Main Office -- 781-455-0461

Hillside News February 9, 2018



IMPORTANT DATES

- 13 Early Release/Dismissal at 12:15 p.m.
- **19 February Recess**
- 26 Classes Resume
- 28 New Kindergarten Registration 6:30 p.m. 7:30 p.m.

PTC Hillside Hornet Buzz

We hope everyone had a great time at **Candy Bar Bingo**!! We had a fantastic turnout and it seems that everyone--kids, adults and celebrity Bingo callers--had a really fun evening. A BIG thank you to Julie Lanza for organizing this beloved Hillside event!

Do You Have Your Act Together?

The **2018 Hillside Talent Show** will be held on Friday, April 6th at 6:45pm at the Newman Elementary School. **Start preparing your act with friends and classmates now!** The permission slip will be sent home soon. **Please return the slip to your teacher by Thursday, February 15th.** Auditions will be held on Tuesday, March 6th and Thursday, March 8th from 3:00-5:00pm. The show is guaranteed to be lots of fun! If you have any questions please contact the committee via our email box: <u>hillsideptctalentshow@gmail.com</u>. We also need volunteers to make the show happen!! Please visit our sign-up genius at: <u>http://www.signupgenius.com/go/20f044aacab2fabf85-hillside</u> to sign-up!

Our **BOX TOP\$ BLIZZARD Contest** is underway and runs until **February 16th.** The class that submits the most <u>unexpired</u> Box Tops will win a popsicle party so keepclipping and ask friends and neighbors to clipp as well!!! See flyer at the end of the newsletter for additional details. Please contact Joyce McCafferty @ <u>sjsong77@yahoo.com</u> with any questions.

HILLSIDE CARES would like to help local families in need! Hillside Cares is collecting children's socks and underwear (all new!) to donate to Circle of Hope in Needham. They will then distribute the items to families in need in the Boston area. Please have your child bring donations to the donation box in the lobby by **February 28th**. Thank you in advance for your generosity!!

Recruiting for the Hillside School Council: The Hillside School Council is seeking one parent to join the committee that sets educational goals for Hillside in accordance with statewide policies and standards. Led by Michael Kascak, the Hillside School Council is comprised of the principal, teachers, three parents and one community member. The Council meets monthly at Hillside after school hours. Parent council members serve for three years. Every school in Massachusetts is required by law to have a School Council. If you are interested in joining the Council, please contact Erin Apstein @ eringapstein@gmail.com . **Deadline to submit a biography for this position is March 15th.** If more than two parents are interested, we will hold an open election.

Our next **PTC meeting is Tuesday, March 6, 2018 at 7:15 p.m.** Please join us!! In this special meeting, we will hear from Mr. K and Ms. DeCicco on technology and Hillside's "kindness" campaign. More details to follow. We really hope to see you there!!

CALLING ALL PHOTOGRAPHERS: The Yearbook Committee is in desperate need of MORE pictures for the yearbook. The Yearbook Committee needs them for all future and past events including First Day of School, Hillside Back-to-School Picnic, and Family Fun Night. Please follow the instructions below under **Message From Yearbook** and start submitting your photographs TODAY!!! Any questions, please contact Sam Shapiro @ samshap333@hotmail.com.

Upcoming Events

SAVE THE DATE for **HILLSIDE NIGHT AT THE RED SOX**! Join fellow Hillside families at Fenway Park for the Red Sox/Blue Jays game on May 29th at 7:10pm - this is always a fun evening and sells out! We have a limited number of bleacher seats available for \$20 which will be sold on a first come-first serve basis. **Tickets must be purchased by March 1.** See the attached order form for more details.

Used Book Sale in Hillside Lobby on March 6th and 7th.

It's time to start planning for our annual Used Book Sale! With the cold keeping us indoors, this is the perfect time to look through your attics, bookcases and basements for adult and children's books that you are ready to pass along! The "mission" of this sale is simply to promote and support literacy at Hillside School, and all donations support this mission. Some of your donated books are put directly into circulation in our Media Center and classrooms; others are sold at the sale, with all proceeds returned to the Media Center for the purchase of new materials. All teachers bring their classes to visit the sale, and parents are encouraged to shop any time - and prices are very low so that everyone can find a treasure. We will be collecting books for the next few weeks in the lobby, so please consider donating your used books to benefit Hillside! If you have any questions please contact Sharon Ayres (soayres@gmail.com) or Joanie Daly (jdayadaly@gmail.com).

The Hillside v. Eliot "Hoops in the Heights" Basketball Game is Friday, March 16th at Needham High School – Gym A. Doors open at 5:30 p.m. and tip-off is at 6:00 p.m. Pizza and other concessions sales will start at 5:30 p.m. so come have pizza for dinner and get great seats for the game! More details to follow as the game gets closer. Contact Betsy Alperstein (balperstein@gmail.com) or Erin Apstein (eringapstein@gmail.com) for more information!!!!

Committee Messages:

Message from the Yearbook: If you've got great photos of school and community events or you and your friends just having fun, we'd like to see them. Our photographers can't be everywhere. Help us get as many photos as possible to create a terrific book everyone will want to have. Here is how you can submit photos online:

• Go to: <u>https://images.memoryebooks.com/login</u>

• If it does not automatically log you into the site, enter username: 409683606

• Browse to select the photo(s) you wish to upload.

• Enter information about the photo and provide contact information in case the staff needs additional information.

Click "Save Details".

It's that easy! **The last day to submit photos will be on** 04/02/2018 so submit your photos today! Any questions, please contact Sam Shapiro @ samshap333@hotmail.com.

Community

MESSAGES FROM SEPAC:

"A Guide to Special Education" - This presentation will teach families the basics of special education, with information that will help you:

- Understand your child's eligibility for special education
- Know your rights under state and federal law
- Plan and monitor your child's progress
- Be an effective partner with your child's school

Wednesday, February 28 Refreshments: 7:00pm Program: 7:30 – 9:00pm

Broadmeadow School Media Center 120 Broad Meadow Road, Needham

Presenter Michelle Moor is an attorney whose practice is devoted entirely to helping children with special needs access appropriate educational services. Prior to starting her own practice, she worked in the disability and special education law group at Kotin, Crabtree & Strong, LLP.

Calling All Spellers: Rally a Team for the NEF Bee!

Represent Hillside and support enrichment! Rally a team for the 2018 Needham Education Foundation (NEF) Spelling Bee on **Sunday, March 18th** at 3 p.m. in the Needham High School gymnasium.

As the NEF's largest fundraiser, the Bee draws spellers of all ages from Needham schools, businesses, and the community. Your registration fee will help to fund innovative, educational, and enriching programs for Needham Public School students in grades K-12. Register here if you are interested in forming a team.

Other PTC Fundraisers

Amazon Smile: When you shop Amazon, be sure to shop via the Amazon Smile link and designate the Hillside Parent Teacher Council Trust as your charity of choice. Amazon will donate a portion of their proceeds back to the PTC every time you purchase eligible items. It takes very little effort, but the pay-off for the PTC is great!

Modell's: In need of new sporting goods? Use the coupon attached to this newsletter for 15% off your entire purchase at **Modell's**! Hillside will also receive 5% back from your purchases from **Feb 16th - March 15th**. Be sure to show the coupon at checkout.

Seeking Volunteers

The PTC depends very heavily on parent volunteerism. We are fortunate to have many very dedicated parents who step up each year to run committees, but we are always looking for more help! Below are some great volunteer opportunities we hope you will consider:

Seeking 1st Grade Cafeteria Volunteers: Parent

volunteers help the students get through the lunch line more quickly so that they have ample time to eat and help the 1st graders learn to clean up before the next lunch shift comes in. You can sign-up for as many or as few days as you can offer. To sign up, either contact **Erin Ellis** at erinellis03@gmail.com or go to the Sign up Genius link: http://www.signupgenius.com/go/8050d4badaa22a31-first1

To ensure you get all our future updates, please LIKE us on Facebook (Hillside Elementary School PTC, follow us on Twitter at @hillsideptc and register your information through our website www.HillsidePTC.org so that you will receive our email blast.

PTC Co-Presidents Erin Apstein, <u>eringapstein@gmail.com</u> Meg Rosenbaum, <u>megrosenbaum11@gmail.com</u> www.HillsidePTC.org



A Message from Mrs. Greiff...

With all the illnesses going around, please refer to the attached chart, which outlines the differences and similarities between the common cold and the flu. Also attached is a letter to all parents from Barbara Singer, Director of Health Services for NPS regarding the flu. If you have any questions, please feel free to call Debbie Greiff at 781-455-0461 x228.



2018 Carol Virginio Memorial Jump Rope for Heart

Attention parents: Next week, information packets about our 14th annual Carol Virginio Memorial Jump Rope for Heart will go home with all of our students. For more information about Carol and Jump Rope for Heart in general, please visit our Hillside Physical Education website at <u>http://</u>hillsidepe.weebly.com/jump-rope-for-heart.html

Last year, Hillside School contributed just over \$23,500 to the American Heart Association bringing our 12 year total to a whopping \$170,000. Raising money for the AHA is optional for our students and is something that should be intrinsically motivating. Of course, the reward prizes that the AHA share with students who raise money sometimes make this lesson difficult and is something we spend a great deal of time discussing with students. Feel free to supplement these discussions at home and just as an FYI, there is a checkbox on the packet that students can check if they wish not to receive prizes.

Over the next several weeks, each time your children come to P.E., we'll spend some time learning about jumping patterns, short rope skills, partner short rope skills, long ropes skills, and even learn how to jump double dutch based on grade level. Feel free to encourage students to continue to practice at home and we look forward to honoring loved ones who have been affected by heart disease, heart attacks, and/or stroke on February 16thduring our day-long Jump Rope for Heart celebration.

If you have any questions, feel free to email us at <u>rob_tatro@needham.k12.ma.us</u> or <u>catherine_bove_courno</u> <u>yer@needham.k12.ma.us</u>

Robert S. Tatro M.Ed Elementary Physical Education and Wellness Teacher Hillside School Follow me and our classes on Twitter - @MrTatro PE





Community Service Learning:

Throughout the school year many students at Hillside School are participating in community service learning activities. In clusters, the Rock Star cluster is participating in the Kindness Project. This project involves collecting rocks and writing inspirational words on small rocks to pass on to others. These rocks can be given to grandparents, family, friends, and strangers to bring a positive message into their lives. They can also be left on town trails, paths, and other public areas. If you would like to learn more visit the project website at : <u>http://thekindnessrocksproject.com/</u>

Pat Marra Spanish Teacher



Needham Park and Recreation is ramping up for some amazing February Vacation programs! We still have some openings in programs. Participants can still register online at <u>www.needhamma.gov/pronlinereg</u> or at the Park and Recreation Office (500 Dedham Avenue – Public Service Administration Building).

For those with teens 16 and up, Park and Recreation is now accepting applications for our Summer season including the NEW Pools at Rosemary Recreation Complex (<u>http://www.needhamma.gov/DocumentCenter/View/16098</u>)! Applicants that are interested in being a lifeguard at the new facility will require a lifeguard certification from the Red Cross. Red Cross is offering several certification programs over February school vacation including one in Dedham. Visit <u>https://www.redcross.org/take-a-class/lifeguarding</u> for more information!





Calling All Spellers -- Rally a Team for the NEF Bee!

Represent your school and support enrichment! Rally a team for the 2018 Needham Education Foundation (NEF) Spelling Bee on Sunday, March 18, at 3:00 PM in the Needham High School gymnasium. This year's Bee will again feature the elementary school round with teams chosen by their school. Get together with a few friends from your neighborhood, poker group, book club, or business, and spell your way to victory! Your registration fee will help to fund innovative, educational, and enriching programs for Needham Public School students in grades K through 12. Interested in supporting the Bee but prefer to skip the spelling? Sponsor a team with a donation or place an ad in the Bee Program Book. Visit <u>http://events.r20.constantcontact.com/register/event?</u> <u>oeidk=a07eebwib68b6a4b318&llr=4xpzvecab</u> for details and to register (by Feb. 16th). See you at the Bee!

SEPAC Educational Presentation: A Guide to Special Education

This presentation will teach families the basics of special education, with information that will help you:

- Understand your child's eligibility for special education
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The Carter Nursery School, 800 Highland Ave., Needham, will host a carnival and silent auction from 11 a.m. to 1 p.m., Saturday, March 3. The event will include circus-themed games and crafts, a bounce house and face painting for ages 2-7. For details, please visit our website, http://www.carternurseryschool.com/



Needham Parents Care Brings You Another: Parent Tip-of-the-Month: Resilience **Now Hiring Educators!** The Needham Community Farm is looking to hire a Part-Time Seasonal Farm Educator/ Volunteer Coordinator and Part-Time Seasonal Garden Class Instructor. Both positions run April-September. For more information, go to <u>https://www.needhamfarm.org/jobs</u> Dear Families,

Happy New Year! I thought I would provide you with some information regarding influenza (the flu), as we are in "flu season", and according to the Centers for Disease and Prevention (CDC), influenza activity has increased. Flu season peaks between December and February but the flu can occur between October and May.

Influenza is a respiratory viral illness that is contagious and can be spread from up to 6 feet away. Influenza is spread through "droplets" which occur when infected people cough, sneeze or talk.

Prevention-As influenza is contagious, it is important to take the following measures to prevent the spread of the flu:

- Get vaccinated annually with the injectable flu vaccine
- Avoid close contact with people who are ill
- Stay home until you are fever free for 24 hours off of all fever reducing medications
- Cover your nose/mouth with a tissue when coughing/sneezing
- Don't touch your nose/mouth/eyes
- Proper handwashing (washing with warm, soapy water for at least 20 seconds)

• Use a disinfectant cleaner to wipe down common items such as doorknobs, computers, phones, etc.

Symptoms of flu include: fever/chills, cough, sore throat, runny nose or nasal congestion, muscle or body aches, headaches, and fatigue.

Treatment includes: rest, hydration, analgesics/fever reducing medication such as Acetaminophen and/or Ibuprofen, and antiviral medications (as prescribed by your healthcare provider.) If you have symptoms of the flu, check with your healthcare provider promptly. Antiviral medications may be an option and when taken within 48 hours of symptoms, these medications may lessen the duration and severity of the flu. In addition, antivirals that are taken after 48 hours may still be effective.

Most people recover in a few days to a week. For more information, visit the following websites:

https://www.mass.gov/influenza https://www.cdc.gov/flu/about/index.html

Stay well!

Barbara Singer MSN, RN, NCSN

Reference Centers for Disease Control and Prevention (2018). Influenza (Flu). Retrieved from <u>https://www.cdc.gov/flu/about/index.html</u>

Colds versus Flu: How to Tell the Difference

Are you coming down with a cold? Do you have the flu? The table below shows some differences and similarities between colds and flu.

Differences Between Colds and the Flu				
WITH A COLD:	WITH THE FLU:			
Symptoms are usually less severe than flu symptoms	Symptoms are usually more severe than cold symptoms			
Symptoms develop gradually over a few days.	Symptoms come on quickly and severely.			
You rarely have a fever.	You almost always have a fever .			
You feel sick mostly in your head and nose.	Your entire body feels sick.			
Body aches, headaches and pain are usually mild if you have them.	Body aches, headaches and pain are common and can be severe.			
You may or may not feel tired and weak.	Tiredness and weakness are common.			
There is no vaccine to protect you.	You can get vaccine (a shot or the nasal spray) to protect yourself.			
There are no prescription medicines to treat colds.	There are prescription medicines to treat the flu.			
Similarities Between Colds and the Flu				
WITH A COLD:	WITH THE FLU:			
Caused by a virus.	Caused by a virus.			
Affects the body's breathing system (nose, throat, windpipe and lungs).	Affects the body's breathing system (nose, throat, windpipe and lungs).			
Usually goes away on its own.	Usually goes away on its own.			
You should contact your doctor if symptoms change or get worse.	You should contact your doctor if symptoms change or get worse.			

Massachusetts Department of Public Health August 2011



Hillside PTC Box Tops Contest February 5 - 16, 2018

The contest starts February 5. The class that submits the most <u>unexpired</u> Box Tops will win a popsicle party! Contest ends February 16, so **START CLIPPING**!







Audition & Crew Permission Slip (Due Back: Thurs, Feb 15th)

Audition Dates:	Tuesday, March 6 th from 3:00- 5:00 pm & Thursday, March 8 th , 3:00-5:00 pm @ Hillside
Rehearsal:	Friday, March 23rd from 3:00-5:00 pm @ Hillside
Mandatory Dress Reh:	Monday April 2 nd from 6pm-7:30pm <u>OR</u> Wednesday April 4 th from 6pm-7:30pm @ NEWMAN
Talent Show Date:	Friday, April 6 th from 6:45 pm - 8:45 pm @ NEWMAN ELEMENTARY SCHOOL AUDITORIUM

Talent Show Mission: The Talent Show aims to provide students with an opportunity to showcase their talents to their peers, teachers, and families and to grow from the experience of taking a chance through the audition process.

Who can audition? All Hillside students may audition. Students in higher grades are given preference. Students in grades K-2 are strongly encouraged to form group acts. Acts will be evaluated by an independent panel of judges. While we aim to involve as many students as possible, we also recognize the need to balance participation with a show length appropriate for young audiences.

What equipment is available to the performers? We can guarantee only the availability of microphones and a piano/keyboard for the auditions, rehearsals, and performance. You will need to provide any other equipment your child requires. (We hope to be able to provide gymnastics mats, although we can't yet guarantee it.) No hover boards are allowed in any acts.

Music: Please review the lyrics with your child to make sure the lyrics are appropriate for an elementary school audience.

Audition Prep: Please encourage your child to practice and come to auditions prepared. Acts should be no more than 2 minutes. Students should bring their music.

Questions? Please email us at: hillsideptctalentshow@gmail.com. -April Crawford, Kimberly McCollum, & Lauren Schneider

----- Please tear off and return to your child's teacher by Thursday, February 15th ------

My child may audition for the Hillside Talent Show after school on: ____ Tues, March 6th or ___ Thurs, March 8th (3:00-5:00 pm)

If selected, my child can attend a Dress Rehearsal at Newman on: <u>Mon, April 2nd</u>; <u>Wed, April 4th (6-7:30pm)</u>. (Please select all dates for which your child is available; each child will only attend one night, but this info will help us schedule the Dress Rehearsals.)

Type of Act (dance, sing, juggle, jump rope tricks, instrument, etc.):_______ If group act, list other performers (please remember, all students must turn in a completed permission slip):

(Non-performers must attend Dress Rehearsal; please indicate which Dress Rehearsal/s your child can attend above.)

Student's Name:	Grade Level:	
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Parent's Name: _____ Parent Email: _____

Home Phone: _____ Cell Phone: _____

Emergency Contact: _____ Emergency Contact Number: _____

I give permission for my child to be photographed and videotaped as part of the Hillside Talent Show.



Needham Special Education Parent Advisory Council

EDUCATIONAL PRESENTATION

A Guide to Special Education

This presentation will teach families the basics of special education, with information that will help you:

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- Know **your rights** under state and federal law
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NEF Spelling Bee

A friendly competition to benefit the NEF

Sunday, March 18, 3:00pm

Needham High School, Gym A • FREE ADMISSION

Four Ways You Can Support the Bee:

Spelling

counts!

- Compete in the Bee gather a team of three adults (neighbors, friends, co-workers). It's all in good fun, and for a good cause!
- **2. Sponsor a team** of teachers or students that have been selected by each school
- **3. Advertise** your business in the Bee program
- **4. Come to the Bee** and cheer on your school's teams. There will also be snacks and raffle prizes a fun afternoon for the whole family!

Visit **www.nefneedham.org** to learn more and register by **February 28**

NeedhamBank 📈 Veryst Engineering 👰 Roche Bros.



Since 1990, the NEF has funded more than

675 grants, totaling over \$2.8 million.

What NEF Funds:

- Grants written by teachers, educators, students, parents, and community members
- Programs that are beyond normal and expected public funding
- Leading-edge projects in math and science, emerging technologies, languages and the arts, social development, and more.

Recent NEF Grants:

ELEMENTARY SCHOOLS

- Sphero Sprk Technology
- Integration Grant

 Kindergarten Math Backpacks
- Enriching Math with Number
- Sense Challenges
- Training for School Leaders: Literacy Teaching and Coaching

MIDDLE SCHOOLS

- High Rock Creation Lab
- Investigating Alternate Energy Sources
- Augmented Reality Topographic Maps

HIGH SCHOOL

- Blues in the Schools
- Engineering Design 101
- Mindfulness EquipmentSullivan Author Workshop
- ALL SCHOOLS

Noah Webster

- Starlab[®] Portable Planetarium **COMMUNITY**
- PTC Educational Film Series



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Hornets Buzz Across America Washington 1 complete lap around the North Dakota Hillside Field = Oregon 1/4 mile Idaho You can collect Utah and contribute 1 popsicle stick for Distance from North Carolin every 1/4 mile you Needham, MA to Sacramento, CA. New Mexico run/walk. 3,006 miles! Louisia 20 C B

This year, the Hillside Hornets are going to work together to buzz our way across America!!! We will watch the Hillside Hornet travel across the map that's in the Hillside lobby.

Contribute miles by earning popsicle sticks!!!

How to Participate:

- **Morning Mingle:** Run a lap around the Hillside field on Monday and Friday mornings at Morning Mingle. For every proper ¼ mile lap you complete, you can collect 1 popsicle stick and put it into the collection bucket.
- Walk/Bike to School: Earn 2 popsicle sticks for walking/biking to school. Add your popsicle sticks to the collection bucket in the front lobby.
- BONUS STICKS: If you participate in the Hillside Trick or Trot on October 29th, you can earn bonus sticks! You will get 10 popsicle sticks for participation in the Monster Fun Run and 50 popsicle sticks for participating in the 5K.