

Messages from Mittineague



School News:

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We have completed the state MCAS testing for the year! Your children have worked hard and done their best. They have shown perseverance, determination, focus and solid effort in this endeavor. Doing their best is all that we can truly ask of them. None of us can know how they did or will score, but all the teachers can attest to the effort that was put forth. We are all very proud of their efforts! Many thanks also to the teachers for their help, flexibility and stamina throughout the testing window. It is a stressful time and it is a long seemingly never ending period. Thank you also to you, our school families for getting your children here, on time and ready to work. It helped us all to get the job done as expediently as possible!

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To celebrate our testers, once again the PTO is hosting a celebration lunch for our kids! Thursday, May 16th is the date for the PTO sponsored MCAS Pizza Party!! All third, fourth and fifth graders are invited to come to a celebratory Pizza lunch. The children will have pizza, a drink and a dessert. Weather permitting, they will be able to take their lunch outside, picnic style and celebrate with friends! Many thanks to our PTO for sponsoring this again!

News from Reading: Read-a-loud :

It's the season to get outside!! Grab a blanket, a snack, and a book and sit together outside.... If your child has a book bag - ask them to read a book to you. Or you could read to to your child/children.

After an recent survey of our Mittineague teachers, we have compiled a list of Top Picks:

- Absolutely Normal Chaos by Sharon Creech
- Just My Luck by Cammie McGovern
- Charlotte's Web by E.B. White
- The Pain and the Great One by Judy Blume
- The Mouse and the Motorcycle by Beverly Cleary
- The Miraculous Journey of Edward Tulane by Kate Di Camillo
- Hatchet by Gary Paulsen
- Courage of Sarah Noble by Alice Dalgliesh
- The Penderwicks by Jeanne Birdsall
- Mr Potter's Pets by D. King Smith
- The BFG by Roald Dahl
- My Side of the Mountain By Jean Craighead George
- Island of the Blue Dolphins by Scott O'Dell

AND do you want to know some of Mrs Doe's Favorites?

- Turtle in Paradise by Jennifer Holm
- The Janitor's Bay by Andrew Clements
- Shades of Gray by Carolyn Redder
- Trumpet of the Swan by E.B. White
- The Cay by Theodore Taylor

News from Art:

Mittineague artists are working hard to finish work for the upcoming show on June 7th. First graders are making creatures inspired by the story: Where the Wild Things Are, by Maurice Sendak; Second Graders are making landscapes inspired by the work of Vincent Van Gogh; Third graders are creating geometric compositions inspired by the contemporary painter, Sarah Morris; Fourth graders are making gilded compositions/portraits inspired by the work of Gustav Klimt; and Fifth graders are finishing their cross-contour optical illusion drawings. Everyone is working on staying focused and growing as an artist. Mittineague artists are the best!

For your Calendar	May 14	May 15	May 16	May 21	May 23	May 24
	Banking/Chorus	Grade 5 Bear Hole	MCAS Pizza PArty	Banking/Chorus	Grade 3 Seec visit	Grade 5 Josiah Day House



News from Our Counselor:

Our children's connection to media is everywhere, coming from more sources and more screens than we probably remember when we were kids: TV, movies, video games, handheld games, computers, cell phones, I-pads, I-pods, watches, etc.

There are many wonderful uses for media that provide conveniences and education for us and our families. There are also dangers in media use that as parents and educators, we are tasked to protect our children from. With all the amazing advances in technology, we cannot forget to make advances in how we protect our children from media that is not age appropriate.

It's important to remember that children's brains are not fully developed, specifically the part of the brain (prefrontal cortex) responsible for critical thinking, judgement, problem-solving, and impulse control. When a child or adolescent views media showing violence, sexual content, or harmful stereotypes, their own ideas, feelings, and behaviors are impacted. Without some guidance from a trusted grown-up, repeated exposure to these kinds of media may lead to an increase in aggression and a decrease in empathy.

For more information and research about media use and children, please visit: <https://www.common sense media.org/research>.

Quick tips for setting media guidelines:

- Limit the amount of screen time to 1-2 hours a day (or less if you notice it is negatively impacting your child).
- Model screen-free times/activities (like dinner time, for example).
- Keep children's bedrooms free of screen media (no TV, game systems, laptops, I-pads, cell phones, etc).
- Preview media that your child is interested in before you allow them to view/play it.
- Co-view media (if appropriate) with your child and discuss the content - this will help them develop critical thinking skills.
- Do your research about social media websites (like Facebook, Twitter, and Instagram) and closely monitor their usage. Remember, these sites are typically for ages 13 and up.
- Stick to rating recommendations. They exist for a reason.
- Use your parental judgment. Your children are counting on you to set their limits!

News from our Nurse:

Tick Alert! Prevent Lyme Disease

A reminder to parents and guardians that we do go outside each day and students may be exposed to ticks. Wearing light clothing is best to detect ticks. Please check your child daily when he/she comes home from school. It's always best to call your pediatrician regarding possible treatment of a known tick-bite. After a tick removal if you notice any of the symptoms listed below contact your child's doctor.

- Flu like feeling-aches, fever, headache
- Skin - rash enlarging over a few days, Reddish on light skin, bruise looking on darker skin.
- Joints - swelling or pain
- Brain - Bell's Palsy (facial paralysis), radiating nerve pain or sensations, severe headache or stiff neck, memory problems, cognitive or behavioral changes.
- Heart - Heart block or irregular beats
- Eye - conjunctivitis, inflammation, vision problems



A huge thank you to all of you and our wonderfully thoughtful PTO for providing such a great luncheon celebration for all staff to celebrate our teachers. It was delicious and everyone is very grateful!

Reminder: Mittineague School is now offering a "Grab and Go" breakfast to all students. If your child comes in late to school, they are able to go down to the cafeteria, grab a bagged breakfast and take it with them to class!!



Word of the Week friendly

Affectionate, loving, amiable, willing to help, considerate

QUOTE OF THE WEEK:

"Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength."

Arnold Schwarzenegger



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