



PULASKI ROAD ELEMENTARY SCHOOL
Fall Newsletter
 October 2017



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Dates to Remember

October

- 23 K Field Trip
- 25 Gr 1 Field Trip
- 26 Bd of Ed Mtg WJB
- 31 Halloween Parade 1:30 PM

November

- 5 Daylight Savings Time Ends
- 6-9 Food & Clothing Drive
- 7 SCHOOLS CLOSED for Students –ELECTION DAY
- 8 PTA Meeting 7:30 PM
- 10 SCHOOLS CLOSED for Veteran's Day (Observed)
- 11 Veteran's Day
- 13-17 Coat Drive
- 15– ENL Thanksgiving Feast
- 17— Picture Re-Take Day
- 21—Thanksgiving Pie Pick Up
- 22 P/T Conferences
- 23-24 SCHOOLS CLOSED— Thanksgiving Recess
- 28—Cinderella Kids: In School Performance—9:30 am Evening Performance -7 pm for families
- 29—P/T Evening Conferences
- 30—P/T Conferences

December

- 5— P/T Conferences
- 7-8 Holiday Boutique
- 14— Bd of Ed Mtg. WJB
- 25-29 SCHOOLS CLOSED— Holiday Recess

Early Dismissal Days:

Nov. 22—10:45 AM

Nov. 30—11:55 AM

Dec. 5—11:55 AM



Principal's Corner by Jeff Haubrich

Dear Pulaski Parents,

The Power of Expectations

It makes a great deal of difference in the life of a person, whether the world expects much or little of that person.

-Booker T. Washington

Each day at Pulaski we ask a great deal of our students. We expect that they will work hard to complete rigorous academic tasks. We demand that they show respect to their peers. We require that they put forth their best effort in order to reach their potential. We not only demand these things of our students but also let them know that we believe they can meet our expectations. We are consistently impressed by our students' achievements, and make an effort to celebrate every success.

Of course, students also encounter many bumps in the road on the way to reaching their potential. Sometimes, students' own actions slow them down, and sometimes the behaviors of others get in the way. Either way, we need to help children to focus on the skills and characteristics necessary to overcome difficulties rather than dwelling on the obstacles in the path.

Below are some of the strategies that we work to implement consistently during the school day, and we invite you to reinforce them at home:

Let children know what you expect. Do not assume that your child knows what you want. Be clear and direct in stating your expectations. Also, re-check with him. Have him repeat the instructions and then explain

what he perceives them to mean. Children can only meet our expectations if they know for sure what those expectations are.

Have positive expectations - The way adults talk to children can influence their behavior. Negative statements such as "I can never count on you to get things done," "You'll never learn," "You were going to forget to set the table weren't you?" or "Why can't you ever listen?" shows children that we doubt their abilities. Such statements can actually cause children to keep up the undesirable behavior. They may think, "If my father says I'll never get it right, he must know what he's talking about." Now the child has a perfect excuse not to try to do better. In this way he will come to accept and live up to negative image that adults seem to have. When adults use encouraging phrases, they show confidence that children can live up to positive expectations: "It would be helpful if you put your toys away." "It's time to return the books to the library." "I have confidence that you'll get along with your classmates today."

PARENT/TEACHER CONFERENCE INFORMATION

FALL 2017

FOR ALL GRADES

Wednesday, Nov. 22, 2017: 10:45 am dismissal (no lunch served)

Wednesday, Nov. 29, 2017: Evening Conferences 6—8 pm

Thursday, Nov. 30, 2017: 11:55 am dismissal (lunch served)

Tuesday, Dec. 5, 2017: 11:55 am dismissal (lunch served)



Counselor's Corner

By James Durand

Welcome back! We are all so excited to see your kids learning and growing here at Pulaski. Teachers and staff here continue to set the bar high for our students. It always amazes me how much growth I see in our students from September to June. I wanted to highlight growth in my first newsletter as it is often predicated on expectations. The expectations teachers have for students are so critical to growth. The message teachers at Pulaski convey to our students is "you can do this" and "It may be difficult but you'll get there". Parents and teachers foster a growth mindset can really make an impact on learning. Having expectations for growth is also tied to Self-esteem. Just as important is the self-esteem of our students. The synergy of a growth mindset that at its core sends a message that you're capable and a child's self-esteem that allows for healthy risk taking is important to social-emotional and academic growth. Below you will find some ideas that can help foster a healthy self-esteem in your child. Remember, a healthy self-esteem is like a child's armor against the challenges of the world. Kids who know their strengths and weaknesses and feel good about themselves seem to have an easier time handling conflicts and resisting negative pressures. They tend to smile more readily and enjoy life. These kids are realistic and generally optimistic.

What Is Self-Esteem?

Self-esteem is similar to self-worth (how much a person values himself or herself). This can change from day to day or from year to year, but overall self-esteem tends to develop from infancy and keep going until we are adults. Self-esteem also can be defined as feeling capable while also feeling loved. A child who is happy with an achievement but does not feel loved may eventually experience low self-esteem. Likewise, a child who feels loved but is hesitant about his or her own abilities can also develop low self-esteem. Healthy self-esteem comes when a good balance is maintained. Here are some thoughts to help promote a positive self-esteem.

Understanding Winning & Losing: Winning is great but winning without merit can actually lower self-esteem. Kids usually know when the person they are playing isn't trying their best. If they always win they may lose the opportunity to develop emotional resiliency. Set them up for success by letting them know they will win and lose but it's the effort that you're most impressed with.

Don't emphasize the grade but praise effort: Let's face it we are in a world that quantifies just about everything. If your child overly grade conscience it can be self-defeating. Rather than focusing on the grade, focus on effort and study habits. As a parent I have always found that emphasizing my daughter's effort has actually taken pressure off of the test taking experience. Ironically she seems to do better academically because she feels less internal and external pressure. She has internalized that her ability to make her parents happy doesn't hinge on a number.

Reinforce the positives on a 4:1 ratio: We all need to guide our kids and correct them. However, when we find authentic opportunities to praise them, we shape the behavior we want to see. Look for opportunities to praise their thinking too. When they make those good choices try to elicit the thinking that went along with it. Praise that clear healthy thinking that leads to good choices and high self-esteem. Praise coupled with great modeling from family and friends often results in healthier kids.

I hope that this is thought provoking and will help shape a healthy environment where our kids can feel free to take risks and try new things without the fear of being wrong.

50 Ways To Praise A Child

Wow - Way to go - Super - You're special - Outstanding - Excellent - Great - Good - Neat - Well done - Remarkable - I knew you could do it - I'm proud of you - Fantastic - Super star - Nice work - Looking good - You're on top of it - Beautiful - Now you're flying - You're catching on - Now you've got it - You're incredible - Bravo - You're fantastic - Hooray for you - You're on target - You're on your way - How nice - How smart - Good job - That's incredible - Hot dog - Dynamite - You're beautiful - You're unique - Nothing can stop you now - Good for you - I like you - You're a winner - Remarkable job - Beautiful work - Spectacular - You're spectacular - You're darling - You're precious - Great discovery - You've discovered the secret - You figured it out - Fantastic job

Physical Education Newsletter

Mrs. Scollan and Mr. Colucci

School is now in full swing and so is our Physical Education classes. In grades K-2 students have been working on their locomotor skills such as skipping, hopping, sliding, galloping and jogging. Ask your child to show you all of these different skills.

Students in grades 3-5 have been participating in a soccer unit. With several weeks of soccer skills behind them they are now in tournament play. Team captains have been chosen and games are underway. Ask your child how there team is doing.

Every month we choose a class to display The “Golden Sneaker Trophy Award” in their classrooms. Sportsmanship is the focus of this award. Sportsmanship includes, fair play, playing by the rules, teamwork, and learning to accept and tolerate differences. These skills are important in the classroom, on the playground and in your home. Congratulations to Mrs. Conn and Mrs. Zagaro’s class on this award. Keep up the great work!





The Muscle(s) of the month:

Hamstring and Quadricep Muscles

Ask your child to show them where they are located on the body and a stretch that goes with it.

We have been thoroughly enjoying having your students in class. Physical activity is important in everyday life so encourage your child to be physically active.

Have a safe and active October!

Mrs. Scollan and Mr. Colucci

Nutrition Nuggets

Food and Fitness for a Healthy Child

October 2017



Mark Dantuono, Director of Physical Education

BEST BITES

Mason jar omelet

Here's a fun breakfast to make with your youngster. Crack 2 eggs into a Mason jar. Add chopped veggies like bell pepper and tomatoes, plus 1 tsp. shredded cheese. Screw the lid on tightly, and let him shake it well. Remove the lid. Microwave 2–3 minutes until eggs are set. Cool, and enjoy. *Note:* You can also make this in a mug. Whisk the mixture instead of shaking.

Burpees for kids

Show your child how to do burpees, a great cardio exercise with a silly name.



Stand up straight, then squat down and place your hands palms-down in front of your feet. Kick back and do a push-up. Jump your feet back toward your hands and leap up. How many burpees can she do?

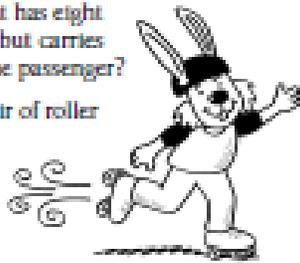
DID YOU KNOW?

Quinoa (pronounced "keen-wah") is prepared like a grain, but it's actually a seed from the same plant family as spinach and beets. It packs a whopping 8 grams of protein and 3 grams of fiber in each 1 cup serving! Consider tossing cooked quinoa into your youngster's favorite soup, casserole, or salad for a healthy (and tasty) twist.

Just for fun

Q: What has eight wheels but carries only one passenger?

A: A pair of roller skates.



Encourage active time

Want to get your child away from video games, television, or computers? Try these tips for helping her spend less time in front of screens and more time being active.



Involve everyone

At breakfast, have family members talk about how they'll get exercise that day. You might mention a lunchtime walk you've planned with coworkers, and your youngster could explain a game she's going to play at recess. *Tip:* Let your child see you being active. When you put away your laptop and announce you're going for a run, you're setting a great example.

Set ground rules

Come up with rules that encourage physical activity and limit electronics. For example, you might require your youngster to do at least 60 minutes of physical activity before playing video games—and limit video game time to 30 minutes a day. Your child could write the rules on signs to post around the house, perhaps on the

Screen-free alternatives

Let your youngster plan activities that don't involve sitting in front of a screen. She might:

- create a workout routine that you can record for your family to follow along with later.
- map out new routes through your neighborhood for family bike rides.
- organize a neighborhood kickball or softball game.

front door or by the TV. Encourage her to use clever wording ("Turn me off. I need a break!") and illustrations (a drawing of a tired TV). ●

A puzzle full of nutrition

Help your youngster "puzzle" out what a balanced meal looks like with this food-group activity.

First, talk about what makes up a healthy meal.

Tip: Show him the MyPlate guide at choosemyplate.gov/myplate. He'll see that his plate should include about a

quarter each of vegetables, fruits, grains, and protein. On a paper plate or a circle cut from construction paper, he could use crayons to draw a balanced meal. Maybe he'll include chicken, brown rice, green beans, and oranges.

Have your child cut the plate into puzzle pieces, and see if you can put his puzzle back together. Then, create more healthy food puzzles for each other to assemble. ●



Healthier fast food

When your family's busy schedule leaves you eating on the fly, use these strategies to keep everyone's nutrition on track.

Know the facts

Teach your youngster to spot healthier menu items. Words and phrases to look for include grilled, thin-crust, baked, and roasted. On the other hand, he'll want to stay away from anything labeled fried, loaded, stuffed, or bacon-wrapped.

Split it

Your child asks for french fries, but you want him to eat carrot sticks. The solution? Order both! Get a small order of



fries for the whole family so everyone gets just a few—and several orders of carrots so everyone fills up on the good stuff. Or share an oversized sandwich. Ask for it with a whole-grain bun (or wrapped in lettuce), mustard instead of mayo, and extra veggies.

Bring your own

Grab a piece of fruit, string cheese, and a bottle of water for each person before leaving the house. You'll save money, and everyone will be guaranteed healthy side items and drinks to pair with your drive-thru order. ●

PARENT TO PARENT Foods can't touch? No problem!

My daughter doesn't like it when the food on her plate touches—even if she loves each food.

After talking with other parents, I learned that my daughter isn't the only one like this. Now I'm trying strategies that have worked for them.

First, I let her spoon her foods into separate tiny bowls. She enjoyed arranging the bowls on her dinner plate, and she ate all the healthy foods—separately. Another time, she put colorful cupcake liners into a muffin tin and filled each one with a different food. Then, just yesterday, we used a carrot stick and a green bean to keep her food apart. When she finished everything else, she even ate the dividers!

With these simple changes, my daughter now eats without a fuss, making mealtimes happier for everyone. ●

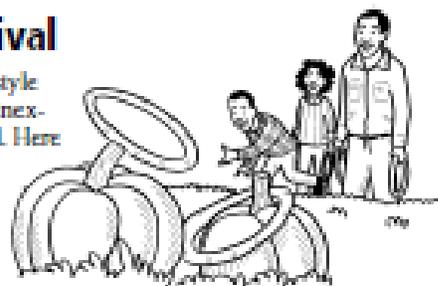


ACTIVITY CORNER

A fitness carnival

Homemade carnival-style games can be a fun and inexpensive way to be active with your child. Here are two ideas to get him started.

- **Ring toss.** Make rings by cutting the centers from sturdy paper plates. Line up a few pumpkins with good-sized stems. Step back a few feet, and take turns trying to toss a ring onto each pumpkin. *Idea:* For a glowing good time, get glow-in-the-dark necklaces at a dollar store to use as rings, and play after the sun goes down.
- **Cup pyramid.** Help your youngster build a pyramid with 10 plastic cups (four on the bottom row, then three, then two, and finally one cup on the top). On each turn, throw a Wiffle ball toward the pyramid twice, scoring 1 point for each cup knocked down. Restack. The winner is the first player to reach 30 points. ●



IN THE KITCHEN

A harvest feast

Take advantage of fall's harvest with these good-for-you recipes.

- **Pumpkin apple soup.** In a large pot, heat 2 tbsp. olive oil over medium heat. Sauté 1 cup diced onion and 2 cups diced apples for 3–5 minutes. Add 3 cans (15 oz. each) unsweetened pumpkin puree and 3 cups low-sodium chicken or vegetable broth. Bring to a boil, then simmer 10 minutes. Leave chunky, or puree in a blender (a few cups at a time).



● **Pear grilled cheese.** Thinly slice 1 pear. On a piece of whole-wheat bread, layer 1 tbsp. shredded cheddar cheese, pear slices, and another 1 tbsp. cheese. Top with a second piece of bread, and brown in a heated skillet (coated with nonstick spray), 2–3 minutes per side.

● **Baked butternut squash.** Peel and cube 1 large squash, or buy it already cubed. Toss in a bowl with 1 tbsp. olive oil, spread on a baking sheet, and sprinkle with salt and pepper. Bake 30–40 minutes at 400°, turning once, until golden brown. ●

OUR PURPOSE
 To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.
 Resources for Education,
 a division of CCH Incorporated
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Nutrition Nuggets™

Food and Fitness for a Healthy Child

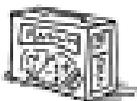
November 2017



BEST BITES

Count the ingredients

A long list of ingredients on a cereal box or a jar of pasta sauce often means the food is highly processed. At the grocery store, let your youngster compare several brands of an item on your list (say, cereal bars). She can count the ingredients in each—and put the one with the fewest ingredients in your cart.



Explore the great outdoors

Cooler temperatures offer the perfect opportunity to discover outdoor community “gems” with your child. Help him find local plants and animals while you walk along a trail or through a park or botanical garden. For extra fun and exercise, bring along helmets and explore on bikes, skateboards, or scooters (where permitted).

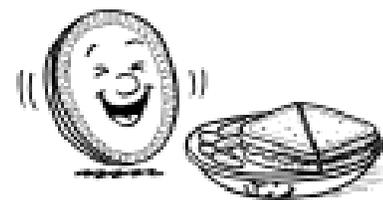
DID YOU KNOW?

November 6 is National Nachos Day. Make this popular appetizer healthier by using whole-grain tortilla chips and swapping plain Greek yogurt for sour cream. Melt real cheese on top (rather than store-bought queso). Then, add vegetables like chopped tomatoes, corn, shredded lettuce, and diced red onion.

Just for fun

Q: What did one plate say to another?

A: Lunch is on me.



Mark Dantuono, Director of Physical Education

Just add water (or milk)!

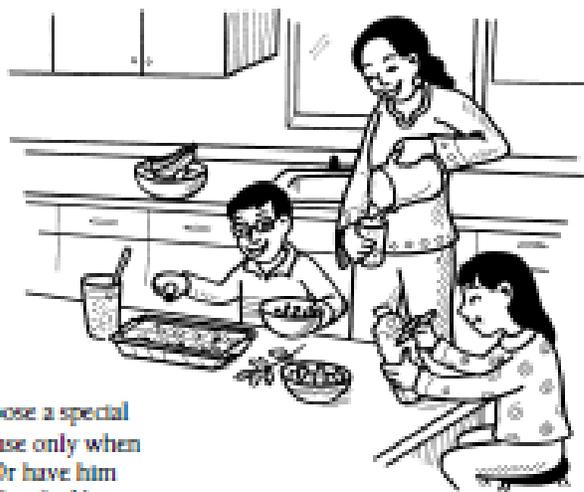
Does your child ask for juice boxes, soda, or sports drinks when he's thirsty? Loaded with sugar and calories, these choices offer little nutrition. The best way to quench his thirst is to drink water or milk. Try the following tips to encourage healthier beverage choices.

Make it motivating

Let your youngster choose a special cup at the dollar store to use only when he drinks milk or water. Or have him decorate a reusable water bottle. Using permanent markers, he can jazz up a plain bottle with his name, colorful pictures, and creative designs.

Add flavor

Enhance the flavor of water and milk with these healthy twists. Fill an ice cube tray with water, invite your child to add a flavor mix-in (a mint leaf, a pineapple chunk, a raspberry) to each compartment, and freeze. Then, he could choose a cube to flavor his water. When



he drinks milk, he might try stirring in a sprinkle of cinnamon or a few drops of vanilla extract.

Go for fizz

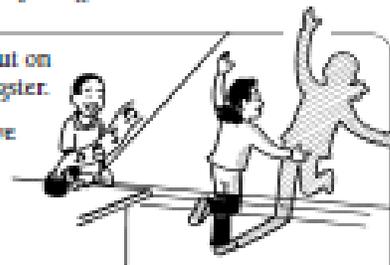
Your youngster may enjoy the fizzy effect of plain seltzer or sparkling water. With zero calories, sugar, or artificial colors or flavors, this bubbly water is fun to drink—without all the unhealthy stuff that's in soda. And seltzer is now sold in a variety of interesting natural flavors like mandarin orange, cucumber, and pomegranate. ●

Get your groove on

Keeping fit can be as simple as dancing! Put on music, and enjoy these ideas with your youngster.

● **Shadow dancing.** In a darkened room, have your child face a blank wall while someone else shines a flashlight on her from behind. She could create cool moves to make her shadow “dance.”

● **Chain reaction.** Build a dance sequence together. The first person does a simple movement like swinging her arms overhead. The next dancer copies that move, then adds one of her own. Take turns, each time repeating the sequence from the beginning and adding a new move at the end. ●



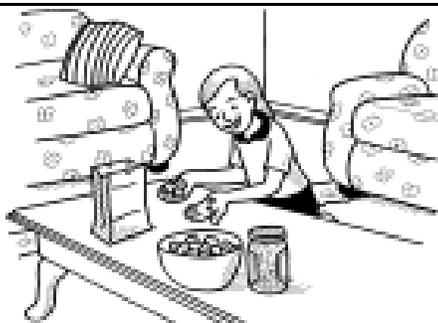
Science in the kitchen

Boost your youngster's enthusiasm for healthy eating with these hands-on experiments that weave in science fun.

"Egg-cellent" snack

Experiment: Let your child fill two glasses with water and add 1 tbsp. salt to one. Place a fresh egg in each. What happens? The egg in salt water will float. Why? (The egg is denser than plain water, but less dense than salt water.) *Note:* If the egg doesn't float, have her add 1 tsp. salt at a time until it does.

Eat: Hard-boiled eggs are a protein-rich snack. Place eggs in a saucepan, and cover with water. Put on a lid, boil 1 minute,



and remove from heat. Let sit covered for 12 minutes. Drain, rinse under cold water, and peel. **Popping perfection**
Experiment: Have your youngster observe unpopped popcorn kernels. (They're small, brown, and hard.) Then, she should place $\frac{1}{4}$ cup kernels in a paper lunch bag and fold the top over a few times. Microwave 2–3 minutes, pour into a bowl, and let her observe again: The kernels are big, white, and fluffy! What happened? (Kernels contain water that turns into steam when heated. Steam expands, making the kernels explode.)

Eat: Popcorn is a healthy whole grain. Instead of salt, sprinkle with Parmesan cheese, garlic powder, or paprika. ●

O&O

DIY convenience foods

Q: Our grocery store stocks pre-cut vegetables and other time-saving items, but they're too expensive for my budget! Any suggestions?

A: With a little planning, you can make your own convenience foods at home.

On week-ends, ask your child to help you prep vegetables for the week. For

example, wash and dry lettuce, and place in a covered container with a dry paper towel to absorb moisture. You can also wash, chop, and store firm veggies like carrots, broccoli, and cauliflower.

Cook chicken pieces or portions of meat, and seal in zipper bags to use within 2–3 days. You can even make pasta or rice in advance. Toss with olive oil so it doesn't get sticky, and put in an airtight container.

Your refrigerator will resemble the prepared-foods case at the grocery store—but you won't spend any extra money. ●



ACTIVITY CORNER

Fitness: It's in the cards!

Put a clever twist on physical activity by helping your youngsters make their own deck of family fitness cards. Here's how.

Together, come up with at least a dozen active ideas that can be done in less than five minutes. Be as creative or silly as you like! Write each one on the front of a separate index card. For example:

- Hop on one foot for one minute while holding the other foot with one hand and pinching your nose. Switch feet and hop for one more minute.
- Lie on your stomach, and pretend to swim like a frog for three minutes.
- Hold hands with a partner. Skip back and forth across the room five times.

On the back of each card, your children can illustrate the activity. Put the cards into a box, and pull one out whenever it's time for a burst of activity! ●



IN THE KITCHEN

Healthier holiday classics

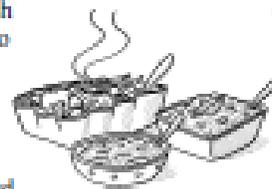
No need to forgo favorite Thanksgiving dishes. Consider these better-for-you versions.

● **Green bean casserole.** For the topping, toss 1 chopped onion and $\frac{1}{2}$ cup sliced fresh mushrooms with 2 tbsp. whole-wheat breadcrumbs. Spread mixture on a greased baking sheet, and bake 10–15 minutes at 400° or until browned. Microwave 12 oz. fresh or frozen green beans, transfer to a dish, and add topping.

● **Cranberry-orange sauce.** In a medium saucepan, combine 10 oz. fresh cranberries, 1 cup water, $\frac{1}{4}$ cup honey, 2 tbsp. grated

orange rind, $\frac{1}{4}$ cup orange juice, $\frac{1}{4}$ tsp. cinnamon, and $\frac{1}{4}$ tsp. allspice. Boil, reduce heat, and simmer 20 minutes until mixture thickens.

● **Sage-couscous stuffing.** Cook 1 cup whole-wheat pearl couscous according to package directions. Then, heat 2 tbsp. olive oil in a large skillet over medium heat. Add $\frac{1}{2}$ cup each diced onion, celery, and carrots. Saute until soft. Stir in couscous, 1 tbsp. fresh sage, and $\frac{1}{2}$ tsp. each salt and pepper. ●



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a division of CCH Incorporated

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Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

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