

FRIDAY



FLASH


EDMUNDS
ELEMENTARY SCHOOL

299 Main St, Burlington, VT 05401 • 864-1791

April 19, 2013

From the Principal's Desk

The news this week has been particularly troubling and it gives one pause to consider how it is that we have seen such horrific things happening in our society. One could look at the events in the news over time and get a picture of a world that appears to be growing darker. While some of that is due to actual events, more of it could be attributed to 24 hour news channels that continue to barrage viewers with sensationalized accounts - right down to the Weather Channel. (It snows in the winter folks! Where's the surprise?) I reminded myself that in fact, there have been a lot of improvements made in society in my life time. It's good to keep the positives in mind. So here are a few things that come to mind (and I'm going to stick to this country because there's plenty of other continents to remember).

The Supreme Court ended school segregation with Brown v. Board of Education. Technology was catapulted forward with the NASA program. TV played a significant role in the Civil Rights Act as news footage of the civil rights marches galvanized national outcry, ending Jim Crow Laws. Public awareness of pollution grew leading to the Clean Water and Clean Air Acts and establishing the EPA. Diseases such as polio and small pox can all be prevented with vaccines. Medical advances have included better diagnostic tools such as MRIs, and surgery methods such as laparoscopic surgery and life spans have increased overall. Recognition of human rights have expanded over time. Cultural, racial and ethnic differences are no longer a justification for exclusion. Special Education laws, Disability Laws, Title 9, Gay rights and marriage equality, the Equal Pay Act, all seek to insure that there is greater equality and access to civil rights. Greater equality of women has resulted in greater freedom for men as they have become more active parents. Smoking isn't as prevalent, people wear seatbelts, designated drivers are typical rather than the exception, the importance of nutrition and exercise is being promoted....We humans are not perfect. We still have a long way to go. We are slow learners collectively but the fact is, we are making progress and will continue to do so as long as we try. So why not add to the list? I know there's plenty I didn't mention!

Upcoming Events

- Apr. 22-26 Spring break - no school
- Apr. 29 Back in school!
- May 15 Early Release - bag lunches, 11:30 dismissal
- May 16 Kindergarten Get Acquainted Day
- May 17 MAYFAIR
- May 23 EES Talent Show

WHOLE SCHOOL ASSEMBLY

Wednesday – May 1

Ms. McMorris' Class – Biographies!

LINDEN L.A.N.D. HAS A SWEEPSTAKES FOR A SCHOOLYARD HABITAT

The Schoolyard Habitat (valued at \$2,000) could include:

- native plants that provide food and shelter for wildlife including birds and butterflies,
- supplies such as feeders, a birdbath, and bird houses,
- a compost bin
- a raised bed, and
- pathways and seating made out of natural materials such as mulch, stumps and boulders.

Here's what you can win for your school!

The Habitat will be designed in cooperation with the school and it's Habitat Team, and tailored to fit the site. Linden L.A.N.D. Group will donate up to \$1,000 in materials (\$500 in plants and \$500 in supplies) and another \$1,000 in labor to design and build the Schoolyard Habitat. Winning entry will be selected on May 10th and the Habitat will be installed in September 2013. For more information about the Schoolyard Habitat program visit our blog:

<http://lindenlandgroup.com/blog/> or

https://www.facebook.com/pages/Linden-Landscaping-Design-Inc/372788415378?sk=app_237202476309340

Deadline for Entering is May 6th so the more people from your town and school that enter, the greater the chances are that your school will win, so...Share with Gusto! Share on Facebook. Share using Email.

By entering your email address you are also joining the email newsletter list of Linden L.A.N.D. Group. You can unsubscribe at any time and will still be eligible to win this sweepstakes. If you are already a subscriber don't worry, your entry still counts and you won't receive duplicate newsletters.

VSO Musical Petting Zoo - Volunteers Needed

VSO musical petting zoo is coming to Edmunds on Friday May 24 and we need your help! The musical petting zoo is a hands-on experience for kids in kindergarten and first grade to learn about the instruments that are part of an orchestra and get a chance to try to play them. We need parent volunteers to help hold the instruments and sanitize them between students. The schedule is as follows:

8:15-9:25 Bessette/Spinner
 9:20-10:30 Case/Nutting-Stearns
 10:25-11:30 Quinn/Weishaar

We need 8 volunteers for each show. You can volunteer for just your child or grandchild's class, or if possible it is really helpful to have volunteers who are able to do more than one show. If you are interested in helping, please contact Carolyn Hanson at carolynhanson21@gmail.com or Rachel Shelly at rachskye@gmail.com. Thank you!

FROM THE PTO**MAYFAIR 2013--GAMES CO-CHAIRS NEEDED**

Mayfair 2013 planning is underway and volunteer opportunities abound. Thanks very much to folks who have already stepped forward to help with the silent auction and food concession planning!

Right now our priority is to find **GAMES CO-CHAIRS**. This would involve limited prep for games (such as picking up supplies) and overseeing set up, operation, and tear down of games during the fair. We will help coordinate your volunteer games staff and Kelly Becker, our resident Mayfair games expert, will take your through the ropes. She has everything from signs to props to make your job easy. We are especially hoping to find someone who might be interested in continuing the role in 2014.

OTHER MAYFAIR VOLUNTEER OPPORTUNITIES

Of course, you don't need to be a co-chair to be involved in the Mayfair. It will take lots and lots of folks to run games, paint faces, sell tickets and food, run the basket raffle, donate cakes and other foods, and so much more! There is something for everyone. There are many ways to sign up:

--you can fill out and return the Mayfair volunteer form that will be sent home with your child,

--contact Pam Shea at pj_shea@yahoo.com or 861-2720, OR

--go to our online sign up to see all the volunteer opportunities and select what works for you.

www.SignUpGenius.com/go/30E0E48A5AC2BA31-mayfair1 Enter the access code **ees2013**.

THANKS FOR HELPING TO MAKE LASTING MAYFAIR MEMORIES FOR OUR EES COMMUNITY.

MAYFAIR: SILENT AUCTION DONATIONS NEEDED

Please help raise money for the Edmunds Elementary PTO, by donating your special talents or items to the Mayfair Silent Auction. Last year we set a record, raising nearly \$4,000 for the PTO. Our goal this year is to break the \$4,000 barrier and help fund more great activities at Edmunds. You can help. Get creative and support the school. Do you have a business that could donate a gift certificate or an item? Do you have a special talent? People have donated bike repair, pilates lessons, beautiful knit hats, or home-made meals. Do you have a vacation house and would donate a weekend stay there? Do you have a boat and would offer a trip on Lake Champlain or a sailing lesson? Please contact Warren Cornwall at cornwallw@gmail.com or 540-2536.

CALLING ALL FUTURE KINDERGARTEN PARENTS: EES TOURS

Help us to reach out into the community and bring kindergarten students to us so that their parents and guardians can participate in our Kindergarten Orientation on May 16.

Kindergarten tours:

*Tuesday May 7th: 8:20 - 9:20 am

*Wednesday May 22nd: 1:15 - 2:15 pm

RSVPs are helpful. Call 864-8473, extension #1.

FROM THE COMMUNITY**SUMMER CAMP FAIRS**

Come learn about summer camps in Burlington!

Representatives from 6 Burlington organizations will gather to present detailed information for parents and kids about upcoming summer programs. Interpreters will be available to help answer any questions. You can sign your student up for any of these programs on the spot. Visit the at the locations, dates and time listed below:

Sustainability Academy: Thursday, May 2 from 5 pm - 7 pm.

Champlain Elementary: Tuesday, May 7 from 5 pm - 7 pm.

Flynn Elementary: Monday, May 13 from 5 pm - 7 pm.

The following organizations will be attending.

Boys & Girls Club of Burlington, Sara Hollbrook Community Center, YMCA, King Street Community Center, Burlington Parks & Recreation, Burlington School District Summer School, Child Care Resource **Contact Mr. Ali Dieng with any Questions!** 802.316.0731 or adieng@bsdvt.org

This is not a PTO-sponsored activity/event

How To Talk With Children About Boston Marathon Bombs

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By Gene Beresin, M.D.

At the finish of the Boston Marathon, the city of Boston was shaken by the explosion of a number of bombs. Almost all of our children have seen horrifying images of death, destruction, and distraught family members. We in Boston and many around the nation are filled with shock, fear, anger, anxiety, and confusion. Helping our children come to terms with this event is an ongoing process.

The news coverage is likely to be extensive and our children will be hearing and seeing the events of the day now and repeatedly. In response to this, they will have ongoing concerns and need reassurance. It was not long ago that they were all shocked by the shooting in Newtown, Connecticut. At a time of chaos and many questions about the nature of the attack, we need to help them cope with the vast uncertainties in the moment. How can we help guide our children through this stressful time?

For Children of All Ages

Children need to have answers to three fundamental questions:

Am I safe?

Are you, the people who take care of me, safe?

How will these events affect my daily life?

It's important to provide answers to these questions, even if your children don't put them into words. You should expect to answer these questions several times over the next few days and perhaps longer. Keeping as normal a schedule as possible will help reassure your children as well.

Remember that you don't have to have an immediate answer for everything. Some questions don't have any good answers.

In the next day or two, children will be very upset at the images of mourning friends and family members. Often this will make them concerned about the safety of their own family and other loved ones. It's important to reassure children that you're doing everything you can to stay safe so that you can take care of them.

Share your feelings with your children. Let them know that it's okay to be frightened or sad or angry - that's part of being human.

While you should try to answer your children's questions at a level they can understand, remember that you don't have to have an immediate answer for everything. Some questions don't have any good answers. Right now we do not know why this happened or who did it. No one has these answers.

They will certainly see you and others around you texting, calling, emailing to see if friends and other family members are safe. And they may have a chance to see or hear things on the news - on TV or on the computer.

Infants, Toddlers and Preschoolers:

Very young children are more disturbed by their parents' and caregivers' distress than by the actual events. That's why they're comforted more by your actions than your words. Expect young children to regress emotionally a bit. They may become clinging or whiny, have difficulty sleeping. The more patient and reassuring you are, the more quickly this will pass. Much of their reactions will be in response to seeing that you are upset.

Spend extra time hugging and cuddling with your child. This will reassure both of you. Your child may want to sleep in your bed. That's OK, especially at times like this. If you wish to watch or listen to news coverage of the aftermath of the attack, do so while your very young children are not in the room. They do not yet have the ability to put the frightening images they see into perspective.

School-Age Children:

Encourage your school-age children to share their feelings and concerns with you. Reports of taking victims to the hospitals may frighten them, even though they may be afraid or embarrassed to admit it. Let them know that it's all right for them to be upset, and that you'll do everything you can to protect them from harm. Remember that children often work through emotional issues with play instead of words. Don't be surprised if your children use toys to replay the images of destruction that they've seen or imagined. This is healthy. It can also give you insights into their fears and misunderstandings.

If your children's play seems "stuck" in one scenario - they repeat the same event over and over - offer some suggestions for change. Even something as simple as, "Maybe the rescue workers can use shovels to help the people escape" can allow children to come to terms with their fears.

If your children are watching or listening to news reports of the aftermath, be in the room so that you can answer questions and clarify things. Use some of the reports to ask their opinions and trigger discussions. Let younger children know that even though they've seen TV images of explosions dozens of times over many days, they each happened only once and on one day. The Marathon was only run once and it is over. Expect your children to ask the same questions several times. Be patient. Remember that by asking the questions, they're telling you that they trust you. Remind your children that there are many, many more good people in the world than there are bad people, and that the good people will try to take care of them and protect them. Help your children get back to "business as usual." Keeping a normal schedule will reassure them.

Teenagers:

Many adolescents are scared. They will know others who went to the Marathon and some even planned to be at the finish line. They wonder what this means for the safety of others, including parents who work, go to school and live in Boston. They're also struggling with questions about justice, power, and control - issues that have been in the news since the Sandy Hook shooting, and even more in the recent debates about gun control.

Let your teenagers listen in as you discuss both events and feelings with other adults. If they join in, welcome their participation even if you disagree with what they're saying. Simply talking will help them to put their concerns into perspective.

Be with them when they watch TV news reports of the aftermath. Comment on what you're seeing and listen openly to their comments as well.

Sometimes it's easier for teens to talk about disturbing things if they don't have to look you in the face. That's why some of the best discussions take place while you're doing something else, such as playing a game, driving in the car, or doing household chores.

Share your feelings with them. This gives adolescents permission to do the same with you.

Most children will cope with the support and understanding of their parents, teachers, coaches, friends and clergy. Some who may be vulnerable because of previous personal experiences may need special attention from a school counselor or family pediatrician.



BURLINGTON SCHOOL DISTRICT LUNCH MENU - MAY 2013



Monday	Tuesday	Wednesday	Thursday	Friday
<p>MENU ITEMS ARE SUBJECT TO CHANGE</p> <p>USDA IS AN EQUAL OPPORTUNITY EMPLOYER</p>				
<p>6 CHICKEN PATTY WHOLE WHEAT BUN ROASTED ROOTS</p>	<p>7 PIZZA TUESDAY! WHOLE WHEAT CHEESY PIZZA SEASONAL VEGETABLE</p>	<p>1 BEEF TACO PIE WITH CORN TORTILLA SALSA & SOUR CREAM</p>	<p>2 MACARONI & CHEESE RATATOUILLE</p>	<p>3 CHICKEN & VEGETABLE CURRY BROWN RICE GARLIC PEAS & CARROTS</p>
<p>13 BBQ CHICKEN WHOLE WHEAT BUN ROASTED ROOTS</p>	<p>14 PIZZA TUESDAY! WHOLE WHEAT CHEESY PIZZA RATATOUILLE</p>	<p>8 BURGER DAY! WHOLE WHEAT BUN ROASTED SWEET POTATOES</p>	<p>9 CHEESE LASAGNA STEAMED BROCCOLI WHOLE WHEAT ROLL</p>	<p>10 CHICKEN TERIYAKI BROWN RICE ROASTED SQUASH</p>
<p>20 CHICKEN PARMESAN GARLIC PASTA SEASONAL VEGETABLE</p>	<p>21 PIZZA TUESDAY! WHOLE WHEAT CHEESY PIZZA STEAMED CARROTS</p>	<p>15 EARLY RELEASE! TURKEY SANDWICH WHOLE WHEAT BREAD VEGGIE STICKS & FRUIT</p>	<p>16 ALL BEEF HOT DOG WHOLE WHEAT BUN BAKED BEANS</p>	<p>17 AMERICAN GOULASH STEAMED GREEN BEANS WHOLE WHEAT ROLL</p>
<p>27 MEMORIAL DAY HOLIDAY</p>	<p>28 PIZZA TUESDAY! WHOLE WHEAT CHEESY PIZZA HOMEMADE COLESLAW</p>	<p>22 SPAGHETTI & MEATBALLS ROASTED SQUASH</p>	<p>23 CHICKEN FAJITA WHOLE WHEAT TORTILLA ONIONS & PEPPERS</p>	<p>24 CHEESE QUESADILLA WHOLE WHEAT TORTILLA BLACK BEAN & CORN</p>
	<p>29 SHEPHERD'S PIE WHOLE WHEAT ROLL</p>	<p>29</p>	<p>30 CHICKEN TIKKA MASALA BROWN RICE STEAMED BROCCOLI</p>	

FRESH FRUIT & VEGGIE BAR and VERMONT LOW FAT OR SKIM MILK ARE SERVED WITH EVERY LUNCH

VEGETARIAN & VEGAN OPTIONS AVAILABLE DAILY