

Clear Stream Chronicle

"Each day provides its own gifts"
Martial



A Message from the Administrators...

Lost and Found

Please be sure to label each item of your child's clothing; especially coats, hats, gloves, mittens, scarves and lunchboxes. The weather is beginning to turn quite cold and students are bringing warm clothing to school and leaving it here at the end of the day when it is warmer outside. If the items are labeled, it is much easier to find its "rightful owner." Our Lost and Found is overflowing at the moment and many of the items look brand new.

Warm Clothing

The weather is turning

unseasonably cold and the students go out for recess every day if it is not raining or snowing. Recess seems to be one of the best times of the day :) and we want the students to partake in this fun activity. Please dress your child appropriately with a coat on these chilly days.

Dismissal

Dismissal for Washington Avenue Kindergarten Center is 2:30 and for Clear Stream Avenue it is 2:50. It is imperative that you pick up your child/ren on time. There is no adult supervision after these times and it can be

upsetting when a child is not picked up at the allotted time.

Recycling Program

Thanks to Mrs. Neri, Mrs. Ficarrotta, Student Council and the custodians, our Recycling Program is off to a great start. Teachers and students are recycling paper in classrooms and offices. There is a bin at the end of each floor to recycle plastic bottles. At the end of the week, the boxes are collected by Student Council members and placed in large recycling bins. Once a week the Recycling company hauls away the recycled trash.

See you next week!

10.15.09

Issue 5

Mrs. McCain

Mrs. McCain has been a teacher for 21 years. She attended Gettysburg College and Hofstra University. She is married and has 2 children, Owen and Tessa and an older brother and sister. She is of Irish, Polish, Scottish and Russian descent. She has 2 dogs, Massey and Trout, who were rescued. She loves the beach and has traveled to Italy and Canada. One day she would like to visit Paris. Her favorite food is pasta with anything on it! Her favorite colors are pink and green.

PTA Updates...

Good nutrition is essential in preparing children to learn. Breakfast is often called the most important meal of the day. When you wake up in the morning, your body has been fasting, or going without food during the hours you were asleep. Eating breakfast means you break the fast and give your body and brain the energy they need. Starting the day with more energy means you will feel better throughout the day. Studies have shown that children who do not eat breakfast get

sleepy at school, have a harder time paying attention and tend to eat more junk food during the day, while children who eat breakfast get higher test scores, pay more attention in school and behave better socially. As busy parents, we can still feed our children a healthy breakfast of whole grains, fruits, and protein. Some examples are:

- whole grain cereal with reduced fat milk
- Oatmeal with raisins

and fresh fruit

- Corn tortilla with beans
- Eggs and whole grain toast
- Smoothie with fresh or frozen fruit and nonfat yogurt
- Whole wheat muffin with peanut butter

District Website:

valleystream30.com

Upcoming Events

- October 17 - 9:00 AM - Focus Group Meeting at CSA
- October 22, 23 - Ms. Kopsick's class to Caumsett
- October 22 - Pumpkin Patch
- October 26 - Bd. Of Ed. Meeting - 8:00 PM - Shaw Avenue Library
- October 30 - Gr. 5 & Gr. 6 Halloween Party
- Nov. 3 - School Closed Superintendent's Conference Day
- November 11 - School Closed - Veteran's Day