



# “PATHFINDER “THURSDAY THOUGHTS”

Good, Better Best! Never Let It Rest, Until Good Is Better And Better Is Best!” September 2009

## LET’S MAKE A DATE:

### OCTOBER 3

All 3rd graders to White Pine Village (8:45 - 2:30 p.m.)

### OCTOBER 5

Last day to sell Club’s Choice items. Order forms need to be turned in.

### OCTOBER 6

Pathfinder Picture Day

Movie Night at Pathfinder (6:00 p.m.)

### OCTOBER 20

Release Time Bible Class (1:30 p.m.)

## LOOKING AHEAD:

### NOVEMBER 2ND, 3RD & 5TH

Parent/Teacher Conferences

### NOVEMBER 3

Club’s Choice Delivery (3:30 -6:30 p.m.)

### NOVEMBER 10

Picture Re-takes



## Mr. Cassidy’s Comments

### Education is the Key

When I was a kid riding bikes didn’t include strapping on a helmet, and we rode everywhere without more supervision than the parental “Where you going?” and “Be back by dark.” Riding in cars without seatbelts was normal; they weren’t standard equipment. Skateboards and roller skates meant band-aids, not knee and elbow pads. And everyone not only shared germs without a second thought but ate everything at everybody else’s house without questioning the ingredients; it just had to taste and smell good.

Now a days helmets, seatbelts, and kneepads are the norm; parents drive their kids almost everywhere; offer up multiple menus; and sanitize everything. I know, because this way of protecting my children had slowly crept itself into my house as my wife and I attempted to protect our children. Now that they’re grown, we still worry about each child-we just don’t have to guard against all the germs they brought home!

Here at Pathfinder we’re making progress against many of the germs that cause the flu, cold, and pneumonia viruses that make principals and teachers, as well as students, suffer at home. Washing hands, coughing and sneezing into elbows instead of hands, staying home 24 hours after vomiting or a fever breaks, are all easy to do measures which will help others remain healthy. These are health issues that affect us all. I know, because last year the flu virus visited me three times and pneumonia once -at spring break; I don’t know how many colds I had!

This year we have another health issue to manage. It’s one that’s appearing more and more in society today and that’s food allergies. I have friends who are allergic to shell fish and milk products so I’m somewhat familiar with the anxiety they posses whenever food is near. The hassles they have when trying to eat at restaurants or other friends’ homes is more than I want to go through!

I’m mentioning food allergies because many parents have expressed their concern for how we’re going to manage lunches, snacks, and treats here at Pathfinder while protecting any children and adults who have food allergies. Well, I’d like you to know that after much research I’ve discovered we don’t have to reinvent the wheel to create a safe and health environment while implementing common sense measures to manage food allergies! I’ve learned that Massachusetts and several other states (along with the Ann Arbor school district) have created policies to manage this health issue in ways that are both easy to understand and put into practice.

### **Education is the Key (continued)**

Using the Massachusetts and Ann Arbor plans as models we've been able to develop a plan that educates students and staff to the precautions needed to create an environment where any children allergic to certain types of food (nuts in this case) are not exposed, without mandating the removal of those food types (nut products). Most of the plan looks the same as it does for viruses: wash hands with soap and water; clean-off surfaces with soapy water; stay away from those areas and people you know shouldn't be exposed to any nut products if you're eating one.

For the most part the plan relies on prevention. There is a classroom that is designated with signs as "nut free"; snacks are monitored with an emphasis on healthy choices of fruits and vegetables; there's a "nut free" lunch table in the cafeteria where anyone without nuts can eat; extra soap is provided for hand washing that is supervised.

We also have in place a reaction plan that includes measures to take in case any person with food allergies has a mild reaction-whether it's mild or severe. Each part of this health management plan involves different staff members as well as the families of the children who have the food allergies. Including these steps the plan is pretty simple and non-intrusive. While being healthier than totally eliminating certain foods from the environment, this plan also provides children with the knowledge and skills to live in a world that can sometimes be threatening. That's the bottom line for me as an educator: teaching life skills so everyone can be successful.

### **COUNSELOR'S CORNER**

\*Rollercoasters, a support group for children that have experienced a loss of some sort in their life, will once again be offered this school year. I will be offering this opportunity to Pathfinder(2<sup>nd</sup>/3<sup>rd</sup> grade) students beginning in October. Groups meet one day a week after school for an hour, for eight consecutive weeks. Lessons work well for children that have experienced a divorce, death of a loved one, parental loss of a job or any other significant life event. Call me at 924-7265 for more information.

\*A large amount of parenting resource material is available for checkout at Pathfinder. Most of the material is based upon the Love and Logic model, please contact me if you'd like to take a look.

\*Dozens of Fremont elementary students enjoyed another summer camp experience at Camp Henry. Our district receives many scholarships to be used by families that, without financial assistance, may not find it possible to send their child to camp. A rule of thumb for qualifying for these scholarships is if your family qualifies for free or reduced lunch. Although next summer is far away, it is never too early to reserve a spot. Call me to have your child's name put on the list.

## More Opportunities for Active Games That Teach

*Recess games and extension of Physical Education instruction*

As the Physical Education teacher of all Fremont Public Schools elementary school children, grades K-5, it is my commitment to design and present activities that promote physical activity and development of movement skills, object control skills as well as important personal and social skills. A wide variety of instruction with age-appropriate games and challenge activities will be offered this school year. Character education will be included and emphasized in all Physical Education instruction.

My work is now done in three buildings; morning assignments are divided between Pathfinder Elementary and Daisy Brook Elementary; afternoon assignment is at Pine Street Primary Center.

Work is underway to supplement and compliment Physical Education instruction and practice to extend beyond scheduled physical education times. Two new approaches are being applied.

Through this partnership with Tamarac, the Center for Health and Well-being, children will be learning games to play at recess throughout the school year. Fitness Professionals Jeremy Stariha and Sally Papes are working with Pathfinder staff to teach and supervise the learning of age-appropriate recess games designed to be active, safe, challenging, and fun!

The intention is for recess to be a time where children can play safely and peacefully learn without constant adult supervision. Simple but specific rules and procedures are part of game play. This means children need to understand they have a personal responsibility to do what's right and be on their best behavior.

In addition to providing recess games to accomplish learning goals, there will be other opportunities for planned physical activity that is more than just "free time". Pathfinder teachers recognize the importance of physical activity for all students. Teachers have asked the Physical Education Department to prepare lessons and provide equipment and guidance in how to supervise effective activities. This will be done.

Teachers will soon receive a detailed plan of the introductory lesson currently being presented to Pathfinder students. By the time teachers receive the lesson, children will have participated in and practiced twice over two weeks. To make learning more productive, repetitive practice of the activity is needed. As staff supervises student practice the lesson will become far more than just time to "burn off energy". It will be valuable time for students to engage in self-responsible and cooperative work, that looks like play, but becomes valuable practice of specific movement, object control and personal/social skills.

As it is with Tamarac staff supervised recess activities, students will need to understand they have a personal responsibility to do what's right and be on their best behavior. Students will be expected to listen to and follow instructions and to participate just as they were taught and just as they practiced the activity in PE class.

These collaborative efforts, with Tamarac and Pathfinder staff, to get children moving, practicing skills and having social time together with their peers are important to our students learning and growth this school year.

Expect updates on these new approaches. And, watch for idea's for games and activities for children and parents to play—together!

*From Herbert Lindsay, Elementary Physical Education Specialist  
Fremont Public Schools, September 24, 2009*

## MUSICAL NOTES

Music is off to a great start learning how to handle mallets, keeping a beat and learning new instruments. In our short twenty-five minute time we will learn many new concepts in how to read, play and move to



music. I look forward to having a good time with the students this year!



## Pinwheels for Peace

In art class we have been busy making pinwheels, which we planned on placing in the front lawn of Pathfinder Elementary to celebrate International Day of Peace on Monday, September 21st. The rain cancelled our plans, so weather permitting we will be planting our pinwheels on Monday September 28<sup>th</sup>. The students are excited and can't wait to see their pinwheels twirling in the wind for whirrrled peace.

Mrs. Muma

# BOOK FAIR!

A Scholastic Book Fair is normally booked during the week of our Parent/Teacher conferences. Conferences have been rescheduled for later this fall. Scholastic was unable to reschedule, so we decided to proceed on the original dates. The Book Fair will be open during the following times:

Monday, Tuesday, and Thursday, October 5, 6, 8, 2009

3:15 - 6:15 p.m.

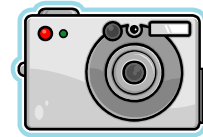
Please watch for a Book Fair Wish List and Flyer in your child's backpack. The proceeds from the Book Fair are used to purchase books for the Pathfinder Elementary Library.



## SCHOOL PICTURES

Picture day is **Tuesday, October 6th**. Please watch your child's backpack for more information concerning this. All students will have their picture taken, but you will have the option to purchase or not. If you are ordering pictures, please keep in mind that the office does not keep enough cash in the office to make change.

Our picture re-take day is scheduled for Tuesday, November 10th.



## ADVANCE NOTICE:

Pathfinder Parent/Teacher conferences will be held on November 2nd, 3rd and 5th. Please note that these dates are different than Daisy Brook again this year.



## SOME REMINDERS FROM OUR PRINCIPAL...

Please take note of the following “gentle reminders” from Mr. Cassidy.



1. School begins at 8:18 a.m. and ends at 3:26 p.m.
2. Closed toed shoes are a must at Pathfinder. This will prevent many injured toes and is for the safety of your child.
3. Pets are not allowed in school except for visits scheduled with the classroom teacher.

Thanks for your understanding and help with this!

## PRINCIPAL'S POINT CLUB

We have had several parents inquire about our reward program for reading. When your students read, they acquire a certain amount of points. The points and rewards are listed for your information.

5 points	Super Reader Bookmark (1st graders only)
15 points	Eraser
25 points	Pencil
35 points	Season's Kid's Meal
50 points	Accelerated Reader Button
75 points	Pathfinder Reader Pennant
100 points	Mancino's Coupon
125 points	Accelerated Reader T-Shirt
150 points	Lunch with the Principal
200 points	Librarian for the Day
250 points	Teacher of Your Choice for the Day
300 points	Principal for the Day



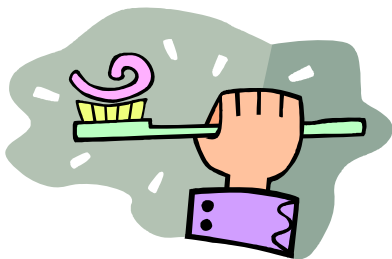
## A FRIENDLY REMINDER FROM OUR NURSE . . . . .

Due to the number of sick children we often have this time of the year, we want to remind you to not send your child back to school too quickly after an illness. If a child has a fever, we ask that you keep them home until they have gone a FULL 24 hours without a fever. This means 24 hours without medication (Tylenol, Motrin, etc.) that will keep the fever down. The same rule applies to children who have been vomiting. Please keep them home until they have gone 24 hours without vomiting as well. If your child does come to school with either of the above problems, we will be calling you to come and pick them up. This is to help prevent the spread of colds and flu to other students and staff. Thank you for your cooperation in this matter!



## REMINDER!! REMINDER!!

If you plan to write a check anytime during this year whether it's for lunches, book fair, fund-raisers or field trips, please make sure you make your check payable to Fremont Public Schools. Thanks for your help with this!

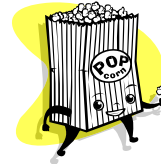


## MOBILE DENTIST

The Mobile Dentist will be visiting Pathfinder on November 5th and 6th. You should have received some information on the Mobile Dentist from your child. If you would like to participate and have not turned in your paperwork, it's not too late! Please fill out the information form and return it to the office as soon as possible. Thanks!

## POPCORN FRIDAYS!

The PTO will be popping the first Pathfinder "Popcorn Friday" popcorn on October 2nd. The cost of the popcorn is 25¢. Parents, please send your child to school with a quarter, as there is no change available. Kids LOVE Popcorn Fridays... the smell, the sound, the taste, and the parents who make it! We are excited to offer this event again this year!



## CLUB'S CHOICE FUNDRAISER

Once again we will be using Club's Choice for our fall fund-raiser. Jeff Eldridge was here this past Monday for our kick-off assemblies. Your child should have brought home a packet of information. The final date to sell is Monday, October 5th. **All order forms are due by the 5th!** As in past years, personal checks may only be used until October 5th. If you plan to pay for the items when you pick them up, ONLY cash or money orders will be accepted. **NO** personal checks will be accepted on pick up day.

**PLEASE NOTE: PICK UP DAY IS TUESDAY, NOVEMBER 3RD FROM 3:30—6:30 P.M. in the Pathfinder gym.**

The Parent Group is also accepting all brands of juice **POUCHES** (not boxes). They do not need to be cut or rinsed. Please send them to your child's teacher. We hope to have collection containers in the lunch room soon. Thanks for your help with this!

## MOVIE NIGHT AT PATHFINDER!

If you are looking for something fun to do with your child this could be it! Our Parent Group is sponsoring a movie night at Pathfinder on October 6th. The fun begins at 6:00 p.m. with a PG movie entitled "Bedtime Stories". Plan on bringing your favorite blanket, pillow and stuffed animal! Popcorn will be available for 25¢. The Book Fair will also be open on the 6th from 3:15—6:15 p.m., so if you want to shop first, come early! You won't want to miss this fun-filled night!

