FRIDAY FLASH

GROW with DIGNITY

EDMUNDS ELEMENTARY SCHOOL

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

Date and Volume Number

March 24, 2017

From the Principal's Desk

It's out of our mouth's and right away, we know we don't want to do that. Our tone of voice or our volume was not what we would want to model. We took away something really important. Now, we're faced with following through with something we said or looking like we'll give in. So how do we find ourselves in that position anyway?

This week, I was introducing research on implicit bias and the impact on disproportionality in office discipline referrals to the EMS faculty. Disproportionality is the imbalance in referrals as they relate to race/socio-economics, gender, etc. We all have implicit bias which is unconscious, automatic, based on stereotypes, is typically not an indication of our beliefs and values and is more likely to influence snap decisions or when decisions are less clear. In thinking about this, I realized that the information is relevant to parenting, perhaps not in terms of stereotyping, but certainly in terms of snap decisions that are unconscious/automatic, and not reflecting our values. Stereotyping may not be relevant to our children, but when you consider that stereotyping has its roots in our upbringing, we can recognize when we fall back on methods we experienced as children when we parent.

Being able to make good decisions regarding behavior is based on the situation itself and our own "decision state". The research found that situations that include snap decisions or are less clear, can result in us falling back on unconscious or automatic responses. Our own decision state is the other factor in our ability to handle behavior well. Researchers specifically identified a decision state that included fatigue, hunger, and a "decrease in willpower as later in the day" as a "Vulnerable Decision Point". That should sound pretty familiar to most parents. Our families are reunited at the end of the day when we find ourselves tired, hungry and with less willpower or energy to consistently reflect our best values.

While we cannot avoid being tired, hungry or fading willpower, we can recognize a vulnerable decision point in ourselves and adopt some strategies to reduce their effect on our parenting. Some strategies recommended for educators, would be equally effective at home. They include asking ourselves, "am I acting in line with my values"? We can delay a decision until we can think clearly or ask the child to reflect on their feelings/behavior. We can take a few deep breaths or say, "I love you, but that behavior is not ok". We can model cool-down strategy by taking some deep breaths or recognizing our own feelings that are upsetting us and letting them go. We can choose to assume the child's best effort at getting needs met. Vulnerability is a human condition. Recognizing it helps to mitigate its effect.

Up Coming Events:

March 30 – ½ Day for Students (AM) - Parent/Teacher Conferences in PM
March 31 – No School for Students – Parent/Teacher Conferences All Day
April 11 – Passover Begins
April 12 – Thingyan (Water Festival) Begins
April 13 – Fine Arts Night – Grades 3, 4 & 5
April 14 – The Poetry Guy (Ted Scheu) Visit
April 18 – Passover Ends
April 22 – Earth Day
April 24 – 28: No School – Spring Break

March 29, 2017
NO ASSEMBLY – RED CLOVER DAY!

4/5 CHORUS

The 4/5 Chorus started up again on Thursday, March 23rd. If your child participated in the fall then they are still enrolled. If you child would like to join for the spring semester, please fill out the registration form here.

MUSIC COMPOSITION

EES is a member of Music-Comp, an online mentoring program for student composers. EES has 5 students who have submitted work for a composition competition hosted by Music-Comp. Music-Comp is currently raising funds to support the live performance of the winning pieces. Please consider supporting this work with a donation. Donate here. Find out more about Music-Comp at music-comp.org.

UVM DISCOVERING MUSIC CARNIVAL

The music education department at UVM is hosting a music discovery carnival on March 26th 10 AM-3 PM at 384 South Prospect Street in Burlington (on the Redstone Campus). There will be instrument demonstrations, as well as private lessons, bake sale treats, and prizes for raffle. $10 for family entry gets you 10 tickets. Each ticket is good for one baked good, one 15 minute lesson for instruments of choice, or an entry in a raffle for various items. Instruments include violin, piano, various wood winds and brass and a percussion playground in the ballroom upstairs.

SAVE THE DATE: 3-5 FINE ARTS NIGHT - ART SHOW AND MUSIC PERFORMANCE

The 3rd, 4th and 5th graders are preparing art work and music for our Fine Arts Night on Thursday, April 13th. Details to follow. Please save this date on your family's calendar. Every 3rd, 4th and 5th grade student has work to share at this event!

SEEKING DONATIONS FOR THE MAYFAIR SILENT AUCTION

Each year, our on-line Mayfair Silent Auction raises thousands of dollars for the PTO. We are currently seeking donations of goods and services to include in this year's auction. If you or someone you know has something (a service, a product, a gift card, etc.) to donate, we would be extremely grateful. Please contact Stacey Kelleher for details. Staceyhk1568@yahoo.com (617)308-2475

3RD & 4TH GRADERS LEARN ABOUT WEATHER:

To supplement their study of nonfiction texts leading into research about extreme weather conditions, we invited Sean Parker, Chief Meteorologist from Local 22 & Local 44 News, to share his experiences in forecasting the weather. He provided great insight into all of the tools, equipment and long hours needed to prepare a forecast for the daily TV news broadcast. Sean talked about his love of the weather and how it lead him to his work as a meteorologist at different places around the country before landing in Vermont. We also got a behind the scenes video tour of the news and weather studio including how a green screen is used in the broadcast. And ask your student why Sean's getting a hard-boiled egg to drop into a milk bottle has something to do with the weather!

Ted Scheu to visit EES: "That Poetry Guy", Ted Scheu, will be visiting our school the morning of Friday April 14th to talk with our students about his work as a poet. Ted is the author of several kid friendly poetry books and has actually used some of our former students' photographs to illustrate one of his books! His enthusiasm and energy makes for a very lively presentation that will inspire everyone's inner poet. We're looking forward to welcoming Ted and hope that you can join us. If you'd like to know more about That Poetry Guy, visit his website: http://www.poetryguy.com/

PTO NEWS

PTO LEADERS: Leigh Fisher, Hollie Foley and Rachel Shelley **PTO CONTACT:** pto@eespto.org

THIS FRIDAY SKATE NIGHT 2017

Friday March 24th from 6pm-8pm Leddy Park Arena

Please join the EES community for our annual skate night! FREE pizza and skate rentals. We ask that each family bring a snack, drink or dessert item (if you are able) to share. Looking for a few volunteers to help. See link below...Mark your calendars and get excited for this fun night!

THANK YOU: EES SHREK THE MUSICAL VOLUNTEERS!

Thank you to the MANY parent volunteers that helped to make our school musical such an amazing performance. Whether you helped in a small or large way, the play would not have been possible without you.

SAVE THE DATE PTO MEETING TUESDAY, APRIL 4TH

Join us at 5:30pm in the EES Cafeteria for Pizza and Conversation. More information to come.

SIGN UP NOW FOR PARENT/TEACHER CONFERENCES!

Parent/Teacher Conferences: March 30th & 31st

Edmunds will continue to use the electronic scheduling system PTCFast to schedule our Spring Parent-Teacher Conferences. This system will allow you to select the teacher(s) with whom you would like to conference. If you cannot access the link directly, please cut and paste the link into an Internet browser: http://ptcfast.com/schools/Edmunds_Elementary_School

ART ROOM HELP

The Art Room is looking for a couple volunteers to help us get ready for the Rock Out/Fleming Museum of Art collaboration. Work will include photocopying, laminating, and hot gluing. Please email jelliott@bsdvt.org if you can help

IT'S THAT TIME OF YEAR! WELCOME BACK... MINI MILERS!!

Ready.Set. Run! (RSR) is back for a second year under the new name Mini Milers; join in the fun for the health of it! While enrolled in RunVermont's Mini Milers program children learn about and practice fitness, good nutrition, citizenship, helping hands and goal setting all while having fun and being safe. Children meet weekly with Mini Milers leaders to get motivated, educated and keep track of their progress. In addition to mileage incentives, t-shirt and medal, participants receive monthly e-letters filled with ideas, citizen challenges and tasty recipes. The program will be led from **April 3rd to June 7th on Wednesdays, from 1:50pm-3:00pm**. If your child currently attends the Burlington Kids After School Program or the Y Program, we will coordinate with those programs to meet us at the end of the program each week. There is a $35 fee for participation; however, if your child receives free or reduced lunches, the fee may be waived. In addition, if the fee is a hardship, please connect with us as we want your child to participate and will seek accommodations. Flyers will be going home with your children soon. Please email Brandi at Brandi.littlefield7@gmail.com or Kirsten McNeil at knstorch@yahoo.com with any questions. Feel free to also check in with Leigh Fisher or Marni Slavik. For further information, you can also go to RunVermont's website: http://www.runvermont.org/youth/ready-set-run/registration. We are looking for 1-2 parents to join our mini milers parent volunteer group. No running experience required! Typically we break up the kids into three groups: running games and activities, middle distance, and long distance. Even if you can't be there every week, we welcome your help! Please contact Marni Slavik (marnislavik@yahoo.com) if you would like to volunteer. Interested in volunteering? Let us know!