



The Principal's Corner Mr. Kijowski

I absolutely love this time of year. The leaves are changing colors. Kids are playing football in the backyard. And the temperature is getting cooler – at least this past weekend! As we transition from summer to fall, we are also in a transition process at Simpson Elementary School. Our teachers are moving from review and introductions to teaching new concepts and content. In October, your children should notice subtle increases in classroom rigor, richer class work, and more homework. October also brings back many school traditions like Rider Pride Day (October 8th), school picture day (October 12th) and the Dance-A-Thon Fundraiser Assembly (October 25th). October is definitely a great time to be at Simpson.

One change from last school year to the current school year is with homework. Throughout the 2010-2011 school year, Mr. Payne and I heard lots of feedback from parents about homework. No matter the grade level, there were three common themes about the homework being assigned at Simpson. (1.) There is not enough homework, or any at all, being given. (2.) The homework is inconsistent between teachers on the same grade level team. For example, Mrs. Jones gives a lot of homework in 3rd grade while Mr. Brown gives no homework to his 3rd graders. (3.) The homework, if given at all, is too easy or irrelevant. “It took my child two minutes to complete,” I often heard. As a result, Mr. Payne led a committee of teachers to study the relevance of homework and to develop a school-wide homework policy. Parents were surveyed about their views and expectations with homework. By this fall, a school homework policy was developed. The full policy will be posted on the school website at <http://www.simpson.cr.k12.de.us/index.html>. In a nutshell, the committee determined that (1.) daily homework is important if the assignment is being given is for practice, review, enrichment, previewing, or to develop creativity. The committee also felt that (2.) homework should not be busy work, but quality assignments. Finally, the committee recommended that (3.) teachers should be assigning 15-30 minutes of homework a night for grades 1-3 and 30-45 minutes a night for grades 4-5. Our teachers are following these three guidelines. All of us realize that students are busy after school – even more than we were in school. But homework does have its place at the table too. Students need to learn at an early age to balance homework and extra-curricular activities. This is a life-long skill that students will need throughout middle school, high school, college, and ultimately balancing rewarding careers with their own family life. In many households, homework can be a frustrating time – not because of time management – but because of the adults working with children to understand the homework assignment. In order to help with any potential homework struggles, here are some tips from the September issue of Men's Health Magazine:

1. **Shelve the Modesty** – Don't admit that you struggled with a subject when you were in school. This can deflate your child's confidence in your ability to help, and her own ability to learn. Plus, admitting that you were not good with a subject (like math) subtly gives your child permission not to do well in that subject. They think “My Dad wasn't good at math so why should I be good at it.” Point out that practice makes permanent: The harder she works at something, the more she will retain.
2. **Don't Demonstrate** – Instead of showing your child how to solve a problem, have him work through it on his own while explaining his thinking to you. If your child stalls, set a timer for 10 minutes and promise a break if he keeps at it until the bell rings. This will help your child start. Be a homework coach not a homework teacher.
3. **Don't Tell Your Child He is Smart** – If you do this when he is correct, you're ultimately setting him up to think he's no longer smart the next time he struggles. Say, “Good job. You've learned a lot!” Then relate the homework concept to real life. For example, if he understands percentages, he can calculate sale prices at his favorite store.
4. **Never Say “Wrong”** – Instead say, “I see what you are thinking. But let's try it like this.” This approach can make your child feel comfortable with her abilities even if she's struggling. “Wrong” shuts down her thought processes and puts you in control. Homework is ultimately for the child not the parent.

Part of our job as educators is to prepare your child to be successful in the 21st Century. Everything is becoming more rigorous and competitive. The universities and jobs of the future will require to students to have a strong work ethic and the ability to work through something that is hard. As we make our instruction more intellectually stimulating and challenging, daily homework also aligns with this vision. Please make sure that your child is reading daily and completing his/her homework. It is by working together that we can build a solid foundation for your child's future success.

Like the seasons, change is inevitable. However, autumn reminds us how beautiful change can actually be. Although there have been some big changes with homework, there has also been some beautiful things going on in the classrooms and throughout our school. Take time to talk to your child about what he/she is learning in his/her classroom. Ask about the PBS system and the PRIDE Bucks. As the days begin to get colder, snuggle up with your child and read a book together. These moments of childhood are priceless and, like the fall, will be gone before you know it.



Box Tops & Labels Results for October

First Grade

Childers –843
Marshall –817
Krugh –772
Wallden – N/A

Second Grade

Miclette – 734
Kraus – 1071
Wells – 221
Smith – 896
McDermott –329

Third Grade

Walls - 1085
Kelly - 704
Pires - 893
Shockley -314

Fourth Grade

Tracy – 445
Delong –1193
Herrera –2118
Tinsley –340

Fifth Grade

Ganc – 121
Roberson –907
Bonner –67
Melvin –655

ILC

Cairns - 114
Murray - 24
Marchioni -754
Simons - 143
Gordon – 99

GREAT JOB EVERYONE!!

Class Results:

6th Place – ILC (1315)
5th Place – 5th Grade (1750)
4th Place – 1st Grade (2432)
3rd Place – 3rd Grade (2996)
2nd Place – 2nd Grade (3251)
1st Place – 4th Grade (4096)

Top Classroom Winner is: Ms. Herrera's class! (2118)

Top collecting student so far: Avery Seager (879)

School Total: **15,840** pieces collected.

- Each participating student (bag w/name) will receive a Pride Buck.
- Top collector in each room will receive 2 Pride Bucks
- Top Collector for the school will receive 5 Pride Bucks

Nurse's Notes

Mrs. Susan Hoffmann, MSN, RN, NCSN
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Nurse Hoffmann's Healthful Hints

If you are coughing, sneezing, and have a runny nose and headache, how do you know if it is the flu or a cold? Should you come to school or stay home? How can you keep from getting sick and spreading your germs to others in your family and school community. With cold and flu season right around the corner, keeping children healthy is on the top of everyone's mind. According to 2010 figures from the National Center for Health Statistics, 43% of children ages 5-17 years missed three or more school days in the past year because of illness or injury; 6% missed 11 days or more. An estimated 22 million school days are lost annually because of colds alone. "There is a correlation between academic success and being in school," says Martha Dewey Bergren, director of research for the National Association of School Nurses. "Seat time affects learning."

According to the CDC, [Everyone 6 months of age and older should get a yearly flu vaccine](#). [Ample supplies of influenza vaccine](#) are now available. It takes about two weeks after vaccination for your body to develop an immune response. Get vaccinated now so that you will be protected when flu season begins. In the United States, influenza season usually begins in October and can last until May.

When are kids really too sick for school?

A recent USA Today.com report gave the following advice for parents:

Asthma

The chronic lung disease affects an estimated 7 million kids under 18 and accounts for more than 14 million absences annually. Parents should give the school nurse a plan developed by their child's doctor that specifies symptoms, medications and what to do if an asthma episode does not improve with prescribed medicine. Be sure that the school has medication for your child in case an asthma flare starts while he/she is there. It's important that "families work together with their schools and health care provider to manage conditions," says Linda Caldart-Olson of the American School Health Association.

Respiratory infections

A group of viruses that cause various upper and lower respiratory infections are quite common in autumn, says Cynthia DiLaura Devore, chair of the [American Academy of Pediatrics](#) Council on School Health. These infections, which also can trigger asthma attacks, cause flu-like symptoms (coughs, fever, lack of appetite, vomiting, diarrhea) that can put a child out of commission for five to 10 days, and are contagious, says Devore. She says parents should keep children home until they're fever-free and off symptom-reducing medicines for 24 hours.

Influenza

January to March is the height of flu season, but now is the time for everyone 6 months and older to get the flu vaccine, says pediatric infectious-disease specialist Mary Anne Jackson of the University of Missouri-Kansas City School of Medicine. This year's vaccine is formulated to protect against the same three strains as last year's. The flu is different from a cold in that fevers are higher, illness hits much faster and symptoms including muscle aches, coughing and malaise last longer.

Stomach viruses

A number of viruses can infect the gastrointestinal tract, resulting in gastroenteritis or "stomach flu." Marked by vomiting and diarrhea, it usually lasts only 24 to 72 hours. Because the viruses are spread through close contact by sharing food or eating utensils, hand-washing and the use of hand sanitizers are critical.

Preventable diseases

Outbreaks in the USA last year of potentially fatal, vaccine-preventable diseases, including pertussis (whooping cough) and measles, highlight the importance of being sure all school children are immunized as required by state law. The [CDC](https://www.cdc.gov/vaccines) offers immunization schedulers at [cdc.gov/vaccines](https://www.cdc.gov/vaccines).

School refusal

Repeated episodes of what may be called "Sunday Night Stomach" or chronic absences without a medical excuse should be taken seriously. When kids express anxieties, fears and resistance to school, they may simply need a little extra "reassurance, understanding and limit-setting" or there may be serious mental health concerns. Either way, it shouldn't be dismissed lightly.

So, what can we do to keep from getting sick with all those germs surrounding us everyday?

Sing & Scrub

Make sure kids wash their hands frequently with warm water and soap for at least 20 seconds. That's the time it takes to sing the Happy Birthday song twice. That will clean off any germs including the flu virus that they may unknowingly pick up throughout the day and keep them from passing them on.

Do the Elbow Cough

Cough into elbows, not hands, where they are more likely to spread bacteria and the flu virus through touch.

Follow Good Health Guidelines

Eat right, exercise, and get plenty of sleep. That will help boost your immune system which is your body's way of fighting off the effects of colds and flu.

Disinfect Hot Spots

Disinfect the surfaces kids touch most frequently with flu disinfectant products.

Welcome to W.B. Simpson

We have been lucky to bring on board new and highly motivated teachers and staff to our new school this year, so each month the Simpson Monitor will feature a new teacher or staff member. Please join us in sending a big **BLUE AND GOLD** welcome to:

Mrs. Lucinda Bauman is originally from Berwick, ME. She lives with her husband of 14 years, 2 kids (in the CR District), 3 dogs, 2 cats and lots of fish. In her spare time, Mrs. Bauman enjoys horseback riding, exercising daily and 4x4 driving. She has been working in the district as a member of the food service team for the past three years and just recently moved from Stokes Elementary to WBS. Her philosophy in life, "Treat others as you would want to be treated."

Notes from the Counselor's Corner

Mrs. Rochelle Mason, LCSW @ Kent ILC

We are off to a great school year here in the ILC. In Life Skills we focused on Kelso's Choices, being "peacemakers," and bus and motor vehicle safety. Please have discussions with your child about their day and what they are learning in Life Skills. I have started individual sessions with students so if there are any issues you feel are pertinent for me to address please feel free to contact me. Please read *A Memo to All Families* below, and try to keep these practice points for parenting at the forefront of your thoughts as you engage with your child on a daily basis.

A Memo to All Families

Don't spoil me. I know quite well that I ought not to have all that I ask for, I'm only testing you.

Don't be afraid to be firm with me. I prefer it. It makes me feel secure.

Don't protect me from consequences. Sometimes I need to learn the painful way.

Don't be inconsistent. That confuses me and makes me lose faith in you.

Don't let me form bad habits. I have to rely on you to detect them in the early stages and be a role model.

Don't make me feel smaller than I am. It only makes me behave stupidly to prove how "big" I am.

Don't correct me in front of people. Praise in public. Chastise in private.

Don't be too upset when I say, "I hate you!" It isn't you I hate, but your power to thwart me.

Don't put me off when I ask questions. If you do, you will find that I'll stop asking you and seek information elsewhere.

Don't nag. If you do, I shall have to protect myself by ignoring you.

Don't make rash promises. Remember that I learn not to trust when promises are broken.

Don't tax my honesty too much. I am easily frightened into telling lies.

Don't forget that I cannot always explain myself as well as I should like. That is why I am not always accurate.

Don't tell me my fears are silly. They are real to me and you can do much to reassure me if you try to understand.

on't ever suggest that you are perfect or infallible. It hurts and disappoints me to discover you are neither.

Don't ever think that it is beneath your dignity to apologize to me. An honest apology makes me feel surprisingly warm toward you.

Don't forget I love exploring. I couldn't learn without it, so please put up with me.

Don't forget how quickly I am growing up. It must be very difficult for you to keep pace with me but please do try.

Don't forget that I can't thrive without lots of love and understanding. I need "hanging out" time and lots of affection.

Please keep yourself fit and healthy. I need you and love you. Please don't die early because you smoke, drink too much or use drugs.

Because "stuff happens" let's stick together. I believe in you. I need you and hope you believe in me.

From the Desk of Mrs. Jennifer Wissman, Counselor @ W.B. Simpson

We are off to a great start in Lifeskills class! We have spent the first 6 weeks of school talking about solving problems using our school wide conflict resolution program, Kelso's Choices! In October we are moving on to topics involving study skills and ways to be the best student they can be.

In addition we are in the process of getting our school wide recycling program back up and running. I will be coordinating a group of 5th grade students to come around and collect recyclables from the classrooms weekly.

As always, as your child's counselor, I am here for you and your child to help make their day here at W.B Simpson successful. Feel free to contact me with any concerns about your child.



Calling All Volunteers

W.B. Simpson is truly a great place to be and we are grateful for the volunteers that help us each year. The following opportunities are open for you to get involved. Please contact the teacher if you have any questions or would like to join.

Library – Please come and help shelve books! No experience need. Stay for 15 minutes or as long as you can and any time given is greatly appreciated. It is hard to teach the students how to find books on the shelves when the books are willy-nilly on a cart! Your time will benefit all of Simpson. Contact: Mrs. Jane Stewart – (jane.stewart@cr.k12.de.us)

Did – U – Know November is ...

**National Diabetes Month
&
Popcorn Popping Month**

To the Book Fair and Beyond!

The Book Fair will be here before you know it. The BEST part about the Book Fair this fall is that it will also be available online! **WOW!**

The online Book Fair will be available through Simpson's website:

<http://www.cr.k12.de.us/schools/simpson.htm>

The online Book Fair will run from October 17 through November 4. Send eCards and Wish Lists to family and friends! The items will be shipped to the school. Shipping is FREE! Thanks for shopping at the Book Fair!

To the Book Fair and Beyond!



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