

# Danbury Elementary

## Newsletter



October 21, 2016  
Volume 12, Issue 8

des.sau4.org  
Ann Holloran, Principal

### Anxious Children/Anxious Parents

Dear Parents/Guardians,

Both of my guidance counselors went to a professional development workshop on this topic. Each came back excited, informed and shared what a great day it was and the presenter was inspiring. What is also great is Lynn Lyons lives in Concord, NH! After talking with Kathleen and Holly, I have spent some time on Lynn Lyon's website, [www.lynnlyonsnh.com](http://www.lynnlyonsnh.com). Here is some information I have gathered:

In one of her articles, Lyons writes "A growing body of evidence tells us loudly and clearly that this basic instinct to step in and rescue, combined with the worries, technology and expectations of our modern parenting culture, is backfiring. Kids are more anxious than ever, with an estimated 20% of children suffering from a diagnosable anxiety disorder. Research show that anxious kids lack two important skills: the ability to tolerate uncertainty and to effectively problem-solve. Without these skills, anxious kids are less likely to move away from home after high school or even college, more likely to abuse substances, and far more likely to suffer from depression in early adulthood. And 65% of anxious kids have an anxious parent who may be caring and loving as a parent can be—but who has probably worked too hard to provide certainty in an uncertain world for herself and for her family."

I enjoyed listening to an NPR segment in which Lyons gave an example of how she helped a family and school deal with a child's anxiety at school. Lyons used a technique called cognitive behavioral therapy that helps people learn how to change negative thoughts about specific experiences. This therapy has been shown to be effective in treating anxiety disorders, but can also be useful to anyone dealing with stressful life situations. She teaches, usually through drawing cartoons, how to recognize and understand the way in which our bodies react to anxiety. Also, Lyons says, "The way you learn how to manage life is by making mistakes or by stepping into things that feel uncertain, uncomfortable, or overwhelming and then proving to yourself through experience that you can manage it."

Lyons offers workshops internationally to schools, parents, therapists, teachers and other helping professionals. Her Parent Nights are open to the public. On October 24<sup>th</sup>, she will be over in Somersworth, NH at the Idlehurst School from 6-8 p.m. On November 1<sup>st</sup>, she will be presenting "Anxious Kids, Anxious Parents: Strategies to Stop the Worry Cycle at School and Home". That presentation will be held at the Dover High School Auditorium from 6-8 p.m. I have purchased and will loan out to families her books, Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous & Independent Children and Playing with Anxiety: Casey's Guide for Teens and Kids. I will have the books by the middle of next week; just drop me a note or email.

I hope this information was insightful. This was only a small bit of information from her website, so please take some time and explore on your own. Also, remember to feel free to reach out with questions. Have a great weekend!

## Second Grade Stars

**Literacy:** This week we are reading a story called *Ronald Morgan goes to Bat*. This story compares and contrasts realism and fantasy. It is our job as good readers to uncover what in the story is real and what is fantasy. This story is also about being a team player and discusses what it feels like when you're afraid of a skill, like playing baseball. Ronald overcomes his fear of playing baseball because he knows his teammates are cheering him on and making him feel like a part of the team. At the end of the story, Ronald was considering to not play anymore until a friend said "we need you, you make the team feel good. You have spirit." I thought that was a great message!

**Grammar:** We are learning about proper nouns and how they are used in a sentence. We have also been finding nouns in sentences and characterizing them into either people, places, or things.

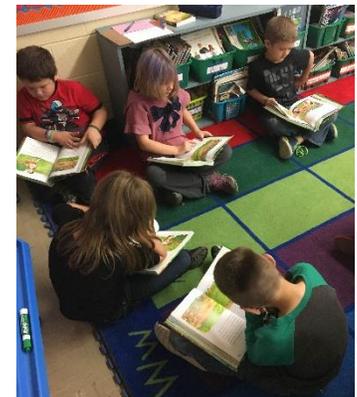
**Science:** Second graders have been learning about air and weather. We have completed two science experiments so far. The students are very excited for this week because we are going to be making parachutes out of paper towels, string, and paper clips. We have had several discussions in science involving pressure, resistance, and airflow. We discussed how air responds differently to different to different objects in air.

**Math:** We are currently learning about length and how to correctly measure an object. Students have been practicing measuring objects in the classroom with a centimeter cube. We practiced measuring a paper clip and crayon. We have been creative problem solvers and have noticed that you must mark the endpoint when measuring an object, that way you don't lose your place!

**Lunch Time!** I have started something new in class that the students have been very excited about! I have started to pick people to have lunch with me on Fridays! If you are chosen then you're welcome to bring a friend. As some students have hot lunch we have decided as a class that if you have hot lunch then you can stay in from recess (if they would like) and help Mrs. B. out. Last week I had two helpers on Friday! We got materials ready for our science project this week. It was such a fun time!

Please remember to be checking your student's (purple) homework folder each night and return it to class the next day. Students should be reading 15 minutes each night by themselves, with a parent, with an adult, or to a friend or sibling. As long as they are reading, that's what really matters! Students also have a timed reading assignment along with math homework most nights.

Thank you for supporting our second grade stars!



## Lunch Menu October 24-27, 2016

### Monday

Grilled Cheese  
Side Dish  
Garden Salad  
Fresh Fruit

### Tuesday

Breakfast Sandwich  
Side Dish  
Garden Salad  
Fresh Fruit

### Wednesday

Beef Burrito  
Refried Beans  
Garden Salad  
Fresh Fruit

### Thursday

Spaghetti & Meat Sauce  
Bread Stick  
Garden Salad  
Fresh Fruit

### Friday

Gills Homemade Pizza  
Side Dish  
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.

## Santa Fund

The Santa Fund of the Lakes Region assists students in receiving winter clothing. If your child is in need of new jackets, boots, or snow pants please fill out the attached form and bring it to a distribution night at 280 South Main St in Laconia on October 26<sup>th</sup> & 27<sup>th</sup> 4-7:00 pm.

## Question...

We are looking for a parent who drives to school in the morning on Route 4 coming from Grafton who would be willing to occasionally pick up another student on the way. Please let Mrs. Farrell in the office know if you can help.



## Morning Drop Off

Friendly reminder- Teachers are busy setting up their classrooms and planning for the day from 7-7:30 in the morning. Unless parents have called to set up a meeting with the teacher, students and parents must wait in the Multi-Purpose Room. After the Pledge of Allegiance at 7:28am, only students will be heading into the classrooms to start the day. Thank you!



## 5<sup>th</sup> Grade Band

Meet Mr. Palmer, our new band teacher. Look at that concentration from our drummers Wyatt, Will, Brenna, Braelyn, & Caleb!