

April, 2017



# CENTER SCHOOL NEWSLETTER

Lora Monachino, Principal



## Dates to Remember

### April

- 4 Early Release - Kindergarten dismissal at 11:15am  
and Preschool dismissal at 10:45am
- 11 School Council Meeting—3:45 PM
- 12 PTO Meeting - 7:15pm
- 13 Mid Term Reports issued
- 14 Good Friday - NO SCHOOL
- 16 Easter
- 17 - 21 Spring Break

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### Registrations 2017-2018 School Year

Preschool registration for the 2017-2018 school year is underway. It is not too late to enroll. If you or someone you know has a child who will be 3 or 4 by August 31st, and wish to register for our Pre-school program, please call the school and the appropriate packet will be mailed to you. If you have completed the registration process but still need to drop off the deposit or other supporting documentation, please do so as soon as possible as placements will start within the next few weeks. If you have any other questions, please do not hesitate to contact us.

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### Reminder:

We discourage students from wearing flip flops and open toed shoes. Students are required to wear sneakers/athletic shoes to participate in physical education class.

## **NURSE'S CORNER**



April's FLOWER is the Daisy~  
the GEM STONE is the Diamond!  
BIRTH SIGN...

Aries March 21 to April 20 and Taurus April 21 to May 21

Put on the Puzzle! The Autism Awareness Puzzle Ribbon is the most recognized symbol of the autism community in the world. Autism prevalence is now one in every 68 children in America. Show your support for people with autism by wearing the Autism Awareness Puzzle Ribbon

### Make Sure You Stay Safe: April is Medication Safety Month

Part of spring cleaning is tackling your cupboards and drawers. Well how about that medicine cupboard? Medication safety isn't just about an expiry date. It's about safe storage. It's about knowing what medications may interact with other medications, food and supplements. It's about telling your doctor about any side effects you may have had from previous prescriptions and what supplements or over-the-counter medications you may be taking.

### Tips for Celebrating Medication Safety Week:

Check your prescriptions periodically for expiration dates. If possible, purchase all of your medicines from one pharmacy. Don't share medicines with friends or family. Prescriptions should never be stored in a bathroom, on top of the fridge, beside the stove or on a windowsill. These areas can have high levels of humidity, heat and light that may alter the drug's chemical stability. Keep them in a dry location at room temperature and away from direct sunlight. Dispose of medications properly. Most Police stations have a drop off box for medications. Avoid putting them in trashcans or into the toilet. If you are traveling through several time zones, consult your doctor or pharmacist to work out a plan for adjusting the timing of your medication. This will prevent you from taking too much or too little. Remember that the term "natural" does not necessarily mean "safe". Treat all supplements and herbal remedies with the same respect as you would any prescribed medications.

### Defeat Diabetes® Month 2017

Here's a challenge: Track how many activities and good habits you can develop during Defeat Diabetes® Month 2017. We offer a variety of all-level physical activities, new places to go, different foods to experience and a little learning about diabetes for each day of the month. However, this is not just for people with diabetes, it's a way for us all to develop a healthier lifestyle – so enjoy this 2017 Calendar of Activities with your entire family. Diabetes is a life-altering and life-threatening disease. People diagnosed with the disease are at greater risk for heart attacks, strokes, kidney disease, blindness, amputations, as well as incurring serious financial and emotional hardship. Knowing the risks, recognizing the warning signs, and pursuing healthier eating habits and regular physical exercise, is critical to preventing diabetes or effectively managing the disease. Lifestyle changes can be tough. So, we're giving you an entire month of activities to get you started on the right track. Some of the regular activities include: Meatless Mondays, New Fruit Tuesday, New Veggie Friday. Each weekend is dedicated to physical activity and getting outdoors. Each day review the activities for the day and click the links to get more information or to complete the activity. Commit to taking Defeat Diabetes® Challenges by participating in the full month of activities. You can invite family and friends to participate too!

Debra Ambrose RNC,RTR,BSN,NCSN  
Center School Nurse  
781 - 982- 2195

Parent Teacher Organization

The PTO had its meeting Wednesday, March 8, 2017. Square One Art fundraiser was discussed and planned for April and May. Keep up with the Boxtops and textile drop off. Funds received from these help us to get programs for the students.

The next meeting will be Wednesday, April 12, 2017 at 7:15 PM. Parent participation is always welcome and encouraged.

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School Council

At the School Council meeting on Tuesday, March 14, 2017, members reviewed the results of the school survey.

The next meeting will be Tuesday, April 11, 2017 at 3:45pm. We will be finalizing the new School Improvement Plan. We look forward to seeing some new faces at the meeting.

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**RESOURCES**

Parent Engagement and Community Support Resources

<http://www.mass.gov/edu/birth-grade-12/early-education-and-care/parent-and-family-support/>

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***Help keep our children safe! Please drive slowly and cautiously when on school property.***

**The Center School  
Literacy Challenge**

We received the following February readers and they were: **Benjamin Foley, Nathan Callahan, Dillon Connolly.**

Their Reader's Choice books were: **Curious George's Dinosaur; Disney Planes in the Lead; Dino-Basketball;**

Our March participants and their Reader's Choice books will be included in the May, 2016 Newsletter.

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Have a safe and enjoyable spring vacation.