
COFFIN ELEMENTARY SCHOOL PRINCIPAL'S NEWSLETTER

Issue Three 2012-2013

December 2012

Dear Coffin School Community,

I hope this finds you well.

I had the best laid plans of drafting a December newsletter filled with multiple pages of photos, student work and other classroom news. I don't think this will happen to the extent that I'd intended and my wife tells me to let it go. I'm going to take her advice.

Instead, I'll take a few minutes to reflect on the weather.

I understand the official winter solstice is about 90 minutes away from now. Apparently 2012 is unique in that the sun will parallel itself with the center of the Milky Way galaxy (only once every 25,000 years or so). This is all interesting.

However, what resonates most with me is the reassurance that there are always powerful forces at work well beyond the course of human events. In this case, it means that tomorrow will bring us approximately three more minutes of daylight than today. This trend will continue.

While I may not actually notice these extra three minutes of daylight, I know they are there and inexorably growing by the day. This, to me, is hopeful.

However you may choose to spend this season of growing light, my wish for us all is to enjoy quality time with loved ones - hopefully family, friends, neighbors, fellow members of the community - and that we connect, reflect and rejuvenate.

Peace,



Mr. C.
sciembroniewicz@brunswick.k12.me.us

Coffin School Activities

December

- December 24—31, No School, Holiday Break

January

- Tuesday, January 1, New Year's Day - No School
- Tuesday, January 8, Community for Coffin Meeting
- Friday, January 18, Walk/Bike
- Friday, January 25 CFC Movie Night
- Monday, January 21, Martin Luther King Day - No School
- Wednesday, January 30, Early Release, Prof. Dev.
- Thursday, January 31, Kinderkonzert

February

- Friday, February 1, CFC Movie Night Snow Date
- Tuesday, February 5, Community For Coffin Meeting
- Friday, February 15, Coffin Cares Assembly
- February 18 – 22, No School, Winter Break

Congratulations on Your Retirement!!



A hearty congratulations to our beloved cafeteria manager, Gloria, on her upcoming retirement. She has been here at Coffin School for 22 years. We'll miss you, Gloria!!





FRIDAY FUN!!

- from Stasia Lowe and Cheryl Crockett

What's shakin' down in the Den one Friday every month? FRIDAY FUN! Family and friends join together to participate in community building enrichment activities. What do we do??? Plant gardens, learn Scottish dancing, play kickball, build fairy houses, learn new math and word games make art projects, and enjoy visiting animals!

We invite friends and families to join us and share their interests and expertise. Julie Kimber keeps track of the volunteers by scheduling and planning with them to keep this tradition going strong. THANK YOU ! Each week is different so stop by if you are in the neighborhood and want to check it out or join in.

Library News

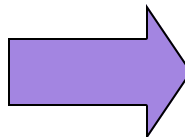
Mrs. Margy Soule, Librarian

December Newsletter

The library would like to congratulate Kate Egan on the publication of Kate and Nate Are Running Late. This lively, rhyming picture book story published by Macmillan /Feiwe! features Ms. Egan's real life family, Coffin first grader Nate and his HBS sister Maddie. Like so many families, Kate, Nate, and Maddie have a hard time getting out of the house because of their very full morning routines. And why wouldn't this busy family be running late? Kate Egan, besides being a mother and a school volunteer, is also the editor of Suzannne Collin's Hunger Games series. How fortunate Coffin is to have such a talented author and supportive parent! If you would like to check out Kate and Nate Are Running Late, please stop by the Coffin library. All Coffin parents are welcome to set up free library accounts for check out privileges.

Also, as a side note about Kate and Nate Are Running Late, the book is illustrated by Dan Yaccarion. Yaccarion is both an old fashioned picture book illustrator of over 30 books and a "techno-geek" who creates e-book screen-based storytelling. In the April/May 2012 issue of *Horn Book Magazine*, he remarked that his family has one screen-free day each week. All day Sunday he and his kids take a break from technology and enjoy each others' company.

Parents team up with first grade classrooms to make pumpkin pudding.
(delicious, BTW!)



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Nurse's Notes - Mrs. Janet Rivard December 2012

The Flu

Flu season has arrived. Influenza or simply, "The Flu" is a viral illness that typically occurs during the winter months. According to the Maine CDC, influenza is characterized by the sudden onset of symptoms including fever (100 F or greater) and muscle aches, headache, severe malaise (or general bodily weakness, discomfort and tiredness), a non-productive cough and/or sore throat, and runny nose. Influenza is easily spread from person to person through coughing and sneezing of infected persons.

Keeping ALL students healthy and safe

As you can imagine one infected person could spread the virus to several people through the course of a school day. If your child has a fever of 100 degrees F or higher ***please*** keep him/her home from school. A fever is a sign that the body is fighting an illness. Please ***do not*** medicate your child for the fever and send them to school. Fever reducing medication will not prevent them from being contagious to others. A child's temperature must be under 100 degrees F for **24 hours *without*** the use of fever reducing medication such as acetaminophen (Tylenol) or ibuprofen (Advil or Motrin.)

For some of our students whose medical condition or treatment weakens their immune system any illness can be dangerous. **Of particular concern are common childhood communicable diseases such as measles, mumps, rubella, chicken pox, and pertussis (also known as whooping cough)** to name a few. Since children who have been exposed to an illness, particularly those who have not been immunized can spread the virus ***before*** any symptoms develop it is very important that you notify me of any known exposure. If your child has been ***exposed to*** any of these illnesses, regardless of whether or not they were vaccinated ***please*** notify either me at 319-1957 or jrivard@brunswick.k12.me.us

Dress for the weather

Children should come to school prepared for outside play to ensure that they are warm and dry throughout the day. In winter weather children should come to school wearing ***a winter coat, snow pants, a hat, mittens or gloves, warm socks and boots***. They should ***bring shoes to wear inside*** as boots can be very hot and uncomfortable when worn all day. It can be costly to outfit a child for winter. If you would like assistance in providing winter clothing for your child please notify Mrs. Bradley or me and we will be happy to help. Please note that the school does not keep a supply of extra clothing. It is strongly recommended that all children have ***an extra pair of socks and a change of clothes*** for those occasional times when they get wet.



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Nurse's Notes continued... December 2012

Tips to stay healthy all year long

Get plenty of rest. Most experts agree children between the ages of 5 and 12 need 10-11 hours of sleep each night. Too little sleep can affect the body's immune system, which helps protect from illness. When the body doesn't get enough rest a child will not only feel tired and cranky but he or she may be unable to think clearly, making directions difficult to follow and school assignments a challenge to accomplish.

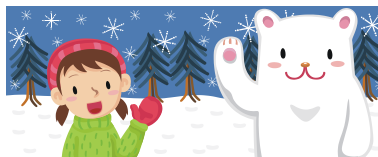
Drink lots of water. Cold, dry weather and dry, indoor heat causes our bodies to lose moisture. It's important to drink about 6-8 glasses of water a day (more with activity) to keep appropriately hydrated.

Get daily exercise. Regular exercise will not only help your body stay healthy but is a habit that will benefit you for life. According to the American Academy of Pediatrics, physical activity can help **ward off disease** and other medical problems. Regular exercise **prevents high blood pressure, strengthens bones, helps you maintain an appropriate weight** for height and body build and also is known to **relieve stress** by causing physical changes in your body that help it react to and handle stress.

Wash hands several times a day with soap and warm water, or hand gel when water is not accessible, especially before eating and after using the bathroom.

Cover a cough or sneeze, into your elbow, if you please!

Stay home when you are sick. Symptoms are most severe and infection is most contagious during the first few days of illness. Children should not be in school if they have a fever and should return only when symptoms are improving and no fever has been detected for 24 hours. Your health and the health of those around you depend on it!



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5201 Message

from Mrs. Peck-Moad and Mr. Hutchins

Suggestions for Nutritious Snacks!

Beverages

- Water
- Seltzer
- Low fat milk



Low Fat Dairy

- Milk
- Squeezable yogurt tubes
- String cheese
- Yogurt smoothie
- Frozen yogurt



Fruits & Vegetables

- Apple slices
- Bananas
- Fresh berries
- Applesauce
- Melon balls
- Celery sticks with peanut butter
- Sliced colored peppers with hummus
- Baby carrots or cucumbers with low fat dip
- Orange sections
- Raisins

Try fruit with a couple of tablespoons of peanut butter for a more filling snack.



Whole Grains

- Trail mix with nuts*, seeds, whole grain cereal, and dried fruit
- Plain rice cakes – Spread them with your favorite nut butter.
- Multigrain pretzels
- Whole grain cereal with or without milk (Look for cereals with at least 4 grams of fiber per serving.)
- Popcorn



*Note: Some schools are "nut-free zones." Call your school to see if they have a policy regarding nut allergies.

5201

LET'S GO!

www.letsgo.org



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