

# PLAINS SCHOOL

Newsletter

**Principal's News**  
**From Mr. Hank Skala**

Dear Plains School Families,

April is here and often our thoughts turn to planning for the next school year. Although it might be a bit premature with a longer June ahead due to snow days, it is important that we focus some time on the 2019-2020 school year. Upon return from the April vacation week, I will be sending out information on grouping for classes for next year. This would be for those students entering grade one, as well as preschoolers at Plains moving to Kindergarten.

I will also be working with the Plains School Council regarding school climate. My intent here is to review programs and projects before the close of the school year. It offers insight about your child's experience this past year. We hope to see you on April 25<sup>th</sup> for our Plains Family Culture Evening.

Noteworthy dates:

**April 9- Full Day Teacher In-Service, NO SCHOOL**

**April 15-19- Spring Vacation - Schools Closed**

**April 25- 6-7:30 Family Culture Night Event**

Thanks, as always, for your support.  
Hank Skala, Principal

\*\*\*\*\*

**Kindergarten News**  
**Submitted by Regina Moulton**  
**Grade Level Coordinator**



**Pussy Willows** by Aileen Fisher

Close your eyes and do not peek

And I'll rub Spring across your cheek-

Smooth as satin,

Soft and sleek-

Close your eyes and do not peek.

In April we begin to discuss the many changes that occur in the spring. We learn that these changes can affect both people and animals. We will also learn more about how we can take care of our Earth. Earth Day should be every day! Many classes will begin to study what living things need to grow and survive. Kindergarten students love planting seeds, caring for them, and observing their growth. We will continue creating our writer's workshop books and reading during reading groups and reading to our friends. Students are busy solving addition and subtraction equations on paper and with word problems, finding tens and "extra ones" in teen numbers, and sorting items into different categories/families.

Important dates: **April 12-** Kindergarten Field Trip: Symphony Hall, Theater Works Show- *The Cat In The Hat* & **April 25-** Plains School Culture Night

\*\*\*\*\*

**Grade One News**  
**Submitted by Ashley Macey**  
**Grade Level Coordinator**

With the many changes in weather in March with the snow and frigid days, it seems like we have been waiting for Spring to arrive for a long time. But finally, we are seeing signs of Spring. The birds are singing, buds are blooming and children at Plains school are back out to playing out on the playground. Please be sure your child is appropriately dressed for playing outside. It is also a good idea to make sure your child has a complete set of extra clothes at school in case he/she gets wet or muddy while playing outside. We get many complaints about wet socks and pants when they come in from recess. It would be a great help and comfort to your child if they had dry clothes to change into.

It was great to see so many parents at conference time. It is amazing and exciting to show parents how much their first grader has grown since the beginning of the year. During conferences many questions came up about second grade. We are very happy to answer the questions we can, but a few items to note may help. Mosier School has been sending out questionnaires for several years to parents of incoming second graders. These questionnaires are designed to help place students in the best possible setting for next year. First grade teachers are asked to do several things to help with this process. We get together as a group and tentatively place children in classrooms (without teacher names attached) according to the following: who should and should not be placed together, include someone known to the child and balance the group academically and behaviorally. The lists then go to Mosier School. At this point our active participation is over. The staff at Mosier School modifies the list as they feel necessary and assigns class lists to specific teachers.

As always, thank you for your continued support.

\*\*\*\*\*

### Notes from Preschool-

#### Screenings and Applications for Preschool-Spring, 2019.

The next scheduled screening will be **in June for Fall enrollment**. If you are interested in having your child screened or want to apply to the preschool program please call Plains School, 538-5068 and request an application and screening packet. A date and time will be mailed to you.

\*\*\*\*\*

### **Notes from the Nurse**

**Submitted by Eileen Garvey, R.N.**

During this refreshing time of year, the children are out on the playground in “full force” and enjoying the nicer weather. With the spring season comes a few health conditions that we see more frequently this time of year.

There is a condition called **Fifth Disease** (Erythema infectiosum). It is called “fifth disease” because it was the fifth of a group of similar rash like illnesses to be described. (Rubella, measles and scarlet fever are also in this group of rashes). Fifth disease is caused by the human parovirus. It occurs in late winter and early spring. The symptoms of fifth disease varies from headache, body aches, sore throat, runny nose to no symptoms at all. In the last stages of the illness, a child may have bright red or rosy cheeks for 1-3 days (“slapped cheek appearance”) and sometimes is followed by a pink “lacy” type rash on legs and arms. In adults you seldom see the rash, but they experience joint pain, especially in the hands and feet.

No treatment is necessary. It is impossible to prevent the spread of the illness because they are most contagious before their symptoms start. By the time the rash and joint pain begins, they are no longer contagious. Therefore, there really is no reason to keep a child home from school.

The biggest concern of fifth disease is for pregnant women who get fifth disease. There is the possibility that some women who get fifth disease while pregnant can have miscarriages or stillbirths. Recent research suggests that the risk of problems during pregnancy is low. However, if a pregnant woman is exposed to fifth disease she should consult her obstetrician and be closely monitored.

Wishing you all a Happy, Healthy Spring season!

\*\*\*\*\*

**Counselor's Corner**  
**Submitted by Nancy Jessup**  
**School Adjustment Counselor**

“Maria Montessori...said that ‘play is the child’s work’. As Raffi, the children’s singer, says: “It’s through play that children make sense of things, from their own physical bodies to the web of animals and people in their lives. In a society dominated by ‘work’, adults sometimes trivialize play, forgetting that it inspires both imagination and creativity - what we all need to become the best we can be”

For children, play is central to emotional and physical well-being and to healthy development. With increasing demands on time, parents have less time to supervise or play with their children. As a result, children are spending more time indoors, in front of the television or tablet, playing video and computer games.

According to an article from the National Association for the Education of Young Children called “The Value of School Recess and Outdoor Play”, unstructured play is a “developmentally appropriate outlet for reducing stress in children’s lives and research shows that physical activity improves children’s attentiveness and decreases restlessness.”

I have listed some of the benefits of outdoor play that the article stressed:

1. Play is an active form of learning that unites the mind, body, and spirit. Until at least the age of nine, children learn best when the whole self is involved.
2. Play reduces the tension that often comes with having to achieve or needing to learn.
3. Children express and work out emotional aspects of everyday experiences through unstructured play.
4. Children permitted to play freely with peers develop skills for seeing things through another person’s point of view-cooperating, helping, sharing, and solving problems.

We are all under the pressure of time and the children feel it too. A few moments in the day to relax and have fun in an unstructured, active way, can work wonders for our sense of well-being. Playing with the children in our lives gives us opportunities to build relationships, improves communication, find out what’s going on in their lives, and to see the world in new ways.

\*\*\*\*\*

**News from the Gym**  
**Submitted by Tighe Dudeck**

Spring is finally here!! Please remember that the children still need sneakers for P.E. class. Shoes, boots and sandals are not appropriate or safe for our activities.

\*\*\*\*\*

Notice

All students, regardless of race, color, sex, gender identity, religion, national origin, sexual orientation, disability or homelessness, have equal access to the general education program and the full range of any occupational and vocational education programs offered by the South Hadley Public Schools.

*Declaración de No discriminación*

*Todos los estudiantes, independientemente de su raza, color, sexo, identidad de género, religión, origen nacional, orientación sexual, discapacidad o falta de vivienda, tienen acceso equitativo al programa de educación general y a toda la gama de programas de educación ocupacional y profesional ofrecidos por Escuelas Públicas de South Hadley*

If you feel you may need special accommodations or assistance as a result of a handicapping condition or limited English proficiency, please call Kathleen Boyden at the South Hadley School Department, 116 Main Street at 413-538-5072 X101 (hearing impaired fax 413-538-5000) and notify us of your special need.

Si usted necesita alguna adaptación o asistencia especial debido a algún tipo de minusvalía, por favor llame al teléfono 413-538-5072 X101 (fax para personas con deficiencias auditivas 413-538-5000) y notifiquenos cuáles son sus necesidades específicas.