



**Gales Ferry/
Juliet W. Long
Schools**

November 2011

Message from the Principal

Dear Parents and Friends of GFS/JWL School,

We have a great deal to be thankful for on the campus. Our facilities have undergone some updates over the course of the last few months. In August, the buildings were connected to a natural gas line. The banging pipes at JWL that so many of you heard about at Open House have been repaired. This month, a fiber-optic line was installed to improve our connectivity. An antenna was placed on the roof of GFS to allow better communication between the two schools and the playgrounds. Currently, we are working on repairing the swipe card system at GFS. Dr. Austen and a team of teachers are hard at work crafting a grant application to potentially enhance our use of technology. Oh, and just in case you have not heard, we have new swings at JWL.

In keeping with state regulations, we have switched to using approved green cleaning products. We can no longer accept donations of Clorox Bleach wipes and other cleaners. If you would like to donate paper towels, we would gladly accept them. We use quite a few at lunch time each day.

In the last two weeks, we have had several drivers pass buses that have had stop signs extended and lights flashing. Not only is this dangerous, it is illegal. If a bus is actively loading or unloading in front of GFS/JWL, drivers may not pass them, unless the driver is on the other side of the cement island. Passing a standing school bus is a \$450.00 fine. I am asking that all drivers use extreme caution, especially at

arrival and dismissal times. Students will be participating in a bus evacuation drill on November 7th. This will slow traffic a bit. We ask for your patience.

This month, we will be trying something new with the newsletter. All families will receive a basic newsletter on the first day of the month. A more detailed newsletter will be available on the website of each school. If you do not have access to the internet and would like a copy of the detailed newsletter, please call the office, and we will send it home with your child.

I encourage you to look at the list of upcoming events. We are truly fortunate to have a strong PTO and dedicated staff members who plan a variety of events. The recent PTO movie night had a wonderful turn out! The next family event will be held on November 4th at Galaxy Roller Rink. It will be a fantastic opportunity for GFS/JWL families to exercise and spend time together. We will be accepting donations of healthy snacks and paper towels for the Jaret Kulmann Food Locker that evening. Earlier in the day, the Silver Dolphins will be joining us at our All School Meeting as we honor our Veterans. The meeting will begin at 9:00 AM in the GFS gym. Parents are always welcome to attend.

Sincerely,

A handwritten signature in cursive script that reads "Anne Hogsten".

Anne Hogsten
Principal

Food Locker News



What is the Jaret Kulmann Food Locker?

It is a bank of food and toiletries that are available to those in need during these difficult times. This community resource is named after our former Vice Principal who found great joy in helping others.

Where is it located?

The food locker is located in the Juliet W. Long School across from the front entrance.

How can I help?

Please donate food items and/or toiletries by sending them to school with your child.

Who can I contact if I need help?

Please contact the nurse in your child's school.

GFS – Casandra Allen, callen@ledyard.net,
(860) 464-2458

JWL – Susan Baker, sbaker@ledyard.net,
(860) 464-6929

How can I get the things I need?

When you contact the school nurse, she will help develop a plan that fits your needs. Items can be accessed before, during or after school hours. Items can also be sent home with your child or delivered to your house.

Is it private?

Absolutely! There are no forms to complete and your personal information will be kept confidential.

Upcoming Events



- November 1st - Picture retakes at JWL
- November 3rd - All School Walk 10:30 A.M.
- November 4th - All School Meeting 9:00 A.M.
 - Roller Skating at Galaxy Roller Rink 5:00-7:00 P.M.
- November 8th - No School- PD
- November 10th - PTO Meeting 3:30-4:30 P.M
- November 11th - No School- Veterans Day
- November 14th - Grades Close
- November 14-15th - Grade 6 Fundraiser at Chili's in Montville 4:00-10:00 P.M.
- November 15th - Picture retakes at GFS
- November 18th - Frosty's Workshop and Chili Cook-off 5:30-7:30 P.M.
- November 23rd - Shortened Session
- November 24- 27th - Thanksgiving Break
- November 28th - December 1st - Scholastic Book Fair
- November 29th - Report cards sent home
- November 30th - December 2nd - Shortened Sessions: Parent/Teacher Conferences
- November 30th - December 2nd - Giving Tree
- December 2nd - Teacher and Staff Appreciation Lunch 1:00-2:00 P.M.
- December 2nd - Roller Skating at Galaxy Roller Rink 5:00-7:00 P.M.



**National School Psychology Awareness Week:
Helping Students, Staff and Families Make the Connection!**



Helen Simonowitz
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A student's life at school is filled with potential connections (relationships, linkages in learning, behavioral choices, etc). Friendships with peers, relationships with teachers, acknowledgements from administrators, encouragement from coaches are all connections that are essential to making school an enjoyable place to learn. Supportive learning environments help students make positive connections between behavior, effort, skills, and achievement, while also building resilience and the ability to meet challenges successfully.

Connections such as these are vital to our children. Having at least one trustworthy adult in addition to family, whether at school or in the community, can help children overcome challenges and adversity. One friendship is enough to help a child feel accepted at school. Feeling connected to school increases children's well being and academic achievement and decreases negative risk factors such as truancy and the likelihood of dropping-out. Students who can clearly link their choices and thought process to actions that lead to specific outcomes are better able to make good choices.

School psychologists are in a unique role to facilitate students' connections at school. We work directly with students providing educational assessments, leading individual and group social skills development sessions, guiding learning strategies and problem solving skills, and helping students develop positive self

concepts by linking efforts to achievements. The importance of connections is not limited to students. School psychologists also consult and collaborate with teachers, counselors, aides, administrators, and parents. We provide services such as serving on school problem solving and leadership teams, analyzing and explaining educational data, developing classroom accommodations and modifications, meeting with parents and community members, and helping students transition to post secondary education or adult services after graduation. That is a lot of connections!

Helping our students and schools focus on strengthening positive relationships and increasing positive connections is at the heart of national **School Psychology Awareness Week, November 14–18, 2011**. The theme, **"Every link matters. Make a connection."** is directed to students, but also carries an important message to all adults.

Parents you can help us build and celebrate your children's positive connections!

- Encourage your child to do homework with a friend or a group of friends.
- Get to know at least two or three parents of your child's class mates by name.
- Listen more than talk next time your child tells you they have a problem. It shows them you believe in their ability to become good problem solvers.
- Encourage your child to come up with at least three ways to solve problems they run into, and congratulate them for thinking of different ways to solve problems. (Okay, some ideas will be a little grand, but thinking big is a great way to encourage imagination!)
- Take time each day to tell a child, any child, that they are important. Tell them what they think, say, and do matters to everyone around them.



News From The Nurses

GFS-Cassandra Allen 464-2458
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JWL-Susan Baker 464-6929
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What are head lice?

- Head lice are small insects that live in people's hair and feed on their blood. Lice glue their eggs, or "nits," to hair so that the nits do not get brushed off.
- Head lice die quickly (within two days) without feeding so they cannot live very long away from your child's head.
- Nits take six to nine days to hatch, and seven or more days for the lice to become egg-laying adults. Nits attached to hairs that fall off the head will not hatch; they need a warm head to incubate.

How do people get head lice?

Children can give head lice to other children with head-to-head contact and when they share combs, hats, clothing, barrettes, helmets, scarves or other personal items. Children are much more likely to get lice from family members and playmates, especially at sleepovers, than from classmates at school. Lice do not hop, jump or fly; the only way they can get from one person to another is direct touching, head-to-head.

How do I know if my child has lice?

The only way to know if your child has lice is to look through their hair. We recommend that you do this every week or two to catch them before they get bad enough to cause itching. If you wait until your child has an itchy scalp they have usually had lice for a month or more. The itching will continue for a while even after treating for lice, much like a mosquito bite. Don't confuse dirt or dandruff with nits. Nits stick on the hair.

How can I get rid of my child's lice?

- If your child has head lice, the best way to get rid of the lice is to comb their hair every day with a nit comb for two weeks.

- Nit combs should be metal (not plastic) and have long teeth. Several brands of nit combs are available at your local pharmacy.
- A good example is the LiceMeister®* metal comb that costs about \$12. Metal flea combs found at pet stores may be used as well.
- The best way to remove nits is to part the hair into small sections. As each section is combed, fasten the hair to the scalp to keep track of what has been combed. It is easier to comb wet hair with a little conditioner on it...
- Any nits that cannot be combed out must be removed. You can do this by picking them out with fingernails or by cutting a single hair between the scalp and where nits are attached.
- Check all family members' hair completely. Common places to find lice are close to the scalp, the neckline, and behind the ears. They like it warm and dark.

What are the treatments I can use?

Permethrin or pyrethrin products are the active ingredients in most over-the-counter head lice treatments. The best active ingredient is permethrin. Nix®* cream rinse is an over-the-counter treatment that uses permethrin.

VERY IMPORTANT TREATMENT INFORMATION:

- **Follow the label directions carefully.**
- **Do not leave the product on for a longer time than recommended; it will not kill the lice faster.**
- **Treat only people who have head lice.**
- **Each person with head lice needs a complete treatment. Do not split a single box of shampoo or rinse between people.**
- **Even after treatment, you should remove nits daily with a metal nit or flea comb until all nits are completely removed.**
- **Wait at least seven to ten days before treating someone for a second time. Treatments do not kill immature eggs so the second**

treatment will kill any lice that may have hatched.

What if the treatment did not work?

Here are a few reasons the treatment might not have worked:

- The directions on the treatment product were not followed closely enough.
- The nits were not completely removed.
- The child got head lice again from a brother, sister, or playmate.
- Lice may not die right away.
- The problem was not lice.
- If permethrin or pyrethrin products do not work when used properly, you should talk to your doctor about a prescription for Ovide®*.

There is NO proof that the following products work:

- Vinegar
- Compounds that say they dissolve the glue on the nits "to ease their removal."
- Mayonnaise
- Olive oil
- Tea tree oil
- Lotions that "suffocate" lice

What else do I need to do to help get rid of the lice or nits in my home?

- Wash clothing and bedding in hot water (130 F) then dry on a hot cycle for at least 20 minutes.
- Seal items in a plastic bag for two weeks to kill lice because they cannot get a blood meal.
- Boil combs, brushes, hair bands, and barrettes in water for five minutes, or soak them in rubbing alcohol or Lysol®* for one hour.
- Vacuum carpets and furniture.

Isn't the school checking students for lice on a regular basis?

School-wide head checks are not recommended or endorsed by the American Academy of Pediatrics, the Centers for Disease Control or the Harvard School of Public Health.

Likewise it is no longer recommended to keep a child out of school until treated or to notify the parents of the classmates. Head lice do not transmit disease and there is no evidence that keeping a child out of school until treated

prevents lice in the classroom. The most effective screening occurs when parents check their own children at home, treat if any lice are found, and make efforts to remove the nits.

*Use of this product name does not imply endorsement.

For more information go to:
Harvard Public Health:

<http://www.hsph.harvard.edu/headlice.html>

CDC: <http://www.cdc.gov/lice>

CT Dept of Health:

<http://www.ct.gov/dph/cwp/view.asp?a=3136&q=388318>

American Academy of Pediatrics:

<http://aappolicy.aappublications.org/cgi/reprint/pediatrics;110/3/638.pdf>

News from the Reading Teachers

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JWL-Vikki Smith

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Read-aloud Enjoyment

Some of the best times with your child may be when you share a story. Get the most out of reading aloud with these three easy tips:

1. Hold the book so your child can see the words and pictures while you're reading. Run your finger under the text, or point to interesting things in the illustrations.
2. Take your time and don't rush the story. Your child can tell if you're in a hurry. Reading slowly will help you read clearly—and give you and your child more time together.
3. Don't be afraid to stop reading a book if your child doesn't seem interested. Have a backup selection ready so read-aloud can continue.

Newspaper Learning

With thousands of words in every issue, newspapers are a great way to build your child's reading skills. Grab a paper and try these activities:

Matching game

Have your child cut out several photographs and their captions separately. Mix them up. Matching the captions and the photos will improve reading comprehension.

Scavenger hunt

List items in the newspaper (car ad, crossword puzzle, weather forecast, etc.), and ask your child to find and circle each one. This will build research skills as they look through the pages.

ABC order

Together, find the names of 5-10 countries, states, and cities in headlines or stories. Let your child copy each one onto an index card and arrange the cards in alphabetical order. This will help to practice spelling and learn about geography.

Taken in part from 2009 *Resources for Education*, a division of Aspen Publishers, Inc

Note: these activities can also be used with magazines



Mrs. Nancy Brewer from the Ledyard Public Library recognized 89 students for their participation in the summer reading program during a special assembly held on October 19th. Students were given a certificate and bookmark. Congratulations to our summer readers!

PE News



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Congratulations to the GFS/JWL students who participated in the Joe Lonardelli Cross-Country Championships held in Norwich on October 10th.



Boys:

(Ages 6-8) Ryan Brownson, Brock Isenburg, Kyle Caswell, Jacek Wojciechowski, Ian Loy, Sean Harren, Jonah Brownson

(Ages 9-10) Brendan Thornton, Mason Barnett, Matthew Thornton, Cory Mates (Ages 11-12) Jacob Money, Berkely Wachtmann

Girls:

(Ages 6-8) Samantha Money, Jolie Isenburg, Katherine Harren, Alexis Duyan (Ages 9-10) Cailynn Davis, Heather Johnston, Angelina Cohen, Karissa Paul, Alexis Schultz, Riley Colgan (Ages 11-12) Kylie Schultz, Julia Paul

Congratulations to the students who participated in the Gems Cross County Championship held on October 16, 2011!

Boys: Brett McConnell, Cory Mates, Tyler Perkins, Nathan Patterson, Damian de Ugarte, Calvin McQuain, Jacob Money, Berkely Wachtmann

Girls: Heather Johnston, Karissa Paul, Alyah de Ugarte, Alexis Schultz, Riley Colgan, Caitlynn Davis, Julia Paul, Georgia Paul, Kylie Schultz.

JWL took first place in the team competition in the Girls Elementary Division (Grades 3-5) and the Girls Middle School Division (Grades 6-8).



Help Wanted



We are looking for substitute teachers and paraprofessionals. If you are interested in this important and rewarding work, please contact the school office for more information.