



EASTSIDE NEWS

A monthly newsletter for Eastside parents

Eastside Elementary
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www.constps.org

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January 2009



School-Home Connection

This month, Trooper Hector will be visiting the first and second grade classrooms reviewing safety rules and 'stranger danger' with our students. He was here in December as well for our Young Fives and Kindergarten students reviewing the same topics. The students really enjoy Trooper Hector's visits; it is encouraged that you ask your children what they learned from his presentation and practice his rules at home.

Thank you to all the families who helped with food donations for our Thanksgiving and Christmas holidays. We helped a total of sixteen families in our district for both holidays and this could not have been done without your help.

In March, we will be having our third annual Career Day here at Eastside. If you have an interesting career that you are willing to come present to our students about, please contact Mrs. French at 269-435-8960 or at Lfrench@constps.org. More information to follow.

Hope you all enjoy the start of the New Year!

Lindsay French

RECORDS UPDATE

Please make sure to keep the office informed of any changes in address, phone, emergency contacts and living arrangements so that we can best meet the needs of your student.

Call or email Alicia (ageisler@constps.org) or Mindy (mhulse@constps.org) at (269) 435-8960



MICHIGAN WEATHER

BRRRRRR!!!

As the Michigan weather is ever changing, please make every effort to send you child to school dressed in appropriate outdoor apparel. Your child will be sent outside at recess and possibly during gym. Coat, hat, scarves, boots, snow pants, and mittens are important during this time of year...especially after Mother Nature's teasing warm-up during Christmas vacation.



School of Choice

Deadline: January 23, 2009 by 12:00 p.m.

Please contact the Eastside office at (269) 435-8960 or the Business office at (269) 435-8900 to get a form, if you live out of the district.

MARKET DAY

PTA would like to thank those who purchased Market day items or assisted with delivery in December. The more items purchased, the more \$\$ our school will earn!

Check out www.marketday.com

January

- 7 Market Day Pick Up (5:00-6:00 p)
- 7 PTA Mtg-6:00 pm (Child care & snacks provided)
- 12 0-5 Playgroup-ES 10:00-11:15 am
- 12 Board Mtg-7:00 p
- 16 Bible Release
- 16 Progress reports
- 19 MLK Day - No School; staff prof development
- 20-23 P-T Conferences
- 26 0-5 Playgroup-ES 10:00-11:15 am
- 26 St. Judes Kick Off Assembly (1st/2nd)
- 28 2nd Gr. Field Trip
- 30 PTA Family Movie Night
- 31 FREE Parenting Fair in Sturgis



February

- 4 Market Day Pick Up (5:00-6:00 p)
- 4 PTA Mtg-6:00 pm (Child care & snacks provided)
- 9 0-5 Playgroup-ES 10:00-11:15 am
- 9 Board Mtg-7:00 p @ Eastside
- 11 Y5s Field Trip
- 13-16 Mid-Winter Break/President's Day weekend - NO SCHOOL!
- 14 Valentine's Day
- 29 Half day of school (dismiss @ 11:30 a.m.); Teacher's Records in p.m.
- 19 2nd Grade Music Program-7:00 p
- 20 Bible Release
- 23 0-5 Playgroup-ES 10:00-11:15 am
- 24 Penny Day
- 27 Wacky Hair Day



March

READING MONTH

- 4 Market Day Pick Up (5:00-6:00 p)
- 4 PTA Mtg-6:00 pm (Child care & snacks provided)
- 6 End of 2nd Trimester - ½ day of school; dismissal at 11:15 am
- 9 0-5 Playgroup-ES 10:00-11:15 am
- 13 Pajama Day
- 16 Board Mtg-7:00 p @ CHS
- 17 St. Patrick's Day
- 18 Spring Pictures
- 20 Career Day
- 20 Bible Release
- 23 0-5 Playgroup-ES 10:00-11:15 am
- 26 Kindergarten Roundup



Spring Break
April 6-10, 2009
NO SCHOOL THIS WEEK!



Kiwanis Parenting Fair

Saturday, January 31, 2009

Sturgis Middle School

1400 E. Lafayette

Sturgis, MI 49091

A day designed to explore some parenting concerns through two keynote presentations, mini-session choices and browsing the exhibits.

The Kiwanis Parenting Fair is totally FREE even lunch!

Spend all or part of the day sharpening your parenting skills.

2009 Schedule of Events

8:15-8:45	Registration & Exhibits
8:45-10:00	Keynote: Su Porter: Teaching Children Self Control
10:00-10:30	Break & Exhibits
10:30-11:30	AM Mini-Sessions (<u>Select 1 of 11 sessions</u>)
11:30-12:45	Lunch & Exhibits
12:45-1:45	PM Mini-Sessions (<u>Select 1 of 11 sessions</u>)
1:50-3:00	Keynote: Su Porter

Tips to Reduce Stress and Stay Sane Around Your Kids!

Registration begins January 7, 2009

Su will be presenting two keynotes. The morning keynote is “**Teaching Children Self Control**”. She will be addressing how children can really push our buttons. We want them to know how to make good decisions when we aren't there to guide them. Using humor, energy, lots of real life stories and examples of what to do, Su Porter gives ideas to help teach children self-control. It's a skill that can keep them safe. It's like the 911 for life's challenges. And it's a real tribute to you as a parent, when they can make good choices because you taught them how to do that.

The afternoon keynote is entitled “**Tips to Reduce Stress and Stay Sane around Your Children**”. Su will share advice to do just that. She'll talk about why children act the way they do and how to cope. Learn how to stay calm and not take a child's anger and rebellion personally, how to communicate in a way that can be heard and know that play is a powerful tool for both brain growth and happiness. Taking care of you is just as important as taking care of them. Come, laugh, be inspired and affirmed that you are also doing the right things raising children.

To register and for more information, go to:

<http://www.sturgisps.org/145310105132438137/blank/browse.asp?A=383&BMDRN=2000&BCOB=0&C=57264>

School Closing & Delays



In the event of inclement weather/emergency school closings, please watch Channel 3, 16, 22, or 28, or you may listen to WFRN - 104.7 FM, WLKM - 95.9 FM, WMSH Sturgis – 99.3 FM, WNWN – 98.5 FM, U93 – 92.9 FM, B100 - 100.7 FM, WKFR – 103.3 FM, WRKR - 107.7 FM and WMMQ – 94.9 FM.

NOTICE

Parents & Guardians:

All medications, including cough drops, must be turned into the office and a form filled out regarding whether they are prescribed or over the counter. This is a district policy and ensures the safety of all students, and also makes sure that the student is getting the correct dosage. **NO MEDICATIONS SHOULD BE IN STUDENT LOCKERS OR BACKPACKS.**

Thank you in advance for your cooperation.



Flu Season is Here...Let's Fight Flu & Cold Together!

Just a reminder that if your child has any of the following symptoms, please keep them home from school:

- Fever (more than 100 degrees) accompanied by behavior change and other signs (i.e. child looks and acts sick)
- Rash with a fever or behavior change
- Mouth sores with drooling
- Vomiting more than once in the previous 24 hours
- Diarrhea: Changes from the child's usual stool pattern—increased frequency of stools, looser/watery stools, stool runs out of the diaper or child can't get to the bathroom in time.
- Signs or symptoms of possibly severe illness (e.g., persistent crying, extreme irritability, uncontrolled coughing, difficulty breathing, wheezing, lethargy).

2009-2010

Kindergarten Registration



Children who will be five **on or before December 1, 2009** are eligible for Young Fives or Kindergarten for the 2009-2010 school year. If you have a child who is eligible to enroll, please contact our office at (269) 435-8960. (Parents of students currently in Young Fives do not need to contact the office).

If you have a neighbor or friend who has a child who will be five on or before December 1, 2009, please encourage them to contact our office.

Thank you!

Parent Tips and Checklist

Educators recognize that a child's first teachers - his/her parents or guardians - play a crucial role in learning. Here are some ways you can support your child's success in school.

- Provide your child with basic needs (proper diet, clothing, school supplies).
- Provide a study environment conducive to learning at home.
- Contact your child's teacher(s) and visit your child's school and classroom.
- Meet and talk with other parents and school staff.
- Learn about your school's curriculum and support services.
- Reinforce learning at home, in the community and on vacations
- Notice when your child completes homework and provide encouragement (For example, you can say, "I really like the way you're getting your homework done. That's what I expect from you.").
- Recognize progress. Praise steps taken and efforts made.
- Help your child stay calm and confident on test days, and send him/her to school well rested and having had breakfast (or your child can have breakfast at school).
- Encourage your child to talk to teachers if he/she does not understand an assignment.
- Read and talk about information sent home from school.
- Talk about school every day. When your child knows that you think school is important, he or she will take it more seriously.
- Discuss with your child how learning in school helps in everyday life.
- Teach your child to set goals.
- Be a good example yourself that learning is a lifelong process.
- Have a dictionary available for your child to look up new or unfamiliar words.

When school personnel and parents communicate, they establish a stronger learning environment for the student both at home and at school. Schools contact parents for many reasons, including when their child is experiencing academic or behavioral difficulties, when the teacher wishes to discuss future plans for the child, or when the school is looking for parents to serve as volunteers.

Each parent and teacher has the same goal--to help children love learning and be successful. The following are some tips to help parents when communicating with school.

Recognize the teacher as an important partner in your child's education and future. Make an appointment To visit the school and your child's teacher. Be realistic in your expectations. First, talk to the teacher When there is a problem. Consult with the school principal or his/her designee, if a second opinion is Needed.

From www.ncpublicschools.org/parents/

Happy New Year!

From the staff at Eastside Elementary School