

EYES ON EASTLAKE

Volume 24 Issue 7

April 11, 2019

Principal's Message

Hello Eastlake Parents!

It appears that we have entered the warm weather part of our school year and with that comes a multitude of activities that we will all get to enjoy. April and May will be a very busy time for us with concerts, state testing and academics.

State testing has begun with our 3rd Grade completing NJSLA testing and our 4th and 5th Graders testing in late April and early May.

If your child is testing, here are some helpful hints that will help that week:

- 1- Make sure your child gets a good night's sleep so that they are rested and focused
- 2- Make sure your child eats a healthy breakfast
- 3- Make sure your child arrives to school on time.
- 4- Show a positive attitude toward academics to keep your child relaxed and prevent anxiety
- 5- Make sure your child can be in school for all of testing by not scheduling appointments during testing time.

Sincerely,

Sebastian Powell
Principal- Eastlake School



DATES TO REMEMBER

- 4/15 – 4/19 – School Closed – Spring Recess**
- 4/24 – K – 3 Field Trip**
- 4/25 – Cultural Arts Program**
- 4/25 – PTA Mtg, 7:00 pm**
- 4/26 – 5th Grade Field Trip**
- 5/1 – Kindergarten Orientation 10:00 am**
- 5/6 – All Day Concert Rehearsal**
- 5/7 – Spring Concert 1:30 pm**
- 5/7 – Plant Sale Set-Up**
- 5/8 – Plant Sale**
- 5/9 – Plant Sale**
- 5/10 – Plant Sale**
- 5/10 – Pre-K Moms & Muffins 10:00 & 1:30**
- 5/13 – 5/17 – 4th & 5th Grade PARCC Testing**
- 5/17 – Flutophone Concert 1:30**
- 5/20 – 5th Grade Science PARCC Testing**
- 5/20 – Pre-K Field Day 10:00 & 1:30**
- 5/21 – 5th Grade Science PARCC Testing**
- 5/22 – Brooklawn Bridge**
- 5/23 – Brooklawn Bridge Rain Date**
- 5/24 – School Closed**
- 5/27 – School Closed**

Notes from the Music Room

Kindergarten classes have read, sung, and played through the book "JUMP!". They focused on playing as a group and melodic direction; going higher going lower, and repeated notes. They had fun using the mini djembes, hand drums, and the glockenspiels.

First graders played percussion instruments based on their classifications; woods, metals, skins, shake, tap/hit, and scrape. They are fabulous at deciphering rhythms including "rest"! They played melodies on the glockenspiel based on the names of sea shells. Wouldn't it be fun to go down the shore!

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Looking Ahead

Pre-School: We have jumped right in to our Recycling Study in Ms. Bruss' class! We are very excited to learn about different ways to help make less trash and keep our Earth clean! We are also talking about spring changes and we are hoping to be able to see and feel them very soon! We can't wait to get outside to play! Please be sure to wear sneakers everyday so we can play on the playground safely. We are looking forward to Spring Break and wish you all a relaxing and well deserved time together!

We are thinking spring in Miss Fairweather's class! This month, we are exploring topics related to springtime. First, we will focus on the season of spring and how it is different from fall and winter. We are enjoying looking for signs of spring outside! Next, we will complete a study on plants. This is exciting because we will each take care of our own plant! The warmer weather has finally arrived and we will be going outside to play most days. Please wear sneakers for safety on the playground!



For the month of April, Ms. Gonzalez's class is learning all about weather. April is a great month to talk about this because the idea of snow is still fresh in our minds, but we also get to experience cold, hot, rain, sun, clouds, and wind all in one month (and sometimes in one day)! We are learning a poem about raindrops and reading weather books. We have also been working so hard on learning to play with different friends in our class.

Mrs. Pepe's Preschool Class is ready for Spring! We are looking forward to the nice weather and going outside on the playground! We are reading "The Very Hungry Caterpillar", "Rainy Days" and learning new April words. In Art we are working on cutting. We also enjoy playing with the sand and water in the Discovery center.

In Mrs. Safarik's class this month we are studying all about recycling. We are learning different ways of reusing plastics, glass and paper/cardboard. We are looking forward to Spring break. See you back April 22, which is Earth Day. Enjoy your time with your family, safe travels if you are going away on vacation. Keep snacks simple and nutritious. We are going outside every day now, so sneakers are a must.

Kindergarten: Kindergarten hopes everyone has an enjoyable spring break and is ready for a wonderful rest of the year when we return! In Reader's Workshop, we are reading nonfiction books. We can use these books to learn about a variety of things and teach what we know to our classmates. We are using our nonfiction books to help us write "All About" books during Writer's Workshop as well. We are writing facts to teach about the things we know. In math, we are beginning to learn about 2-D and 3-D shapes. We can't believe how quickly this year is going!

First Grade: April is flying by!!! We are looking forward to seeing the Disney movie Penguins, April 24th. It will be a regular lunch so nothing is changing that day. We have been learning about plant and animal structures in science. In social studies we are researching cultures. Thank you for handing in the homework papers, and sharing your cultures and traditions. We are concentrating on characters and settings in reading workshop, and writing narratives with made up characters in our writing workshop. Enjoy the spring break!!

Second Grade: Spring has finally arrived! The birds are chirping, and our April showers will be sure to bring us some beautiful May flowers. In Science, we are learning all about living things. Recently, we went outside to explore and observe different habitats. In Math, we are continuing our chapter on money and time. Please practice these skills with your children at home. We started our Unit on poetry in Writing Workshop. Students are using their 'poets' eyes' to see the world in a fresh, new way when creating their pieces. As students are developing as readers, it's important that they continue to read at home. Please discuss and ask questions about their stories to help build upon these skills. We are looking forward to our field trip on April 24th at AMC Rockaway Theaters to see the movie *Penguins*. Please be sure your child is practicing the *Lullaby* poem at home in preparation for our Arbor Day celebration on April 29th. We have a bright season ahead of us!



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Third Grade: Spring seems to finally be here and boy are third graders blooming academically! In language arts class, we have been working hard to prepare for the New Jersey State Learning Assessment. Students have looked closely at identifying different reading strategies that they can use when working on their own. Students are also reviewing their writing with their writing partners. Third graders have been working on writing narrative stories, essays and of course, they have continued improving their opinion speeches. In just a few short weeks, students in the third grade will be ready to give their speeches to a full audience!

In math class, third graders have continued to work on our units of study on fractions. Learning about how to model and find equivalent fractions is the next big challenge, but third grade math minds are always up for it! Next up after fractions, third grade will begin our units of study on geometry and measurement. Don't be surprised if you see some mathematicians at work measuring the area and perimeter of certain classrooms in our school!

Finally, third grade has finished their unit of study on Force and Motion. We learned so much about all the different forces that can affect an object's motion during our many investigations and research. It was amazing to see how third graders were able to use their engineering skills to come up with different projects to test force and motion. Next up will be our brief study for Earth Day. This year's topic is Saving Species. We will be studying several endangered species from around the world to see what we can do to help save them from becoming extinct. We will also be creating our own raccoons out of recycled materials to celebrate Parsippany's local animal life. Have a great spring break everyone!



Fourth Grade: Are you counting down until Spring Break like we are?! Well, we still have a lot of learning to do and we're hard at work! In reading, we are wrapping up our weather projects and non-fiction unit. When we return from our week off, we will continue with our exposure to non-fiction text passages in order to get ready for the PARCC. We are still enjoying our Energy unit in science and are learning so much about how circuits work! The students are doing great with fractions in math. We will proceed with fractions relating to decimals. The kids are encouraged to practice their instruments and songs over Break. The spring concert is just around the corner! Have a wonderful Spring Break!



Fifth Grade: It's hard to believe that Spring Break is almost here. In the meantime, we've been quite busy in 5th grade. In reading, we have finished our mentor text, *The Thief of Always*, and we are currently working in our book clubs to finish our fantasy novels. We will then create mind maps and do a gallery walk to share what our books are about with the entire class. In science, we are doing lots of investigations about solutions and density. Be sure to ask your child what happens to liquids that are more dense and those that are less dense. We have finished our unit on multiplying fractions and have moved onto dividing fractions in math. "Stay, Change, Flip" is the motto for this unit. Don't forget to ask your child what these words mean and how this helps them to solve problems that require dividing fractions as well as fractions and whole numbers. Social Studies is all about the Underground Railroad and the leading abolitionists that sacrificed their own safety to help others to freedom. We even did an on-line scavenger hunt locating the secrets that were kept in order to free the slaves. As you are aware, the children are writing all about what they have learned in L.E.A.D. Det. Caruso will then select a winner from each class. Those students will be sharing their essays that detail what they have learned from this program at our Moving Up Ceremony in June. We are looking forward to our upcoming field trip to the Barracks Museum in Trenton and hope to see many of you as chaperones that day!

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Health Habits

Spring is in the air, and so are the triggers of nasal allergies or seasonal allergic rhinitis. Common allergic substances called allergens float in the air and get in the nose. Eye allergies may also occur. These include pollens from trees, grass, weeds and molds, pets, and house dust. Symptoms include:

- clear nasal discharge with sneezing and itchy nose
- eyes that are itchy, red, watery, and puffy
- ear and sinus congestion
- scratchy throat

Seasonal allergies usually begin at age 2 to 5 years and peak in school-age children, teens, and young adults. Hay fever occurs in approximately 15% of children.

Care advice from the HealthyChildren.org website of the American Academy of Pediatrics include:

- Allergy medicines known as antihistamines are the drug of choice for nasal allergies to control symptoms.
- Short-acting allergy medicine such as Benadryl.
- Long-acting allergy medicine (such as Zyrtec, Claritin)
- No prescription is needed for these antihistamines. Advantages of long-acting ones are that it causes less sedation and lasts up to 24 hours.
- Allergy meds should be given every day during pollen season as recommended by a health care provider
- Use saline nose drops or spray
- Eye treatments include washing face to remove pollen and apply cold, wet washcloth. Eye drops may be necessary.
- Shower and wash pollen from body especially before bedtime

Call health care provider for a recommended treatment of seasonal allergies. They should also be called if symptoms include an excessive cough, sinus pain, no relief from allergy medication, and with any questions or concerns. If a child has never been diagnosed with seasonal allergies and they have symptoms, they should be seen by their health care provider.

Hay Fever or nasal/eye allergy symptoms make going to school and daily activities difficult to do. The key is controlling the symptoms since pollen allergies recur each year. Keeping windows closed, especially in bedrooms and cars, and using an air conditioner reduces the pollen that a child breathes. Avoid window fans and attic fans as they pull in pollen. Stay indoors during windy days. The local pollen count can be found on Pollen.com (<http://www.pollen.com/>) just type in your zip code.

Happy Spring!!!
Debra Molloy
School Nurse