

GREETINGS FROM COOLIDGE SCHOOL

November 14, 2016

<http://schools.shrewsburyma.gov/coolidge>

Dear Families,

Last week we witnessed firsthand the power of choice; in the aftermath our nation is grappling with how to make room for many different voices and strong opinions. It's not an easy balance to strike. I take heart in how the current administration is preparing for a smooth transition.

Please continue to help your children as they witness and/or hear about the inevitable exchanges on the news. Expressing one's opinion freely is a hallmark of a democracy, and living peacefully in a diverse country is possible only when we can also listen well to one another.

Finally, please share **your** opinions! I'm thrilled that we've raised our school survey response rate to 52% from 36% on Parent Conference Day. We'll begin tallying results after Thanksgiving. If you have not taken the survey yet, please click this link and send your thoughts to school:

http://schools.shrewsburyma.gov/coolidge/documents/SURVEY1_FINAL.pdf

Sincerely,

Amy

P.S. Looking for great options for Math Fluency practice? Help your child get smarter by exploring these resources:

<https://www.thinking.com/scene/833337823309332481>

Thanks to the Coolidge faculty for their recommendations and to Mrs. Kendrick, who compiled these links in one handy spot for our families.



Important Upcoming Dates:

Nov. 18	Last day of Coolidge Clothing Drive
Nov. 18	School Store
Nov. 18	Coolidge Variety Show 6-8 pm
Nov. 21	4 th Grade Chorus Concert 7pm
Nov. 23-25	Thanksgiving Break
12/2	School Store
12/5-12/9	Gingerbread Shop (Details to come)
12/6	EARLY RELEASE DAY – Classes out at 12:15
12/16	School Store
12/16	Snowflake Festival

From the Office:

If you are sending an email or a note about an absence or lateness, please include your child's first and last name.

CHECK OUT OUR WEBPAGE FOR IMPORTANT FORMS AND DATES:

<http://schools.shrewsburyma.gov/coolidge/>

We are also on Facebook: <https://www.facebook.com/CoolidgeElementarySchool>

If your child will be out sick, out for a vacation, or celebrating a religious holiday, please call the school before 10:00am that day to let us know.

Child Safe line (for absences): 508.841.8886

Coolidge Main Line: 508.841.8880
Cathy Cairns, Coolidge Secretary: 508.841.8884

Mark your calendars with No School Dates, Early Release Dates and Holidays.

CHANGE IN DATE! - St. Anne's Annual Food Drive

Coolidge Schools' 4th Grade Students Council needs your help!

This is the final week for donations for the annual Thanksgiving Food drive for St. Anne's Food bank. The date for the items to be brought in has been changed. **Final day of donating is THURSDAY Nov. 17th** as St. Anne's is coming to pick up the items at the end of this week!

Please consider helping neighbors enjoy this holiday season by donating items. **Each homeroom has been assigned specific food items. We are also asking for a \$1.00 donation to purchase gift cards to local supermarkets.** The Student Council and the Coolidge School community thank you for your continued support of this worthwhile organization.

- K MILLS - CANNED VEGTABLES
- K RUBIN - CANNED FRUIT
- K BROSZEIT - CANNED VEGETABLES
- 1 CANTIN - CANNED PIE FILLING
- 1 MONGEON - CRANBERRY SAUCE
- 1 MCQUADE - BOXED BREAD MIX
- 1 TERRASI - HOT CHOCOLATE
- 2 COTTER - STUFFING
- 2 FLEMMING - CANNED SOUP
- 2 HURLEY - BOXED DESSERT
- 2 OSBORNE - BOXED POTATOES
- 3 INNAMORATI - JUICE
- 3 BURNAP - PICKLES or OLIVES
- 3 FAIRBROTHER - CANNED SOUP

- 3 RICHARDSON - CANNED GRAVY
 - 4 NADER - SALAD DRESSING
 - 4 FINNERAN - FLOUR OR SUGAR
 - 4 CLOYES - COFFEE
 - 4 RICE - CANNED SOUP
 - MURPHY - MAYONAISE
-

Grade 3 Performed at Beal School on Veterans Day

The 3rd graders performed at Beal School to honor our veterans. Here they are standing in front of Beal School:



Here is the link to the Coolidge YouTube page where you can see and hear the 3rd graders performing at All School Meeting, directed by Ms. Fallis.

<https://www.youtube.com/channel/UC3fGo0KSK1068gQQuBnaH0g>

They performed the following songs to honor our veterans:

- Caisson Song - ARMY
- Marine's Hymn - MARINES
- Anchor's Aweigh - NAVY
- Semper Paratus - COAST GUARD
- Star Spangled Banner - NATIONAL ANTHEM

From the Nurse's Office: Physical Exams!

If your child is new to Shrewsbury or to Coolidge School we require a physical exam done during the current year or within 30 days after entry. If you have any questions check with the nurses office to see if a new physical is due. We ask parents then to provide a copy of the physical exam every 3 or 4 years.

4th grade parents please make appointments for a new physical exam for your child if one has not been done last year. They will need it before moving on to Sherwood Middle School.

If you are without insurance, St. Ann's Free Medical Clinic will perform a physical exam at no charge. They will also assist in applying to MA. Health, to obtain medical coverage. Their hours are every Tuesday 6-8PM at the Father Smith Center behind St. Ann's Church on Rt. 9 in Shrewsbury.

Katie Zimmermann RN, BSN, NCSN
508-841-8887
fax508-841-8883

COOLIDGE CLOTHING DRIVE ENDS FRIDAY 11/18

Keep sending in your clothing, sheets, towels, blankets and drapes for the annual Coolidge School Clothing Drive. It is now underway and will run Monday, October 24 through Friday, November 18.

The material donations help the Epilepsy Foundation and Coolidge School gets \$.20 per pound.

Last year, Coolidge School collected over 3000 pounds of material and raised \$607!!! Starting on October 24, you can send in or drop off bags of materials in the Coolidge lobby.

Coolidge School Clothing Drive

Coolidge School will be having our 3rd clothing drive starting October 24th until November 18th. All donations need to be made of clothsheets, towels, blankets, all types of clothing, drapes, etc.



Along with making money for the school we will be helping by donating the items to the Epilepsy Foundation. Our school will get \$.20 per pound for the items donated.



We will keep the students involved by having them check to make sure the barrels are kept in order and any overflow will be stored until weigh-in day. We feel this could be a great learning experience for the students as well.

The barrels will be kept in the main lobby, so you can send the items with your child or bring them in yourself. Thank you in advance for your support.

More From the Nurse

November is National Diabetes Awareness Month!!

There are nearly 26 million children and adults in America who have Type 1 Diabetes. As school community members, we are dedicated to the well being of our students and staff, and want to share with you a few of the warning signs/symptoms of Diabetes.

Some behaviors a child may exhibit at home or school that could indicate undiagnosed Diabetes:

- Frequent trips to the bathroom (especially in close sequence)
- Unquenchable thirst
- Irritability
- Unusual fatigue

- Weight loss; thin-appearing

Many of these symptoms may be related to illnesses that are not associated with Diabetes. Important factors to consider are:

- With Diabetes, there should never be a fever.
- Urinating at night or wetting the bed is an important sign to watch for and quick follow up is recommended.

Always contact your healthcare professional with any concerns as they can provide appropriate diagnostic tests and treatments.

For more information on Diabetes, log on to:

www.diabetes.org

www.jdrf.org

www.joslin.org

www.JBWfund.org

Food Explorers November Discovery

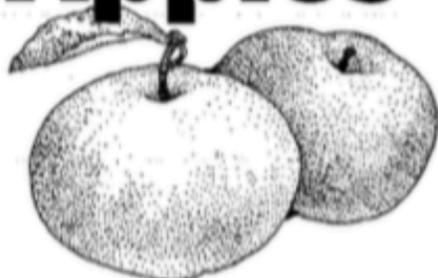
Apples and cranberries are perfect for November, and just in time for Thanksgiving! Wow your crowd for the holidays by making this delicious Cran-Apple Crisp. It's a quick and easy recipe to make with the kids. Whether you are hosting Thanksgiving or a guest bringing something that everyone will love, wrangle the kids up to help you make this healthy treat. Happy Thanksgiving. Enjoy!!

Mrs. LeMay

Health Teacher

Food Explorer November Discovery...

Apples & Cranberries



PICK OF THE CROP:

Apples: Choose apples that are firm, without soft or discolored spots. Apples will keep up to six weeks in plastic bags in the refrigerator. Or keep them in sight for a quick, easy snack.

Cranberries: Choose shiny, plump cranberries, and remove any that are soft or shriveled. Seal them in plastic bags. Refrigerate them for up to 2 months, or freeze them up to a year.

FUN FACTS:

- You and your child can pick your own apples at more than 80 Massachusetts orchards. Try different kinds for different tastes, from tart to sweet.
- Last year Massachusetts grew more than 18 apples for every person in the state. Lined up, they would reach nearly $\frac{1}{4}$ of the way around the world.
- Sprinkling sliced apples with a little lemon or orange juice will keep them from turning brown.
- Cranberries are also called bounceberries because good, ripe ones bounce.
- Cranberries have little pockets of air inside. Farmers harvest them by flooding the bogs with water. When the cranberries float, the farmers scoop them up.

Cran-Apple Crisp

Serves 8

- 4 fresh apples, washed, cored and sliced thinly*
- 1 16-ounce can of whole cranberry sauce
- 2 teaspoons tub margarine, melted
- 2 individual packets of instant flavored oatmeal

or

Oatmeal Mixture:

- 1 cup oatmeal
- $\frac{1}{2}$ cup brown sugar and
- 1 teaspoon cinnamon

*Leaving the peel on the apples adds fiber.

Nutrition Facts: Serving size: $\frac{1}{2}$ cup; Calories: 190; Fruits and Vegetables: 1 serving; Fat: 1.5 g; Fiber: 4 g
Recipe is part of *Choices: Steps Towards Health* developed by UMass Extension Nutrition Education Program.



A yummy & healthy **RECIPE!**

1. Preheat oven to 400° F.
2. Wash apples, remove cores and slice thinly, keeping peel on*
3. In a bowl, combine the cranberries and apples. Pour into 8"x 8" baking pan.
4. Combine margarine with oatmeal mixture until well blended. Sprinkle over fruit.
5. Cover and bake for 15 minutes.
6. Uncover and bake 10 more minutes or until the topping is crisp and brown.
7. Serve warm or cold.

From sweet to tart,
apples and cranberries
have great taste and
special protectors to keep
you healthy.

More Matters! Fruit and Veggie Tips for Kids:

- Mix dried apples and dried cranberries for a super easy sweet snack.
- Set a good example -- eat a variety of fruits and vegetables.
- Keep small bags of washed, cut-up fruits and veggies in your refrigerator for quick snacks.
- Apples slices make great dippers! Let your child dip them in low-fat vanilla yogurt or peanut butter, and then in chopped nuts, granola, or crushed graham crackers. Be creative!

**UMass
Extension**

This material was provided by the UMass Extension Nutrition Education Program with funding from USDA's Supplemental Nutrition Assistance Program (SNAP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Massachusetts Department of Transitional Assistance at 1-866-950-3663. This institution is an equal opportunity provider and employer. REV 5/11 (series 1 handout)



Breakfast Available on 1/2 Days

Beginning **December 6, 2016** , Breakfast will be served on 1/2 days at Coolidge Elementary School, Oak and Sherwood Middle Schools and the High School. Lunch is not available on 1/2 days



Shrewsbury Public Schools 2016-2017 School Year Calendar

FINAL
Approved 2-3-16*

**Note: The first day of school, holidays, and school vacations will not change.*

Professional development days and early release days could change as a result of negotiations with the teachers' association.

AUG/SEP 22 Days				
M	T	W	T	F
22	23	24	25	26
29	30	31	1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

OCTOBER 19 Days				
M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

NOVEMBER 17 Days				
M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

DECEMBER 17 Days				
M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

JANUARY 20 Days				
M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

August/September

8/25 & 26 New Teachers' Orientation
 8/29 Opening Program for Staff
 8/30 Students Return/Full Day
 9/2 Professional Development/No School
 9/5 Labor Day/No School

October

10/7 Professional Development/No School
 10/10 Columbus Day/No School

November

11/8 Election Day/Pre-K-8 Conference Day/No School
 11/11 Veterans Day/No School
 11/23 - 25 Thanksgiving Vacation

December

12/6 Professional Development/Early Release
 12/26 - 12/30 December Vacation

January

1/2 New Year's Day (Observed)
 1/16 M.L. King Day/No School

February

2/7 Professional Development/Early Release
 2/20 Presidents Day/No School
 2/21 - 2/24 Winter Vacation

March

3/7 Professional Development/Early Release

April

4/4 Professional Development/Early Release
 4/17 Patriots Day/No School
 4/18 - 21 Spring Vacation

May

5/2 Professional Development/Early Release
 5/26 Last Day for Seniors
 5/29 Memorial Day/No School

June

6/1 Graduation Day
 6/12 Last Day for Kindergarten & Preschool
 6/14 Last Day/Half Day for Students

February 15 Days				
M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28			

MARCH 23 Days				
M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

APRIL 15 Days				
M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

MAY 22 Days				
M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

JUNE 10 Days				
M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

0 snow days = 6/14 last day
 1 snow day = 6/15 last day
 2 snow days = 6/16 last day
 3 snow days = 6/19 last day
 4 snow days = 6/20 last day
 5 snow days = 6/21 last day

PTO NEWSFLASH

Email: ptocoolidge@shrewsbury.k12.ma.us

Blog: <http://coolidgepto.wordpress.com/> The PTO has created a blog as an additional resource for information and notices. Come check it out!

Facebook Group: "Calvin Coolidge PTO" All parents, guardians, and staff are welcome to join our group on Facebook. It's a great place to chat with the community or ask a question.

Direct Donation: <https://npo.justgive.org/coolidgepto> There are many ways to help support the PTO, a direct donation is just one.

1. Variety Show- Friday night
2. Gingerbread Shop Volunteers
3. Texas Roadhouse Gift Card Fundraiser
4. Square 1 Art
5. Clothing Drive
6. School Store
7. Reading Incentive Program

1. Friday night is our big variety show performances! The variety show is from 6 PM to 8 PM. If your child is performing in the show they are given three admissions with their \$20. If you want to come and watch the show it's \$5 per person with a \$20 maximum. Food and drinks will be sold

2. We are looking for volunteers to help without annual tradition of the gingerbread shop. Please check out this link to the sign-up genius

<http://www.signupgenius.com/go/10C0D4AA5AE2DA0F85-gingerbread>

3. We will be selling gift cards to Texas roadhouse and will receive information about this in the coming week. We get 20% of the sales and then we will do a Dine out night in January so you can use the gift cards that you have purchased.

4. Square 1 Art - Where it starts with your child's art!

Square 1 Art is a wonderful fundraiser that celebrates your child's artwork along with benefiting our school!

Your child's FREE STICKERS with custom catalog should come home today. The stickers are yours to keep.

All online and paper orders should be received no later than **November 21st**.

Products will be delivered to the school and distributed before winter break.

If you have any questions regarding Square 1 Art please contact Melissa Pratt at mpratt@townisp.com.

5. Coolidge School Clothing Drive - We are in our final week of a so far very successful clothing drive for the Epilepsy Foundation. Please continue to send in your clothing, shoes, bedding, towels, drapes/curtains, stuffed animals, etc., anything soft by Friday morning the latest. I am so proud and happy to be chairing this clothing drive. The families and friends of Coolidge School are amazing. Thanks so much.

6. School Store - Our next school store is this Friday, November 18th. Please be sure your students in 1st through 4th grades are getting their reading sheets in so that they can earn a ticket for the school store for every sheet. These tickets are worth 25 cents to be used at the store. Thank you for all donations that have come in also.

7. Reading Incentive Program - I am so happy to see many reading sheets being turned in and the students earning their stars and getting their tickets and prizes. There will be a drawing at the end of November and one lucky reader will win a prize. Keep up the great work and everyone of us will be Super Readers.

To include news about your committee, fundraiser or PTO event in future newsflashes, please e-mail your submissions to Kristie Biando at kbiando74@gmail.com and Rachel Reeve at rachelreeve@yahoo.com