



Colchester Elementary School

News from the Nest

February 1, 2019

CES Families,

Though the weather outside may be frightful, here at CES student learning has been delightful. During the month of February, we will celebrate kindness. Empathy is a strong part of our C.A.R.E.S. curriculum. Learning to display kindness and compassion for others is a critical and ongoing developmental process and an important part of young children's evolving social skills. One of the most important social skills a child can learn is empathy. Being able to understand how another person is feeling and recognizing their needs helps people to connect to one another.

Here are a few examples of instructional strategies that promote a kind and supportive learning environment:

- Classroom meetings which are used to foster social skills and behaviors i.e. greeting others, discussing issues, establishing rapport and promoting community
- Modeling and practicing acts of kindness in our classrooms, school, and the community
- Sharing and discussing literature about kindness and empathy
- Providing students a variety of ways throughout the day to encourage self-regulation, introducing and modeling ways students can self assess/reflect on their feelings in a situation, and building strategies that will help develop perspective taking which will result in a supportive learning environment and ultimately increase student engagement in learning.

CES community's commitment to providing a supportive learning environment is apparent in our school wide moto "Soar to Success at CES; A community that C.A.R.E.S". The acronym C.A.R.E.S. stands for **C**ooperation, **A**ssertion, **R**espect, **E**mpathy, and **S**elf-control. During the week of February 11th - February 15th the CES community will have a school-wide initiative focusing on acts of kindness. This focus further supports our efforts to create a supportive personalized learning environment and provide learning opportunities for developing student's empathy.

Your Partners in Education,

Judy O'Meara
Principal

Linda Rhodes
Assistant Principal

Upcoming Events

PTO Family Science Night
February 6th from 6-7:30
Snow date: 2/13/19

CES PTO Meeting
February 7th at 6:45 p.m.

BOE Meeting at WJJMS
February 12th at 7:00 p.m.

Winter Recess: No School
February 18th & 19th

BOE Meeting at WJJMS
February 26th at 7:00 p.m.



Our School Rules

*Take Care of Yourself
Take Care of Each Other
Take Care of Our School*

February 11-15, 2019

Dear Parents, Guardians and Caregivers,

We, at Colchester Elementary School, pride ourselves in taking care of ourselves, taking care of each other and taking care of our school and world. We are the home of the Caring Cardinals and from **Monday, February 11th to Friday, February 15th, 2019 we will be celebrating KINDNESS.**

As a school-wide act of kindness, we would like to share kindness with our community and the many families that need our help.

The

Colchester Elementary School Caring Cardinals



invites you to join us in a

Kindness Week Food Drive

by donating 1 (or more) food/toiletry item(s) to our CES school and town's food bank.

Items such as the following are always needed:

Healthy kid snack foods, canned soups, vegetable, fruit, tuna fish, beans, pasta, spaghetti sauce, oatmeal, peanut butter, jelly, cereal, macaroni & cheese, and toiletries such as toilet paper, paper towels, toothpaste, toothbrushes, shampoo, soap and baby items, just to name a few.....

If you would like to participate, please send in your generous donation with your child between February 11th to 15th or, you can drop off items in the entryway of our school during school hours!

Donations will be collected and brought to the stage in the cafeteria each day. During lunch, the children will be able to see the number of donations grow.

****CES Staff will also be donating****

Thank you in advance for your generosity. Together we will make a

HUGE DIFFERENCE IN MANY COLCHESTER FAMILIES' LIVES!

