



INDIAN HILL SCHOOL NEWSLETTER



MARCH 2021



Picture Retakes
March 9, 2021
Details to follow...



BOE Meetings

March 17 & 31
Indian Hill School
7:00 pm

Please be sure your child dresses appropriately, the students will go out for recess as long as the weather is above 32 degrees.
Thank you!



COUNSELING CORNER

Breathing is a great way to build relaxation into your busy day and can help manage stress. For kids, there are many fun and helpful ways to learn how to build this skill into their daily lives. Please visit this resource for some creative ideas!

<https://copingskillsforkids.com/relaxation>



Principal's Message

"Motivation is what gets you started. Habit is what keeps you going."

` Unknown

When it comes to helping our children solve their own problems in school, it is important that we take care not to overstep, which is sometimes our natural inclination as parents. When we do, our children receive the message that we do not believe in their ability to think things through and become responsible people. But how do we know how much help to offer? Allow your child to guide you and try these active listening strategies to really tune in to what your child is expressing.

Active listening is a technique that parents can use to gain a better understanding of how their child feels about particular situations or problems. The active listener encourages their child to state his or her point of view without interrupting their train of thought. The child's feelings are validated and recognized whether or not the listener agrees with the sentiments expressed. Parents can show that they understand what is being said by both nonverbal and verbal actions. Some of the nonverbal actions include:

- Leaning in to get closer to the child
- Nodding or making other gestures to show that you are really listening
- Maintaining eye contact.

Some verbal aspects of active listening include:

- Clarifying what is being said by asking questions, using neutral language
- Restating or paraphrasing what the child is saying and asking if this restatement is accurate
- Summarizing what is being said
- Helping your child reflect on what he or she has said
- Helping him or her evaluate feelings

Active listening is a first step towards understanding a child's problems or conflicts. Sometimes, just having a listener will be a tremendous source of relief to your child. It conveys that you are willing to understand and show compassion for your child's point of view. The next step is to ask your child, *how do you think you might handle this situation? Or what do you think?* And again, listen to their response. Become a sounding board, rather than always offering your own suggestions. This will help your child get in touch with the ability to become an independent and critical thinker. In

this way, your child can develop the skills needed most as he or she ventures towards their middle school years.

School climate continues to be a very important initiative and goal at Indian Hill School. Research supports that an energized environment makes you want to be present, engaged, and involved. When you enter Indian Hill School, you should see and hear student laughter, authentic learning projects, collaborative discussions, fun, excitement, and positive discourse. Our staff continues to work hard every day to provide motivating and exciting activities that not only promote positive learning but also a positive school culture.

Here are just a few of the amazing activities our students are engaging in:

Holmdel Students to Provide Data for NASA

51 students from Holmdel's Voyagers program are participating as citizen scientists in NASA's ExoLab-B: Legumes in Space experiment. This experiment is the first of its kind, and it is exploring the root systems of legumes under the stress of space. The results from this experiment will be used to help astronauts to farm their own food in space, allowing for deep space exploration, as well as help us understand farming conditions on Earth. The students and astrobiologists on this mission are using red clover for this experiment, and will be sharing data on shared spreadsheets, weekly photo and video footage of their plants and video conferences to share progress both here on Earth and in space. The Antares rocket carrying the experiment launched on Saturday, and berthed the International Space Station on Monday.

The students are very excited to be participating in this mission, and they look forward to seeing the outcomes.

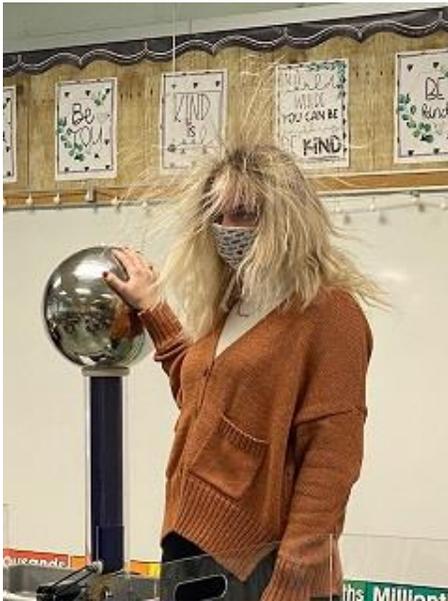
Electricity Experiments

During the month of February, Mr. Woods travelled to each 5th grade homeroom and conducted electricity experiments using Van de Graaff generators donated by the PLG and HFEE. The topics that he covered were static and high current electricity, opposite charges attracting, similar charges repelling, and lightning safety.

We are so proud of our staff and students for their continued hard work and amazing efforts.

Stay well,
Lisa Vitale

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PLG NEWS

Virtual PLG Meeting March 4 @ 9:30

Girl Scouts of the Jersey Shore 2021 Girl Scout Cookie Drive Thru

March 13th
&
March 14th
10am – 2 pm



Holmdel
Community
Center
6 Crawfords
Corner Road,
Holmdel

- Order Placement behind Plexiglass Safety Shield
- Cash, CC or Contactless Payment Options (Venmo/Paypal)
- Contactless Cookie Placement Inside your Car
- Masks, Gloves, Sanitizer on Site



This Fundraising Event is Sponsored by Jersey Shore Girl Scout Troop 645
Questions to Sue or Dorothy at GirlScoutTroop645@yahoo.com



Hello Indian Hill School,

I am collecting food for the Project PAUL organization. Project PAUL is helping hundreds of families in the Bayshore area, including Hazlet, Holmdel, Middletown, Keyport, Keansburg, and many more. They are a nonprofit organization so they need donations for these people in need.

I am going to put the box near the front office. You can donate from March 3 to March 17.

Please donate:

Non Perishable food and canned goods

Canned meat, tuna, beans, and vegetables

Peanut butter and jelly

Spaghetti sauce, pasta, rice, and soup

Cereal, coffee, shelf-stable milk

Baby food in jars and baby formula

Thank You,

Brooke Lavell

(Scouts BSA Troop 331)