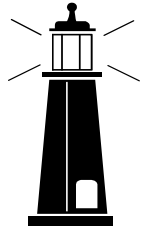


# February Newsletter



Cape Vincent Elementary School 2010

Dear Parents,

Progress Reports will be sent home on Friday, February 12th. Mid-year reports from special area teachers in technology, physical education, music, and art will be included for all grades.


After reviewing your child’s mid-year reports, should you have any questions, please contact your child’s teacher and schedule a conference right away. Teachers are always happy to discuss your child’s progress with you and they will respond to your request promptly.

I’d like to extend a big thank you to our Cape Vincent community for supporting our 3rd annual PTO Pancake Breakfast on January 10th. The breakfast was a huge success, and credit goes to the PTO team that organized the event for their efforts. Thank you to all of the students, parents, and staff who helped us run the event, and thank you to all who supported us by eating the hearty meal. Thanks also goes out to all the vendors and individuals who donated prizes. A list of all the winners and prizes is enclosed in this newsletter and posted outside the elementary school office and in Citizen’s Bank. The \$500 raffle was won by Mick Plumpton and the I-pod was won by Jolene Radley. We had many winners in our Tricky Tray auction. The monies from this fund raiser will go to pay for field trips for our students.

During the first two weeks of February (2/1—12) we will be collecting new hats for the Golisano Clinic at Upstate Medical Center in Syracuse. The hats will be given to the Golisano Center by Henry Wood during one of his visits to the hospital. We are calling this endeavor “Henry’s Hats of Hope.” Thank you in advance for your support of this program. A collection tree will be in the school foyer.

Sincerely,

Lars N. Hauck, Principal



**Special Dates:**

2/2—**BOE Curr. Meeting**  
@ 7:00 PM

2/12—**Progress reports go home**

2/15-19—**Winter Recess**  
**No School**

2/23— **BOE Meeting**  
@ 7:00 PM

## REGISTRATION

Please call Cape Vincent Elementary School at 654-2142, ext. 2555 to register your child for Kindergarten for the school year 2010-2011. Your child will be eligible to enroll if he/she was born on or before December 1, 2005.



## CLINIC CORNER – Mrs. Susan Kellogg, School Nurse

New York State has made changes in the immunization requirements for students who will be entering 6th grade on or after September 1, 2007 and are 11 years old.

All students entering 6th grade will need a booster immunization for diphtheria, tetanus and acellular pertussis (Tdap).

I will be mailing letters to parents of 5th graders with more detailed information.



## LIBRARY/TECHNOLOGY NEWS

During the month of January Kindergarten have been reading about snowmen and making snowmen in both Technology and in the Library. Grades 1 and 2 have read about mittens, sequenced mitten stories, and designing our own mittens. Grades 3, 4 and 5 have been learning about the Dictionary and Encyclopedias and how to use them. In Technology class we are learning about all of the different tools that Microsoft Word has to offer. We are learning about the different tool bars and how they can help us to edit our work. We also found out how important it is to SAVE our work correctly! Please remember students can exchange books daily. If you any questions about books your child may have out please contact me.



Thank You,  
Mrs. Sheri Hall



## Music Notes



The holiday season is over and school is back in session. Here in the Cape we like to keep busy, so we are already planning our next concerts. Mark your calendars now so you won't miss out on our spring performances.

<b>Wednesday, March 10, 2010</b>	<b>7:00pm</b>	<b>CVES K-2 Showcase</b>
<b>Wednesday, April 7, 2010</b>	<b>7:00pm</b>	<b>CVES 3-5 Showcase</b>

The fourth graders have started playing their recorders. They should be practicing their first three notes, B, A, and G. Please encourage your recorder player to practice their instruments at home. Fifth graders are also continuing to play on their recorders. Some fifth grade students are learning to play the larger and lower pitched Alto recorder.

The kindergarten, first, second and third grades are busy learning new songs and many new musical skills all the time. We are having fun with rhythms and instruments as well as some exciting dances.



## GymNewsium

*Lars N. Hauck, Physical Education Teacher*



As parents/guardians review their child's Physical Education progress report that will be sent home February 12th, I am frequently asked how the fitness component is assessed in grades 3-5.

We evaluate fitness based on the Presidential Physical Fitness Test. The test is based on National norms at the 50th percentile (National Award) in each fitness component (upper body strength, abdominal strength, flexibility and cardiovascular fitness). The norms will vary based upon a child's age and gender. For your child to receive a "3" for fitness, they must meet and/or score above the National Standard in ALL FOUR TESTS. A "4" will be given if ALL SCORES are at and/or above the Presidential Level (85th percentile). If any scores fall below the National Standard, the most appropriate notation will be assigned. If you have any questions or would like information regarding fitness, please feel free to contact me at school.



### PTO News

Thanks to all of our families and community members for joining us for great food and sharing in our fun. Your help, support, time, and presence was most appreciated! Thank you to the Cape Vincent Fire Department for housing this event! We congratulate all of our winning families for their good fortune in the raffles that took place. Special congratulations to Mick Plumpton who took home our grade prize of \$500 cash.

The PTO continues to collect **Box Tops for Education** to help fund field trips and other student activities. Please continue to send these in with your child so our PTO can continue to provide enrichment programs for our youth.



# PTO Pancake Breakfast



The Cape Vincent Elementary School PTO Pancake Breakfast held on January 10th was a great success! The staff and students wish to thank everyone who donated their, time and/or products, to aid in raising funds for field trips and enrichment activities throughout the year!

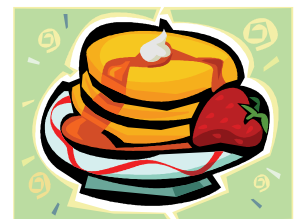
## *Individuals*

Dori Wiley  
Tami Brass  
Kerri Wahl  
Sarah Lockwood  
Pete Pettit  
Sheri Hall  
Roberta Clark  
Phil Wiley  
Tina Maloney  
Mike Hasner  
Bruce and Nicole Mason  
Jeri Ann Mason  
Charlotte Mason  
Sara Lockwood  
Barb Bashaw  
Spencer and Lauren Mason  
Skyler Stewart  
Shelby Brass

## *Businesses*

Robbins Grandjean Insurance, Inc.  
Cape Vincent Fire Department  
Maple Woods Farm  
Reinman's Decorating Center  
Stewart Signs  
Snug Harbor Restaurant  
Wise Guys Pizzeria  
Valley Pizzeria  
Chaumont Napa  
Whites Lumber  
Ann's Fisherman's Fare  
O'Brien Restaurant  
Bay Breeze Golf  
Aubrey's Inn  
Shorty's Place  
Roxy's Hotel  
Bach Retail  
Citizens Bank of Cape Vincent  
Captain Jack's  
Fairground's Inn  
Herb's TI Auto Repair  
Chapman's Can Am Speedway  
Barnard Docteur Insurance  
Anchor Carpet Cleaning  
Clayton Big M  
F.X. Caprara  
City Electric  
Gray's Wholesale  
Prestige Services  
Wal-Mart

Congratulations to Mick Plumpton for winning the \$500.00 cash raffle!!!! Other winners were Jolene Radley, Marie Carey, Mrs. Nettleton, Niki Mason, Charlotte Mason, Eugene Reinhardt, Sara Mason, Bob Docteur, Colton Wiley, Alison Swenson, Julie Bearup, Shelby Brass, Kitty White, Irma Hammond, Tiger Chapman, Kathy Kuhn, Claire Pettit, Debbie and John Wiley, Karen Wiley, Elizabeth Bolton, Jessie Plimton, Vicky Wiley, Lyndi Hall, Sally Switzer, Addison Swenson, Mary Croft, Sara Lockwood, Mary Rose Warneck, Amity Schoff, Cameron Robbins, Urban Hirschey, Jack Bashaw, and Pete Pettit,





# Elementary Guidance Notes

February 2010

David Kortz, Elementary School Counselor

## Kids and Stress

Childhood is usually portrayed as carefree and without stress, so sometimes it's easy to forget that kids often experience stress, too. Over the past few weeks we've been discussing the topic of stress in fourth and fifth grade guidance classes. We can give stress lots of different names – worry, nervousness, just plain being grumpy, but it's all pretty much the same feeling and most kids have had that feeling and many of them feel that way on a regular basis. Handling stress is important and learning to do so, particularly early in life when the causes of stress are often more manageable, is a valuable life-long skill. Kid's stress can be caused by many situations. As we talked in class about some of the causes of stress these are the themes that came up often; tests or fear of failure in school, tensions at home with siblings or parents, being teased or bullied and worrying about the health or safety of a parent or other significant person in their life. In class we have been discussing what stress feels like and how it affects us emotionally and physically. We also discuss strategies for dealing with stressful situations. One of the activities we do is to discuss a "Things Kid's Worry About..." survey which lists many of the things that kids worry about. Reviewing this survey helps children realize that others have the same fears and concerns they do. We also discuss the fact that stress is not necessarily a bad thing. There are times when stress can motivate us to do better and to make positive changes, but there are times when it can be overwhelming and harmful.

Children are often more vulnerable to stress than adults because they have not yet learned effective ways to cope with it. You can help your child learn to cope with stress. Below are some suggestions for helping children reduce and cope with stress.

- ◆ Reassure your child that all kids (and adults) have worries and fears, that she/he is not alone.
- ◆ Try to put as much order in your child's life as possible. Some children are really affected by uncertainty, try to set aside specific times for school work, meals, chores, entertainment, and bedtime. Try to maintain a predictable schedule when possible.
- ◆ Tell your child when you notice that something is bothering her/him. Children need to know that someone recognizes that they have a problem and will take them seriously.
- ◆ Teach your children how to handle criticism. Kids need to understand that no one is perfect and that we all make mistakes that we can learn from.
- ◆ Give your child regular encouragement about the things she/he does well. Remember to "catch your child being good," rather than focusing only on mistakes.
- ◆ Help your child build friendships that support her/him. Encourage her/him to invite friends over and be involved with other kids.
- ◆ Be a good listener. Give your child a chance to express her/him feelings.
- ◆ Encourage your children to get regular exercise and value physical fitness and health.
- ◆ Make sure your child gets enough rest – dealing with stress requires energy.
- ◆ Give hugs and other signs of affection, they're good for reducing your stress, too!