



# THE BLACKBIRD BUGLER

JEFFREY P. VIVENZIO, PRINCIPAL

VOLUME 14, ISSUE 10

JUNE 2018



## HAVE A WONDERFUL SUMMER!!



Another school year has flown by as June has arrived and we are already up to L- Lunch Day/ Lazy Day and so much more in our ABC count down. We are down to the last 15 days of school.

As most of you know, The Friends of the Voorheesville Playground and the community will begin building our new playground over the next two weeks. Beginning June 7th, multiple contractors will be on site to begin preparing the surface and pouring concrete. June 15-17 we will be our community build dates. If you haven't already signed up to volunteer, please do so soon. We truly appreciate all of your support and want to make sure you have the opportunity to participate in this experience. It will be something that our students and families will remember for the rest of their lives. In the end, we will have an amazing playground!!

As we close out the year, we will be saying goodbye to some as they move to other places, and begin the next chapter in their lives. This year we have a few staff members who are retiring after many years of service to VES and the Voorheesville community. Please join me as we thank Mrs. Milano, Computer Lab Teacher, Mr. Relyea, Custodian, Mrs.

Martin, Teaching Assistant, and Mrs. Noval, Teaching Assistant who retired in January, for their dedication to our students and families in Voorheesville. Good luck!!

Throughout the school year the students have worked very hard as always. I am very proud to work in a school with such dedicated students and staff and it is great to see them put their efforts into practice. In May our 5th grade students put on another amazing Fine Arts Night. Their artwork was displayed around the building thanks to the support of Mrs. Vitelli, and Mrs. Beauregard and Dr. Morgan were able to help your children grow so much in band and chorus. They sounded beautiful. I was amazed at how the students were able to put together the song 4 Chords to end the show. It sounded like a MS performance to me. Great work everyone!!

As we prepare for the last few weeks of school we have so many different activities and event to end the school year. Our Kindergarten and Fifth grade celebrations represent the next steps in the school lives of our "book end" classes especially as our fifth grade friends prepare to say goodbye to six years at Voorheesville Elementary School.

Field Day is a great day with many traditions. We always start the day off with our race and tug-o-war. It helps to get the students excited about the day. We will finish off with a variety of activities to promote team building and fun. It is always a great day. As we begin to think ahead to next year, Moving Up Day will certainly continue to allow students the opportunity to meet and experience their new classroom and classmates.

Please continue to visit the building, Blackbird Paradise-Garden, and the NEW PLAYGROUND throughout the summer! We will continue to keep you posted via School News Notifier Messages and on our website.

As always, if you have any suggestions or comments, please don't hesitate to pass them along.

I would like to take this opportunity to thank everyone for another wonderful year here in Voorheesville. It is such an amazing community and school. The teachers here continue to do a fantastic job of supporting your children in a variety of ways. Have a wonderful summer!

Jeffrey P. Vivencio  
Principal



Picture from our 5th Grade Fine Arts Night (Band Performs)

### UPCOMING DATES OF INTEREST

**June 5-7**—Book Fair (Buy One, Get One Free!) 3-7:00 p.m. in the Library

**June 8th**—11:30 Dismissal

**June 8th**—Grade 4 NYS Day 10:00 a.m.

**June 8-10**—Contractor Build Dates for Playground

**June 11th**—BOE Meeting 7 p.m. in VHS Library

**June 12th**—Gr 4 Instrument Night

**June 14th**—Field Day (Rain date- June 15)

**June 14th**—5th grade Parent Information Meeting regarding MS 7 p.m. in PAC

**June 15-17**—Community Playground Build

**June 18th**—4th Grade STEAM Night

**June 19th**—Kindergarten Celebration 2:00 p.m.

**June 21st**—Moving Up Day

**June 21st**—5th Grade Graduation 6:00 p.m. PAC

**June 22nd**—Last Day of School, 11:30 Dismissal

## REMINDERS

Please use the following directory for your convenience:

<b>Voorheesville Elementary School</b>	765-2382 Ext. 502
Jeffrey P. Vivenzio, Principal	
<b>School Nurse:</b>	
Colleen Brackett	765-2382 Ext. 506
<b>Attendance Office:</b>	
Corinna Parker	765-2382 Ext. 514
<b>Kid's Club Program (afterschool)</b>	765-2043
Christine Abelseth, Director	
<b>Transportation Department:</b>	
Mike Goyer	765-2382 Ext. 508
Priscilla Clark	765-2382 Ext. 521

## REMINDERS



We would like to remind **all** parents and visitors that there is **no parking allowed on public streets**. Please remember that if our parking lot is full, we are able to utilize St. Matthew's parking lot.

### **A reminder to all 5th grade parents:**

An informational letter in regards to the mandated TDAP immunization will be home with your child on Friday. Please be aware that proof of this vaccine is a requirement for your child to enter 6th grade.

Please contact Mrs. Brackett with questions regarding this mandated request.

765-2382 Ext. 506

### Classroom Teachers for the 2018-2019 School Year

- Kindergarten— Bingham, France, Pastiglione, Snyder & Zions
- First Grade— Adalian/(Countermined to return in January), Mancuso, Nowik & Parker
- Second Grade— Jennings, Jordan, Mattison, Reardon & Trombley
- Third Grade— Guerette, Keenan, Molloy & Wissing
- Fourth Grade— Burch, Lendrum, O'Connor & Rice
- Fifth Grade— Murray, Newkirk & Peek/Riccio (Job Share)



# kids quest health

Volume 1 No. 10

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## Too Much Screen Time?

With the arrival of summer, chances are that your child will be spending more time at home.



This is great in that it provides a lot of opportunity for more family time and more time for your child to play and exercise. Unfortunately, it can also sometimes mean more time for them in front of the television or a screen. Did you know that the average child spends over seven hours each day in front of a screen (television, phone, computer, etc.)? And this screen time can increase over summer if you're not cautious.

**Why Do I Have to be Aware of Screen Time?** Too much screen time can damage the frontal lobe of the brain, which controls our emotions, memory, language, problem solving, judgment, personality, and even the ability to communicate. This means that too much screen time can result in moodiness, impulsiveness, lack of sleep, depression, lack of exercise and social interaction, poor physical posture, and more. This applies to people of all ages, but since your child's brain is still developing, they are even more susceptible to damage.

**How Much is Too Much Screen Time?** According to the American Academy of Pediatrics (AAP), children should not get more than two hours of screen time per day, and they recommend that children 2 or younger not be exposed to any type of electronic screen.

**What Can I Do?** Consider enforcing the following rules.

- 1) No screens while eating meals.
- 2) Screen time can only be done as a family.
- 3) What your family does first thing in the morning sets the tone for the rest of the day. Do something active first thing in the morning, or make a rule of no screen time before lunch.
- 4) Create time limitations.
- 5) Turn off all electronics at least an hour before bed time.



## FAMILY CHALLENGE

With your child, create a long list of possible physical activities you could do this summer as a family (hiking, biking, bowling, swimming, flying kites, kayaking, fishing, etc.) and make it a goal to complete them all. Consider taking photos at each one and creating a memory album from the summer.

## Frozen Granola Parfaits

Granola  
Greek Yogurt  
(any flavor)  
Berries (any  
kind)  
Muffin tin  
Muffin liners



Place muffin liners in a muffin tin. Sprinkle a small layer of granola in the bottom of the muffin liner. Add a thick layer of Greek yogurt and top with berries. Freeze the muffin tin overnight and enjoy for breakfast!

## Q How can I reduce my child's sugar intake?

& Decreasing sugar intake can help your child have more energy, sleep better, and be more focused at school. Sugar is hidden in many foods and products. It's important to look at the ingredients list of any foods that you purchase and know what to look for. Try to avoid products that have sugar or any of its forms listed as the first ingredients. The most common sugar names are: syrup, such as corn, maple, brown rice, high fructose. Sugar such as corn, white, brown, raw, palm, coconut. Anything ending in -ose such as dextrose, fructose, glucose, galactose, lactose, xylose. Sugar alcohols ending in -ol such as erythoritol, xylitol, sorbitol, etc. And others like honey, fruit juice concentrates, and evaporated cane juice.

A Instead of buying products with these added sugars try using cocoa powder, cinnamon, vanilla extract, or other spices to add a sweet taste to your child's yogurt, oatmeal, smoothies, or other favorite snacks. If you really need to use a sweetener use monk fruit or stevia which are both natural low calorie sweeteners.

Now that you know the names of all the different types of sugars and sweeteners try to buy products that are labeled 'unsweetened' such as applesauce, yogurt, non-dairy milks, sauces, dressing, deli meats, canned goods, oatmeal packets, and granola bars just to name a few.



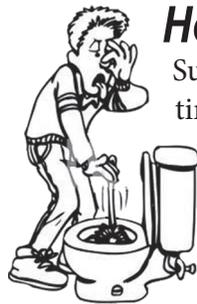
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*"Play is often talked about as if it were a relief from serious learning. But for children play is serious learning. Play is really the work of childhood."* - Fred Rogers

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## CAUSE FOR CONCERN

As you're probably aware the number of people affected by type 2 diabetes continues to increase, and unfortunately, the number of children with type 2 diabetes is increasing as well but you can help reduce your child's risk. A healthy diet and exercise is the best way to keep your child from getting Type 2 Diabetes. The key is to help your child maintain a healthy weight, physical activity, and diet composition. Instilling these healthy habits into your everyday family life is the best and only way to prevent the onset of the disease.



## Helpful Hint

Summer is a great time to start or reinforce chores at home. Have your child help take care of your home by assigning them chores each week. They will get in some physical activity and it may make them feel important for contributing to your to-do list. The chores you assign need to be age appropriate for your child, but even preschool aged children can contribute. Have them pick up or organize a room, plant flowers, clean underneath furniture, or wash windows. The to-do list is endless but your kids can help!

## Simple Switches

**Chicken or Turkey Sausage for Pork Sausage.** Pork sausage is higher in fat and there can be many lean forms of chicken and turkey sausage found at your local grocery store.

**Whole Wheat Toast or Ezekiel Bread for a bagel.** Bagels are high in calories because they are so dense. Choose 100% whole wheat options because they are higher in fiber and will help keep you fuller longer.

**Organic Peanut Butter (only peanuts listed on ingredients list) for regular Peanut Butter.** While peanuts themselves are a healthy fat some peanut butters have added unhealthy oils that are not heart healthy.

**Kids Quest Health** aims to provide parents of elementary and middle school aged children with practical health and wellness knowledge and tips that can make a big impact on the current and future health of their children. Kids Quest Health is composed of a team of health professions including a registered dietitian, health educator, physical education teacher, and certified personal trainer. Kids Quest Health is not intended to treat any medical conditions. Please consult a physician before making any serious changes in diet or exercise.