrass Puppet Show	
16	No School – Martin Luther King, Jr. Observance	
17	No School for students – Professional Development for Teachers	
23	Term Two – Mid Term Progress Reports go home	
30	School Council	3:00 p.m.

#### February

1	Book Fair~ Family Night @KES	6:00-8:00 p.m.
3-9	Book Fair for students during school hours	8:35 a.m.-2:30 p.m.
8	Evening Barn Dance	Gr. 1: 6:00-7:00 p.m. Gr. 2: 7:30-8:30 p.m.
13	*School Committee Meeting @ KIS	7:00 p.m.
21-25	Winter Vacation Break – NO SCHOOL	
27	School Reopens	

#### March

11	Daylight Saving Time Begins (Clocks ahead on hour)	
12	Term Two- Report Cards Sent Home	
12	School Committee Meeting @ KIS	7:00 p.m.
15	*Early Release Day for Students (Lunch served)	12:45 p.m.
	*Parent Conferences @ KES	1:00-4:00p.m. and 5:30-8:00p.m.

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**KES Calendar of Events, Continued From Pg. 8**

<u>Month/Date</u>	<u>Event</u>	<u>Time (if applicable)</u>
<b>April</b>		
6	NO SCHOOL – Good Friday	
9	School Committee Meeting @ KIS	7:00 p.m.
13	Daylight Saving Time Begins (Turn clocks ahead one hour)	
16 – 20	Spring Vacation Break – NO SCHOOL	
23	School Reopens	
26	Title One ELA/Math Family Night	5 – 7 p.m.
30	Term 3 – Progress Reports go home	
<b>May</b>		
8	National Teacher’s Day	
14	School Committee Meeting @ KIS	7:00 p.m.
17	*KES Art Show in Main Foyer of Building	5:00 – 7:00 p.m.
28	No School – Memorial Day Observance	
<b>June</b>		
1	Science Fair – Grade 1 students	9:00 – 10:00 a.m.
5	Step Up Day – Grade 2 to Grade 3	
6	Parent Orientation for Incoming Kindergarten	6:00 p.m.
7	Early Release Day for Students (Lunch served)	12:45 p.m.
8	Heritage Day – Grade 2 students	9:00 – 10:00 a.m.
11	School Committee Meeting @ KIS	7:00 p.m.
15	<b>Tentative</b> Last Day of School	
	Students dismissed at 12 noon – NO LUNCHESES SERVED	
	Term Three – Report Cards Sent Home on last day of school	