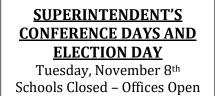
Mon	<i>Tue</i>	Wed 2	<i>Thu</i> 3	<i>Fri</i> 4
NOVEMBEI	Coram PTA Book Fair	Coram PTA Book Fair	Coram PTA Book Fair Coram PTA Book Fair – 6PM	Wear your new Coram Spirit Shirt
	Fair		Lucator Cameran BOOCK TAIRY	SPipic Wear
48 Thankfur	8 SUPERINTENDENT'S CONFERENCE DAY	9	10 10:00 AM – 4 th Grade Veteran's Day Celebration	11 VETERANS' DAY SCHOOLS & OFFICES CLOSEI
	ELECTION DAY SCHOOLS CLOSED OFFICES OPEN		Board of Ed Mtg – 7PM - LHS	VETERRANS
4	15 Suffolk County Water	16 Suffolk County Water	17	18
TA Meeting – Intermediate Ca PM PM Making A Difference Come member at a time	Mrs. Chichi, Mrs. Ippolito, Mrs. Van Kalmthout and Mrs. Formosa	Authority Presentation – Ms. Mauren, Ms. Zilski, Mrs. Nehl, Mrs. Oldenborg and Mrs. Strauss	November	Wear your new Coram Spirit Shirt Coram School Fit Challenge - 5PM – 8PM
2 1 hanksgiving Day Parade	22 State Mandated 15-Minute Early Dismissal	23 THANKSGIVING RECESS SCHOOLS CLOSED OFFICES OPEN	24 THANKSGIVING RECESS SCHOOLS & OFFICES CLOSED	25 THANKSGIVING RECESS SCHOOLS & OFFICES CLOSE
	Reminder		Happy Thanksgiving	Give Thanks
8	29	30		

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





<u>VETERAN'S DAY</u> Friday, November 11th Schools & Offices Closed



<u>PTA MEETING</u> 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.