



# THE QUARLES' BUZZ

A MONTHLY SCHOOL NEWSLETTER

FEBRUARY 2023 • ISSUE 6

KINDNESS  
MATTERS



AND



BLACK  
HISTORY  
MONTH

## WHAT'S INSIDE

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This February, Quarles students celebrated **Black History Month** by learning about the history, achievements, and contributions made to our society. Students participated in literacy read aloud lessons, informational videos, and engaged in educational class projects. We continue to cultivate a positive climate, and the best learning environment for our students through character education lessons provided by our school counselor, Ms. Venus Rose. We are very fortunate to work with such amazing students every day !

### **Valentine's For Veterans**

Quarles students created Valentine's Day Cards for our Veterans at the Paramus Veteran's Memorial Home. This opportunity allowed students to show their love and appreciation to our brave veterans for their service to our country.

### **February is Dental Hygiene Month**

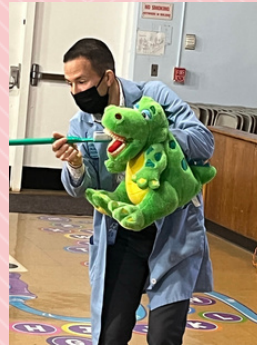
Dr. Carlos Rocha from Children's Oral Heal Program visited Quarles students to discuss the importance of Dental hygiene. Dr. Carlos, with the use of puppets and props, guided the students to on how to brush and floss their teeth, and eat healthy fruits and vegetables. Each student received a toothbrush . Dr. Rocha explained that preventative dentistry and eating healthy gives you the best chance for a beautiful smile and long-lasting oral health. Our students loved Dr. Rocha!

Sincerely,  
Quarles' Administration



## FEBRUARY HIGHLIGHTS

### DENTAL HEALTH ASSEMBLY



### BLACK HISTORY MONTH ASSEMBLY





## FEBRUARY HIGHLIGHTS

### VALENTINES FOR VETERANS



This month the PTO continues to collect donations from small businesses for our April Calendar Event. If you own a business or know someone that would like to donate from their business, it would be greatly appreciated. Gift cards, gift certificates, items and services are all welcome. If you need further information, you can email the PTO at [daquarlespto2022@gmail.com](mailto:daquarlespto2022@gmail.com) or call Quarles School at 201-862-6000

During the month of February students were gifted 400 Valentine's Day pens and 100 Days of School bracelets. We hope the children liked them.



**Lastly our March PTO meeting is scheduled for March 21.**

Thank you,  
Rosie Rodriguez, PTO President  
Marilex Tavares, Vice President

Brett and Ashley Lastra, Secretaries  
Luz Castillo, Treasurer



# UPCOMING EVENTS IN MARCH



March 8-10 - NJ Cap Student Presentations - PreK

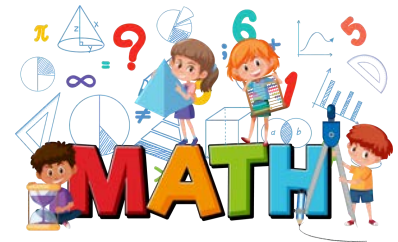
March 13- Parent Math Workshop -  
PreK - 8:30 A.M.



March 16- Incredible Kid Day - More  
information to follow

March 21- Quarles PTO Meeting - 6:00 P.M.

March 23 - Parent Math Workshop -  
Kindergarten 8:30 A.M.



March 28 & 29 - NJ Cap Student Presentations -  
Kindergarten





## NOTES FROM THE SCHOOL NURSE, MRS. JULIE KLAPPER



February is National Children's Dental Health Month. Dental hygiene is one of the most important things we can teach our children. Poor oral health can often lead to miss school days and lower grades. Without proper dental care, children face possible oral decay and disease that can cause pain and complications. About one out of five children aged 5 to 11 years have at least one untreated decayed tooth. Tooth decay can be stopped or managed if it is caught early. Treating problems early keeps oral diseases from getting worse and costs down should treatment be needed later. Visiting the dentist regularly has many benefits. A child who is taken for dental visits early in life is more likely to have a good attitude towards oral health and dental visits.

A dental screening is scheduled in April. Be on the lookout for permission slips so that your child can be screened in school. Please keep in mind a screening is not an exam. Pediatric dentists are dedicated to the oral health of children from infancy through the teen years. They have the experience and qualifications to care for a child's teeth, gums, and mouth throughout the various stages of childhood. Pediatric dentists also provide preventive dental care including cleaning and fluoride treatments, as well as nutrition and diet recommendations.

A child's diet is important for developing and maintaining strong and healthy teeth. It is helpful to include good sources of calcium (yogurt, broccoli, and milk) in your child's diet to help build strong teeth. Here are some helpful tips:

- Eat fruits and vegetables for snacks rather than candies and cookies.
- Brush your child's teeth twice daily.
- Serve water at mealtimes rather than juice or soda.



**WATER**





## PRE-K SPOTLIGHT



### MS. MASTROFILIPO'S CLASS

During the month of February, we have been talking all about kindness. Students have been practicing being kind to others. Students made hearts with their names on it and colored them in. We also talked about what it means to be kind. We made a poster that says KIND.



### MS. ANDERSON'S CLASS

Our I Have A dream Moment!!

Students listened to the story; "Celebrating Martin Luther King Jr. Day"- Dreaming Of Change, written by Joel Kupperstein and illustrated by Fred Willingham. Students were asked to touch the picture of Martin and repeat his name. Secondly, students held up their hands and chanted "I Have A Dream." Students identified and colored a picture of Martin. Finally, with the assistance of Teacher and Assistants, students selected their favorite paint in the Art Area, and made handprints on paper to celebrate their dreams. Students were very excited to learn about Dr. Martin Luther King Jr.





## PRE-K SPOTLIGHT



### MS. GILLIARD'S CLASS

Black history month allows the students to learn about history in an enjoyable and creative way. The children were working on the ball study. I was able to introduce the different types of balls and how we use them in our everyday lives. We talked about Serena Williams and her use of the tennis ball. The children were able to identify the ball she was using and how they could use that ball in practicing how to hit and bounce. We were able to work on social skills and turn taking and a variety of other skills.

Extending our learning to the community is important. The use of stories is a great way for students to make connections to their everyday life. The students listen to me read about Harold and the purple crayon. The children were excited to hear how Harold used his crayon to create his story. The children used their purple crayons to create and learn. We work on building language, creativity, and fine motor skills with the families.



### MS. THOMAS' CLASS

Although February was a short month, we did so much and with so much LOVE! Some of our highlights were celebrating Black History Month, focusing on our Dr. Martin Luther King Peace Tree, and celebrating the 100th day of school by making a collage of 100 items and counting to 100! Most importantly, we celebrated love and being kind to all our friends!





## KINDERGARTEN SPOTLIGHT

### MRS. DONNELLY'S CLASS

February is always such a fun and busy month in Kindergarten. In C-1, we start our Morning Meeting with our affirmations for the day and express how we can be positive, kind, thoughtful, and confident. We learned all about Groundhog's Day, Dental Health Month, Valentine's Day, Black History Month, and celebrated the 100th Day of School! We also started our community map of Englewood and will continue to add to it as we learn new topics. We are a little more than half-way through the school year and can't wait to keep learning, growing, and thriving.



## MS. SONG & MS. MORONTA'S CLASS

We love February! We celebrated the 100th Day of School by making masks, counting out 100 "Froot Loops" to make a necklace, and making a trail mix made of 100 pieces of different snacks. It was a blast celebrating Valentine's Day in our classroom. Along with Valentine's-themed activities (including "love bug" headbands), we handed out our own Valentine's and finished the day with a little party. To celebrate Black History Month, we participated in an assembly and even had some of our C-3 students join the performers on stage!







## KINDERGARTEN SPOTLIGHT

### MS. ROSENZWEIG'S CLASS



February is a great month to be a kindergartener! We learned so many academic concepts through a multitude of themes and activities: Groundhog's Day, Dental Health Awareness, Valentine's Day, 100th Day of School, and Black History Month.

Our science unit on weather helped us increase our knowledge of the four seasons as well as seasonal weather changes. We learned that changes in weather can affect where/how people live, what foods/crops might grow and what clothing options are needed in different seasons.

We learned that long ago humans used Groundhog's Day as one predictor of spring's arrival (the sooner groundhogs and other hibernating animals started to move about looking for food the sooner warmer weather would be coming). We turned ourselves into groundhogs to celebrate the coming of spring.

We also learned about a meteorologist's job and some of the technology and tools they use to predict the weather now. We created windsocks and used our mathematical measuring skills to add long streamer tails. We were so excited to try them out on a windy day and see them flutter in the breeze!



## MS. GIOFFRE'S CLASS

February was a fun month of learning and growing in C4! We celebrated Groundhog's Day and learned about dental health. We learned about some famous African Americans and their important contributions to our history. We created gifts for Valentine's Day, exchanged cards and notes of love, and ate some yummy treats! We celebrated the 100th Day of School by dressing as 100 year old people and doing exciting activities in class. Our families helped us make 100th day projects. We can't wait to see the fun March brings!



## Importance of Early Math Skills for Preschoolers by Cindy Quiñones, Preschool Instructional Coach

Math skills that are learned in early childhood can have a lasting impact on a child's success in school and beyond. For preschoolers, some of the most important math skills include number recognition, counting, and sorting. These skills lay the foundation for more complex concepts that they will be learning later. Therefore, it is important for families to provide opportunities for children to practice these early math skills.

I am going to share some reasons why early math skills are important for preschoolers.

1. Early math skills lead to later academic success.
2. They strengthen problem solving skills.
3. They help improve memory and concentration.
4. They can develop critical thinking skills.
5. They improve fine motor skills.
6. They promote creativity.



If you would like to know more about how you can work with your child at home on building early math skills please join us for a **Pre-K Math Workshop** on **Monday, March 13, 2023**, from **8:30-10:30**. We will be going more into detail about early math skills and we will be providing you with some fun and engaging activities that you can work on with your child at home. We hope to see you there!







## EVERYDAY WAYS TO TEACH YOUR CHILD KINDNESS by Tara Nukk



Empathy, the ability to understand and have compassion for another person's experience, is the foundation of being a kind person. Empathy develops slowly during childhood, but even babies have been observed responding to a distressed peer. Children first experience empathy from us. When we nurture them and give them kind, consistent care, we're laying the foundation for them to have empathy later. We can encourage empathy in our children with the following:

- Respond quickly to your child's needs. Show empathy for their emotions, e.g., "I'm sorry! I can see you're feeling sad. Let me help you."
- Talk with your child about emotions, describing and labeling them. Help your child find solutions for big emotions, e.g., talking, drawing them, getting a hug, or taking a break.
- Model how to show empathy. If you have pets, show your child how to care for them gently. During play, handle baby dolls with care. Let your child see you talking with others kindly.
- Teach skills. Point out how other people are feeling and talk with your child about what to do, e.g., "Mikayla is sad because you knocked her block tower over. Let's ask her if we can help her build it again. Next time we'll be very careful."
- Read picture books that depict kindness and empathy.

### AT-HOME KINDNESS ACTIVITIES FOR CHILDREN

- Volunteer together as a family. Help serve at a soup kitchen, pick up trash at a local park, or plant flowers or trees.
- Have your child make and send cards to a friend or relative who is lonely.
- Ask an older child to read a story to a younger child.
- Take a meal to a sick neighbor.
- Include your child in family jobs. Talk about how having jobs helps the whole family to work together well. Sample jobs could include feeding the fish, watering the plants, setting the table, unloading the dishwasher, raking leaves etc.

Kindness  
MATTERS

## Mindfulness for Families

### by Venus Rose, School Counselor

Mindfulness is being focused on the present moment. A parent can help their child achieve mindfulness by modeling mindfulness themselves, or by teaching their child to focus on the present moment.

Studies show that the benefits of mindfulness for children may include:

1. Increased focus, attention, self-control, classroom participation and compassion.
2. Improved academic performance, ability to resolve conflict and overall well-being.
3. Decreased levels of stress, depression anxiety and disruptive behavior.

Below you will find mindfulness techniques you can practice with your child.

**Five Senses** - Take a few moments to explore through your senses with your child. Take turns naming the things you see, hear, feel, taste, and smell. Try to notice things you would normally tune out, like the sound of birds chirping.

**Body Scan** - Start with your toes and work your way up to the top of your head. Notice the sensations in each part of your body with each breath.

**Mindful Check-In** - Start a conversation about the present moment by asking your child to share one thing he/she is feeling physically, one thing he/she is thinking about, and one thing he/she is feeling emotionally.

**Mindful Eating** - Instead of rushing through a meal, eat slowly and mindfully. Notice how the food looks, smells and tastes. What does the food feel like on your in your mouth? Take turns sharing different things you notice about the food.

