



The Wellington News

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May 8, 2017

Important Dates:

- **May 9:** Wellington PTO Moozy's Day!
- **May 10:** National School Nurses' Day
- **May 11:** PTO Staff Appreciation Luncheon, Community Room, 11:15-1:40
- **May 16:** **Third Grade MCAS, Math #1**
- **May 17:** **Third Grade MCAS, Math #2**
- **May 17:** Chenery PTO Meeting for families with CURRENT Fourth Graders, 7PM at Chenery
- **May 22:** **General PTO Meeting, 8:45AM (Note: This is a date and time change!)**
- **May 22-26:** ASE Classes End
- **June 1:** Spring Picnic
- **June 2:** Third and Fourth Grade Field Day

Dear Wellington Families,

Thank you for taking the time to honor ALL of our hardworking staff members during National Teacher Appreciation Week this week as well as our two amazing nurses on National School Nurses' Day! If you are able please take the time to write a note or email to let our amazing educators and nurses know just how much you appreciate their efforts in supporting, educating, and advocating for all of our Wellington children.

And, how are the children? Well, very well!

Amy and Sarah

Nurse's Notes: (Sniffles, Sunburns and Safety)

- **Seasonal pollen allergies are also causing problems.** It can be difficult to tell if allergies or a cold are to blame for the runny nose and watery eyes, **but in the absence of fever**, preventative measures of clean face and hands, good nutrition/fluid intake, adequate rest, as well as over-the-counter allergy/cold preparations, can help decrease symptoms. If your child is particularly "drippy" then he/she should stay home until the symptoms are under control enough to participate fully in the activities of the school day.

- **The sunshine is here and so are the sunburns!** It is important every day but especially now with warmer weather that sunscreen becomes part of the morning routine. A sunscreen of SPF 15 or higher applied prior to school will protect your child through the school day, as well as decrease the risk of skin issues later in life.
- **It is NOT time for flip-flop shoes!** Children need **solid, supportive foot protection here at school** to avoid injuries. Even open-toed sandals put young feet at risk in this busy environment. Children should wear sneakers, especially to participate in gym class.

Feel free to call me with questions at 617-993-5606. Terry Grimm RN

PTO News:

A full calendar of PTO events can be found online

<http://www.belmont.k12.ma.us/wellington/pto/index.asp?pageID=1>.

Please use the following address to access the Wellington and Belmont School Events calendar from other applications. You can copy and paste this into any calendar product that supports the iCal format. Notifications can be individually tailored from your calendar or device.

<https://calendar.google.com/calendar/ical/0e3o095rv2hl8b4m561sjgmm7k%40group.calendar.google.com/public/basic.ics>

It is hard to believe that we only have 6.5 weeks of school left in the 2016-2017 school year! As we begin to look ahead to next year's budget, staffing, and events for the Wellington PTO, we remind you that we are always looking for volunteers willing to take on more responsibility with the PTO!

Have ideas for communicating about our events? Do you have time or skills to offer? Have an event that you really love (or hate?) Please let us know! We are filling positions for the PTO Executive Board, Committee Chairs and Event Chairs NOW! This is the best time of year to throw your hat in the ring, propose a speaker or initiative, or ask a question about what we do!

Please contact us at wellingtonptopresidents@gmail.com today!

Melissa & Lynne

UPCOMING PTO EVENTS & ANNOUNCEMENTS:

- ***Moozy's Day Means Ice Cream! Yay!*** Stop by Moozy's Ice Cream and Yogurt Emporium any time on **Tuesday, May 9th** for lunch, dinner, and a delicious treat. Moozy's will donate 25% of the entire day's sales to the Wellington PTO! Come see which members of the Wellington staff will be there as celebrity scoopers and to mingle with kids between 4:00-6:00 p.m. while everyone enjoys their sweet snacks!

- ***SPIRIT WEAR DELIVERIES COMING THIS WEEK-*** Our Wellington Spirit Wear Orders are almost ready! Deliveries should arrive at school this week and will be sent home via our back-pack delivery system! Watch for a listserv notice when your gear is ready. Wellington Rocks!

GREEN TEAM NEWS:

WELLINGTON HONORED AS TREX NATIONAL RECYCLING CHALLENGE WINNER!

- For the students and staff at Wellington, it's not only easy being green – it's rewarding, too! Wellington was just named a national winner of the 10th annual Trex Plastic Film Recycling Challenge, a program designed to help educate students about the importance of recycling.
- To capture this year's top honors, the Wellington community recycled approximately 216 pounds of polyethylene plastic. In recognition of their outstanding efforts, Trex Company will present the school with a new Trex bench, as well as a picture frame made from Trex composite materials to showcase their winner certificate.
- Trex awarded 52 benches this year, with winning schools collecting a combined 76,640 pounds of plastic film since the program started last November 15 on America Recycles Day. Instead of going into landfills, that plastic waste will be converted into Trex composite decking. For more information about the Trex Plastic Film Recycling Challenge, visit Trex.com/Recycling.
- Thank you to Alison Kemp and Dawn Donohue for collecting the bags for the school and to Star Market in Belmont for being our grocery retailer liaison.

2017 Fourth-Grade Send-Off Information for Fourth-Grade Parents

- **When is it?** **Thursday, June 15 from 6:00-8:00 pm** in the Wellington cafeteria and gymnasium. Look for an Evite to come soon!
- **How can you help?** There are three main ways that every fourth grade parent can help contribute to the 4GSO:
 - **Volunteer!** Please contact Allison Goodwin, Nomita Ganguly, or Lauren Capitani at farewellington@gmail.com if you'd like to get involved! **Sign-up for Third Grade Parents coming soon!**
 - **Provide photos! ****Photos of your student and his/her classmates are due now! Photos for the memory book and slide show are needed ASAP. Students will be working on their memory book pages beginning THIS WEEK! ******
 - **Contribute!** To help bring this party and gifts to your child, we are asking each family who can for a ***donation of \$40***. If this amount is not feasible at this time, please feel free to make any donation you can. Also, any additional donations would be greatly appreciated. Please note that all fourth graders

and parents are permitted to fully participate in all of these events regardless of whether or not a contribution is made.

Please email questions to farewellington@gmail.com.

Second, we need you to complete a quick online Survey Monkey to collect names for the t-shirt, also by Monday, April 10. <https://www.surveymonkey.com/r/VT8F57V>

A full document on how to upload can be found at

https://www.dropbox.com/s/jb1a4cqzqclrxeu/Guidelines_photo_upload_4gso.docx?dl=0

- Aaron Ogilvie: <https://www.dropbox.com/request/7YinOM0JqSWyYm3eAltJ>
- Erin Severy: <https://www.dropbox.com/request/Pms0sKvNdEW62HA3JupK>
- Jess Endres: <https://www.dropbox.com/request/82BvhEHh00wvXvbI95mP>
- Steve Tenhor: <https://www.dropbox.com/request/i5EcRMC1fU9M431kYO3E>
- Christina Westfall: <https://www.dropbox.com/request/SbAOAE1aB8DyQ0iavOKL>

Digital Slide Show Photos: Post at least 3 high-resolution photos to the appropriate folders listed.

A digital slide show will be featured at the 4GSO event. Upload single portraits, photos with friends and with teachers. (Please send school age photos - no baby pictures please). A link to the digital slide show will be sent to each family as a keepsake.

- Miscellaneous photos K-4 (Fall 2012 – Spring 2017):
<https://www.dropbox.com/request/6u4y2SITfVxbeJhoxReZ>
- Kindergarten 2012/13 Drumlin Farm trip:
<https://www.dropbox.com/request/Crk6fV23oWxBJ9FMXE4Q>
- 1st Grade 2013/14 Franklin Park Zoo trip:
<https://www.dropbox.com/request/dbtVcAZD8KVR6a6Juh05>
- 2nd Grade 2014/15 Belmont Library trip:
<https://www.dropbox.com/request/mlXfssgDYYups3CSei4y>
- 2nd Grade 2014/15 Garden in the Woods trip:
<https://www.dropbox.com/request/qrD9r4KrS83gbGuYaNTh>
- 2nd Grade 2014/15 Belmont Women's Club trip:
<https://www.dropbox.com/request/AT5SIWUGWfSA3NPwbOzi>
- 3rd Grade 2015/16 Plimoth Plantation trip:
<https://www.dropbox.com/request/z1STswIUw0AKxYtkM5Pd>
- 3rd Grade 2015/16 Lexington/Concord Bus Tour:
<https://www.dropbox.com/request/AvwY7hsKxD2OBZP9o6qV>
- 3rd Grade 2015/16 Freedom Trail trip:
<https://www.dropbox.com/request/K93Wzxtbfb9ul7XXpCf>
- 4th Grade 2016/17 Harvard Museum trip:
<https://www.dropbox.com/request/XkTtYDMjXgEgROfaLrbQ>
- 4th Grade 2016/17 Lowell Mills:
<https://www.dropbox.com/request/C8aABaJ1f1Dmm84DPtUy>
- 4th Grade 2016/17 New England trip:
<https://www.dropbox.com/request/ewckwuLNUWlGRusLVg4L>

OTHER WAYS TO SUPPORT WELLINGTON PTO:

- **Amazon Smile** - *Are you an Amazon shopper?* If so, **sign up to use Amazon Smile and designate 0.5% of your purchase price to support your favorite charitable organization, like the Wellington PTO, Inc.** You use your existing amazon account, so it's simple! Go to <http://smile.amazon.com/about> for more details.
- **Mighty Nest** - **Want to be green AND help Wellington while you shop?** Join Mighty Nest to shop for healthy, everyday items - and they will donate **15% of your purchases back to Wellington.** Mighty Nest carries products for active, healthy families including kitchen items, lunch gear, toys, baby products, cleaning supplies and personal care products. For more info or to sign up, go to: <http://schools.mightynest.com/schools/ma/belmont/roger-e-wellington>

As always, our thanks to all Wellington families for your continued support of the PTO - we couldn't do it without you!

Melissa & Lynne

Community News:

BE THE PARENT YOU WANT TO BE! An Introductory Workshop in the Think:Kids Collaborative Problem Solving Approach:

Do you ever feel frustrated with your child? Find yourself shouting and imposing consequences in reaction to challenging behavior? Do you wish you had a more effective parenting approach that brings out the best in both you and your child? The Collaborative Problem Solving parenting approach, developed by MGH's Think:Kids program, helps parents to:

- Foster positive relationships with their child
- Build their child's skills in self-regulation, communication and problem-solving
- Reduce their child's challenging behavior
- Solve problems calmly, collaboratively and proactively

For more information and to register for the upcoming May workshop (May 8-29) in Belmont, please visit: BeTheParentBoston.com



MOTHER-DAUGHTER YOGA

Girls Grades 1-4: 12:00-1:00pm
Girls Grades 5-8: 1:00-2:00pm

\$30 per
Mother/Daughter Pair

Saturday, May 13

For girls & their Moms, Aunts, Grandmas, Big Sisters!

Space is limited and will sell out. [Register today!](#)

Help celebrate Mother's Day with your Mom or another female in your life by treating yourself to a yoga class together. In this wonderful and welcoming class, you will:

- Work with each other to support one another in yoga poses
- See each other in a new way as you work together to build strength of body and mind
- Support each other as you test your ability while growing flexibility
- Learn healthy techniques that you can use at home to relax or calm your mind

Led by instructor Amy Hrobak, you will work together as well as by yourself and you will unwind in poses with props. Class will end with a relaxation period that will leave you feeling rejuvenated and refreshed. Yoga is for everybody, no particular fitness level or experience level is necessary.

About Instructor Amy Hrobak

Amy Hrobak is a licensed social worker in the Cambridge Public Schools and a Yoga Alliance registered teacher at the RYT 200 level and at the RYT 300 level. Since 2010, Amy has immersed herself in both the physical and mental benefits of this practice. Through her personal and complimentary to her yoga teaching, Amy's professional experience as a social worker in residential and school settings has been a foundation for her highly interactive and engaging classes. Since 2002, she has worked with hundreds of children, teens and families. Additionally, Amy played competitive soccer at Saint Anselm and with Eastern Massachusetts Division 1 soccer leagues and has coached elementary and middle school teams. Amy has completed her training with Chakra Link and Divine Arts of Portland Yoga Studio, Kripaloucheau, 300 Hour Certified Yoga Training, Lotus Yoga and South Yoga Therapy, and her beliefs that yoga and meditation can improve our ability to find peace, safety, and calm within themselves in Amy's classes, students learn and grow through equipment, via breathers, poses, mudras, a building and body awareness which builds strength and flexibility in their bodies.

Class held at Artemis Yoga - 639 Mt. Auburn Street, Watertown
Register in advance - www.artemis yoga.com - 617-393-3590