



Booth Free School

Star Tracks

May 2019



A Note from the Principal...

Dear Parent/Guardians,

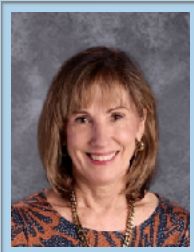


The sunny weather is finally here and students are enjoying their outdoor time. Many activities and field trips are planned for this month and next as is always the case at the end of the school year. They include such adventures as visiting the Pratt Nature Center, White Memorial, the Maritime Center, New Britain Museum of Art, Putnam Park and much more. In addition to these activities, there are other activities and wonderful celebrations that traditionally occur and they include a Spring Concert and Art Show, Field Day, and Aloha. The school community looks forward to all of these events and we enjoy ending it with a bang!

The students and staff are enjoying the beautiful spring blossoms in our "Secret Garden" located in the back of the school. Our garden is a vision of beauty with the blossoming of all the daffodil bulbs our students planted a few years ago with the help of our friends from the Roxbury-Bridgewater Garden Club. We hope that they too along with the Roxbury community are enjoying these spring delights.

National Teacher Appreciation Week will be held during the first full week in May. National Teacher Day will be held on May 7th. It is a wonderful way to recognize Booth Free School's staff. They make a difference in your child's life every day. I feel fortunate to have such a caring and compassionate staff. They go beyond expectations in making personal connections, giving extra support when needed, and working to bring out the best in every child.

The staff and I will also be celebrating National School Nurse Day on Wednesday, May 8th. The day of recognition has been celebrated annually since 1972 to foster a better understanding of the role of the school nurse in the educational setting. The staff and I support and celebrate the contributions of our school nurse, Mrs. Sandi DiBella, who works diligently to improve the health and welfare of our students. She often serves as the first-line provider of health care for our students, addressing their physical and emotional health concerns. She promotes health and wellness by providing health education, direct treatment for acute and chronic conditions, emergency care for students and staff, and collaboration and support for our families.



This time of year, is also the time that the budget for next year is voted upon. I remind you that the Annual District Meeting will be held on May 6, 2019, and the Budget Referendum is scheduled to take place on May 7, 2019.

What a busy and exciting month! Encourage your child(ren) to take time to relax with a good book. Whether sitting under a tree on a warm sunny day or at a friend's house, there is nothing like reading an adventure and sharing it with a friend.

Sincerely,
Cathy G. Colella
Principal



MAY DATES TO REMEMBER

- 5/2 School & Community Walk, 9:30 AM
- 5/6-17 Grades 3-5 Smarter Balanced Assessments
- 5/7 Region 12 School Budget Vote
- 5/8 PTO Meeting, 6:30 PM
- 5/10 Kindergarten Field Trip to Flanders Nature Center
- 5/16 Spring Concert & Art Show, 6:30 PM
- 5/17 Grade 5 Field Trip to Putnam Park
- 5/20 Board of Education Meeting, 7:00 PM
- 5/22-23 Grade 5 Science Assessment
- 5/24 Grade 2 Community Project at Roxbury Town Hall
- 5/27 Memorial Day—School Closed
- 5/28 Grade 1 Field Trip to White Memorial
- 5/28 Grade 4 Field Trip to Flanders Nature Center
- 5/29 Booth Free & Burnham School Field Day (5/31 Rain Date)
- 5/30 Ben's Bells Mural Installment
- 5/30 Grade 2 Community Trip

Kindergarten

Avid Readers

What does it mean to be an “avid reader?”

The kindergartners have been quick to find out. We have been creating piles and piles of books we wish to read and we are hesitant to put them down. Students have been seen reading in every corner of the room, sometimes sharing their stories with a partner. Others are eager to meet challenges in Lexia and RazKids, knowing that the more they read, the more they succeed. Nonfiction books are growing to be a popular choice, but favorite characters like Mrs. Wishy Washy and the Little Red Hen are quite loved, too. It’s a season of growth in room 202!



Grade 2: “Pinky and Rex”

Second graders have just finished reading two books in the Pinky and Rex series by James Howe. They

partner and
S t u d e n t s
specific text
prove their
S e c o n d
p r a c t i c e d



read the books both with a
independently.

practiced using
evidence to
a n s w e r s .
g r a d e r s
using character



traits and describing how a character
changes in the story. After finishing a book,

students wrote a short summary of the most important

events that occurred in the book. Second graders will now move onto reading longer book series. Ask your child to prove their answers with specific text evidence.

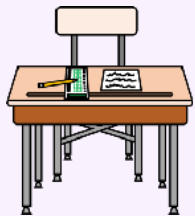


Grade 4 Happenings...

April was a quick and exciting month for our fourth graders at Booth Free School. The Audubon Society worked with our students, introducing them to the wonders of nature in Connecticut. We discussed appropriate indigenous plants for our community garden, and each student created a map of suggested plantings to attract beneficial animals and insects.



We also visited the Connecticut Science Center in Hartford! Students explored many exhibits, enjoying the hands-on opportunities, including forces and motion, the power of brain waves, and circuit building. We were fortunate to have wonderful chaperones, too. Mrs. Daly and Mrs. Conway, as well as one grandparent, Mrs. Granata, helped guide our learners through the experience. We have transferred all that excitement and enthusiasm back into our classroom!



Spring Testing – Smarter Balanced and Science Field Test



As a reminder, students in grades 3-5 will take the Smarter Balanced Tests during the first two full weeks of May. The students will be tested in the areas of English Language Arts and Mathematics and it will once again be technology based. The English Language Arts test will be given the week of May 6th and the Mathematics tests will be given the week of May 13th. Students can have as much time as they need to complete each test. Grade 5 students will also be tested in the area of Science on May 22nd and 23rd. As is the Smarter Balanced, the Science test will also be technology based. Please keep the testing schedules in mind as you plan activities for your family. It is important to have all our students in school during this time. Please make sure your child gets plenty of rest the night before and a good breakfast before coming to school. Our students are ready to take the tests and will be shining stars!



Notes and News from the Nurse. . .

Safety Tips for Spring

Outdoor time is healthy and fun for kids as the weather warms. Make it a safe time too by making sure your children wear a helmet when riding bikes, skateboards, and scooters. Knee pads and elbow pads also provide a lot of protection. If your child is sensitive to pollen, you can check the daily particulate counts on the weather channel. Showering at the end of the day will help wash the pollen off their skin. Eye drops can help rinse the eyes. Teach your children to recognize poison plants like: Poison Ivy, Oak, and Sumac. Check the areas around your home and instruct your children to avoid these plants.



If your child gets stung by an insect, remove the stinger as soon as possible with a scraping motion. Do not rub the area and release further venom from the stinger. Once the stinger is removed, wash with soap and water and apply a cold compress. If you notice any signs of difficulty breathing, severe swelling, or fainting, call 911 right away.

Ticks are an issue in this area. Remove the tick by using fine-tipped tweezers to grasp it as close to the skin's surface as possible. Pull upward with steady, even pressure. Wash the area with soap and water and call the pediatrician for symptoms of rash or fever.

The sun is strongest between the hours of 10:00 AM and 2:00 PM. Use SPF 15 or higher on your children age 6 months and up even on cloudy days if outdoor time is expected. It is important to get a healthy dose of sunshine each day.

Snow Monster Visits Booth Free School!

On Tuesday, April 9, 2019, NBC CT's Snow Monster visited Burnham and Booth Free School. Meteorologist Kaitlin McGrath presented a short assembly where students and staff learned the

history and many workings of Snow Monster and were introduced to some science and technology used to forecast weather and road conditions. After the short assembly, the students were filled with excitement to actually meet Snow Monster. There were squeals of delight as



the children searched for the 9 cameras located in various places on the weather jeep and felt his blue furry interior. There were many great questions for the NBC Team. It was an exciting day for all with much learned about meteorology and weather forecasting. The school communities were then honored to see themselves featured during the 5 o'clock news that evening. Many thanks to Kaitlin McGrath, her crew and Snow Monster for this fun visit.



4th Annual International Kids Yoga Day



On Friday, April 5, 2019, the students and staff of Booth Free School participated in the fourth annual International Kids Yoga Day. The purpose of this event was to celebrate our youth and their physical/mental fitness by practicing yoga breathing and poses. It was celebrated both nationally and internationally inspiring and empowering children to live their



fullest potential through the practice of yoga.



mental and physical were 43 states, 31 approximately 30,000 participated in this moved through



Just 5 minutes of yoga a day can boost the health and wellness of our children. There countries, and children that event. The children simple, playful yoga poses led by a kid's yoga instructor on a Cosmic Kids video.



They thoroughly enjoyed the experience and it is our hope

that we raised awareness and ignited a passion for fitness and yoga among our school population.

Most Improved Students Honored at Hartford Yard Goats Game



BFS students, Jorge Barreto grade 1, Brody Martinelli grade 2, Colin Perrin grade 3, Paige Palumbo grade 4, and Owen Maynard grade 5 were honored at a pre-game

ceremony at a Hartford Yard Goats game 15th. The students were chosen by their



teachers along with other schools and honored as Most 2018-2019. We are very and give them a big very hard work. Along with they enjoyed a fun night of special ceremony.



Principal's Weekly Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Booth Free	A.M. Burnham	A.M. Booth Free	A.M. Booth Free	A.M. Burnham
P.M. Burnham	P.M. Burnham	P.M. Booth Free	P.M. Burnham	P.M. Booth Free



Booth Free School's 4th and 5th Grade Play "An Adventure in Wonderland"



"Imagination is more important than knowledge. For knowledge is limited, whereas imagination embraces the entire world, stimulating progress, giving birth to evolution."

-Albert Einstein



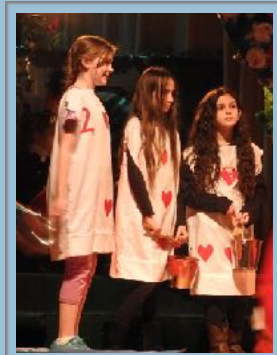
Booth Free School Stars shone extra bright on April 4th when the 4th and 5th graders presented their production of *An Adventure in Wonderland*, a play specially adapted for the student's and directed by Library and Media Specialist, Patricia Gordon.

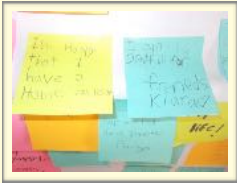


After months of hard work, every BFS 4th and 5th grader had the chance to shine during 2 delightful performances!

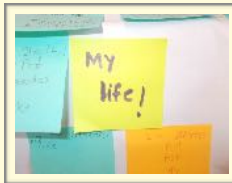


If you missed "*An Adventure in Wonderland*" you can watch it here.
<https://youtu.be/9ZFJ3i-VV A>





Booth Free Student Council members collected expressions of gratitude from each child at our school. The result was a marvelous bulletin board which filled our first-floor hallway with the colorful kindness of kindness. Students shared their gratefulness for things great and small, which inspired quick smiles from those who walked by. We should never underestimate the power of kindness and the importance of expressing our gratitude!



Congratulations Cara Abraham!

Booth Free School's 2018-2019 Volunteer Extraordinaire

Cara Abraham is Booth Free School's 2018-2019 Volunteer Extraordinaire. For the past six years, Cara has volunteered in every capacity.

As a parent of two BFS students, Cara has assisted with school and classroom activities. She has served as room mother, introduced students to Chinese New Year, shared crafts, books and songs. As an active member of the PTO, Cara has both chaired and helped with many programs—for the past two years serving as PTO co-President. She is a masterful coordinator, ensuring all PTO programs run successfully. Cara is also an active member of the Roxbury community making connections between our school and our town.

We are pleased to recognize Cara for dependability, support and dedication to Booth Free School!



Recognizing Our Volunteers and Our Bus Drivers!

Volunteering is an important part of our source of strength and pride for our community. Our school traditionally has been a central point for volunteer service both for students volunteering to help others and for parents and local leaders volunteering their time to better the educational experience for our children. We recognize the volunteer contributions each contributing member has made to our school community and thank you for enriching our programs and supporting us all.



This year, as in the past, we plan to also recognize our wonderful bus drivers. They too make many contributions to the safety and welfare of our students. During the month of May,



special recognition will be made to our dedicated volunteers and wonderful bus drivers.

Audubon Program - For The Birds!

Booth Free students participated in an enrichment program, *For the Birds!*, sponsored by PTO and provided by the Audubon Center. In a series of workshops both indoors and outdoors students learned about birds, habitats, food chains, and observations. Each K-5 experience complemented the Next Generation Science Standards at each grade level touching upon Life Sciences, Physical Sciences, Engineering, and Conservation. These experiences also allowed students to engage in the practices of inquiry and collaboration to better understand birds and conservation and to become aware of their own surroundings while they observe the world around them.

Kindergarteners and first graders learned about the meaning behind bird names as well as physical descriptions, behavior, and family. They learned about the different types of nests that various birds build and the what was needed to build them. In the final session the students ventured outside to identify the birds that live in their community.

Second and third graders explored the different types of bird beaks and the various foods birds eat. Using their observational skills students were able to match the food to the bird. Students also learned about the ways in which a food chain works and were introduced to the topics of Keystone Species. In their third session students participated in a bird walk focused on birds and food sources.

Fourth and fifth graders spent three sessions learning about bird habitats and designing healthy habitats. Students learned about what makes a habitat bird-friendly and what actions they can take to make their school and residences safer for birds.

The Audubon Program has provided students with the opportunity to explore various habitats and witness the many, different species of birds that pass through Connecticut. By inspiring our students to value and protect the world, we are laying the foundation for future conservation.

Thank you, PTO, for this wonderful program!



Spring Music and Art Celebration



Mark Your Calendars! The Booth Free School Spring Concert and Art Show is:



Thursday, May 16th at 6:30 pm!

Students have been working hard to prepare for our “Music From Around the World” Spring Concert. At 6:00 pm the school will be open for viewing of the artwork and 5th grade inventions. The concert will begin promptly at 6:30. Students should report to their classroom at 6:20. Please have your child dress in their springtime best. Come and enjoy this wonderful evening!

A Note from the Library with Mrs. Gordon



Last Month

April showers helped water the library’s new “poet-tree”! National poetry month activities and a poem creation station helped our “tree” blossom. Celebrate our May flowers and check out the color poems, limericks, haikus, blackouts and acrostics, each written by an amazing Booth Free Star.



This Month

Spring is ushering in fresh new books and activities. 4th Graders will finish listening to “Out of My Mind” by Sharon M. Draper. Make sure to ask them about the book, they are absolutely enthralled by the inspiring story of Melody, a brilliant young girl trying to navigate life from the confines of a disability that prevents her walking and talking.

Meanwhile, 3rd graders have become engrossed by the literally dark world of “The City of Ember” by Jeanne Du Prau. Additionally, fifth graders are fully immersed in the quirky world of Neil Gaiman’s “The Graveyard Book”. Second graders are continuing their exploration of popular book series and are anxiously hoping we have enough time left to finish Rick Riordan’s “Percy Jackson and the Lightning Thief.” And in Kindergarten and First grade this month we are reading picture books that celebrate and encourage children to explore their natural surroundings. That leads us into...

Next Month

Summer is right around the corner and I couldn’t be more excited about this year’s theme, A Universe of Stories! Reading is all about expanding our horizons and this year’s theme completely embraces that notion. Summer is the perfect time of the year to take advantage of the weather, grab a book and head outside on a reading adventure.



Stay tuned for some special events to help everyone gear up and stay in the summer reading adventure zone!!!

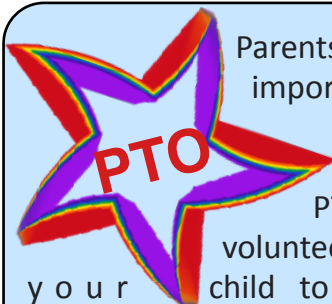
Reminder: It is not too late to send in book reviews for a chance to win the Library Gift Basket!!!!

Young Writers will be featured at ASAP! 20TH Year Celebration

ASAP's 20th Anniversary Celebration and showcase of work of young writers from across the state of Connecticut will be held Saturday, June 1, 2019 at The Gunnery in Washington. This year's special celebration will have performances of dance, music, theatre, and film. Young writers will take center stage to read their selected pieces. The evening will include the presentation of The Frank McCourt Prize for Excellence in Teaching to an outstanding teacher. Further information may be obtained by calling ASAP at 860-868-0740, or through their website at asap@asapct.org



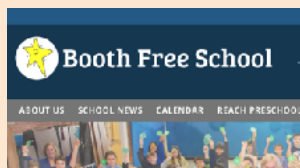
will be Saturday, at The Gunnery in Washington. This year's special celebration will have performances of dance, music, theatre, and film.



Parents are our partners in the important job of educating all our children. I urge you to attend and support the PTO, become a member, volunteer, and take part in helping your child to grow academically. PTO meetings will be held each month at 6:30 p.m. The next scheduled PTO meeting is May 8th. We hope you will attend!

Visit Our Website!

Our web address is www.region-12.org. Once you are at the district's home page you can visit Booth Free School's website. The staff will be adding information regularly. Please use it as an additional resource for information gathering.



Good Character Traits:

(Referenced in Board of Education Policy #0210.3)

Region 12 is dedicated to strengthening the character of our students by encouraging a consistent set of ethical values that direct and guide behavioral choices. These universal values, which transcend political, religious, cultural, and the Golden Rule encompasses economic differences, "Do unto others as you would have them do unto you." Therefore, good Character Traits are essential to the learning process. We work throughout the year in developing the following:

1. **Trustworthiness**
2. **Respect**
3. **Responsibility**
4. **Fairness**
5. **Caring**
6. **Citizenship**



Good conduct is synonymous with good citizenship. Students are expected to exercise good citizenship at all times while in school, attending school-related activities and after school activities conducted at the school. This includes showing respect for the rights of others and regard for personal and school property. Students should strive to contribute to the climate of the school by being courteous and well mannered.

Booth Free School also utilizes The Second Step Program to promote social skills necessary to be a caring community. Additionally, grades three through five have access to a second program, Steps to Respect when needed.

Report to PARENTS

HELPING YOUR CHILD Test Preparation

Whether you've been out of school for five years or 15, the thought of taking a test probably still makes your heart race. Now imagine what its like for your child. As a parent, you can help.

THE PHYSICAL

Get them fed. The more nutritiously your children eat, the better they will do in school. Properly fueled and with stable blood sugar levels, their concentration is enhanced. Always give them a healthy breakfast while cutting back on high-sugar cereals, pastries, and undiluted juices (which can have the same sugar content as sodas.) Most kids are ravenous after school, so before they settle down to study, provide a healthful, non-junk food snack to carry them through to dinner.

Get them moving. Exams cause stress, but, sports, exercise, and dancing can relieve it. Physical activity that gets students completely away from academics for a few hours each day can actually help them perform better on tests.

Get them breathing. Teach your kids a simple breathing exercise that you'll do with them once or twice a day and in times of stress (as in right before a test): Take a deep breath, hold to the count of three, then exhale slowly through the nose to the count of 10.

Get them to bed on time. Elementary and middle school children need up to 10 hours of sleep each night to do their best in school. They also need to curtail the excitement from video games, television, movies, and texting for at least 30 minutes before sleep.

THE MENTAL

Practice their confidence. Ask the teacher or principal if there are practice tests or worksheets your child can work on at home before the big day. These can help your children get used to how the questions are worded and how to properly fill in test sheet bubbles.

Put piecework into action. Pre-exam cramming does not work. In fact, four 15-minute periods of study are actually superior to one continuous hour when it comes to memory retention. Therefore, see to it that your child preps for tests in small bursts, in some small way, every day.

Unplug already. When it comes to distracting videos, television, telephones, or social media (basically anything with a screen or speakers that's not directly related to school work), study time is the time to turn the devices off.



THE EMOTIONAL

Offer super support. As much as you value good exam grades, it's more important that kids understand that your love and respect for them is not dependent on their test scores.

Review results together. Once the graded exam comes back, sit with your child and review what went right, what didn't, and how to do better next time. This is not the time for you to lecture. Subtly prompted, your child should do most of the talking.