



### Self Reflection

Dear Parents/Guardians,

Self-reflection is defined as, "meditation or serious thought about one's character, action, and motives."

Along with teaching our students the core subjects of math, reading, writing, science, and social studies, we work with them to develop characteristic traits such as honesty, hard-work, perseverance, responsibility, and reflection. This learning takes place in many different ways throughout the day. Using an academic performance scale and individual "exit slips," teachers will often ask students at the end of a lesson or activity to rate their understanding and knowledge of a concept. Some of our teachers use a "Stop & Think" paper to allow students to process through a behavioral incident. As an administrator, I will often talk with and ask a student:

Will you tell me what happened? This allows the student's voice to be heard and to be able to share his or her version of the events.

How did it impact others? To show the student that their actions or behaviors affect other people.

If you had to do it again, what do you think? Provides the opportunity for the students to reflect back and take responsibility for their actions.

What should be the consequence? Allows the student a chance to give thoughts to restitution such as an apology, loss of recess, phone call home, suspension.

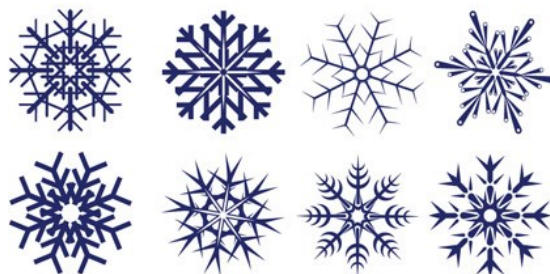
How can we work on not having this happen again? Allows student to think about different choices, ideas or strategies they can use in the future.

Being self-reflective takes time and practice. Also, this work needs to be done when a student has calmed his or her emotional state and feels safe and secure.

Students as young as five can benefit from starting to practice these skills of being self-reflective. The time spent is not only beneficial now, but will continue to make positive dividends in the future.

Have a great weekend!

A handwritten signature in blue ink, appearing to read "Am".



## Kindergarten Happenings

With the chilly New England weather upon us please remember to send in your child with boots, snow-pants, hats and gloves. It may also be helpful for them to have an extra bag for all of their snow gear as backpacks can be pretty full already. Thanks so much for your help and support at home!

We are Readers!

It's that time of year where your child is starting to put their letter/sound knowledge to work and they are blending and sounding out words! Remember Decodable Readers are in their folders every week to practice as well as just-right DRA leveled books in their book buddy bags. Encourage them to show you tapping which is a tool we use with our Foundations program.

Sight Words!

Every two weeks we learn 2-3 new sight words to add to our pile. Thank you for all of your support with this! Our kindergarteners are doing an amazing job with memorizing these high frequency words that are crucial to their reading development.

Math Facts

We are moving right along with our school goal of improving math facts school wide. Kindergarten is responsible for 21 basic facts. Our class has done a phenomenal job working on these facts at RTI time and throughout the day. We are also working on counting to 100 by 1s and 10s and counting backwards from 20. Below are some great pictures from math class. Last unit we worked on identifying shapes by feel and measurement.



Hailey, Connor, & Tessa measuring with cups and pints.



Using technology to improve Math Facts & 1:1 correspondence.



Madison & Maggie using a pan balance.



Addison & Ashton using their senses to identify 2D shapes.

## Newfound Nutrition



### Lunch Menu Week of Jan 25-28, 2016

#### Monday

Grilled Cheese  
Tomato Soup  
Broccoli  
Garden Salad  
Assorted Fruit

#### Tuesday

WW Chicken Tenders  
Sweet Carrots  
Garden Salad  
Assorted Fruit

#### Wednesday

Pasta & Chicken Alfredo  
Broccoli  
Dinner Roll  
Garden Salad

#### Thursday

Pizza  
Spinach  
Garden Salad  
Assorted Fruit

#### Friday

NO SCHOOL

Breakfast \$1.25  
(reduced \$0.30)  
Lunch \$2.50  
(reduced \$0.40)  
Milk \$0.35

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## Notes from Guidance

January 2016! We began this month with a continued focus on Character. Developing an understanding of qualities we consider important and how we can demonstrate those qualities in our everyday lives. We used the Martin Luther King, Jr. remembrance day and character rich stories to learn ways we already show our important character traits and consider new ways to show them.

Kindness, respectful, caring, determined, odd (and we mean that in the best way!), fair, brave, were just a few of the character traits we spent time exploring! Everyone was able to contribute examples of how they demonstrate those important traits!

We will end this month with a focus on Wellness. We will explore physical and emotional health. Our goal is to better understand what it means to be physically and emotionally well and how we each learn our own way of doing so! The research supports mightily how when we are taking good care of our physical and emotional health we feel fit, happy and self confident, have control of our emotions and behavior, and we are all more able to handle challenges, build strong relationships, and lead productive, fulfilling lives.

Best Wishes for a wonderful 2016!



The Danbury Community Center will be open on Friday, January 29th when school is closed for Teacher Workshop Day. Please call 768-3424 for pre-registration!

This is not a school sponsored event.

# Danbury Elementary



# JANUARY 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Happy New Year!	2
3	4 Back to School!	5	6 Winter Activity Prog.	7	8	9
10	11 School Board Mtg 6:30pm at NRHS	12	13 Winter Activity Prog.	14	15	16
17	18 No School MLK Day	19	20 Winter Activity Prog. - cancelled	21	22	23
24	25	26	27 Winter Activity Prog.	28 Prize Speaking Preliminary	29 No School Teacher Workshop	30 Deliberative Session 10am at NRHS
31						