



# THE QUARLES' BUZZ

A MONTHLY SCHOOL NEWSLETTER

MARCH 2023 • ISSUE 7



## WHAT'S INSIDE

Administrator's Message

Notes from the School Nurse

Pre K Spotlight

Kindergarten Spotlight

Related Arts &  
Specialists' Corner

Spring is approaching and learning is in full swing here at Quarles! It won't be long before the warm weather arrives, and our end of year activities begin! Quarles students were very busy this March! Many classrooms were visited by leprechauns, some classrooms even designed leprechaun traps! Our Quarles students were celebrated on March 16th for Incredible Kid day! We hope you enjoy all the articles in our newsletter supporting our students' achievements !

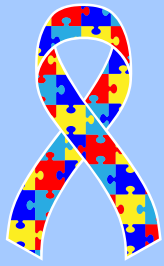
Please continue to make school a priority for this is the time which students make the most academic and social improvements. It is important that our students arrive to school on time everyday . Thank you for supporting our teachers and administration!

Best wishes for a wonderful Spring ahead!

Quarles Administration



## QUARLES HIGHLIGHTS FOR APRIL 2023



World Autism Awareness ,  
March 27, 2023 - April 2,  
2023



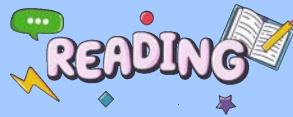
PreK Math Family Activity  
(See flyers) - April 6, 2023  
8:15 AM



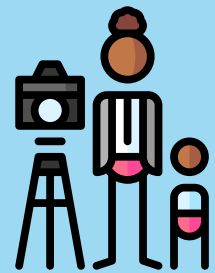
District Closed - Good  
Friday - April 7 - 14 2023,  
District Closed Spring  
break



Quarles PTO Meeting -  
Tuesday, April 18, 2023  
6:00 PM



PNC Bank Volunteer  
Readers & Activities -  
Tuesday , April 19, 2023



April Spring Pictures- **Prek**  
- Thursday, April 20, 2023  
Tentative



April Spring Pictures  
**Kindergarten** - Friday,  
April 21, 2023 Tentative



April 22, 2023 Earth Day -  
**DRESS IN GREEN**



Administrative Professional  
Day - April 28, 2023  
Celebrate our  
Administrative Assistants!



Arbor Day - Friday, April  
28, 2023



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



March is when we “Spring forward” and increase our daylight time by changing the clocks one hour ahead. Makes you wonder about sleep.

Adequate sleep is an essential component of young children growth and development. Sleep is a requisite part of a healthy lifestyle. Studies have shown that children who get an adequate amount of sleep have improved attention, behavior, learning, memory and overall mental and physical health. Not getting enough sleep in childhood has been linked to allergic rhinitis and problems with the immune system. Evidence supports future risks as well such as obesity, heart disease, depression and Type II diabetes (CDC, 2020).

Sleep is not a luxury; it is something we all need for good health. Sleep is a building block for your child’s mental and physical health. Children who do not get enough sleep may have more cognitive difficulty in focusing and managing their moods. A well-rested child is available to learn as sleep supports brain retention. Sleep time guidelines depend on the child’s age. Every child is different. According to the American Academy of Pediatrics, our students - ages 3 to 5 should sleep 10 to 13 hours per 24-hour period (this may include napping).

The recommended amount sleep is simply a guideline. Maintaining a regular schedule of sleep and wake time is the key, especially during stressful times. Establishing a consistent bedtime routine is important. Sleep routine should ideally start at the same time every night. The following are some suggestions to help “wind down” the household and promote sleep.

- Dim the lights
- Stop use of electronics/screens at least an hour before bed
- Limit caffeine
- Take a warm bath
- Do a quiet family activity such as reading a short book
- 

Consistency of nighttime routine is important for a good night’s sleep.

Please reach out to your physician if you have any concerns about your child’s sleep pattern.

Sleep Well 😊 Julie Klapper, RN, CSN

## PRE-K SPOTLIGHT BERGEN FAMILY CENTER

### ***Prek 3 CLASSROOMS INVESTIGATED BUILDINGS AND RECYCLING***

Young children are very curious about buildings. They want to know how they are constructed and what people do inside them. Buildings are everywhere in our community. They vary in size, color, construction material, function, and location. This study offered many opportunities in the classroom to explore buildings and expand children's knowledge of building materials and physical forces. Children also explored concepts in social studies related to jobs and the purposes of different structures.





## PRE-K SPOTLIGHT

### BERGEN FAMILY CENTER (continued)

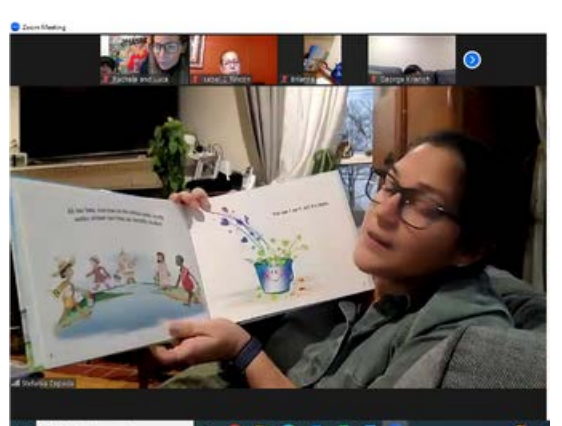
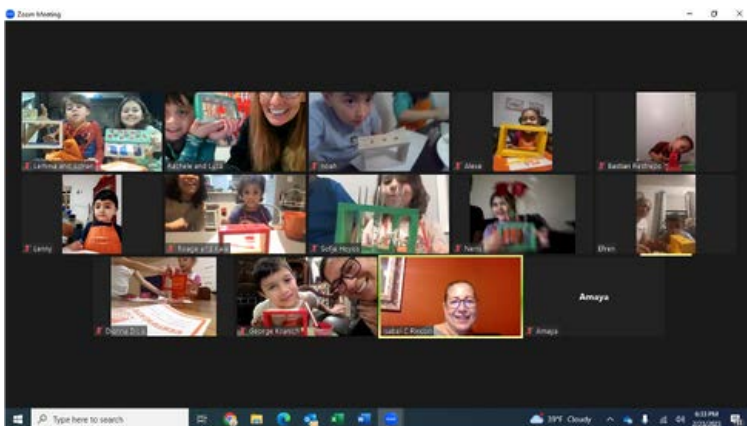
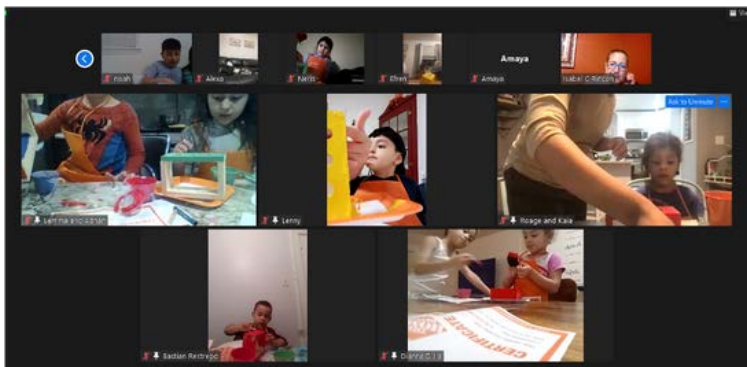
#### ***Prek Classrooms Investigated Balls***

Children love balls! They play with them in many different ways. They throw them, catch them, kick them, and roll them with endless delight! This study showed how children's interest in balls helps them explore social studies and science concepts and how to use skills in literacy, math, technology and the arts as they investigated.



#### ***Family Fun Nights***

Each Month we offer a themed Family Fun Night for Prek 3 students to enjoy with their parents. Each family who registered is provided with a story book to follow along with the read a loud and materials to complete a craft. Children and their families received the story book "How to Fill a Bucket" and completed an activity on how to be a good friend and make others happy!



## BERGEN FAMILY CENTER

# Upcoming events offered by Bergen Family Center



Thursday, April 6th at 4pm



## Parent Cafe

Learn about Love Languages at this workshop led by Maria Garcia Family Engagement Specialist (FES), County of Bergen, Department of Human Services, Office for Children.



**REGISTER NOW**

[HTTPS://LINKTR.EE/BFCFAMILYSUCCESSCENTER](https://linktr.ee/bfcfamilysuccesscenter)



COUNTY OF  
BERGEN  
DEPARTMENT OF  
HUMAN SERVICES

FAMILY  
SUCCESS CENTER



APRIL 13TH, 2023 AT 5PM

## Child Abuse Prevention Workshop

Dwayne Dixon, Project Manager for NJCAP leads parents on an educational journey about how to empower your child to use the internet safely.



REGISTER NOW



[HTTPS://LINKTR.EE/BFCFAMILYSUCCESSCENTER](https://linktr.ee/bfcfamilysuccesscenter)

NJCAP

Empowering Children to  
Safe, Smart & Proud™



27 DE ABRIL DE 2023 A LAS 5PM

## Taller de prevención del maltrato infantil

Dwayne Dixon, director de proyectos de NJCAP, guía a los padres en un viaje educativo sobre cómo enseñar a sus hijos a utilizar Internet de forma segura.



REGISTRESE AHORA



[HTTPS://LINKTR.EE/BFCFAMILYSUCCESSCENTER](https://linktr.ee/bfcfamilysuccesscenter)

NJCAP

Empowering Children to  
Safe, Smart & Proud™



## Positive Discipline Workshop

April 26th at 5pm

Tips for parenting in a positive direction.

Register now:

<https://linktr.ee/bfcFamilySuccessCenter>

FAMILY  
SUCCESS CENTER





## PRE-K-K SPOTLIGHT MS. HRBEK'S CLASS

### Interdisciplinary Study Vincent Van Gogh's "Starry Night"

**Art** - Vincent Van Gogh was a very famous artist. He painted "Starry Night" many years ago when he was in the hospital. He would look out of his window, and this was his impression of what he saw. We used the side of oil crayons to recreate lines that remind us of the wind.

**Social** - Lines express emotions. We talked about the fierce March winds, using our hands to make long, swirling gestures.

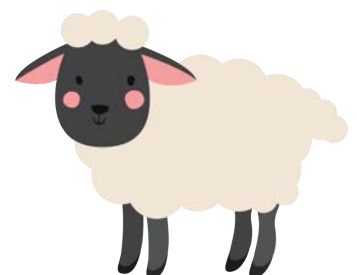
**Language** - We learned to appreciate art and artists and use their techniques

**Cognitive** - Studying artists can inspire our own artwork. We learned to use our words to describe what we see and how it makes us feel, using these feelings and techniques to create our own works of art.

**Science** - "March comes in like a lion and goes out like a lamb." This means that it is still Winter in the beginning of March. The fierce March wind blows and as we get closer to the end of March. Eventually, the winds will calm, and Spring will appear. The first day of Spring is March 21st. We learned that we can't see the wind, but we can hear and feel it.

**Literacy** - We learned how to spell the word "March", indicating that letter M is the first letter and H is the last letter. We counted 5 letters in the word.

**Math** - Tracking March weather. Each day we use information that we have learned to determine if it is a fierce, cold, windy "Lion" day or a calm, sunny, warm "Lamb" day. We place our selection on the calendar and use a bar graph to count the number of Lion and Lamb days in the month. We can also follow trends to see if March really does come in like a lion and go out like a lamb.





## PRE-K SPOTLIGHT

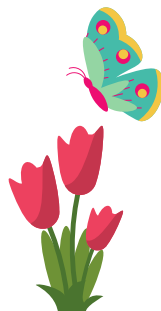
### MS. VERA'S CLASS

My students have become so smart this year, learning, and growing every day. It is so nice seeing their smiles every morning. It makes me smile when I see them. I love how proud they feel when they learn new things. I am proud of them too. They are and will always be **INCREDIBLE KIDS!**



### MS. KUCUKKAYA'S CLASS

What an exciting month!! We had breakfast with our parents, listened to the "Purple crayon book" and made beautiful master pieces with our purple playdoh. In March we also celebrated Incredible kids and Diversity day. A great big THANK YOU to all our parents for the wonderful videos and letters celebrating their kids. We also had a visit from that little green guy for St. Patty's day. The kids made traps and were looking to find that Leprechaun but they found gold instead.





## PRE-K SPOTLIGHT

### MS. BEDOYA'S CLASS

March is a very busy month for our school, we were very excited to see majority of our parents coming to enjoy reading the story called "Harold and the purple crayon", then we had videos and letters from my children family's to be read it to each child, until today they keep on asking their teachers to read it to them. We also have fun the week of The Incredible Kid Day, with a different activity for each day and thanks to our parents we had a another wonderful memory together in room D3 with big meal.



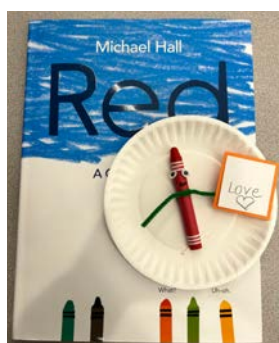
## Reading is A Blast!

by Theresa Manzano, Reading Specialist



Read Across America week takes place the first week of March. This year Quarles celebrated with a fun and exciting spirit week as well as our Breakfast with Buddies event and our month long Read-a-Thon. The Breakfast with Buddies was a time for students and parents to learn together and create a SEL project to take home with them.

This year our Read-A-Thon is out of this world! The students are very excited to be reading toward our goal of 5,000 books as a school to earn a surprise gift. We are keeping track of our progress with our Reading is out of this world bulletin board. Prizes will also be awarded for the student who reads the most books in Pre-K and Kindergarten as well as the classes in each grade who read the most books.





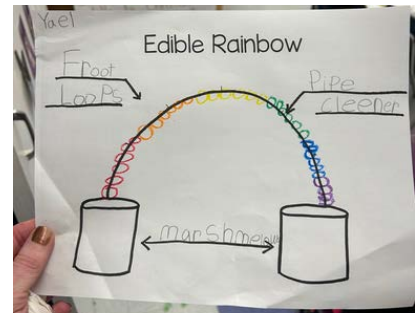
## KINDERGARTEN SPOTLIGHT

### MS. BOROWSKI'S CLASS



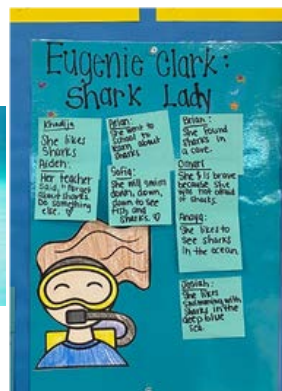
The students in Mrs. Borowski's Kindergarten had an exciting March! We celebrated Absolutely Incredible Kid Day with videos & letters filled with love from the parents. We stuffed giant goody bags & danced to a song that one of our moms wrote & sang too!

Even though we made & set up traps, the leprechauns STILL made some shenanigans in our classroom. They did leave us a magic rainbow, turned our Kissed green & left us magic beans that grew lollipops!! We also made diagrams for & made edible rainbows!



## MS. SORIANO & MS. WALKER'S CLASS

E2 has been busy this month learning about amazing women in history. This includes Dr. Mae Jemison, Misty Copeland, Michelle Obama, Dr. Jane Goodall, and Eugenie Clark. Eugenie Clark is known as the Shark Lady for her studies on sharks. Our class loved learning about how she fell in love with these interesting animals. We also talked about how brave she was to get in the water with such large animals. E2 has loved learning about these trailblazers of our history. Check out our facts about Eugenie Clark!







## KINDERGARTEN SPOTLIGHT

### MS. RICHARDS' CLASS

#### Welcome Spring!



We are Spring ready in E-3. The students have been learning about all our natural resources. The students studied air and how it causes things to move. They have been investigating the soil and learning about its uses and components.



HELLO  
SPRING



### MS. MOLLOY & MS. VANVALKENBURG'S CLASS

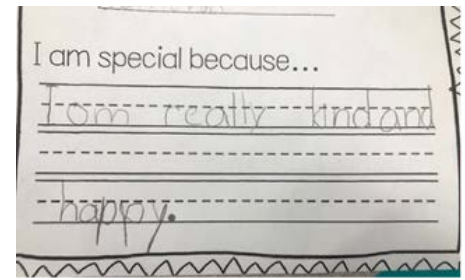
March was awesome for E4! We kicked off the month celebrating Women's History Month and learning about women who made a difference such as Mae Jemison. We read the book Mae Among the Stars and incorporated a fun math activity using shapes to make a rocket. We also have been studying plants and read the book From Seed to Plant by Gail Gibbons. We learned the parts of a plant and what is needed for a plant to grow and thrive. As a hands-on learning activity, we planted seeds in our decorated pots and will continue to watch them grow!



(continued on next page)

## MS. MOLLOY & MS. VANVALKENBURG'S CLASS

We celebrated Incredible Kid Day on the 16th where we had the students self-reflect and write about how they are special.



We are continuing to strengthen our E4 community by incorporating families into themed activities. This month, we have a spring themed display, "Learning Helps us BLOOM in E4". We had families and students create flowers at home. Each flower is different which highlights how we are all individuals and unique, but we are one community.



## RELATED ARTS CORNER

### ART CLASS

Happy March! My name is Chloe La Vallee, and I am the kindergarten art teacher for the rest of the 2023 school year. I am a recent graduate of the College of New Jersey, and this is my first full year teaching. My passion for art began at a very young age as I was raised by artists and grew up making art almost every day. I also love connecting the creation art with art history, as looking back at the long history of art can help us form a better understanding of our history as humans!

In our art room this year so far, we have gone over famous African American and Women artists. Our connection to social studies through the lens of Black History Month and Women's History Month further expands our knowledge of the artists before us, and what artists look like. Going forward we will be working on some master artists such as Henri Matisse, Claude Monet, and even making symmetrical Greek vases. The kindergarten students have been doing an incredible job so far this year, and I am so proud of them! I hope to share more of a love for creating art and art history with your students!

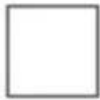




## A Picture is Worth a Thousand Words

by Tara Nukk

Celebrate the warmer weather with this sweet spring scavenger hunt! This spring scavenger hunt will help your child practice his or her observation skills and learn about the changing seasons! It's a great way to entice your child outdoors and have some fun together.



**LADYBUG**



**FLOWER**



**ANT**



**BUTTERFLY**



**BEE**



**CLOUD**



**TREE**



**SQUIRREL**



**BRANCH**



**BIRD**



**ROCK**



**STICKS**



**GRASS**



**FEATHER**



**SPIDER WEB**

## Social and Emotional Learning: Strategies for Parents

By Yolanda Salazar, PIRS (Pre-School Intervention & Referral Specialist)



Whether it's called "social and emotional learning" or "emotional intelligence," most people understand it's critical to pay attention to the development of the whole young person, including character education. Parents have a dual role to play in raising a self-aware, respectful child who knows how to manage his or her emotions, make responsible decisions, and resolve conflicts non-violently. At home, you should strive to create an environment of trust, respect, and support. Remember that modeling "emotionally intelligent" behavior at home is the first step in nurturing emotionally intelligent children. At school, you can work with other members of your school community to create a climate that supports social and emotional learning - in and out of the classroom.

Here are some specific steps you can take to nurture an emotionally intelligent child.

### **Strategies At Home**

**Be a good listener.** Listening as a "core competency skill." Unfortunately, it's not always practiced by parents or children. Take the time to have conversations with your child, listen to what they have to say. Discuss feelings that are both positive and negative.

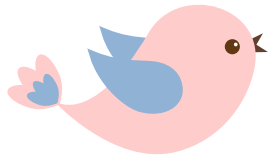
**Model the behavior you seek.** Whether it's apologizing when you're in the wrong or treating others with respect and kindness, children learn a great deal about relationships from observing the behavior of their parents.

**Nurture your child's self-esteem.** A child with a good sense of self is happier, more well-adjusted, and does better in school. Strategies for fostering self-esteem include giving your child responsibilities, allowing her to make age-appropriate choices, and showing your appreciation for a job well done.

**Respect differences.** Every child has his or her own unique talents and abilities. Whether in academics, athletics, or interpersonal relationships, resist the urge to compare your child to friends or siblings. Instead, honor your child's accomplishments and provide support and encouragement for the inevitable challenges he faces.

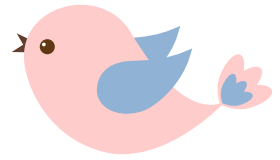
**Take advantage of support services.** Seek the advice and support of school counselors or other social services during times of family crisis, such as a divorce or the death of a close friend or family member. Remember that no matter how close you are to your child, she may be more comfortable discussing a troubling family situation with another trusted adult.





## Growth Mindset

### by Venus Rose, School Counselor



Spring is a time for rebirth, rejuvenation, and regrowth. It is the perfect time of the year to develop and reinforce the growth mindset with your child. The growth mindset means being self-aware by knowing our strengths and weaknesses, listening to our inner voice, accepting our mistakes as a part of the learning process, and believing our abilities will improve with time and practice. After all, it is life's challenges and setbacks that develop character and enhance perseverance and resilience.

Below are suggestions of how to help your child transition from a fixed mindset to a growth mindset.

#### **Fixed Mindset**

- I cannot do it.
- It is too hard.
- I am not going to try because I will make a mistake.
- It is not good enough.
- I give up.
- My friend is better at it.
- I hate being wrong.
- I will never be able to do it.
- I am afraid to fail.

#### **Growth Mindset**

- I will get better with practice and time.
- I will keep trying and get better.
- I will try it in a different way.
- I can learn from others.
- I tried my best.
- I will ask for help.
- I have many talents.
- I will learn from making mistakes.
- I have not figured out how to do it yet.
- Challenges will make me stronger.

