

KIS NEWSLETTER



MARCH 2010

<http://www.kis.kingstonschools.org>



Principal's Notes

Spring is fast approaching and brings with it renewed attention to academic and social responsibility for our students. The first round of MCAS testing (Reading and Long Composition) begins this month for students in grades 3-6. Please note the dates in our calendar section. Our students will need your support to ensure adequate sleep and a healthy breakfast prior to their exams.

Last week Mr. Reynolds, Mr. Civale and I held grade level class meetings to discuss MCAS testing, lunch/recess behavior and provide our students with information about bullying. Beginning next week recess will become more structured to provide safe and enjoyable activities for all students. Prior to implementation, we will be presenting the new plan to each grade level group during lunch time.

In addition to MCAS and recess discussions, students were presented with a tool to use to "stand up to bullying". During our discussion about bullying students were told about "The 3 R's": **Recognize, Refuse and Report**. The 3 R's will be reinforced during morning announcements and by staff throughout the day. We hope students will become comfortable with this "tool" to address emotional and social concerns both at school and out in the community.

Included in this newsletter is additional information to assist parents as you discuss bullying with your child. In addition, I encourage all parents to attend the workshop on Internet Safety/Cyber Bullying presented at 7pm on March 15, 2010 at Silver Lake Middle School. The administration and staff at KIS will continue to work with parents to support a safe and enjoyable learning environment for our students. Happy Spring!

Technology

Students are doing a wonderful job progressing through the Technology Standards. Each "project" or "activity" we do involves multiple skills.

Grade 6 has just completed *PowerPoint* presentations using their research from Mrs. Dallaire's social studies unit of world religions. In December, they explored the hardware and software through a Scavenger Hunt. Learning to use tutorials will help students become independent researchers and problem-solvers as they head to 7th grade.

Grade 5 created BioPoems in Word, examined engineering sites to watch short video clips about simple machines, and a few classes are beginning to work with Microsoft Publisher.

Grade 4 just finished learning how create tables, work between 2 windows and copy and paste. They developed terrific information charts on Canada for social studies. Mrs. Howard's class is piloting a unit in publishing by creating a newspaper totally about themselves!

Grade 3 is starting to get comfortable using different logons, opening various software and working in Study Island. Our focus for the winter is keyboarding.

Dates to Remember

March

- 2 PTO @ KES 9:30 am
- 8 School Council 3pm
School Committee 7pm
- 8 Term 2 ends
- 11 Class Pictures~Lifetouch Spring Photos
- 15 Report Cards go home
- 15 Internet Safety/Cyber Bullying 7p SLMS
- 16 5th Grade Girls Tea 7pm
- 17 Early Release (12:45)
Afternoon conferences (1 - 4)
- 18 Evening Parent Conferences (6:00 - 8:30)
- 23 MCAS Grade 4 Long Comp.
- 24&25 MCAS Grade 6 Reading
- 29-30 MCAS Grade 4 Reading
- 31 MCAS Grade 5 Reading
- 31 Title One Family Reading Night

April

- 1 MCAS Grade 5 Reading
- 2 Good Friday - No School
- 5&6 MCAS Grade 3 Reading
- 6 PTO Meeting KIS 7pm

Think Spring!



STUDY ISLAND TOP STATE SCORERS FEBRUARY

Grade 6
Emily Kelleher
Zachary Munro
Michael Silva

Grade 5
Will Eddy
Miles Toole
Sam Lelio

Grade 4
Josh Cogburn

Grade 3
Chase Thomas



Learning About “I Messages”

As a school we have been working together to develop positive peer relationships among all of our students this year. In certain instances the peer relationships between some students are not the best. With the help of the Second Step Program I have been in the classrooms talking about “I messages” and how to use them appropriately, specifically when problems between students occur. This strategy is a safe and effective way to help people understand how you are feeling and why you feel that way. Reinforcement of these strategies at home, along with the reinforcement at school, will help all students learn positive ways to handle these situations confidently.

“I Messages” are simple, powerful ways to communicate our wants, needs, and feelings. When reinforcements occur children use them. Through reinforcement children are getting a tool that will help them in many different situations – including times when they are confronted by a bully.

Suggestions on how to reinforce “I Messages”:

1. “Sometimes we need to tell other people exactly how we feel and why. Maybe they’re bothering us or bullying us and we want them to stop what they’re doing and leave us alone.
2. “An ‘I message’ is a good way to communicate what we want. When we use ‘I messages,’ we say what we need without blaming the other person. Blaming can make a problem worse. It puts the other person on the defensive.

Go over the “5 Steps to an ‘I Message’” and invite them to give other examples of messages they might use.

5 Steps to an “I Message”

1. Always start with “I,” not “You.” “I” puts the focus on your feelings, wants, and needs. “You” puts the other person on the defensive. “I _____”
2. Clearly and simply say **HOW** you feel. “I feel _____” Example: “I feel angry”
3. Clearly and simply say **WHAT** the other person did (or is doing) that made you feel that way. “I feel _____ when you _____” Example: “I feel angry when you call me names.”
4. Clearly and simply say **WHY** you feel the way you do. “I feel _____ when you _____” Example: “I feel angry when you call me names because I have a real name.”
5. Clearly and simply say **WHAT** you want or need the other person to do.

“I want you to _____” Example: “I feel angry when you call me names because I have a real name. I want you to start calling me by my real name.

-Mr. Civale



Remember, you prevent getting the flu by getting a vaccine. Don't forget to wash your hands with soap and water, cough and sneeze into a tissue or your elbow, avoid touching your eyes nose or mouth, keep a safe distance or better still avoid having contact with people who are sick, and if you or your child are sick stay home from work or school. For more information you may log on to www.mass.gov/flu or the Center for Disease Control (CDC) @ www.cdc.gov/flu.

In Good Health,
Maureen Forziati RN, NCSN

2010-2011

If you have a 4th grader enrolled here @ KIS and have not updated your child's physical exam, please send a current copy to the nurse before this school year is over.

The Department of Elementary and Secondary Education is encouraging participation in the 2010 census. Funding for the schools is based upon accurate numbers received through the census results