

October 2014

◆ Jeremy Rich, Principal ◆

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# Letter from the Principal

Dear Parents,

The school year is off to a great start and it has been wonderful to have the kids back in the building. I would like to say a huge "Thank You" to our Barringer Road community for the tremendous turnout for our Open House/Ice Cream Social. It was a beautiful evening to kick off our year on such a positive note. I would also like to thank Doty's Golf Course for allowing us to park in their lot.

As a reminder, I appreciate all of the cooperation with parents during our arrival and dismissal procedure. Our patience equals a better opportunity for our children's safety. In addition, under our Board of Education policy, I appreciate the understanding that those who have dogs keep the dogs off of the school property during school hours and also at dismissal time.

I would also like to thank the Pre-K parents who have cooperated by using the Pre-K parking lot closest to the playground during the morning drop off and the afternoon pick-up times. We understand that it is inconvenient, but again, when we are trying to create a system that is safe for our children, convenience is always the first to go.

Equally important, please mark your calendar that our Emergency Go Home Drill will be October 15th. Please make it a point to plan accordingly. More information will be coming home as we near the date.

Finally, if there is ever a time where you have a question or concern, please feel free to call me at 894-8420.

Sincerely,

Jeremy M. Rich



CENTRAL VALLEY CENTRAL SCHOOL DISTRICT

# Barringer Road Elementary Parent News

### Important Dates

NO SCHOOL- Columbus Day	October 13th
"Go Home Early Drill"- dismissal at 10:00 a.m	October 15th
"Pink Day"	October 17th
Board of Education meeting	October 29th
Classroom Halloween Parties	October 31st
Trick or Treat in the Village of Ilion 5:00 pm-7:00 pm	October 31st
Fisher PTO Annual "Turkey Trot"	November 8th



## Smarter Eating

Children who eat healthy diets at an early age may have a slightly higher IQ than if they were fed diets heavier in junk food. A new study examined the link between the eating habits of more than 7,000 children at 6 months, 15 months, and 2 years, and their IQ at age 8.

“Diet supplies the nutrients needed for the development of brain tissues in the first two years of life,” said lead researcher Lisa Smithers, PhD. “We found that children who were breastfed at 6 months and had a healthy diet regularly including foods such as legumes, cheese, fruit, and vegetables at 15 and 24 months had an IQ up to two points higher by age 8.” She said that children who regularly ate cookies, sweets, soft drinks, and chips in their first two years of life at IQs that were up to two points lower by age 8.

“While the differences in IQ are not huge, this study provides some of the strongest evidence to date that dietary patterns from 6 to 24 months have a small but significant effect on IQ at 8 years of age,” Dr. Smithers said.

*Source: “Children’s Healthy Diets Lead to Healthier IQ” University of Adelaide 8/7/12*



## Reconsider Sports Snacks



The foods and beverages available to kids when they participate in organized sports are often unhealthy. Common foods at sports settings include candy, hot dogs, salty snacks, soda, and sports drinks. Parents also report visits to fast food outlets on days that their kids take part in sports, relying on convenient foods as they juggle busy schedules of games and practice sessions.

“The food environment in youth sport exposes kids and their families to many unhealthy foods and beverages and a few healthful options,” said Toben f. Nelson, ScD, of the University of Minnesota, lead researcher in a recent study. His team believes that youth sports programs offer a promising setting for promoting better nutrition. They recommend collaboration between sports leagues, dietitians, and public health professionals to create positive messages about nutrition that can be integrated into youth sports programs through coaches and other mentors. They also suggest that youth sports programs develop guidelines about which foods and beverages should be offered as snacks or sold at concession stands.

Fresh fruit makes a great snack during breaks, particularly bananas, apples, grapes, pears, and oranges. Unsweetened green tea is a healthful and refreshing beverage for keeping kids hydrated.

*Source: “Parents Say that Healthy Eating is Challenging for Youths Who Play sports,” Elsevier Health Sciences 6/19/12*

## Go Home Early Drill

**Wednesday, October 15th** will be Barringer Road Elementary School’s annual “Go Home Early Drill.” This is a practice drill for all students should the occasion arise that school needs to be closed and dismissed early due to an emergency. All students will be dismissed at **10:00 a.m.** that morning according to normal dismissal procedures. If there is any change in your child’s means of transportation home that day, a note **MUST** be sent in **PRIOR** to October 15th. Thank you for your cooperation!!!!

## From the Cafeteria

When you send in money for your child’s lunch account, **PLEASE** be sure to have your **child’s name, teacher and PIN #** clearly marked on the front of the envelope. This information is necessary to apply the money to the correct account. Thank you!!!!



## Team Diane

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This year Barringer Road School is dedicating our participation in the Making Strides Against Breast Cancer Walk to Diane Cotton. Diane is a kindergarten teacher at BRS who is currently undergoing treatment. Her courage and positive attitude are in inspiration to us all.

Team Diane will hold several fundraisers in the upcoming weeks. Teachers and staff will pay to wear jeans to school (always a big success). Pink ribbons are on sale to honor or remember family and friends who have battled breast cancer.

In keeping with our philosophy to promote a sense of responsibility in our students towards the community, several activities will involve them. A lollipop sale was held on September 22nd. Halloween baskets full of goodies will be raffled off (tickets have been sent home with your child). We will also hold a "Crazy Hat" day.

October 17th will be declared PINK DAY at BRS. The entire student body and staff is asked to wear pink to school on that day and will come together to form a giant pink ribbon. Our PTO will sponsor a symbolic pink balloon launch followed by our own Strides Walk.

As in the past, we know that these fundraisers will be very successful. We look forward to making a large donation on October 19th when the faculty and staff members walk at the Masonic Campus for the official "Making Strides Walk".



## Photo Collages at Barringer Road Elementary

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We currently purchased two new digital picture frames. The frames allow us to take pictures of activities and events happening in the school and then send the pictures directly to the frames. We have it set up where we view the pictures first before they go to the frame however. As a visitor to the school, one frame is in the main entrance and another frame is around the corner across from the library. Be sure to check them out the next time you come to Barringer Road School.



## Megan's Law

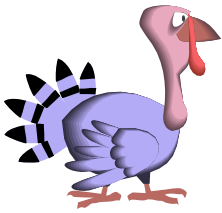
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In accordance with the Sex Offender Registration Act (Megan's Law), the Central Valley School District Board of Education supports the New York State Department of Criminal Justice Services (DSJS) in its efforts to protect children from the presence of individuals with a history of sex offenses against children.

Any information the district receives from law enforcement agencies will be available from the Herkimer County Sheriff's Department, the Village of Ilion and Mohawk Police Departments, or at the District Office upon written request in accordance with the Freedom of Information Law.

<http://www.criminaljustice.state.ny.us> (Web site for sex offender level 3 search) Phone: 1-800-262-3257

# 5th Annual Turkey Trot



Fisher Elementary PTO will be sponsoring their 5th Annual Turkey Trot on Saturday, November 8th, 2014. It will be held at Jarvis Middle School in Mohawk. Sign up early! The first 100 kids and the first 100 adults who sign up online will receive a free t-shirt. Sign up on Facebook— go to CVFisherPTO and click on 5th Annual Turkey Trot and then go to the listed registration URL to sign up. Registration forms will also go home with students. If you need a form, please stop in either the Fisher or Barringer Road Elementary offices.

## BUILDING Comprehension Skills

Children need several basic building blocks to understand what they read and become strong readers. They must learn how to recognize words, use picture clues, and read smoothly.

How do young readers gain these skills? With lots and lots of practice. Make time each day to help your child work on his reading skills. Here are ideas for making the experience fun.



### Recognize the words

The more words your child knows, the faster she can read because she can focus on the meaning rather than sounding out each word. Use these activities to increase your youngster's sight word vocabulary:

- ✿ Ask your child's teacher for a list of commonly used words (called "sight words") that your youngster should know when she sees them. Slowly spell each word using magnetic letters on the refrigerator. Challenge your child to guess the word before you finish spelling it.

- ✿ Use a set of Scrabble letter tiles (or homemade ones) to make anagrams (rearranging the letters in one word to spell a new one). *Example:* Spell "but." Ask your youngster to use the same letters to form "tub."

- ✿ Make a word search for your child. In a 10 x 10 grid on graph paper, write each word (one letter per square) across, down, or diagonally. Fill in the remaining squares with random letters. Have your youngster circle each hidden word and read it aloud.



- ✿ Turn spelling words into trading cards. Write each one of your child's words on an index card,

and have him draw a picture on the back illustrating the word. For "buy," he might show a person with money in his hand. Then, hold up the word side of the cards, one at a time. If your youngster can read it, give him the card. If not, show him the picture, and ask him to try reading it again.

When he collects the whole set, reward him with a trip to the library.

- ✿ As your child learns new words, have her print each one on strips of colored paper. Help her make the strips into "links" for a paper chain (tape one strip into a circle, slip the next one through, tape that one's ends, and so on). Suggest that she read all the words in her word chain whenever she adds a new one. Challenge her to make a chain long enough to go around her room.

### Use picture clues

Picture clues help young readers figure out new words.

Encourage your child to look at each

picture before he starts to read a page. If he gets stuck while reading, have him look at the illustration again for clues. Try these other tips for teaching your youngster to use picture clues:

- ✿ Let your child study the front and back covers of a new book. Ask questions that she can answer from what she sees. ("What kinds of animals are in this story?" "Do they look happy or sad?") Then, read the book together and check her predictions.

- ✿ Give your youngster a handful of coupons with pictures for things you have on hand (cereal, napkins). Have her use the pictures to locate the matching items. Then, help her read the main words on the labels.

- ✿ Watch a cartoon or short video with the volume turned off. Ask your child to tell you the story by watching what happens.





- ✧ Use sticky notes to cover the words in a story your child has never read. Ask her to tell you the story that the pictures show. Then, have her take off the sticky notes, read the story to you, and compare the two versions.
- ✧ Encourage your youngster to make a wordless book. He can draw pictures, cut out pages from coloring books or magazines, or print out computer clip art. Then, have him glue the illustrations onto construction paper. Staple the pages together, and let him “read” his tale to you.

**Read smoothly**

Learning to read fluently comes from practice. One way is to read and reread the same books aloud. Here are tricks to keep the reading fun for everyone:

- ✧ Teach your youngster three-way reading. Choose a nursery rhyme or other poem, and read it three different ways. First, try slow motion. Next, read in a funny voice. Finally, read in a normal voice. Let your child try it all three ways. Ask her to think of a fourth way to read the rhyme.
- ✧ Try adding instant replays. When your youngster stumbles over a sentence, call “Rewind!” and have him read the sentence again. When he finishes the book, read tongue twisters to him, and let him call “Rewind!” when you mess up.
- ✧ Suggest a “read-along” to learn about punctuation marks. First, explain that you pause for a comma, stop for a period, raise your voice higher for a question mark, and use an excited tone for an exclamation point. Then, read aloud



and point to the marks as you go. Finally, your child can read along with you, using the punctuation marks.

- ✧ Write down a section from your youngster’s favorite story, and cut the sentences apart. Give him the first sentence, and have him read it aloud. Ask him to find the sentence that comes next. Let him read both sentences aloud and then look for the next one. Repeat until your child has put the whole story puzzle back together.

**Understand the meaning**

Reading comprehension involves more than just understanding individual words. It means being able to understand the meaning behind the words. Give your child a strong vocabulary and strategies for discovering the meaning of what he reads with these activities:

- ✧ Find ways to expose your youngster to new words by going on a city safari. Make a list of places to visit together (library, museum, animal shelter). Encourage your child to keep a journal of new words she learns during your travels.
- ✧ Build vocabulary by exploring words in a picture dictionary. For a different approach, investigate books from the Eyewitness series from DK Children. These books provide lots of pictures based on a single theme (castles, weather, farms), with vocabulary to match.
- ✧ Ask questions as your youngster reads. Instead of yes-or-no questions, try ones that start with “what,” “why,” and “how.” *Examples:* “What does this story remind you of?” “Why do you think she did that?” “How do you think it will end?” Take it a step further, and have your child think of questions to ask you. Sharing ideas this way helps him think about what he is reading.

- ✧ After finishing a story, suggest that your little one retell it with puppets made from paper bags or socks. Guide her by asking her to show you the beginning, middle, and end. For “Goldilocks and the Three Bears,” she might act out the bears leaving the house, Goldilocks exploring the rooms, and the bears scaring Goldilocks away.



- ✧ Put your child in a main character’s shoes. After reading “The Three Little Pigs,” you could say, “If you were the pig in the brick house, what would you have done?” Your youngster might make a plan for rescuing his brothers from the big bad wolf. Read the story again, and compare his ideas to what happens in the story.

**Reading Connection Beginning Edition**

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