

MAY 2016

# Wales Window

**Volunteer Recognition Day:** May 31st

**Thank  
You**

We will be having a reception to Thank our many Volunteers on Tuesday May 31st at 2pm. Our heartfelt thanks for the many

hours spent helping our students and teachers!

**Memorial Day Program/ Spring Concert:**

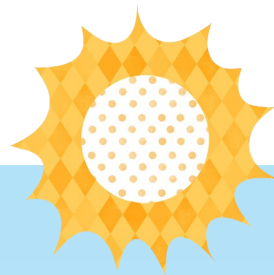
Join us Tuesday May 31st at 2pm for our Memorial Day/Spring Concert Assembly. Our program will feature a musical presentation by each grade and performances by the Instrumental Students.

**Wales Preschool:**

All children who are 3 & 4 years old by August 31<sup>st</sup>, are eligible for our preschool program.

For information, please call 413-245-7748.

Our screening date for new students this year will be held on Thursday, May 26<sup>th</sup> by appointment only.



**May Dates to Know:**

**May 6**— School Banking

**May 6** —Mid Term

**May 11**—Progress Reports

**May 13**—Early Release;  
No Preschool

**May 18**—School Comm.  
Mtg.— 6pm

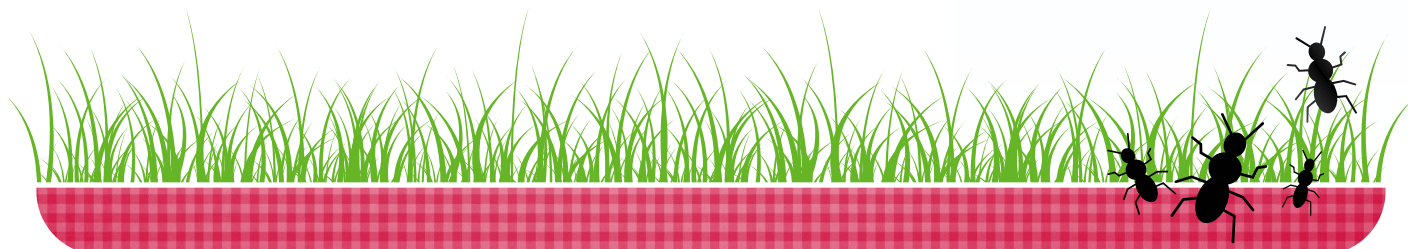
**May 18**—Town Meeting 7pm

**May 20**—School Banking

**May 26**—Mobile Dentist

**May 30**— No School-  
Memorial Day

**May 31**—Memorial Day  
Program/Spring  
Concert/Volunteer  
Appreciation  
Ceremony 2pm



**Reading Connection**  
**with**  
**Ms. Nowacki, Title 1 Reading Teacher**

**Games for Beginning Readers**

**TAKING A TRIP**

Start off with something like, "I am taking a trip to the beach. I am taking a cat with me. What else can I take with me?" The child needs to respond with something that rhymes with cat, like hat. Expand with letter prompts. "I am taking a trip to the beach. I am taking a ball with me. What else can I take with me?" The child needs to respond with words that begin with the same sound as ball, like blanket or balloon. You could also play the traditional way, by starting with something that begins with "a" and working your way through the alphabet.

**LETTER HUNT**

Write the letters of the alphabet on squares of paper. Hide the letters around the house. Ask the child to find the letters and put them in alphabetical order.

**ALPHABET SOUP**

Materials needed include colored paper, markers, scissors, cooking pot, and a spoon. Print all players' names on cards for reference. Also, print all players' names on separate squares of colored paper, cut out the individual letters, and place those colored squares into a pretend pot of soup. Pass the pot around with a wooden spoon and invite everyone to stir the letters. Each player takes a letter from the pot. If it matches a letter in their name, they take the letter. If not, the letter goes back into the pot, and the pot gets passed to the next person. Play continues until all of the letters are matched to all of the players.

**LETTER BINGO**

These games can be purchased at a store or can be made at home. Basically, these are similar to the traditional Bingo game, but with letters. Modifications can be made, such as matching letters with given letter sounds. Instead of reading the letter, read the letter sound. Variations for older children include creating Bingo cards with sight words, vocabulary words, or spelling words.

**SILLY SENTENCES**

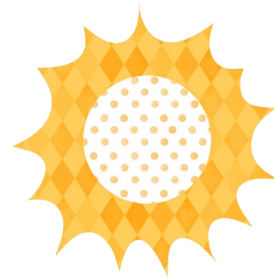
This could be either a silly sentence game or a serious game. Ask your child to write a sentence on a piece of paper, or write a sentence together. Cut out the individual words to the sentence. Jumble the words and then re-create the same sentence. Rearrange the words into something new and silly.



## From the Nurse's Office:

### Sun Safety:

We all need some sun exposure — it's the top source of vitamin D, which helps our bodies absorb calcium for stronger, healthier bones.



#### Avoid the Strongest Rays of the Day

First, seek shade when the sun is at its highest overhead and therefore strongest (usually from 10 a.m. to 4 p.m. in the northern hemisphere). If kids are in the sun during this time, be sure to apply and reapply [protective sunscreen](#). Even on cloudy, cool, or overcast days, UV rays travel through the clouds and reflect off sand, water, and even concrete. This "invisible sun" can cause unexpected sunburn and skin damage.

#### Cover Up

One of the best ways to protect your family from the sun is to cover up and shield skin from UV rays. Be sure that clothes will screen out harmful UV rays by placing your hand inside the garments and making sure you can't see it through them.

#### Use Sunscreen Consistently

- Don't use sunscreens with PABA, which can cause skin allergies. For sensitive skin, look for products with the active ingredient titanium dioxide.

For sunscreen to do its job, it must be applied correctly. So be sure to:

- Apply sunscreen whenever your kids will be in the sun. For best results, apply it about 15 to 30 minutes before kids go outside.
- Don't forget about ears, hands, feet, shoulders, and behind the neck. Lift up bathing suit straps and apply sunscreen underneath them (in case the straps shift as a child moves). Protect lips with an SPF 30 lip balm.
- Reapply sunscreen often, about every 2 hours. Reapply after a child has been sweating or swimming.
- Apply a water-resistant sunscreen if kids will be around water or swimming.

#### Use Protective Eyewear for Kids

Sun exposure damages the eyes as well as the skin. Even 1 day in the sun can result in a burned cornea. The best way to protect eyes is to wear sunglasses. Purchase sunglasses with labels ensuring that they provide 100% UV protection.

#### Double-Check Medications

Some medications increase the skin's sensitivity to UV rays. Ask your doctor or pharmacist if any prescription (especially antibiotics and acne medications) and over-the-counter (OTC) medications your child is taking can increase sun sensitivity.

#### If Your Child Gets a Sunburn

If your child does get a sunburn, these tips may help:

- Have your child take a cool (not cold) bath, or gently apply cool, wet compresses to the skin to help alleviate pain and heat.
- To ease discomfort, apply pure aloe vera gel (available in most drugstores) to any sunburned areas.
- Give your child an anti-inflammatory medication like ibuprofen or use acetaminophen to ease the pain and itching. (Do **not**, however, give [aspirin](#) to children or teens.) Over-the-counter diphenhydramine also may help reduce itching and swelling.

If the sunburn is [severe](#) and blisters develop, call your doctor.

#### Be Sun Safe Yourself

Don't forget: Be a good role model by consistently using sunscreen of SPF 30 or greater, wearing sunglasses, and limiting your time in the sun. Doing so not only reduces your risk of sun damage — it also teaches your kids good sun sense.





# Happenings Around Wales Elementary

## 1st Grade:

# Blast off Into Writing

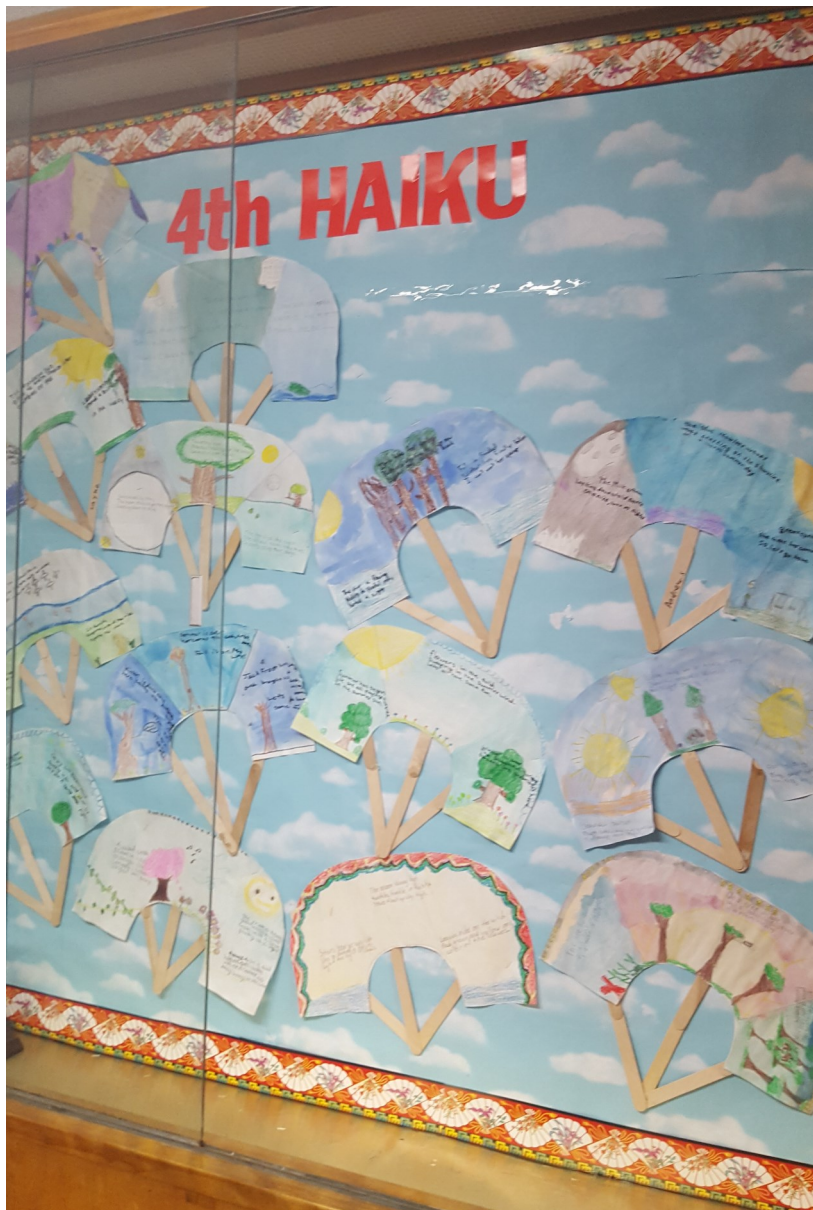


## 2nd Grade:

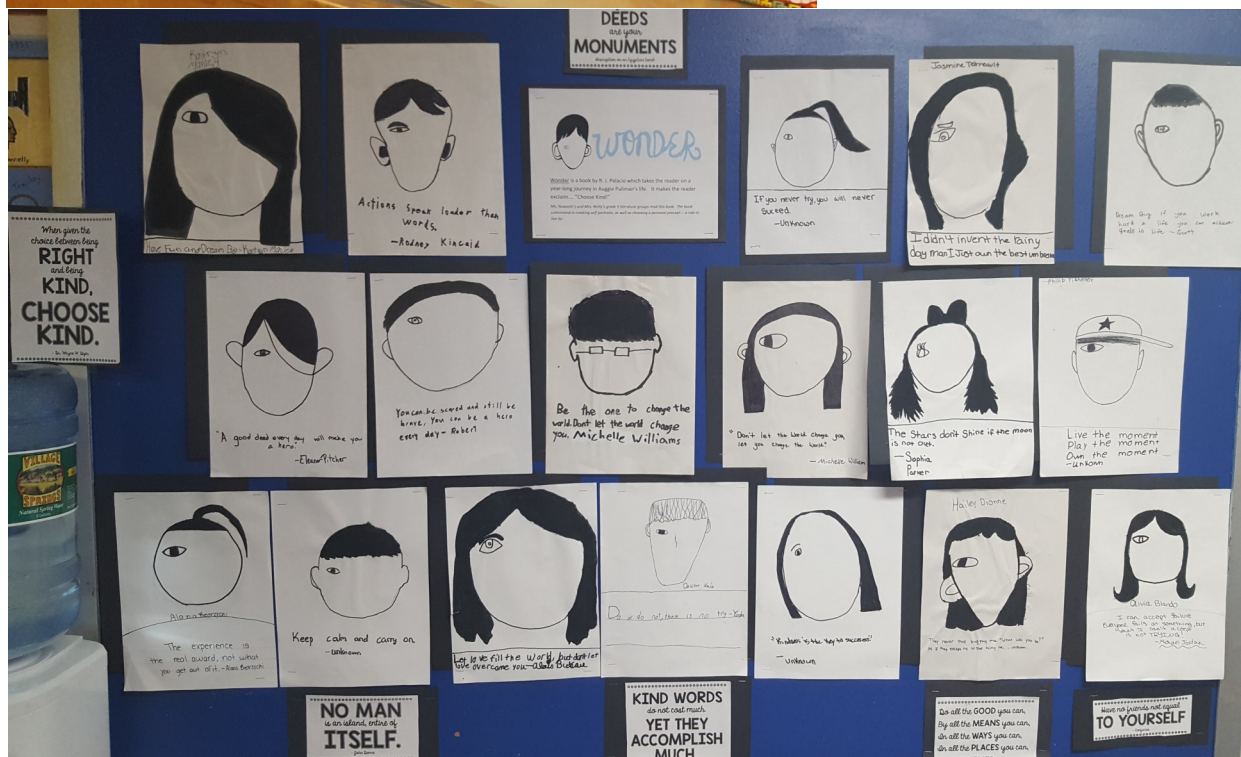
## Highlights in my Life:







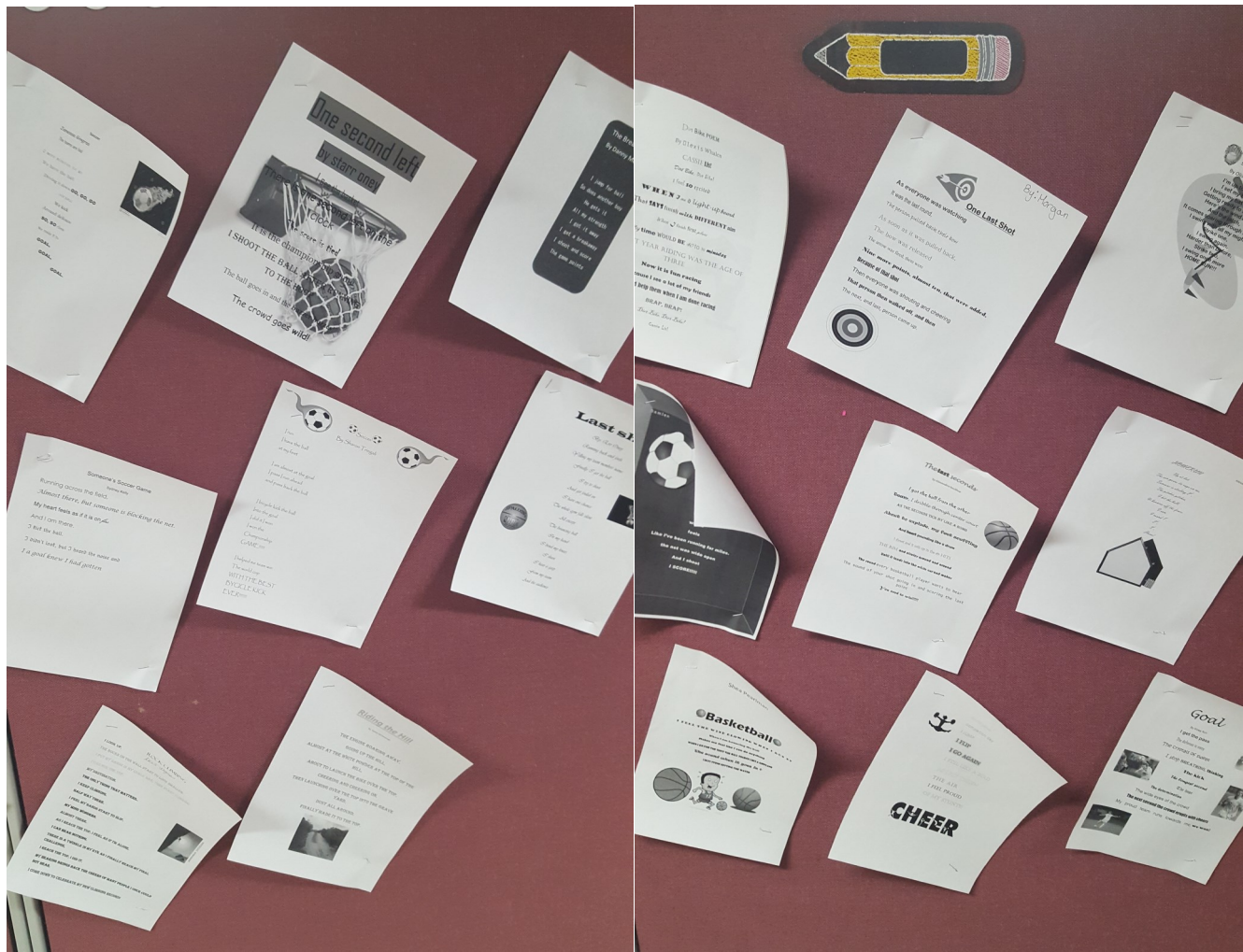
## 4th Grade: Haiku



## 5th Grade: I Wonder



## Happenings Around Wales Elementary:



## 6th Grade Poetry

## Art work from "All Arts Day"↓







## Savings Makes Sense Financial Tips

Throughout the year, the Financial Literacy Department at Country Bank sends home Financial Literacy tips to students.

Topics include budgeting, how to earn money, setting financial goals, and learning how to pay yourself first.

We recently asked our student bankers if they had a "tip" they would like to share with us.

### **Here are a few "tips" that we received:**

- "My family saves change and when we go on vacation, we roll it up together and use it for something special on vacation." *Amanda J., Ware Middle School*
- "Keep on saving. In the end, you'll be happy you did!" *Victoria R., Jabish Brook, Belchertown*
- Save at least 50% of the money you get. This will allow you to buy more things you want when you are older. *David A., Charlton Middle School*
- Start saving money at a young age so there will be more money in your savings account when you are older. *Aiden, Converse Middle School*

### **If you have a tip for us, we would love to hear from you!**

Bring it to the next banking day and we may share your tip with others!

Sign up today for the School Banking Program to make saving money even easier. If you are interested in participating and are not already enrolled, contact the Financial Education Department at 1-800-322-8233, for more information.



Member FDIC/DIF

## **School Dress Guidelines:**

Students are expected to display an appropriate appearance when attending school or school related events. Student's clothing should not disrupt, distract, or interrupt the school's educational process. The administration and faculty have developed guidelines for student attire at school.

While in school, students will wear clothing that meets the following standards:

- ⇒ No bare backs
- ⇒ No spaghetti straps, tube tops, or strapless shirts
- ⇒ No low cut shirts or blouses
- ⇒ No bare midriffs. All shirts must be long enough to be worn tucked in.
- ⇒ No bare feet or unsafe footwear
- ⇒ No clothing that uses see through material unless worn with other appropriate attire
- ⇒ No clothing that displays words or graphics that is obscene and vulgar, violent, sexist, racist, and/or promotes the use of illegal drugs, alcohol, or tobacco.
- ⇒ No droopy pants or clothing that reveals undergarments.
- ⇒ The length of shorts or skirts must be longer than the tip of the student's fingers when his/her extended arm is by his/her side.

