



THE WIZARD'S WORD

A MONTHLY PUBLICATION OF WAKEFIELD ELEMENTARY SCHOOL

HOME OF THE WAKEFIELD WIZARDS

Aspiring to excellence by striving to be the change we wish to see in the world

October/November 2011

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<http://wa.skschools.net>

where you can download your full color copy of the "Wizard's Word"

WORD OF THE MONTH

"Empathetic"

(PEACE MAKER)

Adjective -

Having or showing compassion; understanding how others might feel

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Green Wednesdays kicked off at Wakefield Elementary School with International Walk to School Day earlier this month

Wakefield Elementary School (WES) in partnership with the Sierra Club joined forty other schools from Rhode Island and hundreds of others

from around the world to celebrate International Walk to School Day on October 5, 2011.

Approximately 150 WES students came out and

walked, rolled and even skipped to school along with parents, teachers and community leaders. Joining the walk was Town Council President Ella Whaley and Abel Collins, Program Manager of the Sierra Club of RI.

The participants arrived at the school in plenty of time to join their classmates in Saugatucket Park adjacent to school grounds for the Pledge of Allegiance. The Pledge, led by Physical Education teacher James Champion, was followed by a few supporting words from Town Council President, Ella Whaley and Abel Collins. Both applauding the children and families for coming out



DATES OF NOTE

Day & Date	Activity or Event
Monday, Oct. 31	• Kindergarten Halloween Parade
Tuesday, Nov. 1	• 9am Jog-A-Thon • 3:20pm Homework Club
Wednesday, Nov. 2	• Rain Date Jog-A-Thon
Thursday, Nov. 3	• 3:20pm Homework Club
Sunday, Nov. 6	Daylight Savings Time Fall Back 1 Hr
Tuesday, Nov. 8	3:20pm Homework Club
Wednesday, Nov. 9	• 1st Quarter Ends • 6:30pm PTO Meeting
Thursday, Nov. 10	• 3:20pm Homework Club
Friday, Nov 11	• No School - Veterans day
Tuesday, Nov 15	• Report Cards come home
Friday, 18	• Popcorn Friday!
Mon. Nov 21, Tue Nov 22 & Wed., Nov 23	• Scholastic Book Fair!
Thursday, Nov 24 Friday, Nov 25	• No School – Thanksgiving Break
Tuesday, Nov 29	• School Picture Retake Day



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Don't forget to GO Green on Wednesdays!

- Walk or Bike to school
- Pick up trash on the playground or along the sidewalks
- Turn lights off when leaving your bedroom
- Plant a tree before the frost



Principal Reflections...



Lynn Dougherty, Principal
Wakefield Elementary School

Greetings Families,



We are well into the beginning of the school year and there have been lots of wonderful moments to reflect on and learn from. I am trying very hard to learn all the kids' names and what makes each one a little special. I have observed many moments of student kindness and cooperation. I have completely enjoyed my first month of "school days"; accomplishing the big and small milestones that came along the way.

Our first ROC assembly was an enjoyable experience. Three students won Wakefield Wizard's t-shirts from our special "Handbook Raffle". Thank you for reading the handbook and returning the purple slip in the back. The students enjoy being recognized for their accomplishments in meeting the "ROC Expectations" both inside and outside of the classroom. They also cheer for their friends, whose names are called, showing great sportsmanship. The PBIS committee has developed a new "Student Reflection Sheet" which is a tool to help students' problem solve their issues both here at school and with you at home. We felt the old form didn't provide you enough information nor did it help the student reflect on their behavior and how it affects others. When you receive a yellow Student Reflection Sheet, please review it and the expectations for behavior next time with your child. In most cases, you will receive a call either myself or your child's teacher but in some cases the reflection sheet will be your guide. I review every reflection sheet that goes home and our expectation is that they are returned the next day signed by a parent/caregiver. Please call if you would like to talk to your child's teacher or to me anytime.

NECAP testing is amazing to observe from a principal's perspective. I must tell you that I was extremely impressed with the test taking strategies I observed. It is clearly evident that the teaching and learning that is going on throughout our school is preparing your learners to be thorough and thoughtful students. Last year, an acrostic poem was written to help the students understand their job on the NECAP. **N-Now, E-Everyone, C-Can, A-Apply** their full **P-Potential**. I enjoyed sharing this with the students and celebrating their achievement. In addition, to celebrate we had an anonymous donation providing a free NECAP popcorn to the 3rd and 4th grade students on our October Popcorn Friday. Thank you!

Staff and families have an opportunity to attend a "Social Think" conference Wednesday, November 9 at West Kingston School. The conference for staff is 3:30-5:30 and the conference for parents is 6:30-7:30. The conference is titled "Root System of Social Think: Universal Language and Carryover. I will be attending a more in-depth two day workshop on the same topic. In addition, Laura Annicelli, Youth Educator and Community Liaison for South Kingstown School District and Washington County will be providing elementary students throughout the district with monthly Peacemakers Assemblies using the "Social Think" curriculum. We are excited that she will be incorporating Wakefield School's Peacemaker theme into the assemblies. Assemblies began this month and will be held on the third Monday of each month. Read more about Social Think on page 4.

We have new "staff news" to tell you about. We have hired two part-time Speech Pathologists to cover Olivia Burch's position. Amy Ottiano has already made herself at home and is a welcome addition to our school community. Deb Colavecchio will begin her position at the end of the month. In last month's reflection, I forgot to mention Lorraine Simmons, our third grade teacher, as a "new" teacher in our building. I didn't realize that she was not here last year, she fell right into place and hit the ground running. I would have never known she was new to the building! Staff development opportunities are consistently being taken advantage of by many staff members. Most staff will be attending professional development on the Common Core standards in Math at the end of the month. Other staff will be attending science training at URI Bay Campus and Rachel Cooney, our social worker is attending a conference to help support teachers and learners as well. Also, all staff members have been working through the new RI Model Educator Evaluation tool. I am very proud of the professionalism and the high expectations they have for themselves and the students in their charge.

I want to thank you for getting your students to school on time. The number of students coming in late has diminished greatly. However, in the last 22 school days there were 126 early dismissals! It is extremely important that you do not disrupt the school day by picking up your child early. Teachers plan for student learning until the very end of the day. Please help us help your students learn all they can between the hours of 8:49am and 3:17pm. Thank you!

Sincerely,

Lynn Dougherty, Principal





Wakefield Families Proved that Having Fun Was a Piece of Cake

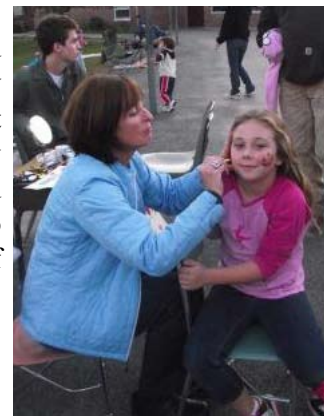
The afternoon was warm, clear and bright with smiles as families gathered at the rear of the school to share a bit of food and old fashioned fun during the Fall Family Potluck Picnic on October 7th. Magic was definitely in the air as Wizards walked in circles for cake and Principal Dougherty was seen casting festival spells with a paint brush as her wand. After being postponed by rain once, the PTO was glad to see so many new and familiar faces coming together and building the community spirit Wakefield Elementary is famous for. With tickets to take part in the ever popular Cakewalk being a must have from the start, expectations

were surpassed as over \$250 were raised to support school programming in under two hours!

With so many incredible cakes being created and donated to the event one could definitely see why we were able to deem the evening a sweet success! A big thank you goes out to not only the cake bakers but the many individuals and families that shared their time by helping to set up, cleanup and prepared an extra bit of food to share throughout the evening.



Haunted house cake created and donated by Laura Cary, parent of Tasha & Amelia Cary



The PTO is proud to present ELMO!

No, not the fuzzy, red, giggly Muppet Elmo; the "ELMO" that is a sleek overhead projector/classroom presentation tool! ELMO isn't just your basic overhead projector though. It is to display documents and other objects that are not translucent and is a powerful tool that benefits all students, whether advanced, regular, remedial, English Language Learners, or students with learning disabilities. This great teaching aid will be shared by classrooms throughout the building. If anyone would like to learn more about the cost of this device and try to raise funds or make a donation toward purchasing another one, please contact a PTO representative for info. The more interactive tools we have the more our children can learn.

PTO would like to thank all those parents that signed up to help with upcoming events. We are excited to see so much support for the PTO, the school and of course the student body. There is always room for more but no matter how small your involvement may seem to you, it still makes a big difference to your kids. Following are opportunities for you to consider being involved with:



The WES Annual Thanksgiving Basket drive. Each year the various classrooms are asked to donate specific holiday meal items and then these combined with turkeys or gift cards for recipient families to purchase them, are put together to help some Wakefield School families have a happy holiday meal. The PTO donates \$200 toward this to help fill in the gaps and purchase turkeys. Keep a look-out for more information on how you and your family can help, or get help as a member of our school community. If you work at or have a connection to a local market, farm, grocery store or food distributor please consider asking them to join our holiday food drive in any way they can. Due to the ongoing issues with our local, state and national economies, there are more families than ever in need of temporary support.

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PTO NEWS continued



Cultural Arts: Parent Sage Williams and first grade teacher Jeanne Congdon are co-chairs for this school year's series. As this is an all-school play year, we are looking at two programs, one during each half of the school year. Sage and Jeanne are in the process of exploring many exciting ideas for this year. If you have any suggestions or have a connection to a educational music group, story tellers, artists or any cultural activity that can help us expand our students' appreciation for the greater world around us, feel free to contact Sage at alvinjack1@aol.com or Jeanne at jcongdon@skschools.net.




Snowball Dance: Always a favorite family fun night, this school year's Snowball Dance is gearing

up to be better than ever! A plethora of incredible raffle prizes that included art lessons, ski trips, coffee makers and iPads, and gift baskets last year's Snowball Dance raised \$1,800 to support programming and educational activities at Wakefield School. January 27th, 2012 is the date and the Broad Rock Middle School cafeteria will be the place for this family night out. Come dance, socialize with friends, take a chance on a great raffle prize or have a family photo taken. Christine Benjamin is chairing this event once again. If you have ideas, contacts for raffle prizes or willing to help in any way, please feel free to let her know.



- Keep the Box Tops coming! Every box top is money in the bank for Wakefield School!
- Busy Bodies to do hip hop dance FLASH class. Details on time and location to come.

BOX TOPS FOR EDUCATION



Cut them, collect them & turn them in to School to use as cash

Visit www.boxtops4education.com.

If you have a special talent or know someone who does that would be a transformed into a good afterschool learning activity for our students let us know! We are always looking for new and innovative ways to teach, challenge and safely occupy our kids in a fun learning environment.

The next PTO meeting will be on November 9, 2011 at 6:30pm. Please join us and share your ideas for fun in learning and educational success. Contact Pam Santos at PamSantos@room35.com.

WALK TO SCHOOL DAY continued from pg 1

in support of walkable safe, complete streets and a healthy, active lifestyle.

In the U.S., International Walk to School Day was celebrated at over 3,000 events at participating schools nationwide. Walkers from the U.S. joined children and adults in 40 countries around the world making this the largest celebration of its kind.

Walk to School events work to create safer routes for walking and bicycling and emphasize the importance of issues such as increasing physical activity among children, pedestrian safety, traffic congestion, concern for the environment and building connections between families, schools and the broader community.

The event was organized by the Wakefield Elementary School PTO in partnership with the Sierra Club of RI. Through their Green Initiatives programming, the PTO is designating Wednesdays of each week to be "Green Wednesday." The PTO is encouraging all students, faculty, staff and families to do something that helps improve the health and wellness of our community and us. Walking or biking to school, picking up trash along the way, remembering to turn off the lights when leaving a room and so on, are just a few of the simple things we can do to be keep our bodies and our environment healthy.



The Wizard's
CHAMPION ZONE:
Your P.E. News & Events column



by Jim "Mr. Champ" Champion, SK PE Educator

As the first two months of school come to an end, the K, 1st & 2nd grades are working on Locomotor Movements. Locomotor Movements are the basic movements that create the ability to move in more complex ways. Learning these skills is very important in the development for further success in physical activities. These types of movements include hopping, jumping, leaping, skipping, galloping and sliding as well as acceleration, deceleration, hopping, jumping and tandem walking. These skills have been incorporated into a variety of games such as:

Time for Lunch, Red Light Green Light, Cut the Cake, Circus Walk, and The Magic Snake. Ask them to demonstrate these for you so you can join in the fun and help your child practice these movements at home. Speaking of practice – since there really isn't anything that's ever perfect, we have also learned that "practice makes better". The more you practice these or any other skill, the better and more confident you will get. Coming up we will be moving into practicing throwing, catching and kicking (not each other of course)!

The 3rd and 4th grades started the school year with cooperative games. These games help students realize the importance of team work. They are now practicing their kicking skills with soccer outside and bucket ball inside. The classes will also be moving into throwing and catching.

Every student in every grade has learned how important it is to use Mr. Champ's #1 rule, not only in Phys. Ed class but everywhere and "Try your best Mr. Champ!"



Girl Scout Brownie Troop 263 will be collecting underwear, socks and diapers for Project Undercover. Items can be donated between October 31 and November 18th. The items will be distributed locally.

A collection box will be available in the entryway to the school. New this year: we will have collection bags in each classroom. The class with the most donated items will win a pizza party!!

For additional information contact Beth Laliberte at lalib@verizon.net or visit the Project Undercover website at <http://www.projectundercover.net/>

Why the Girl Scouts do this:

Did you know?

- Nearly 40,000 R.I. children currently receive some form of government assistance and need some basic items.
- Throughout the course of its over-15-year history, Project Undercover has successfully collected and distributed two million items to Rhode Island's poor children.
- Rhode Island has the highest child poverty rate of the six New England states.
- Lack of adequate undergarments is an educational concern. Children without these basics suffer from low self-esteem and are distracted from their education by physical discomfort.
- Corporate partners and sponsors of Project Undercover can help by either giving a monetary donation, holding their own drives, or both.
- Lack of adequate diaper supply is a health issue. Infants and toddlers require from six to 12 diapers a day.



ARTFUL VOLUNTEERS NEEDED. No artistic skills necessary. Just an appreciation for budding artists.

With the chill in the air, the scent of pine trees and the sounds of sleigh bells will be here sooner than you think. That means gift giving and there's no better gift for grandparents, aunts and uncles than personalized creations from your child's art class! Last month we introduced you to Artsonia; the website dedicated to sharing the art of children with the world. Thanks to Mrs. Schenck, award winning art educator, Wakefield Elementary School has had an online gallery for the past few years. This year's creations are yet to be "hung" for viewing though. To get things submitted to the gallery in time for gift giving, Mrs. Schenck could use the help of a parent volunteer to get the works of art ready for the photo shoot. This entails tasks creating title cards for

each work with artist name, grade and medium used, and then putting the works in alphabetical order. After the shoot is finished, the works need to be returned to the student's portfolio. Additionally, a parent volunteer could help type up artist's statements their art. These jobs would be a great help. Any of these tasks could be done at various times too. The school building is open. Contact Mrs. Schenck at eschenck@skschools.net or call the school office and leave a message. Just imagine the smile on Nana's face when proudly carries the tote bag with her grandchild's artwork imprinted on the front in bold, vivid colors. You can be the volunteer that makes smiles happen!



Your Kids are Learning to "Social Think" – and You Can Too!

Content provided by: *Christine Canning, an SK Schools Unified Support Services Specialist*

Did you know that "social thinking" is more than just "being social?" Social Think is a curriculum developed by Michelle Garcia Winner. Social Thinking is a term for social cognition; successful social thinkers consider the points of view, emotions, thoughts, beliefs, prior knowledge and intentions of others. It is strongly based on relational concepts and skills that can be used in conjunction with building positive peer relationships.

South Kingstown School District's Elementary schools will be holding monthly assemblies to reinforce these concepts. The goal of these all-school assemblies is not only to unify the South Kingstown School District's Elementary schools-promoting a message of peace and community-but also to reiterate these messages throughout the year using the social think curriculum and language. The consistency of these assemblies creates a sustaining conversation of peace, safety, respect and responsibility.

The word for the month of September was **POLITE**. Students drew connections between having and showing good manners with school expectations.



During the month of October, students learned the meaning and act of showing **EMPATHY** – the ability

to identify with, understand, and display compassion for another's feelings or difficulties. In other words, students are learning to put themselves in the shoes of another individual.

The social think curriculum would refer to these students as "Thinking about YOU." A "Thinking about YOU" student considers the feelings, perspectives, and needs of others. A "Just ME" student disregards these. Children learned that showing empathy towards others allows a bridge of trust to be built within their classroom and school. Positive social inclusion of all students is strengthened when a "Thinking about YOU" community is embraced.

To supplement the learning the students are doing in the classrooms, the South Kingstown School District is thrilled to host a Social Thinking Workshop for parents and guardians

in the district. Social Think is a curriculum developed by Michelle Garcia Winner. Social Thinking is a term for social cognition; successful social thinkers consider the points of view, emotions, thoughts, beliefs, prior knowledge and intentions of others. It is strongly based on relational concepts and skills that can be used in conjunction with building positive peer relationships. The focus of this workshop is to develop a better understanding of the root systems of social thinking, as well as to consistently carryover the social think language. The workshop will take place on Wednesday, November 9th from 6:30 p.m.-7:30 p.m. at West Kingston Elementary School.

**FREE
Social Thinking
Workshop
for parents.
November 9th
6:30-7:30pm**



South Kingstown CARES

Become A Volunteer!

Connecting All Resources for Educational Support

SK CARES UPDATE....

Welcome Parents/Guardians to the 2011-2012 School Year!



Are you planning on volunteering in a classroom this school year?

It is the district practice that all NEW classroom volunteers take part in the CARES volunteer orientation before starting their volunteer service. This is an important part of helping you be the best volunteer possible within our school based opportunity settings. This comprehensive orientation gives you insights and tips on what to expect, how to handle certain situations and instruction intended to help you maintain a safe, healthy and appropriate relationship with the students and personnel with whom you will be working. If you have attended a CARES orientation in the last 3 years you are all set.

Visit our website at www.skcares.org to fill out an application and learn who your school based volunteer coordinator is. A CARES representative will contact you with our orientation schedules.

Questions??? Please call CARES 360-1304 or Email us at caresoffice@skschools.net.

Thank you in advance for all that you do to provide educational support for our schools.



Sugar Sweetened Beverages



Sugar-sweetened beverages (SSB) are drinks with added sugar including: non-diet soft drinks/sodas, flavored juice drinks, sports drinks, sweetened tea, coffee drinks, energy drinks, and electrolyte replacement drinks. The calories in sugar sweetened beverages can contribute to weight gain and provide little to no nutritional value. Sugar-sweetened beverages do not fill you up the same way that food does. Those extra calories can lead to other health risks including obesity, tooth decay, heart disease and type 2 Diabetes.

What you should know:

- Approximately 11% of the calories youth consume come from sugar-sweetened beverages. For more information visit <http://pediatrics.aappublications.org/content/121/6/e1604.long>
- Each 12-ounce soft drink per day consumed by children increases their odds of becoming obese by 60%. For more information visit [http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(00\)04041-1/fulltext](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(00)04041-1/fulltext)
- Among young children, aged 1 through 5 years, consumption of sweetened, carbonated soft drinks was associated with an 80-100% increased risk of dental caries. For more information visit <http://www.pediatricsdigest.mobi/content/112/3/e184.full.pdf+html>
- To burn off the calories from a 12-ounce can of soda, a 75-pound child needs to bicycle vigorously for about 30 minutes - an average adult would need to walk at a moderate pace for 25 minutes to burn off the same soda. For more information visit http://www.cdc.gov/healthyweight/physical_activity/index.html

What you can do:

- To stay healthy, pay attention to what you are drinking. Beware that some drinks claim to be packed with vitamins, antioxidants and other healthful ingredients but they are often loaded with sugar.
- Cut back the sugar, one drink at a time
- There are plenty of healthy and tasty alternatives to sugar-sweetened beverages. If you find it hard to make the switch, start slowly. Use the **"GO-SLOW-WHOA"** chart (see next page) as a guide to help you and your family make smart beverage choices.
- Choose water, or low-calorie beverages instead of sugar-sweetened beverages;
- Add some freshly squeezed lemon or orange juice to plain water or sparkling water;
- Add ¼ - ½ cup of 100% juice to sparkling/seltzer water;
- Make your own unsweetened iced tea with decaf tea bags or herbal tea bags;
- Use low calorie hot chocolate and low fat milk for a tasty treat.
- Make water more exciting by adding slices of lemon, lime, cucumber, or watermelon.

This article provided by the State of Rhode Island Department of Health. To read more visit

<http://www.health.state.ri.us/healthrisks/sugarsweetenedbeverages/>.

Nurse Jayne also wants you to know that accidents happen all the time during the elementary school day and sometimes of wizards need change clothes. Donations of gently used clothing and unopened packages of new underwear of various sizes are always needed to make everyone's day a bit more comfortable when accidents happen. Feel free to drop off shirts, pants, socks and new underwear at the nurse's office at any time throughout the year.



We Can! GO, SLOW, and WHOA Foods

Use this chart as a guide to help you and your family make smart food choices. Post it on your refrigerator at home or take it with you to the store when you shop. Refer to the *Estimated Calorie Requirements* to determine how much of these foods to eat to maintain energy balance.

- **GO Foods**—Eat almost anytime.
- **SLOW Foods**—Eat sometimes, or less often.
- **WHOA Foods**—Eat only once in a while or on special occasions.

Food Group	GO (Almost Anytime Foods)	SLOW (Sometimes Foods)	WHOA (Once in a While Foods)
	Nutrient-Dense ←————→		————→ Calorie-Dense
Vegetables	Almost all fresh, frozen, and canned vegetables without added fat and sauces	All vegetables with added fat and sauces; oven-baked French fries; avocado	Fried potatoes, like French fries or hash browns; other deep-fried vegetables
Fruits	All fresh, frozen, canned in juice	100 percent fruit juice; fruits canned in light syrup; dried fruits	Fruits canned in heavy syrup
Breads and Cereals	Whole-grain breads, including pita bread; tortillas and whole-grain pasta; brown rice; hot and cold unsweetened whole-grain breakfast cereals	White refined flour bread, rice, and pasta. French toast; taco shells; cornbread; biscuits; granola; waffles and pancakes	Croissants; muffins; doughnuts; sweet rolls; crackers made with <i>trans</i> fats; sweetened breakfast cereals
Milk and Milk Products	Fat-free or 1 percent low-fat milk; fat-free or low-fat yogurt; part-skim, reduced fat, and fat-free cheese; low-fat or fat-free cottage cheese	2 percent low-fat milk; processed cheese spread	Whole milk; full-fat American, cheddar, Colby, Swiss, cream cheese; whole-milk yogurt
Meats, Poultry, Fish, Eggs, Beans, and Nuts	Trimmed beef and pork; extra lean ground beef; chicken and turkey without skin; tuna canned in water; baked, broiled, steamed, grilled fish and shellfish; beans, split peas, lentils, tofu; egg whites and egg substitutes	Lean ground beef, broiled hamburgers; ham, Canadian bacon; chicken and turkey with skin; low-fat hot dogs; tuna canned in oil; peanut butter; nuts; whole eggs cooked without added fat	Untrimmed beef and pork; regular ground beef; fried hamburgers; ribs; bacon; fried chicken, chicken nuggets; hot dogs, lunch meats, pepperoni, sausage; fried fish and shellfish; whole eggs cooked with fat
Sweets and Snacks*		Ice milk bars; frozen fruit juice bars; low-fat or fat-free frozen yogurt and ice cream; fig bars, ginger snaps, baked chips; low-fat microwave popcorn; pretzels	Cookies and cakes; pies; cheese cake; ice cream; chocolate; candy; chips; buttered microwave popcorn
Fats/Condiments	Vinegar; ketchup; mustard; fat-free creamy salad dressing; fat-free mayonnaise; fat-free sour cream	Vegetable oil, olive oil, and oil-based salad dressing; soft margarine; low-fat creamy salad dressing; low-fat mayonnaise; low-fat sour cream**	Butter, stick margarine; lard; salt pork; gravy; regular creamy salad dressing; mayonnaise; tartar sauce; sour cream; cheese sauce; cream sauce; cream cheese dips
Beverages	Water, fat-free milk, or 1 percent low-fat milk; diet soda; unsweetened ice tea or diet iced tea and lemonade	2 percent low-fat milk; 100 percent fruit juice; sports drinks	Whole milk; regular soda; calorically sweetened iced teas and lemonade; fruit drinks with less than 100 percent fruit juice

*Though some of the foods in this row are lower in fat and calories, all sweets and snacks need to be limited so as not to exceed one's daily calorie requirements.

**Vegetable and olive oils contain no saturated or *trans* fats and can be consumed daily, but in limited portions, to meet daily calorie needs. (See Sample USDA Food Guide and DASH Eating Plan at the 2,000-calorie level handout)

Source: Adapted from CATCH: Coordinated Approach to Child Health, 4th Grade Curriculum, University of California and Flaghouse, Inc., 2002.