

Messages from Mittineague



News from Mrs. Canon:

Happy March! We can see the light at the end of the winter tunnel. The children have grown so much in their independence. They are working so well in all their center work. Students are able to respond to what they are reading in complete sentences and in paragraphs. We just finished an author study unit about Tomie dePaola. If you haven't heard about him, please ask your child! They know a lot about Tomie and all the books he has written. Along with our author study we are writing reviews. We started by writing reviews about Tomie dePaola books. Then we started writing reviews about all sorts of things. We are using our review books that you helped to write in at home. We are going to be typing our reviews into our google docs.

Our next unit is Biographies. We start off learning about Tomie dePaola and then we will move onto: Helen Keller, Jackie Robinson, Amelia Earhart and George Washington Carver to name a few. Students will be doing an independent project on a biography of their choice. They will be doing research both online and using books.

Math has been wonderful this year! I am so happy with the student's success and growth on their iReady data. I see progress everyday! We are working on 3 digit numbers: writing, comparing, understanding, adding and subtracting them. Please remember that they have math homework every night. Keep filling out those reading logs!

Don't forget the
Father/Daughter Dance

Friday, March 6, 2020

Notes from Mrs. Ari:

Students have been working on their piano skills! Students have been learning to read notes of the staff, identify notes on the piano, and try songs out. We have started out by listening to songs by Ludwig van Beethoven. Students have listened to various orchestras play his pieces. Then they have been able to try them out by learning simple melodies from Beethoven's pieces with guided lessons! "Ode to Joy" has been one piece students have learned to play with one hand. It has been a JOY!

On the other side of the spectrum, students have been watching STOMP; a musical group that uses ordinary items such as a broom to make music! Not only do they use everyday items but they also use body percussion. This brings back lessons from the beginning of the year where students learned to clap, snap, stomp, and pat to different rhythms and music. Students get to compose their own "STOMP" compositions using body percussion. They have been making some wonderful rhythms. Ask them to perform some for you! You could even make some compositions (a fancy word for "song") as a family!

Library News:

"Independent reading is associated with higher reading achievement. When students read something that interests them, it boosts their engagement. Increased free reading improves fluency, comprehension, and vocabulary. As students become more proficient readers, they want to read even more. With wide reading comes background knowledge that will help them across varying content areas and in future reading. Student-selected independent reading during the school day is one of the best ways to help students become strong readers."

At Mittineague, our principal, Mrs. Diane Doe, supports this mindset wholeheartedly. She reinforces this concept by scheduling 40 minute weekly library classes. Children come down from their classrooms to select a book/s to read and are given that independent time to read. Many students have told us that their moms and dads are taking them to the library, as well, or even frequenting Barnes & Noble and purchasing books. We are so happy that the love of books is being nurtured at school as well as in the home! Mrs. Fonte has been able to make some purchases for our school library with suggestions of books from the children. One child was so excited because we had a new book available in the library that he had wanted to get but couldn't afford to buy at the store.

For your
Calendar

March 3
Banking

March 4
PTO
5-6pm

March 6
Read Across
America Day

March 6
All School
Read Kick Off

March
Father/Daughter
Dance

March 10
Banking



News from our nurse, Mrs. Kavrakis:

The American Heart Association Kids Heart Challenge was a HUGE success! Mittineague students and families raised over \$ 1,300.00!! Our students were able to be involved in helping fight the No.1 killer of Americans: heart disease. Throughout the month students learned all about what they can do to keep their hearts healthy, take their own health challenges, and learn how they can help others by collecting donations for the American Heart Association. Thank you for your support and generous donations to this wonderful cause! The fundraising envelopes were due on February 26, 2020 but will still be accepted and given to Kimberly O'Connor from the American Heart Association.

February is National Children's Dental Health Month:

The Centers for Disease Control and Prevention (CDC) identify Tooth decay (cavities) as one of the most common chronic conditions of childhood in the United States. About 1 in 5 (20%) children aged 5–11 years have at least one untreated decayed tooth. Poor oral health can have a detrimental effect on children's quality of life, their performance at school, and their success later in life. Tooth decay is preventable and ensuring that your child has the preventive oral health they need is important in helping them stay healthy and ready to learn.

Oral Health Guidance for Parents of Young Children

- **Take your child to the dentist.** Your child's first dental appointment should be within six months of the first primary tooth. First dental appointment should be no later than their first birthday! It is recommended to have regular cleanings by the dentist every 6 months or twice a year.
- **Protect children's teeth with fluoride.** Check with your doctor, nurse practitioner or dentist to find out if the drinking water in your area is fluoridated. If it's not, ask them how to protect your child's teeth.
- **Use fluoride toothpaste.** This can be introduced at age 2. If your child is less than 7 years old, use only a pea-size amount of toothpaste on their toothbrush and help them brush their teeth. Children can brush teeth without parental help once they master tying their own shoelaces!
- **Limit sweet foods and drinks.** Encourage your child to eat healthy meals. Avoid frequent snacking between meals. Limit sweet foods and drinks that can lead to tooth decay. Limit fruit juice due to high sugar content. Water is a great thing for your children to drink!
- **Dental sealants.** Talk to your child's dentist about dental sealants, they are recommended for all children. Dental sealants protect the chewing surfaces of the teeth and can last as long as 5-10 years. It's best if it's applied soon after teeth have erupted. Dental sealants protect teeth from decay!
- **Keeps mouths clean.** Bacteria that can harm teeth can be spread by: Sharing forks, knives and spoons and cleaning pacifiers and bottle nipples in the parent's mouth. Everyone should have their own toothbrush!
- **References:** Casamassimo & Holt, 2004; Centers for Disease Control and Prevention, 2011; Truman, et al., 2002; ADA Center for Evidence based Dentistry, 2011; American Dental Association, 2011

PTO

The next PTO meeting of the year is **Wednesday, March 4, 2020, from 5:00-6:00.** We would love to welcome even more new members! Please come if you can!!

2020 MCAS Schedule

Monday, April 6	Grade 4	ELA
Tuesday, April 7	Grade 5	ELA
Wednesday, April 8	Grade 4	ELA
Thursday, April 9	Grade 5	ELA
Monday, April 13	Grade 3	ELA
Tuesday, April 14	Grade 3	ELA
Wednesday, April 15	Make ups	all
Tuesday, May 5	Grade 4	Math
Wednesday, May 6	Grade 5	Math
Thursday, May 7	Grade 4	Math
Friday, May 8	Grade 5	Math
Tuesday, May 12	Grade 3	Math
Wednesday, May 13	Grade 5	Science
Thursday, May 14	Grade 3	Math
Friday, May 15	Grade 5	Science
Monday, May 18	Make ups	all

Word of the Week: bravery

“Facing danger, pain or trouble regardless of fear.”

QUOTE OF THE WEEK:

“And suddenly you just know that it is time to start something new and trust the magic of beginnings.”



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