

# Principal's News

## Hoosac Valley Elementary School

### January 2019

#### Upcoming Events:

1/1/19 – New Year's Holiday

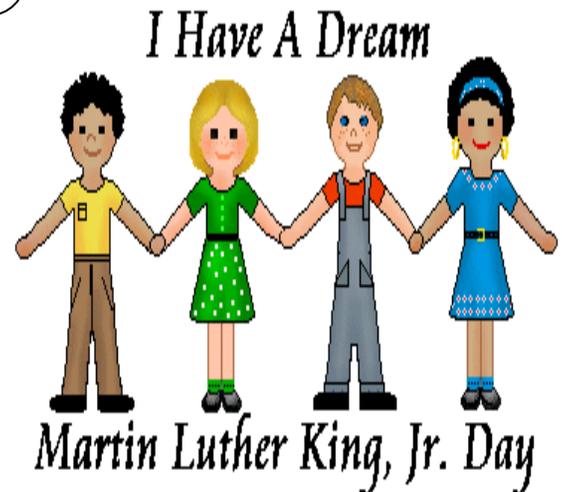
1/2/19 - Classes Resume

1/11/19 – No Pre-K

1/16/19 – ½ day Inservice - No Pre-K

1/21/19 – Martin Luther King Day –  
No School

1/25/19 – No Pre-K



#### **SCHOOL ATTENDANCE IS DIRECTLY LINKED TO STUDENT ACHIEVEMENT**

Research shows that attendance is the single most important factor in your child's success at school at every grade level. Children who are in school most of the time do better on state tests. Studies also show that students who are absent more often score lower on state tests across the nation. Your child's success in school depends on having a solid educational background – one that can only be gained through regular attendance at school. Here are some helpful tips from *The Parent Institute* for how to maintain your child's daily attendance.

1. Talk to your child about the importance of attending school regularly.
2. Avoid scheduling family trips or doctor appointments during school hours.
3. Make sure your child stays healthy by eating nutritious food and getting enough sleep and exercise.
4. Don't accept excuses for why your child "must" miss or be late for school.
5. Support school rules and consequences for skipping class and being tardy.
6. Show your child why education is important. Give specific examples of how education helps people to succeed.

The second half of the school year finds students being challenged even more as new concepts and skills are introduced in all subject areas and expectations to meet these skills continues to rise. This depth in learning is challenging for all students and as always, the goal is for students to have a richer, more meaningful educational experience as they move forward in their schooling.

We all need to assist students in teaching them that hard work, effort and learning new ways to retain and apply new concepts is essential to continue to meet with success in school. The first step is getting there each day!

Adams/Cheshire Regional School

District

*Superintendent of Schools*

*Dr. John Vosburgh*

*743-2939 x1104*

*Office for Special Education*

*Mrs. Carla Chioda*

*743-2939 x1107*

*CTP Daycare*

*743-0876 x2216*



A HEALTHY NEW YEAR!!

When children eat right and get enough sleep, they can stay alert in class and learn more. Help your child start the year off right with these healthy habits:

1. As part of a balanced diet, your child should have five to nine servings of fruits and vegetables each day. He/she will be more likely to eat ones that he/she chooses. Ask, "Which fruit would you like for breakfast?" or "What vegetable should I make for dinner?" Tip: Keep a fruit bowl on the table and cut up vegetables in the refrigerator for snacks!
2. Be sure your child sleeps 8 to 10 hours per night. You can help him/her wind down at bedtime with quiet activities like reading or coloring. Remind him/her to use the bathroom and get a drink of water before lying down so there will be no reason to get back up. Educating children is a team effort.

DON'T FORGET ABOUT US!

Please remember to notify the Main Office any time you change your contact information; your phone number, 911 address, or cell phone number. In the event of an emergency, we need to make sure that we have the most up-to-date information for your child.

Please remember that we also use this information for our Automated Voice Calling System to notify families of snow days, important announcements and emergencies. It is important to keep our records updated so that we always know how best to reach you.

January Character Trait – Empathy

Empathy is the ability to understand how someone else is feeling or to understand the situation they are in. It is the ability to "put yourself in someone else's shoes" and to understand the way a situation might make them feel.

Empathy is really important for how we get along with people. Whether you can be a good friend, get hired for a job, be successful with a team of others... all of those things depend on being able to understand how other people might see a situation and how they are feeling. Empathy is at the root of all healthy relationships. It helps you know how your actions affect others, what actions you need to take to be a good friend or teammate, and it helps you understand more about the people and the world around you.

LOST & FOUND

Our lost & found is overflowing with boots, jackets, snow pants and more! Please stop in to the main office between 9 – 1 to see if what your child is missing is in our lost and found. Items not claimed by March 1 will be donated to the Goodwill.

REMINDER

Cell phones & electronics with photo capabilities are not allowed to be carried by students in school. A student's cell phone may be kept in their locker only. H.V.E.S. is not responsible for any item that is lost, stolen or damaged.