



JOHN M. MARSHALL GINGERBREAD EXPRESS

March 9, 2018
Issue #24



Author Visit
Susan Stevens
Crummel



Thursday,
March 22, 2018



Bedtime Stories

Thursday, March 15th
6:00 p.m. - 7:30 p.m.

JMMES Pajama Day
Thursday, March 15th

Please have your child wear
appropriate school shoes
(no slippers)

NO HOMEWORK CLUB

On the following days:

March 27th, 28th & 29th

April 10th & 30th

May 24th - Last Day of Homework Club



Parent-Teacher Conferences

Tuesday, March 27th & Wednesday, March 28th

School will be dismissed at
12:30 p.m. on both days

PROJECT MOST WILL BE IN SESSION
FOR ALL REGISTERED STUDENTS.

No Homework Club
No Boy Scouts or
Girl Scouts
No 4:00 p.m. Late Bus

2017-2018

ALL-SCHOOL MEETING SCHEDULES

All-School Meetings are on Friday's at 8:40 a.m.

March 16th - 3rd Grade Share/Awards

April 13th

April 27th

May 11th

May 25th

June 1st

June 8th

June 15th

New State Regulations...

A Physical Exam Form, BMI Consent and a completed
Dental Health Certificate are required for all new
entrants to the school district as well as students
entering Kindergarten, First, Third and Fifth Grade.



Report Cards

available to view on Parent Portal

Monday, March 26th



District Closed GOOD FRIDAY

Friday, March 30, 2018

SPRING RECESS

Monday, April 2nd - Thursday, April 5th



Classes Resume
Friday, April 6th



NV&NtION CONVENTION

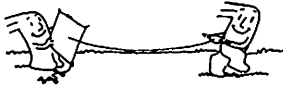
THURSDAY,
APRIL 26TH
6:00 P.M. - 7:00 P.M.

Home & School

Working Together for School Success

CONNECTION®

March 2018



John M. Marshall Elementary School
Beth Doyle, Principal-Russell Morgan, Asst. Principal

SHORT NOTES

School events

Show your child that his school is important by asking about and attending events. Encourage him to post notices about plays, award ceremonies, or talent shows on a family bulletin board. You could also put them into your electronic calendar and turn on notifications to remind you.

Musical vocabulary

Enjoying music with your youngster can help her vocabulary grow. Try introducing her to your favorite songs from when you were growing up, and have her share music she likes. Together, listen for new words, and discuss their meanings.

DID YOU KNOW?

More than half of all smokers took their first puff by age 14, so it's not too early to talk to your child about smoking. And with e-cigarette use on the rise, he may think they're a safe alternative. Explain that most e-cigarettes still contain nicotine, which is addictive.

Worth quoting

"We grow great by dreams."
Woodrow Wilson

JUST FOR FUN

Q: What do you get when you cross a rooster and a giraffe?

A: An animal that can wake people on the top floor of a building.



Be "super" respectful

Being respectful is one way your youngster can build strong relationships with teachers, classmates, and family members. Here are tips for helping her understand and show respect.

Imagine your powers!

If your child were a respect "superhero," what would her super-powers be? Let her draw a picture of herself in this role. She might be carrying a backpack full of supplies for writing thank-you notes. Or perhaps she'll be wearing a bracelet with a "grabber" that picks up litter to show respect for the environment.

Roll for respect

Have your youngster number a sheet of paper 1–6. Beside each number, she could list a person (custodian, bus driver, neighbor). Take turns rolling a die and naming a way to show respect for that person. If 2 is for bus driver, she



might say, "Follow bus rules." That demonstrates respect for the job he does.

Write a poem

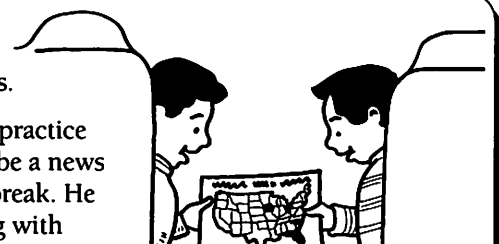
Suggest that your child write the word RESPECT down the left side of a sheet of paper. She can make an *acrostic* poem by writing a way to show respect that begins with each letter in the word. *Examples:* "Really listen when others speak" for R, "Everyone's equal—treat them that way" for E.♥

Break for learning

During spring break, inspire your child to enjoy learning adventures outside the classroom. Consider these ideas.

● **Live coverage.** Let your youngster practice writing and speaking by pretending to be a news reporter covering your family's spring break. He might write about activities like playing with cousins or making his favorite meal with you. At the end of the week, invite him to read his "broadcast" to the family.

● **Spot the state.** Print out a United States map online, or have your child draw one, and take it in the car. Everyone calls out license plates they see from different states, and your youngster finds and colors each state on his map. How many states will he locate by the end of spring break?♥



Ready for standardized tests

Springtime is state test time for many students. Encourage your child to do his best with this advice.

Be strategic. Suggest that your youngster use strategies that increase his chances of getting the right answer. If he has to answer multiple-choice questions about a passage, he could read the questions first so he knows what to look for in the text. For fill-in-the-blank items, he might read the sentence with each possible answer to see which one makes the most sense.

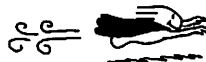


Plan before writing.

Your child will do better on a short answer or essay section if he takes time to plan what he will write. This may be as simple as listing his main points on scrap paper. Then, he can write about each point in a separate paragraph in his essay. Or he might create

an outline. His essay will be more organized, and he'll be more likely to include all the important information.

Idea: Tell your youngster to stay calm and confident. Remind him that he has been preparing for the test simply by going to school and completing his work. ♥

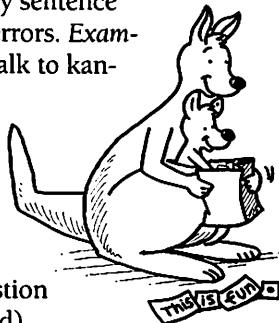


ACTIVITY CORNER

Grammar detective

Using proper grammar, spelling, and punctuation will help your youngster write clearly and effectively. Practice together with these activities:

- Write a funny sentence that contains errors. *Example:* "can you talk to kangaroos." Let your child read it and correct your mistakes (capitalize the C in *can*, put a question mark at the end).



Then, she could write a sentence with errors for you to fix.

- Together, cut out words and punctuation marks from newspaper or magazine headlines. Put them in a bag, and have your youngster pull out one at a time until she can form a sentence using correct grammar and punctuation. ♥

Q & A Build sibling bonds

Q: *I'd like my kids to be close, but they bicker a lot. How can I help them have a better relationship?*

A: It's common for siblings to squabble. What's important is that they form a connection that helps them enjoy each other (at least sometimes) and handle disagreements.

Try giving them tasks that require them to rely on each other. For instance, one might wash dishes and the other dry them, and then they could put them away together. Also, encourage them to spend time doing something they both enjoy, like hitting baseballs or playing with toy dinosaurs.

Finally, use their disagreements to build their conflict-resolution skills. When they argue, let them take turns setting a timer for 1 minute and explaining their side to the other. If they can't come up with a solution, suggest they take a break by going into separate rooms. They can try again when they've both calmed down and had a chance to think. ♥



PARENT TO PARENT

Protecting your child online

My fifth grader, Sadie, likes to watch videos on a kid-friendly website. I worried that she might come across something inappropriate, so I looked at the site's help page.

Luckily, I found several safety features. I marked Sadie's account private and disabled the "comment" option. And I changed her search settings so mature content will be less likely to pop up.

I explained to Sadie that the changes would help keep her safe from strangers and away from videos that may upset or confuse her. But since I know settings aren't foolproof, I told her to come to me if she sees anything that bothers her. I also reminded her not to upload anything without my permission and to never post personal information.

I still keep an eye on Sadie's internet use, but I feel like she's better protected now. Plus, she's learning good habits for the future. ♥



OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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JOHN ROONEY
SUPERINTENDANT OF RECREATION

Training, Evaluating & Testing Program for the 2018 Summer Junior Lifeguard Program Age 9 through Age 15

(as of 7/1/18)

at the

YMCA E. H. RECenter Pool

Two Sunday Training Sessions – 2:00 to 2:45 & 2:45 to 3:30 p. m.

For New Trainees only

For Returning Junior Lifeguards only

Trainees will attend only 1 session each Sunday

This year:

New Junior Lifeguards will be trained, evaluated & tested in the 2:00 to 2:45 pm session

Returning Junior Lifeguards will be tested only in the 2:45 to 3:30 pm Session

March 11th through June 17th

No Session on 4/1(Easter) & 4/25(Pool Dump)

No Fee

Sign-up at the Pool any Sunday at 1:30 pm

Parent must be present sign-up their child

A. Pre-Test. New 2018 Trainees will be asked to:

- * **Swim 50 yards** (2 lengths of the pool) using the freestyle stroke - not timed but form is very important
- * **Tread water** in the deep end of the pool for at least 5 minutes.
- * **Swim underwater** 10 - 15 yards in the deep end of the pool.

B. Stroke Evaluation. Each Trainee will have an Evaluation Card –see back of this sheet:

- * We look at and will grade each aspect of three basic strokes - **Freestyle Stroke, Side Stroke, and Breast Stroke** on a grading scale of **0 (poor), 1 (fair), 2(good), and 3 (excellent).**
- * If all aspects of a stroke have a **successful rating of 2 or higher**, we ask that the stroke be practiced for at least **four laps**. This builds up the trainees swim conditioning.
- * **Some Trainees whose strokes are poor might need additional instruction** which is available at the YMCA.

C. Swim Test. When Trainees have improved their strokes and conditioning, they take the following Test:

Ages 9, 10, 11, or 12 **Timed Swim - 2 minutes and 15 seconds or less**

* 4 lap (100 yards) freestyle - no stopping or resting at the walls - **good form.**

Combination Paced Swim - Not timed but good form must be maintained

* 8 lap (200 yards) combination swim using freestyle, sidestroke, & breaststroke

Ages 13, 14, or 15 **Timed Swim - 2 minutes and 15 seconds or less**

* 6 lap (150 yards) freestyle - no stopping or resting at the walls - **good form.**

Combination Paced Swim - Not timed but good form must be maintained

* 12 lap (300 yards) combination swim using freestyle, sidestroke, & breaststroke

Program Director

John J. Ryan Jr.

(Over Please)

Program Coordinator

John J. Ryan Sr.

631-324-2787 jjryan@optonline.net

2017 JUNIOR LIFEGUARD TRAINING, EVALUATING & TESTING INFORMATION

- A. YMCA Youth Swim Team members or any other YMCA swim program member can be tested at those practice sessions but must qualify like everyone else.
- B. Our Spring Training, Evaluating & Testing Program will run Sundays - March 11th through June 20th. Once a Trainee has passed the Swim Test they need not come to training. Trainees will have until the end of June to qualify for our Summer Junior Lifeguard Program which will be run this year at Main Beach, East Hampton, Indian Wells Beach, Amagansett, & Ditch Plains Beach, Montauk starting Saturday, June 23rd. See Separate Flyer.
- C. Some of our new trainees, after they have been pre-tested and evaluated by us will need addition swim instruction in a YMCA swim lesson program, **especially if their freestyle stroke has poor form.** They should take a copy of their Evaluation Card to that program and when their swim strokes and swim conditioning have improved they should take the Junior Lifeguard Swim Test. This test can be given by the YMCA instructor in their swim program or they can return to us on any Sunday to be tested.

An Important Note to the Parents:

We are facilitators not inhibitors. We must have good swimmers in our Summer Ocean Program and we cannot teach swimming at the ocean. We want all our trainees to become "Qualified" but, that may not happen. In 2016 we trained **367 Swimmers in our Spring Training Program and 355 Qualified.** Almost all of the 12 trainees who did not qualify started our training too late and/or only attended 1 or 2 of our 13 sessions. Even if they don't qualify, we still want this training to be a positive experience for your child. Kids are great; they will always try hard and do their best. So will our Instructors.

Copy of Our Evaluation Card

2018 Junior Lifeguard Evaluation Card				2017 Junior LG? Yes ___ No ___	
Name _____		Age as of _____	Phone _____	<u>Pretest</u> (not for 2017 Junior LG)	
Last	First	7 / 1 / 18		___ 50 Yd Freestyle <u>Best Form</u>	
				___ 5 Minute. Treading	
				___ 10-15 Yds. Underwater	
<u>Freestyle Stroke</u>		<u>Side Stroke</u>	<u>Breast Stroke</u>	0 = poor	2 = good
___ Kick	___ Kick	___ Kick		1 = fair	3 = excellent
___ Stroke	___ Stroke	___ Stroke			
___ Breathing	___ Glide	___ Glide/Breath		___ Recommended for additional instruction before attempting Swim Test	
		<u>Comments</u>			
<u>SWIM TEST</u>			<u>ATTENDANCE</u> (Student need only to attend until they qualify)		
<u>Timed Swim</u>	<u>Paced Swim</u>				
___ (Ages 9, 10, 11, or 12)	___	___ 3/11	___ 3/18	___ 3/25	<u>NO</u> 4/1
4 laps @ 2:15 or less	8 laps not timed				Easter
	Not needed for '17 Junior LGs	___ 4/ 8	___ 4/15	<u>NO</u> 4/22	___ 4/29
				Pool Dump	
___ (Ages 13, 14 or 15)	___	___ 5/ 6	___ 5/13	___ 5/20	___ 5/27
6 laps @ 3:10 or less	12 laps				Mem Day Sun.
	Not needed for '17 Junior LGs	___ 6/ 3	___ 6/10	___ 6/17	___ 6/24

Summer Program starts Saturday, June 23rd

Questions or Concerns

631- 324-2787

jjryan@optonline.net

John Ryan Sr.

Program Coordinator