

**“CELEBRATING OUR LEARNING TOGETHER”!
GIVING THANKS!****PRINCIPAL’S MESSAGE –**

November was a very quick month here at Jefferson. With two separate long weekends, it was over in a blink of an eye. As a school community we are working tirelessly in our efforts to get our children to raise their level of achievement and meet the standards at each grade level laid out in Common Core. Work will look different than it did when we were children. Common Core calls for deeper understanding of key concepts at each grade level. As an example, children are expected to master their math facts, apply concepts learned in various examples, and read and understand complex text at their grade level. The following links; “What every K-2 and 3-5th grade parent needs to know about the Common Core Standards <http://www.achieve.org/files/GradeK-2Educators.pdf> and <http://www.achieve.org/files/Grade3-5Educators.pdf> . November is also time for all of us to give thanks for all that we value in our lives. A special thank you goes to our Parents Association for putting on a fabulous feast for the entire building. The children thoroughly enjoyed the experience along with themed lessons in the classroom about the importance of “Thanksgiving”. The Jefferson School Faculty and staff wish all of you a healthy, happy, and safe holiday with your family. *Mr. Vogt*

NOVEMBER – CITIZENS OF THE MONTH = HONESTY!

KJ – MORGAN PLUMP
KG – JESSICA MONTENEGRO
1C – SAM HILL
1S – KIRA O’NEIL
2N – MATTHEW MENDEZ
2S – KYLIE MARRERO
3Y – TYLER DUFFY
3B – OMAL UDDIN
4W – NICOLE ENSMANN
4A – ANGELINA JACOB
5K – LIAM HUGHES
5A – KYLE MOTTA

Healthy Happenings: Carolyn Niederman RN**Staying Healthy during the Winter Months:**

As we begin to experience colder weather, please make sure your child comes to school prepared for outdoor temperatures wearing winter coats, sweaters, hats and gloves or mittens. We assess daily outdoor temperatures and determine from this whether the children have outdoor recess at lunch time. If your child has any difficulties with the cold weather i.e. asthma symptoms or if they have a cold, please let us know and we can adjust their recess accordingly.

The Common Cold:

While the average adult catches two-four colds per year, the average child can get anywhere from six to ten a year. This is because children have weaker immune systems and have close contact with other children in school. A cold can last from one to two weeks bringing with it fatigue, runny nose, sore throat and muscle aches. Colds are caused by viruses and are spread by contact with infected people. Colds are spread by a person with the virus sneezing or coughing into their hand and then touching the hand of a healthy person who then touches their nose. Symptoms of a cold include runny nose,

JEFFERSON SCHOOL NEWSLETTER

sneezing, cough, sore throat, tiredness and decreased appetite. These symptoms should disappear gradually in seven to ten days.

Treatment:

An older child usually doesn't need to see a doctor unless symptoms become more serious i.e. high fever, persistent cough for more than a week, persistent headache.

Unfortunately there is no cure for the common cold. Antibiotics are used to combat bacterial infections, but they have no effect on viruses. The best you can do is to make your child comfortable, make sure he gets extra rest and drinks more fluids. If your child is very uncomfortable you can give Tylenol or ibuprofen. Be sure to follow the recommended dosage for age and weight. Using over the counter medications can be more harmful than beneficial. It is best to check with your pediatrician before using them. They often dry the respiratory passages and make nasal secretions thicker. Some may cause drowsiness and others increase heart rate. Most over the counter cold preparations contain more than one ingredient. You could be giving the same ingredient from two different medications. For example, if you give a cough medication and a cold medication you could be giving double of one of the ingredients.

Here are some tips to manage skin care in the winter months:

Cold weather steals the skin's moisture.

To keep your child's skin soft and healthy:

- Have your child take warm, not hot showers using a mild soap like Dove.
- After bathing apply a moisturizer to damp skin.
- Make sure children wear gloves or mittens when going outside.
- Supply your child with a tube of lip moisturizer to keep in his/her pocket to prevent cracked lips and remind you child not to lick his/her lips when outdoors.
- If your child develops red or itchy patches especially behind the knees and insides of the elbow, apply a generous amount of moisturizing cream. If this does not improve see your pediatrician.

A Note About Fast Foods:

Fast foods are a lot of things: fast, convenient and fun. But can they be healthy?

The rise in families substituting a trip to MacDonald's, Burger King or Wendy's for a family meal at home is likely to be one of the causes in overweight children, but it is not the only cause. Other factors are the increase in time watching TV and playing video games instead of physical exercise.

How can you make fast foods healthy? One of the easiest ways is to watch portion size and understand how many calories and how much fat you add to a meal when you supersize you order. For example, at MacDonald's the difference between small burger (240 calories) or a Big Mac (530 calories) and a ¼ Pounder with cheese (740 calories) can be 290-500 calories. If you add a 16 oz. Triple Thick Shake that would add 530 calories and an order of fries adds 230 calories.

The total calories of the supersize servings would equal the calorie requirement for a child for a whole day. Become accustomed to looking at the calorie charts that are posted in fast food establishments and avoid supersizing.

I want to wish everyone a peace filled and healthy holiday season!



JEFFERSON SCHOOL NEWSLETTER

Kindergarten News

November brings lots of things to be thankful for at Jefferson School. During the month of November, the kindergarten learned about the First Thanksgiving. We really enjoyed our first Thanksgiving feast! Yum! We would like to thank all of the parents for helping make the feast a success. The kindergarten classes decorated turkeys and wrote we were thankful for in class. The Kindergarten teachers are very thankful to have two wonderful classes with such fantastic families.

The kindergarteners continue to be excellent learners. This month we learned many different lessons in Reader's and Writer's Workshop. In Reader's Workshop, we started to "shop" for books. We learned about characters, setting, and the beginning, middle, and ending of a story. In Writer's Workshop, we used this knowledge to create story maps using a beginning, middle, and ending for our small moments unit. After lessons in editing and revising, the students published their books. You can see the finished products hanging in the hallway.

In Math, we learned many different skills. We continue to learn about numbers and number sense. We worked on counting aloud and identifying numbers 1-20. We began to learn about measuring weights on a pan balance and using unifix cubes to measure the length of various objects.

As you can see, we have been very busy. The cold weather is quickly approaching. This will bring us to our units about winter holidays and animals in the winter, Stay warm! We are awaiting the sight of snow!



Happy Holidays from the First Grade!

Even though November was a short month, the first graders have been very busy learning! All the students in Mrs. Conti's and Mrs. Stimeck's class have been reading, reading, reading! We all have been working hard learning new strategies that good readers use, such as using picture clues, visualizing, and asking questions to help figure the meaning of a story and unfamiliar words.

The children have been doing a wonderful job in Writer's Workshop! The focus this month was writing Realistic Fiction. We began the unit by reading stories to help us understand the meaning of realistic fiction. The children learned that a story could be made up but could actually happen in real life. We

JEFFERSON SCHOOL NEWSLETTER

learned about what makes a good story and how important it is to include the key elements: Beginning, Middle, and End. The students all wrote and illustrated their own realistic fiction stories! Keep up the great work first graders!

In Math, the children have been working with five and ten relationships. We learned how to show numbers on a ten frame and find parts of ten.

The first graders had a wonderful time on their field trip to Philipsburg Manor in Sleepy Hollow, New York! We had the experience of “touching the past” and having a hands on experience of what life was like in colonial days. The children had a great time learning how to make wheat.

Thank you to all the parents who helped prepare such a delicious Thanksgiving feast for us! We truly appreciate all you do!

Mrs. Conti's and Mrs. Stimeck's class are looking forward to the holidays and the winter months ahead!



2nd Grade = Let's Talk Turkey!

November has been a whirlwind. For a month that has so many days off, we sure have crammed a lot in. Besides using our reading book of short stories, we've completed some read aloud books too. We read the second book in the series from The Wayside School and began the book "The Super Secret Powers of Marco. We have been learning and understanding what an author's purpose is when they decide to write a book. We call it PIE to remember....Persuade, Inform, or Entertain. This has helped us as writers too as we begin our new unit in writing next month.

American Education Week had us inviting parents in to help our classes make globes using balloons. We worked hard to place the continents and oceans where they belonged and learned about the continents as we worked. It was a fun activity and we were so glad some of our parents could share in the excitement.

For writer's workshop we concentrated more on capturing small moments in our lives and began our letter writing skills. We read "Dear Mrs. Larue" and "Dear Mr. Blueberry" Both books helped us realize the importance of writing a good letter and how much they mean to the people that read them. We wrote to our teacher, characters from our story books, parents, and friends. Take a look in our hallway soon to see the letter that made it to our hall of fame. We know you will be impressed.



JEFFERSON SCHOOL NEWSLETTER

Math had us working on money, fact families, and time. For money, we did what we all love to do.....shop! We made family of facts where we placed each addition and subtraction equations. We also reviewed time and made our own triangular flashcards to take home for practice. When you get a chance, ask your child what time it is; they should be able to tell you!

To celebrate Veteran's Day, we read a wonderful book and wrote letters reminding us how lucky we are to have the things we have. We sent them to some Veterans we know.

Last but not least, we want to thank the Parents' Association for a wonderful feast. The food was delicious and we had a wonderful time eating together. We're so very thankful for all you do for the faculty and children.

Let's get ready for a winter wonderland.....

Mrs. Sullivan and Ms. Neats

Third Grade's November News

November has been such a busy and exciting month in third grade! Students completed culture projects, read and analyzed a novel, focused on multiplication, and presented the annual Turkey in Disguise project.

We began the month talking about our diverse cultures, and then created and presented projects about our heritage. Each child was asked to present an overview of his/her cultural background by giving an oral presentation including at least one prop and a poster. Some children even brought in tasty treats for the class to sample. The boys and girls are to be commended for an outstanding job! We learned that even though we come from so many different backgrounds, we have so much in common. Please take time to view these fantastic projects in the third grade hallway.

Jake Drake, Bully Buster was read by the third graders. They learned a lot about analyzing characters and enjoyed reading about Jake's adventure turning from a bully magnet to a bully buster! Our study of the multiplication facts is underway and we encourage students to practice the multiplication facts at home every night in order to have fact power! Students should have the basic facts mastered by the end of third grade.

Children were eager to present their disguised turkeys for their classmates. They revealed their turkeys and read about the adventures Tom and Tomasina took to avoid being eaten for Thanksgiving dinner. Some really fooled Farmer Jones with their clever disguises! Tom and Tomasina Turkey were turned into Santa Clause, super heroes, a butterfly, a ninja, and a princess to name just a few! These awesome projects were a great way to kick off Thanksgiving!

November came to a close with the wonderful Thanksgiving feast. Students really enjoyed this special event, which was a huge success thanks to all of the parents who volunteered to help organize it. Your efforts are truly appreciated. We hope everyone had a memorable Thanksgiving filled with



JEFFERSON SCHOOL NEWSLETTER

family, friends and of course delicious food! As the temperature continues to drop, we look forward to the exhilarating and joyful month of December.

A Nifty November in Grade 4

November has been a whirlwind in Fourth Grade. Don't be fooled by the days off, we have worked extra hard to cram fun-filled learning into this shortened month. To celebrate Veteran's Day, we were invited to Bergenfield High School to honor the courageous Veterans that served our country. The marching band showcased the progression of Bergenfield students through the music program as they performed emotional patriotic songs to pay tribute to the many heroes in attendance.

Our Fourth Grade scientists have been fully submerged into our Science units. Following the stages of the scientific method, we have conducted many hands-on experiments. These investigations have satisfied our inquiries regarding *Measurement, Magnetism and Electricity*. Students in 4W learned that it is absolutely necessary to use a standard unit in order to get consistent measurements. To estimate classroom objects, we discovered that we could use our pinky to represent a centimeter and an arm and a half to represent a meter. These references help us to get close to the actual measurements. In 4A, the students built closed circuits to power motors and light bulbs. Students learned that in order for electricity to flow, the path must be closed in the circuit.

The fourth graders have continued on their journey through history. The fourth graders have become interested to learn how the first European settlers interacted with the Delaware (the Native Americans of the New Jersey area). The students became filled with awe as they realized how hard the Native Americans and the colonists had to work just to survive. The fourth graders have predicted that a war is approaching, as they have learned of the increasing tensions between the colonists and the British government. Are they right? We will just have to wait and see! Check back next month to see where we are on our journey through history!

In Writer's Workshop, the students have been working on Personal/Persuasive Essays. Students collected many ideas in which they formed an opinion. From that opinion, they cultivated a personal statement of belief. Such as, "Animals should never be abused", or "Students should have gym every day in elementary school." Next, students were required to generate supporting details along with anecdotes and examples to accompany their statement of belief. Finally, students formulated a 5 paragraph personal/persuasive essay.

Last but not least, November wouldn't be November, unless we talk a little "Turkey!" Thanksgiving was the catalyst for many exciting activities. In Math, we created Turkey friends to help us master those tricky multiplication facts. Our grand culminating activity was our annual Thanksgiving Day Feast. Thank you to all the parents who donated their time and effort into making such a wonderful experience for our students. We are so very thankful for all that you do for every member of our Jefferson School family.

November to Remember in 5th Grade

November was very busy even though it was the shortest month of our school year.

In Reading, the fifth graders wrapped up a novel study on *Loser* and will begin reading *Bridge to Terabithia* by Katherine Paterson. The various skills



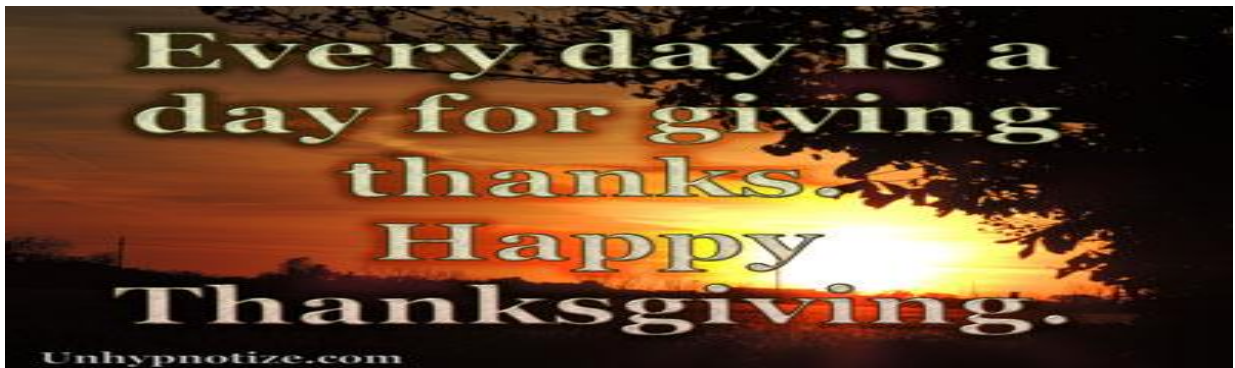
JEFFERSON SCHOOL NEWSLETTER

under review are making inferences, asking questions, and using prior knowledge. We will also use the book to explore different types of figurative language and how an author uses this technique to convey meaning. As we explore various fantasy stories, students will also begin working on writing their own fantasy fiction story.

In Math, the students completed Unit 3, Geometry Explorations. Protractors, compasses, rulers and the geometry templates were just a few of the tools the students used to investigate triangles, quadrangles, and polygons. Throughout this unit, the students classified geometric shapes and angles, as well as found the measures of angles in polygons. The students were also introduced to tessellations. As a class, we read *A Cloak for the Dreamer* by Aileen Friedman, which allowed the students to visually understand what tessellations are and how they are formed. Our next unit will focus on division.

In Science, the students continued exploring various topics relating to Earth Science. We completed several experiments to help us better understand concepts such as the water cycle, air pressure, wind, and the weather. *BrainPop* videos were regularly included in lessons to help demonstrate these concepts. As we wrap up our unit of study on the Water Planet, we will move to a new Physical Science unit to learn all about lever and pulley systems.

In Social Studies, we finished learning about the five Regions in the United States. The students will begin studying Life in the English Colonies. They will explore the types of work and trade that was needed during the colonial era. They will also learn that children their age were signing contracts to be apprentices and would not be released of their duty until they were 21 years of age. They made comparisons between their lives and those of the children during the colonial times. The students will also explore how life was different in the different regions of the colonies.



JEFFERSON SCHOOL NEWSLETTER

JSPA News!

We have a lot to be thankful for this month! The Thanksgiving Feast kicked off the holiday season. The students enjoyed a delicious meal with their friends and had a great time! Thank you to all of the volunteers who helped to make the day a success!

The Holiday Gift Fair is scheduled for December 11th and December 12th. This gives the children an opportunity to shop for family and friends.

Please pick up a "Helping Hands" ornament from the easel just inside the school in the lobby. There are many different gift cards to choose from.

Of course, all of the events could not have been done without the help and support of the parents, so thank you all very much!

Due to the holiday "craziness" we will not have a meeting in December. Our next meeting is January 14th, 2015 at 7:00. Hope to see you all then.

Have a Healthy and Happy Holiday Season.

See you in 2015!

Marianne Kaszner, President
Belinda Mendez, Vice President
Christa Beety, Treasurer
Adriana Gallagher, Recording Secretary
Debbie Maldonado, Corresponding Secretary



JEFFERSON SCHOOL NEWSLETTER



