

The Bulldog Bulletin

Alden Primary School – February 2024



A Note from Mr. Stepnick

Dear Primary School Families,



Although Punxsutawney Phil, has already predicted an early spring, the winter weather will likely be around for quite some time. While you're cuddled up with your blankets at night, take advantage of this time indoors to establish some new reading routines with your child with a nightly read aloud! Reading aloud is one of the best ways to spend time with your youngster, build their basic reading skills, and help them learn to love books! Here's a few quick tips for making this time enjoyable:

Select the Right Books: If your home library is lacking in variety, check out one of the public libraries. (Alden, Marilla, and Lancaster all have hours extending up to 6-7PM into the evening). If your child has a particular interest, don't be afraid to ask the librarian to help you find some new books on that topic. In addition, don't forget about some of your own personal preferences as a kid. Your excitement for a childhood favorite is likely to get your child excited too!

Make Reading Time a Priority: Be sure to make your time together special. Get teeth brushed ahead of time and limit potential distractions. Turn the TV off, silence your cell phone, and build the excitement beforehand ("I can't wait to see what happens at the end of our story... I wonder how they're going to find their way home.").

Be Silly: You can use different voices for different characters (a high, squeaky voice for a mouse or a deep, booming voice for a horse). Or substitute your youngster's name for the main character's name and use family members' names for others.

Don't Neglect the Nonfiction: If fairytales and adventure don't hold your child's attention, there's nothing wrong with non-fiction! Talk about topics that interest your child (a type of animal, a sport, a famous landmark) and find books to help expand their knowledge. Many new non-fiction series like *Who Would Win?* and *National Geographic* are packed with fun facts and interesting photographs.



2024-2025 School Year

Information for children who will be starting kindergarten in the fall is already coming out! Spread the word to any friends or relatives!

- Info is posted on the District website (New Students)
- UPK students will bring printed packets home
- Registration packets will be available for pickup in the Registrar's Office, the PS Office, or available to print online

Registration Deadline

Fri., Apr. 19th

Once registration packets are received, we will begin scheduling K Screening appointments for June and July!



PTO Happenings

We're excited for our upcoming Meat Raffle on Saturday, February 3rd! This joint fundraiser will help us raise funds for all four of the schools in the district.

Our Gertrude Hawk candy sale wraps up on Monday, February 5th.

Kindergarten Fun Night

Rescheduled to Friday, March 15th

Next Meeting:

Tuesday, February 13th

6:30 PM - APS Library

Questions?

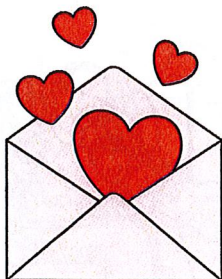
Please contact Mrs. Jackie Canetti, PTO

President, at 716-983-1650 or

aldenprimarypto@yahoo.com

Valentine's Day Celebrations

Classroom teachers will send out information about Valentine's Day (Feb. 14th). If you have questions regarding class lists, allergies, etc., please reach out to your child's teacher.



Conclusion of the Second Trimester

At the elementary level (K-5), our second trimester will conclude on Tuesday, March 19th. Progress Reports will be mailed out to families by Thursday, March 28th. Although we do not designate a date for spring Parent-Teacher Conferences, you are welcome to reach out to your child's teacher at any time to discuss their academic, behavioral, or social-emotional progress. If your child's teacher feels the need for a second conference, they will reach out to you in mid-March.



RULER

One of our K-12 initiatives for the 2023-2024 school year has been the implementation of a RULER, an evidence-based approach to social and emotional learning (SEL) developed at the Yale Center for Emotional Intelligence. RULER supports entire school communities in:

- Understanding the value of emotions
- Building the skills of emotional intelligence
- Creating and maintaining positive school climates

With guidance from Mrs. Vogl (K-2 Counselor) and Mrs. Musilli (K-5 Psychologist), classrooms have learned a lot about recognizing how they feel, building a classroom community that supports all of its members, and demonstrating the best version of themselves on a daily basis. Each week in the months of February, March, and April. Classrooms will be introducing a new emotion during their Morning Meetings. Home to school handouts will help keep families informed about the emotions that are being discussed and provide discussion prompts for home.



News and Notes



Student Arrival

If your child attends breakfast, please ensure they are dropped off prior to 8:00. We do not want to rush any of our students out of the cafeteria each morning.

7:45 AM - PS doors open and busses unload.

7:45 - 8:05 AM - Doors remain open for parent drop-off.

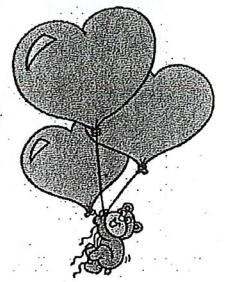
7:45 - 8:10 - Breakfast

Valentine's Day

PS students are allowed to pass out valentines and treats to their classmates. Edible items may be brought home for parent approval.



February



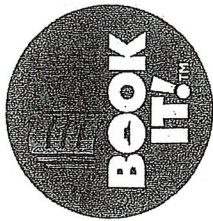
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 BOE Mtg. PS - 6:30	2 Spirit Day Wear Fun & Fuzzy Socks	3 PTO Meat Raffle
5 PTO Gertrude Hawk Chocolate Orders Due!	6	7 HS Musical Preview (10:40 AM) "The Adams Family"	8	9 Early Dismissal Staff Development Day	10
12 Spanish Club begins	13 100 th Day of School! Dress like you're 100 years old. PTO Mtg. PS 6:30 PM	14 Valentine's Celebrations 	15 BOE Mtg. HS - 6:30	16	17
19 Presidents' Day	20	21	22	23	24
NO SCHOOL - Mid-Winter Recess					
25	26 Bulldog Spirit Day Wear Alden Blue & Gold	27	28	29	1
					2

Alden



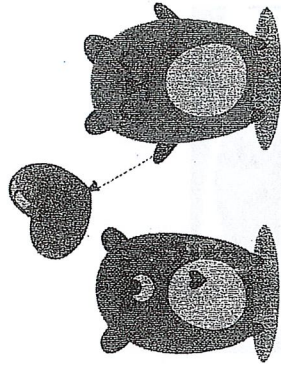
11197 Broadway, Alden, NY 14004

(716) 937-9116 ext. 6191

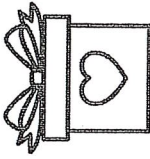
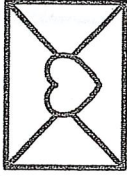


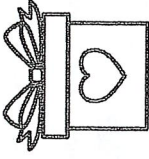

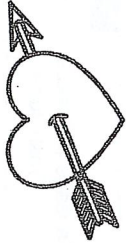
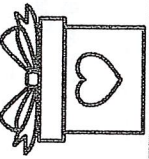
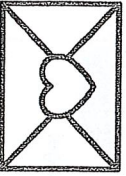
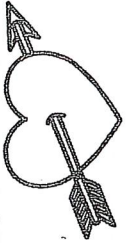

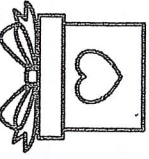
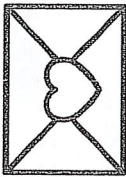

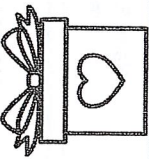
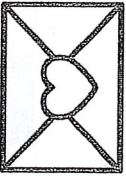
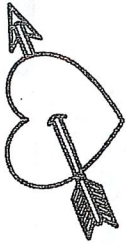
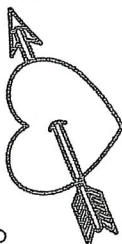
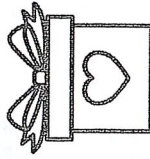
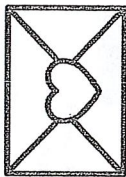
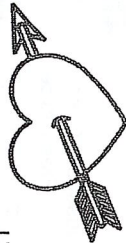
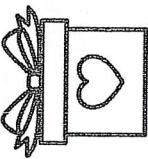
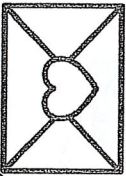


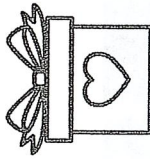
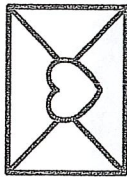
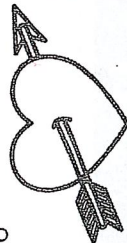
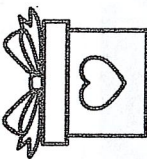


FEBRUARY 2024

Reading Log



For each day that you read toward your goal, color in the picture.

SUN	MON	TUE	WED	THU	FRI	SAT
				1 	2 	3 
4 	5 	6 	7 	8 	9 	10 
11 	12 	13 	14 	15 	16 	17 
18 	19 	20 	21 	22 	23 	24 
25 	26 	27 	28 	29 		

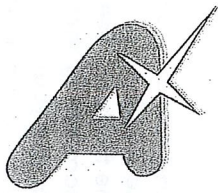
Student Signature _____

Parent Signature _____

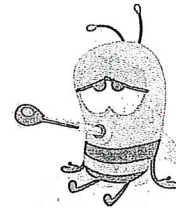
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WHEN TO KEEP A CHILD HOME WITH ILLNESS



Sometimes it can be difficult for a parent to decide whether to send children to school when they wake up with complaints that they do not feel well. However, there are some situations in which it is best to plan on keeping your child home.

- Persistent fever greater than 100° under the armpit, 101° orally, or 102° rectally (without fever reducing medication such as Tylenol)
- Vomiting 3 or more times in the previous 24 hours, especially if accompanied by poor appetite, diarrhea, or fever, or if vomiting is in the morning of the same day you intend to send them to school
- Diarrhea or loose stools that cannot be controlled, that are bloody, or that spill out of underpants or diapers, or a diagnosis from a physician of an infectious cause until cleared by the physician to return to school
- Child is too sleepy or ill to stay in class all day or profit from program activities
- Significant cough that makes a child feel uncomfortable or disrupts the class
- Difficulty breathing, persistent crying, or significant irritability
- Sore throat accompanied by fever, rash, and/or feeling ill, that lasts longer than 48 hours, or a physician confirmed diagnosis of strep throat until 24 hours after treatment has started
- Honey-crusted sores around the nose or mouth; any wet or weeping sores; or a physician confirmed diagnosis of impetigo until 24 hours after treatment has started.
- Rash accompanied by other symptoms of illness such as fever or behavioral changes, until a physician confirms it is not contagious.
- Red, runny eyes that are painful, severely itchy, red or swollen eyelids, or distract a child from learning
- Large amount of discolored nasal discharge especially if the child is feeling ill or has a fever
- Severe ear pain or drainage from the ear
- Severe headache, especially if accompanied by fever or rash
- Persistent abdominal pain for more than 2 hours or associated with fever, dehydration, or feeling very ill.
- Any condition that you think may be serious, contagious to others, or that would prevent your child from staying in class, participating comfortably in activities, or that may interfere with learning.

** When your child is diagnosed with any communicable (contagious) disease, please report this to the Health Office as soon as possible. Some of the common communicable diseases among school-age children include: Strep Throat, Scarlet Fever, Pneumonia, Conjunctivitis (Pink Eye), Pediculosis Capitis (Head Lice), Impetigo, Ringworm, and the Flu. **

Please contact your private provider for specific questions about your child, or the School Nurse at 716-937-9116 ext. 6137 for general questions.

RULER

USING THE MOOD METER

The Mood Meter is a tool that helps build awareness of emotions in ourselves and others. It helps us understand how our emotions influence our thinking and behavior, empowers us to recognize and label our full range of emotions, and use our emotions wisely. These skills help us get along with others and make better choices in our lives.

The Mood Meter shows that all emotions have a place and that all emotions are okay. Even unpleasant emotions, though they may feel uncomfortable, can serve us in certain situations. Part of working with the Mood Meter involves developing strategies to help us work skillfully with those emotions, and to cultivate more of the feelings we want to have in order to achieve our goals.

CHECKING IN ON THE MOOD METER

Use these questions to guide your Mood Meter check-in.

R: Where are you on the Mood Meter?

U: What is causing you to feel this way?

L: What word best describes your feeling?

E: How are you expressing this feeling?

Are you comfortable expressing?

R: How do you want to feel? What strategy will you use to stay or shift?

RED

IF YOU'RE FEELING...

- Irritated
- Frustrated
- Angry
- Stressed
- Afraid
- Anxious

Now is a good time to write a persuasive argument or advocate for something you believe in. Being a little in the red helps us get things done or rise to a challenge.

WANT TO MOVE OUT OF THE RED?

Try going for a walk and exercising or taking a few slow deep breaths to clear your head and calm your body. Use self-talk (e.g., "This is part of my day, but it does not define my day"). If someone else is involved in a situation that puts you in the red, take a moment to think about their feelings or perspective too.

BLUE

IF YOU'RE FEELING...

- Discouraged
- Disappointed
- Sad
- Bored
- Lonely
- Depressed

Now is a good time to work on a detail-oriented project by yourself, like proof-reading or critical thinking. Being in the blue can be a good time for writing poetry, songwriting or being an empathic listener with a friend.

WANT TO MOVE OUT OF THE BLUE?

Try a strategy with movement, like putting on music and dancing, talking with a friend or having a snack. Use self-talk to remind yourself of the big picture or try positive reframing - putting a positive spin on a situation. If someone else is involved in a situation that puts you in the blue, take a moment to think about their feelings or perspective.

YELLOW

IF YOU'RE FEELING...

- Happy
- Productive
- Excited
- Energetic
- Motivated
- Focused

Now is a good time to start a new project, have a brainstorming or problem-solving session with your team, or work on a creative project. Being in the yellow is a good place to be for checking things off your to-do list!

WANT TO MOVE OUT OF THE YELLOW?

Try turning one of your meetings into a walking meeting to use some energy. Take slow deep breaths, listen to calm music, or move to a workspace where you can be alone (if possible).

GREEN

IF YOU'RE FEELING...

- Cooperative
- Safe
- Calm
- Relaxed
- Peaceful
- Content

Being in the green is a good place to be for concentration and productivity. Being in the green is also a great place to be for working collaboratively, giving or receiving feedback, and taking time for self-reflection.

WANT TO MOVE OUT OF THE GREEN?

Try listening to upbeat music and standing up to get some blood flowing. Take a walk to boost your energy and get some fresh air. Use self-talk to remind yourself of something that inspires you about your work, or use your imagination to dream up exciting possibilities in life.