

**EAST SYRACUSE
ELEMENTARY SCHOOL
NEWSLETTER
NOVEMBER 2020**

We are not going to be able to build our traditional “**Veteran’s Wall of Honor**” this year. However, we will still have a Wall of Honor in our foyer to honor Veterans in our school community for Veteran’s Day. We just do not yet know how it will look. Keep an eye out for more Veteran’s Day information soon.

The district calendar indicates that all schools will be remote on November 3. This is not correct for elementary schools. We will be in session all day for in person and distance learning. School will not be in session on November 11 to celebrate Veteran’s Day. Our annual Thanksgiving recess is November 25 to 27.

We had to change how our school operates this year as you know. We canceled all evening events. Our PTO meetings are done remotely but we still meet. Our staff is working hard to provide extracurricular activities in this environment. One such event is our Virtual Book Fair, which is next week, November 2 to 10. Students may explore the many books available online.

ESM was notified that the free meal program providing breakfast and lunch for ALL children 18 and younger will continue through the entire 20-21 school year. It was originally set to end in December.

- **In-Person Learners:** Meals are free for all of ESM’s in-person learners on the days they are at school. For the days students are not in school, families can pick up free “grab & go” meals.
- **Distance Learners and Other Youth 18 & Younger:** Free “grab & go” meals are available for pick up three days a week (providing 5 days of meals).

Grab & go meals are available at your choice of three sites — ESM Central High School, Minoa Elementary or East Syracuse Elementary from 9-10 a.m. This includes non-school-age children.

- **Monday** (one day of meals)
- **Tuesday** (two days of meals, Tues./Wed.)
- **Thursday** (two days of meals, Thurs./Fri.)

If you have further questions, please call 315-434-3026 or email esmfoodservice@esmschools.org.

COUNSELOR CORNER

Welcome back to the counseling corner! As we enter into the month of November, let's take a moment to focus on gratitude. Gratitude is the act of being thankful. You can be grateful for people, things, experiences...the list is plenty long. As a family, think about how gratitude makes your family feel? What are the things you are grateful for? Are there people in your family's life that make you feel grateful? Daily gratitude can lift our spirits and promote increased happiness. How can we achieve this? Encourage your child to say “thank you” either verbally or by hand written notes, get out into nature to experience gratitude for the outdoors,

talk about gratitude around the dinner table or create a family gratitude project. For the month of October, our family added our gratitude list to a pumpkin which sits on display on our dining room table. If you're struggling to come up with ideas, enlist help! Every little bit helps when it comes to gratitude.

NYS Department of Health Update

In response to increased rates of COVID-19 transmission in certain states within the United States, and to protect New York's successful containment of COVID-19, the State has joined with New Jersey and Connecticut in jointly issuing a travel advisory for anyone returning from travel to states that have a significant degree of community-wide spread of COVID-19.

Governor Cuomo issued Executive Order 205, requiring all travelers coming from states with significant rates of transmission of COVID-19 to quarantine for a 14-day period from the time of their last contact.

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

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

Character education is an important part of every school building across the country. East Syracuse Elementary utilizes the PBIS framework to support character education and development. PBIS stands for Positive Behavior Interventions and Supports. Our goal, as a team, is to have a variety of interventions in place, which encourage all students to make smart behavioral decisions. Some of our current interventions include building wide paw prints for expected behavior, character education awards both from classroom teachers and special area teachers and monthly words devoted to character education. Each month ESE focuses on a special word to help enhance students' behavior both in school and at home.

For the month of November, our Word of the Month is self-control. The definition of Self-control is the ability to manage one's actions, feelings and emotions. We are typically assessing one's self-control during a difficult situation. One can see self-control 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.

Read About It!

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

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:

1. What is self-control and why is it important?
2. Tell me about a time when you had to use self-control.
3. Why can it be hard to use self-control?
4. Tell me about a time when using self-control was difficult for you.
5. What are some things you can do to make it easier to use self-control?

