



SOUTHEAST NEWS

October - November 2007

Southeast Elementary School, 134 Warrenville Rd., Mansfield Center, CT 06250 423-1611

Dear Parents:

We are off to a great start with a fresh appearance, many parent volunteers, innovative schoolwide activities and several new ways to enhance our school. We look forward to working with you throughout this school year.

One of our town wide goals for this school year is to increase effective communication between parents, community and staff. There are many ways in which we hope to achieve this goal. The PTO will meet monthly (see the attached Calendar of Events for the meeting dates). Parents' Hour will also meet monthly (see the attached Calendar of events) for the purpose of presenting curriculum information, schoolwide programs, and to address many of the interesting topics submitted by parents and staff. The topic for each month will be sent home via a flyer. This month's presentation will be about the Enrichment Program at Southeast. The Enrichment Team will continue to be comprised of parents and teachers. Please feel free to visit and share your ideas. We look forward to your involvement within our school and programs.

Sincerely,
Norma Fisher-Doiron

Does Your Child Have Health Insurance?

The HUSKY (Healthcare for Uninsured Kids and Youth) Plan is designed to help all children who don't have health insurance. It includes services under the traditional Medicaid program (now known as Husky Part A). It also provides health services for children in higher-income families (called HUSKY Part B). There's also HUSKY Plus- a coverage option for children who have intensive physical and/or behavioral health needs. HUSKY medical assistance coverage will not be denied due to a pre-existing medical condition. For more information call or write:



1-800-656-6684
Husky Program
P.O. Box 280747
East Hartford, CT 06128

Calendar of Events

October

Children's Health Month

- 1..... 3:45 Expanding Horizons
5:30 Parents' Hour *new time*
(See pg. 4 of Newsletter for details)
7:00 PTO Meeting
- 3..... 2nd Gr. Field trip to Sturbridge
- 4..... 10:30-1:15 1st Gr. Field trip to
Buell's Orchard
3:45 Expanding Horizons
- 8..... Columbus Day - NO SCHOOL
- 9..... Professional Development Day
NO SCHOOL
- 10 - 17..... BIOMES Aquarium 
- 11..... 3:45 Expanding Horizons
7:30 Board of Ed. Meeting
- 12..... Fire Prevention Day
Presentation
- 15..... 3:45 Expanding Horizons
- 18..... 3:45 Expanding Horizons
- 22..... 3:45 Expanding Horizons
- 25..... 3:45 Expanding Horizons
7:30 Board of Ed. Meeting
- 29..... 3:45 Expanding Horizons
- 31..... Halloween 



Parking Lot

Parents are reminded that the parking lot has a new one-way traffic flow. When exiting the parent parking lot please do not drive toward the ball field; instead you should continue past the building to the stop sign and then to the street. Southeast Elementary School is committed to the safety and security of all children in our building.

Nurse/Attendance Line 423-2793

Please visit our website www.mansfieldct.org/schools/southeast

Calendar of Events

November

Diabetes's Awareness Month

1.....	3:45 Expanding Horizons
4.....	Daylight Savings Time Ends
5.....	3:45 Expanding Horizons 6:00 Parents' Hour 7:00 PTO Meeting
6.....	Election Day 
8.....	3:45 Expanding Horizons 7:30 Board of Ed. Meeting
9.....	Professional Development Day NO SCHOOL
11.....	Veteran's Day
12.....	Veteran's Day Holiday NO SCHOOL
15.....	3:45 Expanding Horizons
12 - 16.....	American Education Week Progress Reports go home
19.....	Early Dismissal at 12:45 Evening Parent Conferences
20.....	Early Dismissal at 12:45 Afternoon Parent Conferences
21.....	Early Dismissal at 12:45
22.....	Thanksgiving Holiday NO SCHOOL 
23.....	NO SCHOOL
26.....	3:45 Expanding Horizons
28.....	7:00 Building Project for Elementary Schools Meeting at Mansfield Middle School
29.....	3:45 Expanding Horizons

Welcome Back

We welcome everyone back for another fabulous year at Southeast School. This year's schoolwide theme is Southeast Superheroes: Self, School and Community. We look forward to a great school year.

The Fall Carnival is Here

Don't forget that tomorrow from 10 AM – 3:00 PM the Southeast Fall Carnival is being held on the school grounds. There will be games and food, a cakewalk, silent auction and more! Bring your family, friends and neighbors and enjoy the day.



From the Green Thumbs Club

Are you tired of getting so much junk mail? Here are some tips from the Town of Mansfield that you could follow to reduce the amount of junk mail you receive:

Send a letter to:

Mail Preference Service
Direct Marketing Association
PO Box 9008
Farmingdale, NY 11735-9008



State: "Please remove my name from your mailing list. Do not lend, sell or trade my name to any other organization." List all the various ways that your name and address typically appear on mailing labels.

Removing your name from catalog and credit card mailing lists takes more effort. Call each catalog or credit card company that you receive unwanted mail from and ask the customer service representative to remove your name from their mailing list and any lists that they sell.

Prevent junk mail before it starts. When you order by mail or make a contribution to an organization, let them know that you do not want your name traded or sold.

Recycle your junk mail with newspaper, magazines and cardboard. Remove all plastic wrap, stickers, product samples plastic membership samples before recycling it.

The Green Thumbs Club is collecting the following items for recycling:



- old cell phones,
- dry cell batteries,
- old DVDs, CDs, and videotapes,
- worn out athletic footwear (no metal cleats),
- used toner and inkjet cartridges from your home or office, and
- wallpaper remnants and old calendars.

Collection boxes for all of these items are located in the hallway to the right of the all-purpose room.



STORIES FOR SOUTHEAST THE GIFT THAT KEEPS ON GIVING

We would like to thank the individuals below for their purchase of the following books for our school library:

May I Pet Your Dog?.....In memory of Rita M. Maheu, mother of Mickey Maheu. Rita's life was one of dedication and giving to all who knew her. From the Southeast PTO.

The Chicken-Chasing Queen of Lamar County.....In memory of Rita M. Maheu, mother of Mickey Maheu. Rita's life was one of dedication and giving to all who knew her. From the Southeast Staff.

Not Afraid of Dogs.....In memory of Rita M. Maheu, mother of Mickey Maheu. Rita's life was one of dedication and giving to all who knew her. From Norma Fisher-Doiron.

Pirates Don't Change Diapers.....To Bernadette Maheu, in memory of her father, Carmine Serignese, the coolest pirate of them all. From the Southeast PTO.

The Elves and the Shoemaker.....To Bernadette Maheu, in memory of her father, Carmine Serignese, who, like the shoemaker, was known all across the land for his hard work and kind soul. From the Southeast Staff.

The Giant of Seville.....To Bernadette Maheu, in memory of her father, Carmine Serignese, a giant of a man in heart and soul. From Norma Fisher-Doiron.

Lasso Lou and Cowboy McCoy.....In memory of Richard Sawyer, loving father of Becky and grandfather to Jill and Taylor Robichaud. From the Southeast PTO.

Dog and Bear.....In memory of Richard Sawyer, loving father to Becky and grandfather to Jill and Taylor Robichaud. From the Southeast Staff.

First Grade Here I Come....In memory of Richard Sawyer, loving father of Becky and grandfather to Jill and Taylor Robichaud. From Norma Fisher-Doiron.

Alex and the Amazing Lemonade Stand.....To Monique Brown. Thank you for bringing "Alex's Lemonade Stand" to Southeast School. From Karen Porter.

If you are interested in purchasing a book for our library, please contact parent volunteer, Linda Sydie at 423-1282 for more information.

You can do it!

Q: My best friend's kids seem ready and able to do anything. How can I help my children develop more confidence?

A: Build a can-do attitude in your youngsters by expecting that they can do things. Kids can do more than you think! Doing everything for them sends the message that they're helpless. Asking them to pitch in shows you believe in their abilities.

When your children try a task, like helping with laundry, resist the urge to take over at the first sign of trouble. Instead, show them how to do it themselves. Then, let them try it on their own, with your guidance.



If your youngsters are unsure about how to do something, encourage them to figure it out by asking, "What do you think the next step should be?" They'll realize they can think through problems by themselves.

Lyme Disease - Still a Concern

Children ages 5-14 years accounted for 61% of the reported cases of Lyme disease. Cases typically peak between May and August, reflecting transmission by nymphal vector ticks during May and June.

Lyme disease is caused by a spirochete which is transmitted to humans by the bite of infected black-legged ticks. Early signs of infection include fever, headache, fatigue, and a characteristic skin rash. Left untreated, the joints, heart, and nervous system can be affected.



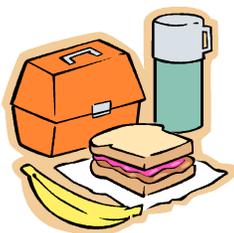
There is no available Lyme disease vaccine. The risk for tick borne illnesses is reduced by avoiding tick infested areas when possible, using insect repellents containing DEET, and examining the skin daily for ticks after possible exposure. In North America, removing ticks within 24 hours of attachment reduces the chances for spirochete transmission. Exposure to ticks can be minimized by removing brush and leaf litter and by using wood chips or gravel as a barrier between forest and lawns or recreational areas.

(Bacon RM et al. MMWR. 2007; 56(23): 573-576)

Listen up!

Having trouble getting your child's attention? Here's an idea teachers often use in the classroom. Rather than yelling, talk softly or even whisper. Chances are, your youngster will quiet down to hear what you're saying.

Waste Free Lunch Program



As Americans we have come to depend on the many convenience products that are available to us, and nowhere is this more evident than in the school lunch room. Many people pack lunch items in single-use plastic bags, aluminum foil, or wax paper, or they purchase single-serving items that come in their own disposable

package. These products can be extremely convenient, but are harming the environment in numerous ways. Landfills are full and overflowing. Incinerators pump contaminants into the air, causing pollution. Communities are battling over who will accept the nation's trash.

Much of the trash we generate comes from the packaging on the food we buy, and lunch foods are no exception. In fact, it has been estimated that on average a school-age child using a disposable lunch generates 67 pounds of waste per school year. That equates to 18,760 pounds of lunch waste for just one average-size elementary school. So what can we do?

We as individuals can reduce the amount of trash that is generated by packing waste free lunches! These lunches favor the use of reusable food containers, drink containers, utensils, and napkins. They discourage the use of disposable packaging, such as prepackaged foods, plastic bags, juice boxes and pouches, paper napkins, and disposable utensils. Not only will waste free lunches help protect the environment, but they will also be cost effective alternatives to the packaged lunches that you may be purchasing. The following is an example of the cost of a disposable lunch compared to the cost of a waste free lunch:

<u>A disposable lunch</u>	<u>\$</u>	<u>Waste-free lunch</u>	<u>\$</u>
1 egg salad sandwich	1.25	1 egg salad sandwich	1.25
1 yogurt	.85	1 serving of yogurt	.50
1 granola bar	.45	1 serving of granola	.35
1 apple	.30	1 apple	.30
1 pkg. of carrots (dip)	.65	1 serving of carrots (dip)	.25
3 plastic bags	.12	Water	0
1 juice pouch	.35	1 cloth napkin	0
1 plastic spoon	.04	Stainless steel spoon	0
1 paper napkin	.01	Packaging	0
Total:	4.02	Total:	2.65

Weekly totals add up to \$20.10 for disposable lunches compared to \$13.25 for waste free lunches. For a whole school year the totals are \$723.60 for disposable lunches and \$477.00 for waste free lunch. Waste-free lunches are not only a wise environmental choice, but they are less expensive as well.

Please take part in this program to help reduce waste and pollution while saving money!

For more information you can look at the waste free lunch program website @ www.wastefreelunches.org or for more information info@wastefreelunches.org

*information gathered from the waste free lunch website

SOUTHEAST ELEMENTARY SCHOOL PARENTS' HOUR

Would you like to know more about Southeast School's Enrichment Program?

All parents are invited to a Parent Information Meeting



Monday
October 1, 2007
new time- 5:30-6:30 P.M.
in Room 19



Topics covered include:
The Schoolwide Enrichment Model
Identification procedures for pull-out program
Enrichment opportunities for students

Childcare will be available in Room 18.
Refreshments will be served: Pizza & Juice
Please call 423-1611 to arrange for childcare.

This presentation is open to all parents and guardians of the Southeast community.

We're Off and Running!



On Monday, September 17th, the fall season of Southeast Mileage Club began. To coincide with the schoolwide "superhero" theme, mileage club organizers

invited a local superhero to join the kids on their first laps of the season. He was truly an inspiration to the kids.

This local hero has had extraordinary success in cross-country running. He was State Champion at EO Smith High School for 4 years. He was the New England Champion for 4 years. He was a college All American at Southern CT State University. He was a record holder in the Philadelphia Road Race. He now helps people in town stay fit and healthy. He's a Southeast Dad. If you haven't guessed, he's Jay O'Keefe! The kids were so thrilled to have him here and they greeted him chanting "Superhero, Superhero". Jay graciously said, "I was happy to share a part in encouraging kids to stay fit, healthy and happy." Thanks again Jay!

Each year, we hope to add a little more to Mileage Club. This year, in addition to the superheroes, we plan to keep statistics not just by child but by grade. We want to let our walkers and runners know just how much they have been accomplishing. We'll be posting the information in a fun way on a special Mileage Club bulletin board that will be ready soon. We have lots to look forward to this year!

