

School 4 News

PRINCIPAL'S CORNER

Sign on a teacher's desk:
*Knowledge is given away here every day.
It's free.
Please bring your own containers!*



2nd Marking Period Report Cards will be distributed on February 4th.

Teach Values Through Discussion

No child can be perfect. Moral development is a long process that involves learning by making mistakes. If your child falters sometimes, but does well in general, take heart. Keep focusing on issues such as these:

- Considering feelings. Ask your child questions like, “How do you think that person feels?” Discuss your child’s effects on others’ emotions.
- Building self-control. Explain that when your child is upset, it’s important to think before he acts. Compliment his good decisions. “It was hard to stay calm when your sister yells at you. Good job.”
 - Developing a conscience. Help your child take responsibility for mistakes and successes. For example, “You left your videos out, and I tripped on them. We all need to clean up after ourselves.
 - Or, “Thank you for telling me the truth. I’m glad I can trust you.”
- Encouraging respect. Give your child specifics about how to be polite. Role-play difficult situations. Set a good example by saying, “I don’t agree with what you said. But I like hearing your opinion.”
- Teaching tolerance. Talk about the value of people’s differences. What if everyone looked the same, acted the same, and did the same things?

Today's Treasures, Tomorrow's Hope!

Natural Consequences are Easy, Useful

Sometimes the best form of discipline is to do very little. Suppose your child forgets to study for a quiz and is devastated by the low grade. She's learned plenty from the experience. You might simply say, "This really upset you. Let's talk about how to keep it from happening again."

Refrigerator Rules

If you have any "written in stone" rules at home, post them on the refrigerator. It's probably not wise to list 20 different do's and don'ts, though, so keep it simple. A sheet of colorful paper listing two or three biggies—"No Tattling," "No TV before Homework"—should do the trick.

Bedtime Debriefing...

To really connect with your kids, spend a few minutes before bedtime going over the day. Ask specific questions, "What was the most interesting thing that happened at school today?" is better than "How was school?" Then listen. It's an easy, effective way to keep up with how they're doing.

Fatigue Affects Behavior...

You know how exhausted you feel when you don't get enough sleep? Well, your child can get worn out, too. Fatigue affects his/her personality, schoolwork and behavior. To avoid yawning and fussing, establish a nightly routine (such as taking a bath before lights-out). Then decide on a bedtime, and enforce it—even on weekends.

It's Okay to Say "No"

Sometimes parents have to say, "NO." "No, Anna you can't go to your friend's house on a school night." "No, Brian you can't go to the mall alone."

How can parents get kids to accept "No" for an answer?

- *Ignore your child's whining, pleading or nagging.* Say "No" then get busy with something else.
- *Avoid saying "maybe."* Don't be afraid to be firm.
- *Offer an alternative.* "No, you can't go to the mall alone. Would you like to plan a day when I can go with you?"

Saying "no" doesn't mean using an angry voice. Remain calm and in control.

Quick Tips

Sit down with your child every Sunday night for ten minutes to review both of your schedules. This will help you both stay on track during the coming week.

Have your child put everything he or she needs for school including coat, hat and backpack by the door the night before.



Try to schedule dentist and doctor appointments after school.

Success in school is a combination of coming prepared with the proper “tools,” good teaching and student effort.

STORMY WEATHER...

Oh, the weather outside can be strange.

It can be 50 degrees today and 25 degrees another day.

In the event of inclement weather, school may be affected by:

- DELAYED OPENING
- SCHOOL CLOSING, OR
- EARLY SCHOOL CLOSING



FOR THE BEST, UP-TO-DATE INFORMATION, CHECK OUT:



WEB SITE: www.clifton.k12.nj.us

TV: CHANNEL 5 - FOX NETWORK

TV: CHANNEL 12 - NJ NEWS NETWORK

**Please check your child's backpack every night!
Remove and review Homefun & notes, sign as necessary...**

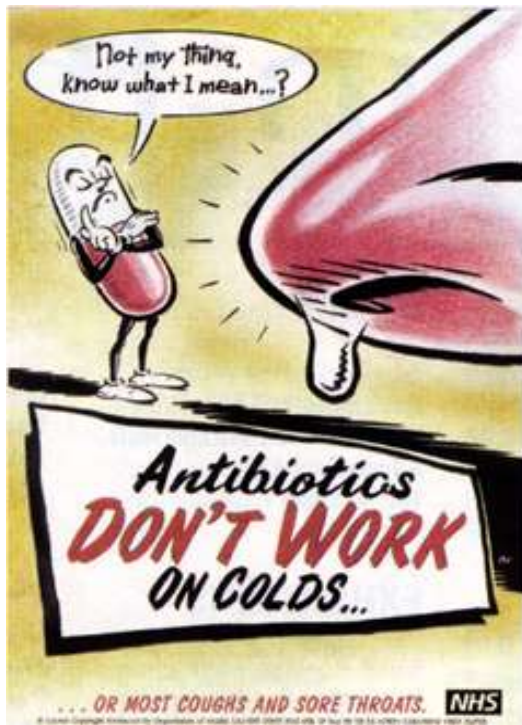
**BIRTHDAY CELEBRATIONS – Healthy Snacks ONLY, no cupcakes, donuts, or candy!
Schools may not sell or supply anything that has sugar as the primary ingredient.
In the past we encouraged healthy snacks, now we will ONLY accept nutritious foods
like pretzels, fruit, baked potato chips, string cheese...**

**Many parents mean very well, but due to food allergies and good nutrition guidelines,
we will NOT accept or distribute any cupcakes, donuts or candy to the students.**

From the Desk of Our School Nurse:

Mrs. Carol Prawetz, RN

Get Smart: Know When Antibiotics Work Cold or Flu, Antibiotics Don't Work for You



When you feel sick, you want to feel better fast. But antibiotics aren't the answer for every illness. Know when antibiotics work and when they don't. The problem with using antibiotics when they are not needed is the bacteria can become resistant to the antibiotic. These bacteria become harder and harder to kill.

Antibiotics aren't always the answer. Most illnesses are caused by two types of germs: bacteria or viruses. Antibiotics can cure bacterial infections - not viral infections.

Bacteria cause strep throat, some pneumonia and sinus infections. *Antibiotics can work.*

Viruses cause the common cold, most coughs and the flu. *Antibiotics don't work.*

Using antibiotics for a virus:

Will NOT cure the infection

Will NOT help you feel better

Will NOT keep others from catching your illness.

Common Questions:

How do I know if I have a viral or bacterial infection?

Ask your healthcare provider. Remember, colds are caused by viruses and should not be treated with antibiotics

Won't an antibiotic help me feel better quicker so that I can get back to work/school when I get the cold or the flu?

No, antibiotics do nothing to help a viral illness. They will not help you feel better sooner. Ask your healthcare provider what other treatments are available to treat your symptoms.

If mucus from the nose changes from clear to yellow or green – does this mean I need an antibiotic?

No. Yellow or green mucus does not mean that you have a bacterial infection. It is normal for mucus to get thick and change color during a viral cold.

REMEMBER: GET SMART

- Antibiotics are strong medicines, but they don't cure everything.
- When not used correctly, antibiotics can actually be harmful to your health.
- Antibiotics cannot cure viral illnesses.
- Antibiotics kill bacteria – not viruses.
- When you are sick, antibiotics are not always the answer.

For more information: www.cdc.gov/getsmart or call 1-800-CDC-INFO. Submitted by: Linda Kowalski, RN; School Sixteen

Parent Teachers Organization

“Behind every great school, there is a great P.T.O.” (David Montroni)

The School 4 P.T.O. has always been an active, supportive organization.

- ▶ Have you been receiving phone calls notifying you about “delayed openings” or “school closings”? If not, I know why, you changed your phone number and did not tell the school. Our automatic notification system is wonderful, it works great, especially if we have your correct phone number.
- ▶ **BOXTOPS For EDUCATION** – Have you been throwing out money? Clip off all those BOXTOPS for EDUCATION and send them into school. Each BOXTOP is worth \$0.10. It adds up quickly. Mrs. Nemeth, Isabel’s mom, has volunteered to count, package and ship the BOXTOPS for us. We’re anticipating a big check. It’s simple and easy to participate. Don’t throw out another box or soup label without looking for the BOXTOPS for EDUCATION label.
- ▶ Friday, February 4 – 2nd Report Cards will be distributed
- ▶ Monday, February 7 – Evening Conferences by appointment only
- ▶ Monday, February 7 – Meeting for all parents of children receiving BSI & Reading Recovery Services
- ▶ Friday, February 18 –Movie Night & CAP Parent Meeting
- ▶ The Winter Math-A- Thon began on Monday 1/10/11. Children are expected to do the Math-A-Thon Math booklets. Please insure they complete all the problems.
- ▶ Our PTO Officers invite all parents to get involved in their child’s school. Many volunteer positions remain available. Please get involved. Sign up for one or more activities, the opportunities are endless!

Dates To Remember

Date	Time	Grades	Event	Action
2/4	---	K-12	2 nd Marking Period Report Cards are distributed	
2/7	7:00	K-5	Parent Conferences	By Invitation Only
2/18	6:30	K-5	Movie Night	Pizza & Juice
2/18	6:30	K-5	CAP Parents Meeting	Free Pizza for parents
2/21-25	---	K-12	Winter Recess	Closed
4/11-15	---	K-12	Spring Recess	Closed
4/22	---	K-12	Good Friday	Closed
5/2-6	---	3-4-5	NJASK Testing	Sleep & eat well, good luck!
5/19-20-21	---	5	Safety Patrol Trip	300 5 th graders to DC
5/30	---	K-12	Memorial Day	Closed
6/7	---	K-12	Primary Election Day	4 hour session – 1 PM
6/24	---	K-12	Schools Close for Summer Vacation	