

Goosehill Primary School

Weekly Notes- December 6, 2013



Dear Parents,

As you know, our social-emotional literacy (SEL) program is called "The Ruler Approach." RULER is an acronym for the skills we teach our students. We teach them to: **R**ecognize, **U**nderstand, **L**abel, **E**xpress, and **R**egulate their emotions using a variety of "tools," including the Charter, Mood Meter, and Metamoment Strategy.

As the foundation of the program, we continue to remind the children about the tenets of our **School Charter**. We talk about ways to follow the charter so everyone in our school is safe and comfortable. We teach the children vocabulary words every month to help them express their emotions. The Feelings Words in November were *angry* and *frustrated*, so it was the perfect month to review the self-regulation strategies the children are learning.

The self-regulation strategy we teach is called "*Taking a Metamoment*." A **metamoment** is a moment in time when, instead of reacting with anger or frustration, a person takes a more positive action such as counting to ten, taking a deep ("triangle") breath, thinking a positive thought, walking away from a situation, giving an "I message" and/or asking for help from an adult. We teach the children that by delaying the instinct to lash out in anger or frustration, "a metamoment gives your brain time to think."

Giving an "I message" is an important strategy to use if a classmate "breaks" the class or school charter. The children know how to give "I messages," and the adults in our school support their efforts to use them. These messages are a form of self-advocacy and a way to use words to express feelings to avoid acting out in anger. An "I message" might sound like this: "*I feel sad when you say I can't play.*" Or "*I feel angry when you take my toy.*" Or "*I don't like it when you push me.*" The children are learning to express themselves in a positive way and also to accept an apology and a promise from a friend who might have made a "hurtful choice." Of course, the children know consequences are part of the process if someone continues making hurtful choices.

The Feelings Word Homework will ask you to share a story with your child about your own experience in managing frustration and anger. Adult role models are critical to children's development of social-emotional skills. Thank you for taking the time to complete the homework with your child.

The feeling words for December are *patient* and *quiet*. While we won't be sending another homework assignment about this month's words, we ask that you talk with your child about ways you help yourself feel quiet and patient. With many children anticipating Christmas and the winter break from school, your conversations may be very timely!

Our goal is that children learn positive strategies and self-regulation in the primary years so that they can continue to build positive relationships, manage stress, and learn at high levels in the future. We thank you for your continued support.

Warmly,

Lynn Herschlein

quiet

patient

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(notices you can access at our website and read/print from home)

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DATES TO REMEMBER

- December 13th Report Cards mailed
- December 16th SIT meets 3:15
- December 20th Winter recess begins
- January 6th - School re-opens

School Hours

Please remember that school starts at 8:30 a.m. If your child arrives after 8:30, you must walk him/her in to the building and sign in at the security desk.

School Improvement Team (SIT)

As the weather turns colder, the Goosehill School Improvement Team has been hard at work getting ready for a more fun and exciting season of indoor recess. Please consider donating new or gently used toys to our efforts. (Check your child's backpack). We are in need of items such as small Legos, Tinker Toys, small vehicles and figures, Colorforms, coloring and activity Books and jewelry kits. Please drop off items at the Security Desk. Thank you for your support!



NOTES FROM THE GPFA

If you are baking goodies for The Holiday Bake Sale, they are due the morning of December 13th @ GH. Please contact Tala Gitto and Becky Bonventre with any questions @ twashton@washtongitto.com

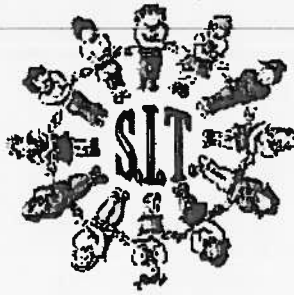
The next GPFA meeting is Wednesday, December 11th at 9:30AM. It will be held at Rexer-Parkes in Huntington.

THE LAST DAY TO PLACE AN ORDER FOR GOOSEHILL APPAREL IS MONDAY. We will do our very best to have orders filled before the winter break.

PROJECT TOY

Please consider donating a **new, unwrapped toy** to our collection in support of our local Family Service League. **See the flyer in your child's backpack.** Toys will be collected at Goosehill Primary School in the entrance foyer through December 18th.

LABELS FOR EDUCATION: We can get double points if we do a submission before Dec. 15th. If you could, please send in as many as you can by December 11th. That would be great!

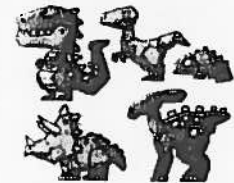
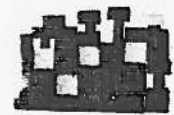


November 22, 2013

Dear Parents:

As the weather turns cold, the Goosehill School Improvement Team has been hard at work getting ready for a more fun and exciting season of indoor recess. Please consider donating new or gently used toys to our efforts. We are in need of:

- Small Legos
- Tinker Toys
- Cardboard Blocks
- Other Building Materials (GH doesn't need any more wooden blocks)
- Small Cars, Trucks, Planes, and other Vehicles
- Small Figures: superheroes, dinosaurs, dolls, Lego characters
- Short children's DVDs (less than 30 mins.)
- Jewelry Kits
- Stringing Beads
- Colorforms
- Coloring and Activity Books
- Crayons
- Solo Cups



*If we receive more materials than are needed, items will be donated to a local charity.

Although Goose Hill's goal is always outdoor recess, this year we hope to provide better indoor recess options for our children on those bitterly cold winter days. Thank you so much for your help!

The School Improvement Team

For Kids! *Programs from Cold Spring Harbor Library's Children's Department. Registration Required!*

AFTERNOON ART- Do-it-Yourself Gift Wrap

Friday, December 13 @ 3:30- 4:30

For children ages 2-5 with Adult

Make personalized gift wrap that will impress your loved ones!

**Pick up Date
December 12**



The library is a drop-off point for Toys For Tots.

Please bring unwrapped toys only.

Coming Soon: Additions to our Audio Book CD Collection

Great for those long Holiday Car Rides!

- *The One & Only Ivan* by Katherine Applegate
- *Wonder* by R.J. Palacio
- *James & the Giant Peach* by Roald Dahl

For more information about any Kids Programs, contact the Youth Services Desk at the Cold Spring Harbor Library - 631-692-6820

For Adults! *Programs for Grown-Ups from Cold Spring Harbor Library's Information Services Department*



Digital Photography Basics for All Digital Cameras

Make this holiday's photos your best ever!

Take stunning pictures this holiday season! Professional photographer John Spoltore will show you how to use your digital camera to take the best quality photographs. Topics covered will include caring for and handling your digital camera, creating memorable images, different camera modes, and shooting techniques for optimal pictures. Please bring your camera and instruction manual

For more information about any Adult Programs, contact the Information Services Desk at the Cold Spring Harbor Library at 631-692-6820

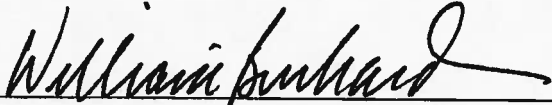
5.

COLD SPRING HARBOR CENTRAL SCHOOL DISTRICT
75 Goose Hill Road, Cold Spring Harbor, NY 11724

**** PLEASE POST ****

Please be advised that a regular meeting of the Board of Education will take place on December 10, 2013, at 6:30 p.m. at The Francis Roberts Community Center, at which time the Board of Education may consider a motion to adjourn to Executive Session to discuss matters appropriate for Executive Session. If no such motion is adopted, the meeting will recess until 8:00 p.m.

At 8:00 p.m., the Board of Education will reconvene its public meeting to discuss Board Agenda items appropriate for Public Session, pursuant to the Open Meetings Law.



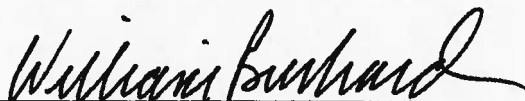
William Bernhard, District Clerk

6.

COLD SPRING HARBOR CENTRAL SCHOOL DISTRICT
75 Goose Hill Road, Cold Spring Harbor, NY 11724

**** PLEASE POST ****

Please be advised that a meeting of the Cold Spring Harbor Capital Projects Committee will take place on December 13, 2013, at 8:30 a.m. at The Francis Roberts Community Center.



William Bernhard, District Clerk