

# APPLETON VILLAGE SCHOOL

## Wildcat News



Simply Second  
Page 4



First Grade  
Page 5

### FOR YOUR CALENDAR

- 9/8 Soccer vs Islesboro 4pm
- 9/11 Soccer vs Islesboro 3:45pm
- 9/13 Soccer at Lincolnville 3:45
- 9/14 Cross Country at Lincolnville 4pm
- 9/18 Soccer vs Camden 3:45pm
- 9/13 Open House 5-6pm
- 9/13 Grade 8 Fundraising Meeting 6pm
- 9/25 School Committee Meeting 5pm
- 10/9 No School – Indigenous People’s Day
- 10/13 Fall Photo Day

FULL SOCCER & CROSS-COUNTRY  
SCHEDULES ON P.10

### TO PARENTS/GUARDIANS OF SIXTH, SEVENTH, AND EIGHTH GRADERS:

On Wednesday evening, Sept. 13, 2023 @ 5:30, we will be having our informational meeting for parents of students bringing their laptops home for the first time. This meeting is for new middle school parents and parents of 6th graders. This will be an informational session with time for questions. Upon completing this training, your child can begin taking the laptop home once the attached paperwork is submitted.



Welcome from the AVS Health Office!

I am excited to be your child's school nurse again this year. Dr. Margaret Kloby is returning as AVS' school health advisor. She provides the Health Office with standing orders for OTC medications. If you have not already done so, please complete the annual health update for your child and return it to the school. Medications will not be given without parental consent. I am waiting to hear from the CDC Maine Oral Health Program on a fall date. I will keep everyone posted when I hear from them. Dental consent forms were sent home in the first day of school paperwork.

COVID-19 guidelines are the same as last year. Federal CDC Covid guidelines can be found [HERE](#). Day 0 of isolation is the day of symptom onset, regardless of positive test. Day 1 is the first full day after the day symptoms started. Student's/staff may return to school on day 6 wearing a mask. COVID testing is no longer offered in schools, and I no longer have access to free tests.

**Health Office Wish List:**

Baby wipes

Tissues,

Children's pants/shorts, sizes 4 - 12. Used clothing is fine 😊.

As always, if you have any questions or concerns, please reach out to me at school. [sandy.fuller@fivetowns.net](mailto:sandy.fuller@fivetowns.net) or 785-4504 extension 103.



First Grade

First grade is off to a great start. We are spending a lot of time reading and choosing a "just right book."



Welcome Third Grade!



SIMPLY SECOND

Welcome back to school! Second Graders were excited to see one another and share all our summer adventures! We engaged in various classroom activities. We brainstormed our Hopes and Dreams for second grade, created a "peacemaking corner", explored our learning centers, completed two pages in our math journals and as always, we greeted one another in sign language! We are especially excited about our monarch caterpillar. We will keep you updated on the life cycle of our caterpillar! WAY TO GO SIMPLY SECOND!

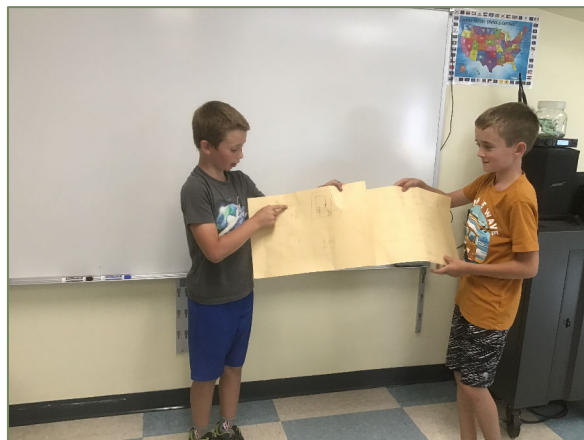
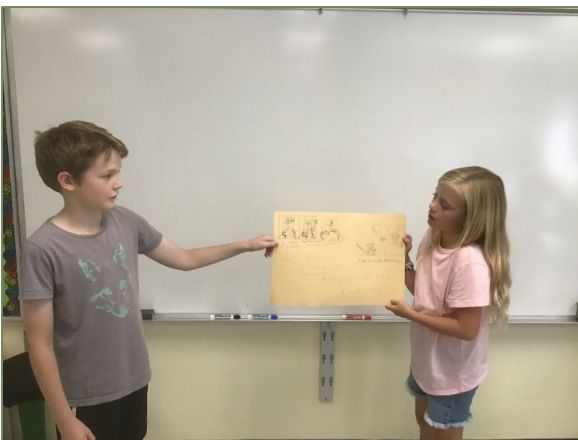
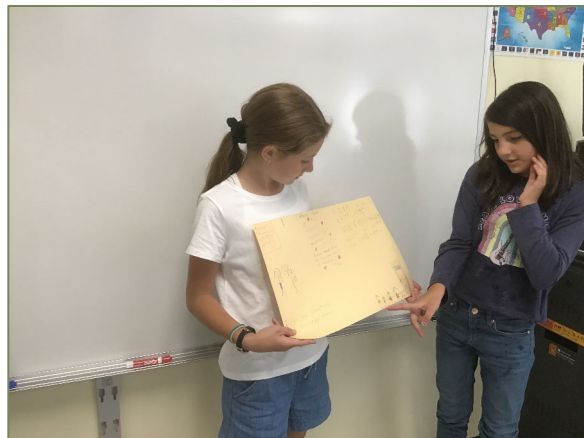
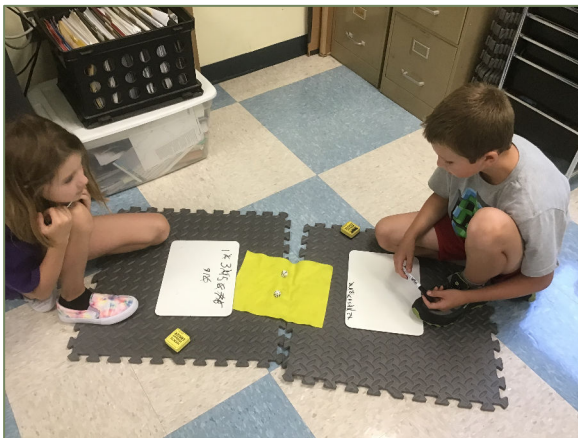
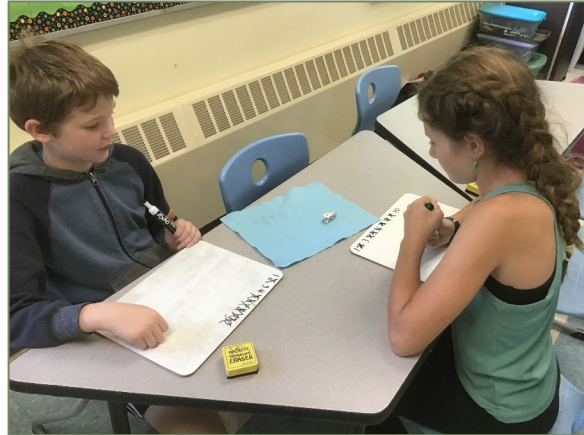


Sunrise / Ms. Scott

What a great way to start the school year. Even though the summer vacation break was shorter than usual, every student and staff member has come back with such great energy and positivity. It appears that everyone had a fulfilled and action-packed time along with some well-deserved downtime. Hooray!

### 4th Grade Happenings

Our first few days of school have been great! Partner work, math games, core value posters and presentations, choice time, math manipulatives, Ludwick Loot, folders, workbooks, and so much more! It's going to be a super year!!



## Fifth Grade News ~Mrs. King

We are off and running in fifth grade....area, colonies, primary and secondary sources and so much more. This year, fifth grade students each have a brand new laptop! We are learning new skills each week. We are looking forward to our next session with Mr. Porter, our laptop expert. I am enjoying getting to know the fifth grade students. Lunchtime was especially fun!



## Positive Behavior Intervention and Support

Welcome Back! Appleton Village School has four core values that are essential to maintaining our positive school culture: Kindness, Respect, Responsibility, and Honesty.

During the first few weeks of school, teachers will be sharing with students expectations on how these core values will be demonstrated on the bus, in classrooms, in the hallways, in the cafeteria, and on the playground. Students are most successful when expectations are clear, and routines are consistent and predictable. Using these four core values helps our school be consistent in using shared language to express to all students--Kindergarten through 8th grade--how positive behavior is demonstrated and recognized at AVS.

Our AVS Core Values help to establish a school culture in which *everybody* belongs, and every child is safe, known, and valued as an individual. Initiatives that promote our Core Values are led by the Positive Behaviors and Intervention Support (PBIS) Team, which is a team of teachers from each grade level team that collaborate with our principal and parents to create a safe and productive school climate for all our learners.

## Pre-K News

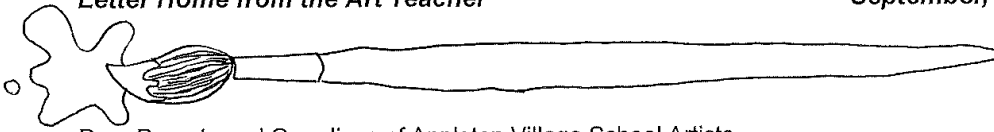
What an amazing first week of school Pre-K has had! Our students have been so busy and dedicated to learning our rules and routines, learning each other's names, establishing new relationships and taking part in activities and adventures.

The children have learned how to use materials in our centers with responsibility, care and imagination. We have made emotion faces with sand, dough and loose parts such as pebbles, nuts/bolts, buttons and popsicle sticks. We have shared what makes us feel happy and sad and have learned about what we can do at school when we find ourselves with big feelings. We have read books about what makes a friend, how to be a friend and what feelings look/feel like.

I have already seen such growth in this little amount of time and am filled with pride! Miss Natalie and I are enjoying every moment of connecting with our students and learning who they are as individuals so that we can facilitate them flourishing as part of our group. We are so looking forward to the months ahead!

*Letter Home from the Art Teacher*

*September, 2023*



Dear Parents and Guardians of Appleton Village School Artists,

Art has the capacity to teach us so much about ourselves, our communities, and our world. Art class is a time and place for reflection, imagination, creativity, skill building, practice, expression, exploration, growth and learning. I am looking forward to seeing what everyone creates this year!

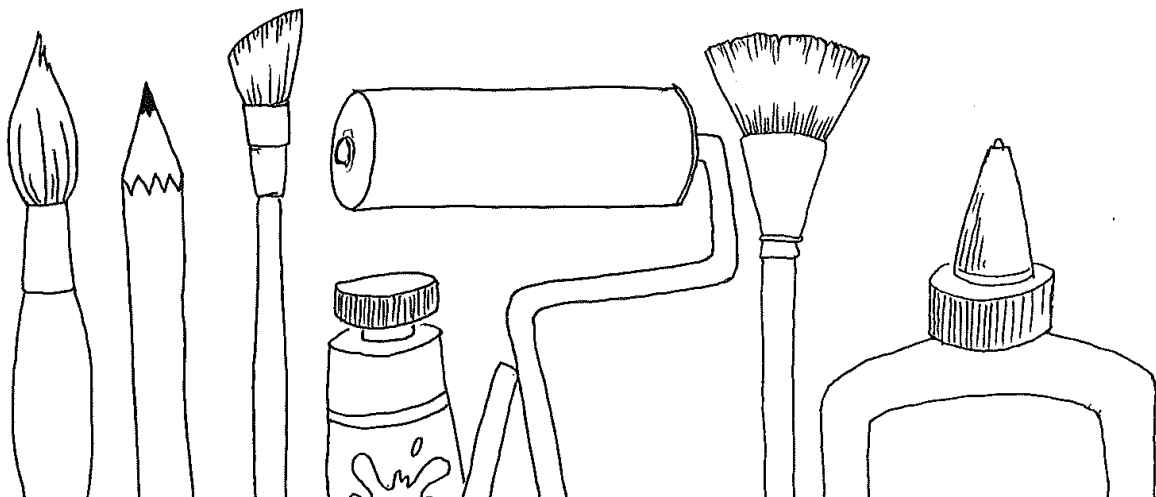
This year in art we will be working with clay, fibers, paint, collage, and many more mediums and materials. I encourage you to ask your children about their art when it comes home. Start with a question like "How did you create this?" or "What materials did you use and how did you like using those materials?". These kinds of questions allow students to draw on their knowledge and take pride in their accomplishments. Challenge yourself to go beyond questions like "What is that?" or "What is it supposed to be?".

I am looking for a volunteer or two to help keep up with photographing student artwork for Artsonia. If you are willing and available to come in once or a few times and know your way around the camera function of an ipad, please reach out to me by email. If you are new to our school, Artsonia is an online gallery where I post student artwork as it is finished. This allows you to see their art before it comes home, share their art with friends and family who might live far away, and more. Look for a slip being sent home with your child with sign-up and login information.

I am looking forward to a creative and inspiring year!

Warmly,  
Ms. Miki

PK-8th grade Art  
miki.glasser@fivetowns.net





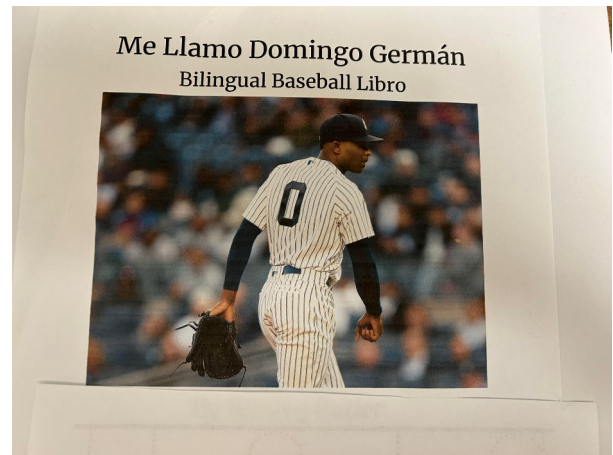
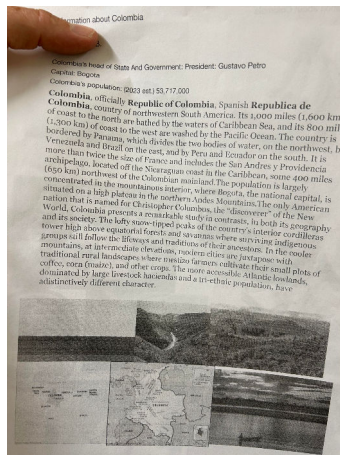
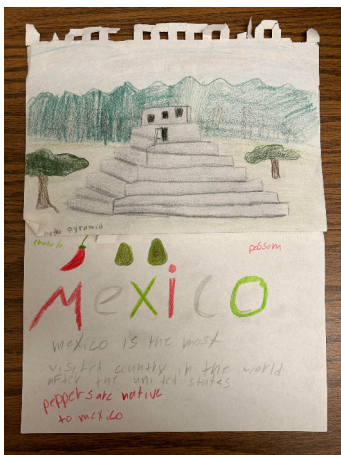
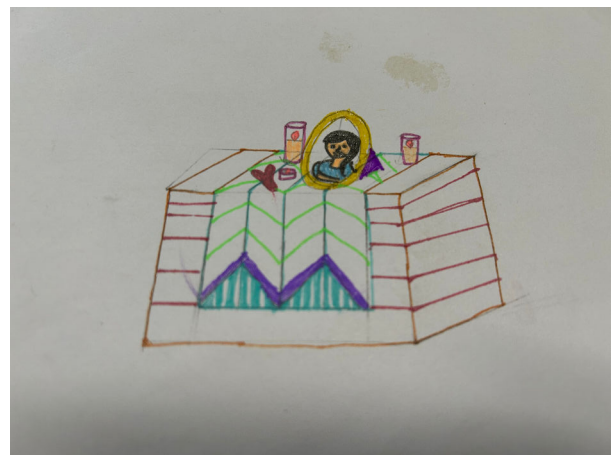
**SPEAKING SPANISH**

iHola! iBienvenidos a otro año escolar! Hello! Welcome to another school year! It's going to be a great year in AVS Spanish, because we are off to a great start. I am extremely proud of the number of AVS students who stepped up for the AVS Summer Spanish Challenge! There are too many to post photos of all here, but I have received something from almost every grade, from K-8. There were bilingual books, board games, bingo games, videos, artwork, research papers, photos, and more. ¡Increíble! Those students will be receiving prizes for their hard work.

**90%**

That is our goal this year in all grades! This means that we will try our best to keep class in Spanish 90% of the time. And anytime I catch students speaking Spanish in a meaningful context outside of class, that will also be reflected on their progress reports. Please see me during Open House next week for a handout explaining why and how we will do this, and what students & parents can do to help us meet our goal. We want to learn **MUCHO ESPAÑOL!**

As always, please check Seesaw at least once per week for updates from Spanish class, announcements, and occasionally work added to your child's journal. You may contact me at any time using Seesaw messages, or by email: [heidi.karod@fivetowns.net](mailto:heidi.karod@fivetowns.net). Check out my school website for links and more info: <https://sites.google.com/a/fivetowns.net/avs-spanish/>



## **8th Grade Fundraising**

The 8th grade is fundraising for their 8th grade class trip on the Schooner Mary Day in the spring. Currently they have a Rada cutlery sale going on. Here is the link to order from that.

<https://radafundraising.com?rfsn=4712666.fo81bb>

We have a bottle bin outside by the dumpsters that you can drop your bottles off that will directly benefit the 8th grade OR you can drop your bottles off directly at the Union Redemption Center with a tag saying "AVS 8th".

Any questions, please email [jessica.davis@fivetowns.net](mailto:jessica.davis@fivetowns.net) . Please stay tuned for upcoming fundraisers!

### **X-C Schedule**

Here is the cross country schedule.  
Cross country meets start at 4 pm.


9/14- at Lincolnville  
9/21- at Great Salt Bay  
9/28- at Troy Howard  
10/5- at Searsport  
10/12- at Boothbay  
10/21-Championships at Great Salt Bay

### **Wildcat Soccer Game Schedule**

Soccer season has started. Here is a list of the games for the season. All games start at 3:45 pm unless otherwise noted.

9/6- at Hope  
9/8- vs Islesboro (starts at 4 pm)  
9/11- vs Islesboro  
9/13- at Lincolnville  
9/18- vs Camden  
9/20- at St. George  
9/25- vs Hope  
9/27- at Camden  
10/2- vs Lincolnville  
10/4- at Islesboro  
10/11- vs St. George

Please come out and support our Wildcat teams!



# ELKS SOCCER SHOOT

**COMPETITION DATE:** SEPTEMBER 17 2023

**TIME:** 1 P.M. Questions email padheal@aol.com

**LOCATION:** ROCKLAND ELKS LODGE  
210 RANKIN ST. ROCKLAND ME

**SPONSORED BY:**  
ROCKLAND ELKS #1008





Image: Freepik.com

# Helping Children Learn<sup>®</sup>

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



ELEMENTARY SCHOOL

September 2023

## Add to your child's vocabulary while reading together

Reading together at home every day is one of the best ways to help your child learn. Reading exposes your child to new ideas and concepts—and especially to new words. And that word power will make it easier for your child to read and understand other reading material in the future!

When you read together, use these four strategies to build your child's working vocabulary:



- 1. Share a wide variety of books.** In addition to stories, read books about nature or that explain how things work. At the library, check out a book about a sport or activity your child enjoys. Or, read a biography about a person your elementary schooler admires.
- 2. Stop and discuss words** your child might not be familiar with as you read. "It says here that peacocks are known for their *plumage*. Do you know what that means? Let's look it up."
- 3. Look at a thesaurus.** Help your child find synonyms for words that appear often in reading material and conversation. "That *beautiful* peacock is also *stunning*, *gorgeous* and *exquisite*."
- 4. Help your child create** a personal dictionary. Give your elementary schooler a notebook with a page for each letter of the alphabet. After discovering a new word in a book, have your child write the word and its definition in the notebook. Review a few pages from time to time.



## School success starts with attendance

Chronic absence is a widespread problem that affects almost one in three children in the United States. It negatively affects the learning of the absent students *and* their classmates. Poor attendance makes a young child less likely

to read well by third grade, and an older one less likely to graduate.

Your child's most fundamental school responsibility is to be in class on time every day. To instill strong attendance habits:

- **Maintain a schedule.** Establish evening habits that make mornings easier. Select outfits and pack up needed school items at night.

- **Plan ahead.** Make medical and other appointments during non-school hours whenever possible.
- **Seek help if needed.** Many factors contribute to missing school. If your family struggles with health, transportation or other issues, ask school staff for help connecting with resources.

Source: "Chronic Absence: 10 Facts About School Attendance," Attendance Works.

## Make a learning difference

Being involved with your child's education is important—in any language! Even if English is not your first language, there are many things you can do. Here are just a few:

- **Attend conferences** and events for families. Request interpreting help or translated documents.
- **Support your student** at home. Ask your child about school. Talk about why it matters. Encourage your child to read.
- **Connect with other families.** Share information. Discuss ways to help the school meet the needs of all students.



## Give study skills a boost

To support effective learning from day one:

- **Set** a regular study time when your child is most alert. Create a study spot with few distractions.
- **Teach** your child to make daily to-do lists and cross off completed items.
- **Ask your child** to explain concepts. Putting material into their own words helps students reinforce it in their minds.



## Set the tone for respect

When students have respect for teachers and classmates, they help create the positive academic environment children need to learn well. To promote respectful behavior:

- **Talk about why it matters.** How does your child think it feels to be treated with respect or disrespect?
- **Notice when your child** is respectful. "You listened when the other kids were joking around. I was impressed."
- **Correct disrespectful behavior** privately. Explain what to do instead.

# Helping Children Learn

*Tips Families Can Use to Help Children Do Better in School*  **ELEMENTARY SCHOOL** *September 2023*

## Q&A My child's gaming is out of control. What can I do?

**Q:** My elementary schooler started playing more digital games during the pandemic. But now that's all my child wants to do! Schoolwork gets rushed, and I'm worried about the effects. What can I do?

**A:** Your child is not the only one! Research shows that children's recreational screen time rose during the pandemic and hasn't come back down. Some educational screen activities can be beneficial, but too much time on the wrong activities can have a negative impact on health and learning.



Game designers know how to create games that keep players hooked. So you must help your child find some balance and make time for learning, exercising and spending time with family. Here's how:

- **Make it clear** that improving in school is more important than leveling up in a game. Say that you will be setting limits on game time to allow plenty of time for learning activities.
- **Establish screen-free times**, such as during schoolwork time, meal time and family time.
- **Provide alternative fun.** Plan daily activities such as reading aloud, playing outdoors and playing board games.

Source: M.M. Hedderson and others, "Trends in Screen Time Use Among Children During the COVID-19 Pandemic, July 2019 Through August 2021," JAMA Network Open.

## Parent Quiz

### Are you building resilience skills?

Few children get through school without facing obstacles. Resilient students react to them in positive ways. Are you helping your child develop the ability to handle challenges with resilience? Answer *yes* or *no* to the questions below:

1. **Do you point out** your child's strengths and ways to apply them to challenges?
2. **Do you discuss** ways your child has successfully handled tough situations in the past?
3. **Do you encourage** your child to talk through problems? Do you ask questions rather than provide solutions?
4. **Do you tell** your child about the strategies you use to solve problems? "I'm going to look online for directions on how to fix this."

5. **Do you offer** chances for your child to practice making decisions?

#### How well are you doing?

*More yes answers mean you are preparing your child to be resilient. For each no, try that idea.*

*"Every strike brings me closer to the next home run."*  
—Babe Ruth

## Teach three Ps for learning

Students who take active responsibility for their learning get more out of it. Help your child remember to practice three Ps:

1. **Prepare** for learning. That means getting enough sleep, eating a healthy breakfast and arriving in class with pencils, paper and a positive attitude.
2. **Participate** in class. Asking questions and exchanging ideas with others strengthens your child's understanding of the material.
3. **Persist.** Let your child know that effort pays off!



## Effective communication encourages cooperation

No parent likes to keep repeating directions to a child who isn't listening. Instead, to help your child focus and comply:

- **Replace requests with routines.** Routines help your child know what to do when.
- **Move close** to your child and speak at a normal volume.
- **Stick to essential words.** "Jack, backpack in the car now, please."

## Let your child lend a hand

It's easy to get caught up in meeting your child's needs. But it's also important to ask your child to do something for you sometimes. Just pick an age-appropriate task and explain the steps. Kids develop traits like self-reliance when they do things for others. They feel competent. These feelings are motivating, at home and at school.

So whether you need a hand unpacking groceries or measuring for a new shelf, ask your elementary schooler to help!

### Helping Children Learn®

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# Helping Students Learn<sup>®</sup>

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

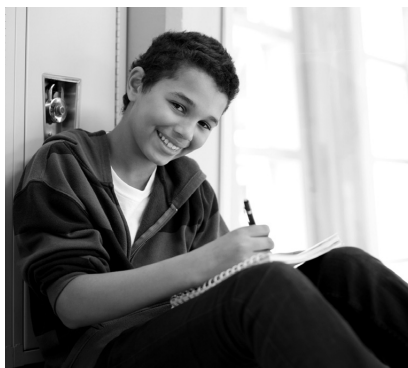


MIDDLE SCHOOL

September 2023

## Help your middle schooler get a new year off to a strong start

The start of the school year is a time for new beginnings. Express confidence in your child's ability to make this the best year yet. Then, to spark motivation, have your student set goals in areas that support success, such as:



- **Schoolwork.** Your child might aim for turning all assignments in complete and on time. Establishing a daily study time is a smart first step.
- **Reading.** If your child doesn't read often for pleasure, suggest making that a goal. Start small. Perhaps your child can read for 15 minutes each evening before bedtime.
- **Writing.** If writing assignments are a source of stress, frequent practice will help your child strengthen skills and get more comfortable. Your child could set a goal of keeping a daily journal.
- **Projects.** If your child typically puts off long-term assignments until the last moment, changing that habit is a worthy goal. The next time a project or paper looms, help your child break it into small parts and write down deadlines for each step.
- **Extracurricular activities.** Joining school-based activities helps students find friends and feel a stronger connection with school. Encourage your child to explore the options and find an activity of interest.



### Bolster school skills in everyday ways

Your child spends much more time at home than at school. And with your help, that time can have a positive impact on learning. To reinforce academic skills, make these activities a regular part of your time together:

- **Ask what your student** is doing in classes. Discuss similarities and differences between them.
- **Have your child** teach you about topics and concepts from recent classes. Explaining them will reinforce the information in your child's mind.
- **Assign responsibilities** that are meaningful and allow your child to contribute to the family.
- **Respect your child's abilities.** Ask your middle schooler to use knowledge and skills to help you.
- **Have conversations** with your child about everything. Ask what your child thinks. Listen and ask follow-up questions.
- **Expose your child** to new ideas and experiences. Discuss how they relate to things your child is learning in school.

## Share a reading process

Reading academic material is different from reading for pleasure. Your child needs to understand and retain the material. Share these steps for *reading to learn*:



1. **Scan the text.** Your child should look at graphics, headings and bold-face text to get an idea of key points.
2. **Read carefully,** and take notes.
3. **Take a self-quiz.** Can your child recall themes and supporting facts from the text?

## Money is real world math

Boost your middle schooler's interest in math by showing how vital it is to managing money. Have your child:

- **Track all money** received and spent.
- **Create a savings goal** and plans for reaching it.

Demonstrate what budgeting decisions look like. "I'd love to order pizza, but there's not enough money left in this week's budget."

## Absences affect outcomes

Frequent absences make it more likely that a student will repeat a grade, get expelled or drop out of school. To help ensure your child attends every class:



- **Be firm.** A vague complaint shouldn't be a ticket to a day off. Follow school protocols for suspected illness.
- **Be understanding.** Acknowledge that school isn't always fun.
- **Be proactive.** If your child is avoiding school, consult a school counselor.

Source: P.W. Jordan and R. Miller, *Who's In: Chronic Absenteeism under the Every Student Succeeds Act*, FutureEd.

# Helping Students Learn

Tips Families Can Use to Help Students Do Better in School



September 2023

## Q&A How can I make it easier for my child to get enough rest?

**Q: My middle schooler has a regular bedtime, but still wakes up cranky and exhausted every morning. I don't want lack of sleep to affect school performance, but what else can I do?**

**A:** Too little sleep can have a big effect on attitude and attention in school. At a time when children's natural inclination is to shut the bedroom door and stay up later, lost sleep really begins to add up. To make sure your middle schooler gets adequate sleep:

- **Do the math on bedtime.** Middle schoolers need eight to 10 hours of sleep to function at their best in class. Count backward from your child's wake-up time and make bedtime 20 minutes earlier than the time your child must be asleep.
- **Set a digital curfew.** Turn digital devices off an hour before bedtime. Help your child find other ways to unwind: reading, playing board games, taking a warm shower, etc. Charge devices outside your child's room.
- **Limit naps and caffeine.** If your student is sleepy in the afternoon, keep naps to under 40 minutes. Consuming caffeine within six hours of bedtime can also interfere with sleep.
- **Offer a listening ear.** Could worry be keeping your child awake? Stop by for a quiet bedtime chat and let your middle schooler unload. Finish by bringing up something your child did well that day.



## Parent Quiz Are you encouraging kind behavior?

Kindness and respectful behavior help create the positive school climate that students need to learn well. Are you encouraging your middle schooler to treat others kindly? Answer *yes* or *no* to the questions below:

1. **Do you talk** with your child about the fact that it doesn't always show when people are having a bad day, so it is always best to be kind?
2. **Do you teach** your child never to post anything on social media that your student wouldn't say in person?
3. **Do you urge** empathy by saying things like, "Remember how you felt when ..."?
4. **Do you encourage** your child to befriend a variety of students beyond a single friend group, even if other friends don't?
5. **Do you offer** praise when you see your child being kind?

**How well are you doing?**  
 More yes answers mean you are helping your child spread kindness in and out of school. For each no, try that idea.

*"No act of kindness, no matter how small, is ever wasted."* —Aesop

## Offer tools for organization

Multiple teachers and multiple classes mean organization is an essential study skill for middle school students. Encourage your child to use these tools:

- **A planner.** Writing down all assignments, due dates and test dates in one place helps your child stay on track.
- **To-do lists.** Have your child list tasks to complete that day, week, month, etc. and cross each task off when finished.
- **Sticky notes.** Your child can use them to tag items needed for assignments, or to mark a stopping place in a book with a summary of the plot so far.

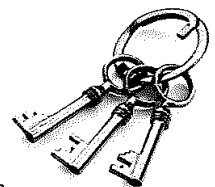
## Foster a sense of well-being

Self-doubt is a common issue in the middle school years, and it can make students more likely to give in to peer pressure or attempt to fit in at all costs. To support your child:

- **Spend time together.** Take an interest in the things that interest your child.
- **Encourage healthy friendships** and get to know your child's friends.
- **Discuss physical changes** your child can expect, and that it is normal for them happen to kids at different times.

## Give your child three keys for school success this year

Middle schoolers are expected to take an active role in their learning. Explain that this means it's important for your child to:



1. **Participate** in class.
2. **Think** about the material. How does one topic relate to another?
3. **Get help** at the first sign of a problem. Your child should ask the teacher to explain or suggest ways to find help.

### Helping Students Learn®

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Middle School

# Daily Learning Planner

*Ideas families can use to help students  
do well in school*

Appleton Village School



THE  
**PARENT**  
INSTITUTE®

## September 2023

### Daily Learning Planner: Ideas Families Can Use to Help Students Do Well in School—Try a New Idea Every Day!

- 1. Explain that school is your child's job. School and schoolwork takes priority over sports, hobbies and social media.
- 2. Ask your child, "What do you think is the best job in the whole world?"
- 3. Help your child start a study routine. Encourage your student to pick a regular time and place to work.
- 4. What activities does your middle schooler most enjoy doing with family? Get your child's feedback and make plans to do some.
- 5. Find out how students' families can volunteer to help the school. Ask about things you can do at school and at home.
- 6. Some middle schoolers are embarrassed by public affection. But they still like hugs at home!
- 7. Discuss the importance of attending every class with your child.
- 8. Students who take part in extracurricular activities feel a stronger connection to school. Help your child find a school activity of interest.
- 9. Ask your child to tell you about one of this year's teachers.
- 10. It's Grandparents Day! Help your child do something nice for a grandparent or another older person.
- 11. As a family, create a routine that will make mornings run smoothly.
- 12. Encourage your child to write all assignments down in a planner. This helps students see everything in one place.
- 13. After study time, put on a favorite song and get everyone moving!
- 14. Challenge your child to imagine life 150 years ago. How about 150 years in the future?
- 15. Ask your child, "What is one thing that makes you feel really excited?"
- 16. Is your child's room messy? Set the timer for a 15-minute pick-up blitz before moving on to a fun activity.
- 17. Look at family photos with your middle schooler. Ask your child to organize them.
- 18. Ask who your child's role models are, and why.
- 19. Play Math Catch together. Call out a problem—such as  $60 \div 12$ —as you toss a ball. See if your child can say the answer before catching it.
- 20. Discuss honesty and why it matters in school. Point out people who demonstrate honesty.
- 21. Ask about something your child is reading for school. What is it about? What are the characters like?
- 22. Boost your child's financial literacy. Have your child keep a record of all money earned or received, and all money spent.
- 23. Take advantage of opportunities to talk with your child while doing chores or errands.
- 24. Middle schoolers like to make a difference. Help your child think of ways to help others.
- 25. Find a new word in the dictionary. Can each member of your family use it three times today?
- 26. Learn the names of your child's teachers and make sure you have contact information for them so you can stay in touch.
- 27. Suggest that your child start a book club with friends from school.
- 28. Go for a walk with your child and look for signs of fall.
- 29. Ask your child for suggestions of nutritious after-school snacks to keep on hand.
- 30. Make Sundays Backpack Clear Out Day. Your child will start the week organized.

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