



# News From The Nest

## March Newsletter

East Brookfield Elementary School

### Principal Update:

Greetings,

It's hard to believe that we are 2/3's of the way through the school year and it's been a year since all of our lives changed.

I want you to know that MCAS is still being mandated by the state this year. It will begin sometime in April. I will let you know when we have the dates scheduled and what testing will look like this year.

Our annual Read-A-Thon is well underway and the students are doing an amazing job logging in their reading minutes and getting pledges for our great school. Keep up the good work everyone!

I know this is still a difficult time for all of us. I continue to appreciate your patience and understanding during this pandemic. We will get through it!

Be Safe and Healthy and Best Regards,

Ron Tomlin

### News from the Nurse

Numbers in the community have been promising! Please continue to be vigilant, following all the necessary precautions so that we can continue to see improving COVID-19 numbers in our community. We appreciate all that you and your family have done and continue to do to keep our school and students safe.

Numbers in the community have been



### March Challenge

Try introducing one small way to take care of yourself each day. Below are some tips from the Centers for Disease Control (CDC).

- Take breaks to unwind through:
  - Yoga
  - Music
  - New hobbies
- Find new ways to safely connect with family and friends, get support, and share feelings.
- Take care of your body and get moving to lessen fatigue, anxiety, or sadness.
- Treat yourself to healthy foods.
- Get enough sleep.



Changes to our lives due to the pandemic can cause increased stress.

Finding ways to cope during this time will make you, your loved ones, and our community stronger.

### COVID-19 Vaccine Update

Massachusetts is currently in Phase 2 Group 2. To find a vaccination location and inquire if you are currently eligible for the vaccine in MA, click here

<https://www.mass.gov/covid-19-vaccine>. There is an interactive map you can use to find sites available in MA and details about who is eligible.



# 100th Day of School Celebration March 1st, 2021



On March 1st, Miss. Pope, Mrs. Grant and Mr. Boggio celebrated this milestone in style and their students had a fun filled day packed with 100 Day activities, including ice cream sundaes!!



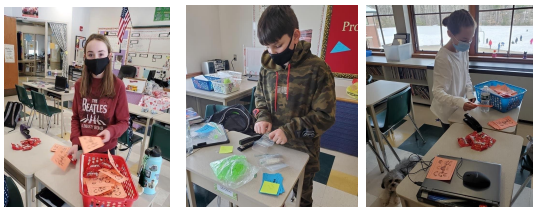
## Kindergarten class 100th Day of School!!



## Kindness Council

Students from the Kindness Council sacrificed their recess for a week in order to put together friendship grams.

**KINDNESS  
CHANGES  
EVERYTHING**



## March Jokes

What kind of music should you listen to on St. Patrick's Day?

Sham-Rock and Roll

Why do we wear Shamrocks on St. Patrick's Day?

Because real rocks are too heavy



## Counselor's Corner

### Welcome to March, 2021!!

Spring is on the way!! Did you know, March 20th is the first Day of Spring in 2021! As we watch the snow melt and our outside world bud with color and life again, let's prepare our-inner-selves for this change in Season. This month, we will work to renew and refresh our energy and growth within us.

- 1) Start each day with this months Self-Growth Affirmation:

**Everyday, in every way, I am getting better and better. I am happy to grow and have the courage to continue even if it is hard.**

- 2) Check in with yourself by asking, "How am I feeling today?" If you are feeling an uncomfortable emotion (sad, angry, scared, nervous, worried), challenge yourself to do something to make you feel better by the end of the day (tip-review your February self-love calendar and pick an activity to do).
- 3) At the end of the day/at dinner time with your family/or in journal, discuss/write down 3 good things or 3 things you are thankful for that happened that day. Your family can join in too and share with you what they are thankful for.



Bonus: Add your daily positives on a March calendar and review together at the end of the month.



Let's continue on the Diversity Train and learn about the most wonderful country of all...Ireland!! (I might be biased). Ireland is often referred to as the Emerald Isle because it is so green. If you ever fly to Ireland this is the first thing you will notice about the country from the sky, so make sure you have a window seat! Ireland has its own

language, Gaelic Irish. Some Irish children will learn Gaelic before English and everyone is taught how to speak and write in Gaelic at school.

A lot of our street signs will have the Gaelic translation, as well as the English on them.

The most popular Gaelic Irish phrases you will see are “céad míle fáilte” meaning “a hundred thousand welcomes” and “go raibh maith agat”,

used to say, “thank you”, but translates to “may you have goodness”. Often people will

say, “Go raibh míle maith agat”, used to say “thanks a million”, but it actually translates to “may you have a thousand good things”.

The Irish for Ireland is Éire. I will link a video of someone speaking Gaelic Irish in the Calm Corner. The Official Emblem of Ireland is the harp and it is on our currency (Euros). I usually have a few euros in my purse so if anyone would like to check them out, stop by my office. The Shamrock is also a well known emblem of Ireland and was used by St. Patrick to teach the Holy Trinity. It’s leaves also represent faith, hope and love. The fourth leaf is where we get our luck. Each year, on 17th March, the people of Ireland celebrate St. Patrick’s Day, to observe the death of St. Patrick, the Patron Saint of Ireland.

Legend has it that St. Patrick chased all the snakes out of Ireland and to this day I have never seen or heard of anyone spotting a snake in Ireland. St. Patrick’s Day is also known as Paddy’s day (Paddy is short for Patrick), not Patty’s day, as Patty is the short for Patricia.

Last fun fact: The Titanic was actually built in Belfast, Northern Ireland. If you ever visit you should check out the Titanic Quarter in Belfast. The Titanic Museum is built to look like the front of the ship and inside you can find a replica of the famous staircase on the Titanic. Outside you can walk the slipways where the Titanic was built. It’s pretty cool. I challenge you to learn more about the culture of Ireland.



Leprechauns, castles, good luck and laughter...

Lullabies, dreams, and love ever after...

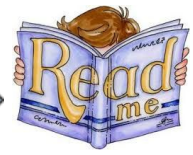
Poems and songs with pipes and drums...

A thousand welcome when anyone comes...

That’s the Irish for you.



## Book Suggestions



\*Your fantastic elastic brain: Stretch It, Shape It by JoAnn Deak

\*Incredible You, 10 ways to let your greatness shine through by Dr. Wayne Dyer

\*Unstoppable me By Dr. Wayne Dyer.

\*How to catch a leprechaun by Adam Wallace.



(I will post youtube links for books in my Bitmoji Office - Mrs. Samuel’s Calm Corner)

Lastly, The Kindness Council would like to thank everyone who purchased Friendship grams. We raised almost \$300 and will be determining where the money will be donated to soon.

“Don’t go through life, *grow* through life.”

## Staff Spotlight



(Chrissy) Lavin has been nominated by our district as the American Legion School Teacher of the year. Mrs. Lavin is one of many treasured members of the Spencer-East

Brookfield Regional School District.

Mrs. Lavin goes far above and beyond her responsibilities as a 5th and 6th Grade math teacher at the East Brookfield Elementary School, as it is her extra efforts to ensure that all students, their families, the school staff, and the community at large thrive in a welcoming and supportive community, that she is being nominated for this award.



Mrs. Lavin’s years of dedication to the school and its greater community are evident in the voluntary responsibilities she takes on with no expectation of compensation or recognition. Her list of additional leadership responsibilities is extensive and notable, such as serving as the school’s acting Principal in the Principal’s absence. Even more notable for the purpose of this award is Mrs. Lavin’s commitment to civic and community engagement for herself and her students. This recognition is very well deserved.





Preschool Registration is open now please contact Pupil Services at (508) 885-8515.

## Read-A-Thon



As of March 5th, East Brookfield Elementary School has raised \$7,195. Our School read 4247 minutes in total. Keep Reading!

## DATES TO REMEMBER

March 12th     ½ Day PD  
 March 17th     St. Patrick's Day  
 March 22-26    Annual Community Reading Day

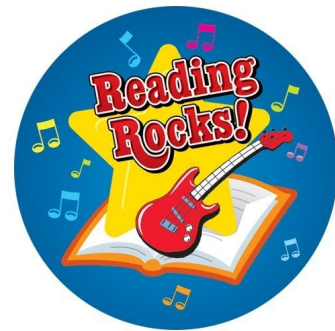


## Annual Community Reading Day

We are so excited to have 5 community members participate in our annual Community Reading Day at East Brookfield Elementary School.



This year is going to be slightly different than past years as we are going virtual with the readings and extending them for an entire week. This will provide an opportunity for the children to hear a story every day during the week of March 22. Each reader will read a story for the children and record themselves so all of the children can view each of the wonderful stories.



The books that were chosen this year are based on a common theme:

Massachusetts authors. We have so many amazing children's authors that have resided in our state, and we wanted to share them with our students.

We would like to thank all of our wonderful community members that helped make this community reading week special for the children.

### Staff Contacts

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