



## Principal's Message **Cyberbullying...Be Aware!**

*Smartphones...what a concept! Do we honestly believe that smartphones have really made us smarter? Being fair, the evolution of phone technology has allowed us to access so much more information at our fingertips that the device probably has added much to our abilities and way of life. However, in the realm of individuals bullying other individuals, the smartphone has become a 24/7 mechanism for rapidly and relentlessly targeting and harming others. In fact, in today's schools, cyberbullying is outpacing face-to-face bullying significantly. Smartphones allow the bully to spread rumors, share pictures and other embarrassing information and engage a number of other individuals to readily participate in the targeting as well. Young people who are targeted by a cyberbully are left feeling powerless to combat or respond to the bullying activities, as the bullying can be delivered in a wide variety of formats from seemingly every direction. Statistics inform us that a striking number of students across America are victimized by this practice and the effects can lead to isolation, depression, poor attendance at school, poor performance, suicidal ideation and actual suicides. Interestingly, experts tell us that middle school students are most likely to be the victims of cyberbullying and it can have devastating effects.*

*From a parent's perspective there are several considerations you need to make to help protect your children. If your child has a smartphone be sure to communicate frequently with your child about the responsibilities and potentials of the device. Help them to not becoming either a victim or perpetrator of cyberbullying. Be completely aware of all of the apps your child is using and the dangers that may lurk within each platform. Monitor your child's use of his/her phone on a regular basis. Insist on having the password for every app on your child's phone so you can check the activity that he/she is engaging in while on the phone and don't get lazy about your vigilance. If you see something that doesn't look right or concerns you don't be afraid to respond, it is too important. Watch your child closely to see if there are changes in his/her personality. Are they more withdrawn, more reluctant to go to school or be with their friends or participate in activities that they've traditionally enjoyed? While these might just be the mood changes that sometimes come about in pre-adolescence or adolescence, they may be signals of other issues that command your attention. Most importantly, do your best to maintain good communication with your child. As I stated, kids that are victims of cyberbullying do become isolated and feel like they have no one on their side. Your continued support and engagement will offer your child an outlet to share their concerns and, hopefully, you'll become a link to resolving the issues. Even though cyberbullying often occurs off school grounds and/or after school hours, we do still get engaged in investigating and resolving these behaviors. Please notify the school should your child be targeted so that we can do our part.*

**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.

**Food Pantry:** Please consider donating!

**Flocking for Food:** The flock will be taking flight next week out of town, if you're out and about maybe you'll see them landed in unfamiliar territory!!!

**Health:** Have you heard of the "Blue Light Effect"? Blue light is an artificial light emitted from our cell phones and other electronic devices. When children and adults spend too much time in front of screens before bed the blue light actually suppresses the release of melatonin, the body's natural sleep inducing hormone. Without the appropriate release of melatonin our internal clocks are interrupted, causing problems falling asleep and staying asleep. If you are struggling to put the devices away a couple of hours before bed there are blue light blocking glasses available.

**Sports:** Please support our athletic programs by getting your Whitefield Wildcat gear here:  
<http://elliottofficeproducts.azurewebsites.net/DownloadableContent/WhitefieldWildcatSwag.pdf>

**Kitchen:** Our first month is behind us and forward progress is being made. If you haven't done so already, please send in your application for free or reduced meals. This helps our school considerably. Thank you in advance for doing this. As cold weather approaches, we will be offering some hot vegetables at lunch time. This is with hopes, a variety of vegetables as well as fruit, will become a normal habit for the students to choose and try something new. We are working on some new specials throughout the Month of October as well. Again, if you have any questions for me,

about the student nutrition offerings here at Whitefield School, please contact me via email, by calling the school, or stopping by. Please keep in mind my busy times are meal times for the kiddos.

**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:** This week in Pre-K we have been learning to use self talk and following directions along with our carpet rules. We also had Art for the first time on Monday and made colorful glasses with pipe cleaners! Please be sure to check take home folders. There were some important papers that went home this week such as order forms for Picture Day (Monday, Sept. 30), Menus, and October's book order. We also had our first assembly of 2019 and our Respect award went to Piper. We also have two students that have put in excellent effort Vaughan and Teddy. Great Job!

**Beck:** The K Krew has been busy this week writing letters and drawing pictures for our penpals in Virginia! We are excited to go harvest the pumpkins we planted last Spring at Mr. Marple's farm. This week we read The Three Little Pigs and then went to the Learning Commons Maker/Worker room and built a home for the pigs from toothpicks and marshmallows!

**Lamothe:** The first graders harvested pumpkins from the Marple's farm on Friday. We have talked about some of the fun things we are looking forward to doing this fall. The children continue to work on short vowel sounds. Our focus this week was short e. In Math we are learning about odd and even numbers. Literacy groups went well this week. The students did a wonderful job remembering their RED bags last Friday!! As a reward for their positive behavior the students earned 10 minutes of extra recess! Star Student was Max.

**S. Brewer:** We had a very busy week in grade 2! We focused on character development, verbs, adjectives, place value, respect, magic e words, and erosion this week. Thanks to some parents for sending in extra snacks this week. Congratulations to Noah, Max and Anthony for earning awards at our September Assembly! Our class won the class award and voted to bring in their favorite toy.

**Grades 3-5**

**Northrup:** Another busy week in 3rd grade!!! Congratulations to Bryan, Hailey, and Kayla for receiving awards at our first assembly of the year. Literacy Block is going very well. Ask your child what book he/she is reading during reading groups. Please check folders nightly to be sure your child is completing the math assignment. This is practice/reinforcement of the lesson taught during the day. Reading Logs continue to be due each Friday. Students will be running the mile run on October 2nd. Please see Mrs. Simpson's information below for what is needed on that day. Reminder-sneakers are required on all P.E. days. Student of the Week- Kayla

**Trask:** Next week the class will visit the Hidden Valley Nature Center. The Class will be studying trees, making observations, and having discussions about what they observed. Please make sure your child is dressed for the weather at this time of the year.

**M. Brewer:** It has been a busy week in 5th grade! We have been working on making connections to text that we are reading, and continuing to practice pulling sensory details to help build mental images while we are writing. In Math we are continuing our daily number talks, and are doing well sharing different strategies with one another. We created mold terrariums in Science and are having so much fun observing the changes in them daily.

**PBIS News-** This week we had our first PBIS awards assembly. IThanks to the 8th grade for their wonderful skit, showing how to be prepared for school (one of the 5 P's). Congratulations to all the students who were recognized for their positive behavior!

**Middle School News**

**McCormick:** Keep an eye open for the pumpkin sale! The 6th graders harvested them today with the help of Kindergarten and 1st grade!

**Capen:** In ELA we are celebrating getting our NWEA assessments done this week! The students worked hard on these tests and really put in the effort to show me their best thinking.

**Crowell:** 6th graders celebrated the completion of part of their prehistory unit by foraging for sticks and shaping their tool to be able to cook different types of meat on a fire. We also enjoyed fruits that could have been collected had we foraged for them :) Moving forward, students are researching how ancient people first came to the America's.

All middle school classes have been working hard at the NWEA assessment. This will help us move forward with instruction to best suit student needs. We have also been touching up with adding, subtracting, multiplying and dividing fractions and decimals.

<p>These assessments will help shape my instruction and how to best move forward with teaching based on student need. In addition we have been continuing to work on our character study units. In writing the students are almost done with their "Who Am I?" projects! The projects are coming together nicely and will be an impressive piece of work when they are all completed!</p>	<p style="text-align: center;"><b>Resource News</b></p> <p><b>Brann:</b> Elementary Literacy Block started this week. Check with your child to see what their group has been working on!</p> <p><b>Grady/Richards:</b> Remember to check for Title 1 homework. The books are usually pre-read with us and then read again with you to work on fluency. If you see more than one book, it is probably because they did not read and have their papers signed from the night before. They should only receive homework 3 times a week from us unless they ask for more. The children seem very eager to read to someone at home. Have a great weekend!!</p>
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**SchoolStore.com Fundraiser** - Be on the lookout for envelopes from the SchoolStore fundraiser - this is a simple fundraiser where you do not sell anything. You only need to use the SchoolStore website to access stores that you shop at online and those stores will donate back to the school. Some classes received theirs this week and the rest will be given out next week. All proceeds go directly to your child's homeroom. If you have any questions, please email Mrs. Howard at [choward@svrsu.org](mailto:choward@svrsu.org).

**Art - Learning Commons - Music - PE**

**Martin:** 4th Grade will soon be learning about lobstering in Maine, its importance and the current struggles they face. We will also be learning about marine tidal pool life. I'm looking for a donation of old buoy's to paint. Any will do. Thanks.

**Howard:** For MakerSpace time, we are now incorporating some STEM and STEAM challenges. One of the challenges this week was to build a structure of choice out of mini marshmallows and toothpicks (Grades K, 5 & 7). Please check out our website or Facebook page to see some pictures.

In the Learning Commons we practiced Media Balance for lower grades - having students think about how much media is in their lives and if they know when it is too much. Older grades are working on a Khan Academy Learn Storm activity that encourages having a Growth Mindset (*the belief that you are in control of your own ability, and can learn and improve*).

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

**Simpson:** The mile run is coming up! Here is how you can help your child be prepared to do their best. Please send them to school on mile run day with water (for after they are done running.) A change of clothes and shoes (the course can be wet in the mornings or from rain.) Inhaler if needed. Deodorant for freshening up after the run. 5-8 graders may listen to music if they choose and doesn't become a distraction. Please off them some words of encouragement to work hard the entire time and do their best. Thank you for your help with their physical education!

**Morgan:** If any students missed the beginning band meeting they can still join band. Students who are interested should have received information about how to join band and should return their slips back to me. Please contact me via email if you have any questions.

***Have a great weekend!***