

THE VILLAGE BLUEBIRD

VILLAGE ELEMENTARY SCHOOL

FALL GREETINGS

IMPORTANT DATES:

- Oct. 31: Halloween Events
- Nov. 6: Princeton Symphony 4th Grade Bravo Shows 9:45, 10:35
- Nov.: 7-8: NJEA Convention-Schools Closed
- Nov. 12 BOE Mtg., 7:30, UMS
- Nov. 15: Dads' Night Out 6-8:30 VES
- Nov. 20: Mix It Up At Lunch
- Nov. 21: PTA Mtg. VES 9:45
- Nov. 21, 22, 25, 26: Parent/Teacher Conferences, 1:15 Early Dismissal
- Nov. 22: MES PTA Winter Carnival, MHS, 6-9
- Nov. 26: BOE Mtg, 7:30, UMS
- Nov. 27: 1:15 Early Dismissal
- Nov. 28-29: Thanksgiving Recess-Schools Closed
- Nov. 30: MES PTA Fall Carnival, MHS
- Dec. 3-5: VES PTA Holiday Gift Fair
- Dec. 5: Fall Chorus Concert, 7, VES
- Dec. 10: BOE Mtg, 7:30, UMS
- Dec. 19: PTA Mtg. 9:45, OHES
- Dec. 20: Parties, Report Cards Available Online
- Dec. 23-Jan. 1, Winter Recess-Schools Closed
- Jan 2: Return from Winter Recess
- Jan 16: PTA Mtg. 9:45, VES
- Jan. 20: 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, MAP testing, our PTA and Municipal Alliance

sponsored our *Week of Respect* learning activities and assemblies, followed by *Food Allergy Awareness Week*, *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!

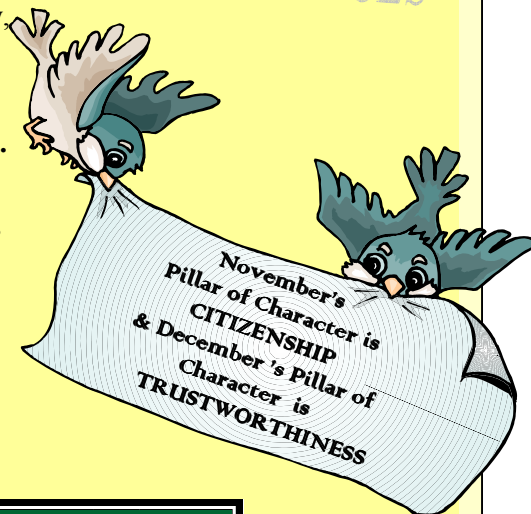
Ms. Lacy and Mr. Hadinger



PARENT-TEACHER CONFERENCES

Parent conferences will be held from Thursday, November 21st – Tuesday, November 26th. **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.



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**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 Mrs. Gluck, Mrs. Pignataro, 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 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.



UNICEF donations are due by November 8th. Thank you for your support! ~Ms. Lucas

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.





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 20th . 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.

COMMUNITY BUILDING WITH PEERS



Young Scholars Institute

The Village School staff will be participating in our annual Young Scholars Institute fundraising project starting in mid 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 thirteen 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.





When your child doesn't feel well...

Many parents struggle with the decision of whether or not to send their possibly sick child to school. Juggling the demands of work and the demands of their students school work may make the decision even more difficult. It's tempting to give a dose of Tylenol or Motrin and hope for the best. However, school age children are especially good at spreading germs and children cannot learn as effectively if they are sick. How do you know if it's just a cold or if your child is really too sick to go to school? Here are some strategies to guide you through these murky waters:

FEVER:

First and foremost, purchase a thermometer and use it to check your child for fever before deciding to send them to school.

Do not send a child to school with a fever of 100 or more. They will feel increasing miserable throughout the day and are most infectious when they are febrile. Doses of Tylenol or Motrin will not decrease their contagiousness.

Montgomery Township School District policy states a student must be fever free without the use of fever reducing medication for 24 hours before they can return to school. If your child is sent home from school with a fever, they must stay at home the following day even if they are fever free.

VOMITING/DIARRHEA:

Do not send your child to school if they are vomiting or have diarrhea. If your child begins to vomit or experience diarrhea they must stay at home. Do not assume because your child feels better after vomiting that they are better.

Students must be free of vomiting and/or diarrhea for 24 hours and able to tolerate a normal diet before they can return to school.

POSITIVE CULTURES AT MD:

Strep throat is a highly contagious condition caused by bacteria. If your child complains of a sore throat, fever, and often a headache and stomach ache, they should see a doctor for a diagnosis and treatment. If the strep culture is positive, your child should remain out of school until he/she is fever free and has been on antibiotics for 24 hours.

Pink Eye (conjunctivitis) can be caused by an allergy, a virus or bacteria and is highly contagious. The eye will be reddened and a yellow discharge is usually present. Eyelashes may be stuck together when your child wakes up. Consult with your child's doctor to see if antibiotic eye drops are indicated. Your child should stay home until symptoms subside and he/she has been on antibiotic drops for at least 24 hours.

Rashes can be tricky to interpret. Consult your child's doctor prior to sending them to school to discuss treatment options and length of time your child should be out of school.

Please notify the VES health office if your child is diagnosed with any of the above.

COUGHS AND COLDS:

Check your child's temperature before deciding to send them to school. If your child is not coughing, does not complain of trouble breathing and does not have a fever it's generally okay to send them to school. The health office does not stock nasal or chest decongestants, cough suppressants, throat lozenges, or allergy medications so make sure you address that prior to putting them on the bus.

Check with your child's physician as to the best way to manage your child's cold or cough.

Please do not give Tylenol or Motrin to cover chills or body aches and then send them to school. If your child is feeling badly enough to require this level of intervention, a day of rest at home is in order.

Persistent coughing can indicate a worsening cold, asthma or secondary infection such as pneumonia. Please consult your child's physician for advice. Children with persistent cough should be kept at home.

All of these illnesses can spread easily and rapidly in school and at home. Hand washing is the single most important thing you can do and teach your child to do to help prevent the spread of infection. If you are in doubt as to whether to send your child to school, please call your child's doctor before doing so.

Cleaning out closets??

The health office at VES supplies many students with a change of clothes throughout the year for various reasons such as a slip in the mud at recess or spilled milk in the cafeteria. We don't always get back what we loan out and our supplies are getting low. We would gladly take any clothing that you are able to donate. We are in need of gently used sweatpants or jeans (sizes 8-10) or new, unopened socks and underwear (no boxers please).

Mary Ellen Foley, RN, CSN
Janis Woodard, RN

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 15th! 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 22, 2013 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), craft tables, tattoos, etc.

*there will also be Balloon Artists and Face Painting 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 play date, 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 or Christine Zoffinger at cmzoff@aol.com

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



SEPTA will hold their Annual Clothing Drive from November 18-22, 2013. 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



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.

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

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
- **NJ 101.5 FM**
- **Channel 27 (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 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.