

Pulaski Road School

Fall Newsletter



Pulaski Road School 623 Ninth Avenue, East Northport, NY 11731

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Dates to Remember

- Oct. 27 - SEPTA Mtg. 7:00pm
WJB Bldg.
- Oct. 31 - Halloween Parade
1:15 pm
- Nov. 3 - Board of Education
Meeting 7:00pm WJB Bldg.
- Nov. 6 - Daylight Savings Ends
- Nov. 7 - GTPA Mtg. 7:30pm
Ocean Ave. School
- Nov. 8 - SCHOOL CLOSED
Superintendent Conf. Day
Election Day
- Nov. 9 - PTA Mtg. 7:30pm
- Nov. 11 - SCHOOL CLOSED
VETERAN'S DAY
- Nov. 16 - Districtwide English
as a New Language
Recognition Luncheon
11:30am @ Pulaski
- Nov. 17 - Board of Education
Meeting 7:00pm WJB Bldg.
- Nov. 18 - Picture Retake Day
- Nov. 22 - PTA Pie Sale Pickup
- Nov. 24-25 Thanksgiving
Recess
- Dec. 8-9 Holiday Boutique
- Dec. 8—Board of Education
Meeting 7:00 PM WJB Bldg.



EARLY RELEASE DAYS FOR PARENT-TEACHER CONFERENCES

- Dec. 12 - Early Release Day
11:55am Dismissal
(Lunch Served)
- Dec. 19 - Early Release Day
11:55am Dismissal
(Lunch Served)
- Dec. 21 - Half Day
10:45am Dismissal
(No Lunch Served)

Principal's Corner by Jeff Haubrich

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."

When discussing the negative behavior of others, be sure to focus on the behaviors themselves and not on the person. If we want our own children to believe that they are wonderful people who sometimes behave badly, we need to help them recognize the same thing about others.

Obviously, simply having positive expectations for our children isn't enough, but it is a good starting point. When combined with positive reinforcement for good behavior, and constructive feedback in response to negative behavior, positive expectations will go a long way.

Counselors Corner by James Durand

The school year is now at full throttle as the holidays are fast approaching. It seems like yesterday when the kids were walking into Pulaski eager to begin their first day. Now that school is well underway and routines are at work, you may find your child suffering from the homework blues. This tends to come in the form of resistance, sloppy work, or low frustration tolerance. Be careful to not join in their frustration. As parents it is important for us to provide the skills for our kids to stay the course when it comes to homework. Here are a few ideas that you may use to make your child's homework session more successful.

1. **Designate a study area.** To be successful with homework a child needs a designated well lit space to complete assignments. This space should have all the supplies necessary for homework completion. For example, pens, paper, ruler, magic markers, tape etc. These supplies will eliminate the need for the child to leave the study area thus avoiding a distraction. In this designated area there should be no TV, radio or traffic through the house. A child's ability to work effectively will often depend on their concentration level. Although this may sound obvious, many children are found doing homework in front of the television or speaking to friends and family. Research conducted by Canter (1987) in "*Homework Without Tears*" found that when a child is distracted from a task it takes approximately 3 to 4 minutes to regain their concentration to its prior level. This can prolong homework and significantly reduce the quality of work completed, especially if your child is like most and has a short attention span.

Organizing a homework schedule. Children have to create a schedule every week which will help them organize test dates and homework assignments. A clearly defined period of time for homework should be scheduled earlier in the day. If the option is left to the child, homework is often put behind soccer practice, music lessons or playing with friends. This can be a real problem when homework is done late in the evening due to the child's inability to fully devote *all their energy* into doing *quality* work. As for the homework forgetters and speeder (done with all of their homework at the speed of light!), a solution may be to schedule a block of time say one hour each day to have homework completed. If they get their homework done in twenty five minutes they can then take the remaining time to practice other material. Remember, if we teach a child good organization and study habits earlier in life it will undoubtedly be a rewarding future!!

3. **Provide consistent reinforcement for a good job.** A parent consistently praising their child's efforts can do miracles! That hug or pat on the shoulder will increase the impact of your message. If this is done *consistently* the child then learns that doing homework is a way to gain positive attention from parents and teachers. A big motivator may be to create an incentive program. For example, if your child does a good job on their homework (starts and completes it neatly) then they can choose one night to stay up an hour later to watch a movie with mom, dad or family members. This form of incentive has been found to be very effective. The goal then becomes the gradual fade out the incentive program over time.

4. **Offer limited help to the child when they are in need.** A parent once came to speak with me and said "Mr. Durand my child won't complete their homework and it gets me so frustrated that I find myself doing most of it for him." This will lead to disaster!!!! While it is necessary for children to have parents as a resource when *really* stuck, some may begin to rely on the parent to do their work for them. This dependency can lead to a child who is easily frustrated because they are not used to struggling with a problem and using their critical thinking skills.

5. **Communicate with teachers:** Because homework is the thread between school and home it is critical for the parent to speak with the teachers if they see a problem at home. The more home school communication the better the chance that a problem will be dealt with earlier before it becomes habitual.

As we move forward through the school year I look forward to watching the children at Pulaski Road School struggle with new ideas, form new relationships and achieve all that they can. I hope that this information may help in forming good homework habits in the earlier years and help every child to achieve their full potential !!!

Did you know?

- You may access your child's progress reports and attendance records on our Parent Portal. If you haven't already done so, you may apply for an account by visiting our school's website, <http://northport.k12.ny.us/~pulaski/> and clicking on Parent Portal.
- In an effort to keep you informed on what is taking place in your child's classroom, you can now access your child's classroom webpage on Moodle, which will include classroom work during reading and math, and homework for all subjects. To access the webpage, go directly to <http://northport.mrooms2.net>. Log in with your child's username (firstname.lastname) and password (initials and last four digits of his/her ID#).
- Think Central is part of our new Go Math Series. At this website you will currently find grade level materials such as Student Editions, Practice Books, a multimedia eGlossary and interactive iTools for your child's use. Please visit <http://www-k6.thinkcentral.com>. Log in with your child's username (firstname.lastname), and password (initials and last 4 digits of his/her ID#).
- Compass Learning Odyssey provides interactive, self-paced, challenging, engaging activities aligned to the curriculum. To access the webpage, enter <https://www.thelearningodyssey.com/>, enter the student user name (firstname.lastname), and the password (student initials and last 4 digits of student ID number).

Nutrition Nuggets

Food and Fitness for a Healthy Child

October 2016

Paul Klimuszko
Director of Physical Education

BEST BITES

Celery stuffers

Children love the ease of finger food, and stuffed celery sticks are especially fun to make and eat! Try kid-friendly spreads like chicken or tuna salad, cream cheese, and all kinds of nut butters. Let your youngster spread the filling and top with halved grapes, dried cranberries, capers, shredded carrots, or pitted olives.



Create new games

Challenge your child to make up games with vigorous activity like running and jumping. For example, she and her friends could break into teams and act out "athletic" versions of fairy tales for the other team to guess. When one team sees the other "climbing down" and running, they might guess that Jack (and the Beanstalk) is running away from the giant.

DID YOU KNOW?

Bones are living tissues that are constantly breaking down and rebuilding. Weight-bearing exercise encourages this process by making bones work harder to overcome the pull of gravity. Help your youngster build strong bones by encouraging him to do this type of exercise, such as walking, climbing stairs, playing soccer or basketball, dancing, and hiking.

Just for fun

Q: What spends the day at the window, goes to the table for meals, and hides at night?

A: A fly.



Everyday veggies

Wanted: Children who happily eat their veggies!

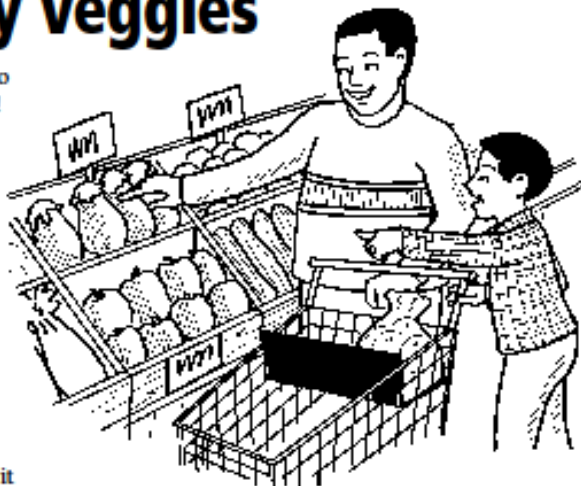
If you're looking for ways to add vegetables to your youngster's diet, these approaches are a good place to start.

Put vegetables first

Serving steamed broccoli alongside French fries? Broccoli may lose out. But studies show that children eat more of a food when it is served alone—so try beginning your meal with a first course of crunchy broccoli slaw. That way, the green veggie will be the focus of your child's attention.

Get your child involved

Kids are more likely to try foods they choose and help prepare. During supermarket trips, ask your youngster to select a new vegetable. Let him decide how to cook it and what flavorings to add. As a final touch, he can bring the



finished dish to the table and introduce it to the rest of the family.

Don't give up

Your child might need 10 or more exposures before he'll eat an unfamiliar food. Keep serving the new vegetable every few days. You could change things up by preparing it differently, perhaps grilling, steaming, or serving it raw with a healthy dip. Odds are your youngster will eventually warm up to it! ●

An active family

As fall's cooler temperatures set in, use these ideas to keep your kids from turning into couch potatoes.

Pick the activity. Together, write active ideas on craft sticks, one per stick. Examples: freeze tag, pillowcase race. Have your youngster put the sticks in a colorful basket or an empty can covered with wrapping paper. Each day, she could pull one out to do.

Walk for a cause. Help your child find a weekend charity walk that raises funds for a cause she cares about. Then, sign everyone up to participate. Both your family and your community will benefit. ●

I SK WALK!



Food allergies: Staying safe

For parents of children with food allergies, mealtimes can be filled with anxiety. Here are strategies that will help.

● **Always read food labels—and teach your youngster to read them, too.** Check the ingredient list, including words in parentheses, such as “whey (milk)” or “lecithin (soy).” Also, look for statements like “contains shellfish” or “may contain nuts.” And remember that labels might not always show what’s in an ingredient. For example, a hummus label may list tahini



but not say tahini is made from sesame seeds.

● **Avoid sharing food.** As hard as it may be, make sure your allergic child knows not to share food. You can role-play to help her develop strategies for responding. A simple “No thanks” may be enough to

stop (well-intentioned) friends from swapping food. Or she might say, “Thanks, but my body can’t handle eggs.”

● **Prevent cross-contact.** This occurs when allergens from one food touch and contaminate another food. Train family members to wash hands with soap and water before and after eating. Thoroughly clean cooking equipment, surfaces, dishes, and silverware that touch allergenic foods, again using soap and water. If necessary, have separate sets of utensils for foods that contain allergens. ●

ACTIVITY CORNER Football + fall = fun

Fall is football season! Play these non-contact games perfect for young children.

Step-toss

Divide into teams of two players. Each team takes a turn tossing a football from one player to the other. After each toss, both players take one step backward. The last team able to catch a toss wins.



Foxes and hens

The “fox” stands in the middle of the field. All the other players are “hens”—they each tuck a sock into their waistbands and stand at one end. Then, the hens start running around while the fox tries to pull out their socks. Any hen whose sock is pulled joins forces with the fox. Play continues until one hen remains. He’s the winner and becomes the fox in the next round. ●

OUR PURPOSE
To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.
Resources for Educators,
a division of CCH Incorporated
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www.rfeonline.com
Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.
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PARENT TO PARENT

Your own meal kits

I got a flyer advertising a service that delivers boxes of premeasured ingredients and recipes straight to your door. That sounded so convenient, but it was expensive.

I realized I could create my own meal kits that would be just as handy—and much cheaper. So once a month, my son and I assemble ready-to-make dinners. One time, we filled freezer bags with boneless chicken breasts, sliced bell peppers and onions, and a sauce made of honey, apple cider vinegar, chili powder, cumin, and paprika. Another day we combined pork shoulder, cranberry sauce, and chopped onion. We freeze the bags, labeled with their ingredients and the date.

Then, to use a kit, we thaw it in the refrigerator overnight. The next morning, we dump the ingredients in the slow cooker and set it at low for 6–8 hours. *Voilà!* Served with a quick salad, my family gets a healthy meal—without the delivery price. ●



IN THE KITCHEN

Muffin pan minis

For dinners that are fun, convenient, and portion-controlled, make these three recipes using a lightly greased 12-cup muffin pan.

1. Turkey meatloaf. Combine 1 lb. ground turkey, 1 chopped onion, 1 chopped carrot, 1 egg, $\frac{1}{2}$ cup quick-cooking oats, and $\frac{1}{2}$ cup barbecue sauce. Divide equally into the muffin cups. Brush tops with more barbecue sauce. Bake at 400° for 25 minutes.

2. Crustless quiche. In a bowl, whisk together 3 eggs, 1 cup milk, and

salt and pepper to taste. Scatter 2 cups cooked chopped vegetables and 1 cup packed shredded Gruyere or Swiss cheese among the muffin cups. Then, pour the egg mixture on top. Bake at 350° for 20 minutes. Cool 10 minutes.

3. Zucchini fritters. Beat 3 large eggs in a bowl. Mix in 2 grated large zucchinis, 1 chopped medium onion, 1 cup grated cheddar cheese, and $\frac{1}{2}$ cup breadcrumbs. Divide into the muffin pan. Bake at 400° for 15–18 minutes. ●

