

December 2009

Dear Families of Guardino Students:

I hope you will be able to attend your scheduled parent-teacher conference held on November 23<sup>rd</sup> and 24<sup>th</sup>. The conference provides opportunity for you to increase communication between school and home, keep informed about your child's progress, and develop a plan for your child's future. Ongoing communication with your child's teacher is the key to his/her success.

Our monthly newsletter is another important way of maintaining communication between school and home. Beginning with the January issue we will no longer send home printed copies of the Guardino newsletter. Complete newsletters will be posted on the Thousand Islands web-site where you can access them at anytime. We will continue to send home copies of the school calendar and monthly menu.

According to a survey completed by our technology department in December of 2008, 88% of Guardino families have access to a computer and internet. My goal is to have 100% of our families have access to the newsletter. Please contact the Guardino office if you do not have internet access so we can provide you with a printed copy of the monthly newsletter. To view the online newsletters go to:

[www.1000islandsschools.org](http://www.1000islandsschools.org)

- click on "Press Release" (upper left corner)

You can also subscribe to our monthly newsletter and have it e-mailed to you directly by completing the form on the top of the "Press Release" page.

The annual food drive will be completed on December 3<sup>rd</sup>. The donated items will be given to our local food pantry for distribution. Your kindness serves as a model for our students as we implement our school-wide Character Recognition Program focusing on "generosity". Thank you for your hard work at home reinforcing the importance of good character.

I hope you are able to spend some time relaxing and enjoying the company of your family during the December break. Your children are well-loved by their Principal and all of the staff at Guardino Elementary School!

I wish you a very joyous holiday season.

Sincerely,

Joyce Clark  
Principal





# Elementary Guidance Notes

December 2009

David Kortz, Elementary School Counselor

## Setting Goals for the Next Marking Period

We've just finished the first marking period of the 2009-10 school year and report cards are completed for presentation during parent conferences. In the weeks preceding conferences students in grades 3 through 5 have worked to create goals based on the *Work Habits* and *Social Skills* areas of the intermediate report card. During our classroom guidance classes students completed a self-evaluation. Each student was asked to grade themselves on the fifteen behaviors that are described in the Work Habits/Social Skills sections of the report card. I stressed to students that they needed to be realistic in grading themselves and to think about the grade they feel they have earned, not necessarily what they would like to get. After completing the self-evaluation I asked the students to choose areas where they felt they should improve during the next marking period and to write a goal for each of those areas. The completed goals are intended to be shared during parent conferences.

For primary students, even though goal setting is not a specific part of the progress report, it is still important to review your child's progress with him or her. As you sit down at home to go over their report card with them you can talk about setting a goal for something they would like to improve on or accomplish in the coming months. Setting goals helps students establish priorities and represents a commitment to work toward improving specific work habits and/or academic skills. Goals should be realistic, yet challenging.

It's important for students to remember that just writing a goal is not the end of the process. As we talked about creating goals in guidance classes I presented the students with a four step process: **1) Identify an area to improve 2) Write a specific goal statement 3) Make a plan and 4) Take action.** Steps 1 and 2 preceded conferences and now it's time to make a plan and take action. In order for students to achieve their goals they need to remain aware of the targets they have set and be encouraged to make the changes necessary to reach them. They need to regularly assess their progress and make adjustments if necessary. You can help your child remain focused on success by reviewing their goals with them, asking them about their progress, and offering help and encouragement.

Encourage kids to be specific and think in terms of where, when and how they will work on tasks that will help them to be successful. You might ask them to think about how, a month from now, they could show evidence that they have done something that is related to them achieving their goal. You could ask them to think about what it looks like when they are working toward their goal, for example, "If someone walked into the room and you were working on reaching your goal, what would that person see you doing?" Questions like this help kids focus on specific activities and behaviors they need to do to help them change and be successful in reaching their goal.



## DECEMBER SCHOOL NURSE NEWS

### HEAD LICE

Every parent's worst nightmare is that phone call from the school nurse to let you know that your child has head lice.

Head lice is a common, although annoying, malady of school age children. Lice do not discriminate between gender, age, race, or socio-economic status. They are insects that live in human hair and feed on the scalp. They hatch from small eggs called nits, which are attached to the base of individual hairs. Head lice are transmitted from one person to another (usually head to head contact) and through articles used by an infested person (such as combs and brushes, hats and scarves, bedding and upholstery). Home is the first line of defense in detecting and controlling infestations of head lice. If your child is found to have head lice while in school, you will be notified to pick up your child to start the treatment process. After treatment has been completed you will be asked to bring your child in to the school nurse's office for a head check before they are allowed to return to class. Your child will not be allowed to re-enter school if live lice are detected upon inspection. If nits are detected, it will be at the school nurse's discretion whether or not your child will be allowed to re-enter.

There are many different products on the market to treat head lice. In order for the treatment to be effective all of the lice must come in contact with the product being used. Any lice that are missed or only partially immersed will likely survive the treatment. You must follow the package directions carefully and follow through with a good comb out to remove the lice and nits. Lice cannot fly, but they do move very quickly!

With over-the-counter chemical treatments you cannot re-treat hair until 7 to 10 days following the initial treatment. Other treatment options would be to use herbal shampoo type treatments (usually found in health food stores) or cooking oil or mayonnaise. With the oil treatment, you must saturate the hair and leave it on for a *minimum* of two hours. It is believed that this process smothers the lice. When using the oil or mayonnaise, I recommend using a grease cutting detergent (such as Dawn dish detergent) to shampoo

the oil out of the hair. No one method is 100% effective. Chemical treatments can be costly and you cannot use them again any sooner than recommended. Herbal treatments and oil treatments can be used everyday, with the oil being the less costly of the two. **The number one effective treatment is diligence.** Combing through the hair and removing all of the nits is the best defense against a re-infestation of head lice.

Please contact the school nurse if you would like any more information on head lice and treatment options.

### **BMI and Weight Status Category Reporting**

As part of a required school health examination, a student is weighed and his/her height is measured. These numbers are used to determine the student's body mass index or 'BMI'. The BMI helps the doctor or nurse know if the student's weight is in a healthy range or is too high or too low. Recent changes to the New York State Education Law require that BMI and weight status group be included as part of the student's health examination. Thousand Islands CSD has been selected to take part in a survey by the New York State Department of Health. We will be reporting this information about our students' weight status groups to the NYS Department of Health. Only summary information is reported. No name or identifying information regarding an individual student is included in the survey. You may choose to have your child excluded from this survey report. If you do choose to have your child excluded, please notify me in writing of your wishes. This applies to any second or fourth grade student. Kindergarten parents have already made their wishes known when you submitted your child's kindergarten physical to the nurse's office, and do *not* need to do so again. I will be submitting data on grades K, 2<sup>nd</sup> and 4<sup>th</sup> on December 11<sup>th</sup>, 2009. Please contact me before that date if you wish your child to be excluded from this state survey.

### **REMEMBER...**

Please notify the Safe to School number (Lorraine Ward, School Nurse) if your child will be absent from school. Around the holidays many people are leaving early or returning at a later date for school, and if I have not been notified, I spend a good amount of time on the phone tracking your child's whereabouts. We have had occasions when the parents thought their child was in school and they were not. If you send in a note to the teacher, please add my name to it to remind the teacher to send a copy to me. Thank you in advance for your co-operation, and have a safe and happy holiday.

### **SAFE TO SCHOOL**

**CALL 686-5578 EXT. 3088**

***Leave a message stating your child's name, why your child will be absent, and the date(s) that they will be out.***



## Library News

In class, students in second through fifth grade have been learning some useful information regarding research. They have successfully learned how to use our online research databases (Fact Monster, Grolier Kids Encyclopedia Online, Searchasaurus, and World Book Kids Online.) All of these can be linked from our school website, please ask your kids to show you! Students in these grades have also learned about how to use a Table of Contents and Index in books. First and Kindergarten classes have been reading some Thanksgiving-themed books with strong lessons to be learned in each, please ask your child about it. 😊

### Reading Incentive

Third graders just finished a reading incentive program called "Third Grade is Thankful for Books" in which each third grade student was asked to read four books throughout the month of November, one of those books needed to be an Accelerated Reader book and the student needed to pass the AR test with a score of 80 or higher. As the students read a book, a turkey with their name on it in the hallway filled with four colorful feathers. Once they had four feathers on their turkey they had completed the contest and earned a certificate and had their name read on the morning announcements and were featured in a Thousand Islands Sun newspaper article.

This month marks a reading incentive for fourth grade students. The challenge is called "It's A Winter Wonderland!" Each fourth grader needs to read four books throughout the month of December, one of those books needs to be an Accelerated Reader book and the student needs to pass the AR test with a score of 80 or higher. As the students read a book their snowman grows. Once they have three levels on their snowman and a top hat they

have completed the challenge and their snowman is whole. Like the first, second and third graders before them, students who complete this challenge will earn a certificate and have their name read on the morning announcements and be in a Thousand Islands Sun newspaper article about the contest.

In January the fifth grade will be completing a reading incentive too. Be on the look out for more information about it.

### **Book Fair**

The annual book fair was a huge success! Many, many wonderful books were sold to local families at reasonable prices from the Scholastic company. The library was able to get several free books from incentives directly related to the number of books sold to Guardino families. Many thanks to those who supported the fair and those who volunteered to help run it.

### **For More Information**

Please go to my website at <http://guardinolibrary.weebly.com/> for information on the library catalog, research databases, reading incentives, the book fair and much more. You can look up Accelerated Reader books at <http://www.1000islandsschools.org/guardino/AR/AR.htm>.

## **Music Notes**

from Mrs. Beerman

The Kindergarten has been learning a little bit of sign language...ask your child the sign for "Thank you". They have been singing songs about winter, mittens and have even learned to count to ten in Spanish. Right now they are working on a dance called the "Seven Jumps".

The First Grade has been singing many songs about squirrels. They listened to a poem that described an animal and had to guess which animal it was. We spent some time reading rhythms in the first grade as well. After singing, "Engine, Engine" we learned how to read quarter notes (train) and eighth notes (choo-choo). The students were able to create their own four beat rhythm patterns to clap.

The Second Grade has spent a lot of time dancing to folk songs. We have learned the dance to "Down in the Valley" and "All Round the Brickyard". Students were able to create their own ways of loco motor and non-loco motor movement. We have also gotten the chance to play the barred instruments to accompany many of our fall and winter songs.

The Third Grade is learning some new holiday songs and reviewing the traditional ones. They are also working on learning the folk dance for "When Johnny Comes Marching Home". We spent one class doing rotations on the barred instruments, sort of drum circle formation to the song, "Hill and Gully".

The Fourth Graders have been working very hard on their recorders and are moving ahead quickly. They have a "Cool Tunes" packet that we are working on during class and music to practice at home. If they are squeaking when they play...ask them to not blow so hard. The recorder should have a beautiful sound.

The Fifth Graders are moving on to their purple and blue belts in karate. The next few songs are "Old MacDonal'd" and "When the Saints". They have just completed a Souix song called "Hosisipa". This group has also been invited to sing at the Riverview Apartments on the 18<sup>th</sup> of December to carol with the residents. We have started rehearsals and all is going well.

Music classroom visiting will take place on December 8<sup>th</sup>, 9<sup>th</sup>, and 10<sup>th</sup> during the day for parents, grandparents, aunts, uncles and friends. Please feel free to come and watch your child enjoy music during the holidays!

# **Gym Dandies**

**Mr. Countryman / Mrs. Robbins**

November has been a busy month for us all! In grades 3 – 5 we have completed our fitness pre-tests and these scores will appear on the 2<sup>nd</sup> quarter (January) progress reports. We will continue to work on our fitness levels throughout the rest of the year. In the last few months, we have also completed units in volleyball, tumbling and equipment. In December, we will be beginning basketball and floor hockey and will participate in a short dance unit.

Students in K – 2 continue to work on the “BIG 5” (throwing, catching, kicking, punting and striking) and have finished a unit on the equipment and tumbling. The students especially enjoyed playing “volleyball” with the balloons. Next month we will do a short dance unit and work on basic skills found within the sports of basketball and floor hockey.

**\*\*\*REMINDER: *Please remember***

- **Sneakers**
- **Dress in layers for physical education during the winter months**
- **No jewelry**

***HAPPY HOLIDAYS !!!***

# GUARDINO'S ANNUAL COIN COLLECTION BEGINS DECEMBER 1



WE'LL BE CELEBRATING THE HOLIDAY SEASON BY,  
ONCE AGAIN, COLLECTING PENNIES & OTHER  
COINS FOR A DONATION TO THE  
CLAYTON & DEPAUVILLE FOOD PANTRIES!

THE GRAND TOTAL WILL BE ANNOUNCED  
AT OUR ANNUAL CHRISTMAS CAROLING  
ON THE AFTERNOON OF DECEMBER 23



## PTO NEWS

The next PTO meeting is scheduled for Thursday,  
January 14, 2010 at 4:00 PM in the  
conference room located across the hall from the cafeteria.

*Please note the change in location for the meetings,  
which will no longer be held in the library.*

We hope you can join us for the first meeting of 2010!

The Guardino PTO wishes everyone a happy and healthy holiday season!

## **SCHOOL CLOSING/DELAY/EARLY RELEASE**

School closings due to inclement weather or other extenuating circumstances will normally be made by **6:00 a.m.** If school is closed or delayed, the announcement will be made over **Radio Stations:** Stevens Media - 790 AM WTNY, 93.3 FM WCIZ, 97.5 FM WFRY; Community Broadcasters: 1240 AM WATN, 103.1/100.1/104.3 FM WTOJ Majic, 106.7/92.7 FM WBDI/WBDB The Border, 100.7 FM WOTT Real Rock, 102.7 WBDR KIX Country. **TV Stations:** TV 7 WWNY, TV 50 WWTI, TV 3 WSTM Syracuse and, News 10 NOW.

**IN THE EVENT THAT SCHOOL IS DELAYED,  
IT WILL ALWAYS BE A TWO-HOUR DELAY.**

Bus students will be picked up two hours later than normal. The delayed opening schedule for the two-hour delay is:

Grades K - 5: 10:50 a.m. - 3:10 p.m.

In addition, school can close early due to weather conditions, power failures, interruptions in water service, etc. Please be sure you have on file with the office any emergency plans in the event that your child arrives home early. **(Discuss with your child what he or she should do if you are not home for any reason when he or she arrives. Plan ahead!)**

All such closing, delays or early releases are announced on the local radio and TV stations. **Call a neighbor and spread the word!**

# Thousand Islands Central School District

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Mr. Joseph Menard  
Superintendent

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## PUBLIC LISTENING SESSION

Mr. Joseph A. Menard, Superintendent at Thousand Islands Central School District, has announced he will be hosting two Public Listening Sessions. This is an opportunity for parents/residents to meet the Superintendent and discuss various topics.

The Cape Vincent session will be at Cape Vincent Recreation Park on December 2, 2009 at 7:00 p.m., with the Clayton session at the Clayton Municipal Building on December 3, 2009 at 7:00 p.m.

# DECEMBER 2009 - GUARDINO ELEMENTARY

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
		<i>DLT 3:30 PM MS/HS Library</i>		<b>Spirit Day Gr. K-5</b>  <b>Viking Corner Gr. 1-5</b>
	DAY 6	DAY 1	DAY 2	DAY 3
7	8	9	10	11
	<i>Parents Invited to Attend their Children's Music Classes</i>	<i>Parents Invited to Attend their Children's Music Classes</i>	<i>Parents Invited to Attend their Children's Music Classes</i>	
DAY 4	DAY 5	DAY 6	DAY 1	DAY 2
14	15	16	17	18
	<b>Board Meeting MS/HS Library 7:00 PM</b>			<b>HOLIDAY PROGRAM for Residents of Riverview Apts 1:20 - 2:40</b> 
DAY 3	DAY 4	DAY 5	DAY 6	DAY 1
21	22	23	24	25
SEASON'S READINGS 	 <i>Snow Date</i>	<b>SCHOOL-WIDE CAROL SINGING</b> <i>Just Before Dismissal</i> 	 <i>Christmas Recess</i>	 <i>Christmas Recess</i>
DAY 2	DAY 3	DAY 4		
28	29	30	31	
 <i>Christmas Recess</i>	 <i>Christmas Recess</i>	 <i>Christmas Recess</i>	 <b>CLASSES WILL RESUME ON Monday January 4, 2010</b>	

**Breakfast:** Cereals, Pop Tarts, Nutri-Grain bars, Breakfast Breaks and assorted muffins, served with juice & milk

# December 2009

## Thousand Islands Central Elementary School Lunch Menu

Daily Menu Choices Include: Peanut Butter & Jelly Sandwich or Yogurt and Bread

**MENU SUBJECT TO CHANGE BY MR. SHAYLOR, LUNCH DIRECTOR**

<p>30 Spaghetti w/ Meat Sauce Or Bologna Sandwich</p> <p>CHOICE OF TWO: Juice Vegetable Canned or Fresh Fruit Choice of Milk Day 5</p>	<p>1 Cheese Pizza Or Turkey Sandwich on Whole Wheat Bread</p> <p>CHOICE OF TWO: Juice Vegetable Canned or Fresh Fruit Choice of Milk Day 6</p>	<p>2 Hot Ham &amp; Cheese Bagel Or Egg Salad Sandwich on Whole Wheat Bread</p> <p>CHOICE OF TWO: Juice Vegetable Canned or Fresh Fruit Choice of Milk Day 1</p>	<p>3 Cheeseburgers on a Bun Or Ham Sandwich on Whole Wheat Bread</p> <p>CHOICE OF TWO: Juice French Fries Canned or Fresh Fruit Choice of Milk Day 2</p>	<p>4 Pepperoni Pizza Or Tuna Fish on Whole Wheat Bread</p> <p>CHOICE OF TWO: Juice Tossed Salad Canned or Fresh Fruit Choice of Milk Day 3</p>
<p>7 Hot dog w/ Bun Or Turkey Wrap on Whole Wheat</p> <p>CHOICE OF TWO: Juice Vegetable Canned or Fresh Fruit Choice of Milk Day 4</p>	<p>8 Soft Shell Taco w/ Rice Or Ham Sandwich on Whole Wheat Bread</p> <p>CHOICE OF TWO: Juice Vegetable Canned or Fresh Fruit Choice of Milk Day 5</p>	<p>9 BBQ Chicken Or Salami Sandwich on Whole Wheat Bread</p> <p>CHOICE OF TWO: Juice Vegetable Canned or Fresh Fruit Choice of Milk Day 6</p>	<p>10 Chef Boyardee Ravioli Or Turkey Sandwich on Whole Wheat Bread</p> <p>CHOICE OF TWO: Juice Vegetable Canned or Fresh Fruit Choice of Milk Day 1</p>	<p>11 Stuffed Crust Pizza Or Ham Sandwich on Whole Wheat Bread</p> <p>CHOICE OF TWO: Juice Tossed Salad Canned or Fresh Fruit Choice of Milk Day 2</p>
<p>14 Chicken Nuggets w/ Honey Or Ham Sandwich on Whole Wheat Bread</p> <p>CHOICE OF TWO: Juice Vegetable Canned or Fresh Fruit Choice of Milk Day 3</p>	<p>15 Bacon Cheeseburgers on a Bun Or Turkey Sandwich on Whole Wheat Bread</p> <p>CHOICE OF TWO: Juice French fries Canned or Fresh Fruit Choice of Milk Day 4</p>	<p>16 Sloppy Joe on a Bun Or Ham Sandwich on Whole Wheat Bread</p> <p>CHOICE OF TWO: Juice Vegetable Canned or Fresh Fruit Choice of Milk Day 5</p>	<p>17 Popcorn Chicken Bites w/ Honey Or Salami Sandwich on Whole Wheat Bread</p> <p>CHOICE OF TWO: Juice Vegetable Canned or Fresh Fruit Choice of Milk Day 6</p>	<p>18 Personal Pan Pizza Or Roast Beef Sandwich on Whole Wheat Bread</p> <p>CHOICE OF TWO: Juice Vegetable Canned or Fresh Fruit Choice of Milk Day 1</p>
<p>21 French Toast w/ Sausage &amp; Syrup Or Turkey Sandwich on Whole Wheat Bread</p> <p>CHOICE OF TWO: Juice Hash Brown Canned or Fresh Fruit Choice of Milk Day 2</p>	<p>22 Christmas Dinner Baked Ham &amp; Gravy w/ Dinner Roll Or Smuckers Unrustable CHOICE OF TWO: Cann. Mashed Potatoes Canned or Fresh Fruit Choice of Milk Bonus Ice Cream Day 3</p>	<p>23 Tony's Personal Pan Pizza Or Turkey Sandwich on Whole Wheat Bread</p> <p>CHOICE OF TWO: Juice Vegetable Canned or Fresh Fruit Choice of Milk Day 4</p>	<p>24 <i>No School</i></p> 	<p>25 <b>CHRISTMAS DAY</b></p> 
<p>28 <i>Christmas Recess</i></p> 	<p>29 <i>Christmas Recess</i></p> 	<p>30 <i>Christmas Recess</i></p> 	<p>31 <i>Christmas Recess</i></p> 	<p>1</p> 

Student Reduced Breakfast / Lunch 25  
 Student Breakfast 1.00  
 Student Lunch 1.75  
 1% white or 1% chocolate milk available