

# Ellicottville Elementary

## April 2012 Newsletter

*April's character trait is The Golden Rule.*

One should treat others as one would like others to treat oneself.



### Important Dates -

\* The late bus schedule changes back to Tuesday & Thursday the week of April 9<sup>th</sup>.

Monday, April 9<sup>th</sup> Students and Staff return from Spring Break  
Tuesday, April 17<sup>th</sup> End of 3<sup>rd</sup> quarter Marking Period

Tuesday, April 17<sup>th</sup> State Testing for Grades 3 thru 8 in English Language Arts  
Wednesday, April 18<sup>th</sup> State Testing for Grades 3 thru 8 in English Language Arts  
Thursday, April 19<sup>th</sup> State Testing for Grades 3 thru 8 in English Language Arts

Wednesday, April 25<sup>th</sup> State Testing for Grades 3 thru 8 in Math  
Thursday, April 26<sup>th</sup> State Testing for Grades 3 thru 8 in Math  
Friday, April 27<sup>th</sup> State Testing for Grades 3 thru 8 in Math

Wednesday, April 25<sup>th</sup> Administrative Professionals Day  
Friday, April 27<sup>th</sup> Report Cards Go Home

### Communication and Information:

#### Message from the Principal, Mrs. Poulin:

The 6 days scheduled for state testing are listed above. Please help by making sure your child is well rested and has a good breakfast on testing date mornings. If for some reason your child will not be in school on any of the testing dates, please notify your child's teacher and Nurse Golley as soon as possible. Thank you in advance for your support and for taking a moment to talk with your child about giving their best effort. ECS students have historically done well on state testing. It took a great team effort to have made this success possible. My thanks go out to parents, teachers, support staff and of course the students for all the great team work! I have no doubt ECS students will once again do very well. Thank you again for everyone's hard work and great team work!

Message from the Nurse, Mrs. Golley:

## Protect the ones you love from SPORTS INJURIES

### **The Reality**

We all want to keep our children safe and secure and help them live to their full potential. Knowing how to prevent injuries from sports and recreation activities, one of the leading causes of child injury, is a step toward this goal.

Taking part in sports and recreation activities is an important part of a healthy, physically active lifestyle for kids. But injuries can, and do, occur. More than half of the 7 million sports and recreation-related injuries that occur each year are sustained by youth between ages 5 and 24.

Thankfully, there are steps that parents can take to help make sure kids stay safe on the field, the court, or wherever they play or participate in sports and recreation activities.

### **Prevention Tips**

**Gear Up.** When children play active sports, make sure they use protective gear, such as helmets, wrist guards and knee and elbow pads - in addition to any other sports gear appropriate to their activity or player position. Further, during informal recreation activities children should also always wear helmets when recommended, especially during activities such as in-line skating and biking.

**Use the right stuff.** Be sure that sports protective equipment is maintained correctly and is in good condition - for example, without missing or broken buckles or compressed or worn padding. Poorly-fitting equipment may be uncomfortable and may not offer proper protection.

**Practice makes perfect.** Have children learn and practice skill sets relevant to their chosen activity. For example, appropriate tackling technique is important in preventing injuries in football and soccer. Correct biomechanics, or movement and alignment, also plays a role in preventing injuries during baseball, softball, and many other activities. Also, be sure to safely and slowly increase activities to improve physical fitness; being in good condition can protect participants from injury.

**Pay attention to temperature.** Allow time for child athletes to gradually adjust to hot or humid environments to prevent heat-related injuries or illness. Parents and coaches should pay close attention to make sure that players are hydrated and appropriately dressed.

**Be a good model.** Communicate positive messages about safety and serve as role models for safe behavior, including wearing a helmet and following rules.

Please visit [www.cdc.gov/safecchild](http://www.cdc.gov/safecchild) for podcasts, tip sheets, and other information on the leading causes of child injury and steps you can take to protect the children you love.

## Child injuries are preventable

### [Message from the PTO](#)

#### **Spring Book Fair**

The PTO will be holding the Spring Book Fair on May 1<sup>st</sup> and 2<sup>nd</sup>. A note will be sent home with more information about this event.

#### **Science Fair**

The PTO is hosting the 2<sup>nd</sup> Annual Science and Technology Exposition on Tuesday, May 15<sup>th</sup> at 6:00pm. More details will follow in the May newsletter. Please come check out the students great work!

#### **Box Tops**

We would really like to reach our goal of raising \$1,200 in Box Tops! Please keep sending them in! We will be sending our next shipment at the end of May. Please feel free to send Box Tops in with your students or drop them off in our collection boxes located at TOPS Market in Ellicottville or at the Great Valley Post Office. We have received several Box Tops at all three locations! Thank you!!!

#### **Get involved!**

Come find out what the PTO is doing and get involved. PTO continues to help the students and community. It can't be done without all of the volunteers! Our next meeting is Tuesday, April 17<sup>th</sup> at 3:15pm in the elementary art room. We will be discussing the Science Expo, the Spring Book Fair, Field Day, and other activities.

### [Message from the Guidance Office: Mr. LaCroix](#)

#### **Go Play!!!**

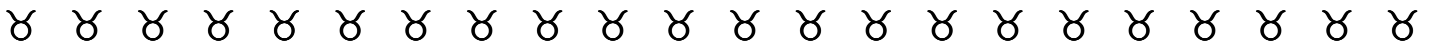
With spring now here, and nice weather officially in the area, some students enjoy spending more time outside. However, I can't help but notice as I drive around the area that there are not as many students playing outside as there seemed to be when I was a child. Part of this could be due to the fact that, unfortunately, childhood is not as safe as it was in the past. With this in mind, parents are not as willing to let their kids go off on their own. Then there is

the advancement of technology, where students are occupied with videogames, my space, facebook, etc.

Studies have shown that a majority of students no longer go out and "just play." So where students were once taught the basics by their parents and took that knowledge to play out back with neighborhood kids that made their own rules, we now have limited them to playing strictly in leagues with uniforms, rules, coaches, and officials. This also usually leads to only the better students playing. Now don't get me wrong, organized leagues are great and teach our youth a variety of lifelong lessons. However, students also need the freedom of free play. The bonus is that in that unregulated environment that they are matching their training with the personal creativity necessary to effectively develop their game. This is also very therapeutic and relaxing for our students.

The message is, as in all things in life, there must be balance. Encourage your children to participate in organized sports but let them know that is more than OK to "just" play as well. Watch them play and play with them. Let them go play with their friends and..... **you go play too!**

- Information provided by Dr. Mark Fishaut, M.D.



#### IMPORTANT REMINDERS:

- CALL THE SCHOOL IF YOUR CHILD IS ABSENT - 699-2318.
- REMEMBER WHEN BRINGING YOUR CHILD TO SCHOOL, FOR SAFETY REASONS NO VEHICLES SHOULD PARK IN THE FRONT OF THE SCHOOL. PLEASE PARK IN THE ELEMENTARY PARKING LOT OR USE THE DROP OFF ZONE AREA. Observe the "No Parking This Side" signs for the safety of everyone.

