

# EES SCHOOL NEWS

December 1, 2017



## Winter Weather has Arrived!!

If the “feels like” temperature is above zero, we go out for a 30 minute recess every day. Please send your child to school with warm winter clothing including hat, mittens, boots and snow pants! If there is snow on the ground and your child does not have boots or snow pants they are required to stay on the blacktop area of the playground.

Remember to label your child’s items– our Lost and Found is growing!



**From the desk  
of  
Mr. Farrell**



At this point in the school year I would like to take the opportunity to reiterate the importance of regular, on-time school attendance. Not surprisingly, research has shown a direct correlation between school attendance and student achievement. (I can’t imagine who thought such research might be necessary, but I’m glad they undertook it!) Simply put, children who attend school on a regular basis have greater academic success as well as more fully formed social/friendship ties with their classmates.

Likewise, being on time to school helps students feel more a part of their classroom community, as they are present when the day starts rather than being assimilated in at a later time. For many children this transition time is incredibly valuable, providing a buffer between their outside lives and their roles as students. Additionally, punctuality is a valuable life skill, and, like all such skills, is much more thoroughly and easily learned at a young age. Better to learn the value of being on time now rather than as teenagers, when the lesson is learned by being fired from your first job!

## School Counseling News

### **Classroom Guidance**

Every week, for 16 weeks of the school year, we teach lessons in the classrooms on different topics that help to support students in their social emotional growth and development.

We will be taking a pause from whole class teaching in the next few weeks to focus more on small group and individual student support but will be back in the spring to teach additional topics to students in classrooms.

Topics covered in classrooms so far include whole body listening, brains and bodies in the group, expected and unexpected behaviors, matching the size of a problem and the size of a reaction, problem solving using “I statements”, self regulation skills, kindness, bullying, diversity, and peace.

### **Big/Little Program**

EES partners with Essex High School every year to offer high school mentoring to EES students. High school students meet with elementary school students once per week to play games and do other fun activities. This year we are glad to have 7 high school students working with our school!

### **Resources for Families**

In addition to providing short term counseling to individual students, offering small group counseling, and teaching classroom guidance lessons, school counselors can be a resource for families looking for support. School counselors can help families to identify child care options, holiday giving programs, outside therapy, and other community resources. Please don’t hesitate to contact your school counselor if you would like more information.

[To learn more about the school counseling program at Essex Elementary School, please visit the School Counseling link on the EES webpage or contact your child’s school counselor.](#)

Julie Cleary- 802-857-2132  
jcleary@ewsd.org

Kim Horton- 802-857-2105  
khorton@ewsd.org



School Vacation December 23rd—January 1st



### Ms. Spillane's First Grade Travels Back In Time!

Students in Ms. Spillane's first grade class at EES have been learning about life long ago. We learned about how things were different hundreds of years ago from how they are today. We traveled back to the time of the first Thanksgiving and learned about how Pilgrims and Native Americans lived. We also took a field trip to the Harriet Powell Museum and learned about what our very own town used to be like! Most recently we took a field trip to Shelburne Farms and learned about farm life 100 years ago.

The week before Thanksgiving, Ms. Spillane's class took a step back in time in our classroom. We participated in a number of activities: Native American bread making, butter making, Native American writing, Pilgrim children games, and reading by "candlelight". We made a type of bread called Boiled Bread, a Wampanoag recipe that includes cranberries, sunflower seeds, flour, cornmeal, and boiled water. We topped this bread off with some delicious homemade butter! To make the butter, we put cream in a mason jar and took turns shaking the jar until the cream turned into butter! We also wrote stories on old paper by using only pictures to represent words, like Native Americans had done. We played a hoop rolling game that Pilgrim children would have played. Finally, we set up a dark area of our classroom with a wooden chair and knitted blankets and read our books without electricity! The only way to see the words was by "candlelight" and "firelight". We had lots of fun exploring old traditions in our classroom, but the fun didn't stop there!

Ms. Spillane's class had the opportunity to walk across the street to The Harriet Powell Museum. Mrs. Jordan was a wonderful guide, and we were able to learn all about Essex long ago. Some of our favorite facts were that students didn't ride to school on busses, but instead used a horse and buggy! The kids long ago thought it was funny to try and tip over the buggy so they would be late for school! We also enjoyed seeing older toys, milk bottles, clothes, and school supplies.

Most recently we took a field trip to Shelburne Farms. We had the chance to see what the farm was like 100 years ago! We learned that children had lots of farm chores to do. We experienced what it would be like to collect eggs from the chickens, bake bread and make butter (yum!), clean wool and make yarn bracelets, and even make our own candles!

Ms. Spillane's class has enjoyed learning about the history of our country, state, and town. While we enjoyed taking these steps back in time, we agree that we are pleased with most of the changes we see in our lives today. Except maybe collecting chicken eggs, that was exciting!



Orion Stapleton making a candle by dipping a wick into hot wax then water.



Addison Hoy holding a chicken during the Chicken Parade.



Ellie Conti washing wool to make yarn.



Addi Carroll shaking cream to make butter.

### IT'S THE LAW:

#### Vermont law requires ALL children up to 8 years old to ride in safety seats.

With the Holidays approaching, many of you will be traveling to see family and friends. Please remember these safety tips:

\*\*Vehicle seat belts are designed for adult-sized bodies that are at least 4' 9" tall and about 80 -100 pounds.

If your child uses an adult seat belt too soon, in the event of an accident, they could have serious injuries including: internal organ damage, spinal cord damage, broken ribs, or brain injury!

Children and air bags don't mix... in the event that the air bag inflates, a child could receive serious injuries or worse.

With or without an air bag, children under 13 years old should sit in the back seat. Research shows that they are 43 percent safer in the back seat.

Booster seats are inexpensive and a necessary investment to insure the safety of your children.

For more information on car seat safety go to [www.beseatsmart.org](http://www.beseatsmart.org) .

Remember, Be Safe,

Kimberly Bullock, BSN, RN

EES Nurse

857-2104



### Thank you!

We had a very successful winter coat drive. 210 coats, 28 snow pants and 18 sets of boots in addition to numerous hats, mittens, gloves, scarves, fleeces and vests were collected. 129 people were outfitted for winter. The remainder of the coats were donated to Dismas House, Aunt Dot's Food pantry and Sweet-water's for distribution at their community Thanksgiving dinner. Thank you for your generosity in helping our neighbors in need.

**Photos, news, school closings and more ... follow the Essex Westford School District on social media!**

**Facebook:**

[www.facebook.com/essexwestford](http://www.facebook.com/essexwestford)

**Twitter:**

[@EssexWestford](https://twitter.com/EssexWestford)