

Centre School – December 2023 - Newsletter
Timothy Lannan, Principal
Jamie Hayward, Assistant Principal

General Information

We are now in the final week of our first marking term and the time is just flying by! Our first trimester will end on December 1st. Report cards will be available to view online (the ALMA on-line portal) on December 11thth (after 4PM). Although parent-teacher conferences have already occurred, please feel free to contact your child's teacher(s) if you have any questions or concerns about the progress your child is making. Thank you for keeping our home-school connection strong.

This is the time of year that our weather usually turns cold, stormy, and sometimes unpredictable. Please be sure that the school has your most current emergency contact numbers on your child's emergency card. Revisions can be made by calling the school office and speaking to either Mrs. Liebenow or Mrs. Larck. As a general rule, we go outside to play every day unless the cold or wind chill factor makes it uncomfortable for children to be outside. Please remind your child to wear hats, mittens or gloves, a warm coat, and boots (labeled with the student's name please!), if it is wet or snowy. Occasionally, accidents happen so **please be sure** to provide an extra pair of sweatpants, underwear, and socks in your child's backpack. If your family needs assistance with warm clothing, food, or a family crisis issue, you are always welcome to contact our Outreach Worker, Emily Fixler (efixler@sau90.org).

December is always a busy month for schools and families. We appreciate your support and partnership in helping to make each day a special day of learning for your child. Reading as a family each evening and helping students with their math facts make a huge difference in a student's academic growth and love of learning.

What is RTI?

RTI or Response to Intervention is a model used throughout the country and here at Centre School where children who might benefit from additional support are identified early so that this support might be quickly provided. Initially, all children are provided with high quality, scientifically based instruction within their classroom, provided by the classroom teacher. Struggling learners are identified and support is provided by a variety of professionals within the school community including: regular and special education teachers, interventionists, specialists and therapists (occupational, physical and speech therapists, school psychologists, school counselors etc.). Support is typically provided in a tiered model where the intensity of intervention increases in proportion to the child's level of need. Intervention is scientifically based and the child's progress is closely monitored so that the efficacy of intervention is constantly assessed and amended to meet the needs of each child. If a child demonstrates significant need and is not progressing as expected within the RTI model, parents are notified and a referral to special education may be made. When this occurs, a decision to conduct a complete evaluation might be made at which time specific deficits and intervention techniques are identified and implemented. A critical component to the RTI process is parent involvement and support. You are the expert when it comes to knowing your child and we are committed to using your knowledge of your child's unique skills and challenges to work with us to best meet his or her needs.

School Counselor News

The holidays can bring many changes to routines resulting in children having a hard time coping with the stress of these changes. Here are some strategies that can help your child manage stress:

- Name the emotions kids are feeling - How are you feeling (name the feeling word), where in your body do you feel it and what do you think caused it?
- Practice calming techniques - Deep breaths, counting, movement (dancing, running, jumping), playing a game, relaxing in a quiet space, reading, coloring, and listening to music. You can make a list with your child of some of the things they would like to do when they need to calm down
- Work together to come up with a solution - If your child is having trouble with solutions, offer a few choices and have your child pick which one to try
- Make sleep a priority - Children should be getting 10-13 hours of sleep per night
- Make time for play - Play decreases stress and increases happiness
- Prepare kids how to deal with mistakes - Mistakes are inevitable, encourage your child to learn from them

It is okay for your child to feel bad, mad or irritated at times. It is important that they can use coping strategies to help turn their mood around and move on. Be sure to praise your child for a job well done and talk with them about which coping strategies worked best to calm them down.

Book suggestions:

The Way I Feel by Janan Cain

Today I Feel Silly & Other Moods That Make My Day by Jamie Lee Curtis

In My Heart: The Book of Feelings by Jo Witek

The Color Monster by Anna Llenas

B Is for Breathe: The ABCs of Coping with Fussy and Frustrating Feelings by: Dr. Melissa Munro Boyd

Warm wishes for a wonderful holiday,
Samantha Connell, School Counselor

Math News

It's December and the holidays are upon us. Here is an idea you can try to weave a little extra math into your child's December days- create your own math advent calendar! Suggested directions: 1. Get some small paper bags like [these](#).

2. Have your child decorate the front of 31- one for each day in December. Make sure they include the number for each date. (or you can count down to your family's celebrated winter holiday).

3. Write a math problem on a slip of paper and put one in each bag. You can include questions about basic math facts, shapes, coin values, story problems, counting etc....have fun with it!)

4. Display the bags in order on a clothesline or affixed to a posterboard.

5. Let the countdown begin! Each day, have your child take out the paper and solve the math problem.

Please have fun and send a picture to mdunham@sau90.org if you give this fun activity a try!

Reading News

It's hard to believe that the holiday season is here! With that said, don't forget that books and board games can make excellent gifts! Scholastic lists their top 2023 books for kids [here](#). Thriftbooks also has a book gift guide as well, which you can find [here](#). We Are Teachers released a list of 39 board games for elementary school kids [here](#). Wishing you all a wonderful holiday season filled with time together with your family and hopefully some good books, too!

Information & Ideas:

[How to Get a Library Card](#)

[Lane Library Children's Catalog](#)

Book Share/Swap Days:

Preschool & Kindergarten: November 29, 2023

Grade 1: December 5, 2023

Grade 2: December 13, 2023

IMPORTANT DATES/INFORMATION

Please refer to the following list of dates and upcoming events. Especially notice that **December 23 through January 1** are **NO SCHOOL DAYS FOR STUDENTS**. Children return to school on **Tuesday, January 2**. This newsletter is sent electronically to parents/guardians at the end of each month. It is also published on the school's website.

Upcoming Events:

- Dec. 1 - 1st Trimester Grades Close
- Dec. 2 - Hampton Christmas Parade 1:00 PM
- Dec. 6 - Gr. 1 Concert at H. Academy Auditorium 6:00 PM
- Dec. 11 - Report Cards available for viewing online through Alma
- Dec. 12 - Hampton School Board 6:00 PM
- Dec. 22 - Early Release Day 12:00 dismissal
- Dec. 23 - January 1 – NO SCHOOL – Vacation Week (school resumes Tuesday, Jan. 2)