



SANDPIPER NEWS



7 School Lane | Kittery Point, ME | Allison Gamache, Principal

Important Dates

October

- 8 - No School-Columbus Day
- 9- PTA Opening Meeting
6- 7 Mitchell Cafeteria
- 15-17 - Cromwell Center
for Disabilities
Classroom Workshop
- 17 - Cromwell Center - Building
Kinder Communities
6:00-7:30 @ Traip Academy

Welcome Parents to the Kittery PTA Opening Meeting

*Tuesday, October 9th 6:00-7:00
Mitchell School Cafeteria*

We welcome parents to the opening organizational meeting of the Kittery PTA.

Please come and support our school Tuesday, October 2nd at 6:00 at the Mitchell School Cafeteria. We need YOU!!!!



ToBe Fit - The Juggling Nutrition Magician

On Tuesday, October 2nd we had an amazing program by Foodplay Productions called ToBe Fit - The Juggling Nutrition Magician. In two presentations to students, one to K-1 and the other to 2-3, ToBe (pronounced Toby) shared what foods and healthy habits can make each of us a superhero. Students participated, danced, and laughed throughout the show. Students left with a card with reminders on choosing healthy foods throughout the day. ToBe Fit travels the country with Foodplay Productions and teaches students all over how to build healthy habits.

Thank you to Bob's Clam Hut for sponsoring the program and the Kittery Nutrition Program for being a supporter as well. We are so lucky to have had this opportunity.



Birth Day Celebrations

At Mitchell School we have many children who have birthdays during the school year. We also know parents would like to do something special for their child in school. Due to the number of children who have food allergies we ask parents **not to send in food** to the class. If you would like to do something please contact your child's teacher for some classroom ideas. We appreciate your understanding.

PLEASE NOTE WE ARE A NUT BAN SCHOOL



Birthday Invitations

We understand it is hard for parents to know the addresses of children when you want to plan a birthday party for your child. However our staff is not allowed to distribute birthday party invitations. This practice has frequently placed staff members in an awkward and difficult position and is often hurtful to students. Please DO NOT send birthday invitations to school with your child. The PTA has a staff directory that parents use to share addresses that you may find helpful.

Reduce, Reuse, Recycle!

Katrina Venhuizen, from EcoMaine, came to share information about recycling. She talked about how to: reduce, reuse, recycle, compost, waste to energy, and landfills.

She shared many ways children can reuse items, reduce to save water and energy, and how items are recycled. She also shared how food is composted and turned into soil, how burned trash is turned into electricity, as well as how landfills have been changed. Children saw pictures and a video of how trash is burned to become energy. Ask your third grader what the "Claw", "Hopper" and "Boiler" are when trash is being burned! Thank you to EcoMaine for coming to share information with our students.



Reduce, Reuse, Recycle
Compost, Waste to Energy, Landfill

Parent Corner:

This section of the newsletter is to share articles from educational literature to provide parents with information that may be helpful. Please let me know if there are topics you would like to see in the Sandpiper. Mrs. Durost

Talking Strategies

There isn't one right way, one perfect question, or one right time to have these conversations. Here are some suggestions to try:

Greet your child with an enthusiastic hello. Try saying "great to see you!" or "I missed you!" or simply, "I hope you had a good day," instead of "How was school?" These statements communicate what you really feel without instantly putting your child on the spot with a question. As a result, your child is more likely to speak about her day.

Allow your child not to talk right after school. Many kids don't want to talk the minute they walk in the door. They want to have a snack, call a friend, or just chill out. (Think about how you feel when you walk in after a long day at work. Wouldn't you rather put your feet up and talk later?)

Learn about your child's life at school. The more details you know about your child's school experience, the more valuable your

questions will be. If you know the teacher reads a story every day, ask “What story did Mrs. Younger read today?” If you know the teacher’s newsletter comes home on Wednesday, set up a ritual to read it together at dinner. If you visit your child’s classroom, make note of new things you might want to discuss with your child later.

Say what’s on your mind. If what you really need to know is “How did you do on the math test?” just ask. If you fish around, your child will resent it more. “But keep in mind that if you frequently ask questions about tests, that’s all kids will think you care about,” notes Lawrence Cohen, Ph.D.

Avoid face-to-face interrogations. You might do better in situations where you’re not face-to-face like the car, when your child takes a bath, or when you are cooking. In this way, your child won’t feel put on the spot.

Let the talk emerge naturally. Discuss the day while you cook dinner, read together, or check homework. But try not to use dinner as a time to talk about problems like homework or tests. Everybody needs a break!

Listen before you talk. Let your child lead you into conversations on her own. Sometimes your child will drop hints without your asking, like “We planted seeds today!” or “Where’s the atlas? I need to find Antarctica.” These are perfect openings to talk together about school.

Try communicating without words. The best way to make contact with your child isn’t necessarily through talking. “We want our children to talk with us — because talking is our way of communicating. But talk is not how all kids express themselves: play is,” notes Lawrence Cohen, Ph.D. “If we insist they talk our way, we may not get much information, but if we play on their terms, we might. Many children would prefer to reconnect with a hug, by playing a game, or rough housing. Some are more physical than verbal, so you might ask them to give you thumbs up or thumbs down about school, instead of describing it.”

Talk about funny things that happened to you. One of the best ways to stimulate conversation is to talk about funny stuff kids can relate to. “A great way to start conversation is to describe an interesting and funny event from your day. Kids will then respond and talk about interesting things that happened to them,” adds Cohen. Talk about the skunk you passed on the way to work. Talk about the toilet paper that got stuck to your shoe. Talk about the booger you saw hanging from your boss’ nose. Your kids will laugh and probably start talking to you — even the older ones.

Don’t jump in to fix your child’s problem immediately. If your child brings up a problem like “I hate my teacher!” take it in stride. First, find out what else your child has to say and what he wants to do about it. You might encourage your child to figure out solutions by asking, “What do you think you want to do about this?” and “Is there something you’d like me to do?” Follow up later with “How did your new strategies work?” or “You haven’t mentioned math class lately, does that mean it’s going better?” If the problem is serious, discuss it with the school.

Help children develop their own solutions. Don’t feel you need to supply the right answer yourself. Instead, share ideas about possible solutions that will help your child feel better. “This is a way to help your child see you as an ally who will support him when problems come up. By helping your child figure it out for himself, you are also giving him a whole set of tools for solving the problems independently as he gets older,” advises Diane Levin, Ph.D.

Retrieved from:

<http://www.pbs.org/parents/education/going-to-school/talking-with-kids-about-school/talking-strategies/>
#.W7YONruBEzQ.email

Sneak Peak into Mrs. Yurick's Classroom



In first grade, Mrs. Yurick's class has been working hard the last few weeks! Students have been learning many new math games and skills in math.



This week students made some fun and adorable scarecrows to celebrate the season! Happy Fall!



In Science we got to look at and study a couple of birds nests that Mrs. Yurick found in her holly bush and brought in to share.

Building Kinder Communities: A Free Disabilities Awareness Program for Parents & Teachers

How to help your children understand differences and develop awareness, empathy, and respect for those with special needs

Date: Wednesday, October 17th

Time: 6:00-7:30

Location: Traip Academy Library

RSVP: Dana Rickerich, School Counselor at Mitchell School

drickerich@kitteryschools.com

Dear Parents and Guardians:



Do you know that kids with disabilities are teased, left out and bullied more than those without special needs? Or that adults with disabilities are often ignored when it comes to jobs and other opportunities?

But we can start changing this for the next generation. We can give our children the understanding and the tools to build better schools and communities for people with disabilities.

The Cromwell Center for Disabilities Awareness is offering a fun and interactive evening program to help parents/guardians of our students:

- Have positive conversations with our kids about disabilities
- Model positive attitudes and language for our children at home and in the community
- Help children be more supportive and respectful of people with all types of special needs: learning, behavioral, developmental, emotional and physical



You will receive take-home resources and activities to share with your children.

We hope you will join us!



UNLEASH STRONG!

BE A GIRL SCOUT.

New troops are forming now!



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The Girl Scout Difference:

Girl Scouts offers the best leadership development experience for girls in the world—one that is designed with, by, and for girls.

Girl Scouts unleashes the G.I.R.L. (Go-getter, Innovator, Risk-taker, Leader)[™] in every girl, preparing her for a lifetime of leadership.

Our Girl Scout Leadership Experience is a one-of-a-kind leadership development program for girls, with proven results. It is based on time-tested methods and research-backed programming that help girls take the lead—in their own lives and in the world.

The inclusive, all-girl environment of a Girl Scout troop creates a safe space where girls can try new things, develop a range of skills, take on leadership roles, and just be themselves.

Girl Scouts are more likely than non-Girl Scouts to:



Develop a strong sense of self (80% vs. 68%)



Display positive values (75% vs. 59%)



Seek challenges and learn from setbacks (62% vs. 42%)



Form and maintain healthy relationships (60% vs. 43%)



Exhibit community problem-solving skills (57% vs. 28%)

New Member Sign Up & Information Meeting

Join us to learn more.

October 9, 2018

5:30 p.m.

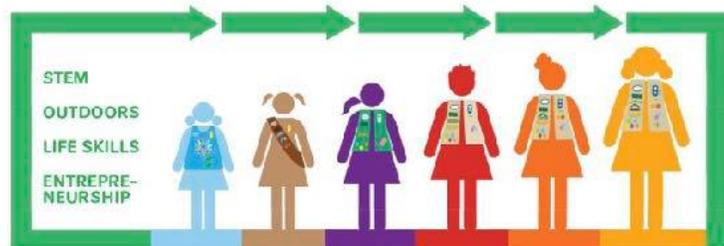
**Horace Mitchell Primary School
7 School Lane, Kittery Point**

With your girl, you will,

- ◆ Enjoy a fun, girl-led activity and receive a patch!
- ◆ Discover the Girl Scout Difference.
- ◆ Complete your registration to become a Girl Scout.

Our Program

Everything a Girl Scout does centers around STEM, the outdoors, development of life skills, and entrepreneurship, and is designed to meet her where she is now and to grow along with her.



STEM: Computer science, engineering, robotics, and more.

Life Skills: Civic engagement, healthy living, global citizenship, and communication skills.

Outdoors: Adventure and skill building, including camping experiences for all age levels, from the backyard to the backcountry.

Entrepreneurship: The Girl Scout Cookie Program - the largest girl-led business in the world - teaches goal setting, decision making, money management, business ethics, and people skills.

Are you ready to take the lead like a Girl Scout right now? Register today at girlscoutsofmaine.org

This is not a school sponsored event.