

September 21, 2018

EMES Mission Statement

“The purpose of our school is to teach all children to become competent, caring citizens and life-long learners through a challenging and relevant curriculum.”



Alicia Lyford, Principal

2018-2019 EMES Family Newsletter

Dear EMES Families -

As we are settling into routines at the end of week four, learning is in full swing at EMES. I have so enjoyed spending time visiting classrooms and chatting with students at lunch and recess, and as I recently shared with the board, it feels like we've picked up right where we left off in June. And although we all love summer weather, having it while school is in session is not anyone's favorite thing. These last few days have been a wonderful break from the heat we've had since the start of school!

Earlier this week many EMES families participated in the community viewing of the film *Resilience at U32*. As a SU, and as a staff, we are learning about childhood trauma and how to support students and families who have been impacted by trauma. A cohort of EMES teachers participated in some learning with trauma specialist Dave Melnick last spring and will continue this work with him this fall. In addition, EMES will be hosting a graduate course with Dave this winter in hopes to bring this learning to more WCSU teachers.

I want to thank you for your patience and understanding as we had to change the hike day from today (and thankfully we did, looking outside my window this morning). Many of our teachers are participating in a one-day conference with John Tapper, author of *Solving for Why: Understanding, Assessing and Teaching Students Who Struggle in Math*. As you have seen, our math scores are not in the strong place our literacy scores are at. In looking at our common math assessments, at the end of last year 58% of our Grade 1-6 students were at or above proficient in math, while 81% of these same students were at or above proficient in reading. We will be working together to increase our math scores this year. As a staff, we participated in a PD module on understanding and using data to progress monitor and inform instruction on Wednesday, and will continue working together to increase our student math achievement this year.

Have a wonderful weekend with your kiddos!

Best,
Alicia

Dates to Note:

EMES/Full Board Meeting: Wednesday, September 26th 5:30 PM—U32 Cafeteria

All-School Hike: Thursday, September 27th/Rain Date Thursday, October 4th

EMES School Store Grand Opening!: Friday, September 28th 8:30 in the gym

Teacher In-Service: Friday, October 5th (No school for students)

EMES Harvest Festival: Saturday, October 6th

Columbus Day: Monday, October 8th (No school for students)

Hunter's Safety Class: Tuesday, October 9th 5:00—8:00

WCLT Music Day for 4-6: Thursday, October 11th

Picture Retake Day: Monday, October 15th

Open House: Thursday, October 18th 5:30 - 6:30

EMES/Full Board Meeting: Wednesday, October 24th 5:30 PM—
U32 Cafeteria



EAST MONTPELIER HARVEST FESTIVAL

On **October 6th** we will be hosting a Harvest Festival at EMES. Here is the schedule for the day. Please note that ALL events in the morning are free of charge. Thank you to all our volunteers and sponsors that made this day possible.

9:00am- 5K family fun walk/run

Enjoy Vermont's gorgeous fall foliage along Putnam Road with your friends and family. Runners and walkers will leave from EMES at 9:00 am.

10:00am -1:00pm- Farmer's Market/Flea Market

Come out and enjoy local goods from our community. We will also have live music, face painting and lawn games to enjoy with your family

10:30-12:30 Pony rides and a sheep petting area- sponsored by East Montpelier Center Farm

1:00pm- Obstacle course sponsored by Green Mountain Crossfit

Come test your skills on our obstacle course! There will be different obstacles for a variety of levels.

5:00-6:30 Harvest Dinner and Silent Auction

Come and enjoy some wonderful food with family and friends. Penny Arcade will be performing as well so bring your dancing shoes. We have a number of great items to bid on for our silent auction as well.

Tickets for the dinner are \$35/family and \$20/individual. You can purchase tickets through the front office or fill out the attached form and return it to school. All the funds raised from the dinner and silent auction will go to support the Outdoor Education Program at EMES.

6:00-7:15pm Sunset Hay Rides provided by M. Brown's Trucking and Plowing

7:30ish- Firework show provided by Northstar Fireworks

Harvest Dinner Ticket Request

We would like _____ family ticket(s) (a family consists the number of people who live in your household). There are _____ members in our family. \$35/family ticket

We would like _____ individual tickets. \$20/individual

Checks can me made out to East Montpelier Elementary School ECO fund.

Please return this form in an envelope to Mrs. Zeilenga. I will send the tickets home, but will also keep your name on record in the event that you are not able to locate the tickets.

EMES Book Club 2018-2019

When: All Meetings are Mondays this year. 5:30-6:30 pm

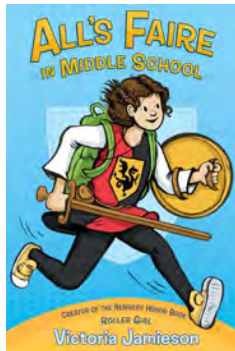
Where: Meetings are held in the EMES Library

Who: All 4th-6th grade students who have read or are reading the book are welcome to attend.

What happens: We share a snack, do an activity, and share our thoughts about the book

Oct 22nd

All's Faire in Middle School



Dec 3rd

Ban this Book



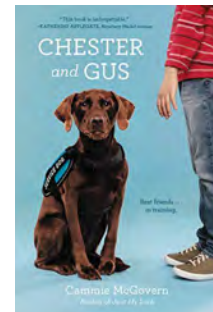
Jan 14th

First Rule of Punk



Feb 11th

Chester and Gus and/or Wishtree



March 11th

Falcon Wild



April 8th

Voting and Party!

Soaring Cranes: Aikido for Kids. A 5-Week Course.

This course is geared to ages 7 to 12. No martial arts experience required.

About the Course: Avoiding hurting others, but instead harmonizing with them, is at the heart of Aikido. We learn not how to fight, but how to cooperate with our partners, and how to resolve conflict in a positive way, keeping ourselves and others safe, while respecting our own personal space.

September/ October Session (A 5-Week Course.)

Date & Time: Beginning September 20, 2018, Thursdays from 4:30-5:30pm.

Instructor: led by Robert Lamprey, Head Instructor at Aikido of Montpelier, and Greg Sauer.

November/December Session (A 5-Week Course.)

Date & Time: Beginning November 2, 2018 (No class Thanksgiving week.) Fridays from 10:00am-11am.

Instructor: led by Nan Buss and Sarah Seidman.

Location: in Montpelier at [1 Granite Street](#). (Down by the river near the Coop, next to the Iron Bridge, at the Clothespin Factory, third floor.)

Fee: \$40 for a five-week course. (Siblings pay \$30.) Please pre-registration.

To pre-register or for more information you may email: info@aikidoofmontpelier.org.

NEXT WEEK'S MENU!

24) Chicken Noodle Soup—homemade Veg & Gluten Free op-	25) Pulled Pork BBQ or Sweet & Sour Cooked Carrots	26) Home made Mac & Cheese (Hm, Wg)	27) Hike Day! Turkey, Ham or Cheese sandwiches (Hm Wg)	28) Hamburgers or Cheeseburgers on a bun (HM, Wg)
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COME ONE-COME ALL

Learn the 24 Short Form of Yang style Tai Chi with Norma Spaulding. The Yang style is recognized as the most popular Tai Chi routine in the world. Classes start on Wednesday, October 3 at 4:00 and will run for 6 weeks. Free to the public. Twin Valley Senior Center, Blueberry Hill Commons, Route 2 East Montpelier. Call Susan to Register, 223-6954.

Awareness. Education. Support.

NATIONAL CONCUSSION AWARENESS DAY

September 21, 2018



Concussions Can Happen to Anyone at Any Age

Millions of concussions happen in the United States every year from sports, falls, car accidents, abuse and accidental head impacts.



Nearly 9 out of 10 U.S. adults can't correctly define a concussion

A concussion is a mild traumatic brain injury caused by a direct or indirect impact that changes the way the brain functions.



Symptoms vary and can be delayed

Headache - Confusion - Difficulty remembering or paying attention - Balance problems - Feeling sluggish or foggy - Feeling irritable, more emotional, or "down" - Nausea/vomiting - Bothered by light/noise - Double or blurry vision - Slowed reaction time - Sleep problems - Loss of consciousness - Dizziness



Seek Medical Attention

If you suffer a head injury, get evaluated. Rest and take time to heal. Follow Return to Play and Return to Learn Guidelines. Explore all treatment options.



Get Your Baseline Test

Baseline neurocognitive testing can be helpful tools should you become injured. For athletes baseline tests should be done before each sports season.



Beware of Repeat Injuries

If you suffer a concussion, it is easier to become concussed again. Once you have suffered two concussions you are 2-4 times more likely to suffer a third.



Support Those Affected

A concussion is an invisible injury - you can't "see" the injury. Support people who have suffered a concussion. Don't doubt their injury or suggest they not make a big deal out of it.

Elizabeth Wirth, RN BSN, School Nurse

East Montpelier Elementary School

665 Vincent Flats Road East Montpelier VT 05651

Telephone 802-223-7936 x 304 / Fax 802-223-3736

www.emontpelierschool.org

Date September 19, 2018

Dear Parents,

The Barre Lions Club is offering free vision screening with a SPOT vision screener. Since 2015 the Lions Club has screened 10,114 children in all the local schools and many daycares and referred 923 children for a full vision exam with an optometrist or ophthalmologist. They will be at here on Tuesday and Wednesday October 2nd and 3rd to screen the children. Children who wear glasses will be screened wearing their glasses (so be sure to remind them to have them at school on the day of the screening).

The Spot vision screener is more accurate than previous school screenings and can be used in very young children. It's non-invasive and screens the child at a distance of 3 feet. The child needs only to look look at the device – bird sounds and sparkly lights attract the child, and it generally takes about 2-5 seconds.

The SPOT screener detects the following vision problems in children from 6 months of age up and provides a written report, if needed, that can be shared with the child's eye doctor:

Myopia (Near-sightedness)

Hyperopia (Farsightedness)

Anisometropia (Unequal refractive power)

Astigmatism (Blurred vision, eye structure problem)

Anisocoria (Pupil size deviations)

Strabismus (Eye misalignment, Gaze)



The Lions Club's major initiative is to detect visual problems early and reduce the incidence of blindness. Please call me at 223-7936 x 304 if you have questions, or don't want your child to participate. You can also call Leslie Walz, the Barre Lions Club Vision Coordinator at 793-3222 for more information.

Thank you,

Elizabeth

CODY CHEVROLET CAR SEAT SAFETY EVENT

SATURDAY OCTOBER 6TH

11 AM TO 2 PM



We welcome the community to come to our dealership for a car seat Safety check to ensure your children are secured properly and in the correct car seat. Also kids can meet some of our local police officers and firefighters while you're here, this is a great way for your children to get to know the people who protect and serve our community! We will be providing pizza, snacks, and drinks to everyone who attends. Certified Technicians on hand to answer any questions and help with proper install. Contact Lauren at Cody Chevrolet with any questions 802-613-3043 or lauren@codychevrolet.com.

We hope to see you all at our event!



 **Child Car
Safety**

