

# THE VILLAGE BLUEBIRD

VILLAGE ELEMENTARY SCHOOL

## FALL GREETINGS

### IMPORTANT DATES:

- Oct. 26: 3rd Gr. Bingo, 4-5:15
- Oct. 31: Halloween Events
- Nov. 2: Dads' Night Out
- Nov.: 8-9: NJEA Convention-Schools Closed
- Nov. 13: BOE Mtg, 7:30, UMS
- Nov. 14: Mix It Up At Lunch
- Nov. 15: PTA Mtg, 9:45, OHES
- Nov. 15, 16, 19, 20: Parent/Teacher Conferences, 1:30 Early Dismissal
- Nov. 21: 1:30 Early Dismissal
- Nov. 22-23: Thanksgiving Recess-Schools Closed
- Nov. 27: BOE Mtg, 7:30, UMS
- Nov. 30: MES PTA Fall Carnival, MHS
- Dec. 4-5: PTA Holiday Gift Fair
- Dec. 5: Fall Chorus Concert, 7, VES
- Dec. 18: BOE Mtg, 7:30, UMS
- Dec. 20: PTA Mtg, 9:45, VES
- Dec. 21: Parties, Report Cards Available Online
- Dec. 24-Jan. 1, Winter Recess-Schools Closed
- Jan 2: Return from Winter Recess
- Jan 17: PTA Mtg, 9:45, OHES
- Jan. 21: Dr. Martin Luther King Day, Schools Closed

Greetings families and friends! The fall season is off to a terrific start at VES! Villagers are taking full advantage of every wonderful learning opportunity and look forward to the upcoming events of the season.

Congratulations to our PTA on a successful Welcome Breakfast. What a wonderful way to bring parents together to celebrate the start of a new school year. We are also grateful to our PTA for organizing a successful Scholastic Book Fair, and providing books for our library and classrooms.

October began with a celebration of Hispanic Heritage guided by Spanish teachers, Senoras Disch and Goris, our PTA and Municipal Alliance sponsored *Red*

*Ribbon Week of Respect* learning activities and assemblies, followed by *Food Allergy Awareness Week*, MAP testing, *Fire Prevention* assemblies and smoke room visits with Montgomery Township Firefighters, and our grade level Bingo parties. We look forward to Halloween activities and most importantly our *Trick-or-Treat for UNICEF* campaign.

We will kick off November with the PTA's Dads' Night Out which is a great event for students and the men in their lives to relax and have fun at school, parent-teacher conferences, and finally the PTA Fall carnival later in the month.

Please be sure to take note of the important dates to the left. Have a Happy Thanksgiving holiday!

Ms. Lacy and Mr. Hadinger



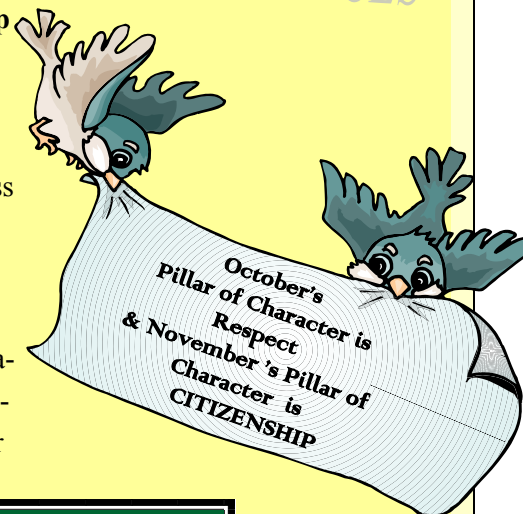
Parent conferences will be held from Thursday, November 15<sup>th</sup>– Tuesday, November 20<sup>th</sup>. **The school day will conclude at 1:30 (parent pick-up begins at 1:15) and lunch will be served on each of these days.** Each conference is scheduled to last approximately 15 minutes. This time is intended for you and your child's teacher to discuss your child's progress in school.

Teachers will contact you through a notice or email to schedule your conference during a time that is mutually convenient. If you would like to make a donation to your child's classroom, please refer to the Classroom Wish List posted outside of the room during your conference visit.

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## PARENT-TEACHER CONFERENCES



**MONTGOMERY TOWNSHIP SCHOOL DISTRICT MISSION STATEMENT**  
*Our mission as a forward-thinking community is to ensure that students grow into confident, compassionate, and successful learners in a global society by providing engaging and challenging educational experiences in a student-centered environment.*

# Halloween Events at VES

As Halloween approaches, we would like to inform you of upcoming activities in which your children are welcomed to participate. On October 31st, we will hold our annual interactive Halloween Harvest Readers' Theater Assemblies! VES students will be entertained by several teachers, Ms. Lacy, and Mr. Hadinger as they use their silliest voices to read Halloween stories. Students will join in with lots of sound effects!

Halloween parties will also take place on October 31st in every classroom. Parties will be planned, facilitated and attended by room parents and their designees only. Designated parent participants are required to check in at sign-in stations at the main entrance or rear entrance upon arrival.

Students are welcome to wear costumes for their class parties. We ask that children carry their costumes to school. Teachers will arrange time for students to change into their costumes just before their class parties begin. Costumes should be quick and easy to change into and be free of props or difficult make-up applications. Your child's teacher/room parents will provide classroom party details.

Alternative activities are available upon request. Thank you for your support and cooperation in making Halloween organized, safe, and fun for everyone!



## Villagers Support UNICEF Campaign

VES students will have the power to change the world again this year through Trick or Treat for UNICEF (United Nations International Children's Education Fund). Trick or Treat for UNICEF educates American children about their global peers and the value of helping others. In October, students will learn about the campaign during a morning news video. Our Fourth Grade Peer Partners under the guidance of Ms. Ciosek, Mrs. Pignataro, Ms. Laera, and I will be speaking to classes about what they can do to improve the lives of children around the world.

Students will receive orange boxes that they can take trick-or-treating to raise money for UNICEF and return them to school. Peer Partners and their advisors will collect the boxes and sort the money. Mr. Hadinger and I will donate the money to UNICEF through Coinstar and a local bank. Monies collected are used to provide medicine, clean water, improved nutrition and education to the world's neediest children. This voluntary program will help students feel a sense of accomplishment, knowing that they are exemplifying the pillars of character, specifically caring and citizenship. With just a little spare change, we can make a difference!

VES students: Alex, Anya, Kay, Naina, and Lexie held a bake sale which included allergy-free items during school lunches and raised \$280 for UNICEF. Each item was sold for \$1.00. VES has raised over \$30,000 for UNICEF over the past ten years and has been named an Ambassador School. To learn more about UNICEF, visit their website [www.unicefusa.com](http://www.unicefusa.com).

UNICEF donations are due by **November 5th**. Thank you for your support! ~Ms. Lucas



## COMMUNITY-WIDE HALLOWEEN HAPPENINGS!

### Montgomery Fall Festival and Halloween Bash

Saturday October 27, 2012, 10:00 A.M. – 1:00 P.M.

This event is a wonderful opportunity for school and community to come together and enjoy a fun-filled day of games, activities and great food. Location: MHS Parking Lot. Rain location: MHS Commons. The Recreation Department, which is co-sponsoring the event, will hold their annual **Halloween Bash** in conjunction with the festival. Children age 12 and under are invited to come in their Halloween costumes and participate in their own "**Halloween Parade**". In addition to the parade, the Recreation Department will have **arts and crafts** activities as well as a **professional storyteller**. Bring the whole family out to enjoy the festivities!

### Mary Jacobs Library

Halloween Fun & Games at the Mary Jacobs Library! Kids in grades 3 - 5 are invited for a cackling good time with wicked games, monstrous Mad-Libs, and spooky stories in the dark on Tuesday, October 30 at 5pm. Please register by calling the library at 609-924-7073 x5 or register online at [www.sclsnj.org/maryjacobs.htm](http://www.sclsnj.org/maryjacobs.htm) and click on Children's Programs. Costumes are encouraged!"

## Halloween Safety Tips

- Children should wear light-colored clothing - short enough to prevent tripping and reflective tape should be added to the sides, front and back of the costume.
- Keep costumed children away from pets. The pet may not recognize the child and become frightened.
- Adults should accompany young children.
- Go out in daylight and carry a flashlight in case of delay.
- Stay within the neighborhood. Only visit homes you know.
- Watch for traffic.
- Only give and accept wrapped or packaged candy. Examine all candy before allowing children to eat it.

## COMMUNITY BUILDING WITH PEERS ON



## Mix-it Up At Lunch Day

Village School Students will be joining an estimated four million students at 9,000 schools across the United States in this year's Mix It Up at Lunch Day on November 14th. The goals of this event are to give our students an opportunity to spend lunch time with other VES children and in the process learn to become more comfortable and open to interacting with their peers from other classrooms. This in turn will get our students ready for the middle school lunch experience where children will no longer have assigned tables.

Our teachers will prepare our students for this day by giving them conversation starters and other strategies for talking with new tablemates. On the day of the event, clusters of children from every class will sit at newly assigned tables with a few familiar classmates and many new ones. Hopefully, they will then make some new friends. Last year's event was well received by our students and staff.

In addition to Mix It Up at Lunch Day, towards the end of the school year we plan to allow our fourth graders to have open seating days at lunch to help them transition to the middle school cafeteria procedures.



The Village School staff will be participating in our annual Young Scholars Institute fundraising project starting in November. This project supports character education and our social/emotional learning goals for our students. Young Scholars is a community-based after school, support and mentoring program for students in Trenton. Our staff has been supporting Young Scholars for more than a twelve years, when third and fourth grades were still at Orchard Hill School. We will be sending a letter with more information in a few weeks.



### UPDATE FROM OUR NURSES

Dear Parents,

Flu season begins in October and will continue to present in the weeks and months to come. Now is the time to protect your family by getting vaccinated. For detailed information on this year's trivalent influenza vaccine, click on the following CDC link: [Flu Info](#)

Frequent and thorough hand washing with soap and water for at least 20 seconds- [Scrub Club](#) and getting vaccinated are still the best methods for disease prevention (see page 4).

Just as important is ensuring your child balances work and play with at least 10 hours of sleep per night, combined with a nutritiously balanced diet- [Choose My Plate](#), and good oral hygiene. A child with untreated tooth decay and resulting discomfort will likely be distracted during school.

In addition, a friendly reminder to periodically check your child's head for unwelcomed guests; keeping in mind that while head lice are unpleasant, they do not transmit disease.

Lastly, if your child has a condition possibly requiring emergency medication, and you have not handed in the medication and required forms, please do so as soon as possible. All forms can be downloaded from our website at: [Health Forms](#)

Thank you from Mrs. Woodard, RN and Mrs. Franklin, Substitute Nurse



## Montgomery Township Health Department

**Public Health**  
Prevent. Promote. Protect.

With Cold & Flu season approaching, Montgomery Township Health Department and the Centers for Disease Control remind you:

### Clean Hands Save Lives!

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and water. However, if soap and water are not accessible, use soap and an alcohol-based product containing at least 60% alcohol to clean hands.

#### Tips:

- When washing hands with soap and water:
- Wet your hands with warm running water and apply soap.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse hands well under running water.
- Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet.



#### When should you wash your hands?

- Before and after preparing food
- Before and after eating food
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- Before and after tending to someone who is sick
- After blowing your nose, coughing, or sneezing
- After handling an animal or animal waste
- After handling garbage
- Before and after treating a cut or wound



#### Remember:

If soap and water are not available, use alcohol-based gel (at least 60% alcohol) to clean hands. When using an alcohol-based hand sanitizer:

- Apply product to the palm of one hand.
- Rub hands together.
- Rub the product over all surfaces of hands and fingers until hands are dry.
- (Adapted from the Centers for Disease Control, [www.cdc.gov](http://www.cdc.gov) )



## SLEEP FROM MRS. FORNAL IN GUIDANCE

Now that it is October, many of you are probably settling in to your before school and after school schedules. Homework, dinner, and bedtime routines most likely occupy your afternoon and evenings when school lets out for the day. However, it is what is happening at night, during your child's sleeping hours, that can greatly impact how he is able to perform or function during his daily tasks. Sleep is especially important for children as it directly impacts mental and physical development.

During the deep states of Non-Rapid Eye Movement (NREM) or "quiet" sleep, blood supply to the muscles is increased, energy is restored, tissue growth and repair occur, and important hormones are released for growth and development. During Rapid Eye Movement (REM) or "active" sleep, our brains are active and dreaming occurs. Our bodies become immobile, breathing and heart rates are irregular.

Below are some sleep Facts for school-aged Children (5-12 years). These facts help to demonstrate the importance of healthy sleeping habits as well as the severe negative impact for children who do not get enough sleep.

### Sleep Facts

- Children aged five to twelve need 10-11 hours of sleep.
- Watching TV close to bedtime has been associated with bedtime resistance, difficulty falling asleep, anxiety around sleep and sleeping fewer hours.
- Sleep deprivation impacts health, academic performance (Cognitive problems, concentration, attention), and behavior (mood swings, behavioral problems such as hyperactivity)
- Several studies report that more total sleep, earlier bedtimes, and later weekday rise time are associated with better grades in school.
- Those with poor grades are more likely to sleep less, go to bed later, and have more irregular sleep/wake habits.
- Sleep deprivation may present itself in many ways other than daytime sleepiness -- inattention, poor concentration, moodiness, behavioral problems, and poor academic performance and social skills.



*Sleep, sleep, it's a funny old feeling  
You just lie down, stare at the ceiling,  
Count from one to ten and back  
And - before you know it - whack!  
Sleep has got you, sleep has won  
It's caught you out, it's spoilt your fun  
Sometimes you think "Tonight I'm fine,  
I'll stay awake till half past nine,  
Old Sleep won't make me disappear  
But drowsy, snoozy, sleep is here*

Sam Taplin &  
Anna Luraschi

### Sleep Tips

- Teach school-aged children about healthy sleep habits.
- Model good sleeping habits for your children.
- Create and implement a consistent sleep schedule and bedtime routine.
- Make your child's bedroom conducive to sleep – dark, cool and quiet. Keep TV and computers out of the bedroom.
- Avoid caffeine.



*If you are concerned about your child's sleep habits, please consult with your family doctor. Also, feel free to reach out to me and I will assist you any way I can.*

# MES PTA Corner

The PTA sponsored Dad's Night Out event is Friday, November 2nd! Keep an eye out for the flyer that will come home in backpack mail and return it as soon as possible! This is a great event for students and the men in their lives to enjoy an evening of fun activities at school!

Winter



Fundraiser!!

Friday, November 30, 2012 6-9 pm

Montgomery High School

Kick off your weekend right with a great night of Family Fun for OHES and VES families. This event is sponsored by the MES (Montgomery Elementary school/OHES +VES) PTA . Admission is \$20.00 per family.

**Admission includes:**

**Entertainment** - Boardwalk style Carnival games with prizes, Giant inflatable games, Two-Thirty minute Magic shows( show times: 6:30pm and 7:30pm), face painting, craft tables, tattoos, etc.

\*there will also be Balloon Artists and Caricaturists artists for a small fee

In addition as a part of our fund raising efforts please support:

**Teacher auction** - Teachers from OHES and VES will donate special events to be completed with a child(ren) by the end of the school year, i.e., lunchtime pizza parties, trip to the movies and museums, making puppets, playing games, craft activities, puppy playdate, etc. *This is a silent auction.*

**Classroom basket auction** - Classes from OHES and VES will donate items to create baskets, i.e., spa night for mom, Legos basket, Justice basket, Toy Store Mania basket, golf/sports, local gift cards, etc. *This is a silent auction.*

**Food** - There will be carnival food: popcorn, cotton candy, hot dogs, chips, hot pretzels, and drinks for sale.

To volunteer or if you any have questions, contact Christine Petrane at [cpetrane@yahoo.com](mailto:cpetrane@yahoo.com)

THANK YOU FOR HELPING TO MAKE  
THE START OF SCHOOL A SUCCESS!



### Safety and Injury Prevention—Health Curriculum Unit

In light of recent events, rest assured that our health curriculum covers stranger danger in all third and fourth grade classes. In early November our health teachers, Mr. Bassford, Mr. Bel-fiore, and Ms. Messick facilitate lessons which include books, videos, activities and scenarios that reinforce personal safety and ways to respond during situations with strangers. Please feel free to contact them for more information.



All district staff and families are encouraged to be vigilant at all times!

**SEPTA will hold their Annual Clothing Drive from November 12-16th. Drop off locations will be available in all schools. So save your old clothes and donate them to help support SEPTA!**



For additional information contact Rosy Thakkar email:  
[Rosythakkar@aol.com](mailto:Rosythakkar@aol.com)



#### VES FAMILIES:

*In the event of an emergency school closing, the 6-day rotation cycle will remain unchanged. For example: If we have an emergency closing/snow day on day 1, the following school day will remain day 2. Missed days will be made up later in the school year. Please see the district calendar for details.*

Get the latest weather updates and information from our VES weather station and camera by clicking on WeatherBug at the VES site!

Village Elementary School  
Home of Blazer the Bluebird



100 Main Boulevard  
Skillman, NJ 08558

Susan Lacy, Principal  
slacy@mtsd.us  
Alfred Hadinger, Vice Principal  
ahadinger@mtsd.us  
Phone: 609-466-7606  
Fax: 609-466-7196

#### Emergency School Closing Information

*In the event of inclement weather, hazardous road conditions, or any other emergencies requiring us to close schools for one day, **AlertNow phone messages** will be used to notify families. You may also check the following:*

- **Message Line: 609-466-7610**
- **District Website: [www.mtsd.k12.nj.us](http://www.mtsd.k12.nj.us)**
- **NJ 101.5 FM**
- **Channel 14 (Local Access Cable)**

#### **VES Families:**

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#### *YWCA After School Program at VES*

The YWCA of Princeton provides childcare before and after school for children who attend VES. The YWCA tailors its hours to accommodate working families, and offers children diverse and enriching activities in a safe and nurturing environment. Registration packets will be available in the main office. For more information, you may visit our website at: [www.ywcaprinceton.org](http://www.ywcaprinceton.org) or call the YWCA After School Program Office at: 609-497-2100 X327. Please clearly state your name, your child's name, and a phone number where we can return your phone call.