



September 2009

Dear Families of Guardino Students:

Welcome to all new students and welcome back to our returning students. I hope everyone enjoyed their summer and had time to boat, fish or swim in the beautiful St. Lawrence River. Now that September is here we will all have to focus on getting into the routine of school. I encourage your active participation in your child's learning and transition into the school schedule.

The Guardino Open House is scheduled to take place on Thursday, September 24<sup>th</sup> from 6:30-7:30. Open House provides you with an opportunity to meet your child's teachers and tour our building. During the Open House please be sure to visit the cafeteria and schedule a time for your November parent conference.

Our first Guardino PTO meeting will be held on September 17<sup>th</sup> at 4:00 in the library. The Guardino PTO is a very active organization that supports our staff and students by providing funding for field trips, author visits and extra classroom materials. I look forward to your involvement in the Guardino PTO meetings and events.

The New York State Department of Education has mandated the implementation of Response to Intervention (RTI) for all school districts. The RTI process is a multi-step approach to providing services and classroom interventions for students who require extra help to achieve academic success. RTI provides the classroom teacher and Academic Intervention teacher with critical information about the instructional needs of students. A good source of information about RTI can be found at: [www.rti4success.org](http://www.rti4success.org)

Staff members from Guardino and Cape Vincent Elementary schools will work together to successfully implement the RTI model with our students.

This year we will continue to focus on several character traits with the students as a part of our Character Recognition Program. During the month of September staff and students will focus on being "*courteous*". We will also continue with the "lunch with the principal program" which provides an opportunity for me to recognize children for exemplifying positive character traits.

A warm, welcoming, hard-working atmosphere has already been established at Guardino Elementary. The entire Guardino staff has also worked very hard to prepare the building and classrooms for the students. I look forward to our continued partnership to ensure your child has a successful school year.

Sincerely,

A handwritten signature in black ink that reads "Joyce Clark".

Joyce Clark  
Principal



***A very warm welcome to:***



***Mrs. Kelly Harrington  
Librarian***



***Mrs. Sara Hoselton  
Special Educator***



***Mr. Shane Countryman  
Physical Education  
Teacher***



# Elementary Guidance Notes

September 2009

David Kortz, Elementary School

## "Top 10" Things Parents Can Do to Help Their Children Succeed in School

Welcome to the 2009-10 school year! I look forward to having our students return and hearing about their adventures over the summer. New students and their families have moved into our district over the summer and I know they will be welcomed into our school community.

I thought the beginning of the school year might be an appropriate time to take a look at some of the things parents can do to help their children be successful in school. I realize a "Top Ten" list of anything list is pretty subjective. Whether these are indeed the top ten suggestions is a matter of opinion, however, I think these suggestions make a lot of sense and are worth passing along. Every so often the most obvious things are right in front of us and it's worth it to just take a step back and look at some of the simple things we can do to help our children succeed.

1. Ask your child about their day at school. Rather than just "How was your day?" ask specific questions like "What did you do in gym today?" or "Who did you sit with in lunch?" Look for clues about conflicts with teachers or other students and help them think through positive solutions. Sometimes it's just enough to listen and other times you have to help them take some action. If you have concerns please contact your child's teacher, Principal or counselor. We can't help if we don't know your child is having a problem.
2. Check to be sure your child brings home their homework and gets it done every night. Look at their completed assignments and ask them to tell you what the assignment was.
3. Have dinner as a family, model respect and good manners.
1. Send a note, e-mail or call your child's teacher with questions, concerns or victories to celebrate. We like to hear good news, too!
2. Make sure your child eats well and gets rest at night so that they can be at their best mentally during the day. If your child has a bad night or the day gets off to a particularly bad start give the teacher a call to let him or her know.
3. Model the importance of learning. When your child needs to read, turn off the television and read with or alongside them.
4. Engage in family enrichment activities such as trips to local or state historical sites, museums or even college campuses. Such experiences help encourage your child's desire to learn and broaden their exposure to learning opportunities outside the classroom.
8. Help your child practice new skills. Show that you are interested in their success.
1. Model respect and show support for your family, neighbors, friends, teachers and education in general.
2. Maintain open communication with your child's teacher throughout the school year. Attend conferences, respond to journal entries and don't hesitate to contact the teacher or other school personnel if your child is having a problem.

# Your assignment: Meet your kid's teacher

One way to help your child succeed in school: Get to know her teachers. "I'd never allow a stranger to educate my child," says Jan Harp Domene, former PTA national president. She suggests taking the following actions:

- **Introduce yourself.** Get acquainted with the teachers at back-to-school night or the start of the school year.
- **Be positive.** Emphasize that you are there to help - not disrupt - the education process.
- **Understand the teachers' objectives** for the semester so you can help guide your student and eliminate end-of-the-year surprises.
- **Attend parent-teacher conferences**, even if your child is doing well. One-on-one time with his teachers is valuable, and you can ask any questions you may have. Knowing your child's teachers will help you connect more with your child, too.
- **Show up** regularly at school events to establish visibility.
- **Join parent groups**, including online communities such as [greatschools.net](http://greatschools.net), and sites where teachers go to hang out, like [teachers.net](http://teachers.net). - Cassandra Spratling

**Source: Cassandra Spratling, Your Assignment: Meet your kid's teacher, USA Weekend, Watertown Daily Times, August 21-23 2009 Issue**



# VIKING CARE CLINIC NEWS

SEPTEMBER 2009

## WELCOME BACK!

We hope that everyone had a great summer. This is *Viking Care Clinic's* fifth year serving the students of Guardino Elementary School.

For those who are not familiar with us, we are a school-based health center that is here to provide health care services solely to the students of Guardino Elementary School. The clinic is operated by Carthage Area Hospital, not Guardino Elementary School. But, we work hand in hand with the school in many ways.

We are here to provide health care services to the children as they are needed. Our services include treatment of acute illnesses or injuries, physicals, immunizations (including flu shots), laboratory services, health education, management of chronic conditions, mental health counseling, nutrition counseling, and dental services.

We have a Nurse and Physician Assistant at the clinic full-time. A pediatrician oversees the work done at the clinic, and is on-site periodically. We have a mental health counselor who comes to the clinic twice a week. A registered dietician available as needed for nutrition counseling. Our dental clinic will be returning this Fall, and is expected to provide expanded services this year (further details will be provided in the near future).

Having your child seen in our clinic is simple and convenient. There is no need to leave work to have your child seen here. Simply let us know that you would like your child seen, and for what reason. We simply call your child down to the clinic from their classroom. After seeing your child, we will call you to explain our findings and suggest a treatment plan, if one is needed. We can write or call in prescriptions as needed.

Our normal hours of operation are **8:00 AM to 4:00 PM on school days**. The clinic is generally closed during school vacations. Our phone number is 686-3480. Our fax number is 686-3482.

Our clinic is not meant to replace a child's pediatrician. But, we can provide those services to children who do not currently have a regular health care provider.

If you have insurance, we bill the insurance company for our services just as your pediatrician would. However, there are no co-pays for services provided in our clinic. If your insurance company doesn't cover a service we provide, there still is no cost to you. If you do not have insurance, there is no cost to you either. We can also help provide assistance in enrolling your child in Child Health Plus.

We have included an enrollment sheet with this newsletter for those who would like to enroll their child. Simply complete it and get it to us by dropping it off, mailing it, etc. **If your child is already enrolled in our clinic, there is no need to complete this form, unless there is a change in address / contact information, or insurance.**

**Lastly, the Viking Care Clinic will have a new provider beginning this school year. Please extend a warm welcome to Brittani Bickel, a Physician Assistant who is coming to Guardino from the Harrisville school-based health center. During September, clinic services may be limited, so please call ahead if you can.**

I would like to thank all the children, families, and Guardino personnel for providing me with a wonderful and enriching experience these past few years, and I wish everyone the best in the coming school year.

Lewis Briot, PA

**VIKING CARE CLINIC**  
**GUARDINO ELEMENTARY SCHOOL BASED HEALTH CENTER**  
**ENROLLMENT FORM**

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_ DOB: \_\_\_\_\_ Sex: M F Religion: \_\_\_\_\_

Social Security #: \_\_\_\_\_ Race (Circle): White Black Asian Hispanic Other: \_\_\_\_\_

**PARENT OR GUARDIAN INFORMATION**

Name:	Name:
Address:	Address:
City: State: Zip:	City: State: Zip:
Home Phone: County:	Home Phone: County:
Work Phone: Employer:	Work Phone: Employer:
Address:	Address:
Relationship to child: (circle) Mother Father Guardian	Relationship to child: (circle) Mother Father Guardian
SS # Birth date:	SS # Birth date:

Emergency Contact: Name & Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

Does student have health insurance? Yes \_\_\_ No \_\_\_

**If yes, Please complete INSURANCE INFORMATION**

Insurance name:	Policy Number
HMO Yes ___ No ___	
Policy Holders Name	Group Number
Insurance Address	Insurance Phone #
Medicaid #	Seq #
Child Health Plus (Circle One) Yes No	ID #

**Check One**

\_\_\_ I would like to use the School Based Health Center for my Primary health care needs.

\_\_\_ My child regularly goes to another health care provider and I would like to use the SBHC when necessary.

**PHYSICIAN INFORMATION**

Does your child have a Physician? \_\_\_ Yes \_\_\_ No

Physician Name: \_\_\_\_\_ Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Date of Last Visit: \_\_\_\_\_ Reason: \_\_\_\_\_

**PARENTAL CONSENT FOR TREATMENT AND RELEASE OF INFORMATION**

I give consent for my child to receive services provided by the staff of the School Based Health Center. Also, I give consent for the School Based Health Center to have access to my child's health records maintained by Guardino Elementary School. I give permission for the release of my child's records and health information to their physician. I authorize release of information to insurers as necessary for payments of services rendered for my child directly to Carthage Area Hospital.

Signature of Parent or Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Please understand that every effort will be made to contact me prior to services being provided. The staff at the School Based Health Center believes that parental involvement is essential in keeping children healthy and will encourage each student to involve their parents in health care decisions. We encourage parents / guardians to call or visit if they have any questions.

## **Music Notes**

From Mrs. Beerman

Welcome back to another wonderful year in the Guardino Music Room. There are many fun things planned for the year ahead. Be thinking about different water words...swimming, rain, shower, snowflake....see how many you can think of.

Fifth Graders will need to bring in their recorders as soon as possible... we will be using them all year long. The karate belts are awaiting the student's arrival.

Fourth Graders will be purchasing their recorders very soon after the start of the school year. We want to get the order in ASAP to make sure that we have them before Thanksgiving Break.

Grades 1, 2, and 3 bring your best singing voices to music on the first day...we have some exploring to do. The instruments are now out of storage and ready for playing.

Kindergarten students will be spending many of our first days getting to know each other and learning about steady beat...there will be a lot of dancing going on in the music room.

I can't wait to see everyone again and start another outstanding year.



## **GYM DANDIES**

*Mr. Countryman*

*Mrs. Robbins*

Welcome back! Another school year is upon us once again and we would like to remind you of a few housekeeping items for physical education. Please take note of the following:

- sneakers must be worn for P.E. class
- comfortable clothes suitable for physical activity should be worn on P.E. days
- old sneakers, sweatshirts and/or jackets should be worn for outdoor class time
- long hair should be tied back if possible
- no jewelry is allowed to be worn during P.E. class (a storage box for these items is available for use by students)
- written parental notes must be brought to the nurse if a student is not able to participate in P.E. class (this includes doctor excuses as well)
- parents/guardians may wish to post their child's gym schedule in a convenient location as a daily reminder

Intermediate classes (3 – 5) will be covering units in fitness, flag football, mapping and soccer this month. In October, all students in grades 3 – 5 will take a preliminary (practice) fitness test. More information will be sent regarding this test next month. Primary classes (K – 2) will be beginning the year with many movement activities as well as general skills from the units previously mentioned.

If you have not done so already, please send in a picture of your child being physically active over the summer for a bulletin board we will be creating this month. Please write your child's name and teacher on the back to insure its return. Copies are better, if possible, so that your original picture is not ruined.

If you have any questions, please feel free to contact us at Ext. 3640 or visit our webpage which can be found by going to the Thousand Islands home page under teachers. Go to Mr. Countryman or Mrs. Robbins and click on the name to be linked to our site. This site will provide you with general information about the physical education program at Guardino Elementary.

# PTO NEWS

**WELCOME BACK!** We are looking forward to another year of great activities sponsored by the PTO. The first PTO Meeting is scheduled for Thursday, September 17<sup>th</sup>, 2009 at 4:00 p.m. in the Library. Attending PTO meetings is a great way to familiarize yourself and your family with the school district. The meetings last less than an hour and all are welcome to attend. We appreciate everyone's input and welcome new ideas!

Our annual and sole Fund-Raiser will again be the Cherrydale Products and will run from September 21<sup>st</sup> through October 5<sup>th</sup>. Please watch for fund-raising packets to come home with your child.

A spirit wear sale will be conducted soon after the Cherrydale fund-raiser is complete. The spirit wear sale is not a fund-raiser. Items are sold at cost with minimal additional charges to cover set-up fees and shipping charges.

We are planning an evening themed "Harvest Fun Night" tentatively scheduled for Friday, October 16<sup>th</sup> from 6:30 to 8:00 p.m. The schedule for the evening includes crafts, treats and a Magician. Anyone who would like to help with the planning of the nights activities should try to attend the September 17<sup>th</sup> PTO Meeting. As we are still in the planning stages for this event we would welcome your input as to what you feel the children would enjoy.

We will be sponsoring numerous events throughout the year and will be sending information for activities home closer to the dates they will take place. Along with the event information will be sign up forms for volunteering to assist with these events.

During the school year we provide one book to each child through our River Rat Readers program. The distribution is generally held during the morning and requires one or two parent volunteers to help out with book selection. Monthly we operate what is known as the Viking Corner where students are allowed to shop for various items. Parent volunteers are also needed to assist with this function. If you can help with either or both of these activities please provide the necessary information on the bottom of this form. Place a check mark next to the activity you would like to help with and return to the attention of the PTO through the office mail. If you prefer you may contact us by e-mail at [guardinopto@gmail.com](mailto:guardinopto@gmail.com).

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\_\_\_\_\_ would be willing to volunteer at \_\_\_\_\_ River  
(Name)

Rat Readers and/or \_\_\_\_\_ Viking Corner and can be contacted at \_\_\_\_\_.  
(Telephone #)

# **S A F E T Y R E M I N D E R**

## **ATTENTION PARENTS OF NON-BUSSED STUDENTS:**

Please help us to keep dismissal time safe for the students. **NO ONE** can park at the curb on High Street and wait for students. We also ask that you **not park in the crosswalks**.

***The Clayton Police Department has suggested that the following information about parking in a restricted area be communicated to parents.***

According to Section 1200 of the NYS Vehicle and Traffic Laws:

*When official signs have been posted prohibiting, restricting or limiting the stopping, standing or parking of vehicles on any highway, no person shall stop, stand or park any vehicle in violation of the restrictions stated on such signs. Failure to obey signs may result in a fine.*

All parents are requested to park in the parking lot and meet students at a designated spot. Keeping the halls free of congestion assists the teachers to be able to dismiss the students in a timely manner. Please plan to meet your child at a designated spot, outside of school in front of the building.

## **BUS/WALKING PASSES:**

For the safety of your child, please send a written note to the school office in the morning, if your child will be going elsewhere after school. Please include the name of the person with whom the child is to go. A pass will be issued by the office, which will allow a teacher or bus driver to honor your request. **TELEPHONE MESSAGES REGARDING A CHANGE OF PLAN FOR YOUR CHILD WILL BE HONORED ONLY IN AN EMERGENCY!**

## **DOCTOR/DENTIST APPOINTMENTS:**

If your child needs to leave school for an appointment during the school day, you must sign the child out in the elementary office. The child will be called to the office to meet you. Children will not be allowed to meet parents or friends at the front door.

## **PLEASE NOTE:**

Our **HANDICAPPED PARKING** area is now located to the right of the parking lot toward the bus garage.

# **REMINDER TO ALL ADULTS ESCORTING STUDENTS TO SCHOOL IN THE MORNING**

Beginning September 17 we are requesting that students not be escorted into the building. School staff will be assigned at the entrance to monitor and assist students. We thank you for your cooperation.




If you need to see a teacher prior to the start of the school day, you are required to sign-in at the Guardino office.

**NEW ADDRESS?**

**NEW TELEPHONE NUMBER?**

**Please remember to notify the school office when contact updates are needed in the data system!**

# SEPTEMBER 2009 - GUARDINO ELEMENTARY


Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
		<b>Superintendent Day</b> <i>No School</i>	<b>Superintendent Day</b> <i>No School</i>	<b>Labor Day Break</b> <i>No School</i>
7	8	9	10	11
<b>Labor Day</b> <i>No School</i>	 DAY 1	DAY 2	DAY 3	DAY 4
14	15	16	17	18
DAY 5	DAY 6	DAY 1	<b>PTO Meeting</b> <b>GES Library 4:00 PM</b>  DAY 2	DAY 3
21	22	23	24	25
	<b>Board Meeting @ GES</b> <b>7:00 PM</b>  DAY 5	DAY 6	<i>BPT 8:00 AM</i> <b>Class Picture Day</b>  <b>Open House</b> <b>6:30-7:30 PM</b>  DAY 1	DAY 2  <i>FIELD TRIP: Gr. 1</i> <i>Old McDonald's Farm 9:15 -2:15</i>
28	29	30		
CHILD ID PROGRAM  DAY 3	CHILD ID PROGRAM  DAY 4	SCHOOL BUS SAFETY  <i>DLT 3:30 PM</i> <i>MS /HS Library</i>  DAY 5		

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

# September 2009

## Thousand Islands Central Elementary School Lunch Menu

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

<p>Each day at the elementary schools there is a choice of a hot meal, a sandwich, peanut butter &amp; jelly Uncrustable, or yogurt and bread</p> <p style="text-align: center;">7</p> <p style="text-align: center;"><b>Labor Day Off</b></p> <p style="text-align: center;">14</p> <p style="text-align: center;">Cheesburger on a Whole Wheat Bun Or Ham Sandwich CHOICE OF TWO: French Fries Canned or Fresh Fruit Choice of Milk Day 5</p>	 <p style="text-align: center;">8</p> <p style="text-align: center;"><b>First Day of School Welcome Back!</b></p> <p style="text-align: center;">Personal Pan Pizza Or Turkey Sandwich CHOICE OF TWO: Vegetable Canned or Fresh Fruit Choice of Milk Day 1</p> <p style="text-align: center;">15</p> <p style="text-align: center;">Popcorn Chicken w/ Honey Or Salami Sandwich CHOICE OF TWO: Mashed Potatoes &amp; Gravy Canned or Fresh Fruit Choice of Milk Day 6</p>	<p style="text-align: center;">2</p> <p style="text-align: center;"><b>Superintendent's Day</b></p> <p style="text-align: center;">9</p> <p style="text-align: center;">Tyson's Chicken Nuggets w/ Honey Or Ham Sandwich CHOICE OF TWO: Mash Potatoes &amp; Gravy Canned or Fresh Fruit Choice of Milk Day 2</p> <p style="text-align: center;">16</p> <p style="text-align: center;">100% all beef Hot dog w/ Whole Wheat Bun Or Turkey Sandwich CHOICE OF TWO: French Fries Canned or Fresh Fruit Choice of Milk Day 1</p>	<p style="text-align: center;">3</p> <p style="text-align: center;"><b>Superintendent's Day</b></p> <p style="text-align: center;">10</p> <p style="text-align: center;">Hot Ham &amp; Cheese Crescent w/ Spirals Or Uncrustable CHOICE OF TWO: Vegetable Canned or Fresh Fruit Choice of Milk Day 3</p> <p style="text-align: center;">17</p> <p style="text-align: center;">Spaghetti w/ Meat Sauce &amp; Dinner Roll Or Ham Sandwich CHOICE OF TWO: Vegetable Canned or Fresh Fruit Choice of Milk Day 2</p>	<p style="text-align: center;">4</p> <p style="text-align: center;"><b>Labor Day Weekend Off</b></p> <p style="text-align: center;">11</p> <p style="text-align: center;">Personal Pan Pizza Or Tuna Fish Sandwich CHOICE OF TWO: Tossed Salad Canned or Fresh Fruit Choice of Milk Day 4</p> <p style="text-align: center;">18</p> <p style="text-align: center;">Cheese Pizza Or Egg Salad Sandwich CHOICE OF TWO: Vegetable Canned or Fresh Fruit Choice of Milk Day 3</p>
<p style="text-align: center;">21</p> <p style="text-align: center;">BBQ Rib on a Whole Wheat Bun Or Turkey Sandwich CHOICE OF TWO: Vegetable Canned or Fresh Fruit Choice of Milk Day 4</p>	<p style="text-align: center;">22</p> <p style="text-align: center;">Crispy Taco w / Rice Or Ham Sandwich CHOICE OF TWO: Vegetable Canned or Fresh Fruit Choice of Milk Day 5</p>	<p style="text-align: center;">23</p> <p style="text-align: center;">Giant Sized Pretzel w/ Cheese Sauce Or Turkey Sandwich CHOICE OF TWO: Vegetable Canned or Fresh Fruit Choice of Milk Day 6</p>	<p style="text-align: center;">24</p> <p style="text-align: center;">Deli Sub Day (homemade rolls) w/ Chips Turkey Or Ham CHOICE OF TWO: Vegetable Canned or Fresh Fruit Choice of Milk Day 1</p>	<p style="text-align: center;">25</p> <p style="text-align: center;">Stuffed Crust Pizza Or Uncrustable CHOICE OF TWO: Tossed Salad Canned or Fresh Fruit Choice of Milk Day 2</p>
<p style="text-align: center;">28</p> <p style="text-align: center;">Tyson's Chicken Tenders w/ Honey Or Ham Sandwich CHOICE OF TWO: Mashed Potatoes &amp; Gravy Canned or Fresh Fruit Choice of Milk Day 3</p>	<p style="text-align: center;">29</p> <p style="text-align: center;">Cheesburger on a Whole Wheat Bun Or Salami Sandwich CHOICE OF TWO: French Fries Canned or Fresh Fruit Choice of Milk Day 4</p>	<p style="text-align: center;">30</p> <p style="text-align: center;">French Toast Sticks w/ Sausage &amp; Syrup Or Turkey Sandwich CHOICE OF TWO: Hash Browns Canned or Fresh Fruit Choice of Milk Day 5</p>	<p style="text-align: center;">1</p> <p style="text-align: center;">Bubba Gump Shrimp Poppers w/ Cocktail Sauce Or Ham Sandwich CHOICE OF TWO: Vegetable Canned or Fresh Fruit Choice of Milk Day 6</p>	<p style="text-align: center;">2</p> <p style="text-align: center;">Pepperoni Pizza Or Tuna Fish Sandwich CHOICE OF TWO: Tossed Salad Canned or Fresh Fruit Choice of Milk Day 1</p>

MENU SUBJECT TO CHANGE BY  
 MR. SHAYLOR, LUNCH DIRECTOR