



April, 2018

From the Principal,.....

I'm sure everyone is eager to feel the warm weather soon. March turned into the month of the Nor'Easter, so let's hope for a break of warm weather sooner than later!

As we move into April, the school will turn its attention to getting our students fully prepared for the MCAS testing sessions to be administered in April and May. Please help support the school by having your child in school on time on a daily basis so they are not missing out on important instructional time. MCAS testing begins next week for grade 5 and 4 in ELA.

April vacation is during the week of April 16th, so please take the down time to get outside and enjoy the spring weather!

On a lighter note, the Family Movie Night was a success! Thank you to the PTO for supporting this community event for our families. It was a great to see our students spending an evening with their families in a movie theater atmosphere.

If your family has moved or is in the process of moving, please remember to provide the office with updated proofs of residence. The district is constantly trying to make sure we have the most up to date emergency contact information for our students and correct mailing addresses.

Thank you to all the families that have been voting for Mrs. Casey and the new project for next year during the month of March. The \$2,500 will come in very handy as we plan for next year. More information will follow about exciting changes for next year.

As always, if you have any questions or concerns, please don't hesitate to send me an email or call the school.

Respectfully Yours,

Mr. Endelos, Principal



Notes from the Nurse



With April Showers Come May Flowers, Field Trips and Allergies!



April is **STRESS** awareness month.

Here are some tips to help fight the stress battle.

- **Exercise:** Exercise increases blood flow to the brain and improves your spirits. Take a walk with your child, it provides 20 minutes of uninterrupted conversation.
- **Dietary change:** Reduce sugar, carbohydrates and caffeine.
- **Drink water:** Drink 8-10 glasses of water a day versus carbonated beverages.
- **Get plenty of sleep:** It is recommended that children ages 5 and above get 9 to 11 hours of sleep, while parents require 7 to 8 hours of sleep each night.
- **Laugh a little:** Laughter has proven to reduce the body's stress hormones and improve the immune system. Watch a comedy, take in a movie or mingle with friends. It's good for you!



Foods to love in April: Avocados, Bananas, Grapefruit, Pineapples

- Add Pineapple chunks to a stir fry.
- Bake or broil pineapple rings sprinkled with brown sugar for dessert.
- Add sliced avocados to salad or sandwiches.
- Bananas are great dipped in peanut butter or chocolate sauce for a special treat!



Classroom field trips are being scheduled and approaching quickly. If your child has a medical condition (i.e. life threatening allergy, diabetes, seizures and asthma that requires an inhaler on the trip) and you'd like to accompany them on their field trip, please stop by the front office with a photo ID for a CORI check. All chaperones must be CORI checked prior to their field trip. Please remember that CORI's take approximately one month to process and should be completed as soon as possible.

****If your child is sick please do not send them to school on field trip day. You will be called to pick them up from their destination if ill. ****



Puddles are plentiful...please pack spare clothing in your child's backpack in case your child steps in one!

As always please keep us updated with physicals, immunizations and change of phone numbers you may have. It is very important we are able to reach you in case of illness, injury or emergency.

Happy Spring!

2018 MCAS TESTING SCHEDULE

TESTING TIME	4/2	4/3	4/4	4/5	4/6
8:45		5	5	4	4
		ELA-1	ELA-2	ELA-1	ELA-2

TESTING TIME	4/9	4/10	4/11	4/12	4/13
8:45		3	3		
		ELA-1	ELA-2		

WEEK OF APRIL 23-27: MCAS ELA MAKE UP TESTING ONLY

	Mon	Tues	Wed	Thur	Fri
TESTING TIME	4/30	5/1	5/2	5/3	5/4
9:00		1	1	1	1
		MATH-1	MATH-2	MATH-1	MATH-2

TESTING TIME	5/7	5/8	5/9	5/10	5/11
9:00		1	1	5	5
		MATH-1	MATH-2	SCIENCE-1	SCIENCE-2

TESTING TIME	5/14	5/15
9:00	MAKE UP TESTING	

Home & School

CONNECTION[®]

Working Together for School Success

April 2018



Anna E. Barry School
Mr. Endelos, Principal

SHORT NOTES

"I remember that!"

Your child may recall information better if she uses strategies to cement facts and details in her mind. For example, she might close her eyes and visualize each type of coin with its value written on it. Or she could silently repeat instructions immediately after the teacher gives them.

Learn about birds

Making a bird feeder will encourage your youngster to observe nature. Have him coat an empty toilet paper tube with peanut butter and roll it in birdseed. Hang it from a tree branch. Then, your child can sketch his feathered visitors and try to identify them using a library book or website.

DID YOU KNOW?

Take Our Daughters and Sons to Work Day is April 26. If your employer allows it, give your youngster an on-site glimpse of your job. Show her what you do, and try to assign her a special job. She might help with a window display or organize your files, for instance.

Worth quoting

"We all live with the objective of being happy; our lives are all different and yet the same." *Anne Frank*

JUST FOR FUN

Q: You can see me in water, but I never get wet. What am I?

A: My reflection.



In charge of me

If your child knows how to manage his emotions and behavior, he'll do better at getting along with others and handling the ups and downs of everyday life. These skills, in turn, can make him more successful in school and at home. Help your youngster take charge of himself with these ideas.

Encourage self-control

- Play games that require your child to think before he acts. For instance, try Red Light, Green Light. Name a way for him to cross the room or yard (skip, hop, tiptoe). He'll have to resist the urge to move unless you give him the "Green light" and make himself stop when you say "Red light."
- Tell your youngster what you expect before heading into situations that are hard for him. Maybe he tends to put random items in the grocery cart. Describe what you want him to do instead, such as getting permission before taking groceries off a shelf. Then, let him know you notice when he does what you asked.



Be a coach

- Ask questions or make gentle suggestions when your child is frustrated. Say he's upset because he can't solve a math problem for homework. You could ask, "Where could you find help?" Or recommend that he take a break or temporarily switch to another assignment.
- Talk about how you deal with your own feelings. You might say, "I'm aggravated about this notice from the cable company. I'll call customer service once I've had a chance to calm down."♥

Play it safe

Visiting playgrounds gives your youngster a chance to be active and social. Keep her safe with these precautions.

Supervision. Watch your child closely as she plays. Or consider taking turns with a neighbor who has kids—that gives your youngster the added benefit of having a playmate.

Equipment use. Remind her to go down the slide instead of up it and to swing from monkey bars rather than climbing on top of them. Also, she should stand or walk a safe distance away from swings that other children are using.

Note: Tell your youngster never to chase after a ball that rolls into the street. She can ask you or another adult to get it for her.♥



Kindness: Spring into action

Being kind is always in season—and it can give your child a more positive outlook and help her think of others. Try these tips for encouraging kindness.

Surprise, surprise! Together, brainstorm ways your youngster could surprise someone with kindness. She might leave a cheerful message for a neighbor (“You



brighten my day”) with sidewalk chalk and sign her name. Or perhaps she’ll make a list of things she admires about a sibling and put it where he will find it. At school, maybe she’ll let a classmate go ahead of her at the water fountain.

Reach out. As a family, think about how to show

kindness in your community. Deliver Meals on Wheels, and have your child decorate place mats to include. Or save spare change in a jar—when it’s full, buy crayons and coloring books from the dollar store and donate them to a children’s hospital.♥

ACTIVITY CORNER

A passion for hobbies

Having a hobby gives your youngster a productive way to spend free time while building skills he can apply in school. Encourage him to develop a hobby with this advice.

Find a good fit

Notice what your child is interested in. If he likes putting on puppet shows or building things, look for supplies at home or visit a craft store. He might discover odds and ends to make a puppet theater or discover a robot-building kit.



Provide opportunity

Make sure your youngster has time to explore his hobby—limiting screen time can help! Also, give him a portable container for storing supplies or his collection of trading cards or stamps. He’ll have an easy way to enjoy his hobby wherever he goes.

Boost knowledge

Suggest that your child read books or watch how-to videos. A hobby shop may offer free classes. Or the school, library, or community center might have a club or class related to his hobby.♥



PARENT TO PARENT

How to give effective feedback

My third grader, Jack, gets speech therapy to help him say his Rs. His therapist shared ideas for giving him feedback when I work with him at home—and her suggestions are useful for more than just speech practice.

First, she recommended that I be specific so Jack knows exactly what he did well. I might tell him, “You said your Rs correctly at the beginning *and* the end of *river*.” I’ve been trying out the therapist’s advice in other situations, too. Recently, I said, “It was nice of you to help your brother reach that toy,” instead of, “You’re a good brother.”

I also encourage Jack by being positive. When he mispronounces a word, I’ll say something like, “You’ve almost got it! Try again.” That strategy also comes in handy when he wipes down the kitchen table but leaves a few crumbs, for example.

The more I use these techniques, the more natural they feel. Jack’s speech is improving, and I feel like my parenting is, too.♥



Q & A

Reading between the lines

Q: My daughter’s teacher said the class is learning to make inferences—or, as Sadie explained it, “read between the lines.” What are fun ways to work on this at home?

A: Try using everyday situations to let your child practice inferring. You might have family members put umbrellas and rain boots by the door before bed and ask, “What can you infer?” (It’s supposed to rain

tomorrow.) Or set out a colander, and boil a pot of water. She might infer that you’re making macaroni for dinner.

When your daughter makes a statement like “The dog sure doesn’t like thunder!” say, “How can you tell?” She may point out that he hides under the table or is glued to your side during storms.

Ask these same questions when you read together: “What can you infer?” and “How can you tell?” Her real-life practice is sure to come in handy.♥



OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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APRIL 2018

CHICOPEE ELEMENTARY SCHOOL LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Munchie Bowl
Popcorn Chicken, Potato Rounds, and Cheese Bites w/ Marinara Sauce
Snack Pack Carrots
Texas Garlic Toast
Orange Slices
Assorted Fruit

Chicken Scampi
Garden Salad
Warm Breadstick
Fruit Sherbert
Assorted Fruit

Rustic Grilled Cheese Sandwich
w/ FF Cheddar. Served with Homemade FF Chicken Noodle Soup
Celery Sticks
Mandarin Oranges
Assorted Fruit

Baked Herb Chicken
FF Mashed Potatoes
FF Honey Glazed Carrots
Garlic Knot
FF Candied Apple
Assorted Fruit

Sal's Pizza
Garden Salad w/ Cherry Tomatoes, Cucumbers, and Chickpeas
Strawberry Shortcake
Assorted Fruit

Tuna Boat
On a WW Bun
Cape Cod Chips
Carrot & Celery Sticks w/ Dip
FF Pickles
Banana
Assorted Fruit

Slammin' Season Opener!
Fenway Frank on a WW Bun
Boston Baked Beans
Siderwinder Fries
Pop-Up Popcorn
Green Monster Smoothie
Assorted Fruit

Local Baked Potato Bar
w/ FF Potato, Broccoli, Black Beans, and Cheese
FF Carrot Sticks w/ Dip
Pumpkin Chocolate Chip Bar
Assorted Fruit

Baked Ham & Cheese Flatbread
Tomato Soup
Cucumber Slices
Chocolate Pudding w/ FF Milk
Assorted Fruit

Big Daddy's Pizza
Rainbow Salad w/ Spinach and Berries
FF Apple Slices
Assorted Fruit

No School
APRIL VACATION

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Breakfast for Lunch
French Toast Sticks w/ Syrup
Sausage Patty
Hash Brown
FF Fruited Yogurt Parfait w/ Granola
Assorted Fruit

Baked Mac & Cheese
Made from Scratch w/ FF Cheddar Cheese
Steamed Broccoli
Spinach Cornbread
Pear Cup
Assorted Fruit

Chicken Patty
On a Whole Wheat Bun with Lettuce & Tomato
FF Seasoned Potato Wedges
FF Pickles
Berry Shortcake
Assorted Fruit

BBQ Pulled Pork Sandwich
FF Coleslaw
FF Sweet Potato Casserole
Baked Beans
FF Applesauce
Assorted Fruit

Personal Pizza
Caesar Salad w/ Romaine
Grapefruit Sections
Assorted Fruit

Mini Raviolis
w/ Marinara Sauce & Parmesan Cheese
Steamed Broccoli
Garlic Knot
Blueberries in a Cloud
Assorted Fruit

Harvest of the Month:
POTATOES



Potatoes are the leading vegetable crop in the US, and the 4th largest crop in the world. In 1995, the potato was the first vegetable to be grown in outer space!

Eat ChicopeeFRESH!

Support your health & the local economy by choosing farm fresh options on the menu. Just look for the "FF" symbol!

Follow our Farm to School Movement at www.chicopeefresh.com or on Instagram & Facebook @ChicopeeFRESH

Local Vendor Spotlight



Szawlowski Potato Farm – Hatfield, MA
In any given week, our cooks collectively use as many as 2,000 lbs of local potatoes!

USDA is an equal opportunity provider and employer. Menus may contain allergens. Menus subject to change.

To view our menus online:
<http://chicopeeps.nutrislice.com/>



ANNA E. BARRY
April 2018






Mon

Tue

Wed

Thu

Fri

1	2	3	4	5	6	7
		MCAS GR. 5 ELA - 2	MCAS GR. 5 ELA - 2	MCAS GR. 4 ELA - 1 PTO MEETING 6:00 PM	MCAS GR. 4 ELA - 2	
8	9	10	11	12	13	14
	MCAS GR. 3 ELA - 1	MCAS GR. 3 ELA - 2				
15	16	17	18	19	20	21
	NO SCHOOL SPRING VACATION					
22	23	24	25	26	27	28
 EARTH DAY	MCAS	MAKEUP		TESTING	ARBOR DAY 	
29	30					

