

East Syracuse Elementary School

April 2021 Newsletter

Spring is here. Yeah! But please continue to send your students to school each day with appropriate outerwear. Our students love to go outdoors for recess and we love to send them out.

Congratulations to everyone who participated in the Science and Engineering Fair. Several students participated in the Onondaga County Science and Engineering Fair. Congratulations to Lucy Gallery for receiving Highest Honors. Congratulations to Rosalie Jandolenko for receiving High Honors. Lucy and Rosalie also received the Naval Research Award. Congratulations to John Forbes for being recognized with Honors. We are proud of all of you!

This is an update regarding the Capital Project.

Work is out for bid for the ESE project. The bid deadline was March 16. Work will begin on the office area immediately at the end of this school year. The office staff will need to relocate to another area in the building but we will continue to keep office hours. The main office is to be completed by the 1st day of school. The new corridor in the gym may not be complete at the start of school. However, the contractors will create a safe space for indoor PE. There will be no summer feeding program at ESE this year due to the construction. Summer meals will be served at St. Matt's. There will be no summer school at ESE this year. Summer school will be at Pine Grove. The new stairway planned for our school from the cafeteria to the nurse's hallway may not be completed by the first day of school. I will share more info when I get it.



We will administer the New York State Computer Based English Language Arts the week of April 19, 2021, for in person students. For those of you who have children who are remote, please call the office if you would like for your child to take the test. The New York State Education Department will significantly alter the construct of the test this year. The number of questions has been reduced because there will be no embedded field test questions. The state mandates that we administer Session I only. The Session II test is optional. In other words, we have the option of administering only one day of the test and that is our plan. We hope that all students will participate in this program.

Counselor's Corner

Welcome back to the counseling corner! This month we have a guest writer, Mrs. Stenta, our school nurse here at ESE. We will focus on healthy sleep habits which enhance children's social emotional well being as well as their academic functioning. Below you will find some helpful tips and recommendations to ensure that your child is getting adequate sleep:

- **Keep a regular daily sleep schedule:** maintaining consistent sleeping and waking times helps to ease your child into a predictable routine. This will help your child feel secure and know what to expect which encourages good sleep patterns.
- **Bedroom environment:** bedrooms that are dark, quiet and cool are optimal for a good night's sleep. Keep toys to a minimum and make sure your child's bed is a place for sleep, not for play.
- **Monitor screen time:** screens should be monitored daily and are recommended to be turned off 60 minutes prior to bedtime. Keeping screens out of children's bedtimes helps to decrease sleep disturbances.
- **Avoid over scheduling:** children need downtime to relax and unwind.

Have additional questions on how to best establish a sleep schedule? Please feel free to reach out to Mrs. Stenta, School Nurse or Mrs. Jarvi, School Counselor at (315) 434-3850.

Here's what's happening in April with PBIS...

We hope everyone had a restful and relaxing spring recess! Our PBIS word of the month is **acceptance**. Acceptance can be defined as the act of accepting something or someone. There are many different ways to show acceptance including accepting classmates' differences, accepting personal responsibility for one's own behavior or accepting a challenge whether academically or interpersonally. ESE students are showing acceptance each and every day; be on the lookout for how your child or children is/are showing acceptance!



Read About It!

It's Okay to be Different

By: Todd Parr

A Color of His Own

By: Leo Lionni

We're All Wonders

By: Greg Mortenson

Practice It!

Together with your child, pick a few different foods, and try to eat them each with a spoon, knife and fork. Talk about what would happen if we only had forks? Knives? Spoons?

Use this activity to talk about how our differences make a stronger community.

Talk About It!

What do you think acceptance means and why is it important? Tell me about someone in your class who is different than you. How can your differences be a good thing?

What is one way you can show acceptance at school? Has anyone ever made you feel accepted? Tell me about it. What would the world look like if everyone was the same?

Our character education theme for April is “**Acceptance**”. I hope you will join our staff in highlighting this character trait during a family discussion.

Please see the included calendar for some important dates in the Month of April.

Ronald L. Perry
Principal
East Syracuse Elementary School