

Goosehill Primary School

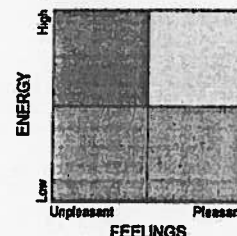
Weekly Notes-April 1, 2016



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: Recognize, Understand, Label, Express, and Regulate their emotions using a variety of "tools," including the Mood Meter and Metamoment Strategy.

The Mood Meter is a tool we use to help children recognize the emotions they feel. You received a refrigerator magnet of the Mood Meter from the GPFA in the fall. (If you need a replacement, please let me know!) Emotions are represented as colors-red, yellow, blue, and green and are located in quadrants formed by the ranges of feelings (pleasant – unpleasant) and energy levels (high- low) we all feel at different times. Helping children identify what they are feeling in the simplest way (using colors) is the first step toward building self-awareness and the ability to regulate one's emotions.



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 person can respond in a way that is helpful to everyone involved. ("make a helpful choice") A metamoment gives your brain time to think so you can "be your best self."

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.

A group of parents and I recently read the book No Drama Discipline- the Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind. While one goal of the book was to share ways to "*get children to cooperate and do the right thing*," we found it very interesting to explore the second, more long-term goal: "*to teach children in ways that develop skills and the capacity to resiliently handle challenging situations, frustrations, and emotional storms that might make them lose control.*" I recommend the book to all parents. It is perfectly aligned with the goals of the RULER approach and all we do in school to support our students' social-emotional development.

The research on the topic is clear: When children learn self-regulation strategies in the primary years, they are more able to build positive relationships, manage stress, and learn at high levels in the future.

We will be reading a new book this month: How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success. Our discussion will be on Wednesday, April 20th at 10:00. We hope to have as many parents as possible read the book and participate in another terrific discussion. Please join us!

Warm regards,

Lynn Herschlein

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Thank you, Mrs. Ranaldo!

The kindergarten students had a terrific time at the dance last night! They enjoyed following Mrs. Ranaldo's lead along with their friends and families. Thank you to Mrs. Weiss for all her hard work in making the dance such a success!

Class Placement for Next Year

Please be sure you have read my letter to parents regarding the placement process (sent home last week in your child's backpack). I will be reviewing and discussing the placement process at next week's GPFA meeting. Letters will be accepted until April 15th.

Earth Month Art Project

During the week of April 11th, Mrs. Johnson will be working with all classes on the creation of an Earth Day Mural for our school. It will be created with re-used items only. Please help us by contributing items that are light enough to be glued onto paper to hang on the wall. Ideas include: bottle caps, cupcake cups, old buttons, applesauce plastic cups, old ribbons, used wrapping paper, plastic grocery bags, etc...

DATES TO REMEMBER

April 6th- GPFA Meeting 9:30 a.m.

April 7th- First Grade Dance 6:00 p.m.

April 22nd-29th- Spring Recess



Half Day of School- Noon Dismissal

❖ **THURSDAY, April 21st** Professional development for all elementary staff.

GPFA UPDATES

Dances- Thanks to all kindergarten families who came out last night to enjoy a night of dancing and fun! The kids had a great time. Special thanks to Kim Weiss for organizing the event and all of the volunteers who helped out. Very special thanks to Mrs. Ranaldo for her awesome dance moves and endless energy! The first grade dance will be held next week on **Thursday, April 7th from 6-7pm**. All first grade students and their families are invited to attend. Students can wear comfortable clothing or be dressed to impress - whatever works! Siblings welcome, \$10 per family.

GPFA Meeting- The next GPFA meeting is coming up NEXT WEEK on **Wednesday, April 6th at 9:30am**. Mrs. Herschlein will be giving an overview of the placement process. Hope to see you there!

Box Tops- Just a friendly reminder to check your pantries and cupboards for products with Box Tops...simply clip them and send them in through your child's folder. Thanks for your continued support!

Literary Luncheon- Don't Miss this Exciting Event! RSVP Deadline Extended through the weekend! Please join us on Wednesday, April 6th from 11am-2 pm as we welcome Laura Schroff, a Huntington native, as this year's speaker at the CFA Literary Luncheon. Laura is the author of the New York Times bestseller, 'An Invisible Thread'. Since the book's launch, Laura has been dedicated to sharing her heartwarming story on the power of small acts of kindness and has spoken at over 100 events. Please see the email sent out through the district office earlier this week for more information and registration instructions.

Cold Spring Harbor Central School District
SHARED-DECISION MAKING
SCHOOL IMPROVEMENT TEAM • SELF NOMINATION FORM

We are in the process of putting together our School Improvement Teams (SIT) for the 2016-2017 school year. The purpose of SIT is to improve the educational performance of all students in the schools through the collaborative participation of team members in the decision-making process.

Each school's team consists of teachers, administrators and parents. One of our parent representatives from each school must be a parent of a special education student. Each team is required to meet at least once a month from September to June, and to the extent possible, the meetings will be scheduled at the end of a regular school day. One parent per household, per school enrolled is eligible for nomination. **If you are currently sitting as a member of SIT, it is necessary to resubmit your name.** The term of office is for one year, not to exceed a three-year term.

If you will be able to commit to these meetings, and have the desire to participate in this very important and innovative process, please complete the form below.

1. **NAME:** _____ **Email:** _____

2. **Please indicate the school you wish to represent:**

NOTE: Your child must attend this school as of **September 2016**.

_____ Goosehill Primary School (4 Representatives)

_____ Lloyd Harbor (4 Representatives)

_____ West Side (4 Representatives)

_____ Cold Spring Harbor Jr/Sr High School (6 Representatives)

3. **___ I would like to serve as a parent of a student with special needs.**

(One representative per school.) Your child must have an individualized educational plan.

4. **Indicate the grade(s) your child(ren) will enter the fall of 2016:**

_____ grade(s)

Please write a brief sentence or two as to why you would like to serve as a SIT parent member. If you have any questions about the SIT committee, contact your building principal.

Please return this form to the District Office to the attention of the CPC Chairperson, no later than April 15th.

Cold Spring Harbor Central School District
The Francis Roberts Community Center
75 Goose Hill Road
Cold Spring Harbor, NY 11724
Attn: CPC Chairperson

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

**** PLEASE POST ****

Please be advised that a special meeting of the Board of Education will take place on April 1, 2016, at 7:00 p.m. at the Francis Roberts Community Center. The Board of Education may consider a motion to adjourn to Executive Session to discuss legal and personnel matters appropriate for Executive Session.


William Bernhard, District Clerk

For Kids & Teens! Programs from Cold Spring Harbor Library's Youth Services Department. Registration Required!

SAVE the DATE
Tuesday, April 5th Library Vote Day!

Cupcake Decorating

Have fun decorating a cupcake for the library's annual budget vote day.

Gizmo Guys

4:30-5:30 pm

For Children of all ages and their Families
Much more than a comedy juggling act, the Gizmo Guys use world class juggling skills presented in original routines that will amuse and amaze you! Registration required

Maker Monday:

Tinker Time

For Children in grades 3-5
Monday March 28 @ 4:30 pm
Calling all Engineers! Tinker with one-of-a-kind swappable circuits to build connections and make simple machines!

Top Ten Mistakes Students Make on their College Application Essays

Wednesday, March 30 @ 7:00 pm

For teens and their parents. Don't wait until the fall of senior year to discover in the midst of a hectic schedule how vital these essays are and how difficult the process can be. Let presenter Randy Levin help you to discover the purpose of the essay, learn what admission officers are looking for, and recognize errors ahead of time to avoid wasting valuable time. Registration required.

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

Programs and Services from the Information Services Department

SIGNATURE EVENTS

Cold Spring Harbor Library
Chef Peter Berley Demonstration:
Apostle's Fingers
Thursday, April 7 at 7 pm



Described as "the tastiest dessert you never heard of," Apostles Fingers are lemon- and ricotta-filled crepes. Peter Berley, a James Beard Award-winning chef and author, will demonstrate how to create this delicious Italian dessert.

Advance registration required. Limited to 50.



95 Harbor Road, Cold Spring Harbor, NY 11724
631.692.6820 www.cshlibrary.org CSH Mobile APP

Peter Berley Cooking Demonstration:

Apostle's Fingers Crepes

Thursday, April 7 at 7pm



Chef Peter Berley will demonstrate how to prepare Apostle's Fingers, homemade buttermilk ricotta-filled crepes with lemon syrup. Cookbook sale and signing follows.

This program is free and open to all adults and teens.

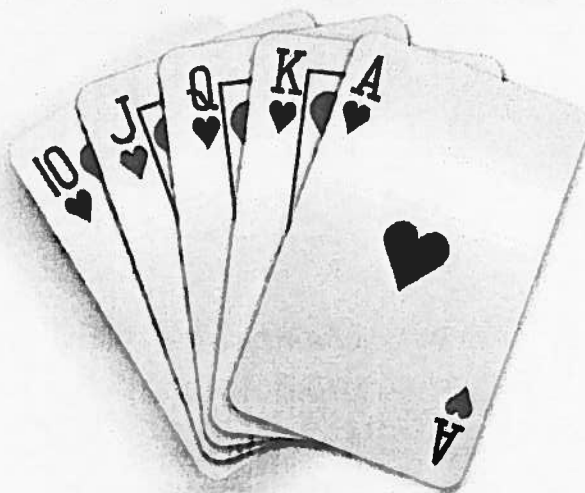
Limited to 50 attendees. Advance registration required.

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

Seahawks Athletics Booster Club **FUNDRAISER**



**Saturday, April 9, 2016
7-11pm at The Huntington Country Club**



**order tickets at
cshathletics.com**

Proceeds from the event support our student athletes!

Recent contributions include: Varsity Turf Safety Nets • Field Hockey Goals
Batting Cages • Program Development Clinics for Girls JV Golf & Basketball
Path to Seahawk Field • New Community Message Board • Tennis Court Wind Screens
Trainers & AD Golf Carts • Automatic Electronic Defibrillators • Equipment for Weight Room

The Seahawks Athletics Booster Club Inc. is a 501(c)(3) organization. All donations are tax deductible; please consult your tax professional.
SABC Federal Tax ID #48-4088708

WHAT IS DEKHOCKEY? NO SKATES!

It's like street hockey -- but without the traffic!
Dekhockey is a running game similar to ice hockey,
played on a large rink with a low-impact plastic
surface. **NO BODY CHECKING ALLOWED.**

Ten-game season and team shirt for only \$150
Schedules and player stats on nsdekhockey.com
Hour-long games - Sat or Sun. (w/ occasional Fri)
Sat/Sun start times from 9 am-5 pm
Season runs late April/early May thru late June

Required equipment: Leg pads, elbow pads, gloves and hockey helmet with cage or a full shield

Discounted equipment packages available for \$150 if preordered

Registration for ages 5-7, 8-10 & 11-13 now through Sunday, April 10



A not-for-profit organization

PAL KIDS DEKHOCKEY LEAGUES

AT



115 Sherwood Avenue

Farmingdale, NY 11735

(1 mile south of Adventureland off Route 110)

Leagues also available for 14-17, Adult Men and Women!

REGISTER TODAY!



(631)249-4412 or online at www.nsdekhockey.com

DEKHOCKEY REGISTRATION

Child's name : _____ D.O.B. _____ Age ____ Goaltender? Only / Never /Want to try

Address: _____ Telephone# ()

E-mail: _____ Emergency contact/telephone#: _____ / ()

I/we, the parent(s) of the above named child, hereby give my/our consent for participation in the above activity and do claim that he/she is in perfect physical condition to participate in said activity. Furthermore, I/we, the parent(s) of the above named candidate for a position on a league team hereby give my/our approval to his/her participation in all league activities during the current season. I/we, assume all risks and hazards incidental to such participation including transportation to and from the activities; and I/we do hereby waive, release, absolve, indemnify and agree to hold harmless the Police Athletic League, Inc., associated organizations, the organizers, sponsors, supervisors, participants and persons transporting my/our child to or from activities, for any claim arising out of an injury to my/our child, except to the extent and in the amount covered by accident liability insurance.

The Suffolk County Police Athletic League has adopted a zero tolerance policy for violence. This includes physical acts of violence, threats of violence or threatening behavior. A violation committed by any participant (player, coach, referee) parent or fan, will result in immediate expulsion from the League and a fine to the organization to which he/she belongs.

Parent(s)/Guardian Signature: _____ Date: _____

Suffolk County PAL is a not-for-profit organization. This notice is distributed to students solely as a community service by the school district. Such distribution should not be considered an endorsement or approval by the district of either the sponsor or the activity.

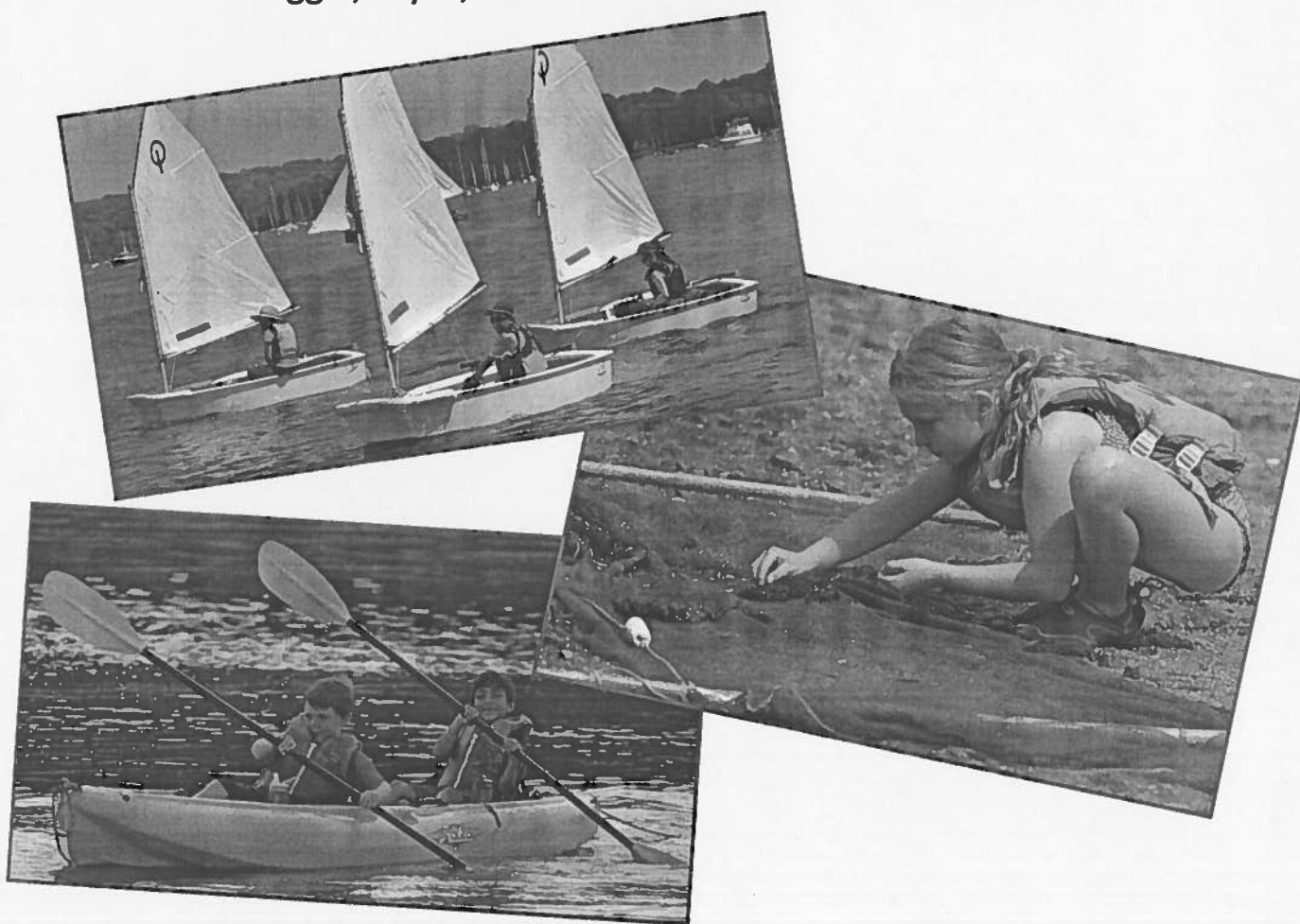
www.nsdekhockey.com  **631-249-4412**

**The
WaterFront
Center**

Junior Summer!

Open House: April 9th & May 7th from 1pm to 3pm

The WaterFront Center offers full day and half day Junior Summer Programs for children in grades 1st through 12th. Sail, race, sniggle, kayak, and have fun at The WFC this summer!



This notice is distributed as a community service by the school district. Such distribution should not be considered to be an endorsement or approval by the district of either the sponsor or the activity. Programs not affiliated or endorsed by the Oyster Bay - East Norwich CSD

The WaterFront Center is a Not-For-Profit 501(c)3 Organization Fed Tax Id #11-3539597

516-922-7245 * www.thewaterfrontcenter.org