



MARCH/APRIL WIZARD WORD

from the desk of Lynn Dougherty

Social Emotional Learning News



Forgiveness

Our students are learning that forgiveness means to let go of anger and resentment toward yourself or someone else. Students learn how to forgive themselves and others if they've made a mistake, caused an accident, or hurt someone as a result of their actions. They will also be learning how their brains and bodies respond to anger and learn healthy ways to express anger and how to calm themselves down.



Choose Love

Whole School Recognition Program

A few grade 4 students approached me with an idea to recognize and celebrate all of the different acts of courage, gratitude, compassion and forgiveness being witnessed at Wakefield School. They have designed a "Choosing Love Slip" with the intention of recognizing students for demonstrating particular acts of courage, gratitude, compassion and forgiveness. After celebrating with your student, please sign and return the pink Choosing Love slip to school (just like our blue "Hat's Off Slips"). We will read the names of students turning in their slips during morning announcements in order to continue to recognize this powerful, positive behavior.

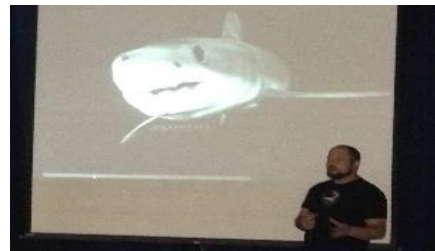


SurveyWorks window goes through to March 31st. **There are 4 days left to complete your parent family SurveyWorks!**

WES currently has 42% participation. Your feedback regarding school safety, school climate, family support, & family engagement is very important! It will take 20-30 minutes to complete the survey on a computer, tablet, or mobile device.

Please go to

<http://surveys.panoramaed.com/ride> and enter WES school code **32103family** to complete the survey. Thanking you in advance for your participation!



Rhode Island Shark Diving Presentation

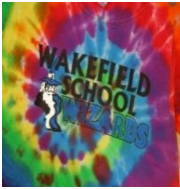
Thank you to Ella and her family for providing our third and fourth grade students with a wonderful presentation on the sea life living off our Rhode Island coastline. We learned so much about our ocean and why sharks are so important to our planet. We even got a chance to watch a video of Ella snorkeling with blue sharks. Check out their website at:

<http://rhodeislandsharkdiving.com/>



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PTO News

Pasta Supper

Once again, the PTO is organizing a wonderful family event! Please join us for Wakefield School's Pasta Supper on **Friday, April 26 from 6-8** at the SK High School cafeteria. Tickets are \$5 per person or \$25 max per family. Seating is limited to 200 people so please order your tickets early. To order go to cheddarup at

<https://family-pasta-dinner.cheddarup.com>.

If you would like to help out, volunteers are needed! Please click the link below to sign up! Thanking you in advance!

<https://m.signupgenius.com/#!/showSignUp/60b0848afaa23a7fa7-italian>

(Our Next PTO meeting Apr 25, 5:00 pm)



Reduce and Reuse

We continue to recycle and compost our food and waste at breakfast and lunch. Margaret Hayden spearheaded this effort and with the help of our custodian, George and parent volunteers supporting the sorting of items, the process is going smoothly. If you are available to help during lunchtime, please click on the sign up link here.

<https://www.signupgenius.com/go/4090D4BA4AB2EA0FE3-lunch>.



Art Show and Ice Cream Social

The Art Show and Ice Cream Social is scheduled for **Friday, June 14**. Watch for details about this fabulous event. Please contact Chris Palmieri, Jacy Northup or Emily Cummisky if you can help support this event.

RICAS TESTING

Grade 3 and 4 students will be taking the Rhode Island Comprehensive Assessment the week after April vacation (April 23-25) and the second week in May (May 7-9). Please avoid any unnecessary absences during these testing weeks and be sure your students arrive to school on time. The classroom teachers will be sending home more information as we get closer to the testing windows.



Reading Together with Your Child

Reading together is one of the most important things you can do to help your child become a successful and happy reader. Try to find a place that is comfortable and quiet. One way to read together is to simply take turns reading. Keep the reading fun. Some struggle is okay. Too much frustration is not. Enjoy!



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Health and Wellness

Que' Pasa Espanol?

Mrs. Kelly Harrington shared some great information and resources about the Spanish program at our PTO meeting. To learn more please visit her site <http://profekelly.weebly.com>. In addition, she has a blog and a link to resources for families to be able to incorporate more Spanish into the day. She also shared an app that will play some common phrases in Spanish (MamaLingua).



Health and Wellness

We just participated in a *Smarter Lunchroom* walkthrough conducted by Cindy Buxton MS,RDN from the Community Health & Wellness Dept. South County Health along with Kate Macinanti, School Committee, Jack Jones, Chartwells Food Service Coordinator, parent and recycling volunteer, Jen DeMetrick and Amy Mead our School Nurse Teacher. This activity was meant to help us learn some of the strengths of the lunchroom program and to identify areas of opportunities for growth. Thank you for all those who participated and for your feedback.

Dear WES Families,

As National Nutrition Month comes to an end, our Nutrition education is only beginning. Students will continue to learn about healthy eating options this month.

Kindergarten and First grade will focus on finding foods from each food group to put on their plate. They will also be learning more about MyPlate and completing hands on activities to really strengthen their knowledge.

Second graders will focus their attention on healthy snacking options, learning about MyPlate, and 5210.

Third graders will continue to learn about MyPlate, but will focus their time on learning about food allergies, what they can do to help someone with a food allergy, and food safety.

Fourth graders will continue to learn about food labels and will be given the opportunity to compare real food labels from products they may eat at home.

Check out this awesome website to learn more about nutrition! <https://pbskids.org/lunchlab/>

Warm regards, Ms. Dulude

*Don't forget to check out the SK Health twitter page! @MsDuludeHealth

*Reminder to 3rd & 4th grade: Sarlight gown Contest due April 12th



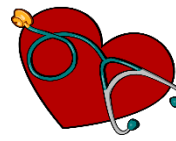
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Kids to Cooks

Mr. Champ and Mr. Jones provided our students with a wonderful opportunity to build, learn about and sample 2 new salad options for our school menu. Kids taste tested a bean salad and a shaved brussel sprout salad and then voted on their favorite which will be found on one of the upcoming month's lunch menu. Watch for the Brussel Sprout Salad!!!



Nurse's notes

By Amy Meade, RNCSNT

We have been learning about nutrition and healthy food and beverage choices for nutrition month. Please watch for information coming home from Nurse Mead called, "Eating Healthy with Your Family".



Recess Rocks

Our teacher assistants along with Mr. Champ and myself participated in a 2 day Recess Rocks training to help us add safe, fun and healthy games and activities into our already wonderful recess time. Our team learned about new group games, systems designed to promote student inclusion and some new group management techniques to teach students how to play well together, resolve conflicts and develop leadership skills. We were also able to purchase some new equipment to add to our students' choices. In addition, Mr. Champ will be teaching the students some of the "Games of the Week" that we will offer as a recess option for all students to participate in if they choose to. Ask your student to teach you a new game or activity they might have played (hint...Shipwreck).



Please contact the school nurse's office 360-1406 or the school office at 360-1400 if your child has an illness such as influenza, strep throat, norovirus or pink eye. Notices will be sent home to any affected classroom



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Looking Ahead...

March 28 th	Bank Day
March 29 th	ROC Assembly <i>Dress as your favorite book character</i> PTO Popcorn
April 9 th	Report cards go home
April 10 th	Battle of the Books
April 11 th	Bank Day
April 15-19	Spring Recess
April 23-25	Gr. 3 & 4 RICAS ELA
April 25	Bank Day PTO Meeting/5pm
April 26	ROC Assembly PTO Popcorn <i>Mismatch Day</i> PTO Pasta Night
May 7-9	Gr. 3 & 4 RISCAS
May 9	Bank Day
May 13 th	Spring Pictures
May 23 rd	Bank Day
May 25	Mem Day/No School
May 31 st	ROC Assembly PTO Popcorn <i>Twin Day</i>
June 21	Gr. 4 Celebration Last Day of School