



Goosehill Primary School

Weekly Notes- December 20, 2013



Dear Parents,

The upcoming school vacation may involve holiday celebrations, visits with friends and relatives, and even travel plans for your family. I hope you enjoy the gift of time with your children. As busy as you may be, I also hope you will take some time to read to them over the next two weeks. While it is important for young readers to practice their own reading, it is just as important that adults read aloud to them on a regular basis.

A landmark study about reading concluded that reading aloud to children is “...*the single most important activity for building the knowledge required for eventual success in reading.*” Reading aloud to children helps them focus solely on the meaning of a story without having to worry about the letters and sounds. This builds comprehension skills and vocabulary. When adults read aloud to children, it enables them to experience the excitement of complex plots and interesting characters in books they aren’t quite ready to read on their own yet. Adults also serve as important role models which helps build positive attitudes about reading.

Here are a few tips for reading aloud to your child:

- ◆ Try to carve out at least 10 minutes a day to read aloud to your child.
- ◆ Start with simpler books and work up to ones with more complex stories and information.
- ◆ Turn off other distractions, such as televisions and cell phones.
- ◆ Read with expression. Ham it up! Try creating different voices for different characters.
- ◆ Think aloud as you read. Tell your child who a character reminds you of, what the story makes you think or wonder, or what something means.
- ◆ Encourage your child to ask questions and to talk about the story. Avoid quizzing your child.
- ◆ Your child may want to hear the same story over and over again. After several readings, have your child tell *you* the story!

So, cuddle up together over the next two weeks and read some wonderful books to your child. Stop at the library or book store and get a great storybook, a book about holidays or snow, or one about a topic you know your child will find fascinating. Reading to your child will create lasting memories for both of you and will make a big difference in your child’s development as a reader.

The teachers, staff, and I wish all of our families who are celebrating Christmas next week a joyous holiday. Happy New Year to all!

Warmly,

Lynn Herschlein



TABLE OF CONTENTS

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

| <u>Item</u> | <u>Page #</u> |
|---|---------------|
| Winter Break at the Cold Spring Harbor Library | 3 |
| Book Revue- <u>Mindful Parenting</u> Author Presentation/book signing- January 6 th 7:00 p.m. | 4 |

Kindergarten Registration

If your preschool child will be 5 years old on or before December 1, 2014, s/he is eligible for kindergarten in September 2014. Please contact the District Registrar, **Gloria Albert (631-367-5910)** to ensure that your child's name appears on the District census. Only those families whose child's name appears on the census will receive a registration packet from the Superintendent next month. Registration begins in February.

DATES TO REMEMBER

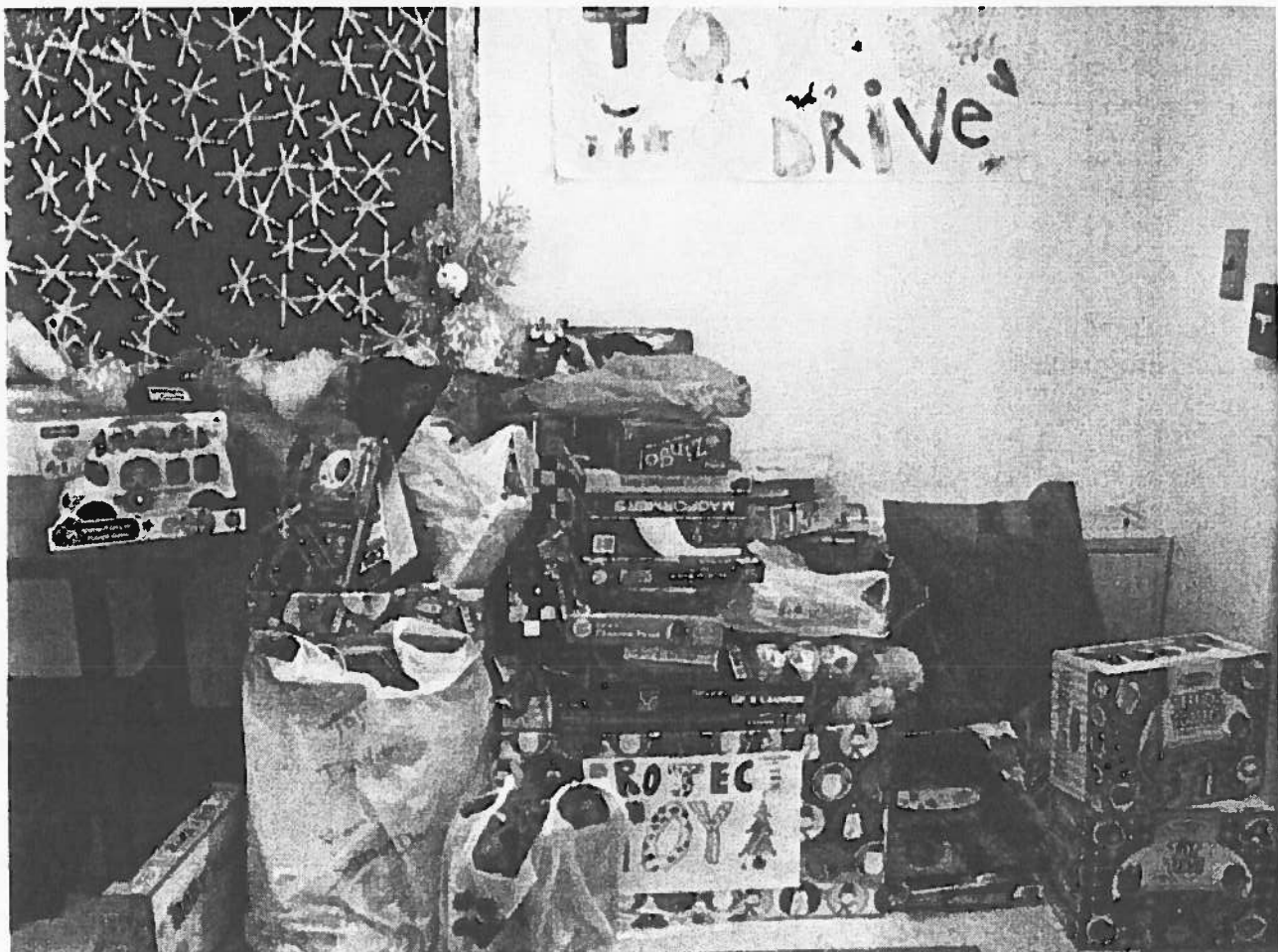
- **January 6th**- School reopens
- **January 8th**- Lunch/Recess Volunteer Meeting 8:15 a.m.
- **January 17th**- noon dismissal for students

NOTES FROM THE GPFA

The GPFA would like to thank everyone for their contributions to the Toy Drive. It was a great success due to your amazing generosity!

We would also like to thank everyone for all their participation this year for Goosehill. From the GPFA meetings and fundraisers, to Picture Day, to the Holiday Baking, to the Toy Drive. The time you have dedicated has been very much appreciated.

Have a happy holiday and wonderful New Year! Here's to a great 2014!



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

Winter Break at the Library

- * **Puzzle-mania** (all ages) Monday, December 23 @ 2:00 pm
- * **Glitter trees** (gr. K-6) Thursday, December 26 from 2:00-4:00 pm
- * **Winter Bingo** (all ages) Friday, December 27 @ 11:00 am
- * **Snack & a Movie** (*Planes*, PG; 92 min) Friday, December 27 @ 2:00 pm
- * **Family Macaroni Snowflakes** Saturday, December 28 from 2:00-4:00
- * **Flowerpot Snowmen** (gr. K-6) Monday, December 30 @ 3:00 pm

**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

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*

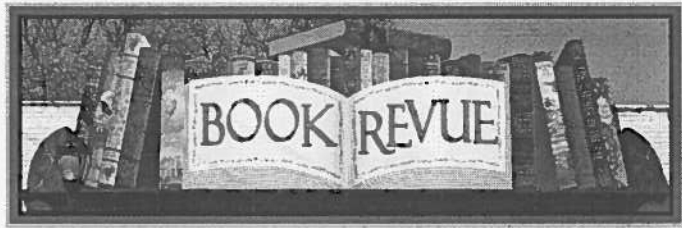
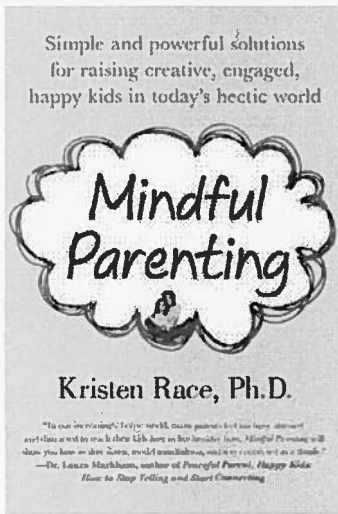
New Fitness Sessions Starting in January

We're here to help you keep your New Year's Resolutions!

- NEW! Evening Session of Total Body Conditioning, Mondays at 6pm, starting January 13!**
- Pilates, Mondays at 7pm, starting January 13
- Yoga, Wednesdays at 10:15am, starting January 15
- Total Body Conditioning, Thursdays at 10am, starting January 16

Register at the Information Services Desk with a check for \$100 (Pilates) or \$70 (all other classes) made payable to the CSH Library. All classes meet 10 times.

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



Presents

Kristen Race

Speaking and signing her book
Mindful Parenting

Monday, January 6th, 2014 at 7PM

A mindful approach to parenting that helps children (and their parents) feel happier, healthier, calmer, and less stressed in our frenetic era

Rooted in the science of the brain, and integrating cognitive neuroscience and child development, *Mindful Parenting* is a unique program that speaks directly to today's busy families who make up what Dr. Race calls "Generation Stress." Research has shown that mindfulness practices stimulate the prefrontal cortex of the brain. Regular stimulation of this part of the brain helps us feel happier, healthier, calmer, less anxious, less stressed, and makes it easier for us to concentrate and think clearly—the very behavior we are hoping our children will display.

Dr. Race provides:

An explanation of the way the brain works and why parents and kids today are more stressed, anxious, and angry than ever before.

Practical solutions to the problem: Things parents can do to change brain patterns and create a more relaxed and happier home.

"Brain Coolers": Quick tips that can be used in the moment to help families relax, recharge, and create happiness (such as "The Three Breath Hug")

Mindful Parenting understands the realities of raising a family in our fast paced and often-frenetic world and provides hundreds of easy-to-implement solutions, both for parents and their children, to help them manage stress, create peace, and live happier lives.

**All books signed at Book Revue events MUST be purchased at Book Revue.
If you purchase the book at Book Revue prior to the event, please save your receipt.**

Book Revue

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