

**EAST SYRACUSE ELEMENTARY SCHOOL**  
**NEWSLETTER**  
**NOVEMBER 2021**



We are once again building our traditional “**Veteran’s Wall of Honor**”. We will have our Wall of Honor in our foyer to honor Veterans in our school community for Veteran’s Day. We will also have a digital Wall of Honor. Keep an eye out for more Veteran’s Day information soon. Thanks to Mrs. Foley, Mrs. Gallery, and the students helping with this important tradition.

**School is not in session on November 2, 2021, for students. It is a district wide professional development day. We will celebrate Veteran’s Day on November 11 and school will not be in session. We have a shortened school day on November 17. We will dismiss at 11:30am to conduct parent conferences in the afternoon. Thanksgiving recess is November 24, 25, and 26.**

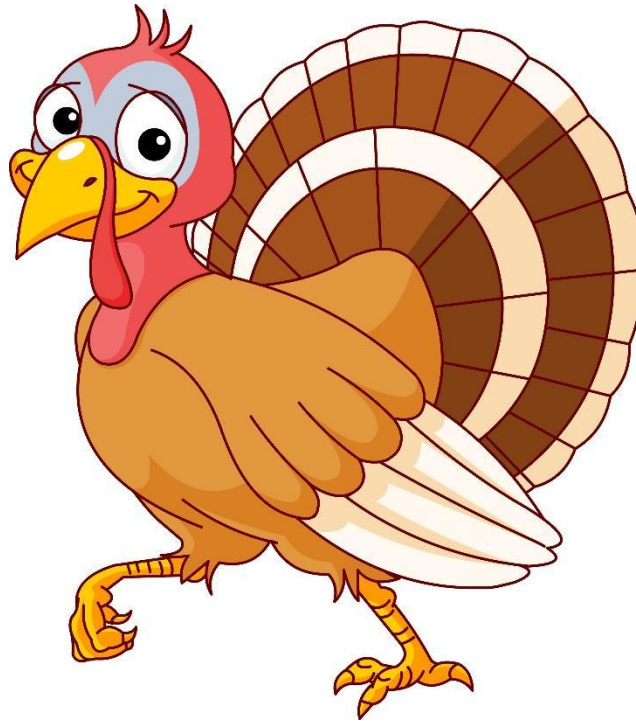
We continue to provide high quality instruction at ESE as we also work with the constraints imposed upon us by the Covid-19 virus. Students must be spaced at three foot intervals. Everyone wears a mask but mask breaks are permitted as necessary. We allow students to remove their masks when outside and appropriately distanced. Our PTO currently meets remotely. We may be able to change that to in person meetings later in the year. Our Fall Book Fair is underway. Our students have visited during the day and we are grateful for the attendance at the Fair last evening. Let’s have some fun. See information on the next page about the ESE Fun Run.

**Character Education**

The character education trait for November is **SELF CONTROL**. We ask for your help by discussing this trait at home with your student. Our entire school community wishes you a wonderful Thanksgiving holiday.

Ronald L. Perry  
Principal  
East Syracuse Elementary School

**ESE Community Mark your Calendar for 2nd Annual  
FUN RUN**



**When: Friday, May 26, 2022**

**Where:** ESE Track

**Who:** ESE students

**Why:** To promote and connect ESM Health and Wellness plan with the ESE community. This is for **ALL** students so they may jog, walk, hop or skip around the track.

Students will ask friends and family to be “sponsors”. We **do not** encourage children to go door to door. This is a 100% profit for ESE PTO. Our goal for the school is to reach \$7,000.



## Here's what's happening in November with PBIS...

Hello ESE families! Here at school, our PBIS practices and events have been underway. Some upcoming examples include a virtual play of “The Girl Who Swallowed a Cactus” offered to us by Syracuse Stage on November 1st. On Friday, November 12th, ESE will also be holding our second virtual assembly of the school year. During this event, students will begin earning pins for their demonstration of our monthly PBIS character traits to add to their lanyards, so please be sure to start these conversations with your children to help them start encompassing these traits in their own lives.

This month we will be very busy learning about the character trait of the month, **SELF CONTROL**-which is the ability to manage one's actions, feelings and emotions. We are typically assessing one's self-control during a difficult situation. Self-control can be exhibited both at school and at home. An example may be a child stopping playtime to go take a bath without getting upset. Be on the lookout for ways your child is exhibiting self-control and reflect this back to him or her. Below you will find additional practice information, books and questions you can use at home to encourage your child to be thinking about self-control and learning how to demonstrate this trait in hopes to earn pions to add to their lanyards.

### Practice It!

Write down the names of several colors, using a color other than the name of the color you are writing.

(For example, write the word “red” in black, or the word “purple” in blue. Have your child try to read the words written, not the color in which they are written.)

Encourage your child to go slow and think about what they are doing.

### Talk About It!

Here are some discussion points to help you talk about self control with your child:

- What is self control and why is it important?
- Tell me about a time when you have had to use self control?
  - Why can it be hard to use self control?
- Tell me about a time when using self control was difficult for you.
- What and/or who helps you regain control of yourself?

### Read About It!

Here are some books to help you learn more about Self Control:

- Clark The Shark by Bruce Hale
- What Were You Thinking? by Bryan Smith
- Katie Loves The Kittens by John Himmelman

# HAPPY THANKSGIVING

