

CORAM SCHOOL NEWS

NOVEMBER 2022

Mon	Tue	Wed	Thu	Fri
<p>NOVEMBER</p> 	<p>1</p> <p>Coram PTA Book Fair</p> 	<p>2</p> <p>Coram PTA Book Fair</p>	<p>3</p> <p>Coram PTA Book Fair</p> <p>Coram PTA Book Fair – 6PM</p> 	<p>4</p> <p>Wear your new Coram Spirit Shirt</p> 
<p>7</p> 	<p>8</p> <p>SUPERINTENDENT'S CONFERENCE DAY</p> <p>ELECTION DAY</p> <p>SCHOOLS CLOSED OFFICES OPEN</p> 	<p>9</p> 	<p>10</p> <p>10:00 AM – 4th Grade Veteran's Day Celebration</p> <p>Board of Ed Mtg – 7PM - LHS</p> 	<p>11</p> <p>VETERANS' DAY SCHOOLS & OFFICES CLOSED</p> 
<p>14</p> <p>PTA Meeting – Intermediate Café- 7PM</p> 	<p>15</p> <p>Suffolk County Water Authority Presentation – Mrs. Chichi, Mrs. Ippolito, Mrs. Van Kalmthout and Mrs. Formosa</p>	<p>16</p> <p>Suffolk County Water Authority Presentation – Ms. Mauren, Ms. Zilski, Mrs. Nehl, Mrs. Oldenborg and Mrs. Strauss</p> 	<p>17</p> 	<p>18</p> <p>Wear your new Coram Spirit Shirt</p> <p>Coram School Fit Challenge – 5PM – 8PM</p> 
<p>21</p> <p>Thanksgiving Day Parade</p> 	<p>22</p> <p>State Mandated 15-Minute Early Dismissal</p> 	<p>23</p> <p>THANKSGIVING RECESS SCHOOLS CLOSED OFFICES OPEN</p> 	<p>24</p> <p>THANKSGIVING RECESS SCHOOLS & OFFICES CLOSED</p> 	<p>25</p> <p>THANKSGIVING RECESS SCHOOLS & OFFICES CLOSED</p> 
<p>28</p> 	<p>29</p> 	<p>30</p>		

Coram School News

NOVEMBER 2022

Kimberly Longo, Principal
Raegan Hololob, Assistant Principal
Jennifer Mella-Mollo, Assistant Principal

School Hours: 9:25 am – 3:25 pm
698-0341 Primary 698-0077 Intermediate

SUPERINTENDENT'S CONFERENCE DAYS AND ELECTION DAY

Tuesday, November 8th
Schools Closed – Offices Open



VETERAN'S DAY

Friday, November 11th
Schools & Offices Closed



PTA MEETING

Monday, November 14th
7:00 PM – Int. Cafe



THANKSGIVING RECESS

Wednesday, November 23, 2022 – Schools Closed, Offices Open
Thursday, November 24, 2022 – Schools and Offices Closed
Friday, November 25, 2022 – Schools and Offices Closed



COLD WEATHER

It's that time of year again when the weather is typically unpredictable, so we are reminding you to dress your child(ren) accordingly. A warm jacket or coat protects against the chilly morning air and the windy afternoons. Take a few seconds to check the weather report each day. It can make a difference in your children's health, and consequently their school attendance.



THE WELLNESS CORNER

MS. BEATRICE, SOCIAL WORKER
MRS. CAIAZZO, SCHOOL COUNSELOR
MR. RAYNOHA, PSYCHOLOGIST

698-0077

Parents often think about their carefree childhood. They forget that those days were not always so carefree. It is true that children do not worry about paying the bills or losing their jobs like adults do, but there are many things that place stress on them. This is especially true for students who struggle in school because they feel that no matter how hard they try they will still fail.

Some common stressors in children's lives are:

- **Too much going on.** Many children leave school and go directly to sports, music lessons, or other extracurricular activities. These are healthy for children, but if there is no “down time” in your child's life, they can put too much stress on them.
- **Disagreements with friends.** Children have arguments with their friends just like adults do. They need to learn ways to deal with their disagreements without losing their close friends. This is where parents can help – first talking with them about the problem and then helping them figure out what they need to do about it.
- **Worry about high stakes testing in school.** Children are constantly reminded by both parents and teachers that they must pass certain standardized tests in school or they “won't be able to graduate.” Children should be encouraged to do their best on these tests, but they should not worry constantly about them.
- **Concern about school failure.** Struggling students do not often experience success. They spend much of their day feeling inept. They need help figuring out what the root of the school problems are and figuring out what to do about them.

What can parents do to help their children?

- First of all, when you notice that your children seem unusually stressed or unhappy, talk to them about it. Use a tone that conveys that you genuinely care about what is happening in their life rather than a, “What is it now?” kind of tone. Children (especially boys) often have trouble expressing their emotions, and helping them to identify their feelings can be helpful. You can ask, “You seem to be worried about something. “What's on your mind?” This may open the door for a heart-to-heart conversation about what is stressing your children.
- Secondly, **help your children think of positive ways to relieve their stress.** Children need exercise and creative play time. They might need a healthy snack to eat or to get a little extra rest. Encourage them to do something really fun that takes their mind off of what is worrying them.
- **Seek help for your children in school.** If your children's stress comes primarily from problems in school, call your children's teachers and/or a member of the mental health team.

Be sure to spend some quality time with your children. Allow them to play (even your older children), rest, watch television, and totally forget about the things that place stress on their lives.