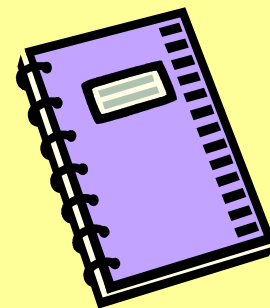


# Nut Swamp Notebook



## Principal's Message (November 2009)

Thomas Olausen

*Dear Parents/Guardians of Nut Swamp School,*

Between November 19 and November 24, many of you will be participating here in a parent-teacher conference to obtain a progress report on your child(ren). Your attendance is critical to ensuring a successful year for your child. Since conferences are no longer than ten minutes in duration, the following guidelines may be of help to you in terms of preparation

### Parent-teacher conferences provide you with the opportunity to:

- ◆ Learn about the grade level and its curriculum;
- ◆ Discuss your child's learning style;
- ◆ Ask questions;
- ◆ Give teachers information that will help them understand your child's needs.

### Make a list of things that will help the teacher better understand your child:

- ◆ Any special medical or health problems;
- ◆ Important experiences that may be affecting your child (death in the family, a best friend moving away, etc.), outside interests and hobbies;
- ◆ Feelings about school;
- ◆ Relationships with brothers and sisters;
- ◆ Study habits at home.

### Make a list of things you want to find out from the teacher. For example, you may wish to know about:

- ◆ Homework and grading policies;
- ◆ Standardized testing;
- ◆ The role of technology in her classroom.

### Things you will learn from your child's teacher at the conference:

- ◆ Your child's progress and how it compares with grade level expectations;
- ◆ How tests, projects and class participation are used to measure progress;
- ◆ Your child's strengths and weaknesses in various subject areas;
- ◆ Your child's current level in reading and math;
- ◆ Books and materials the class is using;
- ◆ How your child interacts with peers;
- ◆ How your child feels about her/himself.

### Since your child will undoubtedly be curious about the conference:

- ◆ Tell her/him what was discussed (omitting any information she/he may not be mature enough to understand);
- ◆ Talk about any changes or new plans for improvement;
- ◆ Reiterate that you and the teacher care and, together, want to make school a successful experience.

**Please report promptly for your conference. Conferences are only ten-minutes in duration, and are compactly scheduled.**

*(continued on page 3)*

Nut Swamp  
Elementary School

November 2009  
Volume 3

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# PTA President's Message

## Judy Benedict



After an initial rainout, the golf outing went off without a hitch on a sunny day filled with laughter and plenty of good spirit. It turned out to be an incredibly successful day raising about \$10,000! Thanks again to **Ellen Minze, Tricia Decker and Karen Iturralde** for all their efforts for our school and to all of you who attended, volunteered or donated making this another successful fundraiser.

Our Grocery Card program is continuing to do well but we'd like to encourage more families to participate. It is an easy way to give to your school especially when you are preparing for those big holiday meals! We are also providing another avenue to help simplify your holiday shopping. You can buy gift cards to major stores like Old Navy, Starbucks, Best Buy and Barnes and Noble for those hard to shop for friends and family. Buy \$10 - \$25 gift cards and our school earns up to 10% back!! Please see our newsletter article and info and order form on the web for more details.

One last idea for holiday shopping, we have decided to offer school spirit wear (our Nut Swamp logoed clothing) in

time for the holidays this year. Thanks to **Michele Walla**, an array of T-shirts, sweatshirts and pants are available for purchase at reasonable prices. Get your orders in by Nov 13 for holiday delivery.

On November 17, your children will be attending our in-school Health Fair, an educational event focused on healthy lifestyles and choices. Make sure to ask your kids about it! Many thanks to **Tracey Keogh and Karen Koedding** for organizing the event and bringing in outside vendors to speak with our children on these important issues.

I'd also like to thank other chair people hard at work for our school:

- \* **Angela Libecchi, Karen Kane and Henry Kiernan** for their efforts in recruiting and coordinating schedules for our Scouting Girls and Boys.
- \* **Henry Kiernan and Melissa Laudisi**, our Child Safety Chairs, who helped coordinate volunteers at the

school doors for both the Book Fair and Halloween. We, and the main office, appreciate their efforts on our high traffic school days.

- \* **Helen Bagliore and Kirsty Corcoran** who are busy collecting and submitting BoxTops for our school. Watch the web for updates on the classes leading the way to a yearend ice cream party!
- \* **Paula Guzman**, who is in charge of our Kid's Collection lobby display case. Please encourage your kids to share their special collections with their school. It takes just a few minutes of time to set up and receives lots of attention. Please contact Paula or fill out the form on the web to show your child's pride in their collection.

One last note, Doreen Beam, our Reading Specialist, will be doing a **special presentation on DRA scores** and what they mean at our next PTA meeting November 18 at 9:30 am. Be better prepared for your parent/teacher conferences, attend and be informed.

### The PTA would like to **THANK...**



...and highlight the incredibly generous donation of gardening materials by the **Holmdel Garden Center** during our recent beautification efforts.

We would also like to thank **Bill and Ed's Landscaping and Atlantic Tree Service** for their free consultation services and discounts.

Please let these local merchants know how much their support of our school is appreciated.

### Your PTA Funds At Work



- ◆ Health Fair
- ◆ \$100 classroom funds – many teachers have already submitted for special purchases made for their classrooms.

# Nurse's Corner: November 2009

Lucille Orchanian, RN, MSN

## Just a few reminders from the health office:

- ◆ Children's Health Fair at Nut Swamp November 17, 2009 9:30-2:30
- ◆ Middletown Helps Its Own Annual Sharing Project Collection of foods from November 16-20. Donating a turkey, canned goods or sealed packaged foods to help families in our community this holiday season.

## Follow CDC guidelines for the Flu

- \* Stay home if you are sick
- \* Good hand washing
- \* Vaccination is the best prevention.

- ◆ Special thanks to The Loh Family for donating a lovely white new/used refrigerator to Nut Swamp this year.

Have a wonderful holiday filled with family, friends and good food.

*Lucille Orchanian RN*



## Nut Swamp's Children's Health Fair Kids Who Care About Their Health...

**DATE:** Tuesday, November 17, 2009  
**TIME:** 9:30 a.m. — 2:30 p.m.  
**PLACE:** All purpose room

The following booths will be represented:

- \* Dental
- \* Heart Health & Fitness
- \* Nutrition
- \* Tick Safety
- \* Skin Safety
- \* Hand Washing
- \* Anti-Smoking
- \* Helmet & Head Safety



### PLEASE NOTE!

Fresh fruits & vegetables may be available if you have any concerns please call Nurse Lucille @ 732-671-5795x7103.

# Principal's Message

*(continued)*

I would like to mention a special activity that the entire school worked on during the week of 11/9 to 11/16, timely in that it was the week of Veterans Day. The Asbury Park Press and New Jersey Natural Gas sponsored a program in which they provided schools with postcards that wished our troops stationed around the world a "Happy Thanksgiving." We received 600 postcards from the A.P. Press, enough for every student at Nut Swamp. The caption on the front of the postcard read "Happy Thanksgiving – Thank you for protecting our freedom, our country's freedom and freedom around the world. Thank you for giving so much for so many."

Students were encouraged to write a message of thanks or encouragement on the back and/or artwork, and sign with their first name only. The postcards were collected and sent back to the A.P. Press, who will then mail them to troops all over the world, in time for Thanksgiving.

Our students were very excited about doing this, and learned an important lesson about service. Most importantly, I can't help but think how many smiles we may have created for the service men and women who receive our postcards.



**Save the Date**  
**Spring Fundraiser**

**"A Night at the Races"**  
**Friday, April 9, 2010**

## Nurse's Corner: November 2009

### Differences between cold, seasonal flu and H1N1

SYMPTOM	COLD	SEASONAL FLU	H1N1
<b>Fever</b>	Fever is <b>rare</b> with a cold.	Fever is <b>common</b> with the seasonal flu.	<b>Fever is usually present</b> with H1N1 in up to 80% of all flu cases. A temperature of 101 degrees.
<b>Coughing</b>	A hacking, <b>productive</b> (mucus-producing) cough is often present with a cold.	A <b>dry</b> and hacking cough is often present with the seasonal flu.	A <b>non-productive</b> (non-mucus producing) cough is usually present with H1N1 (sometimes referred to as a dry cough).
<b>Aches</b>	<b>Slight</b> body aches and pains can be part of a cold.	<b>Moderate</b> body aches are common with the seasonal flu.	<b>Severe</b> aches and pains are common with H1N1.
<b>Stuffy Nose</b>	Stuffy nose is commonly <b>present</b> with a cold and typically resolves spontaneously within a week.	A runny nose is commonly <b>present</b> with the seasonal flu.	Stuffy nose is <b>not</b> commonly present in H1N1.
<b>Chills</b>	Chills are <b>uncommon</b> with a cold.	Chills are <b>mild to moderate</b> with the seasonal flu.	60% of people who have H1N1 experience <b>chills</b> .
<b>Tiredness</b>	Tiredness is fairly <b>mild</b> with a cold.	Tiredness is <b>moderate</b> and more likely referred to as a <b>lack of energy</b> with the seasonal flu.	Tiredness is <b>moderate to severe</b> with H1N1.
<b>Sneezing</b>	Sneezing is commonly <b>present</b> with a cold.	Sneezing is commonly <b>present</b> with the seasonal flu.	Sneezing is <b>not</b> common with H1N1.
<b>Sudden Symptoms</b>	Cold symptoms tend to develop over a <b>few days</b> .	Symptoms tend to develop over a <b>few days</b> and include flushed face, loss of appetite, dizziness and/or vomiting/nausea. Symptoms usually last 4-7 days, depending on the individual. Diarrhea is common.	H1N1 has a <b>rapid onset</b> within 3-6 hours. H1N1 hits hard and includes sudden symptoms like high fever, aches and pains. Symptoms usually last 4-7 days, depending on the individual. Diarrhea is common.
<b>Headache</b>	A headache is fairly <b>uncommon</b> with a cold.	A headache is fairly <b>common</b> with the seasonal flu.	A headache is <b>very common</b> with H1N1 and present in 80% of cases.
<b>Sore Throat</b>	Sore throat is commonly <b>present</b> with a cold.	Sore throat is commonly <b>present</b> with the seasonal flu.	Sore throat is <b>not</b> commonly present with H1N1.
<b>Chest Discomfort</b>	Chest discomfort is <b>mild to moderate</b> with a cold.	Chest discomfort is <b>moderate</b> with the seasonal flu. <i>If it turns severe seek medical attention immediately!</i>	Chest discomfort is often <b>severe</b> with H1N1.

#### PREVENTION TIPS:

- ◆ Cough and sneeze into your elbow.
- ◆ Wash hands with soap and warm water for a minimum of 15 -20 seconds. Sing your abc's or happy birthday to you .
- ◆ Use hand sanitizer when soap and water are not available.
- ◆ Avoid touching eyes, nose or mouth without washing or using hand sanitizer first.

# Nut Swamp PTA Meeting

## General Meeting Minutes 10/21/09

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### PTA Officers Present

Presidents: Judy Benedict, Vice President: Nicole Ruggeri, Treasurer: Michelle Walla, Corresponding Secretary: Karin Green, Recording Secretary: Tracey Keogh. The meeting was called to order at 7:05 p.m. Motion was made by Karen Koedding to waive the reading of the minutes and Christine Klimek seconded the motion. The motion was approved.

### President's Report

Judy welcomed everyone and first thanked the beautification committee for the wonderful job they did with transforming the front entrance of the school by removing old shrubs and planting new shrubs and plants. The tree that is in the middle was donated by the teachers in honor of Craig Doscher, who passed away over the summer. Thank you on the fundraising front, first to the Grocery Card Program headed by Carol Loh, Marissa Torre, and Christine Fink. We made more than \$800 by selling almost \$18,000 in grocery card orders and that is with 25% of the families participating. Three more fundraisers are coming up including, The Great Race, The Golf Outing which has been postponed to October 26, and the Book Fair which will be held on Friday, October 23. Thank you to the Vincenza Raisley, Paula Guzman, and Lisa Palermo who ran the 4<sup>th</sup> and 5<sup>th</sup> grade science fair. Please check the digital backpack for the PTA funds survey which will help us determine where the funds collected over the year should go.

The next PTA meeting will be on November 18. There will be a DRA workshop headed by Doreen Beam, our reading specialist. This will help educate you before discussing with teachers at the parent teacher conferences. We are still in need for a co-chair for Fun Day.

A few reminders, when coming in to the school for an event you must sign in at the office. Unannounced visits to the

class room are not allowed. When coming in for an event, or library duty, etc., you must sign out and not visit the class. Additionally, communications should not be sent via e-mail through room mothers except for grade specific communications like project pride. All announcements should be posted on the web. Also, after school no children should be playing on the preschool equipment. Lastly, all communications with teachers and with students must be approved by the PTA President or the Principal. Going forward if you are running an after school activity a parent should be in the lobby to ensure the school is secure.

### Principal's Report

The first teacher in-service was held on October 19 and the teachers were trained to use the smart boards. All teachers were trained, excluding the kindergarten teachers who were at a different in-service. They are now in the class rooms and teachers are starting to use them. We will have additional training at next in-service in February and hopefully we can add more smart boards to the budget. A session was also held regarding DRA, vocabulary comprehension exercises, and training in power school, which is a new data system.

Everyone should have received grades 3, 4, and 5 NJ ASK scores. The grades 3 and 4 tests were made far more rigorous last year and as a result, the state of NJ realized test scores would be lower. Comparison between years is not appropriate because of change. We are still above the mean compared to other schools.

Letters will be mailed announcing that the Middletown Board of Health and the Middletown Board of Education will be providing the H1N1 vaccine to our children for free. This is not mandatory and dates are still not set.

Thank you to the beautification commit-

tee again. It is still a work in progress, there are additional trees that will be removed and some cement work in the spring after the kids are out of school.

Lastly any changes regarding the parade and Halloween is based on health, safety, and security. All parades were moved to the afternoon and separated into smaller groups to allow for traffic flow and safety.

### Vice President's Report

The coat drive will be held from 10/25-10/30 and all gently used coats will be collected between 8:30 and 9:00. The Ambassador program is ongoing and if you know of any child that has done a good deed for the community please nominate them for the program. Nomination forms can be found on the web.

### Treasurer

Copies of expenses are available, however expenses for golf outing are not noted yet so the number is subject to change. Notes to school pads are for sale 1 for \$3 and 2 for \$5.

### Corresponding Secretary

Mrs. Bernstein sent thank you for back to school breakfast and the new bookshelf. Additionally, the teachers donated a \$100 gift card for the golf outing.

### PIC Report

Karen Koedding detailed that there was a demonstration of the STAMP out bullying program. Additionally a demonstration was given regarding the kindergarten curriculum "it's ok to be different" and how it will be pulled into their centers. It is being looked into adding this curriculum for the higher grades as well.

*(continued on page 5)*

# Nut Swamp PTA Meeting

## General Meeting Minutes 10/21/09 (continued)



### Board of Education

Michelle Foreback reported that there was a presentation regarding High School random drug testing and a survey that was conducted.

### Committees

**Book Fair:** Friday, October 23, a reminder is on the web and sign, please send in money.

**Fifth Grade Event:** First meeting to be held following the PTA meeting. There will be a clothing drive on Saturday, November 14<sup>th</sup> from 12-4.

**Golf Outing:** Postponed to Monday, October 26. There are 80 golfers signed up to play. Thank you for all of the donations which will help with the cost of the event.

**Great Race:** October 24 at MHS North. Volunteers are needed to represent the school.

**Grocery Cards:** First month over 100 families participated and raised over \$800 for the school. Orders for this month will be accepted until October 30. The program will be expanded for the holidays to include gift cards for various retailers including, Old Navy, Barnes & Noble, Dunkin Donuts, etc. Orders for these will be accepted during the month of November and first week of December.

**Health Fair:** Will be held on November 17<sup>th</sup>. Volunteers will be contacted with times next week.

**Kids Collections:** If your children want to showcase their collections please contact Paula Guzman.

**Memory Keepers:** Pictures are always needed. Room moms need to help coordinate during the upcoming events.

**Peacemakers:** 5<sup>th</sup> grade committee fo-

cusing on environmental projects

**School Spirit:** Clothing items will be available to purchase next month in time for the holidays. Samples will be on display during the Halloween parade.

### New Business

**PTA Bylaws:** PTA Bylaws which are the national and local guidelines that we must adhere to are updated every 3 years. The executive board recommendation is to increase the dues. Currently the dues are \$7 which covers the state and national dues and the printing of the directory. However, in the event that the national or state PTA raises their dues we will be short. The motion is to raise the dues to \$8. Seconded by Margaret Colvin. Motion passed.

Meeting adjourned at 7:50

## Valet in Need of Volunteers

### Please Help...



Valet is STILL in need of volunteers **Monday through Friday 8:45 to 9am.** You may find someone else to share a day with, thus being **only one half hour a month of your time.**

Please also remember to **be kind to our volunteers** and **follow the parking lot rules**, these guidelines have been made from years of collective experience.

1. Drive slowly, **DO NOT be on your cell phone!**
2. Stay in valet line entering and exiting, you may need to wait a minute for the car in front of you. **DO NOT PASS or exit out of turn.**

3. **Do not allow kids out of car on the black top** at the beginning of the valet line, wait until you are at the curb.

4. **Do not use the cross walk in front of the office**, it is closed, if you must use the second cross walk, PLEASE wait for our valet staff to cross you (we prefer not to use this cross walk at all).

5. Be aware of our valet volunteers as well as other children at the curb, we have almost had some toes ran over!

Please let us know if you can help and please have patience and give yourself plenty of time to get in and out of the parking lot.

For more information or to volunteer please contact **Kelly Berry (732) 768-0965** [kknbberry@yahoo.com](mailto:kknbberry@yahoo.com).

**Nut Swamp  
Elementary School**

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nutswamp**

**Principal:**

Thomas Olausen

**Newsletter Editor:**

AnnMarie Rung  
a.rung@att.net



The article  
deadline for  
the January  
newsletter is  
**Friday  
January 8.**

**Quote Corner...**

*“Reflect upon your present  
**BLESSINGS**, of which every man  
has plenty; not on your past  
misfortunes, of which all men  
have some.”*

~Charles Dickens  
1812-1870  
British Novelist

*“Two kinds of **GRATITUDE**: The  
sudden kind we feel for what we  
take; the larger kind we feel for  
what we give.”*

~Edwin Arlington Robinson  
1869-1935  
American Poet

**No newsletter for the month of December.  
Happy Holidays!**



**We've gone Green!**

**Our Web Address:**

**<http://www.middletonk12.org/nutswamp>**