

APPLETON VILLAGE SCHOOL

Wildcat News



X-C
Page 11



Soccer
Page 9

FOR YOUR CALENDAR

- 10/19 X-C Busline League Championship
@Great Salt Bay
- 10/20 Grades 3 and 8 to Beth's Farm Market
- 10/21 Soccer- Busline League Championship
@ The PITCH 4:30pm!!!!!!
- 10/25 Bus Evacuation Drills
- 10/27 HAL Dance, Grades 7 and 8, 6:30-9:00
- 10/30 School Committee Meeting, 5:00pm
- 10/30—11/3 Spirit Week, see page 13

Parent-Teacher Fall Conferences

Students will be dismissed at 11:30 on November 9th for Parent-Teacher Conferences. Conferences will be done remotely via Zoom. Middle school families: please choose your homeroom teacher when you schedule your conferences. Our Art, Music, Spanish, School Counselor, G/T and Title I teachers are available for conferences as well. Home room teachers are offering only one meeting per student. Teachers will send the ZOOM link to both parents if requested. The sign-up link below will be activated on November 1st. Please use it to sign up for an appointment. On the day of your conference, your teacher will send you a Zoom meeting link.

https://ptcfast.com/schools/Appleton_Village_School

From the Nurse's Office:

The Camden Area Christian Food Pantry serves people from Appleton, Camden, Hope, Lincolnville, Rockport, Seasmont, Union and Washington. Each week the Food Pantry provides these families with meat, produce, bread and packaged food staples. Limited hygiene supplies including toothbrushes and toothpaste are also distributed. The Food Pantry is solely operated by dedicated volunteers with no paid staff. The Food Pantry is located at 128 Mt. Battie Street, Camden. Year-round operating hours are Tuesdays from 8am-11am & Thursdays from 4pm-6pm. Anyone in need can simply come to the Food Pantry during those times or leave a message at 236-9790 or email camdenpantry@gmail.com when the pantry is not open.



Sunrise / Ms. Scott

We are conducting research in the 3rd, 4th, & 5th grades. The animal kingdom includes many animals, but these students have focused their studies on butterflies and moths, koalas and kangaroos, penguins and sharks. Knowing the difference between fact and opinion, writing an acrostic poem, designing gameboards, picture books, and habitats are among the projects being pursued. There are a few students who have focused their efforts on improving their writing skills. Generating a portfolio of short stories while learning about different literary techniques used by writers and using technology to share essays on Aristotle and Amelia Earhart are just a few of the adventures happening.

Fire Prevention Day
Grades 3-5

Thank you to the Appleton Fire Department, to "Sparky", and Union Fire and Rescue for visiting AVS on Fire Prevention Day! A very important reminder about fire safety!



First Grade

First Grade Friends enjoyed Fire Prevention week with the fire truck and ambulance visit last week!



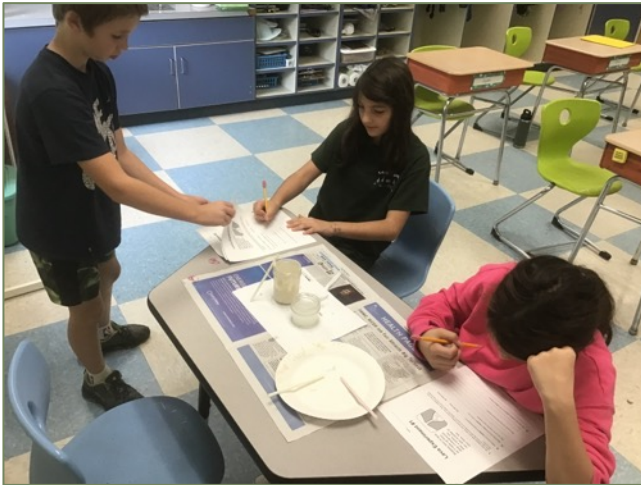
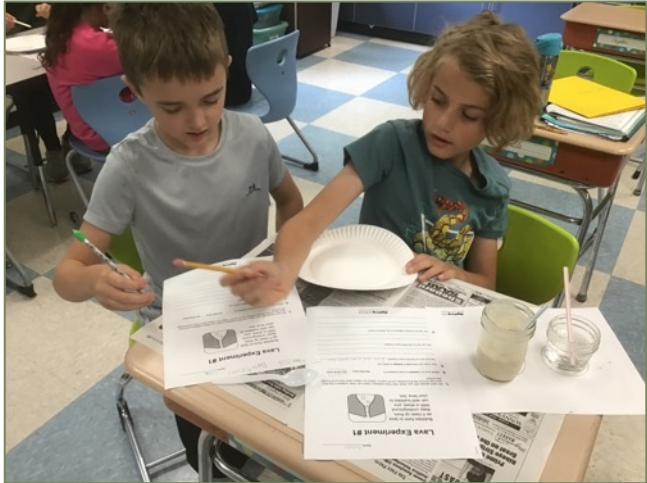
SIMPLY SECOND

We were very excited to meet our Appleton Firefighters during our Fire Prevention Day last week! The firefighters shared important rules and procedures in case of a fire. Many children had questions and comments. We also had the opportunity to climb aboard the firetrucks and explore the fire equipment! The children were excited to meet Sparky the dog too! Thank-you APPLETON FIREFIGHTERS for keeping us safe!



4th Grade News

Fourth graders enjoyed fire prevention day with some time with our local firefighters and firetrucks. We continue to study volcanoes in science class. We are learning about cone (explosive) volcanoes and shield (gentle) volcanoes. We recently made predictions, and conducted an experiment to determine which type of volcano has thin lava, and which has thick lava. We will discuss our findings later this week.



Pre-K News

We continue working on building our classroom community by learning about cooperation, listening, sharing (materials, space, feelings), patience, kindness and respecting the differences that we each have (tolerance.)

These are very big concepts for little people (and big people alike) and ones that do not develop quickly. It takes patience, recognition, celebration, and repetition.

We have been reading a book this week called The Land of Many Colors, a story about groups of people who feel that they are "the best" and are intolerant of those who are different. After arguing, a small child helps them to see that, though we are different on the outside, and often have different likes and behaviors, we are **so** very similar: we all love, we all hurt, we all deserve peace...and that comes from working together and accepting our differences without anger or aggression.

The class then brainstormed rules that we should follow in our classroom for the peace of our community: (these are the children's words...)

In Our Class We Will...

Not hurt anyone.

Not hit or push.

Not take away someone's toys

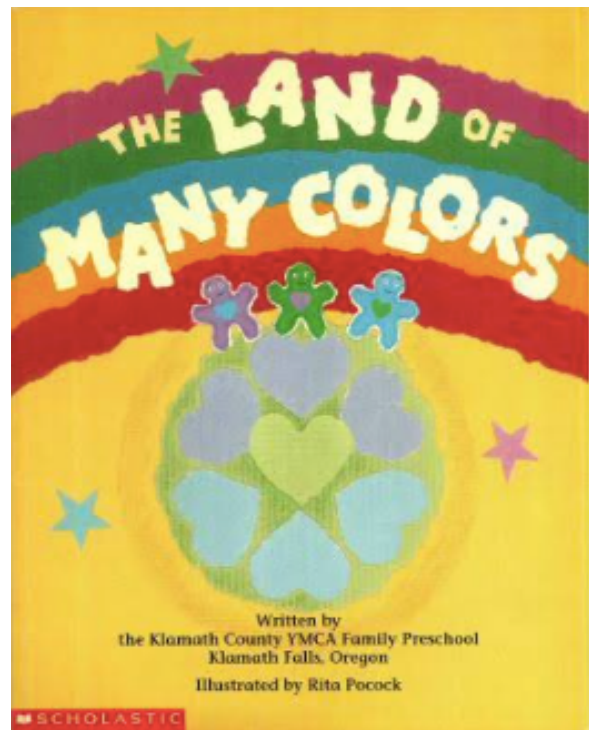
without asking

Say...You are my friend!

Say, yes, you can play!

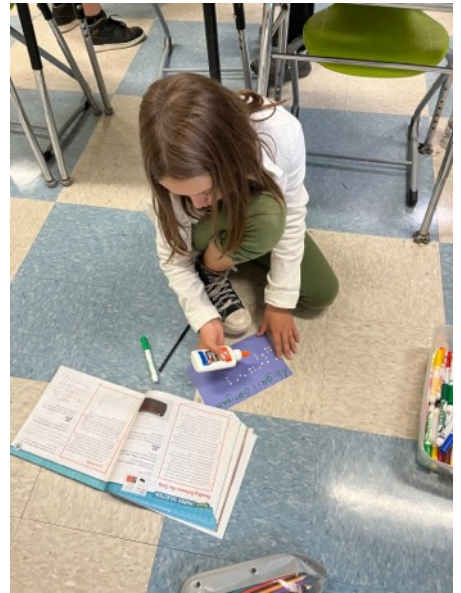
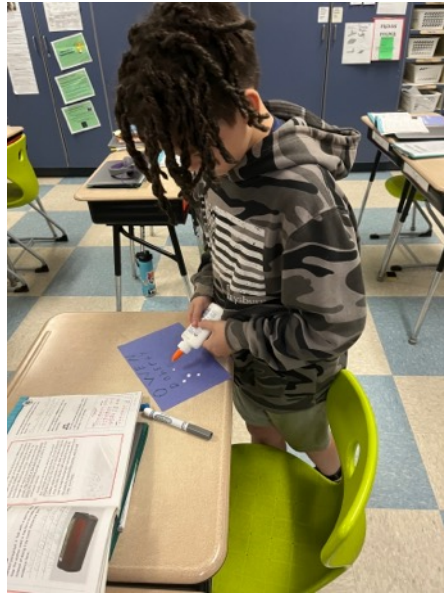
Listen to each other.

Help each other.



Fifth Grade

Fifth graders learned about braille and spent some time at the Appleton Library last week!



Kindergarten

Kindergarten had a fabulous time at the Appleton Library with Mrs. Jillian. We are looking forward to our next trip in a few weeks.



SPEAKING SPANISH



We are not in Appleton anymore!! Recently the K-8 Spanish classes at AVS flew (virtually!) to the respective Hispanic countries they are studying this year. I have quite a commute between classes each day, because here's where we are:

- Kindergarten - Puerto Rico (*USA territory)
- 1st - Costa Rica 5th - México
- 2nd - Colombia 6th - Bolivia
- 3rd - Argentina 7th - Guatemala
- 4th - Perú 8th - Spain

During our virtual flight, we discussed in Spanish the length of the flight, the geography of the capital city, the weather, and enjoyed a treat from that country. Many sampled the Latin American fruit "paletas", or popsicles. These popular treats are even featured in the Wonders reading program used in Kindergarten, and are sold on the street in many places. Peru and Bolivia sampled crispy, large, fried kernels of Andean choclo, or corn. Spain sampled cured meats, goat and sheep cheeses, and sweet crackers typical of some Spanish tapas. This is the beginning of a year long journey weaving the study of language together with the culture of that country. **Be sure to check Seesaw announcements for updates and questions to ask your child to pry some information from them!** I love to read your comments and questions, and can see which families have opened the announcements. Asking your child about their studies helps them realize the importance of their learning. It is a huge help to both me and your child to continue these conversations at home.

DID YOU KNOW....the Día de los muertos (Day of the Dead) in NOT the same as Halloween? The origins of this holiday are not even related, although it occurs on Nov. 1st & 2nd, around the same time, and images of Día de los muertos are often sold in stores to be used for Halloween decoration. In fact, rather than be a scary holiday when spirits emerge to frighten, the Latin American cultures that celebrate it are honoring the spirits of loved ones, leaving their favorite food & drink on altars, cleaning the cemetery, and respecting the deceased. It is about the cycle of life, which is why Monarch butterflies are one of the symbols of this holiday in México & Central America, where the butterflies migrate. You can watch some very short video clips in English [here](#) and [here](#). This [video](#) shows how to make the tissue paper flowers often seen, or the intricate [colorful papel picado tissue paper banners](#).

iHasta la próxima vez! Until next time!
Señora Karod

Wildcat Soccer

Our Wildcat soccer team has had an amazing season this year! They ended the regular season undefeated!

During their semi-final game against St. George, they won 6-3. Leo scored 4, Ily scored 1 and Carter also scored 1. Maddie held St. George from scoring in the first half, during the second half Asher tried but St. George was too quick, and the balls were too far out of reach for him to stop. All in all, our AVS Wildcats not only showed quick soccer skills, but they also showed amazing sportsmanship.

On Wednesday, we played Lincolnville in the Busline League North Division Finals. The Wildcats added another win to their undefeated season making it 12-0. Carter scored 2 goals in the first half making the score 2-0 at half. In the second half, Leo added 2 more goals while Carter really used his head to knock in a goal that solidified the win. While the offense put the points on the board, it couldn't have been done without the mid fielders and defensive backs keeping the ball away from the goal. If the ball did get past the defenders there was no fear with Maddie in goal. She had a clean slate allowing no balls past in the finals game. The final score was 5-0.

The Busline League Championship game will be held at the Pitch in Warren on Saturday, October 21st at 4:30pm. It's the battle of the undefeated, AVS against South Bristol. There is a charge to get into the game. Students-\$1, Adults -\$2 and Family-\$5. All money goes to the Busline League to help pay for trophies, plaques, and officials.

Way to go Wildcats!





AVS Wildcats
XC Meet
Boothbay Harbor

Congratulations to the XC Wildcats on a fantastic regular season!

Amazing improvements in time and team points over the course of the season!

Wildcat runners will advance to the Championships at Great Salt Bay next week!





Spirit Week October 30th-November 3rd

Monday, October 30th, Hat and Sunglasses Day



Tuesday, October 31st, Character/Costume Day

Wednesday, November 1st, Crazy Outfit Day
(Blindfold Dress Day...pick your outfit with your eyes closed.)



Thursday, November 2nd, Crazy Hair Day

Friday, November 3rd, Sports Team Day



Wildcat Den School Store
Halloween Special!
FRIDAY, OCTOBER 27TH



The Wildcat Den School Store will
be open next Friday, October
27th!!

*Come treat yourself to
some spooktacular Halloween
merchandise!*



Halloween

LOLLIPOP GRAMS

Appleton Village School 8th grade class is doing a Halloween Gram fundraiser! To purchase, send \$2 for each gram in the envelope and fill out your message by October 20th. You can purchase as many as you want to.

Each gram will include a lollipop

Halloween Grams will be delivered to the classrooms on October 30th.





**NO TRICKS,
JUST
TREATS!**
Happy Halloween

To: _____
From: _____
Teacher/Gr.: _____
Message: _____



**NO TRICKS,
JUST
TREATS!**
Happy Halloween

To: _____
From: _____
Teacher/Gr.: _____
Message: _____



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**NO TRICKS,
JUST
TREATS!**
Happy Halloween

To: _____
From: _____
Teacher/Gr.: _____
Message: _____



FREE EVENT

TRUNK OR TREAT

have a happy and safe Halloween

OCTOBER 28TH SATURDAY EVENING

FROM 5:30 PM TO 6:30 PM AT AVS IN THE UPPER PARKING LOT
DECORATED VEHICLES * COSTUMES * CANDY

Concessions sold separately will include drinks : coffee, hot coco & cider

APPLETON HISTORICAL SOCIETY
COMMUNITY POTLUCK SUPPER
A FUNDRAISER FOR APPLETON'S MEETINGHOUSE

Come and bring a potluck dish to share

SATURDAY OCTOBER 21, 5-7PM

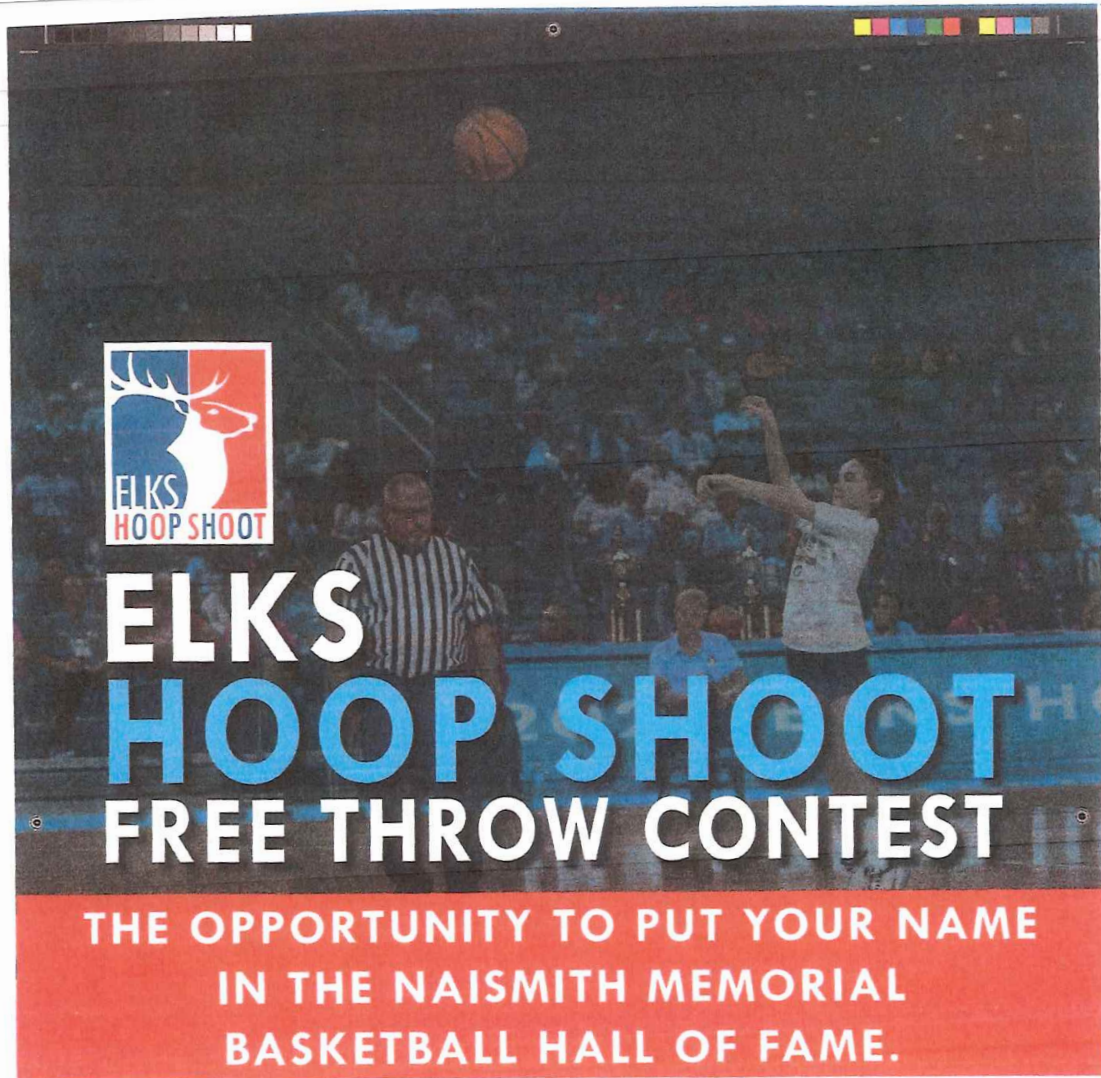
At The Appleton School on Route 131 in Appleton



Interior of the 175-year-old Meetinghouse

Appleton's Union Meetinghouse was last in the news just before its weathered spire was lifted off and set on the ground to measure it and build a replacement. The pandemic stalled that project – which now resumes with this Community Potluck Supper. at the Appleton School on October 21st at 5 PM. **The spire project and additional needed repairs will be described, and between 6 and 7 PM the well-known Rosey Gerry and his band will provide music.**

The Society plans to restore the appearance of the building to make the old Meetinghouse available as a community place for public events, concerts, and other gatherings, returning the structure to one of its original functions in the community.



CONTEST LOCATION: FLANAGAN RECREATION CENTER

HOSTED BY: ROCKLAND LODGE NO. 1008

DATE: NOVEMBER 18 2023 TIME: 10 AM

DIRECTOR: ALAN HEAL CONTACT: 207 691 2458

The Elks Hoop Shoot, funded by the Elks National Foundation, is a free throw contest for children ages 8 to 13. Age group is determined by contestant's age as of April 1, 2024. For more information, contact Lodge Elks Hoop Shoot Director listed above or visit elks.org/hoopshoot.



2750 N. Lakeview Ave. | Chicago, IL 60614 | 773/755-4758 | hoopshoot@elks.org | elks.org/hoopshoot

Helping Children Learn[®]

Tips Families Can Use to Help Children Do Better in School
 Appleton Village School



ELEMENTARY SCHOOL

October 2023

Encourage your child to think about situations, ideas and more

Elementary schoolers are expected to do more than memorize facts. Real learning also involves thinking about the material and drawing conclusions. These thinking skills take practice to develop.



To strengthen your child's thinking ability:

- **Ask questions** that require thought. After reading a story or watching a show together, talk about it afterward. Ask your child, "Why do you think the character did that?" or "Could something like that happen in real life?"
- **Think out loud.** When you are making up your mind about something, share your thoughts. "I'm thinking about who to vote for in the upcoming local election." Then talk with your child about the candidates' strengths and weaknesses. Your child may have some great insights.
- **Have family discussions** on topics of interest. Some families have a regular "reading dinner." Everyone brings a book to the table. After a few minutes of reading, family members talk about what they've read and ask questions about what everyone else has read.
- **Ask your child to guess** how simple machines and other items work. Do any of the parts look like other things your child knows about?
- **Encourage estimation.** Have your child estimate things like time needed for a task or cost of an item based on previous experience.



Establish a communication link

Effective family-school communication is essential for meeting students' needs and fostering academic achievement. It starts with the understanding that you and the school have the same goal: your child's success.

To optimize communication:

- **Stay informed.** Attend meetings and read communications from teachers and the school.
- **Contact the teacher** if you have concerns about your child's learning. For questions about school policy, contact the office.
- **Listen.** A teacher's view of a situation may be different from yours.

Ask for clarification of anything that is confusing.

- **Offer suggestions.** You know your child best. Explain factors the teacher may not know about and what you think would help most.
- **Follow up.** If a plan of action for your child isn't working, let the school know and discuss next steps for finding a solution.

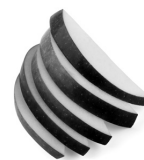
Meet teachers one-on-one

At a parent-teacher conference, you can find out more about what and how your child is learning. When you meet, ask the teacher:

- **What topics will you cover** in this grade or subject this year?
- **What are your expectations** for assignments and reading at home?
- **What can I do** at home to support my child's learning?

Help your child develop a taste for math

To promote comfort with fractions, point out that they are a key ingredient in many tasty meals. Then try these activities together:



- **Serve fractions** for dinner. Cut an apple into 12 slices. How many slices equal one-half or one-third of the apple?
- **Measure liquids.** Have your child use a measuring cup to pour one cup of water into a glass. How many half cups will it take to fill another glass the same size to the same level?
- **Change a recipe.** Ask your child to rewrite the amount of each ingredient to double a recipe or cut it in half.

Buddies can boost studies

Studying with a friend can help students master material and learn about working with others. To make it work, have your child:

- **Choose** a buddy who wants to learn.
- **Agree** that the goal is studying, not socializing.
- **Plan** what the buddies will study in each session—and stick to the plan.



Helping Children Learn

Tips Families Can Use to Help Children Do Better in School

ELEMENTARY SCHOOL

October 2023

Q&A How can I convince my child to see projects through?

Q: My fourth grader likes starting more than finishing. After an enthusiastic start on a project, about half-way through my child usually loses interest and wants to start something new. How can I encourage persistence?



A: Some children are always on the lookout for variety and excitement. But in school—and life—there are many things that have to be done even when they are no longer new and exciting. So help your elementary schooler experience the satisfaction that comes from seeing projects through to completion. To channel your child's energy and enthusiasm productively:

- **Brainstorm together** at the start of a project about everything your student will need to do. Bring up details that might slip your child's mind. When are you available to help get necessary supplies? Will anything need time to grow or dry?
- **Demonstrate how to break the project down** into steps. Seeing a long project as a series of different small ones may keep your child interested. Set a deadline for each step and write it on the calendar.
- **Add excitement by having your child** plan little self-rewards for completing "boring" parts of the project. "When I finish my bibliography, I can take 10 minutes to run around outside."

Parent Quiz

Are you making tests less frightening?

Some students get a little nervous before tests. But others go into full-blown panic that prevents them from doing their best. Are you helping your child conquer test anxiety? Answer *yes* or *no* to the questions below:

1. **Do you help** your child make and follow a study plan to prepare for the test?
2. **Do you explain** that while you expect your child's best effort, your love does not depend on a test score?
3. **Do you encourage** your child to talk with the teacher about test fears?
4. **Do you have** your child practice calming techniques like deep breathing, picturing a happy place or counting backwards from 100?

5. **Do you teach** your child to use reassuring self-talk? "I studied. I know this. I can think of the answer."

How well are you doing?

More *yes* answers mean you are helping your child cope with test worries. For each *no*, try that idea.

"One important key to success is self-confidence. An important key to self-confidence is preparation."
—Arthur Ashe

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Stay positive when talking to your child about grades

If your child's grades need improvement, a supportive—rather than upset—response from you can make a difference. To encourage your elementary schooler's best effort:

1. **Talk to your child.** Ask questions like: What do you think is going on? Do you understand the lessons? Do you complete your work in class? What could you do differently?
2. **Talk to the teacher.** Is your child having any issues at school? What resources are available to help?
3. **Show your child** how to find or figure out answers instead of just giving up.

Downtime has an upside

Studies show that kids need some downtime from formal learning activities—and it can be a perfect time to learn in a different way. It's OK for your child be bored sometimes. If



you hear "There's nothing to do," offer a challenge: "What screen-free activity can you come up with to fill the time?"

Source: L. Waters, Ph.D., "How Goofing Off Helps Kids Learn," *The Atlantic*.

Your engagement matters

Family engagement in education raises students' chances of earning higher grades, completing schoolwork, getting along with others, graduating from high school and more. To benefit your child the most:

- **Start early**, and stay involved through high school.
- **Promote learning at home** and ask the school about ways to help that match your time and talents.
- **Be confident.** All families have valuable contributions to make.

Helping Children Learn®

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Helping Students Learn[®]

Tips Families Can Use to Help Students Do Better in School



MIDDLE SCHOOL

October 2023

Appleton Village School

Reinforce your middle schooler's sense of academic honesty

The emergence of new artificial intelligence tools has raised concerns about cheating in school. But the truth is that cheating has been on the rise for some time. In one survey, the majority of middle schoolers admitted to having cheated at one time or another. Studies also show that:



- **Academic cheating** tends to start in middle school.
- **Above-average students** are just as likely to cheat as their lower-achieving peers.
- **Cheaters often think** they'll be at a disadvantage if they don't cheat, because "everyone else" does.
- **Kids who feel pressured** to earn high grades are more likely to cheat.

Emphasize to your child that you expect honesty at all times. Then, since students don't always recognize cheating for what it is, explain that it includes:

- **Copying homework answers** from another student.
- **Receiving or giving help on tests.** This includes sharing questions with students in another section of the class.
- **Copying from a source** without giving credit.
- **Using technology** to solve problems or produce work that your child was supposed to do independently.

Source: D.M. Cohen, Ed.D., "Ethics in Action Series: What Parents Can Do When Their Child is Cheating," Character.org



Guide your child toward math solutions

Is your child intimidated by middle school math? Are you? If your middle schooler gets stuck while working on math problems, you may wonder how to help. It's useful to think of yourself as a guide rather than an instructor.

By asking questions, you can help your child figure things out. Ask:

- **Which problem** are you working on? Help your child focus on one problem at a time.
- **What do the instructions** say? Have your child read them out loud.
- **Is there any part** of the problem you can do?

- **Are there things** you've learned before that can help you here?
- **Where could you look** for more explanation? Your child can read the class website and also search sites like YouTube for instructional videos to watch.

If your child is still confused after giving a real effort, ask: "How soon can you ask the teacher for help?"

Oversee social media use

Nearly 40% of middle schoolers use social media. They need adult guidance as they learn to navigate this world safely. To help:

- **Discuss privacy.** Review settings and tell your child not to share personal data.
- **Set standards.** No hurtful posts. No posting anything your child wouldn't want you or the whole world to see.
- **Monitor the effect** of social media activity on your child's mood. Provide balance by scheduling device-free times.

Source: "The Common Sense Census: Media Use by Tweens and Teens, 2021," Common Sense Media.

Engagement has benefits

Three wonderful things happen when you get involved at school. You understand more about the school and how it operates. You learn whom to contact if you have questions or concerns. And the school gains a better understanding of you and your family.



Try this homework strategy

Research shows that middle schoolers prefer to do assignments away from home, with their peers around. And they like parents to be less involved. To give preferences a chance:



To give preferences a chance:

- **Check on achievement.** If your child is doing well, consider allowing a choice of study locations, within reason.
- **Let your child try studying** with a buddy. Monitor the sessions.
- **Praise responsible learning.** "I see you working hard on your assignments. That's why you make progress!"

Source: H.Z. Kackar and others, "Age and gender differences in adolescents' homework experiences," *Journal of Applied Developmental Psychology*, Elsevier.

Helping Students Learn

MIDDLE SCHOOL

Tips Families Can Use to Help Students Do Better in School

October 2023

Q&A What should I do to help my child stop procrastinating?

Q: My middle schooler puts off doing schoolwork. Assignments get turned in late. Projects don't get started until the last minute. How can I help my child stop doing this and learn to use time wisely?

A: Many middle schoolers share this self-sabotaging habit. Time management just doesn't come naturally to them.



You can help your child learn this key skill. Show your student how to:

- **Organize.** Insist that your child write all assignments in a planner. Have your student do a once-a-week backpack and study area tidy-up and file school papers. This cuts down on time-wasting searches for needed items.
- **Prioritize.** Teach your child to list tasks under one of three headings: Must Do, Would Be Nice to Do and Can Skip This. Make it clear that must-do tasks—including schoolwork—have to come first.
- **Schedule.** Your child needs to block out enough time for the must-dos. Some kids can plan a weekly schedule. Others need to make one daily.
- **Follow through.** It isn't easy to spend time working on a project when friends are out and about, so encourage and praise your child for staying on track. And make sure there is time in the schedule for some fun!

Parent Quiz

How well is your student adjusting?

For several weeks, new middle schoolers have been getting used to the differences in how things work from elementary school. Are you supporting your child during this transition? Answer *yes* or *no* to the questions below:

1. **Do you ask** your child about school logistics, such as finding classrooms and accessing online materials, and help solve any issues?
2. **Do you discuss** how well your child is keeping up with classes?
3. **Do you talk** together about the teachers' expectations?
4. **Do you help** your child role-play ways to handle sticky situations?
5. **Do you encourage** friendships with other students, by

allowing your child to invite them home, for example?

How well are you doing?

More *yes* answers mean you are smoothing the transition to middle school. For each *no*, try that idea.

"Any transition is easier if you believe in yourself and your talent."

—Priyanka Chopra

What if your child doesn't like a teacher?

Adapting to the different priorities and methods of several teachers is a challenge for some middle schoolers. Your child may dislike a teacher who is strict or gives hard tests. To respond effectively to these feelings:

- **Listen.** Ask your child to be specific about what the teacher says or does.
- **Avoid taking sides.** The teacher may have a different viewpoint.
- **Explain to your child** that "You don't have to like teachers to learn from them." Your child may have to study longer and harder to meet the challenge.
- **Talk to the teacher** if you believe an issue needs addressing. Listen to the teacher's side, give yours, and work out a plan for going forward.

Source: M. Hartwell-Walker, Ed.D., "When a Teacher and Child Don't Get along," Psych Central.

Review time and activities

Extracurricular activities can boost interest in school, but too many can interfere with schoolwork. Review your child's activities together. Which do your child enjoy most? Which have the most benefit? How much time does each take?



Evaluating activities in this way will help your child make smart choices if cutbacks are needed to achieve the right balance between schoolwork and fun.

Effort improves learning

Research shows that students often think that study strategies that seem easy, like re-reading, are more effective. In fact, strategies that involve more work for students—such as solving practice problems or quizzing themselves—usually lead to better recall.

Source: A. Duckworth, "What New Research Says About How to Improve Students' Study Habits," Education Week.

Helping Students Learn®

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