

October  
2nd, 2020

WWW.SPRINGBLUFFPIRATES.COM

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# No Early Release Fridays this Year

### Upcoming Events

Signed Midterm Reports Due Back	10/5
Spring Bluff Apparel Orders Due	10/12
Kidsight Vision Screening for grades K,1, 3, 5 & 7	10/16
Basketball & Cheer Coaches meeting @ 6:30	10/20
No School	10/23 & 10/26

### This Weeks Attachments:

- Spring Bluff Apparel Flyer
- Home & School Connection
- Middle Years
- Kidsight Vision Flyer



@springbluffpirates

### Basketball & Cheer Coaches

Basketball & Cheer Coaches Meeting will be held on Tuesday, October 20th

@ 6:30 pm.



### \*\*\*REMINDER\*\*\*

### NEW SPRING BLUFF APPAREL

Remember to order your Spring Bluff Apparel by October 12th. Attached is the flyer and link., OR you can access through the Spring Bluff website .

*There are new designs and styles to choose from. Don't miss out!*



### Substitute Bus Drivers Needed



We are looking for substitute bus drivers, starting pay is \$15.98 per hour.

Please contact Mr. League [mleague@springbluffpirates.com](mailto:mleague@springbluffpirates.com) if you are interested in becoming a substitute driver.

### Come be a part of our Spring Bluff Family!

We are in need of substitute teachers. If you have 60 college credit hours we can help you apply for a substitute certificate. If you do not have 60 college hours, please access the DESE link below to register and complete a new substitute teacher training program. Please contact Ms. Pam Schlueter if you would like more information.

<https://www.frontlineeducation.com/pages/resources/modese/>

### \*\*Sullivan High School Football Games-Parent Notice\*\*

Students MUST attend with a parent or guardian. You may not drop your student off. If a parent or guardian is not present, you will be called to pick your student up. Students are not allowed to bring footballs, soccer balls, baseballs, or kick balls to the game. Students will also be required to sit and watch the football game. Students should not be running around the stadium as this has presented discipline issues in the past. Failure to abide by these rules will result in the student being unable to attend future football games.

Website:

<http://www.springbluffpirates.com>



Go Pirates!

## Sporting News & Events



Tuesday, October 6th  
Thursday, October 8th

5/6/8 Volleyball @ Home vs. St. Gertrude 5:30 p.m.  
5/7 Volleyball @ Strain Japan 6:00 p.m.

Spring Bluff Pirates



Katie Richarz  
 School Counselor  
 kricharz@springbluffpirates.com

Counselor's Corner

5 Conversation Starters For The Dinner Table

1. What interesting thing happened today?
2. What are some things you love about school?
3. What was the best part of your day and why?
4. What does it mean to you to be happy?
5. What have you felt stressed about? What makes you feel stressed?

Student Absences

If your child will be absent, we ask that you contact the school office before 8 a.m. Please contact the school office rather than classroom teachers when your child is absent to assist us with accurate attendance reporting. Our standard protocol is if we do not hear from you, we will be calling to make sure we both know the location of your child for the day.

Picture retakes will be on Thursday, November 19th.



HATS & BOOTS FOR THE FRANKLIN COUNTY UNITED WAY



On Friday, October 16th we will have the opportunity to wear hats and boots to school for a \$2 donation to the Franklin County United Way. The United Way of Franklin County serves many families in our area by providing health and human services. They concentrate on programs that care for those with special needs, invest in children so that they can become good citizens, strengthen families at risk, and provide emergency assistance to those in need. Please join us for a fun day at Spring Bluff School for a small donation to the Franklin County United Way.

Mrs. Williams & Mrs. Tolliver's 3rd Grade Class is learning about plant growth. Below are the Alaskan Pea Plants they grew!!





## Update: KidSight's Response to COVID-19

### An Inside Look at KidSight Screenings this Fall

KidSight staff and volunteers are excited to be in the field again! Our team resumed screening on September 1st. Of course, during this unprecedented time, screenings look a little different. Our team members are adhering to COVID-19 safety protocols while screening. These protocols include wearing face coverings, extra disinfecting of the screening space, social distancing when possible and frequent hand washing.

Many of our partner sites have implemented their own policies to promote health and safety for the children in their care. We are dedicated to remaining flexible and mindful of each site's specific list of needs so that screenings can continue. While our partner sites anticipate a drop in their in-person enrollment, we still expect to screen *over 7,000 children this month!*

As a supporter of KidSight, you know that our biggest challenge this fall is to make sure our funding is ready to meet the trial of these times. Together we can be sure that KidSight has the resources to meet the demand for safe, flexible screenings. KidSight has seen large funders divert funding to COVID-19 programs, as well as a reduction in direct individual donations. You can help by joining our team as a monthly donor or by making a one-time donation when you can. Can we count on your support?



Donate Now

### KidSight Provides Vision Assistance for Those in Need

We know that now, more than ever, families without insurance will need resources to help cover the cost of an eye exam and glasses - or replacement glasses.

We are excited to continue providing referral navigation and eye care assistance for families in need through our enhanced follow-up program. These services are *not limited* to the sites that are currently on our schedule. We are offering assistance services to all of our partner sites - even those who are not currently able to schedule due to COVID-19!

Please contact us if you would like more information about our vision assistance program.

If you need vision assistance for a child in your care, please contact us!

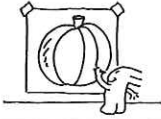
Email: [assistance@kid-sight.org](mailto:assistance@kid-sight.org)

Phone: 1-816-255-1334

# Home & School CONNECTION<sup>®</sup>

Working Together for School Success

October 2020



Spring Bluff R-XV School

Mrs. Jeannie Jenkins, Superintendent

## SHORT NOTES

### Spot respect

Ask your youngster to write the word “R-E-S-P-E-C-T” across the top of a sheet of paper, with a column for each letter. Post the paper on the fridge, and let everyone write examples of respect that start with those letters. (“Return borrowed items in good condition.” “Express thanks for favors.”) Put a tally mark by each one someone does or notices this week.

### Sprinkle in similes

Your child can use similes—comparisons with *like* or *as*—to write vivid descriptions. Try this: Pick something (say, the wind), and take turns describing it with a simile. Your youngster might say, “The wind tickled my ear *like* a whisper.” Or you could say, “The wind howled *as* loudly *as* a wolf.”

### DID YOU KNOW?

The last speech sounds children typically master include *ch*, *sh*, and *th*. By age 8, your youngster should pronounce all sounds correctly in the beginning (*cheese*), middle (*seashell*), or end (*with*) of a word. If you’re concerned about his speech, contact his teacher. She may suggest an evaluation by the school speech therapist.

### Worth quoting

“Start where you are. Use what you have. Do what you can.” *Arthur Ashe*

## JUST FOR FUN

**Q:** What’s one question you can never answer with “Yes”?

**A:** What does n-o spell?



## Homework success

Which homework assignment should your youngster tackle first? How can she make sure she follows the directions? Suggest these strategies that will help her do her best at homework time.

### Start smart

Before your child digs into the day’s homework, have her rank her assignments from easiest to hardest. She may want to do the hardest work first while her mind is fresh. Or perhaps she’d prefer to get an easier assignment out of the way first to give her a sense of accomplishment.

### Read the instructions

Paying careful attention to directions can help your youngster complete assignments correctly. For instance, the instructions might say to write explanations or draw pictures to show her thinking in solving math problems. Also, tell her that if she doesn’t understand the directions, it’s okay to ask for help. Offer to read them with her, or she could call a friend.

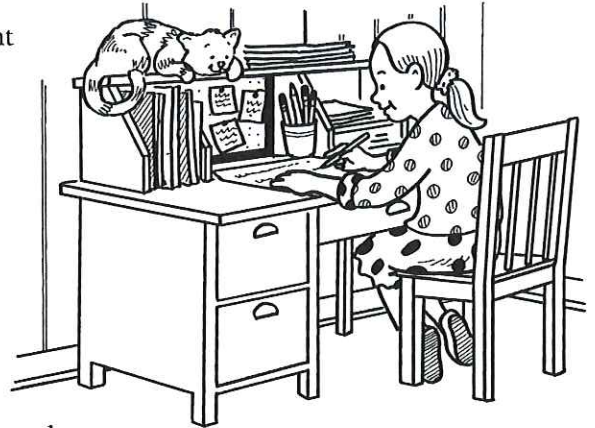
## Share expectations

How you tell your child what you expect will go a long way toward turning your expectations into his reality. Consider these three techniques.

**1. Show understanding.** You might say, “I know you want to play, but it’s time to study for your test.”

**2. Give choices.** Your youngster may do what’s expected if he gets to decide when to do it. Ask him, “Do you plan to practice piano before or after dinner?”

**3. Look to the future.** Help your child tie your expectations to his goals. Does he want to become a race car mechanic? Try: “When you grow up, you’ll need to be organized to know exactly where all your tools are.”♥



### Take breaks

Short breaks will help your child stay focused. Between assignments or subjects, let her set a timer for 10 minutes. She can stretch, snuggle with the cat, or dance to music until the timer goes off, then get back to work.

### Review work

As your youngster finishes each assignment, have her check it over before putting it away or sending it electronically. Is her name on her paper? Did she skip any parts? Do all answers make sense? Once she’s satisfied, she should put her paper in her backpack or hit “send.”♥



## Count on courage

Children may believe that being brave means being fearless. But having courage really means taking action even when something feels scary—like learning to ride a bike or speaking out if something is wrong. Encourage your child's bravery with these tips.

**Recognize it.** Since courage often doesn't feel "brave" while it's happening, your youngster might not realize he is being brave. When he



shows courage, point it out to him. ("It was brave of you to meet the neighbor's dog. I know you're not comfortable around big dogs.") Or you could say, "It took a lot of courage to tell your friend to stop teasing that girl."

**Control feelings.** If your child is nervous or afraid, he may convince himself that something is too difficult. Help him develop ways to manage his feelings. He might take a few slow, deep breaths before he tries riding

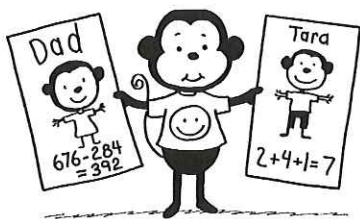
his bike without training wheels. Or he can give himself a pep talk before speaking up for himself. ("I know it's wrong to share answers. I'm doing the right thing.")♥

### ACTIVITY CORNER

#### "I'm 3 x 3 years old!"

Age, shoe size, address ... your child's world is full of numbers. For a fun way to practice math facts, she can use those numbers to make up personalized math problems for everyone in your family.

Have each person write equations about herself or relatives. Your youngster might write " $2 + \text{my shoe size} + 1 = 7$ " (answer: size 4). And you could write " $676 - 284 = \text{our house number}$ " (answer: 392). More numbers to use in equations: age of our dog, Dad's birth year, number of people living in our home, year of grandparents' wedding.



Trade papers—can you solve each other's problems? Then, let your child display the math by drawing portraits of your family and writing the equations on each person's portrait.♥

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## Strengthen bonds with family traditions

Traditions build a sense of security by giving your youngster something to count on. Try these ideas.

### Talk about family traditions

Maybe you take a full-moon walk once a month or visit a pumpkin farm every October. Discussing these traditions will help your child recognize and treasure them as part of what makes your family special.

### Make adjustments

Accept that some traditions may not work this year, such as hosting a World Series watch party or attending a neighborhood potluck. Then look for ways to adapt them. Perhaps you'll eat peanuts and popcorn with your family while watching baseball or classic sports on TV.

*Tip:* If you have a blended family, start new traditions together—and be sure to keep old ones, too. You'll build stronger bonds and a sense of a family identity.♥



## Learning to brainstorm

**Q:** My son often has to brainstorm for school assignments, but instead of coming up with a lot of ideas, he gets stuck after one or two. How can he learn to generate more ideas on his own?

**A:** Brainstorming often stalls when kids spend too much time trying to think of "good" ideas. Remind your son that brainstorming has no wrong

answers, and a so-so idea might lead him to an ideal solution.

Practice brainstorming together. Each night, try to come up with a headline that describes your day, a new title for tonight's bedtime story, or a name for a stuffed animal. Your son can toss out the first idea, then take turns suggesting others until he has one he likes. Over time, he'll get more comfortable offering ideas without overthinking them.♥



# Middle Years

Working Together for School Success



## Short Stops

### Boost self-esteem

Your middle schooler's friends can have a big impact on how she feels about herself. If her self-confidence is lagging, ask, "Which friends make you feel good?" and "Do any friends put you down?" Suggest that she hang on to friends in the first category—and rethink how much time she spends with those in the second.

### DID YOU KNOW?

Working in front of a computer screen can cause eye strain. To avoid headaches, blurred vision, and watery eyes, your child should use the 20-20-20 rule. For every 20 minutes of screen time, look up at something 20 feet away for 20 seconds.

### Energy investigator

Learning about your family's energy use introduces your tween to science concepts—and gives him a chance to help take care of the planet. Have him search online for top energy-wasters and then find opportunities to correct them at home, like unplugging a fully charged phone or a printer that's in "sleep" mode.

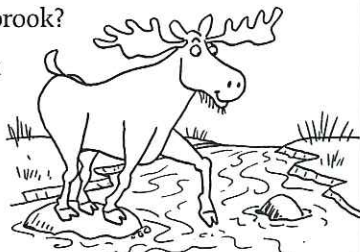
### Worth quoting

"Life is like a trumpet. If you don't put anything into it, you don't get anything out of it." *W. C. Handy*

### Just for fun

**Q:** What do you get when you cross a stream and a brook?

**A:** Wet feet!



## Limits for middle schoolers

Your tween might not admit it now that he's getting older, but boundaries help him feel safe and secure. Rules also teach him to make positive choices as he grows up. Consider these tips for setting limits.

### Prioritize rules

Having too many rules can be confusing for everyone. Try to narrow them to key categories like health and safety (no drugs and alcohol, limit screen time), school (complete homework on time, keep grades up), and family life (do chores, be respectful).

### Be clear and reasonable

State each rule simply but clearly, and try to phrase it in a positive way. *Example:* "Sign off from social media and put away your phone 1 hour before bed" vs. "Don't chat with friends at night." Listen to your tween's input ("My friends text late!"). Then explain your reasoning.

### Stay on top of projects

A long-term project will seem more doable if your tween thinks of it as a series of smaller assignments. Recommend this strategy.

■ **Break it into chunks.** Your child can start by listing everything she needs to do. For a paper analyzing a famous speech, steps might begin with: "1. Read the speech," and "2. Research the speaker's life." Seeing that each step is something she can handle will give her the motivation to begin.

■ **Assign a deadline to each chunk.** Your middle grader could work backward to make a schedule for completing her project. On her calendar, she should write in the project's due date, then add her own due date for each step. 👍



("Screen time can interfere with sleep, and you need sleep to stay healthy and do well in school.")

### Remain consistent

Stand firm in enforcing rules—letting something slide teaches your child that the rules don't really matter. Also, assign a consequence that's directly linked to each rule. Have him make and hang up a two-column list labeled "Rules" ("I agree to finish homework before playing video games") and "Consequences" ("If not, I understand that I can't play video games for one day"). 👍



# Find meaning in books

Thinking “outside the book” often leads to deeper understanding when your child reads novels for school. Share these activities.

**Pair it up.** Encourage your middle schooler to find a poem or another book that’s related to what she’s reading. For a novel about the Dust Bowl, she might choose Langston Hughes’s poem, “Dust Bowl.” How does the poem affect her feelings about events in the book? Or she could read an ice-skater’s biography along with a novel about ice-skating.



What does knowing more about the world of ice-skating add to her understanding of the challenges the characters in the book faced?

**Visualize it.** Picturing people and places helps your middle grader comprehend books set in other times and lands. Suggest that she look up images online from the time period the book is set in. Ask her to imagine how people she reads about would

have dressed or what they might have eaten. Or perhaps she’ll learn more about a setting in her book by looking at images on [google.com/earth/](http://google.com/earth/). 👍

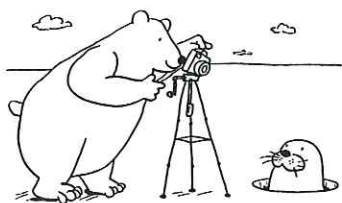


## Take a picture!

Snapping photos is a popular pastime for tweens. With these ideas, your child will boost his creativity as he takes interesting shots.

### Experiment with subjects

Encourage your middle grader to shoot extreme close-ups of objects, such as marbles in a jar or the inside of an orange. Then, he can share the photo with family members and challenge them to figure out what’s pictured. Or he might snap photos related to a theme, perhaps water or happiness, and put them in an album to keep on the coffee table.



### Explore all the angles

Your tween could try shooting the same scene or object from various perspectives. Maybe he’ll lie under a tree and point his camera straight up to take a picture. Then he can stand up, step away from the tree, and get a photo at a different angle. 👍

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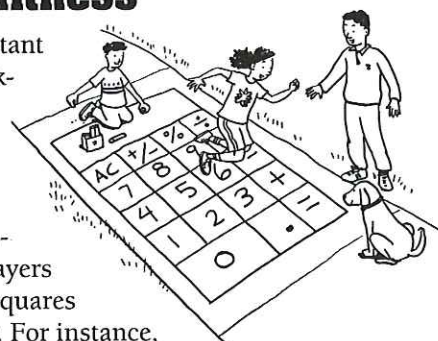
## Parent to Parent

### Fall for family fitness

I know exercise is important for my family’s health, but we weren’t making time for it. So now each week, we appoint an “activity director” who plans an active game to play.

My seventh-grader, Mariah, invented Calculator Hopscotch. She drew a calculator on the driveway, and on each turn, players toss a rock onto a number and hop onto squares to create equations equaling that number. For instance, when Mariah’s rock landed on 7, she solved  $56 \div 8 = 7$  by hopping on 5, 6,  $\div$ , 8, =, and 7. Since her equation was correct, she scored 7 points. High score won the game.

My sixth-grader, Rafael, made up a nature scavenger hunt. He listed things to find, like an acorn or something blue, and we raced to find them. We’re having so much fun playing outside that we don’t even feel like we’re exercising! 👍



## Q & A

### Academic honesty—at home

**Q** How can I make sure my son doesn’t cheat when he works online at home?

**A** It can be tempting for tweens to copy and paste information from the internet or chat answers to friends. Or they may not even realize they’re cheating. Explain to your child that cheating is dishonest, can cause him to get a zero on his work—and will prevent him from learning.

Instead of copying and pasting, encourage him to read his

source material, close that window, and type the information in his own words. Point out that it’s not enough to rearrange words and sentences. He needs original explanations and examples, and he needs to cite the source. If he’s taking a test or quiz at home, make sure he turns off chat and email notifications. He won’t be distracted by pings or feel pressured to share answers.

Finally, praise hard work rather than focusing on grades—you’ll teach him to value both effort and honesty. 👍

