

# Ella P. Burr School Newsletter

February 2020  
Volume 3, Issue 6

Principal: Peter J. Loiselle  
School Website: <https://www.rsu67.org/o/ella-burr-school>



## Principal's News

The first week of February has come and gone and we are one week away from February Vacation. Thursday and Friday's snow and ice changed some scheduled events, but they have been rescheduled. The biggest one, the Kindergarten concert, will be Thursday, February 13 at 1:00 pm (doors open at 12:30 pm). Along with the tricky weather, came the chance that school might be released early. Luckily, that did not happen, but it was a reminder that if your phone number has changed since the beginning of school, please let us know your new number. Students will not be dropped off if no one is home, so it's important we can contact you in case of such emergencies.

Mr. Loiselle

## Contents

Principal's News	1
Childhood Trauma and Stress	1
Music Concerts	1
Pre-K News	2
Early K/Kindergarten News	2
First Grade News	2
Second Grade News	2
Third Grade News	2
Morning Math Club	3
Vocabulary	3
PE/Health	3
Art/Music	3
Family Support	4
Exciting Events	4

## Childhood Trauma and Stress [www.parenttoolkit.com](http://www.parenttoolkit.com)

Last month I shared a little about trauma and the stress it creates. Here's a little more information to continue the "discussion" of what it is and how we can work together to help our kids.

"So, what's the brain actually doing when it's stressed? Well, heart rate increases and glucose (a sugar) is released, giving the body more energy. As a result, the child's body is in a state of alarm—even if there's no real threat. They might become hyper and act out or become disruptive. For this very reason, many children who are experiencing trauma are misdiagnosed with **Attention-Deficit/Hyperactivity Disorder (ADHD)** or **Oppositional Defiant Disorder (ODD)**.

Changes in the brain don't stop there. Nicole Kabalkin, a licensed clinical social worker at **Milestones Psychology**, says that hormones flood the child's brain and impair different areas of the limbic system, which controls learning and memory (in the hippocampus) and processes emotion (in the amygdala). And the prefrontal cortex is also affected by trauma -- the part of the brain that controls executive functioning skills like problem-solving and planning.

Kabalkin goes on to say that if you only have a certain amount of energy in your brain, and it's all being directed toward survival skills, then those higher-level functioning parts just aren't going to develop at a normal rate. For example, if you have a limited budget, you'll probably put your money toward what you need to survive - food, water, a roof over your head. That's the baseline. You'll worry about directing your money toward other, less necessary things once those basics are covered. In the brain, energy works the same way. If it's being told that energy should go toward survival, then that energy isn't reaching the higher-level areas in the way it should, where learning, memory, and emotion live. In the words of Kabalkin, "How can we expect kids to really pay attention in class when they're just worried about basic survival?"

This, Kabalkin says, can lead to kids having difficulties learning how to memorize, problem solve and process emotion. Their brains just aren't working that way.

## 2019-20 Concerts

Kindergarten: Feb. 13  
First Grade: March 5  
Second Grade: April 2  
Third Grade: May 7

Snow dates are one week later.

## Pre-K News Ms. Sherman and Ms. Tash

Good news! The groundhog did not see his shadow so spring will be six weeks early! But we thank you for continuing to send those snow pants! We have finished our winter checkpoints so our families will be receiving data that reflects their child's growth in all developmental areas. We are currently studying "The World of Color in our OWL curriculum. We will soon be serving "ice cream" from our ice cream truck and the kids are writing to invite Mr. Loisel to stop in for ice cream at our Friendship party on Wednesday, February 12th. A big thank you to all of our families for doing what you do every day!

## Early K/Kindergarten News

Mrs. McCarthy, Miss. Crockett, Mrs. Edwards, Mrs. Morse, Mrs. Olsen, and Mrs. Peters

Early K has been having so much fun with our dramatic play areas and a lot of learning is happening as well! This month we have a vet hospital set up. The compassion the kids have shown for their pets and their patients has been amazing. At the same time, the kids are engrossed in literacy, math, and science learning. This month our writing centers are focused on friendship and learning how to write each other's names. With Valentine's Day just around the corner, there is a lot of writing going on. Happy Valentine's Day from Early Kindergarten!

There are some very exciting things happening this month in Kindergarten! The learners have their concert coming up and have been practicing their singing. We have celebrated Groundhog Day and will be celebrating dental health month, Valentine's Day, and the 100th Day of school. In math, learners have been practicing telling time to the hour and knowing their odd and even numbers. We have been working hard on our science program and learning all about wood. The kids are learning a lot so far and enjoying doing different experiments. Your children are becoming great readers! Please remember to keep reading with your children at home!

## First-Grade News Mrs. Cuccinello, Mrs. Whittier, and Miss Croce

First grade has been busy learning how to show empathy towards their friends and how to become a good friend. Not only are they working on friendships, but they have also been working very hard on their reading, writing, and math skills. In math, first graders are continuing to work on their addition and subtraction. We celebrated the 100<sup>th</sup>-day of school on Monday the 10<sup>th</sup> and the first graders were so excited to do 100<sup>th</sup> day activities in their classrooms. They completed writing papers, math papers, art papers and STEM activities that all had to do with 100!

## Second-Grade News Mrs. Hallett, Mrs. Stevens, Mrs. Gardner, and Mrs. Himes

We are plugging along here in 2nd grade! The year is quickly going by and we're looking forward to the 100th day of school on Friday the 7th! Here is what's new for learning goals. In Reading, we are taking a look at non-fiction text features. In Writing, we're finishing up How-To's and moving onto a fun animal research report. In Science, we are talking about Animal Classification. As for Math, we are moving on to 2-digit addition with regrouping. Keep an eye out for class Valentine lists coming home. Valentine's Day is Friday before vacation! We hope everyone gets a chance to spend some time with their families over the winter break.

## Third-Grade News Ms. Tolman, Mrs. Thornton, Mrs. Manzo, and Mrs. Brawn

January has flown by quickly! We have been busy learning many new things. In Math, we are currently working on finding the perimeter and area of rectangles, but will soon be working on graphing and measurement. We are continuing to work on science experiments in our FOSS kits. Learners are reading and writing informational texts, including distinguishing fact from opinion and writing their own news articles. Pop tabs have started to pile up! We appreciate all of your help! Keep sending them our way!

## **Morning Math Club** Mrs. Gulesian and Mrs. Gordon

The morning Math Club is averaging 27 third graders each morning. The students are working hard on 2-step word problems, using both addition and subtraction. One of their favorite games to play is called Zap. This is a game in which the learners are adding double-digit numbers in columns.

## **Reading and Writing** Mrs. Crane, Ms. Murchison, and Mrs. Harper

Reading and writing go hand in hand. When your child writes regularly, he will be building his reading skills too. To help develop the writing habit:

- Encourage your child to keep a daily journal.
- Create a weekly dinner menu or grocery list together.
- Decorate a cardboard box to look like a mailbox. Get the whole family involved by writing letters, addressing the envelopes properly, and sending them to each other.
- Tell your child a story related to her, such as when you brought her home from the hospital or her first birthday, and have her write the story in her own words.
- Take turns writing sentences to make a silly story.
- Give your child a box of writing supplies. Include special paper, markers, stickers, stapler, fun pens, and pencils, etc.

## **Physical Education/Health** Mr. Lindsay

Over the past month in PE we have been honing our overhand throwing skills and are now putting those skills to use in an activity that seems to be a big hit with the students. Who knew running, screaming and throwing could be so much fun!!

Now that we seem to be getting some snow, I am hoping that when we get back from February vacation, we will be able to start our snowshoeing unit. It will be very important that all students have winter jackets, ski pants, winter boots ( must be an insulated boot), proper hat and gloves/mittens in order to go outside snowshoeing. It is a matter of student safety.

## **Art and Music** Mrs. York

The concert season is upon us! Kindergarten worked hard to be ready for their concert on February 6<sup>th</sup> (RESCHEDULED February 13), and Grade one is in full swing for their concert on March 5. Grades 2 and 3 are learning songs and also spending time with the orchestra and its many families of instruments. A chance to touch and various instruments is coming soon.

Art is finishing up color and moving on to texture this month. There will also be an opportunity to create a Google Doodle. These can come home and if the parent/guardian and learner wish to submit it for a contest, there is a section for the parent/guardian to fill out before returning to me, Mrs. York by MARCH 3.



**Ella P. Burr Elementary**  
23 Ella P. Burr St.  
Lincoln, ME 04457

**Phone:**  
(207) 794-3014

**Fax:**  
(207) 794-2602

**E-mail:**  
ploiselle@rsu67.org

**Empowering  
Learners, Today  
and Tomorrow.**

## Family Support Mrs. Turner

**Kindness Celebration** - The students and staff have taken Mr. Loisel's challenge seriously! The School-Wide Kindness Bucket is OVERFLOWING! All representing behaviors of safety, respect, responsibility and above all KINDNESS! I hope the weather will be warmer when he gets his head shaved!!! He has challenged the students to fill the bucket twice by April vacation and he will get his head shaved in front of the entire school! Got to love our Mr. Loisel for being such a great sport!!!

**EPB Backpack Program** - Just a reminder that you are more than welcome to sign up for our Backpack Program at any time, just send in a note or call the school. Your child/children will get snacks on Monday to have a school for snack time during the week. Walmart donates their returnable bottles to us and we can get fresh fruit and other snacks as well. They will also receive a bag of food on Thursdays and milk and juice on Fridays. We just ask that you return the bag the food came in so we can fill it up again. Those of you who may have lost your orange bag just need to call me and let me know and I can get you another one.

**EPB Fuel Fund** - Let's wear those hats and sunglasses on Fridays to help keep our EPB Families warm! Staff and students are encouraged to bring in 50 cents each time they wear a hat or sunglasses. This helps us all work together to help out. Sometimes we may take the heat in our homes for granted, some families are not so fortunate and no one should be cold or worry about keeping their homes warm in the winter. We can all pitch in a little to help! Thank you in advance!

**Guidance** - Last, but certainly not least, we have been talking about negative and positive self-talk and the power of it. When emotions are strong, positive self-talk is an effective strategy for calming down our emotions, especially anxiety. The younger students have been learning about ways to calm down-STOP, NAME OUR FEELING, AND DO A BELLY BREATH-when we name our feelings we go to the thinking part of our brain and that helps us to think more clearly.

## Exciting Events!

Some exciting events happening between now and the end of the school year. Please add them to your calendar.

- Maine Author, Tim Caverly, and illustrator, Frank Manzo, will be presenting to each classroom on February 27 & 28.
- Scholastic Book Fair: March 23-27
- Literacy/Math Night: March 24
- Children's Stage Adventures is returning and working with our students for the production of *The Princess and the Pea* during the week of June 1 - 5 and the public performance will be the evening of June 5.

*"A child without  
education is like a  
bird without  
wings."*

*Tibetan Proverb*

***A word of encouragement during a failure is worth more than  
an hour of praise after success.***