



## Principal's Message

### **PBIS & Restorative Practices at WHES**

*Building and maintaining a positive environment within a school is a collective effort by all stakeholders in the school (students, staff & parents). A positive environment in a school is a combination of a number of factors that work together resulting in a safe, welcoming and productive atmosphere for all participants. The nature of student to student and student to staff relationships is a key, as well as a clear understanding of what is expected of all individuals, in all venues of the building (hallways, playgrounds, cafeteria, bathrooms, buses, etc.). Two major mechanisms at work at WHES to promote and solidify the environment we seek is our Positive Behavioral Interventions & Supports (PBIS) and our Restorative Practices. PBIS supports our healthy interpersonal environment by recognizing when students and adults are doing the things we would want them to do. We call this "catching students being good." This can occur in across the school building and in all activities of a student's school life. When kids see that we are recognizing and appreciating them being helpful, being kind, showing pride in themselves and their school, they have a greater tendency to continue and expand those positive behaviors. This year we've added "The 5 Ps" to our consideration. The 5 Ps are: **Be Polite, Be Prepared, Be Prompt, Be Positive & Be Productive.** Ask your children if they can explain about how any of the 5 Ps pertain to their school life. It has given us a simple vocabulary to focus on with students and easy concepts for students to understand and follow in the daily lives here at school. Through PBIS and the 5 Ps, we have a strong process for emphasizing and celebrating the behaviors we desire from all our students.*

*Restorative Practices exist at WHES for the purpose of respecting the intelligence and problem solving capacities of all our students. Restorative Practices provide a mechanism for expanding our relationships with one another and for addressing needs (interpersonal, behavioral & systemic) that present from time to time. Through our circle process staff can help students to truly understand the impact of their own behaviors and then build plans to repair any negative impact or harm their behaviors may have caused for other individuals or to our school environment. Restorative Practices has proven to be a far more effective methodology for addressing issues within the school and, while it hasn't fully replaced standard disciplinary practices at WHES, it has limited the number of issues that rise to the level in which standard disciplinary responses become necessary.*

*PBIS and Restorative Practices remain as two major facets in our school's efforts to maintain a safe and respectful environment in which everyone is accountable for their own actions.*

**Office:** Please remember to send your child to school with a note if they are going to a different destination on the bus after school. It helps to avoid last minute phone calls to the school, which can make dismissal very chaotic. We appreciate the advance notice and thank you for not calling with these changes after 2:00 p.m.

- Please remember to complete and return the beginning of school parent paperwork packet.
- School pictures will be done on Monday, September 30th.



**Food Pantry:** Please consider making a donation!

**Flocking for Food:** The Flock is out!!!!

**Health:** Please remember that our children need adequate amounts of sleep in order to have top performances. Many children do not get the required amount of sleep. According to the National Foundation of Sleep the recommended amount of sleep is as follows:

- Preschoolers (3-5): Sleep range widened by one hour to 10-13 hours (previously it was 11-13)
- School age children (6-13): Sleep range widened by one hour to 9-11 hours (previously it was 10-11)
- Teenagers (14-17): Sleep range widened by one hour to 8-10 hours (previously it was 8.5-9.5)
- Younger adults (18-25): Sleep range is 7-9 hours (new age category)
- Adults (26-64): Sleep range did not change and remains 7-9 hours
- Older adults (65+): Sleep range is 7-8 hours (new age category)

**Sports:** Soccer is underway. Games started this week. The fields are painted. Come out and support the team if you have a chance!

We had an unfortunate setback this season as we discovered that our soccer goals were rusted out and falling apart, but the good news is we will be getting new ones delivered as soon as next week!

What this means is that we are going to need all the financial support we can get to ensure that our athletic program can get the supplies it needs to keep everything going.

One way people can help now is to order some Whitefield Wildcat apparel. Just go to the Elliot Office Products website and look for our school catalog, or follow this link-

<http://eliottofficeproducts.azurewebsites.net/DownloadableContent/WhitefieldWildcatSwag.pdf>

**Kitchen:** Thank you for the welcome to Whitefield School. It is going to be an exciting year here, and I hope you as parents, hear about the fun in the cafe, from your students. My supervisor and I are talking about trying new foods during lunch time for the students. We are trying to be creative and innovative with new foods, in hopes the children will try and like them. I look forward to a fun year here and hope the kids do too! And, if any parent has any question regarding their students lunch account, please feel free to call me or email me here at school. Thank you - Vicki

**Click below to check out the Whitefield School Collaborative Problem-Solving Project!**

<http://www.svrsu.org/o/whes/page/whitefield-collaborative-problem-solving-project>

### Grades Pre K- 2

**Pre K:** In Pre K we are learning about how to be good listeners by using our listening ears, looking eyes, quiet voice, and sitting body. We are also learning about the different emotions that we experience through games, songs and drawing. Thursday we had our first Read With Me, a program that allows family members to come into the classroom to read a book with their child and complete an activity with them. This month it was "Froggy Goes to School" by Johnathan London. The children made frogs and we were able to practice their fine motor skills by putting together and pasting their frogs. We are off to a great start in Pre K!

**Beck:** The K Krew has been busy learning the rules: 1. Stay in your spot. 2. Use your quiet voices. 3. Follow directions and 4. Keep your body to yourself. Please review these with your children at home. We are working on an alphabet book and talking about numbers. Please remember to send a snack each day for your child. Children get very hungry during our morning work time. Please send a backpack each day also. We have papers each day to take home and a backpack is the perfect place to put them! Have a great weekend!

**Lamothe:** We are reviewing classroom rules and expectations every day. Each day seems to be a little better when it comes to listening and following directions. We worked on the short sound of a this week along with practicing capital A and lowercase a. We reviewed writing numbers 1-10 and talked about different ways we use numbers in our daily lives. The first set of leveled books were sent home today in your child's RED Folder. Please return books on Friday of the following week. Paperwork from the first day of school needs to be returned to the office as soon as possible. Star Student was Skyler.

**S.Brewer:** Another fantastic week in Grade 2. We continue to practice rules and procedures. They are doing awesome!! In math we are working with 3 digit number puzzles and place value. We will be starting Literacy Block very soon, so we are practicing reading to self. In science we continued our unit about how water shapes the earth's surface. Our second lesson was called, "Why is there sand at the beach?" We learned how rivers can be powerful enough to carry rocks and slam them into each other, breaking them into smaller and smaller pieces along the way. Please check Friday Folders for any unfinished classwork. Please have your child complete and return on Monday. All work goes into their work binders here at school and some students are missing work. Thanks to the parents who have sent in more classroom supplies!! It is appreciated.

### Grades 3-5

**Northrup:** We have been very busy in third grade. We are continuing to work on rules, procedures, and expectations. We also had a Restorative Circle and discussed how to be respectful while others are talking. We have NWEA testing starting on Monday. A BIG thank you to all that have sent in supplies for the classroom. Student of the Week- Chiara

**Trask:** The class has been taking the NWEA's this week. This makes for some tired students. Because of this, there has been little homework. I hope everyone has a great weekend.

**M.Brewer:** Our first full week of school has been a great one! We are continuing to build a positive classroom community where we are polite and respectful. We have started our first Writing unit which focuses on Narrative craft. In Math, we have been reviewing fourth grade skills, and will begin our first unit on Place Value next week!

**PBIS News-** This week has been a review week with grades K-5. We focused on Respect and how respect is shown in many different ways. We also reviewed school expectations on the playground, cafeteria, classroom, bus and hallway. Students are working towards earning those Wildcat Cards every day!!! Bus cards are now worth \$2 to be used at the

PBIS store. Our first PBIS assembly is coming up quickly- just a reminder that it will be held September 26th at 1:15. We look forward to seeing families and friends celebrate student achievements.

<p style="text-align: center;"><b>Middle School News</b></p> <p><b>McCormick:</b> Cow Chip bingo cards have been given to all students in grades 6-8. Each student is responsible for selling and earning for their class, so please help them out! Tickets will be on sale until October 11th!</p> <p><b>Capen:</b> This week in writing, my classes started their "Who Am I?" projects. We are off to a great start! In reading we are beginning the Lucy Calkins Units of Study. Our first units are really focusing on character and how experiences shape a character's perception. We're looking forward to getting into some great books with powerful characters!</p>	<p><b>Crowell:</b> 6th graders are working hard creating great narrative pieces. They have reinforced how to create interesting leads, added transitions words and learned when and why to start a new paragraph. In Social Studies they are studying prehistory and have learned a lot about the shift from hunter/ gathering to farming, as well as evidence we have found to lead us to believe these ideas. In Math, 6th graders are working with area of polygons and parallelograms. 7th graders have continued their work with scaled drawings and are now determining scale factors. 8th graders are applying their work with transformations in geometry (translations, reflections, and rotations) within coordinate grids.</p> <p style="text-align: center;"><b>Resource News</b></p> <p><b>Brann:</b> Please be sure to check-in with your child about their homework each night. Grades K-5 have homework bags and communication notebooks to transport the necessary materials. Grades 6-8 can refer to their daily assignment notebooks and Jumprope to assist with any missing assignments.</p> <p><b>Grady/Richards:</b> Thank you for returning the signed letters so quickly!! We will begin picking up students this week, (although we will be working around NWEA schedules). Please check for Title 1 homework bags or folders . Sign and return when the homework is complete. Thank you.</p>
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**Art - Learning Commons - Music - PE**

**Martin:** 8th grade has begun their claymation unit. We are looking at various artists and how they created the animations that we know today. We will look at student work next week and will start creating our own! I am looking for clay donations such as oven bake clay or molding clay. These can be found at any Walmart or craft supply store. Anything is truly appreciated. Thank you!

**Howard:** Thank you, thank you to all the staff and Students who brought in items for the Maker Space Room - students have been using the materials to make some pretty interesting creations. The 3-D printers are being setup and will be ready for students next week as well.

In the Learning Commons, students have begun Common Sense Media to help them understand internet safety and proper use of electronic devices. They are also reviewing rules for behavior, signing out books and caring for materials. Please encourage your child to sign-out a book to share with you.

Thank you also to those students who completed the Read to Ride Passports - two students names will be drawn and submitted to the Maine Department of Education for the drawing on September 20th. Winners will be notified on September 25th. Good Luck students.

**Please click the following link to go to the Whitefield Town Library's homepage!** <https://whitefieldlibrary.org/>

**Simpson:** Fitness testing is in full swing for grades 3-8. Please help your child perform their best by reminding them to be prepared. I am trying to reinforce with students that it is more important to me that they give 100% effort, than what they actually score on the tests.

**Morgan:** Band and chorus is off to a great start this year! We have a 3-5 and 6-8 chorus this year that takes place on Thursdays during the school day. Next week I will be passing out information about the beginning band program which will start in October.

***Have a great weekend!***