

# Roger Sherman Elementary School

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Dr. Ian M. Banner, Principal

*Kindness in words creates confidence. Kindness in thinking creates profoundness.  
Kindness in giving creates love.*

– Lao Tzu

**For:** February 2019

Dear Parents and Families:

The emphasis in schools has always been on learning in the academic sense, and this remains as true today as it was in the past. However, we have come to more deeply realize that all learning is social, and that learning about the world (the academic aspect) is inseparable from how we interact with the world (the social aspect). Therefore, schools in the 21<sup>st</sup> century have to account for the impact of one aspect of learning on the other, and vice-versa. As such, social-emotional learning and connectedness is a critical component of successful schooling, and it is a means for making school a comfortable and inviting place that fosters academic learning.

Most recently, I expressed to the students the simplicity in how we can share a little kindness each day with others by saying hello and acknowledging them with eye contact, holding open doors for them, and most importantly, including them in conversations and games. I also expressed just how easy it is to ignore others and remain close only to the things and people for which we are familiar. Yet, with a little grit, we can reach out and include others in our lives, and in so doing, allow us to more readily acknowledge and understand them and embrace both our commonalities and our differences.

## **Nurse Update**

We continue to operate, and well, with our substitute nurses—Mrs. Denise Gilbane, who only retired from Sherman last year, and Mrs. Jinnie Song—both of whom are highly experienced and qualified school nurses employed by the town of Fairfield to support our children. As I noted before, if you have questions for the nurses, please call the nurse's line: 255-8331. If no one picks up, please contact the main office to ensure your message or question is received and addressed.

Below is a mid-year health update from our nursing office:

Dear Parents,

Flu season is upon us. Please remind your student to be vigilant about hand washing with warm water and soap, covering coughs and avoiding anyone with a cold or stomach bug symptoms. At home, clean phones, keyboards, doorknobs and common areas/items to minimize the spread of germs and viruses at home. If illness strikes, consider using disposable utensils until the illness subsides. Replace toothbrushes after recovering from the illness.

The classic signs of flu include:

- **Fever**, which can be high - a fever is anything over 100+ degrees F
- **Cough** and/or chest discomfort which can become severe
- **Headache**
- **Sore throat**, which MAY include cold symptoms of stuffy nose, sneezing

- **General body aches and pains**
- **Fatigue and weakness**
- **Exhaustion**

Please consult your health care provider as needed.

The difference between a **cold and the flu** is that a cold **RARELY INVOLVES A FEVER** [except in young children] or headache, fatigue, weakness, exhaustion, and generalized severe aches and pains.

Colds usually begin with a day of sore throat and progresses to runny nose and congestion in 24 hours. A mild cough may be present.

Keep your student home with a stomach bug, which includes nausea, vomiting and sometimes diarrhea.

The common stomach bug generally does NOT INVOLVE FEVER and goes away in 24 to 48 hours. Excessive vomiting and diarrhea involving fever needs to be evaluated by your doctor.

If your student is going to miss school for any reason you need to call the attendance line and report that your child is out. If the absence is related to illness, please leave a brief description and, most importantly, please report if your student was tested by the doctor and is positive for the flu. Your cooperation in this matter is appreciated. Please provide any doctor notes to the attendance office when the student returns.

Thank you for your support in keeping our school healthy!

### **Start Time Reminders**

Mrs. Davis sent out an IC message reminder a week ago regarding opening times for school on regular and delayed-start days. I have included same reminder here

To ensure student safety, please remember the following regarding morning drop-off:

- The school building opens for students at 8:45 am. Staff members are not contractually available to supervise children before 8:45, which is the reason that students are not permitted to enter the building before then. Therefore, please do not drop children off and leave them unsupervised before 8:45 am.
- This is also the case on a 2-hour delayed openings; students may enter the building at 10:45 am.

While this is important throughout the entire school year, it is particularly imperative with the dangerously low temperatures we experience during the colder months. As such, we greatly appreciate your cooperation in helping to keep all of our students safe.

### **School Safety**

As a reminder, on the weeks specified below, which may be subject to change, we will be conducting either fire or lockdown drills. During these exercises, students will continue to practice responding to such events under trained faculty direction and in a calm and orderly manner. It's also an excellent opportunity for the staff to further review and refine our procedures to avoid needing to think in the event that a real emergency does arise and simply act with speed and efficiency.

Month	Week of	Safety Drill
September	31 10-14	Fire drill Lockdown 1 (regular)
October	15-19	Fire drill
November	5-9	Fire drill
December	3-7	Fire drill
January	7-11	Lockdown 2 (drill 2)
February	11-15	Fire drill
March	11-15	Fire drill
April	8-12 22-26	Lockdown 3 (drill 3) Fire drill

May	20-24	Fire drill
June	3-7	Lockdown 4 (drill 4)

### Curriculum Notes

*PE Update from Coach O and Coach Lovelett*

The following is a list of PE activities for this month. Coach O and Coach L have also included the outcomes (goals) they are aiming for students to achieve from these activities.

Floor Hockey for grades 3-5 (Students may bring in their own eye protection) and Pillo Polo Hockey for grades K-2 (2/4 – 2/8)

*Goal:* Striking with an implement, Hand Eye Coordination, Skill, Rules, and Strategies

Fitness Stations for grades K-5 (2/11 – 2/14)

*Goal:* Improving Cardiovascular and Muscular endurance

Body Management (Gymnastics) for grades K-5 (2/19 – 4/3)

*Goal:* Balance, Body Awareness, Controlled/Creative movement

“Those who feel they have no time for exercise, will eventually have to make time for illness” – Edward Stanley

### Important Events and Dates

<b>Fire drill</b>	<b>February 11-15. Sometime during the week</b>
Anti-bullying presentation by World Class Taekwondo	Monday, February 4
School store (during lunch) STEAM Evening (6:00 – 7:30 PM)	Wednesday, February 6
Grade 4 Orchestra (7:00 – 7:30 PM in APR)	Thursday, February 7
PTA Meeting (2:30 PM)	Wednesday, February 20
Half-day early release at 1:40 PM	Thursday, February 14
No School	Friday, February 15 Monday, February 18

*Note.* Please also see *SharkBytes* for additional PTA information and events.

### A Few FYIs

I recently met with our maintenance department and was assured that the new swing set will be installed before spring.

*Roger Sherman Building Committee (RSBC)*

Please find our Phase III architect’s (Silver/Petrucelli + Associates) presentation at last month’s PTA meeting (1/16/19) by clicking on the following link (<https://www.fairfieldct.org/rsbc/files>). Please remember that this presentation is comprised of proposed ideas still under consideration, and any related questions can be asked at RSBC meetings or directed to the committee. Additionally, you can stay informed and up-to-date on the committee’s work for our Phase III renovations by using this link (<https://www.fairfieldct.org/rsbc>).

### Reminders

We encourage you to remain or become familiar with our school’s website (<http://fairfieldschools.org/schools/sherm/>), from which you can also access our PTA information, and the district website (<http://fairfieldschools.org>). A great deal of pertinent information can be found at these online locations.

### Your Feedback

Let me know what questions you have on these and any other topics, as well as how we’re doing. While the staff and I are very busy in the educating of our youngsters (your children), an important and essential element of doing that effectively is having an open and on-going dialogue with you.

Yours truly,

Dr. Ian M. Banner

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