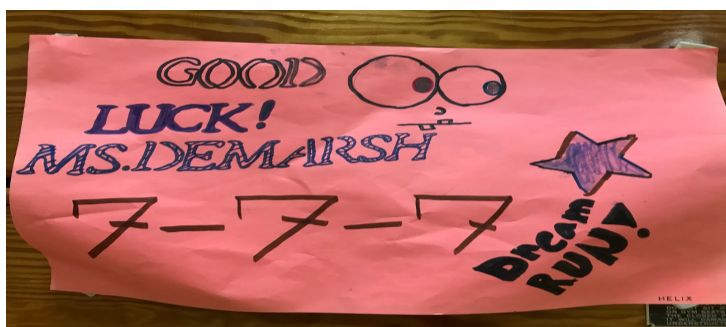


# Carver Coyote Monthly Newsletter

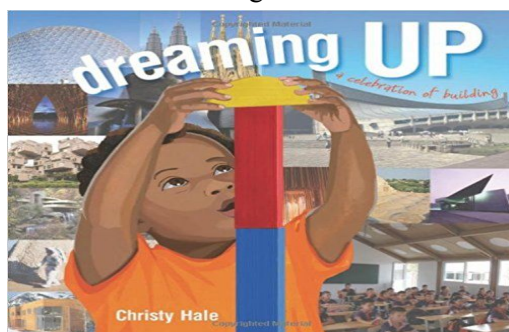
February 2018



A week of dreams coming true at Carver Elementary. Ms. Demarsh begins her World Marathon Challenge on January 30th. On the following dates, Ms. Demarsh will be running on each continent. We all wish her a safe World Marathon Challenge and a warm welcome when she returns. **Jan. 30: Novo, Antarctica** ➤ **Jan. 31: Cape Town, South Africa** ➤ **February 1: Perth, Australia** ➤ **February 2: Dubai, United Arab Emirates** ➤ **February 3: Lisbon, Portugal** ➤ **February 4: Cartagena, Colombia** ➤ **February 5: Miami, Florida.**

**The message to our students: If you can dream it- you can do it!**

Christy Hale author of *Dreaming up...A Celebration of Building* visits Carver Elementary School.



## Inside this issue

Calendar of Events	2
Kindergarten Registration	3
Screenagers	4
Accepting Differences	5
Carver Elementary PTO	5
Handwashing	7
Carver Public Library	7
Lunch/Breakfast Menus	10-11

Carver Elementary School  
85 Main Street  
Carver, MA 02330  
Principal

Ruby Maestas, Principal  
Paula Foley, Associate Principal  
Tanya Dawson, Associate

[www.carver.org](http://www.carver.org)

## Important Dates

Thursday, 2/1/18	Coyote Convenience, during lunches
Tuesday, 2/6/18	Early Release Day - 11:45 am dismissal - lunches are not served
Wednesday, 2/7/18	PTO Meeting, 7 pm, Coyote Commons/IMC
Wednesday, 2/14/18	Elementary School Council, 3:00 p.m. EKW Building
2/19/18-2/23/18	No School - Winter Recess
3/7/18 & 3/8/18	Spring Pictures by Lifetouch (more information will be sent home with students)

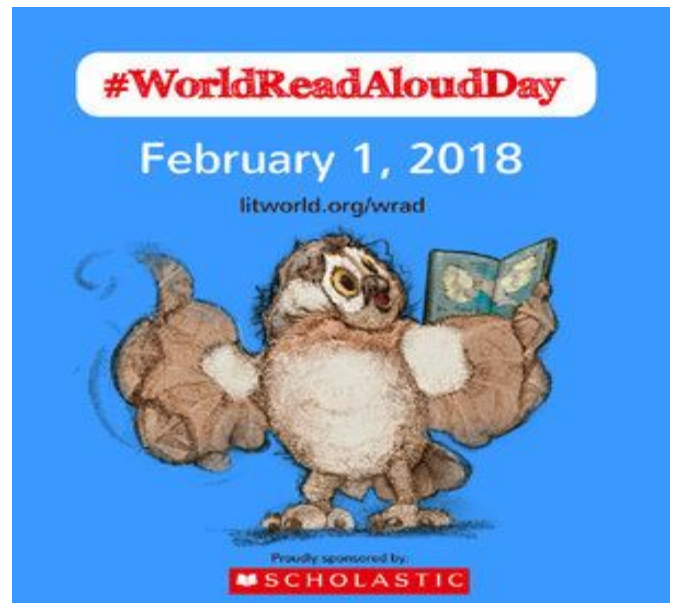


February 1st will mark our 92nd day in school. Now is a good time for parents to take a few minutes and reflect on the hopes and dreams you have for your child. As the year has progressed, have your hopes and dreams for your child evolved? As children grow and change, it's important for us all to keep checking in with one another about how our hopes and dreams have changed. Take a few minutes to jot a few things down in preparation for your March parent/teacher conference or instead of waiting until then, why not send an email to your child's teacher to keep this dialogue going.

February 1, 2018 is World Read Aloud Day! We encourage you to make this day an extra special one with your child. Cozy up on your couch and read a stack of books to your child. No matter the age, everyone loves to be read to. For more information please visit: <http://www.litworld.org/wrad>



Outdoor Recess: We will have outdoor recess daily, weather permitting of course. Please remember to send your children in with hats, coats, gloves and long pants. Appropriate cold weather gear will ensure that your child gets outdoors with his/her peers.



Way to go Carver Crushers! Thank you to the Wizards for making it a fun night for everyone! A special thank you to the PTO for sponsoring this great community-building event.

## Kindergarten Registration

### **Kindergarten Registration:**

The Carver Elementary School will be scheduling kindergarten registration and screening appointments on the following days:

Friday, 3/2/18	10-2:00 pm	Wednesday, 3/7/18	9-11:30 am
Friday, 3/9/18	9-11:30 am	Monday, 3/12/18	9-11:30 am
Wednesday, 3/14/18	9-11:30 am	Thursday, 3/15/18	1:00-3:00 pm and 5:00-7:00 pm
Monday, 3/19/18	9-11:30 am	Monday, 3/26/18	9-11:30 am
Tuesday, 3/20/18	9-11:30 am	Thursday, 3/29/18	9-11:30 am
Wednesday, 3/28/18	9-11:30 am		

Only children who will be 5 years old on or before **September 1, 2018** are eligible to enroll in kindergarten per Carver Public Schools' entrance age policy.

Parents/guardians must call the school to make an appointment for registration and screening. Scheduling will begin on **Monday, 2/5/18** 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 19 through February 23, 2018, the office will be closed. After receiving your appointment, you will be given information on how to access the registration packet online.

In addition to all of the registration forms, please bring the following with you:

- The child's certified birth certificate (with a raised seal).
- Proof of residency. The following are the only documents acceptable as proof of residency:
  - Purchase and sales of house/condo,
  - Two consecutive months of a utility bill,
  - Or a rental agreement including landlord's contact information.
- A driver's license or valid picture ID.
- Up-to-date record of immunizations and a copy of your child's last physical exam. Please be sure the physical includes the date of the most recent lead screening.
- The child needs to be present for this registration appointment.

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 Carver Elementary School at 866-6210.



Join us for a special screening of Screenagers. This is “a documentary about the biggest parenting issue of our time. Are you watching kids scroll through life, with their rapid fire thumbs and a six second attention span? Physician and filmmaker Delaney Ruston saw that happening with her own kids and began a quest to uncover how it might impact their development.

TO VIEW THE TRAILER CLICK [HERE](#).

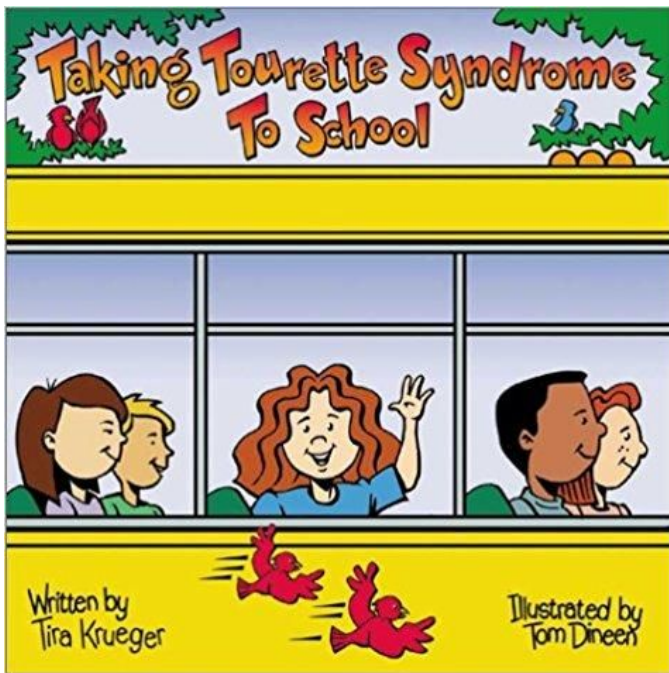
THE EVENT IS **FREE** TO ALL CARVER STAFF, CARVER PARENTS/GUARDIANS , AND CMHS STUDENTS AND THOSE INTERESTED CAN REGISTER [HERE](#). WE HOPE YOU WILL BE ABLE TO JOIN US.

Parents/Guardians might also be interested in learning more about smartphones and the impacts on their students. For more information please visit: [WAIT UNTIL 8TH: WILL YOU TAKE THE PLEDGE?](#)

The Wait Until 8th pledge empowers parents to rally together to delay giving children a smartphone until at least 8th grade. By banding together, this will decrease the pressure felt by kids and parents alike over the kids having a smartphone.

### Office Hours with the Principal

Office Hours with the Principal are from 7:30-7:50 every morning and/or by scheduling a meeting. Also, to provide feedback, suggestions or comments regarding any/all aspects of our school day, there is a comment box located near the parent waiting area in the EKW building. Remember that if you are trying to reach the principal or one of the associate principals during the school day, we are throughout the school, getting to know all our students, conducting classroom walkthroughs, and supporting our teachers. If you leave us a message, we will make sure to get back to you within 24 hours. For emergencies, please do not hesitate to let our office administrative assistants know that you need to speak with one of us immediately.



### Accepting Differences Program for February

Each month the School Psychologist or a School Adjustment Counselor will read a book to your child's class about a way that people can be different to increase understanding and respect for all people.

In February your child will be learning about people who have Tourette's Syndrome. Students will listen to the book, "Taking Tourette's Syndrome to School", by Tira Krueger.

If you have any questions or concerns, please contact any member of the Accepting Differences Team. School Adjustment Counselors, Mary Langner, Nicole Bartlett and Lisa Hines, School Psychologist.

### Carver Elementary PTO

The Coyote Convenience (school store) will be open during lunches on February 1st and March 1st. Children are invited to purchase items after eating their lunch before leaving for recess. Please send any money in a plastic bag labeled school store for any purchases they may want to make. You can make a shopping list by visiting [www.carverpto.org](http://www.carverpto.org).

We are looking for volunteers to help run the school store. Hours are 10:30am to 2pm. Please email [info@carverpto.org](mailto:info@carverpto.org) if you can help.

Our January Box Tops winning classroom was Mrs. Barker's class with 329. Coco the Monkey and spirit sticks will be delivered during the February classroom collection. The top 3 classrooms for January are:  
Mrs. Barker's class with 329  
Mrs. Doyle's class with 236  
Mrs. Geraghty's class with 223

The PTO has a challenge for the Carver Coyotes. Which classroom can collect the most Box Tops for the school year? As of January 29, 2018 our top three classroom's are:  
Mrs. Barker's class with 628  
Mrs. Leatherbee's class with 591  
Mr. MacEachen's class with 492

The next classroom contest collection will be February 15th, 2018. Please send all non-expired Box Tops into your classroom teacher in a ziplock bag by that date. The February classroom winner will be announced in the March newsletter.

Please send any Coca-Gives Program Items with your monthly Box Tops classroom collections.

# Handwashing: A Family Activity

## Keeping Kids & Adults Healthy

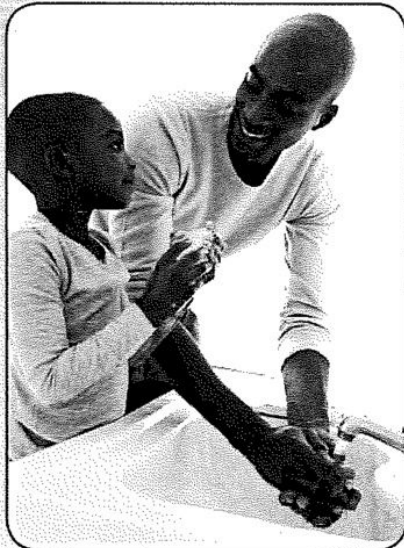


**Handwashing is an easy, inexpensive, and effective way to prevent the spread of germs and keep people healthy.**

For kids, washing hands can be a fun and entertaining activity. It is simple enough for even very young children to understand. Handwashing gives children and adults a chance to take an active role in their own health. Once kids learn how to properly wash their hands, they can—and often do—show their parents and siblings and encourage them to wash hands, too.

Parents can help keep their families healthy by:

- Teaching them good handwashing technique
- Reminding their kids to wash their hands
- Washing their own hands with their kids

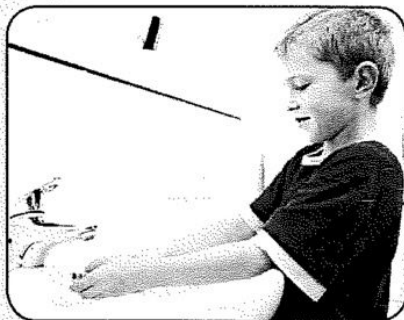


### Improving Health

- Handwashing education in the community:
  - » Reduces the number of people who get sick with diarrhea by 31%
  - » Reduces diarrheal illness in people with weakened immune systems by 58%
  - » Reduces respiratory illnesses, like colds, in the general population by 21%

### Saving Time and Money

- Handwashing is one of the best ways to avoid getting sick and spreading illness to others.
- Reducing illness increases productivity due to:
  - » Less time spent at the doctor's office
  - » More time spent at work or school



### Helping Families Thrive

Children who have been taught handwashing at school bring that knowledge home to parents and siblings. This can help family members get sick less often and miss less work and school.

*Despite widespread knowledge of the importance of handwashing, there is still room for improvement. A recent study showed that only 31% of men and 65% of women washed their hands after using a public restroom.*

**For more details, visit [www.cdc.gov/handwashing](http://www.cdc.gov/handwashing).**



Department of Health and Human Services  
Centers for Disease Control and Prevention

CS234835-A

## CARVER PUBLIC LIBRARY

### Weekly Storytimes

Toddler Storytime - Tuesdays at 10:30 a.m. Ages 3.5 and under meet for stories, songs and activities.

Preschool Storytime - Wednesdays at 10:30 a.m. Ages 3 to 5 meet for stories, songs and related activities.

Reading Buddies – Runs Thursdays, January 11 to February 15 from 3:30 p.m. to 6:00 p.m.

Children in grades K – 5 may register for a time slot to meet with Marilyn Thayer and her certified family therapy dogs to practice reading skills in a relaxed atmosphere. Each 20 minute session begins with a meet and greet followed by reading time. Children are encouraged to bring their own books or choose one from the library.

### Finger Knitting

Thursday, February 1 at 6:30 p.m. – Ages 8 and up, must register.

### Sparkly Snow Slime

Saturday, February 3 at 11:00 – Ages 4 and up, must register.

### Creative Journaling

Tuesday, February 6 at 6:30 p.m. – Ages 10 and up, please register.

### Chocoholic Frolic

Thursday, February 8 at 6:30 p.m. – Ages 8 and up, must register.

### Love Bugs

Saturday, February 10 from 11:00 a.m. to 2:00 p.m. – All ages, drop-in.

### Lego Challenge Night

Tuesday, February 13 from 5:30 p.m. to 7:30 p.m. – All ages, drop-in.

### Pajama Storytime

Thursday, February 15 at 6:30 p.m. – All ages, please register.

### Magic the Gathering

Tuesday, February 20 at 5:30 p.m. – Ages 12 and up, drop-in.

### Make-it, Take-it Craft

Tuesday, February 20 from 5:30 p.m. to 7:30 p.m. – All ages, drop-in.

### Candy Bar Bingo

Thursday, February 22 at 6:30 p.m. – All ages, drop-in. Entry fee of one regular-sized candy bar per player (adults welcome to play as well!)

### Alice in Wonderland

Saturday, February 24 from 11:00 a.m. to 2:00 p.m. – All ages, drop-in any time and follow a trail of activities Through the Looking Glass.

### Preteen Jewelry Night

Tuesday, February 27 at 6:30 p.m. – Ages 8 and up, must register.

# Home & School

Working Together for School Success

CONNECTION®

February 2018

Carver Elementary School  
Mrs. Maestas, Principal



## SHORT NOTES

### I love you because...

Family members can share what they love about each other with this writing activity. Have your youngster cut out paper hearts. Write love notes on them and hide for others to find. For example, maybe your child will put one under her sister's placemat that says, "I love you because you make me laugh."

### On the road again

Carpooling with other parents is a great way to save time and money—and to get to know your youngster's classmates. When you drive, you'll probably hear them discuss school, sports, and friends. *Note:* Ask parents about booster seats—if a child uses one in his parents' car, he'll need one in yours, too.

### Indoor "recess"—at home

When winter weather keeps your family inside, ask your child to show you what she does during indoor recess at school. She could teach you games, crafts, or songs she enjoys. Then, encourage her to come up with new ideas to try at home or in class.

### Worth quoting

"Life itself is the most wonderful fairy tale." *Hans Christian Andersen*

## JUST FOR FUN

**Q:** Why did the orange lose the race?

**A:** Because it ran out of juice!



© 2017 Resources for Educators, a division of CCH Incorporated

## Olympic-sized learning

While the 2018 Winter Olympic Games are taking place thousands of miles away, your child can earn a "medal" in learning at home. Turn Olympic magic into educational gold with these suggestions.

### Reading

Speed skating, ski jumping, luge...which Winter Olympics sports does your youngster enjoy watching? Head to the library together to pick out books about their history, the rules, and how the athletes train. *Idea:* Hold a "reading Olympics." Let family members count the books they read in February. At the end of the month, everyone can award medals to their three favorites.

### Math

Your child will practice gathering, recording, and calculating data to find out which of his favorite countries wins the most medals. Encourage him to divide poster board into four columns: "Country," "Gold," "Silver," "Bronze." In column one, he can list teams he'd like

to follow. Every day, have him check a newspaper or [olympic.org](http://olympic.org) and add tally marks for each country's medals. After the Olympics end, he can total them up to see who got the most in each category.

### Social studies

Where in the world do the Olympic athletes come from? To explore geography, help your youngster use a map to find countries represented in the Olympics. He might put star stickers on the countries on a wall map. Or let him print out a world map and make a dot on each competing country.♥



## Decisions, decisions

Learning to make smaller decisions now will prepare your youngster to make bigger ones later. Here are ways to build her decision-making skills:

- Hearing you think through your choices gives your child an example to follow. You might say, "I'd like to visit Aunt Sue tonight, but then I might not finish this proposal for work. I'll go Saturday instead."
- When possible, give your youngster two to three specific options. That way, she can make a decision without feeling overwhelmed. *Example:* "Do you want to sweep or dust?" rather than "Which chore would you prefer to do?"♥





## An anti-bullying attitude

Having a positive attitude toward others can help to keep your youngster from participating in bullying. With these ideas, she'll be more apt to be kind to others and want them to feel included.

**1. Watch your words.** Let your youngster know you expect her to speak kindly. Before she says something she's unsure about, she could ask herself if she would want you to hear it. If she overhears another



student calling a classmate names or gossiping, she could counter the unkind words with nice ones. ("I hear you're really good at gymnastics.")

**2. Accept everyone.**

Leaving people out on purpose is a form of bullying. Suggest that your child look for chances to make others feel that they belong. For example, she might ask to

join someone who normally sits alone on the bus. Or she could invite a new student to her birthday party. She'll see how good it feels to make someone's day—and perhaps she'll even gain a friend!♥

### ACTIVITY CORNER Inspired by art

Art unleashes your child's imagination and lets him practice fine-motor skills. Try these tips to encourage him to experiment.



**Use natural supplies**

Challenge your youngster to find free art materials right in your backyard! For instance, he might use sticks or feathers as paintbrushes. Or he could draw on rocks with colored chalk.

**Try new formats**

Suggest that your child arrange objects (toys, fruits) on a table and sketch a *still life*. Or go outdoors where he can paint a *landscape* of natural scenery like trees or a pond. If he wants to draw a *portrait*, he could ask a family member to pose—or look in a mirror and create a self-portrait.♥

**OUR PURPOSE**

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators, a division of CCH Incorporated  
128 N. Royal Avenue • Front Royal, VA 22630  
800-394-5052 • rfeustomer@wolterskluwer.com  
www.rfeonline.com  
ISSN 1540-5621

© 2017 Resources for Educators, a division of CCH Incorporated

### PARENT TO PARENT

#### Safe to make mistakes

My third grader, Mark, gets discouraged when he can't do something correctly right away. While he was practicing his typing skills, he said, "Forget it, I'm no good at this," and walked away from the computer.

I told Mark that mistakes are part of learning. I admitted that when I was his age, I wanted to quit the violin because I couldn't get the notes right on my favorite piece. Luckily, the school music teacher encouraged me to continue, and Mark knows that I enjoy playing the violin to this day.

To show Mark his mistakes were "stepping-stones," I drew circles across a sheet of paper. Each time he made a mistake while typing, I suggested he cross out a stepping-stone and start the sentence again. I knew that if he kept trying, he'd type an error-free sentence before he got to the last stone—and I was right.

Now Mark has a way to track his progress with typing and other things that require persistence.♥



### Q & A

#### Study with a pencil in hand

**Q:** When my daughter studies for a test, she simply reads through her notes or textbook chapter once and announces she's finished. How can I help her study more effectively?

**A:** Reading is an important part of studying. But writing and drawing can help cement the information in her mind—in fun and interesting ways.

For example, if she's studying a textbook chapter, she could write answers to

the end-of-chapter questions or even design her own quiz. When she studies with a classmate, they might write questions on index cards and play "quiz show."

Sketching pictures is another good study strategy. To prepare for a test on planets, she can draw and label the solar system. Or she could draw pizzas and write fractions on the slices while studying for a math test.♥



## LUNCH MENU

			2/1 Turkey Sub Sliced turkey on wheat roll Lettuce & tomato RF Doritos Baby carrots Fresh apple Chicken/Bacon Ranch Salad	2/2 Pizza Day Sal's Pizza Cheese or pepperoni Fresh Caesar Salad w/dressing Garlic roasted chick peas Strawberry cup, Cookie
2/5 Popcorn chicken bites Sweet potato crinkles Corn Warm pretzel rod Chilled fruit cup Buffalo chicken salad	2/6 Early Release Day  Lunches are not served	2/7 Papa Gino's Day Cheese or pepperoni Fresh Caesar Salad w/dressing Chilled peaches Buffalo Chicken Salad	2/8 Teriyaki Chicken Seasoned rice Sweet peas Chilled pineapple chunks Fortune cookie Buffalo chicken salad	2/9 Hot dog in a wheat bun BBQ baked beans Carrots Chilled pears  Buffalo chicken salad
2/12 Crispy chicken cutlet Whipped potatoes & gravy Corn Wheat dinner roll Fresh orange wedges Chicken Caesar Salad	2/13 French toast sticks w/syrup Baked sausage links Sweet potato bites Fresh banana Chicken Caesar Salad	2/14 Spaghetti w/sauce W or w/io meatballs Green beans Warm bread stick Strawberry cup/Heart cookie Chicken Caesar Salad	2/15 Hamburger on a bun Plain or cheese Lettuce, tomato & pickles Baby carrots w/ranch Fresh apple Chicken Caesar Salad	2/16 Pizza Day Girardi Stuffed Crust Cheese or buffalo chicken Fresh Spinach Salad w/dressing Roasted chick peas Chilled diced peaches
2/19  WINTER BREAK	2/20  WINTER BREAK	2/21  WINTER BREAK	2/22  WINTER BREAK	2/23  WINTER BREAK
2/26 Crispy chicken tenders Oven baked smiles Peas Cinnamon applesauce Teriyaki Chicken Salad	2/27 Taco Tuesday Hard Shell Taco/Beef & cheese Seasoned rice, corn, salsa Chilled fruit cup Teriyaki Chicken salad	2/28 Papa Gino's Pizza Day Cheese or Pepperoni Fresh Spinach salad w/dressing Chilled peaches Teriyaki Chicken Salad	3/1 Hot dog in a bun Plain or chili BBQ baked beans Pretzel snack bag Fresh apple	3/2 Pizza Day Wild Mike's Pizza Cheese or Sausage Fresh Garden Salad/dressing Chilled pears

1. WG Bagel with cream cheese, cheese stick & salad
2. Garden Salad with dressing, cheese stick, croutons and fruit
3. Smucker's Uncrustable with side salad and fruit
4. Assorted WG cereals with 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.

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)) with any questions.

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

Lunch Price \$2.40  
Our breads are Whole Grain Rich

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

## BREAKFAST MENU

			2/1 Apple/cinnamon muffin Fruit Milk or juice Or assorted cereals	2/2 Assorted W/W bagels Cream cheese or margarine Fruit, Milk or juice Or assorted cereals
2/5 Yogurt cup Graham cracker bites Fruit Milk or juice Or assorted cereals	2/6 Blueberry muffin Fruit Milk or juice Or assorted cereals	2/7 Mini pancakes Fruit Milk or juice Or assorted cereals	2/8 Banana muffin Fruit Milk or juice Or assorted cereals	2/9 Assorted W/W bagels Cream cheese or margarine Fruit Milk or juice Or assorted cereals
2/12 Yogurt cup Graham cracker bites Fruit Milk or juice Or assorted cereals	2/13 Blueberry muffin Fruit Milk or juice Or assorted cereals	2/14 Mini blueberry waffles Fruit Milk or juice Or assorted cereals	2/15 Chocolate chip muffin Fruit Milk or juice Or assorted cereals	2/16 Assorted W/W bagels Cream cheese or margarine Fruit Milk or juice Or assorted cereals
2/19 WINTER RECESS	2/20 WINTER RECESS	2/21 WINTER RECESS	2/22 WINTER RECESS	2/23 WINTER RECESS
2/26 Yogurt cup Graham cracker bites Fruit Milk or juice Or assorted cereals	2/27 Blueberry muffin Fruit Milk or juice Or assorted cereals	2/28 Mini blueberry waffles Fruit Milk or juice Or assorted cereals	3/1 Chocolate Chip muffin Fruit Milk or juice Or assorted cereals	3/2 Assorted W.W bagels Cream cheese or margarine Fruit Milk or juice Or assorted cereals

### Breakfast Program

Available daily: Assorted gluten free cereals, milk & fresh fruit. We will also offer on alternating days: muffins and other breakfast pastries.

Breakfast will be free for approved eligible free students, \$.30 for approved eligible reduced students and \$1.65 for all others. If you have any questions, please call (508) 866-6230.