



The Wellington News

Roger Wellington School
121 Orchard St
Belmont, Massachusetts 02478

Telephone 617/993-5600
Telecopier 617/484-1790

Amy N. Spangler
Principal

Sarah Forrey-Pettit
Assistant Principal

June 12, 2017

Important Dates:

- **June 13:** Library Shelf-Reading, 10AM-noon, see below for details
- **June 15:** Fourth Grade Send Off, 6-8PM
- **June 19:** Volunteer Celebration, 9AM, Wellington Library
- **June 19:** PTO Spring Picnic! NOTE the NEW DATE!
- **June 21:** Final Walk—Join our community at **11:10AM SHARP** to celebrate FOURTH GRADERS; Turf-side of the school.
- **June 21:** Last Day of School, 11:40AM Dismissal for ALL students

Dear Wellington Families,

Please join me in thanking Mr. Sig Helgason, Molly Jones's grandfather, for playing such beautiful classical music during our final Fine Dining Day of the school year. We sincerely appreciate his time and enthusiasm. We look forward to more Fine Dining Days in the 2017-18 school year. Please let us know if YOU or someone you know would be interested in playing a musical instrument during student lunchtime in the coming school year.

A HUGE thank you for another amazing staff breakfast today! Our Wellington faculty feel so loved and appreciated by our Wellington families, thank you all for baking or picking-up and sharing such delicious foods will all of us. It **made** our Monday.

Families are always asking me about what my thoughts are on students working on academics over the summer. No matter what you do, the activities should happen on a regular basis and be fun for everyone involved. To that end, here are a few suggestions for summertime:

English Language Arts: A simple and fun routine should be set early in the summer (like on June 26) that involves some sort of reading **and** writing each day. Students need to practice the skills that they have already gained at school. Providing students with protected time and the fun resources needed to reinforce or expand their skills, each day, is a big part of this being a successful endeavor. Students of all ages and skills can be very motivated to write emails to family members or grocery lists as a favor. Students can also

find it inspiring to have a journal or diary where they can write or draw a reflection each day or develop stories or jokes. It probably goes without saying but, all early readers should either read or be read to, or both, if possible throughout the entire summer. Here is a link to a list of books, by grade, that you might find helpful: <https://tinyurl.com/bps-reading-2017>

Mathematics: Summertime is a great time for students to SEE how math is all around them. It is helpful for families to point out shapes and chances to practice adding/subtracting/multiplying and dividing numbers by doing every day things like looking at distances or using money. For example, your student earns an allowance it can often be helpful to ask them to track their “spending” and “earnings” throughout the summer. This can be a fun and low stress way of using mathematics skills. If your student needs support with math facts, skip counting and flash cards are still helpful ways to help students master rote memorization. A great website to use that embeds mathematics into literature with follow-up activities is: www.bedtimemath.org

Thinking: A lot of people forget that simply talking with children is highly educational. During every day activities parents/guardians can activate knowledge and build stronger vocabulary just through conversation while ordering lunch at a restaurant to planning a trip to the park. Studies on early learning suggest that students who hear spoken words, through engaged conversation, are more likely to have success in school. One of my favorite activities is to ask a child to recap or summarize something that happened in the day, during dinner. This question helps children to organize their thoughts, (a pre-writing skill) and, verbalizing thoughts about events also builds vocabulary. Another activity that stimulates thinking and builds vocabulary is to select one “everyday-type” object each day to show your child that they may not know anything about, like a garlic press. Showing it to your child and then discussing it or even using it can really open-up the world to your child...and it is amazing how many objects most people have around their homes that their children do not know anything about! This is a great way to also teach family history! For example, showing your child Uncle Joe’s canteen from his military career might stimulate a lot of conversation and also help your child learn more about Uncle Joe.

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

Amy

Nurse’s Notes: (Medication Pick-up, Summer Safety)

MEDICATIONS:

- ✓ Any student medications in the clinic need to be picked up by parents on or before the last day of school or they will be discarded. If your child’s class is done with field trips for the school year consider picking up medications now. No medications can be stored in the school over the summer.
- ✓ I will be arranging appointments (August 30th and 31st) before school starts in the fall for **medication drop off and health discussions as needed**. Feel free

to email me regarding your preferred time if this works for you. I do check email over the summer but will not be at school before those dates.

SUMMER SAFETY and REMINDERS:

- ✓ **Head lice** don't take a vacation...please remember to do a comb-out check (or two!) during the summer especially if your child has been on sleepovers or at sleep-away camp.
- ✓ **Remind your children to wear helmets** when riding bicycles, scooters, and skate boards. Helmets reduce the risk of brain injury by as much as 88%.
- ✓ **Check your children for ticks daily** after they have spent time outside under trees, in tall grass, or brushing against vegetation. Also check them if they have been around pets. Ticks do not jump or fly but will cling to animals and humans as they pass by.
- ✓ **Be vigilant in your use of sunscreen.** Start keeping a bottle of sunscreen (SPF 15 and above) in the car to have on hand for ball games and outings.
- ✓ **Keep a water bottle handy.** As our children become more active, they need to increase the amount of liquids they drink. And please make sure they do not share water bottles-- illnesses can be transmitted that way even if a friend "looks healthy."

Enjoy the outdoors together. Have a safe and healthy summer! 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.](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>

UPCOMING EVENTS & ANNOUNCEMENTS:

Would you like to volunteer with the PTO next year? *We're still looking to fill these positions for 2017-18:*

1. Directory: lay-out & ads
2. Graphic designer(s)
3. Insurance advisor
4. Traffic supervisor
5. Field day liaison
6. Grant Writers
7. Fall & Spring Picnic coordinator
8. School Committee Meeting Reporter

Please help us spread the word! Please let us know if you or someone you know is interested in being more involved with the PTO next year. Email us at: wellingtonptopresidents@gmail.com

A REQUEST FROM THE WELLINGTON LIBRARY: PLEASE SIGN UP FOR LIBRARY SHELF READING EVENT! After all the books have been returned, it is a good time to take inventory, neaten the shelves, and prepare the library to rest before another busy year begins. Even if you can only stay a short time, please come to help us on Tuesday, June 13, between 10:00am and 12:00pm. Everyone is welcome! Please click this link to go to our invitation page on SignUp.com: <http://signup.com/go/WdNPFcL>

Wellington Spring Picnic - Monday, June 19th 5:00 - 7:00PM! All children must be accompanied by an adult. Finish the School Year with Friends at the Wellington Spring Picnic! Join us at Underwood Park on Monday, June 19th for Fun, Food and Friends! Bring food from home, or purchase delicious offerings from grill master, John Madden and *The Loading Dock*. Here are some menu items and prices:

- Chicken Kebob Meal \$10 *served with Rice and Garden Salad with Balsamic Vinaigrette
- 4 Cheeses Homemade Mac & Cheese \$6
- Mediterranean Dips & Chips \$7
- Traditional Hummus, Sweet Potato Hummus and in house made Pita Chips
- Fruit Cup \$5
- Hot dogs \$2.25,
- Hamburgers \$2.50
- Chips\$1.00
- Popcorn\$1.50
- Slush\$2.75
- Also Available: Water, Juice boxes, San Pellegrino Sparking Beverages

ENRICHMENT UPDATE:

Reptiles were "up close and personal" with the first graders last week, thanks to the PTO-supported visit of Rainforest Reptiles. The red-footed tortoise and the black and white tegu lizard were fun to watch, but the 6-foot boa constrictor "stole the show" when he shed his entire skin (which he had been working on for 3 weeks prior) in front of one of the classes. Each child got to pet the American Alligator, but thankfully his mouth was taped shut as we learned that his 60 razor-sharp teeth shed themselves 100 times a lifetime to ensure that they are perfect for capturing prey. The visit was a great way to culminate the first grade animal research projects happening in the classroom.



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. **How can you help?** There are two main ways that parents can help contribute to the 4GSO:

1. ***VOLUNTEER!*** Please contact Allison Goodwin, Nomita Ganguly, or Lauren Capitani at farewellington@gmail.com if you'd like to get involved!

[Third Grade Parents, please volunteer to help out on the night of the party!](#)

Not only will you be allowing the 4th Grade families to enjoy the evening with their children, you will also get a sneak peek at what to expect for your own child next year! Select a time frame that works best for your schedule and as the event nears, you will hear from us on your evening's assignment (i.e. table set-up, distributing gift bags, handing out burgers/dogs, and clean-up).

<http://www.signupgenius.com/go/60b094fafac2fa75-4gso>

2. ***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.

OTHER WAYS TO SUPPORT WELLINGTON

- ✓ ***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:

- ✓ **BHS GLOBAL CULTURE NIGHT:** You like having a good time and eating tasty food, right? And wouldn't you feel better if that evening was also spent benefitting the number one children's hospital in the world while also creating a more accepting society? Then bring all friends and family to Belmont High School on Saturday June 10, 5:30-8pm for the first ever BHS Global Culture Night, where all proceeds go to the Boston Children's Hospital. Tickets are \$10 for students/senior citizens, \$12 for adults, and yes this includes food. To reserve tickets, contact: medexploclub@gmail.com and arrive at 5:15 to officially buy tickets.

- ✓ **Kids Triathlon New England 2017:** Belmont kids 6 and above, please come and join the "Belmont Super" race and volunteering team at Kids Triathlon New England 2017!
 - For those of you who don't know yet, the 6th annual New England Kids Triathlon is a super fun event, which will be held at the MIT campus on July 16th this year. Last year, it was a sold out event with more than 1000 participants age 6 to 15. It's expected to be one of the biggest kids triathlons in the United States this year! This is the 3rd year a group of Belmont kids teamed up as Belmont Super to race. Last year, the Belmont Super team was the largest team at the race (over 70 kids). Together with the volunteers, Belmont Super raised over \$1000 for the Foundation for Belmont Education (FBE). This year we are trying to repeat the feat! If your kids are interested, they can register at: <https://www.kidstriathloninc.org/register-new-england.html> Remember to use the team name "Belmont Super" when you register, this way the organizers can make donation of \$10 to FBE for each participating "Belmont Super" kid. There is also a great volunteering opportunity for kids 14 and older: <https://www.kidstriathloninc.org/new-england-volunteer.html> Again, make sure to put down the group name "Belmont Super" when you register to volunteer. For each volunteer the organizer will donate \$10 to FBE too. This can also be counted as your community service hours.

 - To help the kids prepare for the race, the organizers offer free training through the Belmont Recreation Department. There will be a total of 6 sessions, including 2 for swimming, 2 for biking and 2 for running. The first training session starts at June 1st, so please hurry up to sign for the training. You don't want to miss the opportunity to train with your friends under the direction of professional triathlon coach! Detailed information about the

training and registration can be found at: <http://www.belmont-ma.gov/recreation-division/pages/kids-triathlon-competition-and-training>

- It's fun to practice, race and volunteer with friends, so get your friends to sign up with you!
- In addition, there will be a post-race celebration party including food, drinks, and lots of fun games. Last year, we had tug-of-war, bubble soccer and much more at Payson Park. Please check last year's Belmont Super report. <http://www.enterpriseneews.com/news/20160728/belmont-children-participate-in-new-england-kids-triathlon->
- If you have any questions, feel free to email: contact@bcaa-ma.org