

# Gator Gazette

March 2019 Mt. Horeb School PTO Newsletter



Dear Mt. Horeb Families,

We spend a great deal of time here at Mt. Horeb thinking about how we can most effectively communicate to our students that kindness matters in life. If you're anything like me, watching the news consistently suggests that we aren't conveying this message in a strong enough manner. Whether the kindness involves holding a door for someone, thanking them for something, or simply sharing a compliment, *it* most certainly matters. These moments of goodness shouldn't stop at school but have a carryover effect on the bus, at practice, with siblings and parents. We are lucky enough to see them quite frequently at school and are sure to positively reinforce them in as many ways as possible. Science also helps to support our position on kindness as is nicely (ha!) relayed in this article from [theconversation.com](http://theconversation.com).

*"..research shows that being kind to others can actually make us genuinely happy in a number of different ways. We know that deciding to be generous or cooperating with others activates an area of the brain called the striatum. "*

*Research in psychology shows a link between kindness and well-being throughout life, starting at a very young age. In fact, even just reflecting on having been kind in the past may be enough to improve teenagers' mood.*

*But why and how does kindness make us so happy? There are a number of different mechanisms involved, and how powerful they are in making us feel good may depend on our personalities.*

## **1. Contagious smiling**

*Being kind is likely to make someone smile and if you see that smile for yourself, it might be catchy. A key theory about how we understand other peo-*

*ple in neuroscience suggests that seeing someone else show an emotion automatically activates the same areas of the brain as if we experienced that emotion for ourselves. You may have been in a situation where you find yourself laughing just because someone else is – why not set off that chain of good feelings with a nice surprise for someone?*

## **2. Righting a wrong**

*The same mechanism also makes us empathise with others when they are feeling negative, which could make us feel down. This is particularly true for close friends and family, as our representations of them in the brain physically overlap with our representations of ourselves. Doing a kind act to make someone who is sad feel better can also make us feel good – partly because we feel the same relief they do and partly because we are putting something right.*

## **3. Making connections**

*Being kind opens up many different possibilities to start or develop a social connection with someone. Kind acts such as a buying someone a thoughtful present or even just a coffee strengthens friendships, and that in itself is linked to improved mood.*

## **4. A kind identity**

*Most people would like to think of themselves as a kind person, so acts of kindness help us to demonstrate that positive identity and make us feel proud of ourselves.*

## **5. Kindness comes back around**

*Work on the psychology of kindness shows that one out of several possible motivations is reciprocity, the returning of a favour."*

<https://theconversation.com/five-reasons-why-being-kind-makes-you-feel-good-according-to-science-92459>

### **Author's Day**

Author's Day was a great success! Students got to meet Jarrett Krosoczka. Thank you to Ms. Burkhardt and her committee for planning such a fun and educational day!

### **Box Tops**

Please continue to send in box tops with your children. This is a great way for our school to raise money and the class with the most box tops will earn special celebration...Good luck!

### **Ice Cream Day**

Ice cream days will be held on Tuesday, March 5<sup>th</sup> and 19<sup>th</sup>.

The cost of ice cream is \$1.00. Snack cards may also be used to pay for ice cream. Snack cards can be purchased for \$5.00 on ice cream day from our volunteers. If paying by check, please make it payable to "Mt. Horeb PTO". Also, if you pre-paid via MyFood Days, kindly remind your child to let the ice cream volunteers know that they are pre-paid.

### **Display Case and Birthday Board:**

Thanks to Sushama Sekhar, Mia Downing and Jill Parry for continuing to put up such creative and fun displays for our students to enjoy each month. Thank you so much!

### **Upcoming Events:**

- Parents Night Out is Saturday, March 2<sup>nd</sup>. There is still time to get tickets!!
- PTO Meeting on March 13<sup>th</sup> at 9:30 in the APR. The "special vote" has been moved to this date; we will be voting on spending additional funds to purchase drum fit after the 30 trial has ended.
- International Day will be held on March 21st. This is fun way for our students to learn about different countries and cultures. Anyone interested in volunteering can contact Toni Ann Feeney at [tmurach@vt.edu](mailto:tmurach@vt.edu)
- Science fair- will be held on Friday April 5th 6:00 PM.
- Teacher Appreciation Week will be held the week of May 6th, however planning is already underway. If you are interested in volunteering, please reach out to Carolyn Bolcar at [carolynbolcar@optimum.net](mailto:carolynbolcar@optimum.net)

***We would also like to thank all of our volunteers who make these programs and events possible!!***

*A Note from the School Nurse.....*

Dear Fifth Grade Parents/Guardians:

**All children born on or after January 1, 1997 and entering Grade 6 are required to receive one booster dose of the Tetanus, diphtheria, and pertussis (Tdap) vaccine and one dose of the Meningococcal vaccine.**

Please make arrangements with your physician to have these vaccines administered **prior** to the start of school in September. This is required by NJ State law and your child will be excluded from school in September without these vaccines. If your child has already received these vaccines, please send in the documentation from the MD ASAP.

Documentation signed by the physician stating the type of vaccine and the date of administration is required and should be forwarded to the School Nurse, so complete records can be forwarded to the Middle School prior to the start of school in September. Should your child not be able to receive these vaccines until the summer or after their 11<sup>th</sup> birthday, you are then required to provide the appropriate documentation to the Middle School nurse to prevent your child from potential exclusion from school.

Please call me with any questions or concerns.

Scoliosis Screenings for 5<sup>th</sup> graders will be conducted in March. This is a visual exam only to detect a lateral curvature of the spine. A parent letter will be going home with specific screening dates.

With upcoming spring sport season upon us, I wanted to share information on concussion education. The CDC has an excellent website on concussion with signs/symptoms to look for after a head injury, as well as when it is safe to resume sport activities. Go to [www.cdc.gov/concussion](http://www.cdc.gov/concussion) to download your own copy of Know Your Concussion ABCs.

*Doris Zanchelli RN, CSN*

<b>MARCH 2019</b>	<b>C A L E N D A R</b>
1	READ ACROSS AMERICA DAY
5	ICE CREAM DAY
8	CHARACTER AND GRIT ASSEMBLY-GR. 2-5 9:15 AM GR. PREK-1 10:00 AM (Staff Run)
10	DAYLIGHT SAVING TIME BEGINS (Set Clocks Forward 1 hr.)
12	COFFEE WITH THE SUPERINTENDENT 9:30 AM BD. OF ED.
13	GENERAL PTO MEETING—9:30 AM
15	GR. K-3 MP T2 ENDS
19	ICE CREAM DAY
21	INTERNATIONAL DAY
25	GR. 3 TRIP TO LIBRARY 10:00—11:00 AM
26	GR. 4 TRAVELLING SCIENCE SHOW VISIT
28	GR. K-3 REPORT CARDS GR. 4 & 5 CONCERT 7:00 PM

### **Superintendent's Corner**

The Warren Township Board of Education is pleased to announce this year's recipients of the coveted Excellence in Education Award. The following staff members were recognized by students, peers and parents for their outstanding commitment to the students of Warren. Congratulations and thank you to each!

- Angelo L. Tomaso School - Jan Brennan, Nurse
- Central School - Lindsey LaNeve, Librarian
- Mt. Horeb School - Michelle Barbagallo, Occupational Therapist
- Woodland School - Nancy Braunstein, Reading Recovery Teacher
- Warren Middle School - Jennifer Benn, Social Studies Teacher

Each award recipient was carefully selected for her commitment to providing excellence in education, generating positive interactions with students, staff and parents, inspiring learning through creative and innovative lessons and cultivating an environment where each student is able to achieve his/her fullest potential.

These individuals and award-winning Warren Middle School students will all be celebrated at the May 20, 2019 Board of Education meeting, which will begin at 7:00pm in the Warren Middle School all-purpose room. Please consider joining us for this exciting event!

**Matthew A. Mingle, Ed.D.**