



## Principal Peteani Press

### Mission Statement:

*Every student will graduate prepared for college, career and citizenship.*

New Year's Edition

January 2011



# Happy New Year!

Dear Heatly Parents and Guardians:

When an old year ends and a new year begins, I like to reflect on the past and look forward to the future. I think everyone needs a time to closely examine whether or not things are as they wish they were or if positive changes could be made and new goals accomplished. Yes, those dreaded New Year's resolutions! When attempting to make New Year's resolutions, one of two things might happen: Either there are too many things to list or it is difficult to come up with even one idea. I believe that this time of reflection is also very beneficial for your children, so I would like to encourage you to talk with them about goals and New Year's resolutions. In our mentoring groups on Tuesday, January 4, goals were the topic of discussion, so this should not be the first time they are hearing of this. In addition to any family or personal resolutions, I would like you to suggest the resolution idea that I have provided below to your children. The back of this newsletter gives some ideas for resolutions I would like parents/guardians to think about making. My hope for all of the Heatly students as well as their families is that 2011 will be a year of health, happiness, reading and learning!

Sincerely,

Erin Peteani, Principal



## Resolution Idea —To Become A Better Reader

### How Can Parents Help?

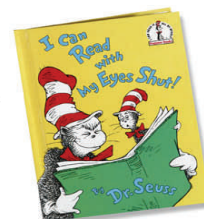
- **Keep a reading log**—Purchase an inexpensive small notebook or blank journal. Date and write down book titles of what you read with your child and/or what they read on their own. Leave about a half page of blank space between entries.
- **After reading to or listening to your child read, ask, “What do you think the story is about?”** If your child is having difficulty understanding the main idea, help figure it out. Explain what you think the main idea is and find sentences to support it in the book. This teaches your child to look for similar clues in new stories and helps increase reading comprehension. Then, go back to the reading log and add a sentence or two about the main idea after the title entry. This will help your child easily recall the story when they look at the reading log.
- **Do a “Word of the Week”**—Every time you come across a new word in a story, stop and try to figure out what the word means. Choose one of these words for the family word of the week. Look for ways to use the word correctly several times during the week.
- **Resolve to read to your younger child and encourage older children to read a little more each day.** Reading to your child is the very best thing you can do to foster a life-long love of reading. I really like the following quote by Dr. Seuss:

“The more that you read, the more things you’ll know.

The more you learn, the more places you’ll go.”

— Dr. Seuss, “I Can Read With My Eyes Shut!”

(Ideas listed above adapted from: [www.schoolfamily.com](http://www.schoolfamily.com))



## Parents' Top 5 School-Related New Year's Resolutions

1. Start With A Conversation—Let your child know how much you value education and pledge to become more involved in his/her academic life.
2. Focus On The Positive—If your child doesn't like school, complains about rules or a certain teacher or the principal (how could that ever happen?), re-focus him/her on the positive. Attempt to find something good in every situation and promote a positive attitude, because a negative attitude will not help them get where they want to go. As my grandmother used to say, "You catch more flies with honey than you do with vinegar!"
3. Become Involved—If at all possible become active in the school. Volunteer to cut out shapes for a bulletin board, help the librarian re-shelve books, become a room parent, touch base with the teacher on a regular basis or attend PTO meetings. You will be setting an excellent example for your child and demonstrating that you think school is a nice place to be and that you value it enough to spend your own time there.
4. Become a partner—for the school, for your student, for education. Our kids can't do this alone. They need us to be there, beside them, supporting them and being completely aware of what is going on in their academic and personal lives. Talk to them about homework projects, classmates and grades. Follow-up on big tests, discuss results, find out who their friends are and get to know them—talk about them.
5. With whatever way you choose to become involved in your child's education, especially if it is new—HANG IN THERE! It may not be easy at first, but try to keep moving forward. Don't allow them to say they did nothing at school day after day—ask questions that require a different answer. Other than what did you do at school today, try. . . What was your favorite part of your school day today? If they say lunch, ask what was their favorite class at school today and what did they do. Don't give up!



### REGENTS AND SCHOOL EXAMS Will Be Held JANUARY 25—28, 2010

Please encourage your son/daughter to do the following in preparation for exams:

1. Gather all class review materials and study—alone or with a friend or groups of friends. Be sure that there are not too many in the group or it may be distracting.
2. Get a good night's sleep so that you are well rested on the day of each exam.
3. Eat a good breakfast so they aren't hungry. It is hard to concentrate with hunger pains!
4. Arrive for the exam early with all of his/her materials. The last thing they need is to be running late and feeling stressed.

#### The Month Ahead. . .

**January 6 Board of Education Meeting—Heatly Library 7 p.m.**

**January 11 Staff Development Day—Half Day for Grades K-12  
Dismissal at 11:00 am—No lunch will be served.**

**Regents Exam in Comprehensive English, 8 a.m.**

**January 12 PTO Meeting—Heatly Library, 6:30 p.m.**

**January 17 Martin Luther King Jr. Day—NO SCHOOL**

**January 25—January 28:**

**Regents and School Exams: Please see the district website at [www:greenisland.org](http://www.greenisland.org) for the date and time of each exam.**

5. Take their time and read each question carefully and ask for help from the teacher if they don't understand something.

6. Before handing in their test, go over the work and double check answers.

**And. . . Study, Study, Study—If your son/daughter is well-prepared, well-rested, not hungry and relaxed he/she will have the best chance for success!**