



GRAND CENTRAL NEWS

February 10, 2010

From the Principal

At Central School success in school is the goal we have for all our students. Success is measured both in terms of academics as well as social and emotional success. The staff here are constantly supporting and challenging your children in the classroom. The Homework Club and MCAS Academy, both sponsored by the *Stoneham Bank*, are examples of some additional opportunities that are available to support the academic success of Central School students. In addition through the Open Circle curriculum teachers are working with students to help them navigate the social and emotional questions that arise as part of their normal development. The Stoneham schools are committed to this end. This is evident by the professional development opportunities offered to staff. Classroom teachers participate in a four day workshop to become trained in Open Circle. All paraprofessionals will be trained in the Open Circle curriculum during one of the early release days in March. Plans are underway to schedule training for specialists in areas of art, music, physical education, and special education. During parent conferences in March, Ms. Jessica Greene, the School Adjustment Counselor, and Ms. Betsy Wendt, the School Psychologist, will offer a parent workshop on Open Circle.

Schools working together with parents and families can help ensure school success. Attendance is a key element to success. Please make sure your child is in school and on time for school every day. Night time routines which include completion of homework, limiting screen time (TV, computer, video games), and a good night's sleep are critical to your child's success. As the 100th day mark in the school year passes this week, we look forward to working with you and your children to continue to make it a successful year.

Thank you for all your support!

Sincerely,

Sharon M. Bird

Save the Date! Open Circle Parent Workshop

On Tuesday, March 9th Ms. Jessica Greene and Ms. Betsy Wendt will offer a parent workshop on the Open Circle Program. This workshop will provide you with information and the skills your children are learning and practicing in the classroom. It will also assist you in learning how to utilize some of these same skills at home. There will be two sessions. Session 1 will be from 4:15 – 5:15 pm. The second session will be from 5:30 – 6:30 pm. Both sessions will be held in the Central School Library. A permission slip will be sent home at the beginning of March.

Morning Arrival and Afternoon Dismissal

Thank you for your continued cooperation with the morning drop off and afternoon pick up procedures. In an effort to help the process go more smoothly, I can often be found outside in the morning helping with the morning arrival. **For the safety of all children please remember that all drivers must stay in the single file traffic lane when unloading passengers in the drop off zone.** As you near the drop off zone, please make sure your child is ready to exit the car on the passenger side and has all his/her belongings. This helps the drop off move more quickly and there are less students tardy.

Kindergarten Registration and Orientation

Kindergarten registration began the week of January 25th. If you have not as yet registered your child, please drop by the office and pick up a registration packet as soon as possible. Please remind your neighbors with age-eligible children to come to Central School to complete registration packets as well. It is important to register incoming students now in order to be certain that we will be appropriately staffed next year. There will be an informal orientation meeting for parents in May. A separate notice will be sent out in April identifying the date and time of this orientation.

Power of One Assembly

The Power of One is an anti-bullying program that was presented to the students at Central School on Monday, February 8th. There were two assemblies. The first one was for students in Kindergarten – Grade 3. The second assembly was for students in grades 4 and 5. Through the use of skits and audience participation the students were taught the different types of bullying behavior: physical, verbal and cyber (grades 4 and 5 only). The show also identified the roles involved in bullying behavior including the bully, the target, and the bystander. The message was clear – bystanders have an important role to play in stopping bullying behavior. Each assembly ended with the students taking the Power of One Anti-Bullying Oath: I will not bully others; I will not stand by while others are bullied, and I will report bullying whenever and wherever I see it...because I HAVE The Power of One. There are two posters which the students will sign and will be kept in the school lobby for all to see. There are also classroom posters that will be hung in classrooms to remind students that they can help stop bullying.

MCAS TEST DATES READING AND ENGLISH LANGUAGE ARTS SPRING 2010

Please make note that the following dates have been set aside for the first round of MCAS test which cover reading and English language arts (ELA). In order to avoid disruptions, you are asked to schedule appointments and family trips for other times. It is very difficult to arrange make-ups even when students are out due to illness and emergencies, so we appreciate your cooperation.

<u>DATE</u>		<u>GRADE</u>	<u>MCAS TOPIC</u>
Monday	March 22	3	ELA/Reading
Tuesday	March 23	4	ELA Long Composition
Wednesday	March 24	5	ELA/Reading
Thursday	March 25	4	ELA/Reading
Friday	March 26	5	ELA/Reading
Monday	March 29	3	ELA/Reading
Tuesday	March 30	NO TESTS	
Wednesday	March 31	5	ELA/Reading
Thursday	April 1	4	ELA/Reading
Friday	April 2	NO SCHOOL	
Monday	April 5	4	ELA/Reading
Tuesday	April 6	3	ELA/Reading
Wednesday	April 7	4	Long Comp. Make Ups
Thursday	April 8	MAKE UPS	

PUBLICITY

"The PTO is looking for a Publicity liaison. This person would be responsible for submitting news bits and enrichment photos to local newspapers. They would check in with Mrs. Bird and/or Sandy in the Central School office to find out the dates and times of events. They would need to submit to the Stoneham Independent as well as the Stoneham Sun" Anyone that is interested please contact Wendy Pignone at wendy@petersonschool.com

NATIONAL DENTAL CARE MONTH

Now that your kids are a little older and their permanent teeth are growing in, it's a great time to teach them good [dental care](#) habits.

✓ **Teach your child [how to brush](#) and floss.** By the time your child reaches the age of 6 he or she should have the coordination skills required to brush teeth. Teach your child proper tooth brushing techniques, which include short, up-and-down and back-and-forth strokes and brushing around their gum line. Teaching your child [how to floss](#) might be trickier, so you may want to buy floss picks to start off.

✓ **Look into dental sealants.** Ask your dentist whether your child should get [dental sealants](#) for added protection against [tooth decay](#).

✓ **Monitor fluoride use.** Check to see if your community water supply is fluoridated. If not, ask your dentist about professional [fluoride](#) treatments for your child. Keep in mind that too much fluoride can cause [dental fluorosis](#).

✓ **Ask your dentist about mouthwash.** Ask your dentist whether your child should use [mouthwash](#) and which types are safe for children. Generally speaking, your safest bet will be an alcohol-free mouthwash made especially for children. When teaching your child how to rinse with mouthwash, be sure to demonstrate how to rinse without swallowing.

✓ **Encourage healthy eating habits.** A nutritious, well-balanced diet is just as important for your child's teeth as it is for overall health. Instead of cookies, potato chips and ice cream, give your kids [smart snacks](#) such as fresh fruit and vegetables, unsalted pretzels, plain yogurt, nuts and low-fat cheese.

✓ **Schedule an orthodontic evaluation.** Your [orthodontist](#) may recommend that your children receive a complete orthodontic evaluation by the age of 7.

Thank You

The teachers and staff would like to thank the Grade 1 parents who hosted a fabulous breakfast on February 4! We appreciate all the hard work and time you put into making this breakfast a big success!