



The Barnard PTA Newsletter



Note from the PTA Presidents

The fall has been a great time for Barnard. Thank you to all the families who have attended the PTA sponsored events so far. Before we say good-bye to fall and hello to winter, we need to say thank you!

A huge, *enormous*, thank s goes out to PTA mom *Liz Aiello* and her husband *Tony*, who along with the outstanding **Halloween Dance** committee made this year's Halloween celebration the best Barnard has ever had! It took a lot of dedication, creativity and teamwork to pull it off! The event was not only a fun time for all the kids, but raised money to fund other events and programs throughout this year, and next!

And while many of us had a day off on November 3rd, *Cathy Merigliano* had the **Election Day Bake Sale** at Barnard going strong! Thank you to Cathy and her team for coordinating and manning this day-long event for our school. For all of you who baked, you've got our vote! And yes, this event will also help provide funds for future events at Barnard.

In addition, The PTA collected a total of \$120 from the **Coat Sale** during this year's **Pumpkin Patch**.

And here's some food for thought...if you want kids to enjoy reading, pro-



vide them with books! And that is what Book Fair Chairperson, *Lauren Pekats*, and the **Book Fair** team of *Maureen Palotta* and *Lisa Eichler* did the week of November 16th, by hosting Barnard's annual Scholastic Book Fair in the gym.

This team's hard work provided our children and teachers with access to new reading material, as well as 'handed-down' material that is tried and true! There is nothing like seeing a child's eyes light up when given a new book to read! Thanks to all who provided donations, attended the fair and purchased books. A great success!

And finally, thank you *Janet Frey* and crew for organizing this year's first **Movie Night**, featuring BEE MOVIE.

Movie Nights at Barnard are a fun and inexpensive way to spend a Friday evening. The kids really enjoyed watching Bee Movie. In fact, they're still buzzing over it!

As we look forward to the Thanksgiving holiday we can surely give thanks for all we have here at Barnard. Enjoy your school, participate when you can and ask your child – "Hey, what happened at Barnard today?"

Happy Thanksgiving!
PTA Co-Presidents
Melody Baez and Alysa Vasapollis

Have a PTA question?
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Upcoming Events & Dates to Remember

Next PTA Meeting
Tues., Dec. 8 @ 7:00 p.m.

Photo Makeup Day
Fri., Dec. 11

Staff Holiday Breakfast
Fri., Dec. 18 @ 9:00 a.m.

AFTER SCHOOL PROGRAM
Dec. 8 (last Tuesday class)
Dec. 10 (last Thursday class)

TOY DRIVE DEADLINES
Hope Soup Kitchen—Dec. 10
Abraham House—Dec. 18

New Rochelle **SEPTA** kicked off the year in a big way! At our first welcome meeting, District Special Education Director, Yvette Goorevitch presented department goals for the 2009-10 school year, as well as on-going district initiatives. A Response to Intervention ("RtI") symposium with Jim Wright was held on Oct. 22. Please become a SEPTA member today! Annual dues are only \$10, which help us to support programming. Membership forms are available on our website: www.newrochellesepta.org

HELPING OUR COMMUNITY

Barnard is participating in two **TOY DRIVES** this season. The '**Hope Soup Kitchen**' located here in New Rochelle is in dire need of toys for the holidays. Please consider donating a wrapped toy for a child aged **6 mos.- 12 yrs.** Please ensure that your gift is secured with a noted indicating the age and gender of its intended recipient.

The **Abraham House**, is seeking unwrapped, new or nearly new donations of toys, baby items, school supplies, and children's hats and gloves. Please consider donating to one or both of these worthy causes.

A bin for collections for both charities can be found in the main lobby.

Congratulations to Mrs. Pizutti's p.m. class for collecting the most Box Tops!
Our total Box Tops collection this season came to \$450. Our next contest will be in the spring, so please continue collecting those Box Tops!





Amy's Greenhouse

Amy's Greenhouse became the lucky recipient of a large donation of live plants previously cared for at the Hudson Park greenhouse, which will be closed for the winter. The plants are an amazing collection of succulents, catci and stag-horn ferns. Come take a peek at these fascinating, sculptural plants.

The Sunprint Project (participants included students in Ms. Calo's, Mrs. Ingram's and Mrs. Staropoli's

classes) took place on the patio at Amy's Greenhouse. Students arranged leaves on photo-sensitive paper which was then placed on cardboard. After the leaves were in place, the children put a clear acrylic rectangle on top of their paper and put it in the sun for 2-5 minutes. Then, the children rinsed the paper in water and set to dry in indirect sunlight. Some of the resulting artwork is on display in the halls at school.

This original project was particularly enjoyable for the children because it was an exciting way for them to challenge themselves in that this creative process re-

FRIENDS, FRIENDS...READ ALL ABOUT IT!!

Barnard Pre K classes are proud to be part of RIF (Reading is Fundamental). RIF is a nationwide literacy program that funds our school as part of a grant from RIF in Washington, DC. The RIF website (www.rif.org) has over 3,000 pages of books, games and activities for children, parents and educators — all about literacy. This year we already have about 35 parents working hard to order books, create activities to be used in the classrooms and choose books to be read and acted out on the theme for 2010 which is "friendship". We still need at least one or two parents from each Pre K class to help work in the classroom and consider creative friendship theme ideas. If anyone has songs or books on friendship to recommend, please let us know. Books will be distributed during January, February & March. Please call or email our **Vicky Rashbaum**, Bilingual Social Worker for Pre K and RIF, to join our team or provide suggestions.

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Fitness Super Stars Program is a Shining Success

How can you monitor your heart rate when exercising? What are the three important components of a healthy exercise session? How do you exercise all the important parts of your body? What are the names of the muscles that move your body? How are we going to exercise today and what kind of sticker are you going to get? These questions and important exercise principles are being discussed with students at Barnard this fall as part of the 'Fitness Super Stars' program. Funded by a US Department of Education grant, physical therapy students and faculty from the Department of Physical Therapy at New York Medical College and undergraduate students from Iona College are providing children 30 minutes of exercise and education every Thursday for 8 weeks during lunchtime recess periods. This fall, over 40 families signed-up their children to participate in these sessions that focus on fun exercises, and education in personal fitness. Exercise sessions thus far have focused on jumping activities and lower body strength, and trunk strength and endurance. In December the focus will shift to upper body strength and endurance. Team games and praise are important aspects of the program so that all children are encouraged to participate. The objective is to promote an active lifestyle for children. Michael Majsak, PT, EdD, Chair of the Department of Physical Therapy and supervisor of the program states the program is a way to help children to become more knowledgeable of how they can create a healthy lifestyle for themselves through some fun activities that can be done in school, on a playground, or at home. This is one way to try to head off the current trend for children to become overweight or obese due to a less active lifestyle. In the gym a Fitness Super Stars wall shows the names of children currently participating. Parents can feel free to pop their nose into the gym between 11:30-12:30 on Thursdays to observe the Fitness Super Stars in action. Look for the 'sign-up flyer' will be distrib-

Healthy Hints for the Holidays! Consider the many benefits of exercise for your children when planning your weekly activities this holiday season! Everyone can benefit from regular exercise not just adults! Kids who are active will:

- have stronger muscles and bones
- have a leaner body mass
- reduce the chance of becoming overweight
- help control blood pressure and cholesterol levels
- have a better outlook on life and be more attentive at home and in the classroom
- have a healthier and stronger immune system to help fight off illness
- decrease the risk of developing type 2 diabetes

The holidays are filled with family, friends, celebrations and food! Many holiday foods are not as healthy as we would all like but are good to eat. Below is a suggestion of FIVE helpful ways to keep you and your kids healthy this holiday season.

1. Keep your regular eating schedule. It can be difficult to maintain a regular eating schedule but skipping meals or eating less early in anticipation of a party later, can actually cause you to overeat later on. Also, eating a breakfast high in protein can also help to curve your hunger later on so you don't over do it on the sweets.
2. Take your holiday fun outdoors. Set aside 30 minutes to take your family on a walk around the neighborhood or local park to enjoy the changing of the season. On days it snows, build a snowman or snow fort together. Sledding also can be a fun activity that makes you work hard climbing back up the hill.
3. Limit electronic use. With school being out, children are more likely to be sedentary at home. Encourage your children to run around outside with family/friends or engage in family game night without being around the TV.
4. Choose the more active approach. When out with your child, choose to take the stairs instead of the elevator or park at the farther end of the parking lot. This will increase the activity that both you and your child will engage in and allow you to spend more time together.
5. Stretch Every Day! Stretching improves circulation and maintains your body's joint motion. It also allows you to relax and relieve muscle stiffness. Doing stretches outside can also be fun, try making snow angels when the snow falls.

Aside from enjoying the health benefits of regular exercise, kids who are more physically active sleep better and are able to handle physical and emotional challenges better too! So this holiday season try to keep your families as physically active as possible to make for a healthier, more enjoyable, and happier holiday season!

Wishing you and your families a safe, healthy and happy holiday season!

Siobhan Hopkins, Jessica Lake, Joseph Mordus, Matthew Riley
Physical Therapy Students, New York Medical College

Target

Take Charge of Education Program

Every time you use your Target Visa credit card or Target check card ("Redcard"), 1% of your purchase will be donated to Barnard! All you need to do is designate *Barnard* (ID#76961) as your school of choice. Call 1-800-316-6142 or visit Target.com/tcoe. You can apply for a Redcard at any Target store or by visiting Target.com/redcard. As an added bonus you earn a point for every dollar you spend and will receive a 10% discount for a day of shopping for every 1,000 points earned.