



January 2010

Dear Families of Guardino Students:

I would like to take this opportunity to wish you a wonderful holiday season. The New Year is a great time for students to set personal goals, sharpen their focus, get organized, and plan to make good use of their time. The end of January also marks the end of the second marking period, it's hard to believe the school year will soon be half over.

Thank you for your generous donations to the local food pantry. We also completed our "coin drive" during the month of December. All proceeds from the coin drive will go to our local food pantry. Your generosity sets an example for our students. During January our school-wide Character Recognition Program will focus on "tolerance". Many of our staff members will include teachings about Dr. Martin Luther King Jr. in their curriculum as an extension of our character program. We will celebrate Dr. King's birthday on January 18th, there will be no school for students on that day.

Hopefully, you have been able to read our past and present newsletters posted on the Thousand Islands web-site (<http://www.1000islandsschools.org/Newsletter/newsletters.htm>). If you would prefer to receive a paper copy of the monthly newsletter, please contact the office.

In past years I have forwarded the January testing schedule in this newsletter, however the English Language Arts (ELA) Assessment **will not** be administered in January this year. The New York State Education Department has moved the ELA Assessment for Grades 3-5 to April 2010 and the Math Assessment to May. As we approach the spring season I will forward additional information regarding the assessments to you. If you would like to review information about the NYS testing program please go the following web-site: www.nysed.gov and click on the parent/student link.

I look forward to 2010 and continuing to work together with parents and staff to support the children of Guardino Elementary School.

Sincerely,

Joyce Clark
Principal





Elementary Guidance Notes

January 2010

David Kortz, Elementary School Counselor

The Value of Consistency

Being consistent when dealing with children's behavior is an important, but often challenging, aspect of parenting. Consistency helps a child to learn what is OK and what is not and to make appropriate decisions about his/her behavior. Being consistent with children does not mean being overly rigid or insensitive. There are always circumstances that come up where we need to make exceptions to our rules. Being appropriately consistent means that under similar circumstances, a specific action on the part of a child will result in a specific, expected reaction on the part of a parent. This type of consistency creates a predictable, secure atmosphere for kids, an environment in which they "know the limits" and the consequences of pushing past those limits.

Parenting expert Michael Grose has written an article about the importance of being consistent with children and some of the difficulties parents encounter. I thought he raised some good points in the article and I'd like to summarize some of his ideas here. Maybe some of these suggestions can be the impetus for a New Year's resolution.

Being consistent when children are less than perfect can seem like a tiring, endless task. Consistency is one of the most important elements in the relationship with your children, and frequently one of the most overlooked. Consistency means dealing with the little misbehaviors and not letting them grow into bigger misbehaviors. It means saying "no" to children's constant requests for five more minutes of television at night or a third scoop of ice cream. It means following through and allowing children to experience a consequence when they misbehave every time.

Consistency also means that both parents have a similar approach to addressing a child's behavior. If one parent is too strict and the other is too lenient children will know who to go to if they wish to take advantage. They will soon play one parent against the other. Even if you are separated or divorced, talk about your approaches to discipline and find some common ground. Agree on issues such as family rules, spending money, and guidelines for going out and suitable consequences for misbehavior.

If you, as a parent, disagree with a partner's approach, do so behind closed doors. When unplanned situations occur don't be afraid to tell your children that you need to consult with your partner before making a decision. Children will realize that you are working as a team and that you are making a mutual decision regarding their behavior or request.

Being consistent and holding your ground is a smart long-term strategy! Children learn quickly how far they can push a parent before they'll give in. If you give in, kids quickly learn that when they push you hard enough and long enough you will "cave in" to their wants. This encourages them to push a little harder and a little longer the next time they don't get their way. Consistency is about being strong and holding your ground. That is hard work because the average child will push parental boundaries about thirty per cent of the time and more difficult kids push your boundaries twice as much. It is hard work being consistent but good parenting demands it.



Library News

[Visit our Library](#)

In class, students in second through fifth grade have been learning even more useful information regarding research. In months past they had successfully learned how to use the table of contents in books, indexes and our online research databases (Fact Monster, Grolier Kids Encyclopedia Online, Searchasaurus, and World Book Kids Online.) Since then these grades have also learned all about Almanacs and even had an entire class period in which we played "Almanac Adventure." Please ask your children to tell you all about it!! First graders and Kindergarteners read some very interesting, and very different types of stories. Together we read *Ace Lacewing*, *Bug Detective* and talked for a long time about mysteries. We also read some non-fiction stories about polar bears and penguins, and searched National Geographic Kids Online and Discover Kids Online about the two topics. Please ask your child for some neat facts about each animal!!

Reading Incentive News

Last month fourth grade students took part in a reading incentive called "Fourth Grade is a Winter Wonderland!" Each fourth grader was challenged to read three Accelerated Reader books throughout the month of December; all three books needed a passing AR test score of 80 or higher. As the students read their books, their snowman grew. Once they had three levels on their snowman, they completed the challenge and their snowman was complete. Like the first, second and third graders before them, students who finished this challenge earned a certificate and had their name read on the morning announcements and were featured in a Thousand Islands Sun newspaper article about the contest.

For More Information

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

Music Notes

From Mrs. Beerman

[Website](#)

Happy Holidays!

A very special thank you to all of the parents, grandparents, aunts, uncles, and other adults who were able to attend music class the second week in December. The students enjoyed sharing Christmas carols and performing their Hanukkah dances. When asked, the student's favorite part was when the adults joined in the dancing and were able to show some personal flair of their own.

Thank you to all of the fifth grade students who were able to participate in the caroling at Riverview Apartments. The students were able to gain a sense of community service and had a great time during their performance. I will try to provide some pictures on my website. I would like to extend a warm and heartfelt thank you to the parents who were able to provide snacks for after the performance, for the students and the residents of Riverview Apartments. We had a great time!

In January, the students will be creating the grade level programs for our concerts; finalizing our choices for the specific performances, choosing the instrumentation, deciding on the dances and just putting it all together.

March 3, 2010 – Grade 1 and 2 Concert -7pm

March 31, 2010 – Grade 3 and 4 Concert – 7pm

May 5, 2010 – Grade 5 Concert – 7pm



Gym Dandies

Mr. Countryman / Mrs. Robbins

Happy New Year! We want to remind everyone to remember that although boot season is most certainly upon us, sneakers still need to be thrown into backpacks for physical education class. Layering clothes is also important since temperatures tend to change even between the upper and lower gymnasiums!

With our winter weather comes our outdoor units such as sledding, snowshoeing and cross-country skiing. All classes, grades K – 5 will sled when possible. Grades 3 – 5 will snowshoe and grades 4 and 5 will cross-country ski. We will need all students to dress appropriately for these units. Everyone will need a proper coat, snow pants (or extra dry pants), boots, hats and mittens. We will give at least a day's notice prior to beginning these units. However, there may be days when we are unable to go outside due to low temperatures and blowing snow.

As always, if there are any questions or concerns, please feel free to contact us at 686-5578, Ext. 3640.

PTO NEWS

There are two hats from the Spirit Wear order that remain unclaimed. Please double check your orders and if a hat was not received and should have been contact Sue Sullivan via a note to the school office. We also have a few items remaining for sale listed at the bottom of this letter. If you are interested in purchasing anything let us know.

The next PTO Meeting is scheduled for Thursday, January 14, 2010 at 4:00 p.m. 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!

FOR SALE:





- 1 - 3XL Hooded Sweatshirt @ \$19.00
- 1 - 10/12 (Youth Medium) Baseball Jersey @ \$8.00
- 3 - 6/8 (Youth Small) Hooded Sweatshirt @ \$15.00 each
- 1 - 6/8 (Youth Small) Sweatpants @ \$11.00

Please note that the youth small sizes are suitable for a Kindergartner or Pre-Schooler.

Links:

- [Guardino Website](#)
- [Teacher Websites](#)
- District [Calendar of Events](#)
- Subscribe to our monthly e-Newsletter [click here](#) or visit our website at www.1000islandsschools.org
- Sign-Up for our [Parent Portal](#)
- Monthly [Lunch Menu](#)

JANUARY 2010 - GUARDINO ELEMENTARY

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Please remember that we will no longer send home printed copies of the Guardino newsletter.</p>	<p>To view the online newsletters go to: www.1000islandsschools.org click on "Press Release" (upper left corner)</p>		<p>1</p> 
<p>BACK TO SCHOOL</p> <p>DAY 4</p>	<p>5</p> <p>DAY 5</p>	<p>6</p> <p>DAY 6</p>	<p>7</p> <p>DAY 1</p>	<p>8</p> <p>Spirit Day Gr. K-5</p>  <p>Viking Corner Gr. 1-5</p> <p>DAY 2</p>
<p>11</p> <p>DAY 3</p>	<p>12</p> <p>DAY 4</p>	<p>13</p> <p>DAY 5</p>	<p>14</p> <p>PTO Meeting 4:00 PM Pupil Personnel Room</p> <p>DAY 6</p>	<p>15</p> <p>DAY 1</p>
<p>18</p> <p>MARTIN LUTHER KING JR. DAY</p> <p><i>No School</i></p>	<p>19</p> <p>Board Meeting MS/HS Library 7:00 PM</p> <p>DAY 2</p>	<p>20</p> <p>DAY 3</p>	<p>21</p> <p>DAY 4</p>	<p>22</p> <p>DAY 5</p>
<p>25</p> <p>DAY 6</p>	<p>26</p> <p>DAY 1</p>	<p>27</p> <p><i>DLT 3:30 PM</i> <i>MS/HS Library</i></p> <p>DAY 2</p>	<p>28</p> <p><i>BPT 8:00 AM</i></p> <p>DAY 3</p>	<p>29</p> <p>River Rat Readers in AM</p>  <p>DAY 4</p>

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

January 2010

Thousand Islands Central Elementary School Lunch Menu

Student Reduced Breakfast / Lunch 2.5
Student Breakfast 1.00
Student Lunch 1.75
1% white or 1% chocolate milk available

<p>4 Hot Dog on a Whole Wheat Bun Or Salami Sandwich CHOICE OF TWO: Sweet Potato French Fries Canned or Fresh Fruit Choice of Milk Day 4</p>	<p>5 BBQ Rib on a Whole Wheat Bun Or Turkey Sandwich CHOICE OF TWO: Vegetable Canned or Fresh Fruit Choice of Milk Day 5</p>	<p>6 Turkey and Cheese Wrap on Whole Wheat Or Bologna Sandwich CHOICE OF TWO: Vegetable Canned or Fresh Fruit Choice of Milk Day 6</p>	<p>7 Spaghetti w/ Meat Sauce and Dinner Roll Or Ham Sandwich CHOICE OF TWO: Vegetable Canned or Fresh Fruit Choice of Milk Day 1</p>	<p>8 Stuffed Crust Pizza Or Turkey Sandwich CHOICE OF TWO: Vegetable Canned or Fresh Fruit Choice of Milk Day 2</p>
<p>11 Pepperoni & Cheese Calzone Or Ham Sandwich CHOICE OF TWO: Vegetable Canned or Fresh Fruit Choice of Milk Day 3</p>	<p>12 Chicken Parmesan Or Turkey Sandwich CHOICE OF TWO: Vegetable Canned or Fresh Fruit Choice of Milk Day 4</p>	<p>13 Cheryl's "Goulash" w/ Whole Wheat Dinner Roll Or Bologna Sandwich CHOICE OF TWO: Vegetable Canned or Fresh Fruit Choice of Milk Day 5</p>	<p>14 Flame Broiled Cheeseburger or Whole Wheat Bun Or Tuna Salad Sandwich CHOICE OF TWO: French Fries Canned or Fresh Fruit Choice of Milk Day 6</p>	<p>15 Personal Pan Pizza Or Turkey Sandwich CHOICE OF TWO: Vegetable Canned or Fresh Fruit Choice of Milk Day 1</p>
<p>MARTIN LUTHER KING JR. DAY <i>No School</i></p>	<p>19 Tyson's Chicken Nuggets w/ Dipping Sauce Or Ham Sandwich CHOICE OF TWO: Mashed Potatoes and gravy Canned or Fresh Fruit Choice of Milk Day 2</p>	<p>20 BBQ Rib on a Whole Wheat Bun w/ Chips Or Turkey Sandwich CHOICE OF TWO: Vegetable Canned or Fresh Fruit Choice of Milk Day 3</p>	<p>21 Turkey Bacon Wrap / Ranch Dressing w/ Chips Or Salami Sandwich CHOICE OF TWO: Vegetable Canned or Fresh Fruit Choice of Milk Day 4</p>	<p>22 Cheese Pizza Or Egg Salad Sandwich CHOICE OF TWO: Vegetable Canned or Fresh Fruit Choice of Milk Day 5</p>
<p>25 Tyson's Chicken Patty on a Whole Wheat Bun Or Turkey Sandwich CHOICE OF TWO: Vegetable Canned or Fresh Fruit Choice of Milk Day 6</p>	<p>26 Soft Shell Taco w/ Rice Or Bologna Sandwich CHOICE OF TWO: Vegetable Canned or Fresh Fruit Choice of Milk Day 1</p>	<p>27 Cheeseburger or Whole Wheat Bun Or Ham Sandwich CHOICE OF TWO: French fries Canned or Fresh Fruit Choice of Milk Day 2</p>	<p>28 Deli Sub Day / Homemade Rolls w/ Chips Or Turkey Sandwich CHOICE OF TWO: Vegetable Canned or Fresh Fruit Choice of Milk Day 3</p>	<p>29 Pepperoni Pizza Or Salami Sandwich CHOICE OF TWO: Vegetable Canned or Fresh Fruit Choice of Milk Day 4</p>
<p>Yogurt and Bread, Peanut Butter & Jelly Sandwich or Smackers Uncrustables are available each day.</p>				<p>MENU SUBJECT TO CHANGE BY MR. SHAYLOR, LUNCH DIRECTOR</p>