

# Carver Coyote Newsletter



March 2015

## PRESCHOOL ROLE MODEL SCREENINGS

The Carver Public Schools Preschool Program will be scheduling appointments for preschool screenings for role model slots for the 2015-2016 school year beginning March 2 through April 5. The program is located at the Carver Elementary School.

The child must be 3 (by September 1, 2015) or 4 years of age and toilet trained. The child must be a resident of Carver and parents must arrange transportation for the child to and from the program. A screening is required and acceptance into the program will be determined by lottery. Slots are limited, especially for the four year old program.

If you would like to schedule an appointment, please contact Pauline Lopez at (508) 866-6220. Requests for appointments received after April 5 will be put on a waiting list. Screenings will be held on Friday, 4/3/15; Friday, 4/17/15; Friday, 5/1/15; and Friday, 5/8/15.



March 12, 2015 is Community Reader Day!

Guest Readers will be visiting each classroom and they will be reading a book written by local authors.

## Parent Teacher Conferences

March 12, 2015 from 1:00-3:00 p.m. and 6:00-8:00 p.m. is our scheduled conference date. Contact your child's teacher to set up a conference time. Please follow the links below for some helpful information in preparation for your parent/teacher conference. See page 6 of this newsletter for Parent-Teacher conference tips from the Harvard Family Research Project.

<http://www.readingrockets.org/article/parent-teacher-conference>

<http://schoolsofthought.blogs.cnn.com/2012/10/18/5-tips-for-a-better-parent-teacher-conference/>

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## KINDERGARTEN REGISTRATION

Parents/guardians need to call the EKW Building to make an appointment to register and for an initial screening appointment beginning on Monday, February 9, 2015 between the hours of 10:00 AM and 2:00 PM. The phone number is 866-6210. Please note that due to the winter recess, February 16 through February 20, 2015, the office will be closed. After receiving your appointment, a kindergarten registration packet will be mailed to you promptly. In order to register, you need to bring **all completed forms and** the following:

- The child's certified birth certificate (with a raised seal on it).
- Proof of residency. The following is the only acceptable proof of residency: Purchase and sales of house/condo, two consecutive months of a utility bill, rental agreement including landlord's contact information. A driver's license will be accepted with one of the above items listed.
- Up-to-date immunizations. Copy of your child's last physical exam. Please be sure the physical includes the date of the most recent lead screening.

Failure to provide this information will delay the placement of your child.

Please note that students who currently attend the Carver Public Schools' Preschool Program are required to register for kindergarten, if they are age appropriate.

If you have any questions, please contact the EKW Building at 866-6210.



Report Cards issued on Wednesday, 3/11/15.



## PARCC

What is PARCC? PARCC is a new state test that could replace MCAS for English/language arts and math in 2016 for grades 3-8. PARCC stands for Partnership for Assessment of Readiness for College and Careers. PARCC is designed to measure whether your child is learning what he or she needs to know and be able to do at each grade level.

Why a new test? In reading and math, Massachusetts 4th and 8th graders are #1 in the U.S. (according to the NAEP) and our 15-year olds rank near the top internationally. However, more than 1 in 3 Massachusetts high school graduates (who pass MCAS) require remedial courses when they enroll in public higher education. In response, the state raised academic standards in 2010, and districts have been working since then to choose the curriculum, methods, and materials they will use to teach those standards in their schools. PARCC will assess students on those new standards.

Who's taking PARCC this year? 2014-2015 is the last year of a 2-year PARCC "test drive." In the first year, selected classes participated in the PARCC field test, in which students "tested the test". This year, school districts had until October 1 to choose MCAS or PARCC. Carver was one of those districts that chose PARCC.

## **Carver Elementary PTO Upcoming Events**

3/12/15	<b>Scholastic Book Fair, 8 am – 8 pm</b>
3/12/15	<b>Half Day Hat Day</b> For \$1.00, students may wear a hat in school
3/25/15	<b>Frosty Dog Family Dinner, 5-8 pm</b>
3/30-4/30/15	<b>Learn to Earn Readathon Fundraiser (information will be sent home with students)</b>
4/11/15	<b>3<sup>rd</sup> Annual Coyote Family Challenge</b>

## **Reminder!**

Please notify the office if your phone number or email address has changed. Thank you.

Calendar of Events

Sunday, 3/8/15	Daylight Savings Time Begins – Don't forget to turn your clocks ahead!
Monday, 3/9/15	School Council Meeting 3 pm, EKW Building
Monday, 3/9/15	School Committee Meeting 7 pm, MLLC
Tuesday, 3/10/15	School Building Committee Meeting, 7 p.m., Carver Town Hall
Wednesday, 3/11/15	Report Cards Issued
Thursday, 3/12/15	Early Release Day, 11:45 dismissal Parent/Teacher Conferences (by appointment)
Thursday, 3/12/15	Community Reader Day
Saturday, 3/14/15	Early Childhood Fair, 10:00 – 12:00 pm, Kingston Elementary School
Tuesday, 3/17/15	Curriculum Day, 7:00-8:00 pm

Curriculum Day 2015 will be held on March 17. Please join us to learn more about our curriculum. This event will take place in the IMC of the EKW building from 7:00-8:00 P.M. Childcare will be provided by the YMCA. Please call 508-866-6220 to reserve a childcare slot.

NEA's Read Across America Day is a nationwide reading celebration that takes place annually on March 2—Dr. Seuss's birthday. This year, students will be participating in many activities in the IMC. Our IMC assistant, Mrs. Butts is excited to share many favorite Dr. Seuss stories with our students.



**You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose. You're on your own, and you know what you know. And you are the guy who'll decide where to go.**

**-Dr. Seuss**

PARCC

This year, students in grades 3, 4 and 5 will be taking the computer based PARCC Performance Based Assessment in March and the End of Year Assessment in May. In addition, Grade 5 students will participate in the Science and Technology MCAS, which will take place in May 2015. Your child's teacher has been working with your child to prepare him/her for the computer based assessment and students have had access to iPads since Term 1. Please talk to your child's teacher if you have any additional questions regarding the use of the iPads in class in preparation for this assessment. We have included the PARCC schedule for your information. Each testing session will begin at 9:00 and will last approximately 60-75 minutes.

Grade 4: March 16-March 20

Grade 3: March 23-March 27

Grade 5: March 30- April 6 (Testing WILL NOT take place on Friday, April 3)

# MENU

<p>3/2 WG French toast w/syrup Baked sausage patty Sweet potato coins Cinnamon Applesauce</p> <p>Chicken Caesar Salad</p>	<p>3/3 Meatballs in sauce Wheat sub roll Fresh spinach salad Goldfish crackers Fresh apple</p> <p>Chicken Caesar Salad</p>	<p>3/4 Chicken patty/wheat bun Plain or buffalo sauce Baked potato puffs Baby carrots w/dip Fresh banana</p> <p>Chicken Caesar Salad</p>	<p>3/5 Pizza Day Sal's Pizza Cheese or pepperoni Fresh tossed salad Roasted chick peas</p>	<p>3/6 Chicken fajitas Lettuce &amp; cheddar cheese Seasoned brown rice Bean &amp; salsa dip Chilled fruit cup</p> <p>Chicken Caesar Salad</p>
<p>3/9 Toasted cheese sandwich On wheat bread Chicken noodle soup Carrot sticks Fresh apple</p> <p>Buffalo chicken salad</p>	<p>3/10 Deli turkey/wheat roll Romaine lettuce/tomato Pickles WG Pretzel Raisins</p> <p>Buffalo chicken salad</p>	<p>3/11 Popcorn chicken bites Whipped potato Corn WG Bread Bread sticks Fresh Banana</p> <p>Buffalo chicken salad</p>	<p>3/12 Early Release Day  Lunches are not served</p>	<p>3/13 Stuffed crust pizza Cheese or pepperoni Fresh tossed salad Roasted chick peas Chilled pears</p> <p>Buffalo chicken salad</p>
<p>3/16 Beef taco in a hard shell Lettuce &amp; cheddar cheese Salsa &amp; bean dup Veggie sticks with dip Cinnamon applesauce</p> <p>Teriyaki Chicken Salad</p>	<p>3/17 Spaghetti &amp; meatballs Caesar salad WG Dinner roll Fresh Apple</p> <p>Teriyaki Chicken Salad</p>	<p>3/18 Chicken nuggets Baked sweet potato fries Steamed broccoli Fresh banana</p> <p>Teriyaki Chicken Salad</p>	<p>3/19 Pizza Day Double stuffed crust Cheese or buffalo chicken Fresh tossed salad Roasted chick peas</p>	<p>3/20 Burger on a bun With or without cheese RF Cape Cod Chips Lettuce, tomato, pickles Fruit cup</p> <p>Teriyaki chicken salad</p>
<p>3/23 Hot dog in a WG Bun BBQ baked beans Celery sticks w/dip Cinnamon applesauce</p> <p>Greek Salad</p>	<p>3/24 Meatballs in sauce on a roll Baby carrots with dip Goldfish Pretzels Chilled fruit cup</p> <p>Greek Salad</p>	<p>3/25 Crispy chicken patty on a bun Plain or chicken parmesan Sweet potato crinkles Fresh apple Greek Salad</p>	<p>3/26 Pizza Day Small personal pan size Cheese or pepperoni Fresh spinach salad Chilled Peaches</p>	<p>3/27 Brunch for Lunch WG Waffle w/syrup Scrambled egg patty Hash Brown Applesauce</p> <p>Greek Salad</p>
<p>3/30 Chicken nuggets Seasoned rice Steamed carrots Fresh banana</p> <p>Teriyaki chicken salad</p>	<p>3/31 Sal's Pizza Cheese or buffalo chicken Fresh spinach salad Roasted chick peas Chilled fruit cup</p>	<p>Students who have IOUs are not allowed to purchase snacks or extra entrée items. <u>They may not charge these items. Students may use their positive balance Nutri Kids account or pay with cash.</u> IOUs should be paid back the next school day. THANK YOU!</p>		

### Daily Choices

- Choice 1 – WG Bagel  
w/cream cheese, cheese stick & salad
- Choice 2 – Garden salad w/dressing  
Cheese stick, croutons and fruit
- Choice 3 – *Smucker's Uncrustable* with side  
salad and fruit
- Choice 4 – Assorted WG cereals w/cheese stick  
and fruit

Be sure your NutriKids account is updated.  
To register for NutriKids, watch daily  
transactions, check balances  
and make online prepayments, please visit:  
[www.myschoolbucks.com](http://www.myschoolbucks.com)

At school prepayments: please make checks payable  
to: **CPS Meal Program**. Please include student id#  
on check.

All meals include choice of milk  
(1% low fat or Tru-Moo fat free chocolate milk)  
A' la carte milk \$.50  
A' la carte water \$.75

In addition to their lunch, students are allowed  
to purchase 1 food item and 1 drink item,  
unless parent notifies us otherwise.

Free and reduced applications are available on the  
school website ([www.carver.org](http://www.carver.org)). Applications can  
be filled out anytime during the school year. Return  
completed application to:  
Carver Public Schools – Food Services  
3 Carver Square Boulevard  
Carver, MA 02330  
Contact Kathleen Farrar ([farrark@carver.org](mailto:farrark@carver.org))

16TH ANNUAL  
**Early Childhood Fair**

**SATURDAY, MARCH 14, 2015**  
10 AM - 12 NOON

10 AM - 12 NOON

**KINGSTON ELEMENTARY SCHOOL**

(Exit 9 off Rte 3A across from the Cancun Restaurant)

Free Admission!

Crafts, Activities and much more for young children ages 2 and up

**LEARN ABOUT:**

The theme this year is school readiness! It's never too early to help your child get ready to learn. Information on Child Care Programs, Community Resources, Information for Parents, Snacks, Raffles and Books for All Children will be available.

**FEATURING**  
**Big Ryan's**  
**TALL**  
**TALES**



Learn More At  
[www.BrainBuildingInProgress.org](http://www.BrainBuildingInProgress.org)

Funded by a CFCE Grant from the  
MA Dept. of Early Education & Care.

**COORDINATED FAMILY & COMMUNITY ENGAGEMENT**

A PROGRAM OF  
SOUTH SHORE COMMUNITY ACTION COUNCIL

Presented by: South Shore Community Action Council's Coordinated Family and Community Engagement with grant from the Massachusetts Department of Early Education and Care



## Parent–Teacher Conferences: A Tip Sheet for Parents

As a parent, you are your child’s first and most important teacher. You and your child’s school have something in common: You both want your child to learn and do well. When parents and teachers talk to each other, each person can share important information about your child’s talents and needs. Each person can also learn something new about how to help your child. Parent–teacher conferences are a great way to start talking to your child’s teachers. This tip sheet suggests ways that you can make the most of parent–teacher conferences so that everyone wins, especially your child.

### What should you expect?

- **A two-way conversation.** Like all good conversations, parent–teacher conferences are best when both people talk *and* listen. The conference is a time for you to learn about your child’s progress in school: Ask to see data about your child’s attendance, grades, and test scores. Find out whether your child is meeting school expectations and academic standards. This is also a time for the teacher to learn about what your child is like at home. When you tell the teacher about your child’s skills, interests, needs, and dreams, the teacher can help your child more.
- **Emphasis on learning.** Good parent–teacher conferences focus on how well the child is doing in school. They also talk about how the child can do even better. To get ready for the conversation, look at your child’s homework, tests, and notices before the conference. Be sure to bring a list of questions that you would like to ask the teacher.
- **Opportunities and challenges.** Just like you, teachers want your child to succeed. You will probably hear positive feedback about your child’s progress *and* areas for improvement. Be prepared by thinking about your child’s strengths and challenges beforehand. Be ready to ask questions about ways you and the teacher can help your child with some of his or her challenges.

### Checklist: Before the conference

- ✓ Schedule a time to meet. If you can’t go at the scheduled time, ask the teacher about other times.
- ✓ Review your child’s work, grades, and progress reports.
- ✓ Talk with your child about his or her progress in school.
- ✓ Talk with others—family members, after school staff, mentors, etc.—about your child’s strengths and needs.
- ✓ Make a list of questions to ask during the conference.
- ✓ Think about ways you would like to be involved in your child’s learning so that you can discuss them with the teacher.

*Continued →*



## HELPING YOUR CHILD Test Preparation

**W**hether you've been out of school for five years or 15, the thought of taking a test probably still makes your heart race. Now imagine what it's like for your child. As a parent, you can help.

### THE PHYSICAL

**Get them fed.** The more nutritiously your children eat, the better they will do in school. Properly fueled and with stable blood sugar levels, their concentration is enhanced. Always give them a healthy breakfast while cutting back on high-sugar cereals, pastries, and undiluted juices (which can have the same sugar content as sodas.) Most kids are ravenous after school, so before they settle down to study, provide a healthful, non-junk food snack to carry them through to dinner.

**Get them moving.** Exams cause stress, but, sports, exercise, and dancing can relieve it. Physical activity that gets students completely away from academics for a few hours each day can actually help them perform better on tests.

**Get them breathing.** Teach your kids a simple breathing exercise that you'll do with them once or twice a day and in times of stress (as in right before a test): Take a deep breath, hold to the count of three, then exhale slowly through the nose to the count of 10.

**Get them to bed on time.** Elementary and middle school children need up to 10 hours of sleep each night to do their best in school. They also need to curtail the excitement from video games, television, movies, and texting for at least 30 minutes before sleep.

### THE MENTAL

**Practice their confidence.** Ask the teacher or principal if there are practice tests or worksheets your child can work on at home before the big day. These can help your children get used to how the questions are worded and how to properly fill in test sheet bubbles.

**Put piecework into action.** Pre-exam cramming does not work. In fact, four 15-minute periods of study are actually superior to one continuous hour when it comes to memory retention. Therefore, see to it that your child preps for tests in small bursts, in some small way, every day.

**Unplug already.** When it comes to distracting videos, television, telephones, or social media (basically anything with a screen or speakers that's not directly related to school work), study time is the time to turn the devices off.



### THE EMOTIONAL

**Offer super support.** As much as you value good exam grades, it's more important that kids understand that your love and respect for them is not dependent on their test scores.

**Review results together.** Once the graded exam comes back, sit with your child and review what went right, what didn't, and how to do better next time. This is not the time for you to lecture. Subtly prompted, your child should do most of the talking.



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