



# THE HAPPY HOLLOW HOLLER

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HAPPY HOLLOW SCHOOL & PTO NEWSLETTER  
December 7, 2016

*“In reality, many different events, both spiritual, religious, and tradition-based, are celebrated in many different ways during these times.” ~Simma Lieberman, Diversity Speaker, Writer Consultant -Known as “The Inclusionist”*

## PRINCIPAL'S CORNER

December, 2016

Hello Friends,

How lucky! We have been able to wear spring clothing and light-weight coats right up to this past weekend! The calendar is letting us know that we are once again at the holiday season, but the weather has been singing different songs. The don't seem to be listening to the weather either ~ because as warm as it has been, the daylight hours are much too short and most certainly, too dark. So, how is it with no major snow in sight, it is as if we are hopping on Olympic style sleds ~ bobsleds, luge and skeletons ~ barreling down the holiday shoot that most often ends with a bit of a break! Phew! ~ Hopefully, it will arrive just in time, but when the whirlwind starts, the spin takes on a life of its own ~ more like a summer twister!

My wish for you and your family is that you will all find the moments that make for many memorable occasions with your family and friends ~ filled with fun and relaxation. In the meantime, we have concerts, projects and units to complete and lots to do before we close our school doors on Friday, December 23rd.

Young people feel the tension of this season ~ some are too happy, some too sad, some just right ~ but the fairytale ending can sometimes be challenging to find. They are often tired. Sickness is around us and the newness of their class and year has worn off a bit. In addition, most often, everyone feels someone else is celebrating in a better way ~ has the 'right secret' to make the season feel happy. This is especially so for children who do not celebrate a holiday at all. Feeling excluded can become all-encompassing for children who watch from the sidelines. ~ So how do we help our children to navigate this season so that they can enjoy it?

Dr. Drew Ramsey, an assistant professor of psychiatry at Columbia University College of Physicians & Surgeons, who specializes in anxiety and depression, cautions parents and adults that we are the mirrors for how children may react during this time of year. “Holiday blues” can be contagious. ‘If you are feeling down or depressed and don't do a great job of managing [your adult] emotions, a child is certainly more likely to feel that way too,’ said Dr. Ramsey. He advises parents to take an active role and acknowledge a child's “holiday blues” instead of trying to cheer a kid up or talk him or her out of feeling sad.

“It’s OK to tell kids, ‘I’m really down because Grandma died this year, too. It’s a harder holiday for all of us,’” he explained. “Parents can say it’s not always going to be a great season for everyone every year.”

“Feeling different from peers can also be particularly sensitive for children and teens during the holidays, when there is so much focus on family traditions, especially now that the festivities are documented on Facebook and Instagram.”

Because of this, we all must be cognizant that our children may need a few extras at home and school to keep happy and healthy. Those extras are not extra gifts, extra events and extra pressures. Katherine Lee is a former editor and writer at Parenting and Working Mother magazines, and the mother of a school-aged child. She has written numerous articles and essays on parenting and children's health and development for Parenting, Working Mother, Wondertime, Ladies' Home Journal. ~ Verywell.com had Ms. Lee update her article called, “9 Tips to Prevent Holiday Stress and Anxiety”. In her January 30, 2016, piece, Ms. Lee suggests the following as a simple guide for parents and all to whom children look as authority figures:

By Katherine Lee:

Updated January 30, 2016

The holidays are a fun and joyous time but also a very busy one, and holiday stress and anxiety in children can and does happen. During the holidays, there are lots of fun activities and events going on, both at home and at school. And while that can be a good thing, the reality is that all that hustle and bustle means schedules are often out of whack, bedtimes get pushed back, and routines are disrupted.

As a result, it’s inevitable that kids may feel some degree of holiday stress.

**Holiday Stress and Anxiety in Children: How Parents Can Help**

1. Set a calm example. The most important way parents can help ease anxiety in children during the holidays is by trying to keep things relaxed as much as possible. As with so many situations, the way parents handle an issue can set the tone for how their kids will behave. If you let holiday stress get to you, your kids will definitely pick up on it, and child anxiety is more likely to be a problem in your house. To minimize anxiety in children during the holidays, take steps to handle your own stress and anxiety.
2. Set up conditions for good behavior. Avoid taking your child to places such as the mall or holiday gatherings when he is hungry or tired. It’s hard even for grown-ups to deal with noise and lots of stimulation when they’re not feeling their best; kids get hungry more often and become tired more easily, and may understandably have a tough time being on their best behavior and are more likely to experience holiday stress when they’re exhausted or hungry.
3. Remember the importance of routines. The holidays can throw a big wrench into household routines, and that can play a role in anxiety in children. To minimize holiday stress in your kids, try to get routines back on track once an event or party is over. For instance, if a school holiday concert or a church gathering goes past your child’s bedtime, try to stick to quiet, calm activities the next day and get your child to bed on time the next night.
4. Watch what she’s eating. Another thing that can fall by the wayside amidst the holiday hubbub is healthy eating. Between all the extra sugary holiday snacks and the lack of time to sit down to regular meals, it can be all too easy for kids to eat less healthy foods, which can contribute to holiday stress and anxiety in children. Try packing healthy snacks when you have to go shopping or run other holiday errands and try to minimize the

amount of sweet treats at home. Whenever possible, offer healthy snacks, such as air-popped popcorn or apple slices with cheese and crackers and limit cookies and candy to after-snack treats.

5. Get your child moving. Fresh air and exercise are essential for boosting mood and re-setting the spirit, which can alleviate holiday stress and anxiety in children. Make sure you schedule some time to get your child outside to run around and play.

6. Avoid overscheduling. As tempting as it may be to accept every invitation from friends and family, try to limit your holiday parties and activities so that you and your child are not overwhelmed.

A couple of events a week may be fine, but having an obligation every day can lead to holiday stress and anxiety in children.

7. Have your grade-schooler help you. Big kids love to help mom and dad, especially if they get lots of praise for being responsible and helpful. If you have to shop, ask your child to help you look for an item at the store (fun stocking stuffers for cousins, for example). Giving your child a task will not only boost her self-esteem, it'll distract her and help prevent any holiday stress and anxiety.

8. Schedule some quiet time. Having some peace and quiet with your child is more important than ever during the busy holiday season. Find a quiet corner and read a book with your child or create holiday pictures for grandma and grandpa. Take a walk outside in nature, away from noise and crowds and obligations.

9. Remind your child -- and yourself -- what the holidays are really all about. A great antidote for holiday stress and the bloated commercialism of the season is helping others, whether it's by shoveling an elderly neighbor's sidewalk or by wrapping presents for needy kids at your local church. Helping your grade-schooler become a charitable child will help alleviate her holiday stress and anxiety.

Back to Mr. Lee:

Remind all children of what is important to your family and why. Reinforce that you are proud of your traditions and that you are interested in the many ways others celebrate as well ~ even if that means not celebrating anything at all. Children need to feel proud of what they are doing especially if it is different from the way many are celebrating. Many social challenges arise when students feel they have to compete as to what is best or the best at this time of year. As always, take time to talk about what is going on and if there are concerns, contact the school. In this way, we all work to provide students with the tools to enjoy and have fun during the holiday season. ~ Most of all, contact us if you see your child feeling stressed or anxious, we can support him/her during the school day much better if we know what is happening.

I wish you all peace, time to relax and to enjoy this time of year in a way that makes it positive and happy!  
Happy vacation and New Year as well!,

*Jim Lee*

Jim Lee  
Principal



## This and That from the Principal's Office:

### **HAPPY HOLLOW SCHOOL HAS NEW PHONE NUMBERS!**

All of the Happy Hollow School phone numbers have changed! we have implemented a brand-new school-wide phone system. Please update your contact lists and directories. A complete phone listing has been posted on The Happy Hollow website.

**Happy Hollow Main Number:** [508-358-8641](tel:508-358-8641)

Fax Number (not yet working): [508-358-8642](tel:508-358-8642)

BASE: [508-358-8645](tel:508-358-8645)

Cafeteria: [508-358-8647](tel:508-358-8647)

Guidance - Ms. Santomena [508-358-8649](tel:508-358-8649)

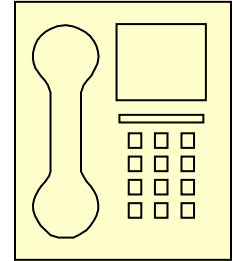
Guidance - Dr. Kline [508-358-8650](tel:508-358-8650)

Nurse: [508-358-8648](tel:508-358-8648)

Resource Room: [508-358-8644](tel:508-358-8644)

Speech and Language: [508-358-8651](tel:508-358-8651)

METCO Coordinator: [508-358-8652](tel:508-358-8652)



### **Traffic Concerns at Drop Off and Pick Up:**

This time of year, people are often in a rush and some of the systems we had working well, begin to get lost in the shuffle... Please note some of the dismissal observations that have been made by staff and parents alike:

\*First and foremost, please drive slowly through both lanes of school traffic. Speed is the most dangerous of all problems we face during drop-off and pick-up times.

\*Pull as far forward in the line as possible - many stop in front of the kindergarten door or anywhere along the way. It is much easier to get people in and out of the line quickly if everyone pulls up. Children are willing to walk up a bit and it is safer for them to wait closer to the front door than down at the kindergarten door or dumpster area.

\*Do not cut or jump the line - don't use the live lane, then cut into the drop-off lane where there is an opening. All this does is edge out someone who is waiting politely.

\*Do not get out of the car to help your children. Let the staff on duty do that. If they need help opening the door and getting their backpack out, pull into a parking space.

\*Do not get out of the car to go into the building for any reason. The live lane for drop off and pick up is just that a "live lane". When people park there, we have an accident in the making, as people have to move into the live lane in order to pass the parked car. Please pull into a parking space to do that.

\*Do not park on the hill at pick up and get out of the car to walk to the front of school to pick-up your kid. Pequot is dangerous at pick up since the road is too narrow and only allows one lane of thru-traffic. Parking holds up the whole lane. Again, park in a parking space if you need to pick up your child from the front the school.

\*Be careful at the crosswalk at the entrance to the school. Cars are coming from 2 directions pulling into the driveway, and in the morning often don't see the kids are trying to cross at the crosswalk.

\*Do not use the staff parking lot as a pick-up place. If you park in there, we believe you have business in the school ~ which is the only reason you would be parked there. If you try to get out sooner by parking there, the person on duty will most likely make you wait until the others have passed as the steady stream of traffic is moving along ~ just as they should be doing.



Let's work together  
to make our school model at pick-up and drop-off times.  
Thank you so much.

### **Lost and Found:**

Please check the Lost and Found before you leave for the winter break. We have many items and it would be great if the children could have them at home for the vacations. Thank you!



### **Gift Giving Policies:**

#### **Gifts Given to a Teacher or Staff Member:**

- Public school teachers, as municipal employees, may not accept gifts valued at \$50 or more. Nor can staff members accept (from one family) a number of smaller gifts which together are worth \$50 or more.
- A teacher accepting a gift of less than \$50 from a current student may be required to disclose that gift if it creates the appearance of a conflict of interest.
- A teacher may accept a group gift of up to \$150 per year from his or her class as long as the gift is identified as being from the entire class, and the identity of the contributors and the amounts given are not identified to the teacher. In addition, no individual family may make a contribution of \$50 or more to a group gift.
- Gifts to individual teachers may be given in the form of gift cards as long as they are in accordance with these limitations.

#### **Gifts Given to the Classroom or School:**

- Gifts of \$200 or more to individual classrooms, schools, or the district (as opposed to the teacher) require School Committee approval and acceptance. Gifts of less than \$200 may be approved and accepted by a principal or the superintendent.
- Classroom gifts in the form of cash must be deposited and processed through a town account, although reimbursements may be made after an authorized gift purchase.
- Under no conditions can gift cards be given as a classroom gift since they cannot be deposited in a town account.

#### **Gifts In General:**

- The School Committee policy recommends: "In lieu of gifts to individual teachers, parents are encouraged to make contributions to school support organizations such as the PTO, CAPA, Boosters, and the Wayland Public Schools Foundation."
- Finally, many teachers truly experience "Thank You" notes as one of the best gifts they can receive.



**December, January and February at Happy Hollow:**

Monday December, 12	<b>HH &amp; LO Band Concert 7:00pm</b>	Wayland Middle School
Tuesday December 13th	<b>Instrumental Concert 10:00am</b>	Happy Hollow Gym
Thursday December 15 <sup>th</sup>	<b>HH Choral Day Concert 10:00am</b>	Happy Hollow Gym
Thursday December 15 <sup>th</sup>	<b>HH Choral Night Concert 7:00pm</b>	Happy Hollow Gym
Monday December 19th	<b>HH &amp; LO Strings Concert 7:00pm</b>	Wayland Middle School
Friday December 23rd	<b>Full day of school Holiday Recess begins at 3 p.m.</b>	
December 24th – January 2nd	<b>Holiday Recess</b>	
Tuesday January 3rd	<b>Classes resume</b>	
Monday January 16	<b>NO SCHOOL Martin Luther King Day</b>	
Friday January 20	<b>Martin Luther King Dinner</b>	
Tuesday February 7	<b>Visiting Author (for students only)</b>	
Monday February 13	<b>String Jamboree</b>	Wayland high School
Thursday February 16	<b>Band Fest</b>	Wayland High School
Friday February 17th	<b>Full day of school Winter Recess begins at 3 p.m.</b>	
Monday February 27	<b>Classes resume</b>	

# CURRICULUM CORNER

## FROM THE GUIDANCE DEPARTMENT

### Help for the Holidays

Happy Hollow has a long tradition of assisting families at holiday time through a special fund supported by our staff. It can be a difficult and stressful time if parents are struggling to provide gifts, food, and winter clothing for their family. If you find yourself in need of some assistance, please contact one of the Guidance Counselors. Your information will be kept strictly confidential.

Beth Santomenna  
[Elizabeth\\_Santomenna@wayland.k12.ma.us](mailto:Elizabeth_Santomenna@wayland.k12.ma.us)  
(508) 358-8649

JoAnn Kline  
[JoAnn\\_Kline@wayland.k12.ma.us](mailto:JoAnn_Kline@wayland.k12.ma.us)  
(508) 358-8650

## FROM THE LIBRARY



The library has enjoyed a busy and bustling fall. Lots of books are being read and students are constantly checking out our topical book displays and new books. Grades K and 1 have been learning about how to choose a "just right" book. Grades 2 and 3 have been reviewing library organization and the Dewey Decimal System. Grade 4 has been reviewing higher level library organization and how to use the card catalog. Grade 5 has begun work on a year long "passion research project." Library class schedules may be viewed [here](#). The library is also open most mornings before school.

### Library Borrowing Policy

Grades K-1 may borrow one book each week. Grades 2-3 may borrow two books each week, with an additional week grace period. Grades 4-5 are allowed to check out up to five books, and they may keep them for four weeks.

### Did you know?

Did you know that you can view the [Happy Hollow Library Catalog](#) from any computer with internet access? You can see if we have a book before you even come to school!

### Overdue Notices

Overdue notices will be handed out during library classes next week and emailed to parents after school on Friday 11/18. Please try to locate overdue materials and send them in with your child before the Thanksgiving break. If a book is lost and cannot be found, we ask for a check to cover the cost of replacing the book. Alternatively, we will accept (and actually prefer!) a new copy of the book. Please note that your child may not borrow additional library books if they have excessive overdues. Please feel free to email the librarian with any questions or concerns, especially if you feel that your child has received an overdue notice in error.

Keep reading!  
Colleen Flannery, Happy Hollow Library Teacher  
[Happy Hollow Library website](#)  
[colleen\\_flannery@wayland.k12.ma.us](mailto:colleen_flannery@wayland.k12.ma.us)

## FROM THE ART STUDIO

### Drop Into Art for students in Grades 4,5

Fridays, December 9 and 16  
8:10 am - 8 40 am  
Happy Hollow Art Room  
No need to sign up



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## FROM THE COMEPUTER LAB



During the month of December, computer classes are participating in the [Hour of Code](#) which is being held worldwide from December 5th - 11th. The Hour of Code is an opportunity for millions of students to try computer science. At the elementary level, we have been exposing children to programming for many years. We build the foundation for programming in Kindergarten by introducing the Beebot (a WPSF Grant that was funded many years ago). We continue to grow our programming choices by adding Scratch and Scratch Jr. into our programming toolbox. Students will use code puzzles on [Code.org](#) which is mainly block style programming. Students can see the JavaScript behind the blocks when they have completed the puzzles. There are a few set of puzzles that let you program directly with JavaScript. Students may continue their coding practice while at home by accessing their Code.org classroom login from the [Computer Lab links page](#). Each student has their own account on Code.org so their progress will be saved. I then access student data and see how the students are progressing.



**3rd-5th Grade:** Just a reminder that students would benefit from keyboarding practice at home two times a week for 15-20 minutes. Students can access the All the Right Type website from the “For Students” link on the [Happy Hollow website](#).



**4th Grade:** Fourth grade students will practice their coding skills in January. We will use December classes to support students with their immigration and cultural project. Students will use several websites to locate facts. Many of the resources can be found under “For Students” on the Happy Hollow website - CultureGrams, and Encyclopedia Britannica are two examples.

**5th Grade Tech Crew** - It has been wonderful working with Ms. Mattson’s Tech Crew. If you’d like to see their Animoto video work, please visit the [HH School Meeting website](#). Ms. Devlin’s class will now be taking over the tech crew responsibilities through February. Thank you to all the families and students for your support and commitment to this volunteer program.

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## FROM ORCHESTRAL MUSIC

The Happy Hollow 4th and 5th grade orchestras have been hard at work preparing for their upcoming concerts! Students have not only been developing their instrumental technique but really focusing on musicality, leadership, and focus. I’m so impressed by how far they’ve come!

Please join us for our winter concerts: Tuesday, December 13th (in school at 10:00) and Monday, December 19th (at the middle school, beginning at 7:00). Looking forward to it!

Ms. Tandon

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## FROM THE GYMNASIUM

\*\* For PE information and updates, please visit Mr. O’Connor’s classroom [website:http://hhlope.weebly.com](http://hhlope.weebly.com)

### Kindergarten and 1st graders

- Students have really settled into our class procedures, and have been doing a great job listening, and transitioning. We have been trying a variety of warm up routines mixed in with some tag activities, and we spent a lot of time working on our throwing and catching skills. We have just started a striking unit, where students will be using pool noodles to strike various sized and shaped objects in different directions while maintaining control. Students will also have the chance to pass to classmates and strike objects into goals. Along with using pool noodles, students will have an opportunity to use pillo polo sticks, which look like giant one-sided q-tips, students really enjoy using these!

### 2nd and 3rd graders

- Second and third grade students started their striking unit using pillo polo sticks. We have spent time working on our dribbling skills, trying to maintain control of objects as we travel. Stick safety is a major focus point, as we keep our sticks low to the floor as we travel and participate in drills. We have practiced passing, shooting on goal, and goalie skills. Basic offense and defense is introduced, and we discuss the importance of teamwork and sportsmanship when we play. Students have had the opportunity to play a four-way game of pillo polo, which went very well. Classes that have shown that they can follow safe stick skills, will be playing with rubber blade hockey sticks.



#### 4th and 5th graders

- Fourth and fifth grade students are also in their striking unit, and have participated in drills that are focused on ball handling, passing and shooting. We have spent more time playing team games, with a major focus on teamwork and sportsmanship. Students are more mindful of offensive and defensive strategies, and short passing along with quick ball movement are a focus of our games.

Coming Soon: Fitness stations (including our climbing rope, and new long jump mat), winter themed activities, and our basketball unit.

**REMINDER: Please pack sneakers for your child on their PE class day.**

## HEALTHY HOLLER

### FROM THE HEALTH ROOM:

Important information about your child's health:

If your child has a complaint of headache, stomachache, with or without fever and/or sore throat, sometimes with a cough, and these complaints do not go away, then you should take your child to his/her doctor to check for strep throat. The rapid strep test done in the doctor's office can sometimes be negative, with the throat culture being positive 48 hours later. Strep throat is very contagious in the school setting.

- Children diagnosed with "strep" throat need to be on an antibiotic for 24 hours before returning to school, so they are not contagious to others.
- If medication is required during school time, please ask your pharmacy for a "school bottle" labeled from the pharmacy with medication name, dose, and frequency. We will also need a parent permission form completed.
- Your child's health is an important concern. It is critical that children get the rest that they need to recover from either a bacterial and/or viral infection.
- Please have your child protected from influenza (a viral infection) by getting them the FLU vaccine-it is not too late.

Resource for parents on many topics:

<https://www.healthychildren.org>

<https://www.kidshealth.org>

Other Info:

- Please dress your child appropriately with the winter months upon us (coat/mittens/boots/snow pants, change of clothes). For younger children there should be a change of clothes in their backpack (underwear/pants/socks).
- Children should have a daily snack/drink provided from home.
- Please check your cell phone throughout the day as parents will be called if your child needs to be sent home. Children need to be picked up in a timely manner, so please have a backup available, and consider a neighbor.
- The most important first line of defense against germs is good hand washing.
- Please continue to reinforce this at home. We will continue to educate children here at school.

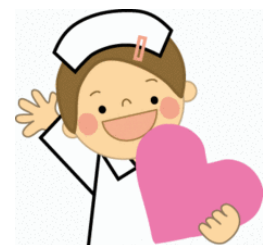
Please feel free to contact me with any questions and/or concerns at 508-358-6051.

Happy Holidays and stay healthy!

Jeanne MacDonald RN

Jeanne\_MacDonald@wayland.k12.ma.us

508-358-6051



## PTO News and Events

### TEACHER APPRECIATION HOLIDAY LUNCHEON

Please help us celebrate our teachers by clicking the link below and signing up to help with either food items or your time! We are trying something new this year, a hot potato bar! Please feel free to add your own topping if you think of one that's not there.

Thanks - Jill and Bakul

<http://signup.com/go/qpPBFJ>

### 2016-2017 Happy Hollow PTO Board

Position	Name	E-mail
<b>President</b>	Jennifer Pearlman*	<a href="mailto:HappyHollowPTO@gmail.com">HappyHollowPTO@gmail.com</a>
<b>Vice President</b>	Kelley Bradford	<a href="mailto:loughrankelley@hotmail.com">loughrankelley@hotmail.com</a>
<b>Secretary</b>	Julie Suratt	<a href="mailto:juliesuratt@gmail.com">juliesuratt@gmail.com</a>
<b>Treasurer</b>	Melissa Lange	<a href="mailto:HappyHollowTreasurer@gmail.com">HappyHollowTreasurer@gmail.com</a>
<b>Ways/Means BACKPACK AUCTION</b>	Melissa Hartford	<a href="mailto:mchartford@outland.net">mchartford@outland.net</a>
<b>Ways/Means GIFT YOUR CHILD</b>	Tarrah Zedower*	<a href="mailto:tmzcali@gmail.com">tmzcali@gmail.com</a>
<b>Social</b>	Cathy Caulfield	<a href="mailto:ccaufield16@gmail.com">ccaufield16@gmail.com</a>

\*indicates town wide PTO representative

<http://waylandpto.org>

[We appreciate your patience as we continue to update the website for 2016-2017](http://waylandpto.org)