

Danbury Elementary Newsletter

May 5, 2017
Volume 12, Issue 31

des.sau4.org
Ann Holloran, Principal

Children & Feelings

Dear Parents and Guardians,

I have been reflecting and reading about the topic of children and feelings. Earlier this year, I wrote about children who struggle with anxiety and some resources I had obtained through Lynn Lyons, LICSW and Reid Wilson, PhD. In looking through my files, I came across notes from a bullying conference I went to a couple of years ago. I thought I would share some of the information from this conference.

Top 5 things that children are afraid of:

1. Lost of parents (through death, divorce, deployment)
2. Being embarrassed in front of friends
3. A disability will be noticed (can be a physical, educational or emotional disability)
4. Violence (domestic, on the streets, and terrorist attacks)
5. Being poor or homeless

The average NH household has the television on for eight hours a day, but household members spend just eight minutes in conversations with family members. That doesn't leave a lot of time to talk to our children about their fears and feelings. Some children are very good about initiating conversations about how they're feeling, but others need trusted adults to open a dialogue about their emotions. Unfortunately, some children's fears give rise to anger which can lead to inappropriate behavior, including bullying and school violence.

Dr. Malcom Smith, UNH professor of Family Studies, and founder of *Courage to Care* suggests that parents turn off the TV, sit down for dinner, and open conversation at the table. Or if that is not the best time, a drive in the car may be another opportunity to converse. Smith recommends starting the conversation with one of two leading statements and not the typical question, "How was school today?"

1. Name one good thing that happened at school today.
2. Name one bad thing that happened at school today.

By talking with children more and listening intently to them, parents will learn about not only what happened at school, but how they're feeling. I hope this information was helpful...have a great weekend!

Congratulations Mrs. Seavey!

Please welcome Emerson Daniel Seavey to our DES family.....

Born 4/26/17 at 8:06am
7 pounds 14 ounces
21 inches
All are home and doing well!



Fantastic 3rd & 4th

Our 3rd and 4th graders came back from break refreshed and ready to learn. Even though we have a bit of spring fever, there are still a lot of weeks left of school and we will work hard right up until the last day!

In ELA, the 4th grade is reading *Moonwalk* and learning about making inferences and using related words. We will become inference detectives. Third grade is reading *Me and Uncle Ronnie* and learning about using context clues, finding out the author's purpose, and understanding conjunctions. We have been reading a lot of informational texts on digitalreadworks.com and have been practicing our fluency with partners. To increase fluency, be sure to read nightly and to monitor fluency. Students can be timed while they read to see how many words they read per minute. More frequent reading = greater fluency, which means stronger readers!

We completed our April book project this week. Students did a great job being the characters as they presented- it was pretty impressive! See the picture below.

In preparation for our State House field trip in May, we will be starting our Branches of Government Unit this week. Some things we'll learn about are the different political parties, the voting process, and the three branches of government.

Clothing Boutique

On May 15th, before the spring concert at DES, we will be having a free clothing boutique. We have received many donations from the community and will have tables of clothing set out in the halls prior to the concert. If you have any clothes you would like to donate, please drop them off at the main office prior to the 15th. See Mrs. Robinson with any questions. Looking forward to shopping!



Lunch Menu

May 8-12, 2017

Monday

Grilled Ham & Cheese
Tomato Soup
Garden Salad
Fresh Fruit

Tuesday

Chinese Pie
Broccoli Florets
Garden Salad
Fresh Fruit

Wednesday

Roast Pork Dinner
Red Potato
Garden Salad
Fresh Fruit

Thursday

Meatloaf
Sweet Peas
Garden Salad
Fresh Fruit

Friday

Pizza
Vegetable
Garden Salad
Fresh Fruit

Breakfast \$1.25 (reduced \$.30)

Lunch \$2.75 (reduced \$.40)

Milk \$.35

This facility is operated in accordance with the USDA policy, which prohibits discrimination on the basis of race, color, gender, disability, religion, or national origin.

Music Mondays

Hello! I hope everyone had a nice April vacation. As we rumble on towards the final stretch of the school, the Spring Concert approaches! The concert will be Monday, May 15th starting at 6:30. Please wear your colorful, dressy attire. If students would like to practice songs leading up to the concert they can visit the music webpage and sing along with the songs. <https://sites.google.com/a/sau4.org/music/>



Danbury Elementary

Monday, May 15th

It's a busy night- please mark your calendar and join us!

- | | |
|------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 6:00 | Author's Night
Free Clothing Boutique |
| 6:30 | Spring Concert |
| 7:15 | Dessert reception in honor of Ms. Holloran's leadership at DES. Families are encouraged to bring a card, picture, or note to thank her! Sponsored by the PTO and DES staff. |