



# HERBERTSVILLE HERALD

## From the Principal's Desk....



Dear Parents:

It is hard to believe winter will be arriving in a few weeks and the holidays are quickly approaching. This is such a wonderful time of the year when we often show how much we care for others! Our students continue to demonstrate their good character by being respectful and kind to others as they work and play together at school.

A great amount of research links parent involvement in their child's education to greater school success. Thank you for meeting with your child's teacher during conference time. I hope you gained valuable information about areas your child is excelling in and ideas of how to improve your child's performance in school. After reviewing each report card and conferencing with teachers, I too, have gained valuable information about Herbertsville students. I am very proud of the students' efforts and the programs offered at school. We are committed to student success and setting high priorities in the classrooms. Our school continues to support all of the students in meeting their fullest potential. Students' learning styles, interests, work samples, and assessments are utilized to plan instruction, resulting in high levels of student engagement and greater student achievement.

As a parent/guardian your role is essential in helping your child meet with school success. Fostering a deep and long-lasting love of reading is a proven way to help your child succeed. I recommend reading, *7 Keys to Comprehension How to Help Your Kids Read It and Get It* by Susan Zimmermann and Chryse Hutchins. Zimmermann and Hutchins state simple things parents can do to help develop a foundation of reading such as reading to your child, sharing your thinking about what you read, and telling your child stories. In their book, the authors explain 7 Keys that great readers use to better understand what they are reading.

If you are looking for the perfect gift for your child this holiday season, consider visiting [readingrockets.org](http://readingrockets.org). This website includes a Holiday Buying Guide for children. The books were carefully selected to engage children so the TV and electronic games are happily turned off! The website also offers valuable information about reading.

Good character continues to be promoted at school by integrating character education into the curriculum and school day. The word for the month of December is *Caring* and the word of the month for January is *Fairness*. You can encourage your children to be caring citizens by being kind and considerate of others. Fairness involves being fair and just, treating people equally, and considering all the facts, including opposing views before making decisions. You can teach your child these character traits by using examples your child can relate to, involve them in decision making, and model the behaviors you want to see.

## Upcoming Events...

PTA Holiday Shop	12/15
Holiday Concert 6:30 PM	12/14
PTA Holiday Shop	12/15-12/16
2nd Marking Period Progress Reports Distributed	12/16
Lunch w/Principal	12/21
Winter Recess	12/26—1/2
School Reopens	1/3/12

A special thank you is extended to all of our families for their dedication to our school. Whether you participate in your child's education by helping your child with homework, reading daily, volunteer at school, or give your time to the PTA, your dedication is appreciated. Remember, it is not too late to join our school's PTA! Our PTA provides many experiences that enrich your child's education at Herbertsville School.

On behalf of the Herbertsville staff, I would like to wish our school community a joyful, healthy holiday season!

Sincerely,

Mrs. Bonnie Giles  
Principal

## Notes from the Nurse....

### December is National Hand Washing Month!

We all know the importance of hand washing in maintaining our health and preventing the spread of disease. To promote hand washing, I'll be scheduling classes with our students. Also, I am requesting that all who enter my office use the hand sanitizer before entering. Keep healthy! Use respiratory hygiene measures, e.g. tissues and coughing/sneezing into your elbow. Stay home when you are sick. *Don't forget your Flu Vaccine!!*

### Assistance with Medications

The Salvation Army has partnered with Walgreens Pharmacy to sponsor a program to supply a month worth of prescription medications to students in need. Also, various pharmaceutical companies offer assistance to families to obtain **asthma** medications.

*If interested, please see me or Ms. Berardi.*

### Health Assemblies with Meridian:

(For grades 1 and 2, Ms. Baldwin and Ms. Jagger's classes)

On the following days we will have Dr. Bernard and his Pawsitive Action Pals visit our school:

Jan. 27<sup>th</sup>, 2012 - 1:30pm    Feb 10<sup>th</sup>, 2012 - 1:30pm    Mar 15<sup>th</sup>, 2012 - 1:30pm.

### Dental Health:

Students who receive free or reduced lunch qualify for dental care through Federally Qualified dental programs. Other students may also be eligible.

*For more information, please contact me or Ms. Joyce Jackson, the Dental Coordinator for the Ocean County Health Dept. at (732) 341-9700 Ext. 7624*

*Wishing all a very happy and safe holiday season!*

**MaryAnn O'Brien**



## Physical Education/Health

It has been a great few months in Physical Education. The students will be participating in a variety of activities during the winter months. In the coming weeks students will be actively involved in team sports like volleyball and tennis. They will also be taking part in many activities that involve cardiovascular activities.

### Healthy Tip: Make Good Food Choices

Now that the holidays are right around the corner it is more important to eat healthy. It may be hard not to eat the sweets and fatty foods, but limit them. Instead, choose a piece of fruit over the chocolate chip cookies that are left over from giving to Santa. You only get one body so treat it well!

There is so much to celebrate at this time of the year and our first graders are celebrating great learning! In Literacy, we continue to work hard every day learning new high-frequency words, spelling words, and robust vocabulary words. In Math, we love playing our math games. Our favorites include Coin Exchange, Dime-Nickel-Penny Grab, and Domino Addition. We are looking forward to the holiday season and to hanging our "Winter Wonderland" of work in the hallways. Have a safe and happy holiday season.





## Grade 2

Mrs. Wyville & Mrs. Bayles

Second graders took a voyage in the month of November to learn about the Pilgrims and the first Thanksgiving! Our students learned about traditions and gave thanks for their families at home and in school. During the month of November, our reading program explored the genres of realistic fiction and folk tales. We continue to enjoy working in centers and sharing our writing with each other, as we wear our writer's caps everyday! In Everyday Math we continue to focus on measurement and addition and subtraction strategies, while enjoying educational games both online and in the classroom! In Science we completed a unit on Matter, and in Social Studies learned how important the Pilgrims were in history. We are so excited that the holidays are around the corner. It is important to remember that it is getting colder now, so children should dress appropriately for outdoor recess. We wish all our students and families a very joyous holiday season!

## Grade 3

Mrs. Pelo & Mrs. Wurtzel



We are enthusiastically learning new concepts in Everyday Math! We finished our unit on measurement and entering the wonderful world of multiplication. Remember to use [www.everydaymathonline.com](http://www.everydaymathonline.com) to play the games we play in class. This will also help the third graders gain fluency in multiplication facts.

In Science, third graders have investigated the three states of matter and how they change between states. We look forward to learning about different rocks and minerals.

Learning about Jamestown was fun! We visited a living history museum to discover how the colonists and Powhatan Native Americans learned to live peacefully.

We wish you all a happy and healthy holiday season!

## Grade 4

Mr. Lowe & Mrs. Osborn

As winter-time approaches, the Fourth Grade continues to be exuberant about plunging into the Harcourt reading program. They continue to work in centers while learning new vocabulary, reading skills, and strategies. We are continuously applying new concepts to our writing to become young and vibrant authors. Social Studies has us investigating the dynamics of the different types of Maps and living in the North East. Students will show their knowledge through reports or presentations on Power Point. In Math, we have already shown growth in Geometry concepts and have moved on to using numbers and organizing data. Now would be a great time for you to work with your child on mastering the Times Tables, so make sure you are practicing with your Fact Triangles. Fourth graders should continue to study their math facts on a daily basis so they can survive the more challenging depths of math that are approaching in the new program.



## Grade 5

Mrs. Ridolfo & Ms. Ball

Happy Holidays! Fifth graders have recently finished their third unit in Everyday Math. They can now find the sum of all angles in regular polygons without using a protractor. They are learning a great deal about Native American Tribes while completing their Pocket Projects. Many of the students are enthusiastic to share their projects with their classmates. Using figurative language in their writing is becoming second nature. The fifth graders have also been very involved in Early Act and Chorus preparing for the holidays. Have a happy and healthy New Year!

In **Art**, the students have been busy creating a variety of projects. In Grade 1, the students learned about their warm and cool colors as well as line design. They just completed their sponge paintings of giraffes. In Grade 2, the students completed their Native American Portraits and are beginning their "Monster Trucks". In library the students read a book about monster trucks and are so excited about making a replica of a monster truck. In Grade 3, the paper towel totem poles came out great. They are now creating visual textured teddy bears. In Grade 4, the students are completing their torn paper mosaic portraits and beginning to work with abstract art and pastels. Finally in Grade 5, the students learned basic sewing skills and created tactile textured houses with felt and yarn. They are beginning the fifth grades traditional holiday project of paper towel Nutcrackers. Thank you for being so creative and amazing Herbertsville students!!!

Mrs. Albanowicz

## Early Act



Early Act members have been very busy helping others in the community. After Halloween, Early Act collected a large amount of candy and sent sweet treats to soldiers in the Mideast. During Thanksgiving, they collected 569 pounds of food for the Ocean and Monmouth County Food Bank. Early Act is currently assembling Senior Sacks to brighten senior citizens' holidays. Many members have been corresponding with their pen pals in the Wedgewood Community. Early Act would like to wish everyone a wonderful holiday and a happy and healthy New Year!



### Music with Mr. Beirne

Music continues to be an enjoyable learning experience for all Herbertsville students.



The first grade continues to have fun with evocative songs that teach good character traits, reinforce math and physical skills and orient them to the importance of the seasons and holidays that we share. The second grade enjoys this learning pastime as well as developing their critical listening skills by discriminating the various a-capella singing groups in “musical current events” in the Sing-Off with the third, fourth and fifth grades as well. The third through fifth grades still work on holiday songs on the recorder. Fifth grade chorus is gearing up for their holiday performance of Herbertsville Holiday Spirit Wednesday, December 14 at 1:30 for the students and 6:30 for families. Hope everyone has a blessed holiday and a happy, healthy, prosperous and peaceful 2012!

## *A Note From The School Social Worker:*

As a counselor and fellow parent I often find that behavior is an area parent's can get stuck on. Psychotherapists Jill Spivack & Jennifer Waldburger offer some great tips to assist parents address their child's behavior through a slight shift in perspective.

### *A Positive Perspective on Negative Behavior*

Here are some ways to foster your child's positive behavior:

- **See your child in a positive light.** If you constantly dwell on his negative behavior, you're likely going to get more of it—partly because he'll begin to see himself in the same negative light that you do. Kids who feel bad about themselves are more likely to act out. If you focus on his positive qualities instead, there's a much better chance he'll show you the best of who he is. Each day, focus on one thing you appreciate about your child—recall a memory where you've see your child embodying that quality, and “play the movie.”
- **Default to her feelings.** If your child's emotions and/or behavior start to escalate, instead of trying to explain why she shouldn't feel or act that way, step inside her shoes and tune into her perspective: “You really want to keep playing with Madeleine instead of having to leave. I'll bet you wish we could stay here all afternoon.” Most parents worry that empathizing this way will only fuel more of the protesting or negative behavior, but you'll almost always find that the opposite is true: when your child genuinely feels heard, she'll often calm immediately.
- **Honor his experience rather than seeking to change it.** Perhaps the most loving thing any of us can do for another is to honor the other person's experience, whatever it is. We don't really want anyone to change our experiences for us. What we really want instead is for someone to simply hold space with us, without judgment, while we're having those experiences. When a parent does this for a child consistently—providing discipline also, when necessary—the child learns empathy and self-regulation. Then, he can offer these qualities in service to others.
- **Don't take it personally.** When your child acts out, it does not mean that he doesn't appreciate the love, support, guidance, and understanding you offer as a parent on a regular basis. Conversely, offering those things is not a guarantee that your child will not act out sometimes. Everyone is entitled to a grouchy mood or an off day now and again, and our ability to tolerate so-called negative feelings makes it less likely that we'll need to act them out. It also deepens our capacity to experience emotions like joy and gratitude.
- **Take responsibility for your own happiness.** If your emotions go up and down depending on how your child is feeling or acting, you're setting yourself up for a bumpy ride. Rather than tethering your well-being to hers, find your center from within. When you remain grounded during her turbulence, you convey that you can keep her safe while she's having big feelings. This will not only make it easier for you to get through a tough moment, but you'll also more easily her find her balance again.



*Nicole Berardi, Social Worker*