



Shaping Futures Together



2023

From the Principal's Desk

Dear Families,

On Sunday, November 5 daylight savings time will end, and it will be getting dark as students are arriving home on the bus. Please use caution and remember to always stop when a bus has its red flashing lights on.

I hope that you are pleased with your child's photo proofs from Irvin Simon Photographers! If you missed our original picture day in September or if you are not 100% satisfied with your photos, **Thursday, November 30 will be our picture retake day.** If you would like your child to have their picture retaken, please notify Mrs. Seguire in the office so we can make the necessary arrangements. Those students who were absent on picture day in September will have their pictures taken for the school records, regardless of whether or not you plan to purchase pictures.

The first trimester report cards will be distributed on **December 7. Parent-Teacher Conferences** will be held in the afternoon on Friday, December 8 and in the evening on Monday, December 11 so **that teachers can discuss your child's progress with you.**

Teachers in grades pk-4 will provide you with an opportunity to sign up to conference on these days. Please look for further communication regarding conferences prior to the Thanksgiving break.

Students in grades 5-8 will conduct **Student Led Conferences.** Student Led Conferences are an opportunity for students to engage in their learning process and share with families their areas of strength and the areas that are challenging for them. Middle school teachers have been working with students to set goals and to monitor their academic progress. It is very important to our students that you find the time to visit so they can speak with you about their progress. They have been working hard to prepare this for you. The middle school team will be reaching out to families prior to Thanksgiving break to explain the process in more detail and to schedule appointments with you.

During your parent conference, feel free to ask teachers about some of the assessments that students have taken and about ways that teachers monitor student progress. In addition to routine classroom assessments, students in grades two through eight have participated in a **NWEA** (Northwest Education Association) assessment. This assessment has English/language arts and mathematics components, as well as a science component for students in grades 3-8. Assessments assist in determining the specific learning needs of individuals and groups, and combined with other academic data, help ensure that all students are making progress toward mastering academic standards.

I would like to remind families that there is **no school** for students on **November 10, 22, 23, and 24** to recognize Veterans Day and to provide time for families around the Thanksgiving holiday.

Please join me in wishing Mr. Lippert well as he leaves us next week for a full-time teaching position in another district. We are in the process of hiring a new music teacher for our general classroom music classes. We plan to have someone on board by the Thanksgiving break. Mr. Lippert has shared his news with students this week. We wish him every success in his music career!

Community Donations

Many local agencies have coats, clothing, food, toys/gifts available to families in need. If you, or a town resident you know, are in need of assistance, please contact the school counselor, Ms. Murana, or me so we can make necessary arrangements to support you. We will also be reaching out to some families to be sure you have what you need for your children around the holidays.

Inclement Weather

On **no school and late opening days**, radio station WINY (1350 AM) and television channels WFSB and WVIT will carry announcements. We also post announcements on our website and **utilize our automatic notification alert system**. This system will allow for a voice message, a text and an email to be sent to all of our contacts. This system will be used, in addition to notifications on local media outlets, to notify families of school closings and any other unexpected events that may impact the opening or closing of school.

Please keep in mind that **when we close early for inclement weather**, we follow the directions that you gave us at the beginning of the year for dismissal of your child. It is very important that you talk with your children about what you want them to do on unexpected early dismissal days. If you would like to change any information that we have on file regarding who may take your children home, please send a note or call the office as soon as possible.

As the weather continues to get colder, it is important to send your children to school dressed appropriately. Unless the weather is deemed inclement, students are **expected to be able to participate in outdoor activities every day.**

Our Auction Committee has been working hard to prepare for our annual goods and services auction on November 11, 2023. This annual auction is our primary fundraiser that enables all students to attend their class trip in either grade 7 or grade 8 to Washington, D.C. with all expenses paid. It is **very important** that families of students in **grades 4-8** get involved as **the money raised is shared among these grades** to gradually build up the necessary funds to support the trip. Look for additional communication in this newsletter on how you can help prepare for the auction, or help on the day of the auction, so that we can continue this valuable tradition for our students. More information about the auction can be obtained by reaching out to the auction committee at auction@eastfordct.org.

You may have heard about some of the **after school activities** that are taking place for our students. Many are designated for specific age groups, so please read the details carefully when notices come home to sign up. Space is limited for many programs and priority is given to students enrolled in the Eastford Before and After School Child Care program, but there is often space available and we encourage other students to consider participating as well. Some highlights included STEM program, art programs, Mystic Seaport and Mystic Aquarium programs, outdoor education programs through Ragged Hill Woods, rocketry, board games and academic support. Classroom teachers in grades 2-8 will be recommending that some students attend the Academic Support sessions. If you see a notice and recommendation come home, please complete the form and return it so we can keep accurate attendance.

As we enter the holiday season I wish everyone a happy and healthy season. We have much to be thankful for here at Eastford Elementary School!

Sincerely,
Carole McCombe





- 🍁 **EES students will be voting for their favorite school sign design on November 7, 2023. The winning design will be added to the outside school sign at the front of the school for this school year, showing how all EES students persevere.**

- 🍁 **PTO is sponsoring a can drive (non-perishable food) for our local food pantry from November 1, 2023 to November 17, 2023. All items can be dropped off to your child's classroom. Let's see if collectively we can make a difference for the families of Eastford!**

- 🍁 **Spirit Wear orders have been turned in to the front office. The PTO is working on finalizing the orders this week and will be sending them to print. Orders will be available towards the end of the month for pick up.**

- 🍁 **As you all know we were unable to move forward with the chili cookoff, but have no fear, we have been working on something very exciting that benefits all. Keep an eye out for our Raise Right Fundraiser where you can purchase gift cards that also give back to the school. More information to come soon!**

- 🍁 **Our next PTO meeting date is November 14, 2023 at 6pm. If you are on our mailing list, you will get an agenda with the zoom link. If you would like to be added, please email pto@eastfordct.org. We hope to see you there.**

- 🍁 **Follow us on our Eastford PTO Facebook page for more frequent updates and reminders.**

EASTFORD ELEMENTARY SCHOOL

Food Drive

Let's Share
& Care

Join us in helping our community!

Items needed:

Peanut Butter, Nuts (almonds, peanuts, etc), Tuna, Mac & Cheese, Soups, Chili, Rice, Pasta, Cereal, Pancake mix, Canned Fruit, Canned Vegetables, Pasta Sauce, Fruit Juices, Sugar, Jellies & Jams, Salsa, Cereal Bars, Granola Bars, Crackers, Cake Mixes, and Brownie Mixes
Toothpaste, Tooth brushes, Bar Soap, Deodorant & Toilet Paper

November

1-17

Drop-off location:

Eastford Elementary School

Questions Please email us at
pto@eastfordct.org

BAKED GOODS NEEDED

E.E.S. Annual Goods and Services

Auction and Bake Sale

Saturday, November 11th

We need YOUR homemade baked goods to make this bake sale a success!

**cookies * bars * cupcakes * candy * pies * breads
gluten-free and sugar-free treats too!**

All proceeds will go to the 5th-8th grade class accounts
for their class trip to Washington, D.C.

Your support is appreciated!

Baked goods can be brought to school on Thursday, November 9th
or delivered between 2:00 and 4:00 p.m. on Saturday, November 11th.

All donations should be clearly labeled and packaged to sell.

Feel free to contact Kirstin Budd at busybudds@gmail.com
with items to be donated and/or for any questions.

Or, fill out the form below and return to the school office.

Name: _____

E-mail and/or phone number: _____

Child(ren)/grade(s): _____

Note: Please specify type and quantity (i.e., chocolate chip/4 dozen).

Cookies _____ Cupcakes _____

Bread _____ Pie _____

Candy _____ Other _____

**The Annual Eastford
Goods & Services Auction
Is Coming!
Saturday, November 11**

**Doors Open at 5:00 pm
Silent Auction Tables Open at 5:00 pm**

****Raffle Ticket Items**
(10 tickets for \$10 or 25 tickets for \$20)
Bring your cash or credit card and try and
win some great gift certificates!**

**Live Auction Begins at 6:00 pm
(cash, check or credit)**

Bake Sale All Night (cash only)

***Dinner will be sold by Grace's Gourmet from
Thompson, CT***

Macaroni and Cheese, Pulled Pork, Chili, Vegetarian Chili, Gluten Free options
too **(cash or card!)**

We have amazing items at this year's auction!
Please join us and help support the students in grades 5-8 as they
raise money for the annual trip to Washington, D.C.!

Like us on Facebook for Updates: Eastford School Auction

Parents of EES Students in grades 5, 6, 7, and 8...

It is time to **volunteer** for the Annual Goods & Services Auction!
All parents need to help make this year's auction a success - your time helps
send your child to Washington DC **free** of charge - **even if your trip isn't
this year! Some of the proceeds are put into each grade account EVERY
year!**

How can you help? Check off below and return to EES:

___ I can BAKE for the bake sale on auction night (cookies, pies, cakes,
cupcakes, breads, etc.)

___ I can help with the silent auction - closing of tables, etc.

___ I can SET UP on Saturday, 11/11/23 (9:00 a.m. - 11:00 a.m.)

___ I can set up on Sat., 11/11/23 (3:00 until doors open @ 5)

___ I can DONATE an item for the auction or donate cash

___ I can clean up the evening after the Auction

Name: _____

Email address: _____

Child's Name & Grade: _____

OR EMAIL US AT auction@eastfordct.org and tell us how you can help!
Moms, Dads, stay at home parents, working parents - it makes no difference -
we are all volunteering!

Please do your part to send your child to D.C. all expenses paid!

Health Office – Mrs. Roto



November is a month where we typically see an increase in contagious respiratory illnesses. Respiratory viruses like FLU, COVID, and RSV infect the nose, throat and sometimes the lungs. This can cause mild to severe illness, and in extreme cases, can lead to death. Adults 65 years and older, young children and people with chronic illness are likely to be more impacted from these viruses.

These viruses are spread by tiny respiratory droplets projected when someone coughs, sneezes or talks. These droplets land in the mouths or noses of people who are nearby. Less often, transmission may occur by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. The primary mode of transmission is by respiratory droplets.

People who become infected may feel some or all of these symptoms:

- fever* or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)
- some people may have vomiting and diarrhea, though this is more common in children than adults.

*It is important to note that not everyone with the flu will have a fever.

Experts recommend general measures to prevent infection, such as frequent hand-washing, dressing for the weather, getting plenty of sleep and for those who are sick, staying home. We will continue to follow our procedure for Management of Respiratory Viruses.

The Influenza vaccine is only required for our Preschool students but you may want to consider having your student receive the available vaccines for the season as it can help protect them illness.

If your student is ill for any reason, please reach out to me so we can discuss their symptoms. Our goal is to keep our school community as safe as possible.

As always, feel free to reach out to me by phone or email if you have anything you need to discuss.

Sincerely,
Cassie Roto R.N.,





Art News – Ms. Weinland



PICASSO THE ART ROOM BETA FISH

A Splash of Inspiration

Excitement is in the air in the art room, and it's not just because of the creative masterpieces beginning to adorn the walls. I am thrilled to introduce the newest member of our creative community: Picasso the Beta Fish! We gave our fish this name as a nod to the iconic Spanish artist, Pablo Picasso, who famously said, "Every child is an artist. The problem is how to remain an artist once we grow up."

Clay Unit Success

Students in grades 5 and 6 have successfully completed their clay unit. Throughout this engaging, hands-on experience, students honed their skills, from hand-building to sculpting to glazing, and brought their imaginative ideas to life. The students did an amazing job during their month of learning about clay and are already talking about what projects they will create when they do another clay unit in the spring.



Grade 7 Clay Adventure

With the kiln still warm from the fifth and sixth graders' clay adventure, the seventh graders are the next to dive into ceramics. They will be learning about where clay comes from, various hand building techniques, and about the glazing process while creating pinch pot bobble heads, flowerpots, or mugs, and whimsical spooky and fairy slab houses.

Line Land and Cityscapes

Grade 4 students created Land and Cityscapes out of lines and paint during guided lessons. In one class, we talked about and drew lots of different lines, while varying the thickness of the strokes. Once the pictures were drawn, students used their creative skills to paint the skies with watercolors and added vibrant acrylics to their scenes.



Pumpkins and Paint Pens

Grades one, two and three have been busy experimenting with paint pens and color. They are focusing on motion, expression, and starting to work on simple perspective. This is not only a fun way to learn about drawing and painting but is also important for cognitive and creative development.



Enrichment News – Mrs. Lynch



In Enrichment, we have been learning about the advantages of a Growth Mindset (the belief that qualities like talent and intelligence can grow and develop with practice and effort; the willingness to tackle tough challenges and to persist when faced with obstacles). We have also learned about Digital Citizenship, thanks to some of the awesome books recommended by Mrs. Bibeault. Students created posters of their own Digital Citizenship superheroes, and here they are!



Kindergarten News – Ms. Garvie

October was a wonderful and eventful month for us here in kindergarten. During our Second Step lessons we learned that mistakes are okay, and we can practice and keep trying when we are learning new things.

We have established the routines and expectations of reading and writing workshop time. We start with a mini lesson, have reading or writing time, and then we share at the end. The children have also learned all of their unit one snap words during phonics time: *the, a, me, I, like* and *my*.

During math we counted collections and compared groups of objects using the terms more, less (or fewer), and equal. For science, we have been learning about the four seasons, weather, and animal migration and habitats. We even got to build our own bird nests just like real birds do!

We have jumped right into the new season with some fun filled fall activities. We did a leaf hunt and created leaf rubbings, we had a visit from the local fire department, and we did a pumpkin investigation. The children predicted how many lines and seeds were in the pumpkin, described the outside and opened the pumpkin up to explore the inside.

Please enjoy these pictures of some of our engaging fall activities!







Grade 1 & 2 News-

Mrs. Rhyhart & Mrs. Crocker Lincoln

First and second graders enjoyed a sunny day at Foster Farm in South Windsor, Connecticut where the Foster family has farmed their land since 1790. While visiting, students had a fun-filled, educational day.

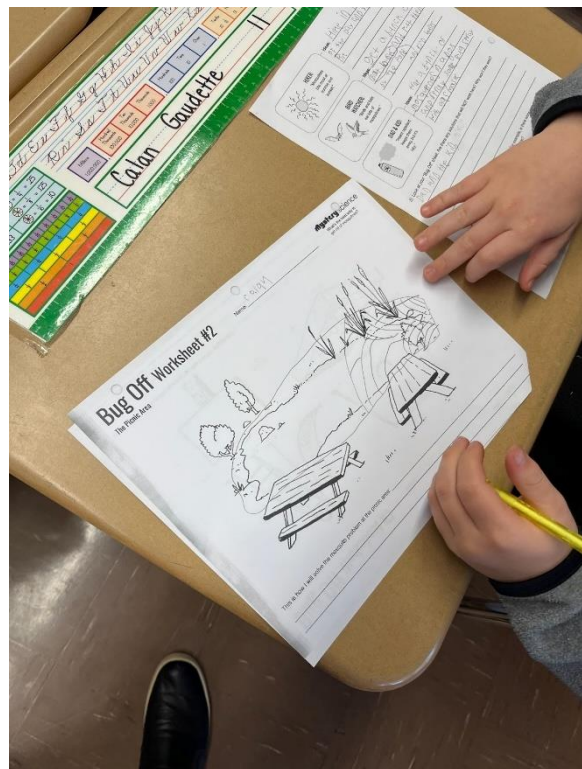
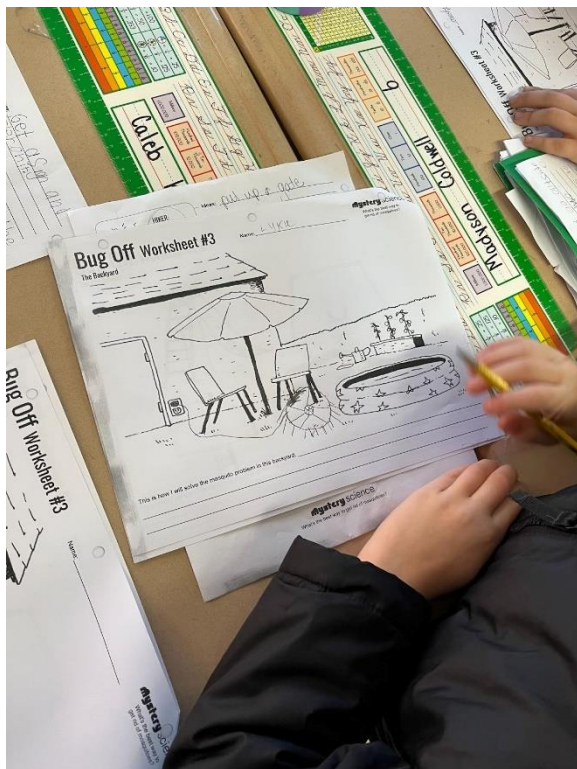
The first and second graders enjoyed the mini corn maze where they were able to search out six different types of farm animals. On the hayride, students saw spectacular views of the farm, the intricate pattern of the larger corn maze, as well as a giant pumpkin patch. Among the attractions was a farm play yard. The pedal cars were a favorite among many. There was even a raceway to practice driving skills. The farm playground had a pirate ship to climb on, a very large corn box to play in, a tractor and farm equipment to explore, and many places for photo opportunities. There were also animals such as alpacas to visit. We even had a picnic lunch! The farm had an enormous wall divided into 12 large panels with elaborate paintings depicting the important events that happen each month of the year on Foster Farm. We had a great time and were very thankful to our chaperones who helped make the day run smoothly.



Grade 3 News – Mrs. Bisson

In science, grade three students have been exploring the Life Cycles of different animals and comparing them to a human life cycle. First, we learned about the life cycle of a crocodile, a squirrel, an ostrich, a beetle and a bullfrog. Did you know that a gray squirrel is considered an adult at 6 months old? We talked about what that might mean for humans if we were adults at 6 months of age...the discoveries were pretty funny!

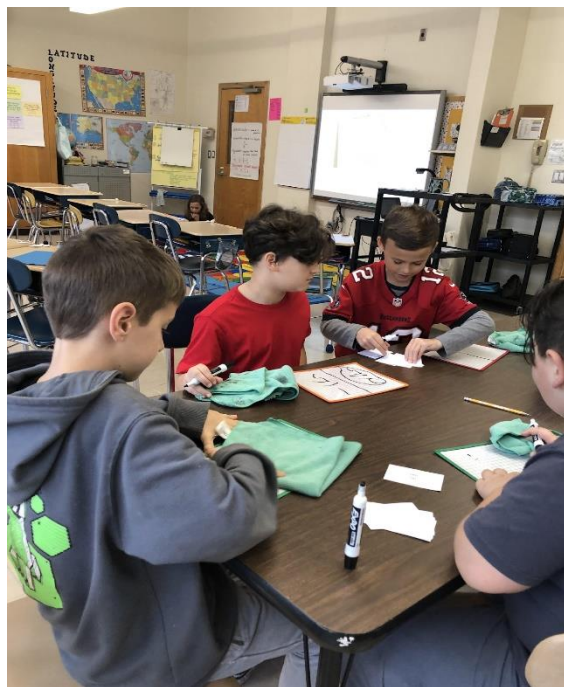
Then, we became Environmental Engineers as we contemplated the question, “How can we get rid of mosquitos?” We learned about the life cycle of a mosquito and considered what type of environment allows a mosquito to thrive. They LOVE warm & wet environments! After studying a few different environments while considering the advice of some experts, engineers had to design different solutions for a specific area in order to keep the mosquitos away. We came up with some pretty well thought out and scientific solutions.





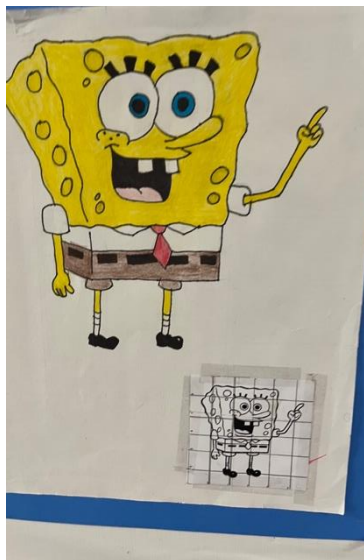
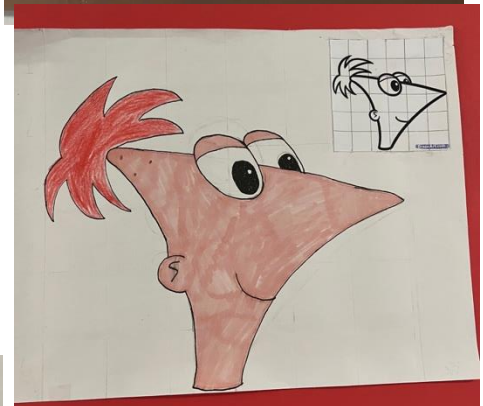
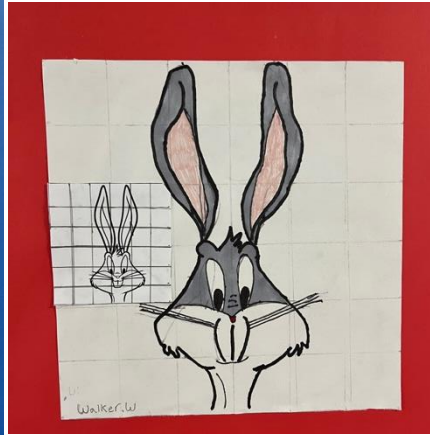
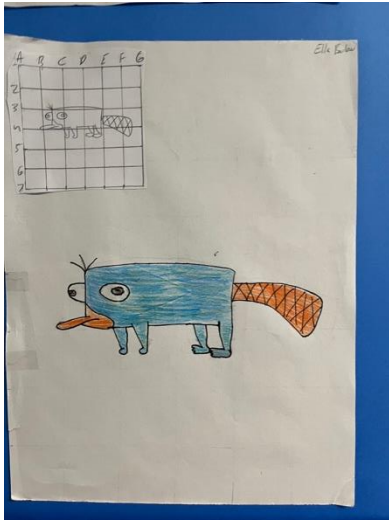
Grade 4 News – Ms. Dill

Throughout the month of October grade 4 students immersed themselves in fraction work! They used fraction strips, tape diagrams, number lines, and equations to make sense of the size of fractions, generate equivalent fractions, and compare and order fractions with denominators 2, 3, 4, 5, 6, 8, 10, 12, and 100. As the unit progressed, students used equivalent fractions and benchmarks such as $\frac{1}{2}$ and 1 to reason about the relative location of fractions on a number line and to compare and order fractions. Students enjoyed playing games involving their new skills!



Math News – Mrs. Barlow

Grade 7 Scale Drawings



Grade 8 Tessellations



ELA – Mr. Salsich

Hello Middle School Families!

In October we continued to focus on reading and annotating our whole class reading books. We also spend time reading personal books, discussing our reading, and writing about what we read.

We have been working on many skills and I see great progress. Below are some of the skills that we have focused on.

Your children are amazing!

Grades Five and Six

- Inferring:
 - Inferred meaning VS right there in the text information
- Why is there repetition?
 - Develop a theme from there
 - Modify the theme over time
- What is the point of view?
 - Who is the narrator?
 - Does the narrator's tone/attitude change over time?
- Classify figures of speech
- The importance of titles:
 - Main idea?
 - Theme?
- Main idea of a chapter:
 - How do we determine the most important idea of a piece of text vs the entire text?
- Choose evidence to support a claim.
- Begin using basic transition words-to a variety of transitional words or phrases.
- Comma use, especially after transition words.
- Capitalizing titles.
- Adding direct evidence.

Discussions:

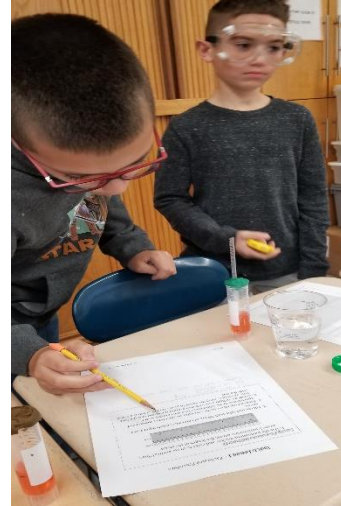
- Successful spider web discussions.
- Each student develops a spider web discussion goal.

Grades Seven and Eight

- Identify point of view
 - Does the narrator’s tone/attitude change over time?
 - What does that tell us?
- Track repetition
 - Does repetition lead to theme?
 - Does repetition target a symbol?
 - What are the symbols and why are they used?
 - How do symbols tie into a theme?
 - Does repetition draw us to notice change in characters?
 - How?
- “What is a theme?” review.
 - How to identify a theme?
 - Develop possible themes for the book.
 - Track changes to themes.
- No more personal pronouns in writing or during debate or discussions (if reasonable).
- Develop writing goals after each assignment.
- Remedial goals:
 - Concluding sentence review (how to word it, what it’s role is)
 - Comma use, especially after transition words.
- Symbols in reading.
 - What are symbols?
 - Identify some symbols in our reading.
 - Why does an author use symbols?
- Track changes to characters over time.

Science News – Mrs. Mead

All the middle school science classes are using hands-on investigations to learn more about these topics:



The transfer of thermal energy in grade 7 . . .

Mass and inertia in grade 8 . . .
and Earth's rotation in grade 5.



Grade 6 is investigating gravitational potential energy with bouncy balls!



Social Studies News – Mr. Kernan

First, let me wish all middle school families a very Happy Thanksgiving. I hope the time is relaxing and enjoyable for you and your family.

Grade 8 has finished their review of the U.S. Constitution. They were able to demonstrate an understanding of why this document was necessary to the late 18th century American and why it still resonates today as our governing force. Throughout this work, we learned about the three branches of government and how George Washington transformed the Presidency into a part of the government that held power and was not there simply as a figurehead. Heading into November, we will be discussing and learning about our early republic. In doing so, we will examine what our stances on foreign policy were, how we built an economy, and how we learned to transition power from one President to another.

Grades 6 and 7 have completed their brief survey of both the American Revolution and French Revolution. Students were also exposed to nationalism and imperialism as it related to the early 18th century. From there, students moved into the Industrial Revolution. We have been taking a deep dive into the Industrial Revolution exploring the impacts of the change it brought about on several fronts including child labor, education, technology, urbanization, and medicine. Below, we kicked off the unit with a 3D slide show. Students have gained quite a bit of knowledge and may be eager to share some of their knowledge with you at home.

Grade 5 continues our work on the earliest times of the Americas. We have worked to understand the Incas and Aztecs. We have also worked to understand how the Spanish and Portuguese came to the New World and settled in both inhabited and uninhabited lands. Going forward, we will continue to learn about geography and the early attempts to organize governments in the Americas by Europeans. We will compare and contrast cultural structures of both native people and Europeans.

3D Learning



P. E. & Health – Mr. Cody



P.E:

- Grades K-2: The students are continuing to learn how to move with a purpose through play. This unit they are working on listening skills, team building, and coordination through guided discovery. Students have been using tag games, hula hoops, and cotton balls to advance various skills. Small group games, and chase/flee games will continue into October. Many of the games we have been playing have a fall theme. Ask your child about ghost soccer! We had a blast.

- Grades 3-8: The students will continue to work on collaboration and teamwork through recreational games and sport activities. Currently we are in the middle of soccer basics, and Tchoukball. Students have been reviewing rules and strategies for success. Moving forward, sportsmanship will be an area of focus.

Middle School Health:

Grades 5 – 8: Students have been delving into the fascinating world of mental and emotional health. Through a variety of activities, discussions, and education resources, they have been identifying the ways in which their choices and behaviors can significantly influence their mental and emotional well-being.

Stress vs. Anxiety

Stress

- Generally a response to an external cause, like taking a test or arguing with a friend
- Goes away once the situation is resolved, short-term
- Can be a positive force, not just negative. For example, healthy stress can help you meet a deadline.

- Uneasiness
- Tension
- Headaches
- Body pain
- Insomnia
- Stomach ache
- Faster heartbeat
- Faster breathing

Anxiety

- Generally is internal, meaning it's your reaction to stress
- Can be diagnosed by a medical professional and treated with psychotherapy, medication, or a combination of the two
- Involves a persistent feeling of dread and interferes with how you live
- Does not go away, even if there is no immediate threat

Sources:
 "Is it Stress or Anxiety?" (National Institute of Mental Health)
 "What's the Difference Between Stress and Anxiety?" (American Psychological Association)
 "Stress vs. Anxiety - Knowing the Difference is Critical to Your Health" (National Council for Mental Wellbeing)
 PDF created by LSM Communications LLC.

As we approach November, We will explore potential consequences of our choices, and identify strategies for making responsible decisions. These skills will be applied to our next unit on stress and anxiety.



FROG ROCK

REGISTRATION IS NOW OPEN!



FROGROCKHOOPS.COM

EVALUATIONS:

11/13 7/8TH BOYS @ EASTFORD ELEM. 6-7:30

11/14 5TH-8TH GIRLS @ EASTFORD ELEM. 6-7:30

11/14 3RD/4TH ALL GENDERS @ PCS 6-7:30

11/15 5/6TH BOYS @ PCS 6-7:30

REGISTRATION IS NOW OPEN

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Eastford Senior Citizen News

The next ESC meeting is:

TUESDAY, NOVEMBER 14, 2023 at 12(Noon).

Meetings will be held at the Eastford Town Office Building –
Lower Level, 16 Westford Rd., Eastford, CT.

A Light Lunch & Beverage will be served.

Questions, Call or Text 860-538-8868

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