

Nurse's Notes

Flu season will soon be here! Please see the attachment in English and Spanish: *Help Keep Your Child Healthy and Flu-Free*. Please call me for concerns or questions regarding your children's health. Thank you.

**Connie
McCluskey,
RN/BSN/CSN
314-415-6110**



Thank your children for what they do and who they are.

The other gift is *giving*. The best gift-givers are those who pay careful attention to other people and notice what would make them happy. Often the best gifts cost little or no money. Ask your child to notice what people on their gift list might like and encourage them to make a gift or provide a service (shovel snow, walk the dog, etc.). They'll learn that the best gift-givers are those who focus on other people and give of themselves.

Counselors' Corner

Giving and Gratitude

As we begin the winter season, we begin a season of holidays and family traditions in which gifts are often given. There are two gifts, however, we can give our children that cost next-to-nothing and are more valuable in the long run than the material things that seem so important to them at the moment. They are *gratitude* and *giving*. Two character traits that are often missing in our fast-paced world.

Many people often give a nod to *gratitude* on Thanksgiving and then quickly forget it in the winter holiday rush. Studies list gratitude as an essential characteristic of happy people. Here are some ways to promote a spirit of gratitude all year long:

Help children notice caring people and good things in their lives. Help them express their gratitude.

Encourage children to focus on what they already have.

Let us take on a challenge to make *giving* and *gratitude* a year-long commitment! These two gifts cost less, build character, and have greater value than most material gifts.

Adapted from the article "Giving and Gratitude" by Barbara Kohm

**Anitra Bratcher, Counselor Grades
Kdg, 2, 3, and 5 (314) 415-6108**
**Shannon Hoelscher, Counselor
Grades 1 and 4 (314) 415-6109**



Winter Parties

Carman Trails' winter parties are planned for December 23. Parties will begin at 11:00 am and will last until 12:00 pm. Many thanks to room parents for providing this special time for our children. Reminder: HOME MADE

Specialists' Spotlight

What can be done at home to support mathematics?



There are **many** excellent activities to include in your evening routines that may help you and your

child with math:

- Review adding, subtracting, multiplying, and dividing facts
- Adding and subtracting facts up through 20 (especially doubles, and pairs that make 10)
- Multiplying and dividing facts up through 144 ($12 \times 12 = 144$, $144 / 12 = 12$)

These should be practiced as related sets, **not random facts**.

A quick internet search will turn up countless websites that help with fact review. The important thing to keep in mind is that this kind of practice **works best** when it is consistent and done in short bursts of time (nothing over 20 minutes).

- Ask about the relationship between facts. “How can 2×3 help with 4×3 ?”
- Count
Counting is a great exercise for place value patterns. Count by amounts other than one (especially 2s, 5s, 10s, 25s, 100s, and 1,000s). Start on numbers other than one. For example, count by tens from 13. This too should be short and sweet.

Count backwards **a lot**. (How easily can you say the alphabet

backwards? It is tricky because it is unfamiliar. Counting backwards is the same challenge.) Counting coins is a great form of counting, and it is naturally motivating.

- Go on “Math Hunts” together
Look around for shapes and numbers in unexpected places.
- Bring your child to the store and include them in estimating the total.
- Get out a ruler and have your child measure lots of objects.
- Play Math Games over and over
No doubt your child has brought math games home. They need to be repeated many times for the big ideas to connect. Be sure to talk about winning strategies. If you are unsure of the big ideas within a certain game, please ask. We can be reached by e-mail or telephone.

Lastly, I want to mention that any of these home activities can be expanded upon easily by increasing the size of the numbers or the number of steps. The challenge is creating a nightly routine that includes math in some way.

Thank you for your support,

Tobin Fales
Math Specialist
314-415-4134
tfales@pkwy.k12.mo.us



String Sensations

Welcome to the New Year in strings!
We are off to a glorious start.
Enthusiasm is everywhere.

I truly appreciate the support I have received from the Carman staff, the orchestra parents and the incredibly talented orchestra and Suzuki students. We are really making great progress. I am really enjoying the children at Carman Trails.

We have some important coming events. As usual always look at the NEW Web Site <http://www.galaxystings.com>

The **2008-2009 Concert Dates** are posted already on the web site.

Fifth Grade, Honors and High Honors Orchestra will take part in a wonderful annual event on Tuesday, December 23 at 10:15 a.m. in the Carman Trails gym. Family is certainly invited to attend this first annual great event. Our theme is always “Winter Wonderland”, complete with snow. Ms. Finnstead will also participate with her Annual Sing a Long.

I need string students to come straight to the gym when you get to school, unpack the instrument and bow, and put your instruments/music on the chairs having your name on it. Students will **go back to their classrooms immediately for regular class.**

String students will return to the gym at 10 a.m. sharp, sit down quietly and wait for the assembly to begin. **Dress: colorful and festive**

I need 5 parent volunteers willing to arrive early to help decorate the performance area of the gym. We need to start decorating at 7:45 a.m. It does

not take too long with 5 parents plus my set up crew working. I have lights and quite a few decorations. If you have any extras lying around, I can always use more lights or decorations. I use blue, white, and even lavender which looks great for our silvery, snowy decorations. I need a parent with a helium machine to blow up the numerous balloons, blue and white, we tie on the chairs. I need parents to fill the cups with the snow. I provide the cups and snow. I will need some parents willing to help with cleanup afterwards.

Have a wonderful December. Check the web site for important January changes in Honors and the exciting Suzuki Parent’s Workshop.

Sincerely,

Gayla Rothermich
Orchestra Director and Suzuki
Specialist

Chess Club



Chess Club will start again Friday, December 5 at 8:00 am in the ESOL room (next to Reading). It will be held on Fridays from 8:00 am to 8:40 am and will continue until Spring Break. All students are welcome, no matter if you know how to play or not. We will teach you. Chess boards are provided, but you may bring your own if you would like.

I look forward to seeing you again,

Kathryn Auclair, ESOL
Vision Screening



Tuesday, December 2
9:00 am - 3:00 pm
K, 1, 3, 5 and new 2nd and 4th graders

Attention Parents of Fifth Graders

Please mark your calendars!

Orientation evening at South Middle
Wednesday, January 21, 2009
7:00 pm

Recycling Pays

Be sure to visit our recycling bins in the front parking lot of Carman Trails. Parents, students and teachers alike are asked to recycle all their paper, aluminum and used clothing. Carman Trails receives revenue for all products recycled!



We are also collecting used printer and copier cartridges and old cell phones. We have a collection box in the mailroom. Please help our school earn even more money for the used cartridges and cell phones. Recycling does pay!

Cold Weather



With the cold weather upon us, please remember to send your child with warm clothes, a hat and gloves. We have outside recess if the wind chill is above 10 degrees. We strongly encourage you to put your child's name in coats, hats, gloves, boots, sweatshirts and even on book bags, lunch boxes and water bottles.

PTO Ways & Means Grants

Wow! Look how your PTO Ways & Means funds will be benefiting Carman Trails!

- \$50 Nurture the Nature books –K-5
- \$200 2 flip cameras – 4th & 5th grade
- \$ 90 Learning games – 2-5 ESOL
- \$400 Literacy Conference K-5
- \$110 Take-home bags – 1st grade
- \$150 Zoo outreach - 1st grade
- \$50 Boom box – 1st grade
- \$130 Alphabet case & Planet Earth DVD's – 5th grade
- \$200 Steel drum – music K-5
- \$ 66 Student selector & timer software – 3rd grade
- \$ 85 Flash drive- Art K-5
- \$200 Color printer & ink – Art K-5

Parents, thank you for your support of Ways & Means through PTO fundraisers. Also, thank you committee members and teachers for your continued commitment to Carman Trails!

Regards,
Kristin Jackson & Patty Millikin-Allen
Co-chairs

Welcome New Students

Please give a warm Carman Trails welcome to our new students:



Hamza Kassana	5 th Mrs. Thier
Roopa Maganti	Kdg Mrs. Mayo
Teja Nimmagadda	Kdg Mrs. Mayo
Bilal Rasool	1 st Ms. Goode

We are so glad to have you here at Carman Trails!

Parkway School Closings

In the case of inclement weather, tune in to one of the following for Parkway School District closings:

Radio

KMOX 1120 AM
The Beat 100.3 FM
KLOU 103.3 FM
MAJIC 104.9 FM

Television

Internet

KSDK Channel 5
www.pkwy.k12.mo.us
KMOV Channel 4
KTVI Channel 2

You can also call the Parkway Snow Recording at **(314) 415-SNOW**.

Craft Night Thank You

Thanks to the Carman Trails PTO for giving us the opportunity to put on this exciting community event. We appreciate all of the support from Carman Trails secretaries and custodial staff. Also, a big thank you to all of the volunteers and last minute helpers. We hope everyone had fun and went home with some useful crafts!

Laura Hoferkamp and Archana Patton

Morning Arrival



Students should arrive at school no earlier than 8:40 am unless they are coming for a supervised school activity.

PACCD (Parent Advisory Council for Children with Disabilities)

Did You Know? Special School District (SSD) is an independent school district of St. Louis County. SSD places staff and personnel in many different school districts throughout the county, as well as itinerants who travel between districts and schools to provide services to students in need.

SSD has an excellent Family & Community Resource Center (FCRC). You will find a tremendous library of resources, and personnel to help parents learn more about SSD's involvement in their child's education. Call Judy Presberg at (314) 989-8438 to learn more.

Feel free to contact Mark at 636-225-1247 or email mfanning@sbcglobal.net for any information or questions.

Mark Fanning
PACCD Representatives
Special Thanks

We want to thank **Karyn Koury** and **Ann Mohler** for a fantastic job with Family Fun Night on November 6. The administrators and families who attended said it was one of the most special school events ever!

We also want to thank **Archana Patton** and **Laura Hoeferkamp** for an outstanding job on Craft Night. We appreciate all of the time these volunteers put into these special activities

Free/Reduced Lunch Applications

The Carman Trails' office always has copies of the Free/Reduced lunch applications for those who need them. Please give the office a call and we will be sure to send home an application with your child.



Kindergarten Registration

Registration for students entering kindergarten in the Parkway School District for the 2009-2010 school year will be held on Tuesday, January 27, 2009 from 7:00 am to 5:00 pm. Students must turn five years old prior to August 1, 2009. The registration will take place at Carman Trails. Please bring the following with you to help with registration: official birth certificate; child's social security card; child's immunization record; names and

telephone numbers of the child's doctor and dentist; and names and telephone numbers of two neighbors/relatives who can be contacted in case of an emergency.

Registration packets can be picked up at the Carman Trails office any time after January 19. The packets can be completed at home prior to registration.

Parent/Guardian shall also provide:

1. Current real estate tax receipt, or a copy of your lease, AND
2. One other proof of residency, such as an unpaid utility bill.



If you have friends or neighbors who have children eligible to enter kindergarten, but who do not receive this newsletter, we would appreciate it if you would notify them with this date.

Parkway Science Fair

If your child wishes to complete a science project for consideration in the Parkway Science Fair, please refer to information in the Parkway Website for detailed information, including a Parkway Science Fair Manual. The specific link to access Science Fair information is:

http://www.pkwy.k12.mo.us/CandD/CurriculumAreas/Science/ScienceFair_000.htm

As Carman Trails' district representative for science, Ms. Beth Kamman will be happy to answer your questions about the Science Fair. Completed science fair

projects should be brought to Carman Trails by Friday, February 20. Projects will be displayed throughout the week. Staff members will serve as project judges, and those projects selected to go on to the Parkway Science Fair will need to be transported to Parkway Central High School on Friday, February 27. *Completion of a science fair project is not part of the Parkway science curriculum, and should be considered an extra curricular activity to be completed at home.*

