

# JOHN ELIOT SCHOOL

APRIL 12, 2019



135 Wellesley Avenue, Needham, MA 02494 Phone #781-455-0452 & FAX #781-455-0852

Principal, Karen Bourn

Assistant Principal, Mona Maas

Eliot fosters a love of learning in a community where everybody matters.

School Bulletin #27 - 2018-2019

web page: <http://eliot.needham.k12.ma.us>

Editor, Susan Rains

DATE	April & May 2019	TIME & LOCATION
4/15-4/19	April Recess	Have a Great Vacation
4/22/2019	School Resumes after April Recess	School doors open at 8:05 a.m.
4/24/2019	Earth Day celebration @ Eliot	
5/2/2019	KINDERGARTEN ORIENTATION FOR PARENTS/GUARDIANS OF OUR 19-20 STUDENTS	6:30-7:30 p.m. Performance Center
5/23/2019	PreK-12 Early Release Day	Dismissal at 12:15 p.m.
5/27/2019	Memorial Day - No School	

## SAVE THESE DATES for school year 2019-2020:

First day of school - Tuesday, September 3, 2019

Curriculum Night for Parents/Guardians of Eliot students in grades K-5:

Thursday, September 12, 2019 - 6-8 p.m.

2019-2020 School Calendar is on the last page of this school bulletin.

## Remaining 2019 Eliot MCAS Dates

Grade 3

May 8 Wednesday Math session 1

May 9 Thursday Math session 2

Grade 4

May 6 Monday Math session 1

May 7 Tuesday Math session 2

Grade 5

April 29 Monday Math session 1

April 30 Tuesday Math session 2

May 16 Thursday Science/ Tech/ Engineering - 1

May 17 Friday Science/ Tech/ Engineering - 2

## From our Principal, Mrs. Bourn

### KINDERGARTEN ORIENTATION

Please join us for Kindergarten orientation on Thursday, May 2 from 6:30 - 7:30. Incoming Kindergarten parents will learn about the new full day Kindergarten model and meet the teachers, Mrs. Bagley, Mrs. Slotnick and Mrs. Cohen. Parents will get a chance to see a Kindergarten classroom, answer questions and learn how to sign up for our Kindergarten screenings on Friday, May 31st.

### EARTH DAY MURAL

In honor of Earth Day, several classes at Eliot created this colorful mural. With the guidance of Mrs. McAllister the art teacher, fifth grade students in Mrs. Wankowicz's class, and Jessica and Sharae in Mrs. D'Angio's class painted the background for this underwater scene. Second grade students in Mrs. Kaefer's and Mrs. Rapp's class added sea creatures to the mural. Stop by the lobby of school, where this work is on display!



I hope everyone has plenty of time to rest and enjoy the Spring-like weather over break. Take care and we will see you after vacation!

- Karen



### **This is a Green Kids Announcement**

**On April 24th we will celebrate Earth Day here at Eliot. The last day for our Green Kids Club sea turtle fundraiser is April 23.**

**We're going to make a fabulous donation to the World Wildlife Foundation and sponsor a baby sea turtle thanks to all your spare change. The grade level that raises the most money will be able to win a stuffed baby sea turtle for each classroom!**

**We also want to invite everyone who likes to be creative, to make a recycled art project. Please bring in your creations after vacation and they will be displayed in the lobby area. Make sure your full name and grade is on it.**

**Happy Vacation everyone and remember Earth Week is the week we get back!**



## NPS and Town of Needham Happenings

### ANNOUNCING THE 2019 NEEDHAM MIDDLE SCHOOL PARENT CONFERENCE:

**"Strong Community, Nurturing Parents, Healthy Kids"**

**Sunday May 5, 2019 at Pollard Middle School, 8:30AM-1:00PM**

Featuring nationally-recognized author Lynn Lyons, LICSW, who will be giving a 2-hour keynote presentation titled "Preventing Anxiety and Depression: Skills We Can (and SHOULD!) Be Teaching Our Children". Afterwards, parents can participate in 1 of 8 interactive workshops lead by subject-matter experts from the local area.

The  
2019 Middle School Parent Conference Presents:



### **Strong Community, Nurturing Parents, Healthy Kids**

**When:** Sunday, May 5, 2019

**Where:** Pollard Middle School, Needham MA

8:30AM Registration

9:00AM Keynote Presentation:

*Preventing Anxiety and Depression: Skills We Can (and SHOULD!) Be Teaching Our Children, Lynn Lyons, LICSW*

11:15AM Workshops

Pre-Register at: <https://tinyurl.com/NMSCConference2019>

**Keynote Speaker:**  
**Lynn Lyons, LICSW**



Lynn Lyons, LICSW is an internationally recognized psychotherapist, author, and speaker with a special interest in interrupting the generational patterns of anxiety in families.

  
Beth Israel Deaconess Hospital  
Needham  
Lead Financial  
Sponsor



Also Funded By:  
State Representative  
Denise Garlick



In  
Collaboration  
With

**Descriptions of the The Middle School  
Parent Conference 2019 Workshop  
Presentations  
are on the following page:**

## **The Middle School Parent Conference 2019 Workshop Presentations**

### **Needham Youth Substance Use/Misuse**

**Presented by Catherine Delano and Karen Shannon**

Our talk will look at data in Needham and discuss trends of substance use/misuse among Needham youth. We will also talk about prevention and harm-reduction approaches as well as “the power of parenting” – what you can do as a parent as well as different tips/suggestions.

### **Internet Safety**

**Presented by Officer Adrienne Anderson, School Resource Officer and Officer Rich Evans, Investigator with METROLEC Computer Crime Unit**

The Internet safety presentation will address social media concerns for parents of Middle School and High School age students. The presentation will discuss the risks of social media usage and touch upon app usage, texting, sexting, social media subcultures, secret apps, dating apps, etc. Ofc Evans will be able to provide a unique perspective about the forensic examination of a cell phone and what types of data are able to be extracted from cell phones

### **Emotion Coaching for Dads**

**Presented by John C. Carr, LICSW**

With fathers more involved in parenting, it is truly a great time to be a dad in our nation's history. One of the natural surprises and challenges that comes with more time in the trenches means that dads often must deal with the complicated terrain of emotions. Participants in this workshop will learn a few tried and true methods of soothing, resolving, and handling your child's (and yours) emotions.

### **Raising Body-Confident Kids**

**Presented by Caryn I. Bello, Psy.D.**

The constant presence of diet recommendations, health food fads, Instagram fitness posts, and pressure to be perfect bombards adolescents with messages and images that shape their beliefs about of health, beauty and their own worth. This workshop will provide information about the factors impacting body image development in children and adolescents. The relationship between body image, self-esteem, anxiety, mood and eating disorders will be discussed. Methods for critical viewing of advertisements and images will be taught and practiced. Attendees will come away with tools for talking with adolescents about these important topics and techniques for fostering healthy body image in today's challenging culture.

### **The Secret Life of the Needham Teen**

**Presented by a panel discussion of Needham Teens in SALSA, moderated by Karen Mullen**

This is an interactive workshop that gives parents the opportunity to ask questions of 5-7 SALSA students about the life of a Needham teen – school, stress, sports clubs, alcohol and drug use at NHS, etc.

### **The Road Less Traveled: Parenting a Different Path to Adulthood**

**Presented by a panel discussion of members from SEPAC**

For students with disabilities or learning differences, the journey to adulthood can differ from that of their peers, as well as from the expectations of their families. A panel of special needs parents will share what they have learned along the way so far, with valuable lessons that are relevant for many parents. The panel will also answer any questions parents might have about special education, inclusion, or parenting a child with special needs.

### **Navigating the Constantly Changing Road: Challenging Conversations and the Journey from Mistakes to Growth Opportunities**

**Presented by Amy K. Friedman, Ph.D.**

Does it feel like it's often hard to keep up as our kids are growing and changing? Does it feel like the rules keep changing? If there are truly no hard and fast rules, on what basis and principles do we make strong choices and decisions for ourselves and our children?

This workshop is for sharing together about how to have hard conversations about the situations that are emerging for our kids and families. This may include limits, drugs, social media and technology, friends, finances, attitude and motivation, bullying, race and class, spirituality, identity and difference, and social situations such as dating and sexuality. The intention and focus will be on parenting strategies for strong and connective communication, for building esteem and resilience in children and teens, and on generating empathy in our kids.

### **Executive Function Strategies for Success in Middle School and Beyond**

**Presented by Beyond Book Smart**

It's common for otherwise bright and capable students to struggle in middle school. Too often, the demands on middle schoolers to be organized and productive is a mismatch with their current abilities to manage themselves. The good news is that students can learn skills such as time management, planning and prioritizing, how to study effectively, and more. Join Executive Function coach Jennifer Flewelling for a workshop that features tools and strategies that parents can use to help their children learn essential skills that will prepare them for success in high school - and beyond.



## **1st Annual Eliot "Junk In the Trunk" Garage**

**Please join us for the 1st Annual Eliot "Junk In the Trunk" Garage Sale!**

- \* Enjoy the day with friends while decluttering your house**
- \* Earn money AND give back to the Eliot community all at the same time**

**For more information on this exciting 5th grade fundraiser and how to register, click on the link below.**



### **NPS and Town of Needham Happenings**

**Don't miss VOCAL SUPPORT '19, NHS a cappella concert benefiting The American Cancer Society, Saturday, April 27 at 7:30pm at Newman auditorium. Featuring NHS a cappella groups and special guests from Wellesley HS and Weston HS. Purchase tickets online at [www.nhsfriendsofmusic.org/tickets](http://www.nhsfriendsofmusic.org/tickets) (\$10 for students/seniors, \$15 for adults).**

### **2019 SEPAC AWARDS Now Accepting Nominations!**

**Each year, SEPAC recognizes Needham Public School employees who are truly exceptional, and have gone above and beyond in their work with students with special needs. Award winners include teachers, specialists, administrators, and staff members who have been nominated by SEPAC members.**

**If you know of an outstanding educator who you think should be recognized with an award for their work, please submit a nomination by April 26th using the link to the form below. Nominations may be submitted by current students or their family members, but we can accept only one nomination per household. The identities of all nominators will be kept confidential, and are not shared with the nominees at any time. The 2019 SEPAC Awards Ceremony will be held May 16th, 7:00-8:30 pm, in the Eliot Performance Center. We hope you can join us.**

**Please contact Hilary Bruel or Alisa Skatrud at [awards@needhamsepac.org](mailto:awards@needhamsepac.org) if you have questions about the nomination process.**

**The next Eliot bulletin will be posted on April 25, 2019**