



New Town News

Monthly Newsletter of New Town Elementary School

March 2019

Our Vision

Students at New Town Elementary participate in rigorous and responsive instruction that prepares them to meet the challenges and high expectations of college and career readiness. Our innovative teachers ensure learning through collaboration, critical thinking, communication, and creativity.

Our Mission

It is the mission of New Town Elementary School and its community to promote student achievement, celebrate diversity and create a nurturing and enthusiastic learning environment where lifelong learners will grow as productive members of society.



Greetings New Town Families,

As usual, March came in like a lion, causing school delays and indoor recess. The staff and students here at New Town Elementary are anxiously awaiting the bright sunny days of Spring. Students in grades K- 5 have just completed **MAP** testing in Reading and Mathematics. **MAP**, Measurement of Academic Performance is an assessment provided to measure student growth over time.

Our grade five students will be participating in the **MISA** online Science assessment. **MISA**, Maryland Integrated Science Assessment, measures the students' content knowledge of Science. Please read the letter attached to this newsletter for more information regarding **MISA** testing.

Calendar of Events

March 15th

Theatre Club Performance of "Get on board Jr."

6:30 pm

March 15th

Theatre Club Performance of "Get on board Jr." for students

Grades K, 1, & 2

2:00 pm

Grades 3, 4, & 5

10:30 am



A heartfelt thank you goes out to the PTA for hosting an awesome Friendship Dance. This event was well attended by students, parents and staff members. This month the PTA will have their monthly meeting on Tuesday, March 12, 2019 at 6:30 pm in the school's gymnasium. Teachers from Deer Park Middle Magnet will provide an information session about the grade 5 transition to middle school.

Finally, if you have any questions or concerns of any nature, please feel free to call me at the school or send me an email kcoston2@bcps.org. You may also email one of our assistant principals, Mrs. Snodderly at rsnodderly@bcps.org or Mr. Baker at cbaker4@bcps.org.

Best Regards,

Mrs. Coston



Jump Rope for Heart

Our school is proud to participate in the Kids' Heart Challenge (formerly known as Jump Rope for Heart)! We are partnering with the American Heart Association to fight heart disease and stroke! **On March 22nd students raising money for the Kids Heart Challenge will be invited to the gym for an exciting day of jump rope events!** In the weeks leading up to our event, students will learn the importance of taking care of their bodies and hearts while helping others in the process! Our students join in on fun activities and lessons that emphasize heart health. You can go online now to sign up your child, and for doing so they will get a Heart Hero wristband in their next PE class. Thank you for supporting our school and the American Heart Association!

WE HAVE A GOAL TO RAISE \$20,000 THIS YEAR!!!

Students earn thank you gifts in their PE Class for donating to the American Heart Association!

Your donations also help support our PE program!

Thank you for supporting our school and the American Heart Association



CLICK THE LINK BELOW TO SIGN UP!!!

http://www2.heart.org/site/TR?fr_id=3997&pg=company&company_id=178803



From the NURSE, Donna Lyman, MS, RN:

The Hearing and Vision referral letters have been mailed. Please return the results as soon as you have them. There were resources listed on the referral letter. Don't hesitate to call if you have questions. Of 29 Vision referrals, 11 students failed their screen due to broken, lost, or forgotten glasses.

Aqua Vision Care at 410-602-1567 (1006 Reisterstown Road in Pikesville) is offering **FREE vision screening** with appointments April 19th or 20th. Call today for an appointment. If glasses are needed they will create and provide the entire pair **AT NO COST!**

Clear vision is so important to learning. Help your child succeed.

March 17-23 is Poison Control Awareness week. Although we should always be on the lookout for poison dangers, this week is used to make us more aware of possible poison dangers that face us every day. Attached is a list of Poison Prevention Tips and Poison Safety Checklist for your use.

Teach your children the names of their medication and why they must take it. Remember not to call medicine "candy". I've been impressed with some first graders who say they have had ibuprofen and why they had it. It's important to know what we are putting in our bodies.

THE FLU

Most flu seasons have a maximum of 2 peaks, this season has had 3. While national illness levels are well below where they were 2 weeks ago, illness has risen here at NTES since the start of March. Please if your child has a fever (over 100F) that lasts 3-4 days, lethargy, headache, general aches or pains, sometimes sore throat and chest discomfort – it could be the influenza – AND you should keep your child home to recover.

Symptoms usually appear from **one to four days** after exposure to the virus, and they last **five to seven days**. For people who have had the flu shot, the symptoms may last a shorter amount of time. Even when symptoms resolve, children may continue to feel fatigued for up to 2 weeks.

Sending your child back to school too early after a diagnosis of the FLU can expose your child to relapse and spread the illness to others.

Good handwashing does prevent the spread of illness. Do a "surprise" observation of your child's handwashing skills not letting them know you are observing them. Then offer helpful ways to improve: "choo choo train" the hands front and back, then between the fingers and around the hand front and back. Make bubbles with the soap while singing the "Happy Birthday" song sung twice.

Coming Attractions

Allergy season is right around the corner. The Juniper trees are starting to spread their pollen once the temperature is above freezing. If you or your child suffers from spring pollen allergies, talk to your Health Care Provider for specifics, but you may want to start your allergy medications now.

Feel free to email me at dlyman@bcps.org or call the DIRECT SCHOOL NURSE LINE: 443-394-2770
Happy Spring!



Poison Prevention Tips

Poison-proofing the home can be accomplished by teaching the following poison prevention tips:

1. Avoid storing potential poisons in low cabinets where small children can reach. Use safety locks on cabinets.
2. Use child-resistant containers. Remember, they are not child-proof!
3. Safely discard expired or unused medicine and chemicals (i.e. cleaning products). Rinse out containers thoroughly before disposing of them.
4. Know the names of flowers and plants in your home and yard.
5. Keep medicine and other potential poisons in their original containers. DO NOT use food containers such as cups or soda bottles to store household products.
6. Read and follow the directions and caution labels on medicines and other products before using them each time.
7. Do not call medicine "candy."
8. Avoid taking medicine in front of children. Young children often imitate "grown-ups."
9. Make sure a spray (i.e. perfume, sunscreen, bug spray) is directed away from the face. Wear protective clothing when spraying pesticides and other chemicals.
10. Take medicine or cleaning product containers with you, or put them away, when answering the phone or doorbell.

Contact the Maryland Poison Center as soon as you suspect a poisoning or overdose has occurred. Do not wait for symptoms! Calling the experts is free and confidential.





Is your child in need of glasses?? Call Aqua Vision Care at 410-602-1567 to schedule an appointment time on Friday April 19th or Saturday April 20th for a Free Vision Screening. The address is 1006 Reisterstown Road, Pikesville MD.

If the vision screening indicates a need for glasses, they will create and provide the entire pair at no cost.



- *Our next PTA meeting is Tuesday, March 12th at 6:30 pm. Come and learn about the magnet programs at Deer Park Middle School.*
- ***Our next Restaurant Night will be happening in March! Look out for flyers in your child's folder.***
- *Wizards fundraiser begins next week! The Wizards will be playing the Celtics on Tuesday April 9th at 7 pm. A fundraiser form will come home next week, get your order for tickets because tickets are limited.*
- ***Hershey Park Fundraiser first round ends March 15th. All payments for first round discounted tickets are due March 15th. Round two of Hershey Park fundraiser will start soon, look out for the flyers.***
- *New Town is still collecting Box Tops, please send them in with your child. The more box tops we collect the more money is raised for our school.*

FREE PARENT WORKSHOPS!

Sponsored by the Special Education Resource Center located at The White Oak School Baltimore County Public Schools Office of Special Education 2019 Spring Workshops Registration now open!

Behavior Management at Home Effective home behavior management strategies for use with elementary age children and teens will be discussed. Emphasis will be on how to effectively improve your child's behavior at home. Ways to increase cooperation, foster prosocial behavior and promote positive family interactions will be explored. Presented by Tana Hope, Ph.D. The Child and Family Therapy Clinic of the Department of Behavioral Psychology at Kennedy Krieger Institute

Wednesday April 3, 2019, 5:30 p.m. - 7:30 p.m., Reisterstown Library Meeting Room
Wednesday April 17, 2019, 5:30 p.m. - 7:30 p.m., Arbutus Library Meeting Room
Wednesday May 15, 2019, 5:30 p.m. - 7:30 p.m., White Marsh Library Meeting Room
Wednesday May 22, 2019, 5:30 p.m. - 7:30 p.m., North Point Library Meeting Room

Executive Functions: What's the Big Idea? Participants will examine how executive functions (EF), often referred to as the "hidden curriculum," can impact a student's success in the classroom. EF skills are a group of brainbased abilities that help students "execute" a task from start to finish and self-regulate one's behavior. Similar to other academic and learning skills, some students may need varying levels of support and intervention. Strategies for teaching and reinforcing specific EF skills will be shared. Presented by Beth Lambert, SST/ 504 Facilitator, Baltimore County Public Schools

Wednesday April 10, 2019, 5:30 p.m. - 7:30 p.m., North Point Library Meeting Room
Wednesday April 24, 2019, 5:30 p.m. - 7:30 p.m., White Marsh Library Meeting Room
Wednesday May 8, 2019, 5:30 p.m. - 7:30 p.m., Reisterstown Library Meeting Room
Tuesday May 21, 2019, 5:30 p.m. - 7:30 p.m., Arbutus Library Meeting Room

Registration is required and limited! To register, please call or email the Special Education Resource Center (410) 887-5443 serc@bcps.org Let us know in advance of any accommodations you may require

*** Workshops are for adults only, NO childcare available. If Baltimore County Public Schools are closed, close early or evening activities are cancelled, workshops will be cancelled. ***

Daytime Spring Workshops

Sponsored by the Special Education Resource Center located at The White Oak School Baltimore County Public Schools Office of Special Education 2019 Spring Workshops Registration now open!

Ready? Set? Go? A workshop for parents who are considering college for their child with a disability. It will offer academic, social/ emotional, and self-advocacy strategies that parents may use in supporting the successful transition of students with disabilities from high school to college. Presented by Robyn McCray, LCSW-C, Associate Director Disability Services, Towson University Tuesday April 2, 2019, 10:00 a.m. - 12:00 p.m., White Oak School Main Training Lab

Building Connections and Social Opportunities for Our Students and Children

Connecting to others and belonging is one of the most important and innate behaviors in our lives. This is why when there is a barrier to socially connecting with others, it can have lasting repercussions on our self-confidence and happiness. Join Dr. Kay Holman to discuss strategies, resources and the importance of acknowledging that social acceptance is the responsibility of everyone and not just students with disabilities. Presented by Dr. Kay Holman, Speech Language Pathologist, Author and Associate Professor at Towson University in the Department of Special Education Wednesday April 17, 2019, 10:00 a.m. - 12:00 p.m., White Oak School Main Training Lab

Naviance Training

Naviance is a college and career readiness software program that provides middle and high school students with college planning and career assessment tools. BCPS middle school students, high school students and their parents have access to this online resource. Parents that attend this workshop will learn about the ways they can use Naviance to assist their child with goal setting, career exploration and eventually, the college application process. Presented by Melanie Martin, Coordinator, Jennifer Abbe, Specialist and MaatenRe Ramin, Specialist Baltimore County Public Schools Office of School Counseling Tuesday May 7, 2019, 10:00 a.m. - 12:00 p.m., White Oak School Main Training Lab

Registration is required and limited! To register, please call or email the Special Education Resource Center (410) 887-5543 serc@bcps.org Let us know in advance of any accommodations you may require ** Workshops are for adults only, NO childcare available. ***White Oak School, 8401 Leefield Rd., Baltimore, MD, 21234***

MARYLAND SPIN

Suicide Prevention and Early Intervention Network

Momo Challenge: Tips and Resources

What is the Momo Challenge and why are professionals concerned? As different social media challenges arise, it is important to remember that they can be harmful to vulnerable youth, even when it is unclear if the challenge is real. The Momo Challenge is a form of cyberbullying that has reportedly surfaced on Facebook, YouTube, WhatsApp, and video games such as Fortnite. Through these online websites and platforms, children receive threatening messages and visual images that encourage them to complete a series of tasks that may result in self-harm or the individual dying by suicide. These images and challenges can be distressing for children; fear is instilled in these youth, as they are told that if they share the challenge, their loved ones will be harmed. To address social media challenges and cyberbullying, parents/guardians are encouraged to have conversations with their children about potential dangers online and to monitor social media use. It is important for children to understand that their parent/guardian is available to help them if they have concerns or feel in danger.

What can parents/guardians and educators do to help address the Momo Challenge?

- Provide information and guidance to youth about the challenge. It is important to engage in conversations with children about potentially risky social media websites and platforms. With younger children, focus on explaining cyberbullying and ask them how much they know about social media. Older children might have more knowledge of the specific challenge, and therefore, there can be a more targeted conversation about specific social media challenges and apps. If you know that youth are engaging in the Momo Challenge, share that Momo is not a real person and cannot directly harm them. No matter the age of your children, an open line of communication is essential: be present and talk regularly with your children. Let them know that you are there to help and they will not get in trouble if they talk with you about negative experiences that they have had online. If youth express signs and symptoms of psychological distress, connect them to mental health professionals.
- Monitor youth's use of electronic devices. Discuss with youth the websites, links, and social media apps they are using. Caregivers can monitor youth's media use by looking through their browser and search history and become familiar with media platforms and websites commonly used by youth. Also, parental controls can be set up for devices, and inappropriate or harmful content can be blocked.
- Talk to your children about peer pressure. Youth should know what is meant by peer pressure and have some strategies that they can use when they are confronted with peer pressure. Parents/guardians should let their children know that they should not do anything they feel uncomfortable doing and should talk with the parent/guardian when these situations arise.
- Know the warning signs of distress. Observable signs of psychological distress include changes in behavior (e.g. outbursts or being withdrawn) or physical health (e.g. weight loss or gain; loss of appetite). Other warning signs of distress include hopelessness, sadness, boredom and depression as well changes in grades and school attendance. If you see signs of psychological distress, ask youth if they are considering self-harm or suicide. Asking about suicide does not increase risk of suicide.
- Have discussions with youth about distress and strategies they can use to address it. When having conversations with youth, listen to their thoughts, remain calm, and be nonjudgmental. Avoid statements like "you should just get over it" and blaming the youth for the problem. Talk with youth about helpful strategies that they can use to help cope with distress such as relaxation, problem-solving, deep breathing, listening to music, and taking a break from social media. Youth should be encouraged to seek support from community or school mental health professionals if their distress is interfering with their functioning and/or if they are a danger to themselves or others.
- Call for help. If a youth makes an

immediate threat to hurt or kill themselves, call 911. If a youth shows warning signs of harm to self or others, but does not express an immediate threat, you can encourage him/her/them to: contact Maryland's crisis hotline: text 898-211, Call 211, press 1, or visit 211md.org. There are also several ways to anonymously report information to Safe Schools Maryland. Download the SafeSchoolsMD app via the Apple Store and Google Play, visit safeschoolsmd.org, or call 1-833-MD-B-SAFE (1-833-632-7233).

Additional Resources: • Guidance for the Momo Challenge: <https://tinyurl.com/y4nyqg8j>

• Guidelines for parents on cybersafety/cyberbullying: <https://www.connectsafely.org/parentguides/>
<https://www.connectsafely.org/wp-content/uploads/qg-cyberbullying.pdf>

• Prevention of cyberbullying: <https://www.stopbullying.gov/cyberbullying/prevention>

• Guideline for parents on self-harm: <http://www.selfinjury.bctr.cornell.edu/perch/resources/parenting-2.pdf>