

PLAINS SCHOOL

Principal's News from Mr. Skala

Dear Plains Families,

As we enter May, we begin to look forward to celebrating some well respected traditions that signal the fast approaching of the end of the current school year. Many children will be participating in field trips, classroom celebrations and other school-wide events. I wanted to inform you that we will continue with our special night where we celebrate "ART AT PLAINS SCHOOL". We began this 2 years ago and it was a huge success where families had the opportunity to visit in the early evening and view the many projects of students in Kindergarten and Grade 1. We have made a few changes this year to accommodate the flow and access to the exhibits. This event will take place on Thursday, May 23rd from 5:30-7:00PM at Plains School. I am excited again for this program and thank our School Council for their support, as well as Ms. Naiman, Art Instructor.

In closing, I will continue to use School Messenger to keep you in the loop for all upcoming events.

Sincerely,

Hank Skala, Principal

Important Events

Early Release- Wed., May 1, 2019. Dismissal for K & 1 2:25 - PK 2:00.

First Grade Field Trip to Symphony Hall- May 7, 2019.

Electric Light Truck Visit- May 8, 2019.

Musical Performance by Roger Ticknell, Sponsored by the PTA- May 21, 2019.

Art Show- May 23, 2019- 5:30-7:00 pm.

No School- May 27, 2019- Memorial Day

Kindergarten News
Submitted by Regina Moulton
Grade Level Coordinator

April showers bring May flowers!



Warmer weather, sunshine, grass turning green, tiny leaves beginning to grow on trees, and flowers blooming are all signs that spring is here! Many classrooms are busy planting seeds, observing caterpillars change into butterflies and tadpoles change into froglets. We are so happy to be spending more time outside and getting some much needed exercise and fresh air.

Our kindergarten students are writing longer and more detailed stories during writer's workshop and they are working hard during reading group time. We are focusing on reading comprehension and fluency and celebrating all of our reading success. Students are beginning to create addition and subtraction stories, find partners of 10 with 5-groups, and discuss the names and attributes of 3-dimensional shapes.

All of the kindergarten classes enjoyed an exciting field trip to the Springfield Symphony Hall last month to see a performance of *The Cat in The Hat*. This was possible thanks to the support, dedication, and hard work of our PTA.

Grade One News
Submitted by Ashley Macey
Grade Level Coordinator

Where did April go? It seems like just yesterday April arrived bringing us, a few more cold days. The sun finally is coming out and the warmer weather is here to stay and everything is in bloom, displaying great beauty.

May promises to be another busy month. We have several items on the calendar that are very exciting for the children. All the first grade classes will be going on another field trip on May 7th. We will be going to Springfield Symphony Hall to see "The Magic School Bus: Lost in the Solar System". We are very fortunate to have the PTA sponsor these trips for our first graders. All of the teachers would like to pass on a great big Thank You to the PTA.

This time of year, it is very typical for our first graders to talk about second grade. This is a big transition, moving off campus to a new school in a new location. Most of the students at Plains have been here for three/four years. In order to help alleviate some of concerns they may have, we will take a preview trip to Mosier School. This is called Step-Up Day and it will take place on June 10th and 11th. The children will have an opportunity to meet the staff at Mosier School including, all the

second grade teachers. After a tour of the school each first grade class will be paired with a second grade class to spend a little time together in their classroom. The first graders will have an opportunity to ask questions about second grade. The last day of school, June 18th, we will have a "First Grade Farewell" to wish our first grade friends good luck at Mosier!

As always thank you for your continued support.

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

Bullying is, unfortunately, everywhere we look. Though it's not as common in younger children, it does happen. I'd like to share some information about bullying that might help us to deal with it, and to stop it when we see it. Barbara Coloroso who wrote the book, The Bully, the Bullied and the Bystander, defines bullying as:

- A conscious, willful, harmful activity
- An imbalance of power
- Intent to harm
- Threat of further aggression (intimidation)

Bullying is **not** conflict; it is *contempt* for another human being. Bullying can be, but does not have to be, repeated over time. Bullying comes in three forms:

- Verbal
- Relational
- Physical

Physical bullying is the most visible, but is the rarest. Most bullying occurs under the radar of adults. Kids who bully are really good at doing it when the adults aren't looking. Many experts on bullying believe that it's important to educate the bystanders, the kids who witness the bullying, and empower them to be able to do something about it. We need to give bystanders the skills and permission to get help, to alert adults to what is happening. To know that it's not OK just to let bullying continue. It's important to teach children the difference between tattling and telling. We teach kids:

- If it's going to get someone in trouble, don't tell me
- If it's going to get someone out of trouble, tell me
- If it's both, I need to know

If adults see bullying occurring, we need to give the message: "No more! Not here! Never!" This gives the message to bullies, targets (or victims) and bystanders that you will not tolerate bullying.

If a child reports bullying to you:

- Don't minimize or explain it away. Take it seriously
- Don't rush in to solve it
- Don't tell the child to avoid or ignore the bully
- Don't tell kids to fight back
- Say: "I hear you, I'm here for you, you're not in this alone", "It's not your fault", "There are things you can do"

- Don't coach children to say to a bully, "Please stop, that hurts" (that's what you say to a friend)

At Plains we strive to create an environment of caring where bullying can't exist.

According to Coloroso, we break the cycle of violence by creating ever-widening circles of caring. Most of our children already are kind and caring individuals. We are actively promoting a culture of kindness with our PBIS program. Acting with Kindness is one of our school-wide expectations and kind acts that children engage in are recognized and celebrated.

In my friendship groups I try to give children skills for handling a bullying situation. I coach them to use a strong voice to say, "Stop that!" or "Leave me (or him or her) alone!" We practice that and do role plays. It's also important to help children to remember that no matter what anyone else says about them, they are decent, caring human beings.

Coloroso recommends using **Restorative Justice** when dealing with a bully. There needs to be consequences for bullying behaviors. She suggests the following:

1. Restitution: Fix what you did. Not asking for "I'm sorry", but figuring out how to make it better.
2. Resolution: Figure out how you're going to keep it from happening again
3. Reconciliation: Heal: do something good for the person you hurt.

**Notes from the Nurse
Submitted by Eileen Garvey**

Now that the sun is shining and we are all enjoying outdoor activities, it is time to think about sun protection. As you know there is so much research that tells us that sun exposure in childhood can greatly affect and increase your child's risk for skin cancer later in life. I have attached some information from the CDC about sun exposure in children and how we can protect our children from skin damaging sun UV rays. Enjoy this wonderful, refreshing time of year and don't forget the sunscreen.

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 (hearing impaired fax 413-538-5000) and notify us of your special need.

Si usted necesita alguna adaptacion o asistencia especial debido a algun tipo de minusvalia, por favor llame al telefono 413-538-5072 (fax para personas con deficiencias auditivas 413-538-5000) y notifiquenos cuales son sus necesidades especificas.