

# THE HIGHLANDER



Dear Parent & Guardians,

A great deal of learning takes place during the second half of the year. The children have settled in nicely after the winter break. They have a clear understanding of the grade level expectations and are working hard in their classrooms. As I walk through the classrooms I see students raising their hands which demonstrates that they are actively involved in the learning that is taking place. The children are supportive of one another and continuously encourage each other. It's wonderful to be part of such a nurturing and supportive environment.

Several times throughout the year we review our students' attendance. It is important for students to be present to gain the skills, understanding and study techniques required to master the curriculum. Please note that your child will be considered tardy if they enter the building after 8:45 and they will be marked with a dismissal if they leave prior to 2:50. Please make every effort to have your child in school each and every day for the full day so that their educational experience can be maximized. If you have a particular situation regarding your child's attendance you may contact me at school.

Please send in a note if your child returns from being absent from school. Also, please remember to call your child in sick if they are going to be out. The call can be made at any hour, just leave a message on the machine.

At this time I'd like to also review parking procedures. The area to the right of the building is for staff parking. There are limited spaces available. We are asking that you do not park in this lot prior to the start of school. If you are picking your child up at the end of the day we ask

that you don't park in the street in front of the "Do Not Park" sign. Also, please do not enter the front of the building turn around area between 8:30-9:00. This is the area designated for our busses. In addition, we have many students that walk to school and it creates a safety issue if students are trying to cross this area and cars are swinging in to drop off children. We have implemented a parent pick up in the rear of the school. If you would like to participate in having your child dismissed out back at 2:50, please call and we can put them on the rear dismissal list. This arrangement is only available if you plan to participate Monday—Friday.

We have several activities going on during the month of February. On Feb. 3rd, our students will gather in the cafeteria to hear the story "Have you Filled a Bucket Today?" We will be running a "fill your bucket" program from Feb. 6th—17th. Students will each receive a bucket filling slip. They can give the slip to any student that demonstrates an act of kindness. Some of the statements will be read over the loud speaker in the morning. Our students demonstrate random acts of kindness all the time! This will hopefully draw attention to the importance of being kind to one another and increase awareness related to how simple gestures can make a huge impact on others.

Also, the first Friday of the month is school spirit day. We will combine this month's spirit day with a Patriots' Spirit Day!

As always, please don't hesitate to contact me should you have any questions or concerns. Many thanks for your continued support!

Sincerely,



# THE HIGHLANDER

**No Meeting in  
February  
Next  
PTO Meeting  
on March 21st  
7:00 PM.  
All are  
welcome.**



A quick reminder that birthday cup cakes as well as invitations should not be brought to school. We provide a special recognition of your child's birthday in the classroom. Children can also be sent to the office to receive a special certificate "Highlands wishes you a Happy Birthday" and the student will also receive a new pencil.

**HIGHLANDS SPIRT DAYS**  
Every first Friday of the month children are asked to wear their Highlands wear or Braintree colors of Blue & White. This month we will combine Highlands' Spirit Day with a Patriot's Spirit Day.

**Mass Sibling Support Network  
Sib Workshop for Parents  
Presented by Janet Thibeau**

**Wednesday, February 15, 2012 6:30PM – 8:30PM  
Thayer Public Library  
798 Washington St., Braintree**

This workshop is designed to help parents understand the sibling experience, offer suggestions for supporting their child throughout their life, and provide an overview of the growing sibling movement. The primary audience for this workshop is parents who have multiple children and would like information about how to support their child who has a brother or sister with a disability.



**A Message from the Health  
Office, Mrs. Hubbard**

February is Dental Health Month. The Third Grade Classes will participate in a program, designed to teach good dental hygiene. I will be talking to the third grade classes about dental health, proper brushing technique and the importance of eating healthy snacks.

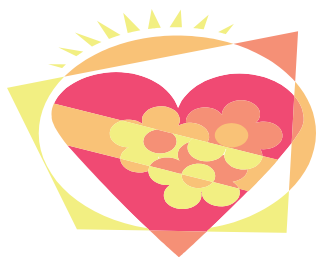
Dr. Craig Allen, a local Braintree Dentist, will be visiting the third graders February 10th. He will be talking to the students about Dental Health and screen the children for possible dental problems. If you do not want your child to be screened, please notify Mrs. Hubbard in writing by February 9th.



Savings Makes Sense—  
Deposit day for grade 3  
is February 17th!

# HAPPY VALENTINES DAY

Many of the classrooms have small parties to celebrate the occasion. If your child's classroom is having a small celebration, your room mother will contact you if something is needed. Please do not just send in a special snack for the classroom without being contacted. Room mothers work with parents of students that have allergies so that we can insure that all snacks are safe for everyone in the class.



## Cultural Arts:

All students will have a cultural arts performance, *Harriet Tubman*, on Feb. 1st.

Students in fifth grade will have a cultural arts performance, *Paul Revere, Man Behind the Myth*, on Feb. 14th.

## PTO

It is important to note that the PTO supported the purchase of two short throw projectors at their last meeting. Highlands' PTO along with the BFFE have been very supportive in supplying technology to our school. This will mean that ALL of our classrooms will have either a short throw or an LCD projector for use in the classroom. We are very pleased that our school will be at 100% for this type of technology use in the classroom.

## Physical Education

### Kindergarten

This group will continue to review locomotor skills for warm-ups swinging and climbing for beginners.

### Grades 1-2

Warm-ups will incorporate math skills as we become familiar with counting by numbers other than one. Jumping jacks and mountain climbers will be done by using the math banners hanging in the gym to aid the students in counting by two's, five's, tens, etc. We will be starting up our "Survivor" unit across all grade levels, so these groups will work on lead-up skills and games. Many students will learn how to mount and dismount the ceiling ropes while swinging safely over obstacles. Grades 1-2 will also do some rope climbing

this month as they get ready for an upcoming unit of educational gymnastics.

### Grades 3-5

The "Survivor" unit will begin for grades 3-5 this month. Students compete to get the quickest time on each event while functioning like a well oiled machine. These activities focus primarily on teamwork and cooperation and teach students to appreciate everyone in the group. "Win or lose, we all do it together." Best of luck to you all!

Thank you  
Mr. Nash



# **Braintree Fund For Education**

## **St. Patrick's Day Celebration**



# **Jim Plunkett Night**

TO BENEFIT  
EVERY BRAINTREE PUBLIC SCHOOL,

**ROSS Morrison Liberty Hollis South  
Highlands Flaherty East Braintree High  
PreSchool**

Emerald Hall

**Saturday, March 17, 2012**

7 pm - midnight

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**BFFE St. Patrick's Day Plunkett Night Ticket Form  
Saturday, March 17, 2012**

**Parents Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**TICKETS X \$25.00 = \$** \_\_\_\_\_

**PLEASE MAKE CHECKS PAYABLE TO BFFE**

→Return to your child's school

→Or mail to: BFFE P.O. Box 850139 Braintree, MA 02185

→or purchase at : Danny's Cleaners (295 Elm Street),  
Braintree Cleaners (95 Grova Street) or American Art (409 Pond St., Ste 1)



## *Steps to Respect*

Ms. Melonie Bennett, the Director of Physical Education and Health, has been teaching the Steps to Respect program to grade 4 students. The Steps to Respect program is an anti-bullying program that is researched based. Students learned about **RESPECT** and what it means to be respectful. In addition, they discussed what respectful behaviors are and how those behaviors should be used every day. They also discussed conflict, bullying, how to recognize bullying, how to refuse bullying, how to report bullying, bystanders and cyber-bullying. The program is completed and students were sent home with their Steps to Respect Folders. We encourage you to ask your students what they learned in the Steps to Respect program.

### ***Vocabulary and Definitions:***

**Respect** - Treating people the way you want to be treated.

**Conflict**- A disagreement that happens when people want different things. The people involved in a conflict have equal power to solve the problem.

**Bullying** -Bullying is unfair and one-sided. It happens when someone keeps hurting, frightening, threatening, or leaving someone out on purpose. One or more is the bully (aggressor) and the other is the victim (target).

**Bystander**- Someone who knows that bullying is happening. That includes people who witness bullying. A bystander can find out about bullying in two ways: Seeing or Hearing.

**Cyber-Bullying** - Is being cruel to others by sending or posting harmful material or engaging in other forms of social aggressions using the internet or other digital technologies. For example, cell phones.

If you have any questions about the curriculum, please do not hesitate to contact her for more information. Thank you for supporting your student(s) in learning the skills that leads to success in school and in life. Ms. Bennett's contact information is (781) 848-4000 ex.2235 or [mbennett@braintreema.gov](mailto:mbennett@braintreema.gov).



# Braintree Elementary School Lunch and Breakfast Menu



February 2012










MENU SUBJECT TO CHANGE WITHOUT NOTICE

(All Weekly Specials include the choice of the day's fruit, veggie and milk)

Celebrate Valentine's Day by eating healthy, red foods! The bright color signals lots of nutrition in every bite. Red fruits and veggies are high in vitamins and minerals, as well as antioxidants, which protect your body's cells from disease.

Some red foods to try include: tomatoes, red peppers, strawberries (try some in a yogurt parfait like in the alternate the week of February 13!), apples, red kidney beans (try some mixed into other dishes like tacos or nachos on the 16<sup>th</sup> or 29<sup>th</sup>!), watermelon, pomegranates, cranberries, raspberries, and cherries.



Monday	Tuesday	Wednesday	Thursday	Friday	Special Entree of the Week
<p>Price of lunch: \$2.00 (free and reduced price: \$0.40) meals available for families who qualify)                      Alta Carte Milk: \$0.50                      Snack: \$0.50  <b>Skim or lowfat Milk is included with every meal, every day.</b></p>	<p>Available as entrée choices every day:                      PB&amp;J                      Fresh Garden Salad with whole wheat pita pocket or whole wheat breadstick                      Fresh Fruits and/or veggies are available to accompany meals every day, and may also be sold as snacks for \$0.50</p>	<p>Whole Wheat French toast sticks                      Sausage links                      Syrup                      Fresh Orange Wedges                      Applesauce (great for dipping!)  <b>B: Scrambled Eggs</b></p> 	<p>Choice of Hamburger or Cheeseburger                      Fat Free Potato wedges                      Lettuce &amp; tomato topper                      Condiments                      Fresh Fruit  <b>B: Hot Cheesy Bagel</b></p> 	<p>Sony's Pizza                      Baby Carrots                      Cucumber Circles                      Light Ranch Dip                      Cookie  <b>B: Choice of Trix or Cinnamon Toast Crunch Cereal Bar</b></p>	<p><b>BL Turkey Sandwich</b>                      Crispy turkey Bacon, Fresh Lettuce and Tomato and Deli Turkey on a wheat hamburger roll</p>
<p>6                      Grilled Cheese Sandwich                      Choice of Soup                      Salines                      Mixed Veggies                      Peaches                      Warm Apple Crisp  <b>B: Snack'r Waffle</b></p> 	<p>7                      Grilled Chicken Breast Fillet on a Bun                      Crisp lettuce and Juicy Tomato topper                      Oven-baked French Fries                      Pickles                      Condiments                      Pears  <b>B: Trix or Cinnamon Toast Crunch Cereal Bar, Cheese Cubes</b></p>	<p>8                      Chicken fajita                      Shredded lettuce &amp; diced fresh tomato                      Salsa                      Corn                      Rice                      Fresh Pear  <b>B: Choice of Cereal, Yogurt, Sunflower Seeds</b></p>	<p>9                      Roast Turkey                      Roasted sweet potatoes with Cinnamon &amp; Brown Sugar                      Cranberry Sauce                      Green Beans                      Whole Wheat Dinner Roll  <b>B: Hot Cheesy Bagel</b></p> 	<p>10                      Cheesy Stuffed Crust pizza                      Baby Carrots                      Celery Sticks                      Light Ranch Dip                      Homemade Chocolate Chip Cookie  <b>B: Scrambled Eggs</b></p>	<p><b>South West Chicken Salad</b>                      Fajita seasoned chicken and shredded cheese with tomatoes and cucumbers on top of a bed of iceberg and romaine lettuce. Served with sides of salsa and light Ranch Dressing and a Whole Wheat Breadstick.</p>
<p>13                      Breakfast for Lunch!                      Hot Ham &amp; Cheese on a whole wheat bagel                      Honey Glazed Carrot Coins                      Warm Cinnamon Apple Slices  <b>B: French Toast Sticks, Syrup</b></p>	<p>14                      Valentine's Day!                      Cupid's Target Chicken                      Nuggets                      Dipping Sauces                      Spiral Pasta                      Sweetheart Strawberries                      Cuddly Corn                      Heart Shaped Cookie  <b>B: Ultimate Breakfast Round</b></p> 	<p>15                      Turkey Pastrami on Hamburger bun                      Homemade Cole slaw                      Pickles                      Applesauce                      Baked Nacho Doritos  <b>B: Choice of Cereal, Cheese Cubes</b></p>	<p>16                      Soft taco                      Homemade Corn bread                      Shredded lettuce &amp; Diced tomato                      Salsa                      Fresh Mexican Cheddar Bean Salad                      Green Beans  <b>B: Pancakes, Sausage, Syrup</b></p> 	<p>17                      Domino's Smart Slice pizza                      Baby Carrots                      Cucumber Circles                      Light Ranch Dip                      Angel Food Cake with Strawberry  <b>B: Choice of Cereal Bar, Cheese Cubes</b></p>	<p><b>Sweet and Crunchy Yogurt Parfait</b>                      Sweet and Tangy lowfat vanilla yogurt layered with blueberries, strawberries or other assorted fruits                      Served with Animal Crackers</p> 
<p><b>February vacation!!!!</b></p>	<p>27                      Spaghetti with or without Meatballs &amp; Sauce                      Italian Green Beans                      Peaches                      Whole Wheat Breadstick  <b>B: Homemade Blueberry Muffin Square, yogurt</b></p> 	<p>28                      Turkey Hot dog on a whole wheat bun                      Vegetarian Baked Beans                      Pickles                      Condiments                      Pears  <b>B: Scrambled Eggs</b></p>	<p>29                      Leap Year!                      Beefy Nachos on tortilla chips                      Shredded lettuce &amp; Diced Tomato                      Salsa                      Rice                      Buffalo Bean dip                      Fresh Baby Carrots                      Fresh Broccoli Florets  <b>B: Choice of Cereal, Yogurt, Honey Roasted sunflower Seeds</b></p> 	<p>Applications for free or reduced priced meals available at all school offices and at <a href="http://www.braintreeschools.org">www.braintreeschools.org</a>.                      Contact Megan Ahrenholz, RD with questions or comments at <a href="mailto:mahrenholz@braintreema.gov">mahrenholz@braintreema.gov</a> or 781-380-0144.</p>	<p><b>Lunch Muncher</b>                      Crackers with turkey, ham, cheese, peaches, crispy fresh baby carrots, and light ranch dip.</p>

## MCAS Testing Schedule

### Grade 3

ELA—March 29th & 30th

Math—May 8th & 9th

### Grade 4

Long composition—March 20th

Long composition—make up—March 29th

ELA—March 27th & 28th

Math—May 15th & 16th

### Grade 5

ELA—March 21st & 22nd

Math—May 10th & 11th

Science & Technology—May 17th & 18th

## **Future Dates to Remember!**

- **February vacation—Feb. 18th-26th**
- **March 7th 1/2 Day Professional Development Day**
- **March 21st—PTO meeting**
- **April vacation—April 14th –22nd**
- **April 27th Spring Social**
- **May 23rd —PTO meeting**





**Highlands School said good bye to Ann Marie our Crossing Guard. We thank you for all your hard work and keeping our Highlands Community safe.**

**A note from Ann Marie:**

**I would like to thank everyone I met at Highlands School, the staff, parents and children for the most enjoyable 10 years as the crossing guard at your school. I looked forward everyday to seeing all of you helping to keep you safe and directing busses M, N, O and W.**

**I will miss seeing everyone but you will always be in my thoughts.**

**I will be looking for all of you around town.**

**Welcome to our new crossing guard Kate Devin!**

**Community Food Pantry**

We will be collecting peanut butter and jelly for the month of February. There is a box in the front lobby for drop off.

Of course the food pantry will accept any donations you would like to make.

