

June 22nd, 2017



a **WIVES** me
news

WHITON ELEMENTARY SCHOOL



From the desks of Mrs. Shober & Mrs. Kries

- Dates to remember:
- June 23rd: Last day of School! Single Session.
- What an exciting year we have had at Whiton! It is hard to believe how fast the year flew by. We hope all of our Whiton families enjoy a relaxing summer. If you have any questions over the summer, please do not hesitate to reach out. We will see you in September!



Summer Reading Information

Information was sent out via email from Mrs. Shober. The information will also be posted on our website. If you have any questions, please reach out.

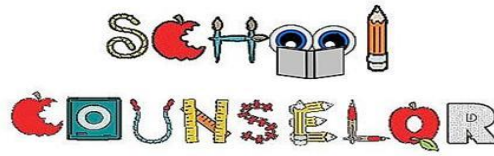


Ridewise Assembly

Earlier this month students in 1st through 3rd grade participated in an assembly program where students learned to use crosswalks safely and where to cross when walking in their neighborhood. A flyer discussing the program will be posted on the website if you would like additional information.



From the Desk of the



How to Help Your Child Be a Calmer, Happier Kid

Mindfulness is a practice that involves learning simple techniques for promoting well-being and success. These life skills are invaluable to your child's success in school and life. The ability to practice mindfulness includes many stress-relieving techniques and also further develops the ability to focus "on the moment" which helps to promote self-awareness and impulse-control, even for very young children. These skills are critically important to a child's success in school, especially because children today are under increasing levels of stress to perform and achieve academically and socially. A mindfulness practice can have a significant impact on the way that children learn and behave at school.



Mindfulness teaches children to pay attention to what they are experiencing in the “here-and-now”. This practice recognizes that it is easy for one’s mind to “wander”, and teaches how to regain focus. Our minds can be easily distracted by physical sensations (hunger, an ache, an itch, a sneeze); emotional states (feeling tired, excited, bored, sad); and external environmental “noise” (sounds, scents, temperature). Mindfulness allows one to recognize, and to label these distractions before returning to one’s mind. The more an individual practices this, the stronger their executive functioning will become (ability to regulate thoughts, emotions, and responses). Developing this “habit” can have a positive impact on a child’s ability to ignore distractions in the classroom, to more effectively manage a stress-response, or to simply help them to calm down when upset or worried. It can help students develop increased self-awareness including the important skill of learning to identify feelings. Researchers have suggested that Mindfulness seems to help students by boosting their compassion, making them more likely to take turns, play fair and share.

This summer, consider taking a few minutes each day to develop the practice of Mindfulness at home.

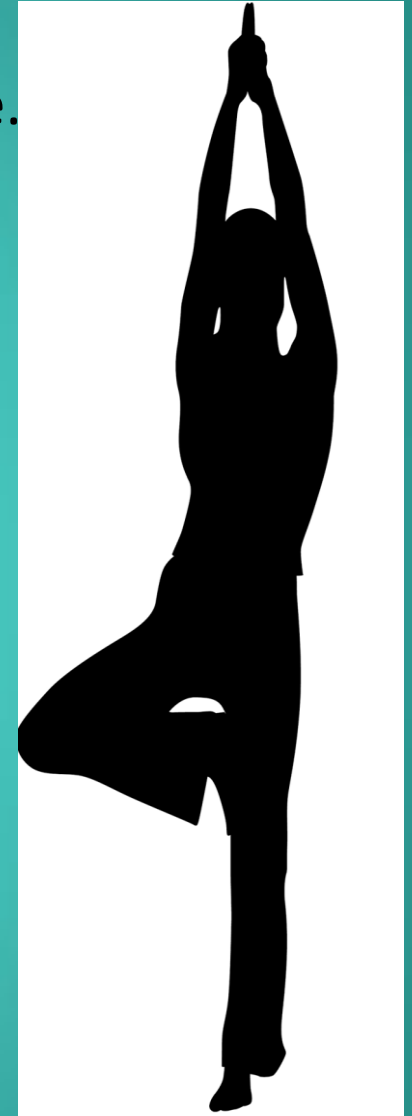
To get started, consider downloading a couple of these apps: ***Stop, Breathe and Think***, free-iOS;

My First Yoga, free-iOS; ***Super Stretch Yoga***, free-iOS; ***Smiling Mind***, free-iOS and Android;

Inner Peace for Kids, \$2-iOS, and Android.

Wishing you all peace and renewed energy this summer!

Mrs. Ryan, MSW, LCSW, EdS, School Counselor



Building Conversation Skills

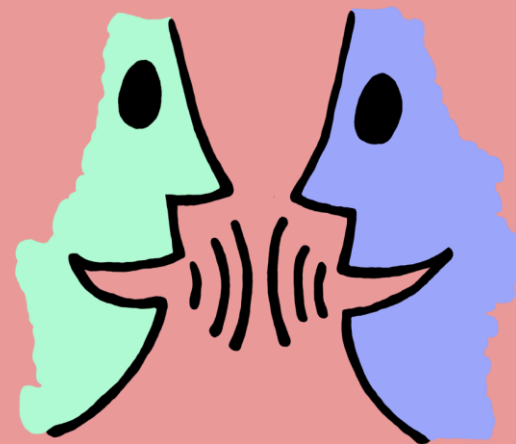
By Mrs. Boyle

“Great conversations can invigorate children, spark new thinking, encourage laughter, and teach healthy debate. They can help students come to new insights and even increase motivation to read.”

—Jennifer Serravallo



The first and second grade teachers have been learning to use whole class conversations as an instructional strategy to help students deepen their comprehension and build social skills. In this structure, students sit in a circle and discuss the text read freely just like the way adults would have a conversation. Students learn how to read social cues to take turns speaking versus the more traditional raising of hands and waiting for the teacher to direct speech. They practice active listening skills by learning to “listen with their whole body” or “listen, repeat, and respond” to another person’s comment. Besides learning communication skills that will lead to later success in life, whole class conversations also help build comprehension skills and the growth of new ideas. Students learn how to ask each other questions, synthesize ideas, and respectfully debate opinions. The first and second graders are having so much fun with their whole class conversations!



From the Health Office of Mrs. Hoffman RN, Certified School Nurse

You can't educate a student
who isn't healthy . . .



and you can't keep children healthy
who aren't educated!

Spring has sprung and dodging the spring pollen has not been easy.



MultiSensory Garden in Spring Bloom

Here are some helpful tips we use in school and you may also use at home:



Encourage your child to wash their hands often with soap & water for 20 seconds. Removing pollen from their hands will prevent the pollen from making its way to their faces.



Encourage your child not to touch their face. Pollen collected on hands can easily be rubbed into eyes and nose, making allergy symptoms worse.



If a child's eyes are irritated by pollen, I may flush their eyes with cold water ("like a water fountain for the eyes") and give them a cold ice pack for their eyes for comfort. You can try this too at home.



Finally, reach out to your child's practitioner for further advice. There are many antihistamines that can greatly alleviate the allergy symptoms of itchy eyes and runny nose. Keeping children more comfortable throughout the spring season, keeps them more comfortable in school to learn.

To date, I have seen **all** of your children. With **5,510** student health office visits to date since September 2016, the Whiton Elementary School Health Office is always a busy office. Keeping your children healthy at home, helps to keep them healthy at school. Thank you for all that you do to keep your children healthy.

FIRST GRADE TEAM

LITERACY



Students have been developing their independent reading skills and learned how to have meaningful conversations about their books with their peers. These young readers have some really great thinking about the books and topics they read about.

Our little writers have written personal narratives, informational texts, opinion pieces, realistic fiction, and books about invented characters this year. They also learned how to elaborate their stories with feeling words, dialogue, and “show not tell” wording.



S.T.E.M.



Our mathematicians have not only been learning math skills, but they have been practicing how to explain their math thinking. Now we are reviewing the skills from the ENTIRE year to get ready for second grade.

The young scientists have just completed the unit on Sound. The students made homemade instruments as their final projects. Then, they shared their instruments with another class. The inventors became the teachers and taught other students how they built the instruments and how their instruments worked.

SHARING OUR HOMEMADE INSTRUMENTS WITH OTHER CLASSES



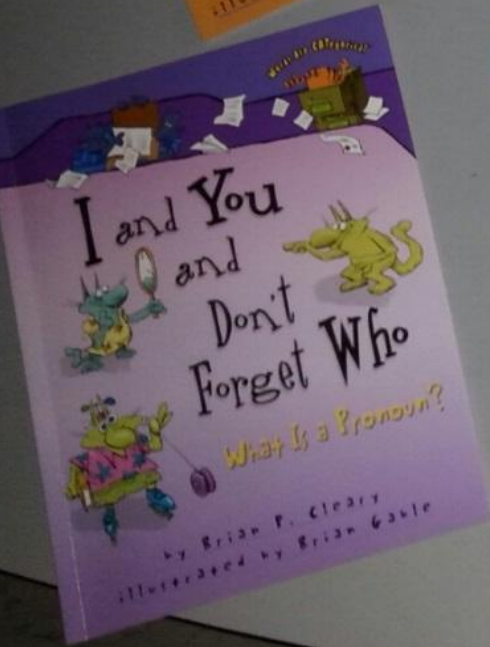
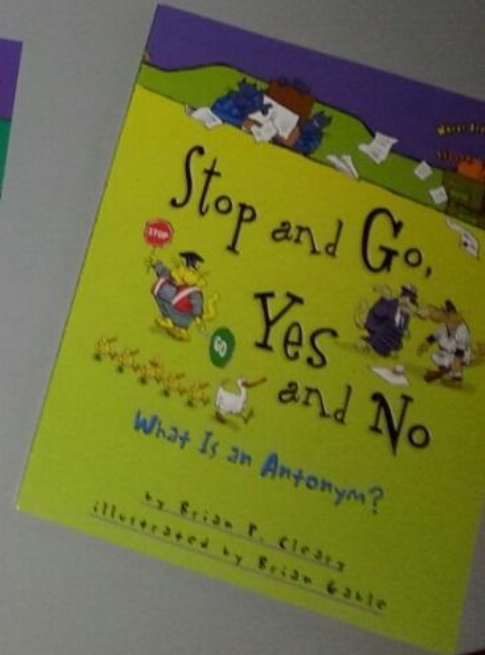
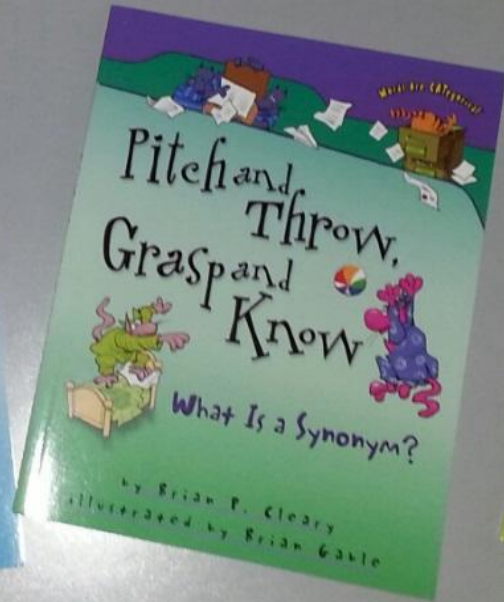
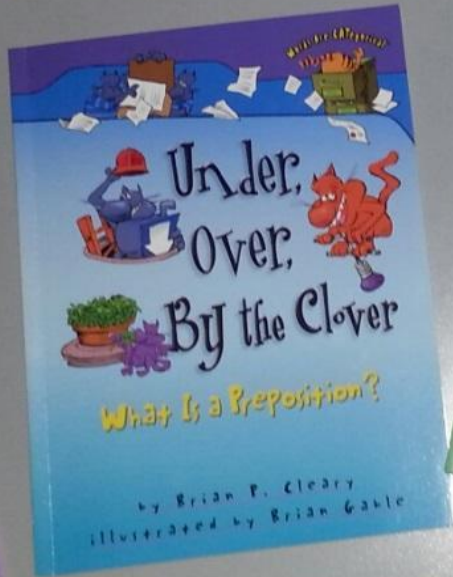
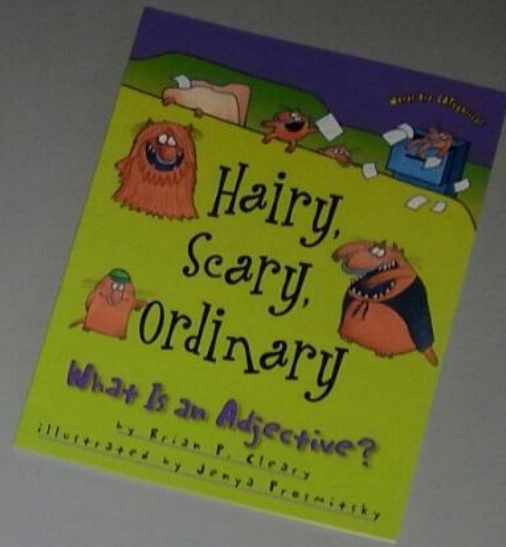
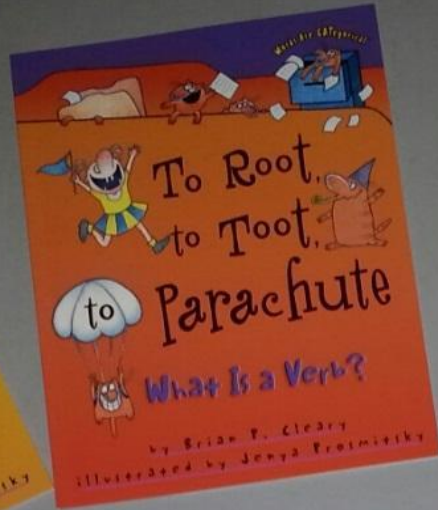


Learning can happen in many ways!

Diving into Parts of Speech

MS. HALL'S CLASS



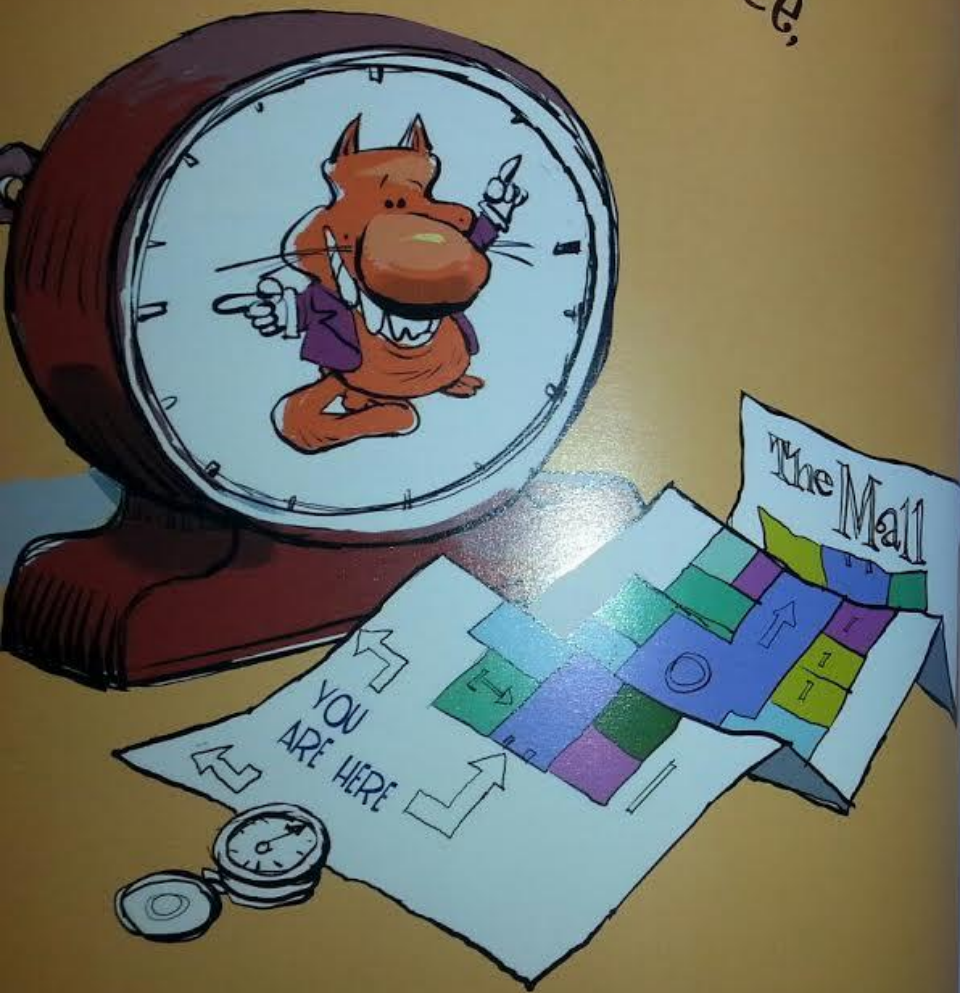


The English Language has Eight Parts of Speech

Our class has been focusing on learning parts of speech and how they help sentences form. So far...we have learned and practiced using nouns, verbs, adjectives, prepositions, synonyms and antonyms. Our class loves using the Words are Categorical Book Series by Brian P. Cleary. This series helps us have loads of fun learning about parts of speech. This series uses rhyming, humorous and witty phrases, hysterical illustrations and has my class laughing and learning at the same time!! The perfect combination for applying new skills!



They tell us
time and also place,



Like past 9:30,
in your face.



How a plant grows from a seed

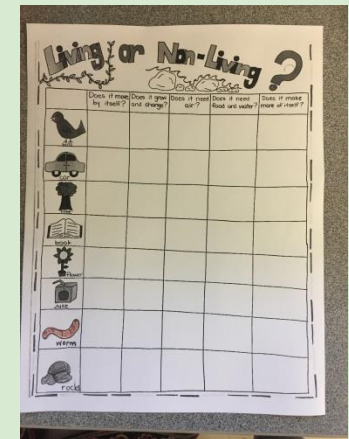


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News From Mrs. Roman

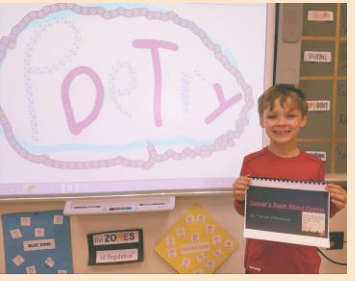


Our most recent unit of study in science is about living and nonliving things, and recognizing differences between them. Our “kinder scientists” learned that living things need to eat, move, breathe, and grow. Nonliving things do not move by themselves, they do not eat or drink, and they do not breathe. During this unit we took a nature walk outside, where we used magnifying glasses to look for small living things, and to locate things that were non-living. We completed a Living or Nonliving anchor chart about several of our findings and additional items. We did a Living or Nonliving Scavenger Hunt, which was a great way to get the students moving and talking, as well as repeated exposure to new vocabulary words. We also sorted living and nonliving pictures. We then used the information we learned and planted various types of seeds. A plant is a living thing that grows, eats, breathes and moves towards the sun. We have watched our seeds grow roots, stems and leaves. We have drawn observational pictures of our findings. Take some time this spring and plant something beautiful in your garden! The Earth will thank you!





MRS. SZAJDECKI'S & MS. VIEL'S CLASS



In writing, students have been learning about poetry. We learned about the different types of figurative language such as metaphor, simile, alliteration, onomatopoeia and idioms. Through our writer's workshop, students were exposed to read alouds of poems written by many poets such as Shel Silverstein, A.A. Milin and Carl Sandburg. Students created many poems about a variety of topics and had the opportunity to publish their own poetry book using Chromebooks and Google Slides. They also shared their poems with their peers. They had a great time throughout our poetry unit which allowed their creativity to shine!



Do you know what multisensory reading instruction is?

Multisensory reading instruction is one important aspect of instruction for a student who struggles with decoding and encoding words. Instruction is explicit, direct, cumulative, intensive, and focused on the structure of language. Students are taught the structure of written language, including the sounds (phonemes), meaning units (morphemes such as prefixes, suffixes, and roots) and common spelling rules. Multisensory learning involves the use of visual, auditory, and kinesthetic-tactile pathways simultaneously to enhance memory and learning of written language. Links are consistently made between the visual (*language we see*), auditory (*language we hear*), and kinesthetic-tactile (*language symbols we feel*) pathways in learning to read and spell.

"Tell me and I'll forget. Show me, and I may not remember. Involve me, and I'll understand."
Author unknown



Amy Garner

Ms. Straube's Class 2017 Mother's Day Celebration



Ms. Straube's Class 2017 Mother's Day Celebration



We had a Mother's Day Celebration on May 12th. The student's stenciled plaques for their moms and made mirror cards. We sang a few songs, next the students shared their Unit 4 writings and then read some books to their moms from their book boxes. A great time was had by all.

THE STAFF AT WHITON

wish
you
and
your
family



a safe,
healthy
and
FUN
summer!