

# AITKEN TO KNOW

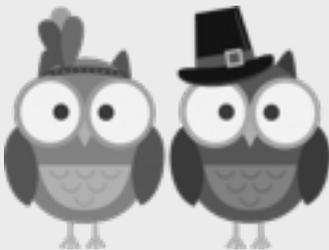
A Newsletter for parents, teachers and students at Aitken School

The mission of Mildred H. Aitken School, in partnership with children and families, is to maintain a safe, nurturing environment in which responsibility, mutual respect and high academic standards are achieved.

## DATES TO REMEMBER

### November

- 11/08 No School
- 11/10 PTO Meeting 6:30pm  
Used Book Swap
- 11/11 No School Veteran's Day
- 11/15 Book Fair
- 11/16 Book Fair
- 11/23 Early Release
- 11/24 No School Thanksgiving
- 11/25 No School



### December

- 12/15 PTO Meeting 6:30pm  
Report Card Distribution
- 12/26 - 01/02 Holiday Break



## MESSAGE FROM THE PRINCIPAL

Dear Parents,

Welcome November! We certainly have had some nippy mornings recently. Please take a moment to mark your child's outerwear so we can identify the owner if it is misplaced.

### Election Day and Veterans Day - No school

There will be no school for students on Tuesday, Nov. 8, Election Day, since it is also an in-service day for staff. There is also no school on Friday, November 11th. It is the Veterans Day.

### Book Fair

Our annual fall book fair will be held on Nov. 15-16. This is a wonderful opportunity to purchase low cost books and support the PTO. A schedule will be sent home shortly.

### Aitken PTO - November 10

November's meeting is scheduled for Thursday, Nov. 10, at 6:30 PM. All are welcome and child care is provided by the Seekonk High School Key Club in the gym for all monthly PTO meetings.

### Picture Retakes

Student picture retake will be scheduled as soon as we receive the pictures that were taken. A notice and email will be sent as soon as the date is scheduled.

### Feinstein Food Drive for Doorways

Our Doorways Food Drive will be held during November and we will gladly accept any donations that you are able to give. Mr. Feinstein is generously donating \$1 per donated item to the Aitken PTO up to \$1000.

## MESSAGE FROM THE PRINCIPAL CONTINUED

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### **Feinstein Good Deeds Journal, membership card and shirts**

On Friday, Nov. 4, your child will receive a Feinstein Good Deeds journal which they are encouraged to maintain and fill during the school year. This year, their membership card is on the last page and lists all of the free or low cost programs that are available to your child with this card. Please cut it out and bring it with you as you enjoy the many opportunities with your child.

On Fridays, all children are encouraged to wear their Feinstein sweatshirts or tee shirts. New students will be receiving a tee shirt in the near future from Mr. Feinstein. Have them wear it proudly as they are Feinstein Jr. Scholars!

### **Arrival and Dismissal**

Students who are walking to school or who are being dropped off should arrive at the school between 8:45-9:00 and immediately enter the building. There is no supervision prior to 8:45 A.M. Therefore, students should not be on the playground unattended prior to this time. Students being dropped off should enter the school from the back doors. The front bus door should not be used unless you are walking your child into the building.

Dismissal is at 3:05 P.M. and walkers are encouraged to immediately proceed home if a parent is not picking them up. Parents who are picking up their children are reminded not to double-park. If you plan to leave your vehicle, it must be in a parking space and not part of a line of cars.

### **Massachusetts Free and Reduced School Meals**

Please remember, you can apply for Massachusetts Free and Reduced School Meals at any time during the school year. An application and additional information may also be found on the district website under the parent tab. Please click on the MA State Nutrition & Food Resource tab.

### **Compliance notification**

The Seekonk Public School System complies with the provisions of 603 CMR section 46.00 dealing with restraint of students in the public schools. To that end, the policy developed pursuant to those regulations is available upon request from the principal, the Director of Special Education and Pupil Personnel Services and the Superintendent's office. Further, the policy is posted in the main bulletin board of the school near the office.

### **Thanksgiving recess**

Wednesday, November 23<sup>rd</sup> is an early release day for students in grades full day K-5. Dismissal will be at 12:45 following lunch. Morning kindergarten students will also be dismissed at 11:30, their usual time.

There will be no school on November 24 & 25. Happy Thanksgiving!!!

As always, please feel free to call or drop by if you have any questions, suggestions or concerns.

Yours truly,

Nancy Gagliardi  
Principal

## P.E. NEWS



### PHYSICAL EDUCATION AT AITKEN MEANS MOVEMENT FUN FOR EVERYONE

by Mr. Queenan

#### “SWEAT AND SMILES”

Each grade will be starting Aerobic fitness lessons, which is a progression of time starting at one minute and gradually increasing. The Aerobic Fitness Concept is to sustain exercise at a moderately high intensity for a certain amount of minutes. Nutrition with loco motor skills is also being reviewed in grades 1-5. The Nutrition Concept is to increase familiarity with all the food groups. Students identify the colors of each food group and practice a skill like skipping, hopping, etc.

Students are reminded to wear their sneakers to physical education class for their safety and others. The students can bring in their sneakers in a bag and bring them to class if they have other footwear because of the cold weather coming.



## FROM THE SCHOOL NURSE

### What is the flu?

The flu is a highly contagious respiratory infection caused by a virus that enters the body through the mouth, nose or eyes. This can happen when a person who has the virus sneezes, coughs or talks. The cold and the flu are both respiratory illnesses, but are caused by different types of viruses with different symptoms. Below are listed the different symptoms for the cold and the flu.

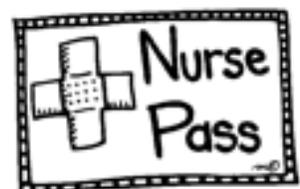
#### Signs & Symptoms cold:

- Symptom onset is gradual
- Fever is rare
- Aches are slight
- Chills are uncommon
- Fatigue & Weakness occurs at times
- Sneezing is very common
- Nasal congestion is common
- Sore throat is common
- Chest discomfort & cough is mild to moderate.
- Typically a hacking cough
- Headache is rare

#### Signs & Symptoms of flu:

- Symptom onset is abrupt
- Fever lasts 3-4 days
- Aches are severe
- Chills are common
- Fatigue & Weakness is typical
- Sneezing sometimes
- Nasal congestion sometimes
- Sore throat sometimes
- Chest discomfort & cough is common and can be severe
- Headache is common

The flu vaccine can prevent the flu. Flu virus can change often, so last year's vaccine will not protect you this year. The nasal spray flu vaccine is only for healthy people 5-49 years old. It takes several weeks to become totally effective, you should get the flu shot as early as possible before the flu season starts.



# THE AITKEN ROCKETS BEHAVIOR ON THE BUS

By, Tara Haggerty

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Aitken School is committed to promoting positive behavior throughout the school day. The bus is a particularly important area in which students are expected to demonstrate Safe, Respectful, and Responsible behaviors. Aitken students have been learning about what is expected on the bus. I also feel it would be helpful to share what they are learning so that parents can reinforce these expectations at home.

Safe behavior on the bus means that students stay in their seat and keep their hands and feet to themselves. Responsible behavior on the bus means that students keep the bus clean, they listen to the driver, and keep track of all of their belongings. Respectful behavior on the bus means that students use kind words, actions, and manners as well as follow the bus driver's directions. Students are expected to use either a whisper voice or indoor voice while on the bus.

Not only are the students learning about how to appropriately ride the bus, but also there is an incentive program for buses in which students are engaging in aforementioned behaviors.



## AN ARTICLE OF INTEREST SHARED WITH YOU BY KAREN CICATIELLO, THE SCHOOL PSYCHOLOGIST

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Here is hoping that your school year has gotten off to a great start. Time really flies once the school year gets rolling. This month's article is titled Homework: A Guide for Parents, as written by BY PEG DAWSON, EDD, NCSP, of the Seacoast Mental Health Center, Portsmouth, NH. This article gives an overview of tips for assisting your child with homework. You can access the entire article, online by going to <http://blog.aitkentoknow.com/blog>

# WHAT TO READ, WHAT TO READ?

As the year progresses, parents tend to ask, "What should my child be reading?" Our answer is, Anything!"

Do not underestimate the power of what may seem unimportant. Books, cereal boxes, newspapers, directions (such as recipes, etc), magazines, lists, flyers, take-out menus, signs, comic strips, and advertisements are all valid reading material. This variety of reading allows for a variety of purposes to read and enables use of different types of reading skills.

Please remember that conversation about what has been read allows for deeper understanding. Discussing opinions, wondering together, or figuring out how to follow a step are examples of conversations that build curiosity and interest. This will then be followed by a desire to read more, and the more we read, the better we get at it!

So feel free to relax and enjoy reading whatever you'd like with your child! It all helps.

Lynn Owens



# FROM THE ART ROOM

Students in Art Class have been learning all about color and color theory. 1st grade is focusing on primary colors, and how to create secondary colors. 2nd grade is reviewing how to create secondary colors with cityscapes. 3rd grade is learning that color can convey different meanings or even emotions. We associate a color with different ideas or objects, for example yellow might remind you of a banana. Color can also make express how we're feeling, if your happy you might think of bright colors, when you're sad you may think of darker colors. 4th grade is learning about intermediate or tertiary colors, they've created color wheels and demonstrated how they can make 6 other colors just from red, yellow, and blue. 4th grade is also working on creating other colors by experimenting with different color combinations to paint owls. 5th grade will be creating value scales in paint and will be demonstrate understanding of tints, shades, and tones.

As we head towards the end of Nov I plan on having students work in clay. Please dress students appropriately, something you don't mind them getting messy!

Thanks for your support of the arts!  
Ms. Walsh

# TECHNOLOGY INTEGRATION

I am happy to announce that all Aitken students in grades 1-5 have Google Accounts and most, if not all, have been using at least one form of technology in the classroom on a daily basis! (Reminder that elementary students do NOT have gmail associated with their accounts) Please take time to talk to your children about how to stay safe online. Teachers work diligently to bring this information to your student but extra reinforcement is always helpful. October is Cyber Awareness Month reminding us all to follow some simple guidelines to keep our personal and private information safe. Think before you share, trust your instincts, and if something doesn't seem right: tell someone! For more information on how you can help keep your child safe please visit any of the following websites. Thank you! Coming in Dec. Hour of Code!

<http://www.safekids.com/kids-rules-for-online-safety/>  
<https://www.common sense media.org/privacy-and-internet-safety>  
<http://www.netsafeutah.org/kids/staysafe/index.html>

## IN THE LIBRARY WITH MRS. LAMAR

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### October lesson plan overview:

This month we are learning about the Dewey Decimal System, story elements, review of dictionary skills, and finding the main idea of a story. Check out the online catalog for yourself at: [https://sails.ent.sirsi.net/client/en\\_US/seekonkae/?](https://sails.ent.sirsi.net/client/en_US/seekonkae/?)

### Centers:

I have set up a bookmark creation center for students who would like to make or color a Halloween themed bookmark. The puzzle center is also set up and has been a popular center. Students are busy using the computer center to earn Accelerated Reader points

### Technology:

For students who have two library classes this term, I have used their extra class to review internet safety. In grades 3, 4 and 5 I printed certificates for all students who completed the digital citizenship program. Grades 1 and 2 were sent home with a graded quiz. I will do this again when the term changes and I have a new group of students in technology classes.



## DIFFERENTIATION NEWS

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Please remember that if you ever have any questions about what we are doing with differentiation, I can be contacted at [manickasb@seekonkschools.org](mailto:manickasb@seekonkschools.org) or at 508-336- 5230. I also have a webpage on the Aitken School website that has interesting information for parents of all students.

One of the key principles of differentiated instruction is assessment. Before I begin a new topic and/or standard, I give the students a pre-assessment. A pre-assessment helps me to know the “starting point.” I use the results to create differentiated lesson plans that will meet the needs of each student. Throughout the instruction, I continue to assess the progress of the students and adjust lessons as needed. A post-assessment is given at the end of instruction to see learning outcomes. All of this helps me to see the effectiveness of my teaching and of the students’ learning.

## PTO NOTES

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### RESTAURANT NIGHT

Thank you to all who supported our first restaurant night fundraiser at Uncle Tony's! The PTO will sponsor fundraiser nights throughout the school year. Our next one is on Tuesday, November 29th at Chelo's 45D Newport Ave Rumford RI. Valid on dine-in and take-out. The flyer will be emailed and sent home as it gets closer. Save the date on your calendars! Thanks for your support.

### BOX TOPS

The first Box Tops submittal for this school year raised \$980.40. Thank you to all that take the time to cut out the Box Top certificates that are on so many food and other items. Encourage your friends and family to collect, too. Each Box Top is worth \$.10.

### PTO MEETING

Please come and drop in on a PTO meeting and see what it is all about! Our next meeting will be November 10th at 6:30pm. The Seekonk High School Key Club provides excellent child care in the gym for anyone who has to bring their kids.

### BOOK SWAP

November 10th will be the used book swap for students! Each child should only bring in gently used books that are appropriate for their grade level or higher. Limit of 5 books can be swapped. Please have children bring the books to the main lobby upon arrival.

## STUDENT'S CORNER

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This month we will debut the student's page on [aitkentoknow.com](http://aitkentoknow.com). Do you know what November's theme will be? Go ahead and find out on [www.aitkentoknow.com/students](http://www.aitkentoknow.com/students), but please ask your parent's permission first.

So, last month we asked what your favorite Thanksgiving dish is and the results are in.

**Chocolate Cream Pie** and **Sweet Potato Casserole!**

The holiday's are coming up and everyone celebrates differently, so this month's poll is:

**What is your favorite Holiday Tradition or Activity?**

Head on over to the students page online to answer! Results will be posted in December's issue of Aitken to Know and online!