



Cole Manor Courier
Winter Edition
(December 2010 & January 2011)



Message from your Principal.....

Dear Parents & Guardians,

It was great to see so many of you at November conferences. You received several items at your child's conference last month including a parent's guide to our programs and curriculum. Please read over each guide for the proper grade level and contact me if there are any questions. Every child will be completing some sort of research paper this school year; including kindergarten. The specifics of these papers will be shared with you via your child's classroom teacher. There is a great focus on writing in all content areas. I encourage you to ask your children about their writing assignments. We want to ensure that all of our parents and guardians are informed of the academic program at Cole Manor. In addition, you also received an e-mail contact log. Our teachers enjoy contacting parents to check in and to inform you of on goings with your child. You should expect to receive at least one phone call a month from your child's teacher.

As we move into the months of December and January, there are many activities taking place. Please be certain to review the "important dates" section. Our **winter concert** will be on 12/7/10 at 7:00 PM. All families are invited to attend.. We are very proud of the music department and the students participating in the concert. They have worked very hard to put together a wonderful show; so please join us if you can.

Please join us on **December 15th at 9:30 AM** here at Cole Manor for our third parent workshop of the school year. The workshop, titled "**Writing with your Child**" will be very informative for all grade levels. In addition, your child will be invited to join you at the workshop to do a writing piece with you. Light refreshments will be served. I look forward to seeing many of you at this workshop.

Holiday parties will be on 12/22/10 at 2:30 immediately following a school sing a long. Thank you again for your support in making these activities pleasant for the children. Upon our return in January, you will be receiving information regarding a previous uniform survey that was completed. I look forward to additional feedback regarding that survey and the concept of uniforms at Cole Manor for the 2011-2012 school year.

Finally, I want to thank all of our families for sending in items for the food drive and other school wide activities. It is a pleasure to have such supportive families. I wish you and you families a happy healthy holiday season. Please look for our next newsletter in February. Thank you .

Nicole Poncheri, Principal

A Message from your Lead Teacher....

I wanted to take this opportunity to let each of you know as parents exactly how important you are to the success of your child here at school. In speaking to your children and getting to know them better, many of them are so excited for us to send a message home to let you know that they are being successful and doing their best here at Cole Manor. On the flip side of that coin, many of them are also quite upset when they realize I am going to call home for a negative reason. I would like to thank you for your continued support as I try to keep our learning environment here safe, secure, and efficient so that your child gets the education they deserve!

Bus Behavior

YES, bus behavior unfortunately continues to be a **huge concern!** We have had many incidents this year regarding improper bus behavior. Riding the bus is a *privilege* which can be taken away if your child is not following the rules and making the bus ride unsafe for others. I have been riding busses, giving assigned seats, working with the bus drivers, and meeting with students to remind them of proper, safe behavior on the busses. I know that in many cases a bus suspension will be inconvenient for you, but please know that at that point I have run out of options. If your child is out of their seat, fighting, cursing, throwing things out the window, or making other bad choices on the bus, they will be suspended from the bus and it will be your responsibility to get them here to school. The other students on the bus deserve better. PLEASE have a **serious** conversation with your child about how they should behave as they ride the bus. Thank you so much to those of you who have already done this, and thank you to those of you who will do so now.



School Behavior

I hope everyone is enjoying their Holidays and that we then all get a great start to a happy, healthy, prosperous 2010. As we come back to school after the Winter Break, please encourage your child to continue to follow our Comet Choices and be a productive member of the Cole Manor Community. Overall, student behavior here at school has been pretty good! Talk to your children about WHY they come to school everyday. Let them make some New Year's Resolutions regarding school work and respectful behavior. Please ask your child if they have been a Comet 200 Club member lately...there's always more room up on the board!

A Message from your School Counselor....

Our character trait for the month of December is "Caring". To demonstrate caring, the students have been doing a "can/non perishable food drive" that will be donated to Norristown's Hospitality House to help feed those in need. Students also pledged their commitment to show caring actions by signing their names to their Classroom Pillar that is displayed in their classroom doorways. Students participated in their monthly "Comet Choice Check-in" meeting and heard student reflections of what caring really means in helping others less fortunate. To all the Cole Manor families, we appreciate your support in our Character Counts program as it is an important link to your child's whole learning.

Thank You to.....

Our PFC for a wonderful Holiday Shp!

Important Dates

Thurs., Dec. 2 – Barnes & Noble Night 5 – 8
Tues., Dec. 7 – Holiday Concert 2 & 7 pm
Tues., Dec. 14 – Early Dismissal
Wed., Dec. 15 Parent Workshop 9:30am
Thurs., Dec. 23rd – Sing a Long 2 pm
Holiday Parties 2:30 pm
Dec 24 – Jan. 1 – Winter Break
Mon., Jan. 2nd – Return To School

A Message from your Certified School Nurse

The State of Pennsylvania requires School Nurses to perform yearly growth screening and Body Mass Index on all students and send this information out to the home of all students in Kindergarten through Grade Twelve. Screening is done in a confidential manner, often during the yearly vision and hearing screening. If you have not already received this information it will be sent to your home after screening is done in school.

Body Mass Index (BMI) is:

A screening tool. In children and teens, body mass index is used to assess underweight, overweight, and at risk for overweight. An elevated BMI does not necessarily mean a child is obese. A stocky muscular child can have an elevated BMI. Your family doctor is the best judge of the results.

A calculation based on height, weight, age, and gender. Children's body fat changes as they grow. Also, girls and boys differ in their body fat content as they mature.

In 2003 the American Academy of Pediatrics recommended this be done yearly.

Informative. The BMI raises awareness among parents and students about health risks associated with obesity and overweight. Obese children are at a higher risk for Type 2 Diabetes and High Blood Pressure. Underweight children have a higher risk for heart problems, anemia, and bone loss.

A Guide. Many parents are not aware of their child's BMI. If your child has been identified as At Risk for Overweight or Overweight you might consider making an appointment with the doctor, or discussing the results at the next visit. Below are the established BMI percentiles based on the calculated BMI for height, weight, age and gender as noted above.

BMI less than 5th percentile – at risk for underweight

BMI between 5th and 85 percentiles – healthy range

BMI between 85th and 95th percentiles – at risk for overweight BMI equal to or greater than 95th percentile – overweight

Reading News

How are those Reading Adventures?

Cole Manor has started a **Reading Challenge** and your children have been informed! As you enter our building on the other side of the atrium you will see an arch of books that represents the number of books our students have read. We are encouraging each student to read at least 25 books in one school year, which gives us a building goal of **10,750 books**. We will continue to move our book worm around the arch to show how many adventures we have taken. We know they can surpass that goal too. So, continue to encourage your child to read each night.



Does your child think your **dinners are boring**? Want to **build their language skills**? Try a few of these activities to engage your children in dinner conversations. Place a picture/object (holiday card photo, scenery shot, action shot, postcard, odd gadget, unusual coin, toy) and discuss who's in the picture, what they're doing, why they're special to the family, a funny memory of them, or discuss all the things you can do with the object, where it may have come from, etc.



Also, try playing a game of **“Who Am I?”** Place a card under each dinner plate with a family member’s name on it. Take turns guessing who the person is by asking “yes” and “no” questions. For example, “Does this person have blonde hair?” “Does the person like spicy food?” Have fun and watch your children’s speaking and listening skills take flight!!

Our **Fall Book Swap** will be held the week of **December 13th**. If your child is tired of reading the same books and looking for something new or different to read, have him/her bring in “gently used” books to swap for new books. More information will be coming home.

Wishing all our families here at Cole Manor a **WONDERFUL AND SAFE HOLIDAY!** Try to squeeze in a few minutes to relax, pick up a great book and go on an adventure yourself!!

Linda Yackanicz
Instructional Support Teacher of Reading

Math News

As the holiday season approaches, there are many opportunities for math practice. Allow your child to look at ads and estimate the cost of purchasing several gifts. If your child earns an allowance, ask them to predict how much money they can save in time to shop for family and friends. Or allow them to spend a set amount of cash and see how far that money will go. **Flash cards make a great stocking stuffer.** Flash cards are even available at the Dollar Store. There are many styles of math practice workbooks available at particular stores. Encourage your child to notice the mathematics that is all around him/her. {Some fourth grade parents may be interested in purchasing the TI-15 calculator for home use. It is available from Staples for about \$20. Your child will use this tool in grades 5 and 6 as well.}

I am so pleased that now our grade 2 students are using First in Math along with grades 3 & 4. Perhaps, your child is doing this on your home computer and that is great! Once the average score for Cole Manor reaches 10,000, everyone in the family is invited to participate. I will let you know when that occurs!



Linda Maldonado
Maestra del alfabetizacion familiar,
ACLAMO

va a presentar una actividad interactiva y muy informativa con el tema de

Alfabetizacion Familiar

en la escuela Cole Manor durante el programa de tarea el dia

miercoles 8 de diciembre a las 3:30 en la tarde. Esperamos que todos vengan.

12/8

Maestra _____

_____ **Si, voy a asistir.** Me llamo _____.

 Mi hijo se llama _____.

 Mi numero de telefono _____

_____ **No, no voy a asistir.** Me llamo _____

 Mi hijo se llama _____

 Mi numero de telefono _____



**Taller de Alfabetizacion
Como leer con sus hijo/as**

Fecha: Miercoles 15 de Diciembre

Hora: 3:30

Lugar: La biblioteca de Cole Manor

Los padres aprenderan como leerle libros a sus hijos, que preguntas que hacerles mientras que leen, que palabras que discutir con ellos y com over si los hijos entiended lo que leen. Por favor juntese con nosotrros!

_____ Si, voy a assitir. Me llamo _____

 Mi hijo se llama _____

 Mi numero de telefono _____

_____ No, no voy a assitir. Me llamo _____

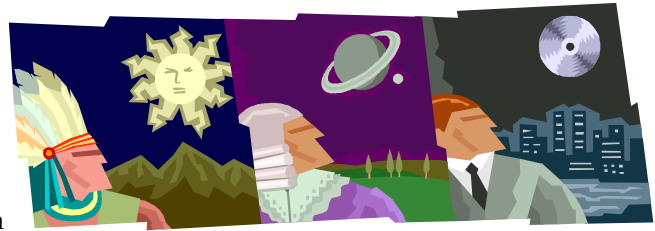
 Mi hijo llama _____

Maestra- _____

12/15

Discovery News

The Cole Manor Healthy Comet will be launching our first issue of the year!! Our staff writers are doing a superb job as they create new budgets. Mrs.Uhlman has been working with our newspaper club and staff writers to teach us journalistic style and editing. Our staff has become more sophisticated in their interviewing skills which include question writing and note taking while we interview our latest interesting people for our stories.



The culminating Hawaii Project will be a wonderful celebration of food, music and crafts for all of the students to enjoy!! Our students have been fascinated with the tropical paradise and its flowers, plants and animals. Studying volcanoes and rainforests has been very interesting and shows why Hawaii is such an interesting and unique state in the U.S.A.!

The Science Explorers Club will now be spearheaded by the upcoming Cole Manor Science Fair. We will be exploring many facets of science from biology to earth science and chemistry. We will also be incorporating inventions and famous inventors into our study of science!! Our students may be using building materials to create and learn about physics and simple machines!!

Our CSI series on the Great Honey Robbery and New Detective series will be continuing as we solve mysteries and look for evidence and suspects. Each week, we are given new clues and puzzles which reveal new evidence from footprints to fingerprints. Organizing our information and analyzing our logic puzzles continues to be a challenge for all grades!!

Our E-Mission-Moon, Mars and Beyond will soon be introduced for our fourth grade seminar students. Studying the planets, encoding information, plotting points on an X and Y axis are some of the skills they will be learning before the NASA simulation in March.