



# THE QUARLES' BUZZ

A MONTHLY SCHOOL NEWSLETTER

APRIL 2022 • ISSUE 8

## NEW BEGINNINGS



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We hope that everyone enjoyed their wonderful spring break ! We had beautiful weather and we hope our families got to connect and enjoy the sunshine! We would like to express our gratitude to our teachers as we will soon acknowledge them in May during Teacher Appreciation Week. Our teachers here at Quarles are doing a wonderful job keeping our students engaged, learning and excited about school despite this difficult year. Please join us in celebrating our Quarles teachers!

Happy Spring everyone!

Quarles Administration





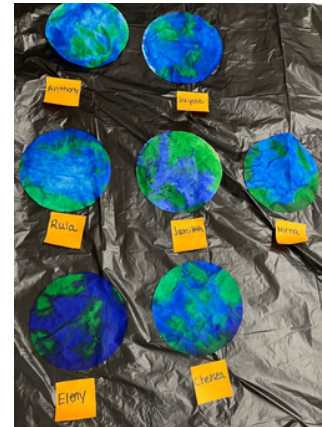
# KINDERGARTEN SPOTLIGHT

## MS. GHIORSI'S CLASS

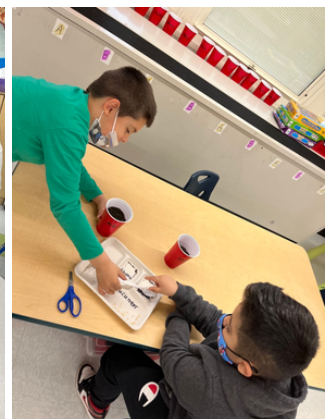


Spring is in full swing here in Ms. Ghiorso's class! We got into the spirit of Spring by making beautiful flower creations. We continued mastering our sight words, learning new word families, and completing writing pieces about all the fun activities we plan to do in the sunny Spring weather.

To kick off the start of Spring Break, we had an egg hunt around the school and used jellybeans to count to 100. Spring Break was enjoyed by all, with a lot of time spent playing outside, and with family and friends. We returned from Spring Break just in time to celebrate Earth Day! The students engaged in meaningful discussion about why they love the Earth so much, and why it is so important for us to take care of it. We talked about the importance of recycling, cleaning up our garbage, and turning off the lights or water when you brush your teeth. We continued to show our love for the Earth by creating our own Earth's using coffee filters. The students colored their Earth's and then sprayed them with water, giving a tie-dye effect. Super cool!



In addition to our coffee filter creations, we also read the book The Tiny Seed by Eric Carle. This book explores the journey of a seed who goes through many ups and downs, but is finally able to start its new beginning growing into a beautiful flower – although it took longer than all the other seeds. At the end of the story, we learned that the seeds from the beautiful flower would blow away in the wind and turn into new beginnings for new flowers to grow! After reading the story, we planted our own seeds! The students had fun planting with their dual friends in Mrs. Rodriguez's class. We planted cucumbers, lettuce, sage, and thyme. Both classes are excited to see their seeds blossom!







## Related Arts

### Physical Education



During this marking period we continue practicing basic locomotor skills like skipping, galloping, running, jogging, hopping, jumping, leaping, etc. We practiced several manipulative skills like throwing, catching, jump rope, striking with hands or objects (bats, rackets, hockey sticks). Children learned body movements like dancing and some gymnastics rolling. In health I have worked on teaching the children good character building. I include the six pillars of character frequently in my lessons to teach respect, responsibility, kindness, and fairness to my students. Our kindergarten students have learned about safety in school, the community, and at home. This covers appropriate behavior around member of the family, strangers, and persons with disabilities.



## Sight Word Corner

### Theresa Manzano, Kindergarten Reading Specialist

As we approach the end of the year, we come to the end of our sight words list. May is the last month that student's will be given new sight words to learn. This month our words are:



Find

Eat

Came

Down

Jump

Ate

Too

Under

Soon

Or

Aware

We ask that you take a few minutes each night to incorporate these words, as well as our words from previous months into a game or activity with your child.

- A great way to review these words is to read a book together and search for these words in their reading.
- Another great way to review is to put the words on a post it or index card and have your child go on a scavenger hunt to find the words around the house.

The more our children are exposed to these high frequency words, the more fluent of readers they will become.

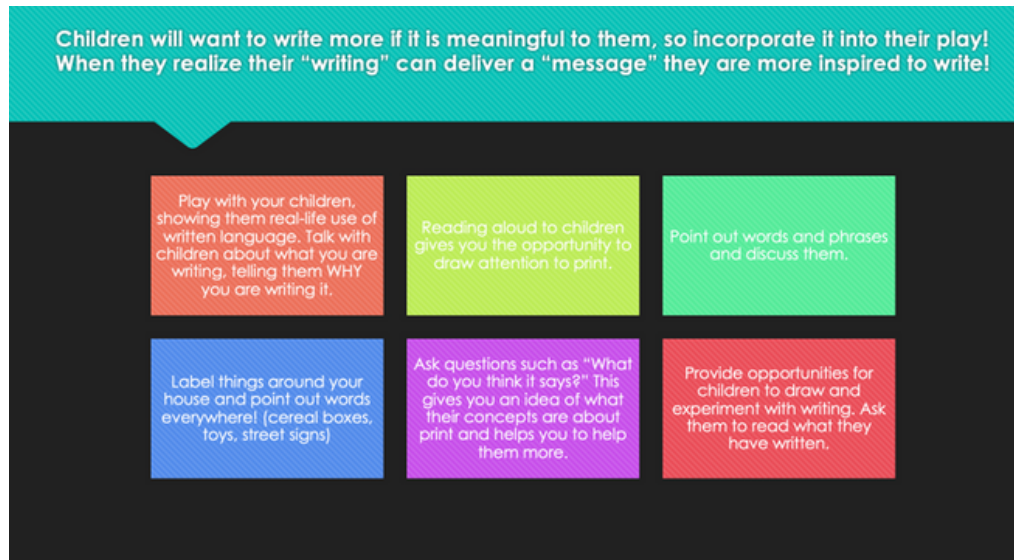


## Hello Parents!

Over the past few months, Ms. Yolanda Salazar, PIRT, and myself, Ms. Nicole Kimble, Master Teacher, have hosted several parent workshops.

Our first was on **Supporting Early Literacy Skills** at Home.

Some practical, everyday ideas we shared with families were:



In February, we hosted a **Math All Around Us** workshop. At the end, we held a raffle and 4 parents received a Firehouse Subs or Chic Fil A gift card, as well as a math game for their children.

In addition to some fun, engaging activities parents could do at home, we shared a list of the following books to incorporate math into reading times:

### Sorting and Counting:

A Pair of Socks by Stuart J. Murphy  
Exactly the Opposite by Tana Hoban  
Five Creatures by Emily Jenkins  
Goldilocks & the Three Bears  
Is It Red? Is It Yellow? Is It Blue? by Tana Hoban  
Opuestos/Opposites by Cynthia Weill  
Sort It Out! by Barbara Mariconda  
The Button Box by Margarette S. Reid

### Number Sense:

A Million Fish...More or Less by Patricia C. McKissack  
Count to a Million by Jerry Pallotta  
More, Fewer, Less by Tana Hoban  
Two Mice by Sergio Ruzzier  
Uno, Dos, Tres/One, Two, Three by Pat Mora  
How Much is a Million by David Schwartz and Steven Kellogg

### Counting:

1, 2, 3, to the Zoo: A Counting Book by Eric Carle  
8: An Animal Alphabet by Elisha Cooper  
Anno's Counting Book by Mitsumasa Anno  
Baby Goes to Market by Atinuke  
Caps for Sale by Esphyr Slobodkina  
Count and See by Tana Hoban  
Count Me In / Cuenta Conmigo by Cynthia Weill  
Count! by Denise Fleming  
Feast for 10 by Cathryn Falwell  
Fish Eyes by Lois Ehlert  
Five Little Monkeys by Eileen Christelow  
Mouse Count by Ellen Stoll Walsh  
Ten Black Dots by Donald Crews

**(continued on next page)**

## (PreK parent workshops recap continued)

Our last workshop focused on the importance of Social Emotional Skills: ***What Am I Feeling? Helping small children with big feelings***. At this workshop, two lucky parents won a \$50 ShopRite gift card.

We discussed:

- Giving your child the names of feelings, beyond happy and sad. (frustrated, nervous, anxious, excited, surprised) and helping them to explain and talk about how and where they feel these feelings in their bodies.
- Using books to talk about feelings—when reading any book (or watching a movie or TV show) asking or talking about a characters' feelings and reactions, why they are feeling that way, and if your child has ever felt that way.
- Discussing with your child that all feelings are ok and healthy, but helping them to understand there are appropriate ways of expressing feelings.
  - When you're mad, you can stomp your feet, push on a wall, punch a pillow but you cannot hit a friend or family member, or throw things.

We thank all of the families who attended our workshops.

The links to the workshops are posted on our website, or you can email me directly and I can send the presentations and materials to you.

**If you have any requests or recommendations for future workshops, please feel free to contact me as well!**

Nicole Kimble

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## Growth Mindset

by Venus Rose, School Counselor



In 1999, psychologist Carol Dweck coined the terms **fixed mindset** and **growth mindset** to describe the beliefs people have about their intelligence and abilities. A fixed mindset assumes qualities such as intelligence, character, and ability are stable and cannot be changed. A growth mindset assumes qualities such as intelligence, abilities and talents can be improved with effort, learning and dedication. People with a growth mindset embrace challenges and obstacles as natural and a part of the learning process.

A growth mindset is beneficial because one is more likely to succeed academically, be more motivated to learn, and is less discouraged by challenges. In contrast, a fixed mindset, one might avoid challenges and feel like a failure because he/she believes they lack the ability to succeed. Fortunately, mindset can change, and the key to changing one's mindset lies in self-awareness. Below are suggestions of how to help your child transition from a fixed mindset to a growth mindset.

### Fixed Mindset

I cannot do it.  
I am not good at that.  
I give up.  
That person is smarter than me.  
This is too hard.  
I made a mistake.  
I am not going to try because I will make a mistake.  
This is good enough.  
I hate being wrong.  
I will never be able to do it.  
I am afraid to fail.

### Growth Mindset

I cannot do it yet.  
I can get better at that.  
What strategies can I try?  
I can train my brain too.  
My brain is growing.  
What can I learn from this?  
I will keep trying and get better.  
Did I do my best work?  
I have many talents.  
I have not figured out how to do it yet.  
Challenges will make me stronger.





## Greetings Quarles Families!

Did you know we have a workshop coming up? This month I'd like to give you information on the workshop Bergen Family Center is running jointly with the Englewood Public Library, titled **"Virtual Trip to the Library"**. It will be May 26, 2022, at 6pm. Attendees will learn how to obtain a library card, as well as the resources offered at our local library.

Your family can sign up for this great opportunity soon, more details will be emailed out to you!

Families that sign up **and** attend will be eligible for a prize bag with free books and other goodies!

If you have any questions on these, or any other community resource, I am only an email away: [zpena@epsd.org](mailto:zpena@epsd.org).

Talk soon!

### Zulema Peña-Cordova

Community and Parent Involvement Specialist, Pre-K  
Trabajadora Comunitaria y de Familias, Pre-K

