



Oak Tree Elementary School

The Monroe Public Schools, in collaboration with the members of the community, shall ensure that all students receive an exemplary education by well-trained, committed staff, in a safe and orderly environment.

Principal's Newsletter November 2024

Dear Oak Tree Families,

There is an important skill that you can help your child do well in every school subject and that is thinking! Consider these ideas for helping him or her think critically. Choose two objects in the room that do not appear to have anything in common (i.e. a shoe and a clock). Ask your child to find at least one thing that is similar about them. Critical thinkers can also look at situations through different lenses. Encourage your child to write a fairy tale from a different character's point of view. There are many fractured fairy tales in the library that you can use as an example. Games like chess, checkers, and Connect Four build thinking skills too. Play some of these together and share your thought processes: "If I move here, you'll probably move there and then I could capture your piece." But don't forget play boosts imagination and relieves stress for kids of all ages. Try to make sure your child has time each day that is free of structured activities.

We are looking forward to our first One Book, One School in November as well as American Education Week. Be on the lookout for invitations from your child's teacher.

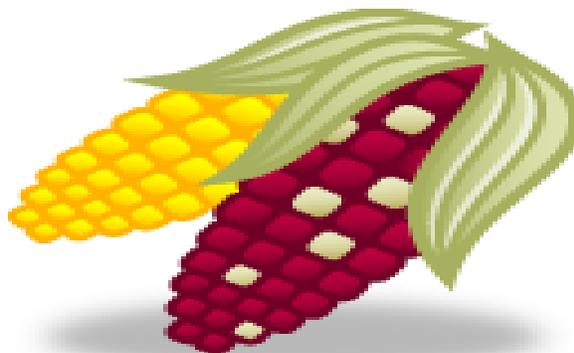
On behalf of the Oak Tree staff, I want to wish you a happy and healthy Thanksgiving holiday.

Kindest regards,

Patty Dinsmore

Patricia J. Dinsmore
Principal

patricia.dinsmore@monroe.k12.nj.us





THANKSGIVING HOLIDAY

There will be a half day of school on Wednesday, November 27th and school will be closed on Thursday, November 28th and Friday, November 29th in observance of Thanksgiving.

INCLEMENT WEATHER

With winter approaching, the weather is quickly changing. Whenever possible, students will be going outside for gym and recess. Please make sure your child is dressed appropriately for this activity, as the temperatures drop. Please be sure all jackets and outside apparel are marked clearly with their name. Thank you for your cooperation!

A MESSAGE FROM MRS. MC NUTT, OUR....



As the winter cold and flu season is rapidly approaching, please remember to schedule your child's appointment for their flu vaccine. Although documentation of a flu vaccine is required only for preschool students in the State of New Jersey, it is still important to have your child vaccinated.

Proper hand washing is the single most important thing your family can do to stay healthy. Visit this fun website, www.scrubclub.org with your children for fun games and activities that help children learn about the importance of hand washing and staying healthy.

Breakfast is so important for our children before they start their busy school day. Not only does it give them energy to start a new day, but breakfast is linked to many health benefits, including weight control and improved performance.

Studies show that eating a *healthy* breakfast (as opposed to the kind containing doughnuts) can help give you:

- A more nutritionally complete diet, higher in nutrients, vitamins and minerals
- Improved concentration and performance in the classroom
- More strength and endurance to engage in physical activity
- Lower cholesterol levels

Eating breakfast is important for everyone, but is especially so for children and adolescents. According to the American Dietetic Association, children who eat breakfast perform better in the classroom and on the playground, with better concentration, problem-solving skills, and eye-hand coordination. (WebMD).

Please make sure your children have something to eat before coming to school. Breakfast on the run can include: Granola bars, fruit, cereal bars, GoGurts, yogurt cups, packaged granola snacks or nuts, smoothies, dry cereal in a Ziploc bag, or peanut butter and jelly. You don't have to limit breakfast to traditional breakfast foods. Try 'thinking outside the breakfast box' with different foods for breakfast such as grilled cheese sandwiches, soup or dinner leftovers. Whatever your child chooses to eat for breakfast, please have them eat something healthy and substantial to help them have a successful day at school.

Please refrain from sending any snacks for your children containing peanuts or tree nuts. Students will be eating their snacks in the classroom and all snacks should be nut free. Thank you for helping to keep our students safe. Students will be washing their hands before and after snack.

Our Oak Tree Students in grades Kindergarten through 3 will go outside for recess for approximately 20 minutes every day. The children will have indoor recess in inclement weather or when the temperature is too cold. Please check the weather and make sure your child is appropriately dressed for the weather and for outdoor recess.

DATES TO REMEMBER:

November

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|--------|-------------------------------------------------|
| 11 | 4 Hour Session/In-Service
PTA Snack Sale |
| 12 | Firsties Fall Festival |
| 14 | Falcon Leadership Recognition Ceremony |
| 15 | RAE's Rewards |
| 18-22 | American Education Week |
| 20 | School Store |
| 25 | One Book, One School |
| 27 | Four Hour Session
Student Council Snack Sale |
| 28, 29 | School closed |



STUDENT COUNCIL

Student Council would like to thank everyone who bought a raffle ticket for our Halloween Parade Leader Fundraiser! We raised a fabulous amount of money that will go directly towards our student activities fund, which help fund events like field day!

We would also like to thank everyone for continuing to buy snacks at our snack sales so far this year...they will continue throughout the year!

During the month of December, we will be collecting gifts for our annual gift drive! Be on the lookout for more information on which items we will be collecting!



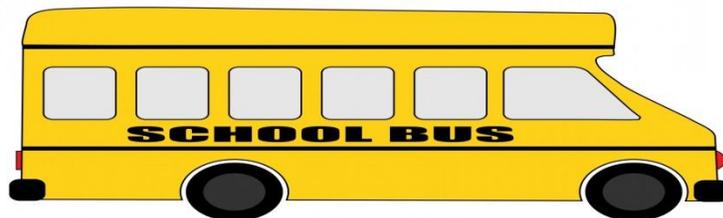
FALCON LEADERSHIP WINNERS

Demonstrating respect and outstanding citizenship, these four students were selected by their grade level teachers to win the Falcon Leadership Award. Each student received a certificate, a leadership medal, and a special gift. Congratulations to:

- Grade 3 – Pravara Garlapati
- Grade 2 – Ritisha Dhinakar
- Grade 1 – Kimaj Closs
- Kindergarten – Izabela Erenc

RIDE WITH CHARACTER

Congratulations to Bus 16 for being awarded October's Bus of the Month as part of our positive behavior bus incentive program, which ties directly to our FALCON Way program. Each Oak Tree student will receive a certificate of recognition and two FALCON Feather tickets. We are so proud of them!!!



ATTENDANCE AND PLANNED EXTENDED ABSENCE POLICY

Regular attendance is a requisite for success in school. New Jersey law requires that students attend school regularly and it is the parent's responsibility to ensure that their child attends school. Please stress the importance of daily school attendance to your child.

There are times throughout the school year when families may find it necessary to take their children out of school for an extended period of time. Our Board Policy addresses the criteria that should be followed should this occur. If you will be taking your child out of school for an extended period of time (10 days or more), kindly provide a letter from the parent/guardian to the school addressing the number of days and dates the child will be missing school. These are unexcused absences. You may wish to dis-enroll your child so the number of absences will not be reflected on the report card. Your child will be re-enrolled upon their return by reaching out to our Central Registration office.



Our "word of the month" for November is "Acceptance". For our young students we define acceptance as "We celebrate our differences; we are right just the way we are; and we never tease or make fun of others". During this month we will be focusing on accepting and appreciating the differences between us, how to use kind words when we see/experience something that we are not used to, understanding that people often have different needs, and learning about different cultures and celebrations. Parents can reinforce this value at home too. Point out to children that even though we may have differences among us, we all have some things in common like the wish to be happy and have fun. When children use terms like "weird" to describe something that is uncommon to them, we will emphasize the use of kind words such as "different" or "special", as well as encourage them to ask kind questions about things that are foreign to them.

During our lessons this month, in addition to talking about acceptance, we will be going over the zones of regulation. This is a behavior management tool that teaches students how to self-regulate their behavior and emotions. It splits our feelings up into 4 different color-coded categories that are based on states of energy and alertness. This tool will help students to be able to resist highly emotional reactions to upsetting situations, calm themselves down, adjust to change, and handle frustration. Additionally, our Mindful Practice for November is "Body Scan". We will practice ways to relax or energize our bodies depending on what we need in the moment. Body scan can assist in helping students to identify which zone they are in. Have a Happy and healthy November!

The ZONES of Regulation

			
<p>Blue Zone</p> <p>Sad Bored Tired Sick</p>	<p>Green Zone</p> <p>Happy Focused Calm Proud</p>	<p>Yellow Zone</p> <p>Worried Frustrated Silly Excited</p>	<p>Red Zone</p> <p>overjoyed/Elated Panicked Angry Terrified</p>

NEWS FROM THE READING SPECIALIST

Oak Tree Is a Winner!

Mrs. Kappus was chosen as one of several educators in the state to win literacy kits for her students. These were provided through a partnership with Reading Is Fundamental and Amazon. These kits were given to Mrs. Kappus' reading students, donated to raffle winners at our fall pep rally and will be shared with other students through various school activities during the year. Mrs. Kappus is grateful to our school community who help to foster a love of learning all year long!

