

# Washington Primary School Newsletter

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## Upcoming Events

- ◆ Board of Ed Meeting, Feb. 8 @ 7:30 p.m., Jack Abrams Intermediate
- ◆ Jammin' in the Gym, February 12, K-3
- ◆ Winter Recess, School Closed Feb. 15-19
- ◆ PTA Meeting, Feb. 24 @ 9:15 a.m., school cafeteria

## A Note From the PTA Co-Presidents

The PTA would like to thank all the parents, students and siblings that volunteered their time at events in September through December 2009! We truly appreciate your commitment to Washington Primary and hope your time spent was rewarding and enlightening.

We have many exciting programs scheduled for the remainder of the school year, and ask that you continue to volunteer some of your free time to help our events remain safe, fun and efficient. It's not too late to assist with PTA events and/or programs planned for 2010. If you're interested in helping, please let us know. We have a mail box in the main office and Board member phone numbers are listed in the annual school calendar. You'll now be able to view various postings by the PTA on the cork board in the school lobby by the nurse's office.

Also, the nominating committee is looking for moms and dads to join the Board for the 2010-2011 school year. The PTA is a national organization and is the largest volunteer child advocacy association in the nation. The PTA is a powerful voice for our children; a relevant resource for families and communities; and a strong advocate for public education. Anyone interested can contact the 2010 nominating committee chaired by Mrs. Shari Harris.

Please consider the difference your ideas can make when shared with a team of wonderful parents and teachers.

## Dear Parents

Welcome to the new Washington Primary School Newsletter.

Our goal is to help you stay in touch and in tune with news and events at our wonderful school. We'll publish monthly throughout the rest of the school year, posting the newsletter here on the HUFSD site where you can read it online or print it out.

Any questions, comments or story ideas can be directed to Diane Pereira at [dvpereira@verizon.net](mailto:dvpereira@verizon.net).

## Helping Haiti

"A Little Change Can Go a Long Way," a program created by our third graders to help the people of Haiti after the January earthquake, has been a great success and we're still collecting! Students in all grades can continue to bring spare change and drop it in the large water bottle at the school entrance.

Thank you to everyone who has donated. The money will be directed to UNICEF to send water, food, medical supplies and more to help Haiti as they recover.

## Kindergarten News



*First graders participating in a special performance of "The Nutcracker" in December.*

The Kindergarten students are approaching a very exciting milestone of their first year - completion of 100 days in school! To celebrate the 100th Day of School, the teachers will prepare the Kindergarten classes for a fun and memorable day as they parade the halls. More information will be provided in the coming weeks.

## First Grade News

Our first "First Grade Social" was held in December and was a sweet success!

The children who attended enjoyed decorating chocolate holiday houses with all kinds of candy. The biggest challenge was whether to eat the house or enjoy looking at it! Thanks to all the teachers and parents who attended and helped.

## Second Grade News

Author and poet Darren Sardelli recently visited the 2nd and 3rd grades and discussed his books including "Galaxy Pizza and Meteor Pie." The children enjoyed his irreverent humor. Those who ordered books received a autographed copy.

Mr. Sardelli told the children that he used to dislike poetry. His book is dedicated to "all of the people who

don't like poetry (I used to be one of one of those people)." He used some of children's ideas to create an impromptu poem loosely based on life at Washington Primary, featuring Mrs. Neville, among others.

*"Third graders got to choose three musical instruments to consider playing in fourth grade."*

## Third Grade News

The Jack Abrams Intermediate School Band and Orchestra teachers recently introduced the children to the musical instruments that they may choose to play next year as a fourth grader.

During this special visit, the children were able to choose three instruments they thought they might like to play in band or orchestra. They will be notified of their actual instrument assignment in April. The district is nationally

recognized for its outstanding music program. Playing an instrument in the school band or orchestra is a very special and rewarding part of the program. We hope to see some aspiring little musicians learning and playing next year!

## Third Graders Petition to "Stop"

Miss Quiles' third grade class is taking their latest social studies assignment to the streets --- petitioning the town to install a stop light at the end of Whitson Road and Park Avenue.

What started as a 30-minute social studies lesson about local government and services and how to make positive changes in a community quickly became a letter writing and petition signing campaign. "My students were moved by

the idea of making a positive change in their own community," said Miss Quiles. "So we decided to campaign for a traffic light to help make the intersection safer for our buses and parents."

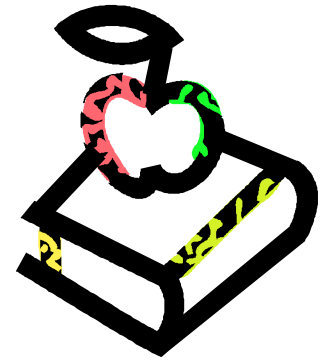
The class is gathering signatures from parents and bus drivers. They are also writing letters to be sent to our town, *(continued next page)*

## Third Grade "Stop" Project (continued)

county and state officials. The campaign will include data about the number of school buses using the intersection, and information from faculty and staff about their own driving patterns. The students also plan to invite various government officials to the classroom to officially receive the students' letters and to participate in a question and answer session. "Even if we aren't able to get the stop light installed, I'm hoping the

students will learn the value of creating a better world through personal action, and that their voices, though small, can be heard," Miss Quiles said.

In addition to adult signatures, the students will invite students from all grade levels to sign the petition too, after hearing a quick classroom presentation about the project.



*Healthy snacks provide energy and better concentration at school and while doing homework.*

## Make It Healthy: Snacks Provide Nutrition Boost

Allrecipes.com, a recipe-sharing site, says snacks can be a part of a child's balanced diet. Healthy snacks can serve as a between-meal pick-me-up for active kids with fast metabolisms and small-capacity tummies, providing them with more energy and ability to concentrate on homework. Here are some healthy snack ideas gleaned from allrecipes.com's 5 million contributors.

**Let Them Be Choosy** - Provide kids with choices. If all the choices you give them are reasonably nutritious, then everybody's happy: your kids get to choose their snacks, and you know they're eating well.

**Take a Dip** - Fruits, vegetables, lean protein and low-fat dairy products become instantly appealing when you provide something to dip them in. A cup of ranch dressing made with low-fat ingredients goes with carrot and celery sticks, pepper and cucumber slices, sugar snap peas, and cherry tomatoes. Hummus, bean dip or salsa are perfect for baked tortilla chips, whole wheat crackers or pita triangles. Good fruit dips include flavored yogurt, applesauce, low-fat sour cream sweetened with honey or brown sugar, and caramel ice cream topping.

**Freeze!** - Kids equate frozen snacks with special treats, like ice cream and snow cones. Take advantage of that and freeze some healthy treats. For starters, try grapes. Frozen bananas

rolled in chocolate syrup and chopped nuts are a real treat (don't forget to peel before freezing). Other favorites: peach and nectarine slices, and berries.

**Substitute** - Even foods that are traditionally considered dessert items can become part of a healthy and well-balanced diet. Cookies and muffins made with applesauce in place of some of the fat (along with some additions like oats, dried fruit, nuts and whole wheat flour) will be a snack you'll be glad to give them. Any kid's eyes will light up when presented with a big, fluffy slice of angel food cake. Top it with fresh fruit to add some vitamins and fiber, or cut it into cubes for dipping in fruit-flavored yogurt for an extra dose of calcium.

**Establish a Snacking Zone** - Prepare snacks in advance for when hungry kids burst through the front door after school. They're going to want to grab whatever is easy and available. Designate one shelf of the refrigerator or pantry as the "snack shelf" with the understanding that anything that's on that shelf is okay to eat without having to ask permission first. Then, stock the shelf with several choices so the children won't complain about the snacks being "boring" and you won't need to worry about them overloading on junk. Make sure to include variety on the snack shelf--at least one thing from each food group.

## It's Not Too Late to Join the PTA

Washington Primary  
School  
78 Whitson Road  
Huntington Station, NY  
11746

Phone:  
631-673-2090

PTA Membership has its privileges! The monies from membership fund our participation in the NY State PTA and help support other district organizations like SEPTA (Special Education PTA) and Arts in Education. Also, carry your membership card to enjoy discounts at major retailers.

Visit [http://www.pta.org/member\\_benefit\\_providers.asp](http://www.pta.org/member_benefit_providers.asp) to learn more. (The user id and password are on the back of your member card). Return the below form along with payment to receive your membership card.

### Washington Primary PTA Membership Form

PTA Member Name(s)	Date:
Student Name(s):	Teacher(s)/Grade(s):
Email address: (will only be used for PTA correspondence)	Telephone No.:
Individual Membership? (\$8.00) (check one)	Family Membership? (\$15.00)

Please enclose payment, cash or check made out to Washington Primary PTA, and return to school in an envelope marked "PTA membership". Thank you for your support!

"Washington  
Primary School...a  
respectful  
community"

We're on the Web!  
[Washington Primary](#)  
[Washington PTA](#)

### Volunteers Needed for Outdoor Gardening Committee

The Washington Primary School "Shared Decision Making Team" would love to have you serve on this committee! The first meeting will be held on Wednesday Feb 24 at 8 a.m. in the school library. Please join us, or contact the Main Office to express your interest.

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**RECIPIENT NAME**  
**STREET ADDRESS**  
**ADDRESS 2**  
**CITY, ST ZIP CODE**