

Messages from Mittineague



News from Mrs. Gerardi:

Happy New Year! Welcome to 2020. It's been a great start to the new year, the children have settled back in nicely and are ready to learn. In Reading we have just started an author study, Kevin Henkes and his stories will be our focus. He writes fictional books about friendships and family. Ask your child to tell you about him and his characters. Students will also be writing opinion pieces about their favorite books and characters and using evidence from the story to back up their opinion. They will also be writing letters to Mr. Henkes telling him their opinions on his books.

We will be exploring numbers, numbers within 20, tens, ones, and data over the next few weeks in math. We will be using a 120 numbers chart as our math tool. Students will continue working with their math facts. We also will be working on adding three whole numbers together (with a sum less than 20). As a way to help with this I am sending home a letter for a free math website called Xtra Math. It is a website to help students master their math facts with fluency. I would like your child to practice 10-15 minutes nightly! If you need your sign up sheet and your child's pin number please let me know.

Congratulations Kosmas for earning your first certificate! You rock!

We are going to explore Light and Sound in science this trimester.

We will be learning about maps, the impact of Martin Luther King's actions and words in social studies.

Upcoming Events:

Martin Luther King Day: January 20th-No School

Math and Literacy Family Night: January 23rd-6:00-7:30

Notes from Mrs. Ari and Music: :

We are off to a great New Year by celebrating Dr. Luther King Jr. in grades 4th & 5th. Students learned to sing a Call & Response song called "Sing About Martin". If you type this song name into Youtube.com you can listen to it too. We used the channel "Ms.Music1234" as it includes the lyrics and an instrumental (no voice) section so you can Call and Respond together! Try it out!

The third grade have earned the privilege to bring their recorders home to practice each week. They should be starting this in the up-coming weeks. Students earned this by reading music, playing together as a team, and performing at the Holiday Concert. GREAT JOB! They have been instructed to practice their recorder next to their backpack and to put it away as soon as they finish practicing. This will help them be responsible and care for an instrument which is a special item. Encouraging these steps at home would be wonderful as well. First and Second Grade have been working on rhythms by using Body Percussion which encourages students to clap and pat to the syllables of words. For example, students clap the rhythms of words such as "cherry" which has 2 beats, and "Beet" which has 1 beat. Then students write the notes that match the beats. For example, Cherry has **2 syllables** so students practice writing **two eighth notes** to represent **2 beats**. Beet has **1 syllable** so students are practice writing **one quarter note** to represent **1 beat**. They are doing a fabulous job!

I look forward to hearing students learn to make more music in 2020 and I hope you do too!

Math News from Mrs. Lancour:

We are off to a great start for 2020!! At this time of year a lot of our classes are focusing on fractions and decimals. Talk to your kids about fractions by using terms like 'half' 'fourth' or 'third'. Can they tell you what half of 20 is? Half of 100? We can also talk about fractions when measuring our snacks or cereal in the morning (fill half the bowl).

Family night is next week!!! We will be hosting a family night full of reading, mathematics, and art! Please send back the forms to let us know if you're coming so we can prepare adequately. Kids will go home with something from each room they travel to and will build their estimation skills!!!

For your
Calendar

January 20
No School

January 21
Banking

January 23
Math/Literacy
Night

January 29
American Heart
Association
Assembly

January 29
Grades 4 and 5 to
UMASS Woman's
Basketball game

February 5
Parent/Teacher
Conferences



News from Mr. Chasse and the Counselor's Office:

Screen Time and Digital Media

With social media and technology continuing to evolve, it can be difficult to keep up with children's screen time and the use of technological devices. Research shows significant results of screen times negative effects on children's brain development. Here is some information on advice for managing screen time and digital media use of children:

MANAGE screen use through plans, rules, and limits.

- Make and regularly review or revise a Family Media Plan, including individualized time and content limits.
- Consider asking your child or teen to give you their phone at a certain time at the end of the day so they aren't interrupted with phone calls or text messages during family time.
- Be present and engaged when screens are used and, whenever possible, watch together and talk about the content.
- Discourage media multitasking, especially during homework.
- Learn about parental controls and privacy settings.
- Obtain your child's or teen's passwords and login information for devices and social media accounts, to help ensure safety online and to follow online profiles and activities if concerns arise.
- Speak with children and teens about acceptable and unacceptable online behaviours.

Encourage **MEANINGFUL** screen use, so that time spent online serves a purpose.

- Make sure daily routines come first: face-to-face interactions, sleep, and physical activity.
- Encourage your child to watch programs that help teach, such as shows about nature, science, the arts, music or history.
- Help children and teens to choose content that's appropriate for their age and stage.
- Be a part of your children's media lives. For example, join in during video game play and ask about their experiences and encounters online.
- Ask your child's school, after school program or child care centre whether they have a plan for digital literacy and screen use.

MODEL healthy screen use, because your kids are watching you.

- Review your own media habits: Plan time for hobbies, outdoor play and activities.
- Never text or use headphones while driving, walking, jogging or biking.
- Encourage daily "screen-free" times, especially for family meals and socializing.
- Turn screens off when not in use, including background TV.
- Avoid screens at least 1 hour before bedtime, and keep recreational screens out of bedrooms.

Resources: <https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/screen-time/art-20047952>
<https://www.caringforkids.cps.ca/handouts/screen-time-and-digital-media>

PTO

The next PTO meeting of the year has been changed to **Thursday, February 6, 2020, from 5:00-6:00.** Officer Johnson and Mrs. Ranstrom will speak on the Anti-Vaping curriculum WS will be implementing. We would love to welcome even more new members! Please come if you can!!

Please don't forget to let us know that you are coming to **Math and Literacy Night!! Thursday, January 23rd from 6:00-7:30!!**

Word of the Week : diligence

"Working hard in a careful, steady manner"

QUOTE OF THE WEEK:

"Running taught me valuable lessons. In cross-country competition, training counted more than intrinsic ability, and I could compensate for a lack of natural aptitude with diligence and discipline. I applied this in everything I did.

Nelson Mandela



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