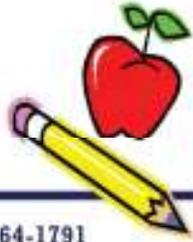


# FRIDAY



# FLASH



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

September 28, 2012

## From the Principal's Desk

### The NECAPS are Upon Us

It's that time of year again. Over the next three weeks, our students will be taking the NECAPs, the New England Common Assessments. These tests are challenging. They are tiring and for some, grueling. Third graders will be encountering the need to sustain focus for a long period of time while paying attention to the need for detail when answering the questions for the first time.

Your child's success can be improved through a few basic steps. First and foremost, children need a good night's sleep. They need a good breakfast. Protein for breakfast is a great idea because protein is brain food. They need to be stress free (as possible).

Going into a test feeling good inside and out will help your child take the test with a positive attitude. Their belief about their own ability has a strong impact on their success. If they enter a test calm, and with confidence, their brains actually work better. This comment is based upon brain based research.

We work to help in easing the stress of the students by having them have a chance to see sample questions and practice test taking methods. We have them practice reading carefully, looking for clues based upon the questions. We introduce the process of elimination or narrowing their choices of answers through eliminating those choices that are clearly wrong and then selecting from the remaining choices. We also teach them to be careful to insure that the entire question is answered going back and re-reading the question to make sure they answered it. Sometimes the solution to a math problem actually requires two and even three operations in order to arrive at the correct answer. The process of teaching this starts by modeling, then practicing together as a class and talking through the strategies, and then independent practice - the same way we teach most things. The tactics that are taught are useful whether your child takes the NECAPs or the SAT's for college, an algebra test in Middle School, a history test in high school or college

While many debate the usefulness of assessments such as NECAPs, a case can be made that there is value in experiencing the environment and necessary focus required. The reality is that there are times when they will be in stressful situations that require that they read carefully and respond thoughtfully and thoroughly. These are skills that will be useful at points throughout your child's life.

### Upcoming Events

- Oct. 2-4 New England Common Assessments (NECAP)
- 9-11 New England Common Assessments (NECAP)
- 15-17 NECAP make-up
- Oct. 1-5 Walk and Roll To School Week
- Oct. 3 Whole School Assembly
- Oct. 5 EES Family Skate Night 5:30 - 7:30
- Oct. 15-18 Parent/Teacher Conferences
- Oct. 17 Early Release (11:30) for Conferences
- Oct. 18 No School - Conferences
- Oct. 19 No School
- Oct. 31 Halloween Parade

**Whole School Assembly  
Quinn's Kindergarten EES Expectations Video  
Local Motion – Bike Safety!**

**Walk and Roll to School Week starts Monday -  
Join the Green Revolution! More Info In the  
PTO Section on back!**

### UVM Women's Hockey Team to join us at Skate Night

Come ice-skating with Edmunds Elementary, at the annual fall Skate Night, Fri., October 5<sup>th</sup> from 5:30 to 7:30 p.m. **There will be free pizza, drinks and skate rentals.** We are excited to share that our friends, the UVM Women's Hockey Team will be joining us from 6:30 to 7:30 at the annual Edmunds Elementary School Skate Night at Leddy Park, sponsored by the EES PTO.

If you are able, please bring a beverage or fruit to share. Location is Leddy Arena, 216 Leddy Park Rd. For more info, contact Warren Cornwall at [cornwallw@gmail.com](mailto:cornwallw@gmail.com). The North Ave Bus travels to the Ethan Allen Shopping Center, which is next to Leddy (<http://www.cctaride.org/bus-information/routes-schedules.html>).

For those new to EES, the UVM Women's team and EES have a special partnership where the college students are paired with our classrooms. We were able to attend one of their games in February which proved to be a great deal of fun. We'll be doing the same this year and to make sure that our students are able to check out the players, their new coach, Jim Plumer is bringing 300 tickets to give to the EES children for the game against Penn State on Saturday, Oct 6th!

Skate night is a great event, lots of fun and free for the whole family, courtesy of your PTO. We hope to see you there!

## The New Netbooks are here!

The addition of a new classroom meant that we needed to move the computer lab. Rather than sticking with desktops, we've moved to netbooks! This allows us to maintain the flexibility of our Learning Center.

### FROM THE PTO

#### PTO FALL FUNDRAISER: DAN'S CHOCOLATES

Please help support our school by selling Dan's Chocolates! Dan Cunningham is the father of THREE students and Edmunds Elementary. The Cunningham family has been VERY generous by giving our school the opportunity to make a large profit from the chocolate that is sold. We make more than half our PTO budget from this fundraiser! **The money we raise pays for: School Activities such as our Welcome BBQ, Skate Night, Math Night, MayFair, Field Trips, Classroom Supplies, Art Class Trips, Author Visits + More.** **Orders are Due Back: Tuesday, Oct. 16<sup>th</sup>. Chocolate Delivered: Monday, Oct. 29<sup>th</sup>.** For more information contact Clare Wool, PTO Treasurer (802.657.3211).

#### WALK & ROLL TO SCHOOL WEEK: 1 - 5 October.

On Monday, 1 October Edmunds Elementary will kick off our week long "Walk and Roll" to school campaign. On Monday, 1 October, join all walkers and rollers outside of the main entrance to EES before school for a kick-off celebration with healthy snacks. If you are able to bring in some sliced apples or other cut up fruit for Monday, please email Rachel Shelley at [rachskye@gmail.com](mailto:rachskye@gmail.com).

**Local Motion will join us during the Wednesday Assembly for an interactive helmet safety demonstration.**

Daily participation will be tallied and tracked on the PTO bulletin board. Join our kids and families from around the block and around the globe as we walk and bicycle to school and reduce our carbon footprint. The classes with the most walk and roll participants will get bike-blended smoothies and a golden shoe for the classroom. There will be one prize for grades K-2 and one for 3-5.

Please take a few moments to appreciate your crossing guards with a friendly greeting or a card signed by some kids in your neighborhood.

#### PTO MEETING: THANK YOU FOR YOUR PARTICIPATION

Thank you to the parents who attended, as well as Dr. Mathias, Anne Lamont (Art), Suzanne Weishaar (Kindergarten) and Keith Pillsbury (school board rep). PTO minutes can be found on-line: <http://eespto.org/> For more information about PTO events contact Signe Daly ([signe.daly@burlingtontelecom.net](mailto:signe.daly@burlingtontelecom.net)) or Peggy O'Neill ([peggyov@burlingtontelecom.net](mailto:peggyov@burlingtontelecom.net)) or visit <https://www.facebook.com/eespto>

### FROM THE COMMUNITY

#### FLATBREAD BENEFIT BAKE FOR BURLINGTON SCHOOL

**FOOD PROJECT: 2 OCT 5:00-10:00pm**

#### **American Flatbread Burlington Hearth**

Come on out and hang with folks from the Burlington School Food Project and other community change-makers while enjoying some delicious wood fired flatbreads. A portion of the proceeds from your purchases will benefit Burlington's amazing Farm 2 School program. Come be a food warrior! **\*\*Don't feel like going out? Then order take-out.** For more information, visit:

<http://burlingtonschoolfoodproject.org>

#### SUSTAINABILITY ACADEMY HARVEST RUN: THE INTERVALE ON 14 OCT. AT 9 AM

Join fellow Burlington families on Sunday, October 14th in the Intervale at 9 am for the First Annual Harvest Fun Run/Walk for Sustainability as part of City Market's Eat Local Week 2012.

The event is sponsored by the Sustainability Academy and City Market. There will be a 1K Kids Race and a 5K Walk/Run. The Walk/Run will begin at the Intervale Community Farm, travel along Intervale Road and farm fields, and finish at the Intervale Center. After the race, visit with the local food vendors and take part in family activities! **Pre-Register by Monday,**

**October 8 to secure yourself a t-shirt at:**

<http://www.eatlocalvt.com/harvestfunrun> For more information, contact Sustainability Academy PTO: <http://sa-pto.com/>

**This is not an EES PTO-sponsored event**

#### RESOURCE GROUP FORMING FOR PARENTS OF CHILDREN WITH SPECIAL NEEDS

If you are a parent of a child with special needs, whether or not s/he has an IEP, 504, CSP, LD or some other alphabet soup label, chances are that you have some special needs of your own! I know I do. That's why I'm creating a group for parents with similar challenges to connect with one another.

I have lots of ideas about how we could share resources, learn from each other, and lend each other support. But if you're like me, the last thing you need is more meetings at times that don't work, and more guilt about not spending your time productively. So, rather than picking a time and place and declaring a mission, I'd like to hear from YOU. If you're interested, curious, or even on the verge of going completely bananas, please contact me via phone or e-mail. Once I get a sense of who's out there we can move forward.

Who knows? We might be able to build something great for our kids, our families, the school, the community...the WORLD! (and maybe even ourselves while we're at it.)

Sincerely, Karen Newman, Edmunds Parent  
[ksnewman@gmail.com](mailto:ksnewman@gmail.com), phone: 355-0649

