

Falcon Flyer



Fletcher Elementary School

340 School Road, Cambridge, Vermont 05444

March 2019

BE RESPECTFUL BE RESPONSIBLE BE SAFE BE CARING SOAR LIKE A FALCON

UPCOMING EVENTS

May 7, 2020
5/6 Play
1:30 p.m. Dress
Rehearsal
6:00 p.m.

May 14, 2020
STEAM Night
6-7 p.m.

May 26, 2020
Spring Concert
Afternoon
performance only
1:30 p.m.

June 12, 2020
6th Grade
Graduation
6:00-7:30 p.m.

*Follow Us On Social
Media!!!*

*Twitter:
@FletcherFalcon*

*Facebook:
Fletcher Elementary
School*

School Dismissal Announcement

At the directive of Governor Scott, Fletcher Elementary School will be closed Wednesday, March 18, 2020, through Monday, April 6, 2020. More information will be forthcoming.

Important Notice About Contact Information

Now, more than ever, it is essential that the F.E.S. office have updated phone, email and mailing address contact information for each student. If your contact information has changed, please call the school office or email Sharon Tinker at stinker@fwsu.org. In the coming days and weeks we will be relying on this information substantially to stay in touch with families. Thanks.

Learning About Strong Feelings in Preschool

By Rebecca Jackson
Preschool Teacher

This month in guidance the preschoolers have been learning ways to identify and manage strong feelings like worry, anger, frustration, fear and disappointment. Ms. Coale (our school counselor) talked about how we feel our feelings in our bodies and taught us a song about what we can do to feel better and calm down such as putting your hand on your belly, say stop, name our feelings, and take belly breaths. We have

been reading many stories about feelings and having lots of conversations with children sharing what makes them feel worried, angry or afraid as well as what makes them happy or excited. We were happy to hear from many children that coming to school makes them happy!

The past two weeks we have been building with bamboo blocks, a material we have not used before, which requires fine motor control, planning and skill with balance. Today, several children worked on a building so tall that they first used a step stool to add on more levels, then we got out the teacher ladder and they took turns climbing up to carefully balance the last blocks on top (with teacher support, of course!) The children were very excited with their end product and the entire class came over to watch. It was a great team effort. Later in the morning a different group of children worked on building a house together, complete with floor, walls, chimney, door and windows. Two children decided the windows needed shades, so they drew and cut out shades for the windows. We also decided that the new focus for our drama area will be construction, and began making a list of materials we need.

We have been talking all year about recycling and conservation as ways we can take care of our earth. For our preschool STEM (science, technology, engineering and math) project, we will be making a 3D picture out of recycled bottle tops. We are starting to collect these and would love contributions from families.

A Note About Email

Email is a convenient form of communication that also has its limitations. Please consider the following when using email to communicate with school staff:

1. We will do our best to respond within one school day. Please keep in mind that many of our staff members are part-time and others are occasionally away from the building for professional development, illness, etc. If you need someone to receive your information urgently, please call the office.
2. Please do not use email to change your child's after-school plans. For the safety of our students, we must receive a written note or phone call in order to change after-school plans.
3. Despite everyone's best intentions, email is not always confidential. Detailed or comprehensive conversations about students are better saved for a phone call or in-person conference.

Thanks!

Celebrating Dr. Seuss

By Kathleen Pellegrino
Grades 1/2 Teacher

We took a break from our small moment stories last week to celebrate Dr. Seuss week! We celebrated by reading a number of Dr. Seuss books together (familiar and not), working on Dr. Seuss related literacy projects, and even wearing silly or mismatched socks one day. We have a lot of Dr. Seuss fans in this class, so it felt necessary to celebrate the birthday of such a legend of children's

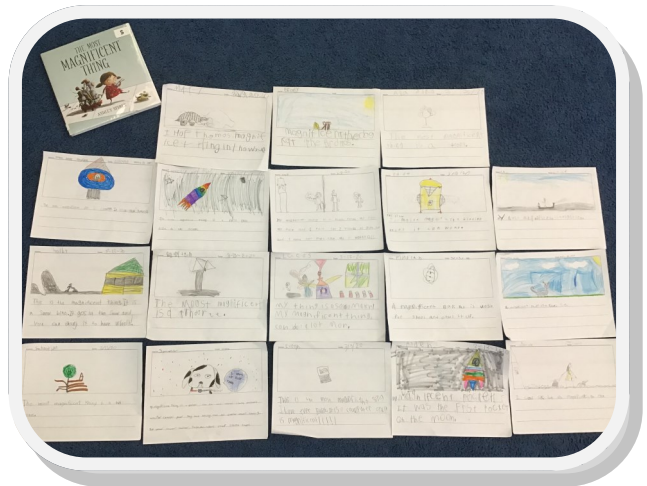


Perseverance Through Puzzles

By Blythe Baskette
Preschool Special Educator

In Pre-K, the children and I have been having a great time with puzzles. It is wonderful to see our students persevere through completing large floor puzzles or coming back to the same puzzle. Many students push one piece into another piece with confidence and compare the pieces on the floor to the picture on the box in order to find the next fit. Puzzles are a marvelous way to encourage children to work at something that can be a challenge.

Check out this link to several free online jigsaw puzzles for kids of all ages: http://www.hellokids.com/r_1747/free-online-games/kids-puzzles-games/animals-free-puzzles
Happy puzzling!



Word of the Week (WOW!)

By Nancy Hurt
Grades 1/2 Teacher

Word of the Week (W.O.W.) activities have begun in Mrs. Hurt's first and second grade classroom. Each week, students will be introduced to a new AMAZING and ASTONISHING word. Students will then draw a picture to illustrate the new word and use this word in a sentence. Our first word was MAGNIFICENT! For inspiration, we read *The Most Magnificent Thing* by Ashley Spires. Student authors and illustrators then got to work....the results were simply MAGNIFICENT!!

News from the Library

By Rebecca Cardone
Librarian and Academic Interventionist

Red Clover Book Award Program for 2019-2020

Each year, the Red Clover Book Award Committee chooses ten picture books as nominees for the prestigious Red Clover Book Award. Students in grades K-4 may participate in the program by reading or hearing at least five of the books from the list of nominees. In the spring, eligible students can submit a vote for their chosen winner.

Recent Red Clover Read Alouds:

Drawn Together

By Minh Lê
Illustrated by Dan Santat

A grandpa and his grandson find a way to bridge their culture and language gap through the discovery of a shared love of storytelling and drawing.



Physical Education News

By Doug Young
Physical Education Teacher

Unfortunately, we were unable to do any snowshoeing last month. I enjoy getting the kids out when the conditions are good.

During the month of March some classes are practicing racquet skills. Grades 3-6 have started working on badminton skills. It is going well so far. This will continue for a couple of weeks.

I want to thank those who have dropped off shoes for P.E. We still have a need for some of the smaller sneakers for the younger students.

I hope to get some information out soon about the Kid's Heart challenge that we will be doing in April.

Finally, students in grade 4 will be getting some information in the coming weeks on the VTPEA / fitness gram testing that will be happening during the months of April and May.

Let's get Connected! Communication Competency and Social Relatedness

By Phyllis Quarles
Speech-Language Pathologist

The reason we communicate using language (both verbal and non-verbal) is obviously for social purposes, to relate to one another. Speech-language pathologists help monitor and treat disorders of social relatedness. Many children do not learn the hidden rules for communication on their own. They need to be explicitly taught. Here are four general hidden rules that children figure out at a pretty young age:

1. I think about you and you think about me, and we influence each other's feelings
2. I figure out your intention or motivation and you figure out mine.
3. I think about what you may be thinking and feeling about me, and you think about what I may be thinking and feeling about you. We do care (to a certain extent) what others think of us.
4. We monitor and possibly modify our behavior to keep others thinking about us in the manner we had hoped.

That last one doesn't mean we are people pleasers. It does mean that we have a natural drive to connect to others and to fit in.

Using language to talk about our thoughts and feelings will help our children learn these social rules. When necessary, state clearly how others' actions affect you. Model pro social ways of communicating displeasure or disagreement.

How we relate to one another through our communication is ultimately what will bring us happiness and success as individuals and as a community. Communication is connection!

Reading, Writing and Paying It Forward In Kindergarten

By Cathy O'Brien
Kindergarten Teacher

In Readers and Writers Workshop we have been practicing what good readers and writers do. The list of strategies includes looking at and making pictures, getting our mouth ready to make the first sound of a word, tapping sounds in words, asking does it make sense, asking does it look right, practicing letter formation and neat writing, adding punctuation and expression, noticing where capital letters belong.

In Math Workshop we have been practicing counting forward and backward, adding, subtracting, making combinations of 5 and 10 and solving problems. Strategies we use are counting on math hands, counting ten and some more, using manipulatives to add and subtract, counting on from a number, drawing pictures, talking in partners and sharing ideas.

In Science/Social Studies Workshop we have been working on "paying it forward". We are practicing passing on kind words and actions. We will be passing on Sensory Jars that we made in class to a Kindergarten class in Mrs. Baker's other school she teaches in. We have enjoyed a veterinarian dramatic play area in our room. That will be changing to a puppet theater soon. We have also continued working on problem solving, being assertive, and standing up for what is the right thing to do.

We are looking forward to the arrival of Spring and the warmer weather!

Watch for Refund Checks

Refund checks will be issued for Winter Wellness and any upcoming Flynn trips. Watch for these refunds to arrive in the mail. Please remember to deposit these checks.

Thanks!

3/4 Spring Art

By Tracey Godin
Grades 3/4 Teacher

The Winter landscapes are down and in their place are bright pops of colorful artwork inspired by Brazilian artist Romero Britto. On the windows in the classroom are colorful, stained glass inspired butterflies that catch the light and brighten the room.



Art and SEL Collaboration!

By Lisa Coale
School Counselor and
M.C. Baker
Art Teacher

For the past two weeks first and second graders have been talking about mindsets, self-talk and positive affirmations during their Second Step social-emotional learning lessons. In order to enhance these conversations, Ms. Coale and Mrs. Baker have been collaborating across disciplines supporting students' social-emotional skill development through artistic expression. Last week, students created beautiful works of art that included a variety of artistic mediums such as watercolor painting, metal tooling work, and collage. Students also brainstormed and wrote down positive affirmations that focused on their inner qualities versus external characteristics. Their works of art will be displayed in the Fletcher hallways to promote a school-wide understanding that positive thinking and self-affirmations have a powerful impact on our social-emotional wellbeing and should be a daily practice for us all! We hope you enjoy our collaboration!

Music Notes

By Jennifer McConnell
Music Teacher

The last trimester of school, which we have entered is a busy time for music education! With concerts, festivals, and other performances, students and teachers have many opportunities to showcase the learning that has happened throughout the year! While not all dates apply to all of our students, here are some upcoming performances where our students will be showcased:

Saturday, May 2nd, 2:00 p.m. - Middle School District Music Festival - A handful of FES 5th & 6th grade students will be invited to perform with this county-wide band or chorus.

Thursday, May 7th, 6:00 p.m. - Mulan - The 5th and 6th graders will be performing a non-Disney version of this play!

Tuesday, May 26th, 1:30 p.m. - Fletcher Spring Concert - Grades K-6, Band & Chorus

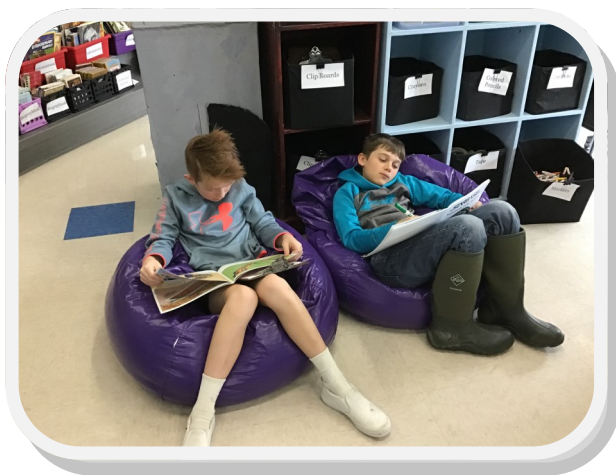
Mark your calendars! As always, feel free to contact me if you have any questions about these performances: jmccconnell@fwsu.org

Research on Flexible seating

By Sarah Tucker
K-6 Special Educator and
Lorrene Palermo
Grades 5/6 Teacher

There are multiple classrooms in our school that use flexible seating choices for students. Flexible seating might include seating options such as beanbags, stools, standing desks, low chairs, yoga balls, etc. General observations have been made throughout the 5th and 6th grade classroom about what the impact is on student learning and behavior. Mrs. Palermo and Ms. Tucker are collaborating to learn more about the impact of flexible seating for students. Ms. Tucker is working towards a Masters Degree in Special Education at Castleton University and Mrs. Palermo agreed to collaborate with Ms. Tucker to conduct this research.

The purpose of Ms. Tucker's flexible seating research is to discover and describe perceptions surrounding the use of flexible seating in the elementary school classroom and the impact on student behavior. Both students and adults will be involved in this study to gain more well rounded data. The use of flexible seating within elementary schools is a topic that has some research; however, we are hoping this research will build on what already exists. Stay tuned for the results.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Mindful Minute For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing. <i>Self-Injury Awareness Day</i>	2 Musical Frogs This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).	3 Mindful Minute For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.	4 Walking Race Pick a distance and challenge a friend to a speed walking race. No running!	5 Sidewalk Chalk Balance Draw different kinds of lines on the ground with chalk. Walk along them one foot in front of the other balancing.	6 Bear Walk With your bottom in the air, step forward with your right hand & step forward with your left foot. Step forward with the left hand then the right foot. Continue to move across the room.	7 Wild Arms As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's Repeat 3x
8 Sugarcane Pose Hold Sugarcane Pose for 30 seconds on each side.	9 Limbo Grab a broom stick and have 2 people hold it. Take turns going under the stick arching backwards. Lower the stick after each successful pass. How low can you go?	10 Crazy 8's 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times	11 Between the Knees Gather rounded objects of varying size. Starting with the largest try walking around your house keeping the object between your knees.	12 Happy Baby Pose Straighten your legs for an added challenge.	13 Toe Fencing With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped.	14 Chest Pass Practice your chest passes against a brick wall. Remember to step towards your target.
15 Put a piece of tape on the ground and jump back and forth as quick as you can for 30 seconds.	16 Mindful Minute For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.	17 Code Words While watching TV any time you hear the code words complete 10 jumping jacks. Code words: green, St. Patrick's Day, lucky, leprechaun	18 Mindful Minute For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.	19 Pretend! Pretend to: -Sit in a chair for 10 seconds -Shoot a basketball 10 times -Ride a horse -Be a frog -Lift a car	20 Commercial Stroll During a commercial break take a walk around your entire house. Still a commercial? Go again this time speed walking so you don't miss a thing!	21 Walking Race Pick a distance and challenge a friend to a speed walking race. No running!
22 Dance, Dance Put on your favorite song or turn on the radio. Dance however you like during the entire song!	23 Arm and Leg Tag A regular game of tag, but if someone touches your arm/leg you can no longer use that body part. If both legs are tagged start a new round.	24 Read & Move Pick a book to read and select an "action word" that will be repeated often. When the "action word" is read stand up and sit down.	25 Army Crawl Lay on your stomach resting on your forearms. Crawl across the room dragging your body as if you're moving under a barbed wire.	26 Do this: -Hop on one leg 30 times, switch legs -Take 10 giant steps -Walk on your knees -Do a silly dance -Sprint for 10 seconds	27 Set the Menu Talk with who takes care of you about choosing the dinner menu. Pick whole grains and veggies.	28 Vertical Jump Jump as high as you can for 30 seconds. Repeat.
29 Ragdoll Pose Hold Ragdoll Pose for 30 seconds. Repeat.	30 Crabby Clean Up Tidy up while walking like a crab! Carry items on your belly across the room to put them away.	31 Mindful Minute For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.	National Health Observances: <ul style="list-style-type: none"> National Nutrition Month 1st Self-Injury Awareness Day 6th -7th National Day of Unplugging (sundown-to-sundown) 13th National Good Samaritan Day Yoga pictures from www.forteyoga.com			SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Happy exercising!

NATURE'S NEWS

From: Four Winds Nature Institute - www.FourWindsInstitute.org

A Newsletter for Parents, Teachers, and Students participating in Four Winds Natural Science Workshops

Topic of the Month:

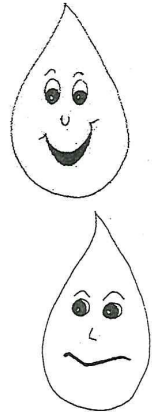
WATER

Earth's water, a finite resource, is continually changing form as it circulates from land or oceans and lakes to the air and back again in a never ending cycle.

Water from the earth's atmosphere reaches the earth by precipitation, or by condensation. Water from the earth's surface reaches the atmosphere through the processes of evaporation, transpiration and respiration. The particular properties of water make this movement of water molecules possible.

Animals and plants depend on water for survival, ingesting it in the liquids they drink or absorb.

Although water covers three-quarters of the earth's surface, only a small percentage of the supply is fresh water.



WATER MUSIC



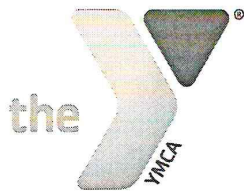
Have you ever heard water sing? Actually, water can be quite musical. Find a place to listen as it flows downstream and over rocks, drips down from a high ledge or off a roof, or rolls over in waves and splashes up along a shoreline. Water flowing under ice produces an amazing range of notes and sounds. Frozen water on a pond talks with creaks, pops and groans as temperatures change.

You can use water to make music. Take some old metal pots, pot lids, pie plates, and bowls outside. Get a garbage can and lid, some plastic flowerpots and jugs, and anything else that will thump or rattle when water hits it. Put the "instruments" under dripping or flowing water and see what tunes you hear.

Fill some glass jars or bottles with water and tap them with a stick or spoon. If you change the level of water in a container it will produce a different note. Can you play a water tune?



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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CAMP SOAR

The fun continues this summer at Fletcher Elementary School! Join the Greater Burlington YMCA for **Camp Soar**, our brand-new summer camp! Campers will participate in activities based on a weekly theme in addition to time-honored camp favorites like sports and arts & crafts. Small group size, local flair, and experienced camp staff make **Camp Soar** great!

FUN IN FLETCHER!

Camp Soar, led by Y Afterschool Director Hallie, is open to students who have completed kindergarten through 6th grade. Camp takes place at Fletcher Elementary School on weekdays from 8:00 am – 5:00 pm. Cost is \$225 per week.

2020 CAMP THEMES

Week 1	Survivor	June 22 - 26
Week 2	Wizardry Wonders	June 29 - July 3
Week 3	Inventing Adventures	July 6 - 10
Week 4	Minute 2 Win It	July 13 - 17
Week 5	Top Chef	July 20 - 24
Week 6	Safari	July 27 - 31
Week 7	Splash Bash	Aug 3 - 7
Week 8	Games Galore	Aug 10 - 14



Camp activities focus on teambuilding, hands-on learning, and opportunities to build confidence in a fun, safe environment. Campers bring lunch and two healthy snacks each day.

- Pre-registration is required
- Y Scholarships may be available
- State subsidy is not available

For more information and online registration, visit gbymca.org/specialty-summer-camps/

*****FLETCHER ELEMENTARY FAMILIES HAVE ONE WEEK OF EARLY REGISTRATION. REGISTRATION OPENS TO THE GENERAL PUBLIC ON MARCH 14th *****

Questions? Please contact Youth Development Coordinator Melissa Werle at mwerle@gbymca.org or (802) 652-8150