

**Berlin Elementary School**  
**March 2019**  
[www.berlincentral.org](http://www.berlincentral.org)  
**518-658-1500, Press 3 for BES**

Dear Parents,

This year at BES we have focused on the idea of service learning. We want to help our students understand the value of giving back to others in need. We thank our families for their continued support of our many school projects including Socktober, food drives, collecting supplies for pets, and our current project, Read for Ronald McDonald House. Together we can make a difference in the lives of others.

On April 2 & 3, students in grades 3-5 will be participating in the New York State ELA assessments. The school will provide breakfast for all students in testing grades on these mornings. We want to make sure our students have had a good breakfast prior to beginning their testing. Please note that testing will only be two days this year, and students are allowed to take as much time as needed to complete the test. A good night's rest is important as well.

Thank you,  
Tracy Kent

**A note from the health office:**

A reminder that all New students to the district, and students in grades Pre K, K, 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> are required by New York State to have a physical (Health Appraisal) within the last year. If you haven't already, please send your child's most recent physical to the

health office, or an appointment date if they have an upcoming physical scheduled. Any child who has not had the required physical or documentation that has not been received by the health office will be scheduled to be seen by our school physician. School physicals are scheduled for Tuesday March 19, 2019.

**March is National Nutrition Month.**

- ◇ Proper nutrition promotes optimal growth and development in children.
- ◇ Healthy eating helps reduce one's risk for developing obesity, osteoporosis, iron deficiency, and dental (cavities).
- ◇ Individuals who eat fast food one or more times per week are at increased risk for weight gain, overweight, and obesity.
- ◇ The dietary guidelines recommend a diet rich in fruits and vegetables, whole grains, and fat-free and low-fat dairy products for persons aged 2 years and older. The guidelines also recommend that children, adolescents and adults **LIMIT THE INTAKE OF SOLID FATS** (major sources of saturated and Trans fatty acids), cholesterol, sodium, added sugars, and refined grains.

**Recommendations**

- ◇ Fruits and vegetables-2 ½ -6 ½ cups daily
- ◇ Whole grains-2-3 ounces each day
- ◇ Sodium intake (salt)-Maximum daily intake 1500-2300 mg daily.

**Screenings**-The Health Office is continuing the required sight and hearing screenings for our students. You will be notified of your child screening results.

**A Reminder for the students that have signed up for dental sealants; it will start the first week in March.** If you did not sign up and would like to please contact the Health Office.

### **Science Scene:**

Kindergarteners have been learning about the properties of solids and liquids.

1st graders have been learning about sound and signals we can make with sound.

3rd graders have been learning about different habitats and what living things need to survive in their habitats.

4th graders are working on creating alarm systems that light up and buzz.

5th graders are working on research about our atmosphere, hydrosphere, geosphere and biosphere.

***Reminder: Science Night is April 4th  
6:00-7:30pm.***

### **Band News!**

Great things are happening in 4th and 5th grade Band and Instrumental Music lessons! As you walk past Miss Keem's room, you will hear students playing their instruments and learning to play songs together in unison, and also in simple harmonized parts and rounds. Nearly all 4th graders have their silver medals for Surprise Symphony at this point, are have now moved up to songs such as Southern Roses, Mexican Jumping Beans, Frere Jacques, and Minka Minka (pp. 14-17). Most 5th graders are currently on pages 24-33, and are getting very close to moving up to Book #2!

Please continue to help your young musician set aside 20 minutes per day for practicing. A little bit each day (or most days) will work much better for solidifying skills and fluency than "cramming" 100 minutes all at once. Practice logs should be filled out and signed every week, and I will write back with your young musician's lesson grade (1-4 rating scale).

March is Music In Our Schools Month, so let's have a Magnificent March filling BES with all our beautiful songs!

~Miss Keem

*Character Trait of the Month*  
***Perseverance***

### *March Events*

March 5	PTO Meeting @ 6:30, BES Library
March 7,14,21	Drama Club
March 8	Half-day, dismissal @ 11:45
March 9	Odyssey of the Mind Coxsackie-Athens HS
March 15	Pre-K Field Trip, Report Cards sent home K-5
March 19	Board of Education Meeting @ 7:15 MSHS
March 20	Spring Pictures
March 22	BES Sports Day
March 28	BES Drama Production @ 6:00
March 28	Half-day, dismissal @ 11:45 Snowdate for Drama Production
April 2 & 3	NYS ELA Testing in grades 3-5
April 4	Science Night 6:00-7:30

### **Counselor's Corner**

As many of you may already know, I am going on maternity leave next week. My last day before leave will be Wednesday, March 13th. I will be on leave for the remainder of the year, but will be back to start the new school year in September! In my absence, there will be a leave replacement who will be here to work with all of your children in the same capacity that I do. My substitute can be reached at the same phone extension (x3116) and will be in the same office (Room 116) that I now occupy. If any concerns or questions regarding your child come up, please do not hesitate to reach out and connect with the substitute.

Additionally, Rachel Teplitsky, the School Psychologist, is also here in our building full time and is also more than happy to help you with any concerns or questions should they arise. She

can be reached by email at [rteplitsky@berlincentral.org](mailto:rteplitsky@berlincentral.org) or by phone at 658-1500 extension 3113.

I will miss seeing all of the students for the rest of this year, but know that they are in wonderful hands! I wish you and your children a wonderful finish to the 2018-2019 school year!

Sincerely,  
Ryan Steller  
School Counselor