



Gales Ferry /  
Juliet W. Long School

February 2012

Dear Parents and Friends of GFS/JWL,



When you enter GFS, please take a moment to admire the orange and purple paper chain hanging in the vestibule. Each link represents the promise students and staff from both GFS and JWL have made to "Band Against Bullying." Students received bracelets with the same message, which were provided by Girl Scout Troop 63153. Dr. Austen and I are in the process of visiting classrooms to share a book called Becoming Someone's Hero: A Book for the Bystanders of Bullying. The book introduces an action plan for handling bullies:

- 1- Feel something's wrong
- 2- Get a group
- 3- Tell the bully to stop
- 4- Invite the victim to play
- 5- Report the incident immediately



On January 24<sup>th</sup>, we hosted the NED Show. Students heard a story about Ned who was having a bad day until he remembered three important rules in order to be a champion in school and in

life: **Never** give up! **Encourage** others!  
**Do** your best!



During the month of February, we will be focusing on **citizenship**. Our All School Meeting will be held at 9:00 on Friday, February 3<sup>rd</sup>. We will celebrate the freedom we have in this country. Students from Ms. Romano's and Mrs. Souza's classes will be in the spotlight. Georgia Paul, a sixth grader, will be sharing how she volunteers her time at the local animal shelter. We will be collecting "Pennies for the Puppies" throughout the month in order to provide food and toys for the shelter animals. Please wear **red** to the All School Meeting in honor of the American Heart Association.

Parent/teacher conferences will be held on March 28-30. I encourage you to set up a time to meet with your child's teacher.

Sincerely,

*Anne Hogsten*

Anne Hogsten  
Principal



## Upcoming Events



**February 1<sup>st</sup>**- Band Concert and Art Show, 7:00 P.M.

**February 3<sup>rd</sup>**- All School Meeting, 9:00 A.M.

**February 9<sup>th</sup>**- PTO Meeting, 3:30 P.M.

**February 20<sup>th</sup>**- President's Day- No School

**February 27<sup>th</sup>**- School Climate Committee, 8:00 A.M.

legend of why years are named after animals. Qiuyin and her mom, a paraprofessional at GFS, also made dumplings from scratch for the children to sample. It was quite a treat!



Mrs. Mason's second grade class visited Olive Garden with their pen pals from the Winthrop School in New London. The students learned about eating healthy foods and shared a recipe book with their pen pals. Each student recently finished creating a PowerPoint project about healthy eating.

## Special Recognitions



Mrs. Pacheco's kindergarten classes had the honor of learning about Chinese New Year from Qiuyin Liu, a junior at LHS. She came dressed in a beautiful outfit from China and showed the students a PowerPoint presentation as she read the

Sixth grade girls and their mothers or other female adult guest enjoyed Girls Night Out on January 20<sup>th</sup>. They spent the evening learning about nutrition, doing hair and nails, and participating in a Zumba class. Special thanks to Mrs. Bousquet, Mrs. Baker, Mrs. Santoro, and Ms. Johnson for organizing the event!



## PE News



Our third annual Jump Rope for Heart event will be held on Friday, March 2<sup>nd</sup> from 5:30-8:00 P.M. at Gales Ferry. If your child has collected donations, we ask that he or she return the collection envelope no later than that evening. Make sure to wear comfortable attire and sneakers. Wear **red** to show your support for the American Heart Association.



The PE School Store is up and running. Each week, one grade level has the opportunity to shop for sports related items. All proceeds will be used to support events such as Field Day, Girls Night Out, and Jump Rope for Heart.

## Technology News

We recently were awarded a LEAF grant that allowed us to purchase five Promethean boards that were installed at JWL.

## Odds and Ends

School starts at 8:40. Students should be in their classrooms ready to work. If you are running late, you need to sign your child in at the office.



Safety continues to be a concern, especially during arrival and dismissal. If you are dropping your child off at



GFS, please do not park in the crosswalk.

## PTO News

The current PTO officers are retiring at the end of this school year. If you are interested in becoming more involved and taking on a leadership role, please contact [gfs/jwlpto@yahoo.com](mailto:gfs/jwlpto@yahoo.com) for more information. A strong PTO is vital to providing students with a variety of learning opportunities and activities to enhance daily instruction.

## Art News

Gales Ferry / Juliet Long Art Show in Concert with Music Performance

Join us on Wednesday, February 1 to celebrate the visual art talents of our GFS/JWL student body. Artwork from grades K - 6 will be on display in the lobby and hallways of GFS near the entrance to the gym. Students in all grades have been practicing their painting skills as well as learning how to use color effectively. Work will include samples of the PTO magnet project that the students have been working on in January.



Seventeen students from Mrs. Holdridge's grade six class had their poetry chosen for publication in the Creative Communications Poetry Contest. The class also received a Writing Achievement Award.



# Child Passenger Safety Laws in Connecticut

**LAW:** Infants must remain rear-facing until they are a minimum of both 20 pounds and one year old.

Further recommended: Babies should be kept rear-facing until they are 2 years old or meet the maximum height or weight limit for their car seat when it is rear-facing.

**LAW:** Toddlers must be in a car seat.

Further recommended: Children should remain in a car seat until they reach the weight or height limit of their car seat (usually 40 pounds or more). Additionally, don't use a car seat that has been in a crash or has expired.

**LAW:** Children should ride in a car seat or booster seat until they reach 7 years old AND 60 pounds (they must meet both requirements). Children who ride in a booster seat must use a lap and shoulder belt.

Further recommended: Children should continue to ride in a booster seat until the seat belt fits properly (fitting on their collar bone and hip bones, not on their neck and stomach).

**LAW:** Children, tweens and teens must be in a seat belt wherever they ride in the vehicle.

Further recommended: Children should ride in the back seat until they are 13 years old. All people and objects should be properly restrained wherever they are in the vehicle.

**Violators of the Connecticut car seat law must pay a fine and attend a 2-hour educational car seat class at the Department of Motor Vehicles**

For more information, please contact Safe Kids Connecticut at [www.ctsafekids.org](http://www.ctsafekids.org) or 860-545-9988.

or your local Safe Kids:

Fairfield County 203-247-1614

Greater Naugatuck Valley 203-732-1337

Greater New Haven 203-946-8186

Greater Waterbury 203-346-3908

Litchfield County 860-626-8201

New London County 860-442-0733

Windham County 860-456-6978



## Healthful Eating ... Food Labels Help!

Supermarkets sell thousands of foods. How do you make healthful choices for everyone in your family? Sometimes it seems overwhelming! The Nutrition Facts label can help you. It is easy to use, even when your shopping trip is hectic.

The Nutrition Facts labels tell you the Serving Size, calories (or food energy), and nutrients in one Serving of food inside the package. Look for the nutrition information in the store near fresh fruit, vegetables, meat, poultry, or fish, too.

- Be in control – and buy the best foods for your family.
- See how calories (food energy) and nutrients change with bigger or smaller servings.
- Compare the % Daily Values in similar foods.

## READ IT before you EAT IT!

How many servings are you eating?

**Calories in one Serving**  
For two Servings, double the calories. Pay attention to choose foods for a healthy weight.

### Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value\*

Total Fat 12g 18%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 470mg 20%

Total Carbohydrate 31g 10%

Dietary Fiber 0g 0%

Sugars 5g

Protein 5g

Vitamin A 4% • Vitamin C 2%

Calcium 20% • Iron 4%

\* Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	30g	35g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

### % Daily Value (%DV)

%DV is the amount of a nutrient in one Serving compared to dietary recommendations.

Get LESS

5% or less is low  
20% or more is high

Get ENOUGH

5% or less is low  
20% or more is high

### What's the Best Choice for You?

Use the 5%–20% Guide to Daily Values to choose foods.

Provided by \_\_\_\_\_

**NIBBLES FOR HEALTH 3** Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Service