

# Truman School Newsletter



## February 2012



### DATES TO REMEMBER

**Feb. 3**

“Walk with the Principal”  
National Wear Red Day for  
American Heart Association

**Feb. 6**

Report Cards Issued  
PTO Meeting (7:00 p.m. in Library)

**Feb. 6-10**

National School Counseling Week

**Feb. 10**

“Walk with the Principal”  
PTO Valentine’s Day Dance  
(7:00 p.m. – 9:00 p.m.)

**Feb. 13**

Visitation to Briarwood Nursing  
Home (3D4 & KC2)  
Willabees (3:15 p.m. – 4:15 p.m.)

**Feb. 17**

Kindergarten Presidents’ Day Parade  
School Spirit Day – “Red, White &  
Blue” Day  
“Walk with the Principal”

**Feb. 20**

School Closed – Presidents’ Day

**Feb. 24**

Jump Rope for Heart (Snow date  
March 2<sup>nd</sup>)  
School Spirit Day – “Truman Attire”

**Feb. 27 – Mar. 2**

Scholastic Book Fair

**Feb. 28**

Character Café – Grade 3  
Good Citizenship Activity  
School Spirit Day – “Truman Attire”

**Feb. 29**

Early Dismissal (1:15 p.m.)  
Parent/Teacher Conferences  
(1:25 – 3:15 p.m.)

**Mar. 1**

Early Dismissal (1:15 p.m.)  
Parent/Teacher Conferences  
(7:00 – 9:00 p.m.)



Welcome Truman PTO

### **A MESSAGE FROM OUR PTO PRESIDENTS KRISTINE FRITZ AND CAROLYN MAGIELNICKI**

Wow, the school year is already about half over, but don’t worry, the great activities and fund-raisers are not!

The holiday class parties were a great success. The children enjoyed their sing-a-long, as well as, the snacks and crafts the PTO provided for their parties. THANKS to the class parents and to EVERYONE who helped make the holiday parties so special. The children also enjoyed shopping for their loved ones at the Holiday Shop and taking a break to watch a spectacular “Winter Wonderland” Laser Light show.

Please don’t forget you can continue to support the PTO by participating

in our on-going fund-raisers. Keep sending in those **Boxtops!** Please send in as many as you can by **February 15<sup>th</sup>**. We will be making a Boxtops submission in February. Also, don’t forget to order any gift cards you need from Truman PTO through our “Gifts Cents” program. Orders are due on the 1<sup>st</sup> and 15<sup>th</sup> of each month. Enjoy a great meal at Camillo’s from Feb. 6 to Feb. 9 from 4:00 p.m. to 9:00 p.m. and a portion of your bill will be donated to the Truman PTO.

We will be having a Valentine’s Day dance on Feb. 10<sup>th</sup> from 7:00 p.m. to 9:00 p.m. (snow date Feb. 17<sup>th</sup>). A flyer will be e-mailed today with all the details. Be sure to join us, the dances are always great fun! Also, in February, we are planning to hold a raffle where you will be able to win some fantastic prizes, such as a 42” Television, Kindle Fire, and i-Pod Touch! Again, more details will be forthcoming.

**If you would like to volunteer, chair or co-chair an up-coming event or share your ideas, please feel free to contact the PTO by e-mail at:**  
**[TRUMANPTO@yahoo.com](mailto:TRUMANPTO@yahoo.com)**

**If you are on Facebook, you can also contact us at the “Truman Parents Info and News” group.**

**Please join us for the next PTO meeting on February 6, 2012 at 7:00 p.m. in the Library.**



## A MESSAGE FROM OUR PRINCIPAL, MRS. COFFEY

*“Success means doing the best we can with what we have. Success is in the going, not the getting; in the trying, not the triumph. Success is a personal standard, reaching for the highest that is in us, becoming all that we can be.” - Zig Ziglar*

**Happy New Year!** On behalf of the staff at Harry S. Truman School, we wish you and yours a happy, healthy and bright New Year! May all your wishes and dreams come true in 2012.

As we begin the New Year, our students continue their interest in our school theme, “The Best Me I Can Be,” by striving to be the best he/she can be as a student, friend, citizen, reader, mathematician, writer, artist, musician, athlete, environmentalist, etc. Our school theme has a three-fold focus each month that centers on a specific content area of the curriculum, character education trait and community service project. So our students continue to strive to work as a team to make great things happen in the classroom, school and community. Both collectively and individually the students do their best to accomplish goals, solve problems, demonstrate commendable character traits, make good decisions, and commit to sound health and physical fitness. We praise the children on a job well done in 2011 and look forward to

continuing to motivate and challenge them with many more exciting learning experiences in 2012!

As part of our school theme, we have been focusing on the **content area of mathematics** with the students throughout the month of January. Learning math can be a fascinating and fun subject for children of all ages, but it takes a lot of reinforcement and practice. The Truman School teachers work hard to make “math matter” for our students by involving them in exciting hands-on activities that include learning the basic addition, subtraction, multiplication, and division facts, comprehending concepts and solving word problems. In addition, the teachers concentrate on making math relevant and related to the children’s everyday lives. We encourage you to assist us in helping reinforce and build your child’s interest and math skills while making learning fun and relevant.

Everyone realizes the importance of reading to their children. But do you realize that it’s equally essential to help children understand math – both math concepts and how it is part of their everyday lives? I have included some suggestions you can do to support and strengthen your son or daughter’s math skills in an article entitled **“Ten Ways to Help Improve Your Child’s Math Skills.”** Please take a moment to read the suggestions and try some with your youngster because working together we can make math matter!

## “Ten Ways to Help Improve Your Child’s Math Skills”



1. Promote a positive attitude about math. What you say influences what your child thinks.
2. Incorporate math into your daily life. Have your child count out change or help with recipes that are halved or doubled.
3. Help your child appreciate how math is used in everyday life – for example, in sports, or when making purchases or paying bills.
4. Make math fun. Dominoes, cards, and board games that use counting and paper money improve mental math skills.
5. Ask for explanation of math assignments so you know that concepts are understood.
6. Challenge your child to be persistent about solving difficult math problems.
7. Review their homework and discover together how mistakes were made.
8. Encourage them to do extra problems to build upon their math skills.
9. Talk with your child’s teacher about how you can help with the learning process.
10. Praise your child’s efforts and math accomplishments.

The **character trait** for January is **trustworthiness**. Throughout the month, the students have been discussing the importance of demonstrating trustworthiness by telling the truth, being dependable, keeping one's word, and taking responsibility for one's actions. They have learned that trust is what makes one person believe in another and that trust must be earned, it just doesn't happen.

Our **community service project** for the month is called "**Winter Wishes**" in which the children will be making cards and writing letters to children in local hospital wards. It is Truman School's way of reaching out to others to demonstrate our kindness and letting them know how much we care. After all, being kind is not only a rewarding experience for the recipient of the acts of kindness, but for the person that is being kind.

**WISHING YOU A HAPPY,  
HEALTHY NEW YEAR!**

**JUST A REMINDER:  
REPORT CARDS WILL BE  
DISTRIBUTED ON  
FEBRUARY 6, 2012**

**PARENT/TEACHER  
CONFERENCES**

Conferences for the elementary schools in the district will be held on February 29<sup>th</sup> (1:25-3:15 p.m.) and March 1<sup>st</sup> (7:00-9:00 p.m.). To maximize the limited time available, please consider the following tips for a successful conference:

- Keep in mind that each conference should be limited to 5 minutes.
- Alert the teacher to any changes in your life, e.g. has anyone recently joined or left your household, new pets, lifestyle changes, illnesses, change in your work schedule, etc.?
- Has your child recently taken on any new extracurricular activities?
- Share your child's perceptions about school, positive or negative.
- Jot down questions you would like to have answered, try to be specific.

### **QUOTE OF THE MONTH**

**"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart." –  
Helen Keller**

### **JUMP ROPE FOR HEART**

On Friday, February 24, 2012, the students in grades K through 3 will be participating in Jump Rope for Heart. This event is designed to teach youngsters the importance of lifetime cardiovascular fitness as well as raise research funds for the American Heart Association. This community service project is being done in conjunction with the school theme as well as February being "Launch the Love" month. We hope that you will support us in this endeavor.

Students have fun and at the same time learn about the benefit of regular exercise and value of teamwork. Participants will be

collecting donations from family and friends; these funds help the Heart Association fight disease and stroke, our nation's #1 killer.

Your consent and support will make your child's participation even more meaningful and enjoyable. It is important to provide opportunities for our students to experience the good feelings that come from helping others. Permission slips will be coming home soon.

### **NURSE'S NEWS**

February is designated as National Heart Health Month and Dental Health Month. You will surely be 'BE THE BEST ME I CAN BE' by following these health tips.

**Determine what your ideal weight should be and strive to achieve it.**

Your diet should include whole grains, plenty of fruits and vegetables, foods low in saturated fat, eliminating foods with trans-fats and including high fiber foods. Eat a handful of almonds everyday and use olive oil or almond oil for cooking or salad dressings. Broil your food instead of frying your food. Healthy eating habits should begin in childhood. Children learn by example, include your children in meal planning, food shopping, and preparing meals. Teach your children how to read labels. You can incorporate reading lessons as well as math lessons when shopping and preparing meals.

**Know your numbers.** Have your cholesterol checked and know the ratio of your LDL (bad) and HDL (good). In addition, you should know your Homocysteine level and C-Reactive Protein level. Have your blood pressure checked, too.

**Visit your dentist every six months.** You might ask what does a dental visit have to do with your heart? It has been found that if you have periodontal disease, the inflammation from your gums can cause inflammation in your heart. Brush twice a day, floss, and use a mouthwash to prevent inflammation. Sayreville does not have fluoridated water, so speak to your pediatrician about fluoride vitamins.

**Exercise! Exercise! Exercise!** You don't have to join a gym to exercise. Play with your children. It will be good for everyone. Play tag, jump rope, hide and seek, soccer or basketball, go on a nature walk or hiking, bike riding, ice-skating, roller-skating. You will be spending time with your children and exercising at the same time. If possible, you should exercise at least a half hour or hour per day.

**If you are a smoker, quit today!** Smoking is one of the worst things for your heart. Your arteries become clogged and the blood flow is diminished.

**Drink lots of water.** It is recommended that you drink two quarts a day. This is important to keep your body hydrated and to flush out the impurities in your body. Drinking plenty of water will also keep you looking younger, always an added plus. Talk to your doctor about vitamins and

supplements. Folic acid is a wonderful anti-oxidant and if you do not consume a good amount of food high in omega-three oils, such as salmon, herring, sardines, you might consider taking a supplement.

**Lastly, go through life with a happy heart!** Don't sweat the small stuff. Type A personalities are more likely to suffer a heart attack, as well as people who get angry very often. Control your anger. Learn relaxation techniques, try yoga or meditation. Don't forget to **wear red on February 3rd**, in support of the fight against heart disease.

### **HAPPY HEARTS MAKE HEALTHY HEARTS**

Please keep in mind the following suggestions in order to keep your child's New Year "healthy" and bright:

- Do make every effort to keep your child home from school when he/she has a contagious illness, e.g. flu, cold, conjunctivitis, strep throat, etc. When children are openly coughing and sneezing they are spreading germs unfairly to others.
- Outdoor play after lunch is a regular part of our daily program, bearing extreme cold or precipitation. Therefore, please dress your child appropriate to the weather: hats, coats, gloves, boots, scarves, and snow pants.

Mrs. Charlene Kenny, RN  
School Nurse

### **THE CHARACTER CAFÉ**

Many thanks to all our students and their families for the tremendous outpouring of kindness and generosity during December's community service project for the Sayreville Care and Share Food Drive. Truman School Students can feel very proud in knowing they made a difference for others during the holiday season. Congratulations to Mrs. Blum's first graders who attended the Character Café on December 21<sup>st</sup> with Mrs. Coffey. Students in (1A4) demonstrated lots of kindness by bringing 168 food items for their grade level for this special project.

Great job to the following students in Mrs. Blum's homeroom:

Yasmine Abbas  
Tyler-Odeh Abbassi  
Deetya Adhikari  
Paul Arias  
Pranav Asarpota  
Adam Carvan  
Naimah Cureton  
Isabella Czajkowski  
Alexandra Ellinsky  
Pavol Evans  
Tahir Fullerton  
Rocco Kohler  
Doris Lee  
Sara Lorentz  
Megan McKay  
Michael Pomykala  
Tiffany Risco  
Drew Schabillon  
Aaryan Shah  
McKenna Swan

Many thanks to the parents who assisted with this special event. They did a beautiful job decorating and hosting the luncheon.