

Ellicottville Elementary Newsletter

November 2012



This month's character traits are Thankfulness & Gratitude.



Important Dates

November 4	Daylight Savings Time
November 6	PTO Meeting at 4:15 PM
November 7	Picture Retakes 6 th Graders Participating in MS/HS Concert
November 9	End of 1 st Period
November 12	No School - Veterans Day
November 15	4 th and 5 th Grade Performing Arts Field Trip Noon Dismissal - K-12 Parent/Teacher Conferences
November 20	Report Cards Go Home ECS Booster Meeting at 7PM
November 21	Noon Dismissal - K-12 Parent/Teacher Conferences
November 22 - 23	Thanksgiving Break
November 27	PTO Meeting at 4:15 PM
November 29	Eagle Time - Host Grade 3



Communication and Information:

Message from our Principal, Mrs. Poulin:

The Powerhouse Character of Gratitude

It doesn't take scientific research to convince us that an attitude of gratitude is a powerful contributor to a happy life. Some believe that it may be the single most effective way to increase happiness in life. In researching for this article, I asked myself the question, what is Gratitude?

Gratitude is expressing thanks for anything we have received. The word gratitude comes from the Latin words: *Gratia*, meaning favor, charm, and thanks, and *Gratus*, meaning pleasing and grateful. These Latin

words are similar to the Sanskrit word *Gmati* meaning he praises. The Power of Gratitude is undeniable. People who take the time to notice and appreciate the good things that come their way through grace, or luck, or the goodness of others are happier and more peaceful. There is research consistent with the thought that people who demonstrate high levels of gratitude do better on cognitive tests and tests of problem solving skills. They practice healthier habits, have better relationships, are more optimistic and live longer. Gratitude is one powerful emotion.

How do we cultivating gratitude in ourselves and our children?

If you are worried that a substantial level of gratitude must come with a high price, fear not. Developing gratitude is surprisingly easy. Here are 4 solid methods:

1. Keep a gratitude Journal. Every day or so, write about the good things that happened to you that day. Try writing in a journal daily for 3 weeks and see the results!
2. Write a letter of appreciation. Express your gratitude to people who have helped you, particularly those who have helped you without special reward. We are touched by others everyday.
3. Make a gratitude list. This can often be a quick pick-me-up. Set a goal of listing 100 things you have to be grateful for, and then keep adding to your list until you reach that number. Some days it is hard to get started, but persistence pays as the longer list pushes us to examine our blessings more deeply
4. Take a gratitude walk. This method works a little like the list in that you have a set time period of the walk to focus on deepening your gratitude. The movement of a walk can help the brain and heart to work better. Each day the transition from work & school to home can be a good transition time to, for example, take a deep breath, look up to the sky, and commit to thinking of something in your life deserving of gratitude. Ask your children each day, as you are going through these transitions times, to also take a deep breath, look up to the beautiful sky, and state what in their day is deserving of gratitude.

Whatever method you choose to incorporate into your child's day, there are quick and easy ways to develop gratitude. **How fortunate for us that this powerhouse of happiness and success is so easy to get.** So take the time to help children develop an attitude of gratitude and we can all enjoy a happier life.

Message from the Nurse, Mrs. Watt:

Breakfast is the most important meal of the day – but I'm finding that many of the children are coming to the Health Office without eating breakfast and they complain of tummy aches and headaches. Here are some helpful hints from the New York State Education Department to make sure you have time for breakfast EVERY morning!

Grab-and-Go Breakfast Ideas –

Some mornings it just seems as if there is no time to prepare and eat a good breakfast. With these quick and delicious breakfast ideas, you can give your body the fuel it needs to get a good start to your day AND make the school bus on time!

Great Breakfast "Grab-and-Go's"

Who needs cream cheese and croissants? Skip the Cini-minis and cereal bars. Making your own healthy grab-and-go breakfast is a snap. Here are a handful of ideas to get you started. You can probably think of dozens of variations.

toss a cup of your favorite cereal into a ziplock baggie.

Grab a piece of fruit or handful of berries

Layer a whole-grain toaster waffle with 1/2 cup plain low-fat yogurt and 1/2 cup berries.

Blend 1/2 cup each of plain low-fat yogurt and orange juice with 1/2 frozen banana and a few frozen strawberries.

Scoop 1/2 cup low-fat cottage cheese into a cantaloupe or honeydew half.

Spread 1 Tbs. peanut butter on whole-wheat bread and wrap it around a banana.

Coat banana with Nutella roll in granola or chopped nuts place on stick and freeze

Stir a spoonful of fruit preserves or a handful of dried fruit, or even a drizzle of maple syrup onto plain instant oatmeal.

Stuff half a whole-wheat pita with 1/2 cup low-fat cottage cheese and sliced peaches, pears, or banana.

Add fresh fruit or cereal (like raisin bran or low-fat granola) to plain low-fat or non-fat yogurt.

put a slice of cheese and a slice of tomato on an english muffin.

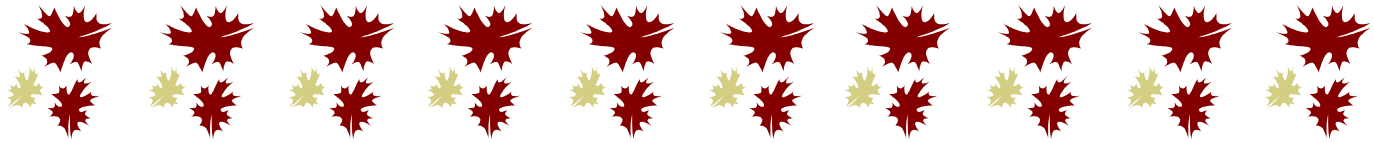
Combine 1/4 cup low-fat ricotta cheese with 1/2 cup apple sauce and a dash of cinnamon. Sprinkle with granola or nuts.

Grab 2 sticks of string cheese

Message from the Guidance Office, Mr. LaCroix:

It is about that time of the year again to form our "Banana Splits" groups. These groups consist of students whose parents have recently separated and are having a difficult time adjusting to the change. Counseling groups are usually organized by grade-level. Groups meet on a weekly basis for approximately 30 minutes. Teachers help to arrange the schedule, thereby minimizing absence from the classroom. Typically, a group will meet for 10 to 12 sessions. Some groups continue throughout the school year. Occasionally, further participation in subsequent groups is offered to those group members who exhibit ongoing needs.

If you wish to have your child participate in such a group, or should you require additional information on this matter or any of the other counseling services offered at Ellicottville Elementary, please call Mr. LaCroix at 699-2318, or you can email me at dlacroix@eville.wnyric.org.



Message from the PTO:

PTO NEWS

Our next meeting is Tuesday, November 6th at 4:15pm.

Family Fun Night

Family Fun Night will be held on Tuesday, December 4th from 5:00pm - 7:00pm. Our Family Fun Night is a fun filled evening that includes Book BINGO, Stories with Santa's Elf, Crafts, Photos with Santa, Letters to the Troops, the Book Fair, and our Santa's Secret Workshop.

Santa's Secret Workshop - We were amazed by the turn out for the Santa's Secret Workshop last year so we have purchased many more items this year in hopes that we do not run out as quickly as we did last year. We again purchased a wide variety of items for your child to choose from to purchase gifts. More details about this event will soon follow. The prices for the gifts have again been kept very low. The workshop is not used as a fundraiser, but rather a fun opportunity for children to be able to "shop" for that special gift for a loved one.

Letters to the Troops- If you know anyone who is currently in the service and would like to receive some extra letters please send in the address to the Elementary Office. Please label it "Family Fun Night".

Get involved!

Come find out what the PTO is doing and get involved. PTO continues to help K-12 students and the surrounding community. These activities can't be done without all of the volunteers! If you would like more information please feel free to attend any of our meetings or email Diana Olson at dolson@eville.wnyric.org.

Our meetings for the remainder of the year are listed below:

November 6th and November 27th

January 8th

February 5th and February 26th

March 5th

April 19th

May 7th

June 17th

All of these meetings are on Tuesday's at 4:15 in the Elementary Art Room.

TOPS in Education

The new TOPS in Education Program is helping to raise money for the PTO. A flyer was sent home back in September but there was some confusion on how to enroll with the program. If you follow these steps it you can now enroll in the program.

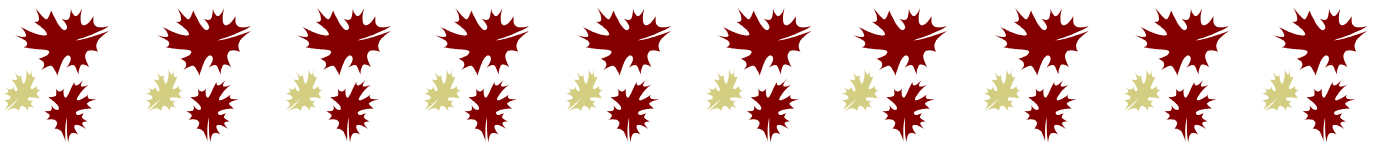
1. Go to www.Topsmarkets.com/Education
2. In the lower right corner click on "Supporting Our Schools".
3. The next page is "TOPS Supports Schools". Click on "TOPS in Education"
4. Click on "Parents and Shoppers".
5. Click on "Here to Begin".
6. Here you will enter your TOPS Bonus Card number, your email, and your name. For the school choice you will find it as "Ellicottville Middle School High School". Ellicottville is the city and 14731 is the zip code.

Please let us know if you have any questions about this.

Box Tops

The PTO continues to send in Box Tops to help raise money for our students so that we can provide them with prizes for the Dime Carnival, Family Fun Night, and Field Day. This year our goal is to raise \$1,000. Every little bit helps so please continue to send in your Box Tops. Let's keep up the great work! 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. You can also contribute to Box Tops by using the boxtops4education.com website. This allows you to do the following:

- See how much our school is earning with Box Tops
- Enter online promotions for chances to win eBoxTops and other prizes
- Print coupons for your favorite Box Tops brands



IMPORTANT REMINDERS:

- **CALL THE SCHOOL IF YOUR CHILD IS ABSENT – 699-2318.**
- **REMEMBER WHEN BRINGING YOUR CHILD or at DISMISSAL TIME, 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. PLEASE DO NOT PARK ON THE GRASS SIDE OF THE DRIVE WAY OR IN AREAS NOT DESIGNATED FOR PARKING.**
- **Please remember it is necessary to sign-students out whenever a student is picked up from school! (Including Dismissal Time)**



Thinking Ahead:

Thanksgiving is right around the corner! What can you do to let your child's bus driver, school nurse, kitchen staff or teacher know that you are thankful for the support they offer?