

Tiger Topics Newsletter, May/June 2017



Emerson-Williams Elementary School PTO

PTO Board until June 30, 2017. Thanks for all you have done!

2nd Year Co-President: Darka Jara

1st Year Co-President: Colleen Mattatall

Secretary: James Langdo, 1st Grade Parent

Treasurer: Peping Dee, 1st Grade Parent

NEW PTO Board: July 1, 2017 – June 30, 2018

2nd Year Co-President: Colleen Mattatall

1st Year Co-President: Autumn Struk

Secretary: James Langdo

Treasurer: Peping Dee

From the Desk of the Emerson-Williams PTO Co-President

Dear Emerson-Williams Families,

It has been an honor being your PTO Co-President for the past two years. Even though my role as Co-President is over, I will still be a very active PTO volunteer for our school. I will never be out of reach. I am always available for any questions and will always find an answer. I am not leaving Emerson yet, but my time is getting near. I want to especially thank each and every one of you for all that you do and have done for such a wonderful school. Have a wonderful summer. See you all on August 31, 2017 for a great year ahead.

Congratulations to our new PTO Board member - 1st year Co-President for next year, **Autumn Struk**.

Respectfully Yours,

Darka Jara

2nd Year Co-President, EW PTO

June 19

Last Day of School – Early Dismissal

June 19 – September 8

2017 Summer Reading Program – Build A Better World

<http://www.wethersfieldlibrary.org/children/Summer.html>



August 31

First Day of School

Emerson-Williams Elementary School

461 Wells Road
Wethersfield, CT 06109
Main Office
(860) 571-8360

Principal: Neela Thakur

Main Office: Mary Lacy and Maria Intino

www.ewpto.com, Webmaster: Chrissy Pikos
Like and Follow us on Facebook at
Emerson-Williams Elementary School PTO

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May/June 2017
Editor: Leslie Williams

Tiger Topics Health Quick Tips

By Linda Ciarcia, BSN, RN



11 Ways to Encourage Your Child to Be Physically Active

Did You Know?

- Only 1 in 3 children are physically active every day.
- Less than 50% of the time spent in sports practice, games, and physical education class involves moving enough to be considered physical activity.
- Children and teens spend more than 7 hours per day on average using TVs, computers, phones, and other electronic devices for entertainment.
- About 1 out of 3 children is either overweight or obese in the United States.
- Overweight teens have a 70% chance of becoming overweight or obese adults.

Getting Started

Parents can play a key role in helping their child become more physically active.

Here are 11 ways to get started:

1. **Talk with your child's doctor.** Your child's doctor can help your child understand why physical activity is important. Your child's doctor can also suggest a sport or activity that is best for your child.
2. **Find a fun activity.** Help your child find a sport that she enjoys. The more she enjoys the activity, the more likely she will continue it. Get the entire family involved. It is a great way to spend time together.
3. **Choose an activity that is developmentally appropriate.** For example, a 7- or 8-year-old child is not ready for weight lifting or a 3-mile run, but soccer, bicycle riding, and swimming are all appropriate activities.
4. **Plan ahead.** Make sure your child has a convenient time and place to exercise.
5. **Provide a safe environment.** Make sure your child's equipment and chosen site for the sport or activity are safe. Make sure your child's clothing is comfortable and appropriate.
6. **Provide active toys.** Young children especially need easy access to balls, jump ropes, and other active toys.
7. **Be a role model.** Children who regularly see their parents enjoying sports and physical activity are more likely to do so themselves.
8. **Play with your child.** Help her learn a new sport.
9. **Turn off the TV.** Limit TV watching and computer use. The American Academy of Pediatrics recommends no more than 1 to 2 hours of total screen time, including TV, videos, computers, and video games, each day. Use the free time for more physical activities.
10. **Make time for exercise.** Some children are so overscheduled with homework, music lessons, and other planned activities that they do not have time for exercise.
11. **Do not overdo it.** When your child is ready to start, remember to tell her to listen to her body. Exercise and physical activity should not hurt. If this occurs, your child should slow down or try a less vigorous activity. As with any activity, it is important not to overdo it. If your child's weight drops below an average, acceptable level or if exercise starts to interfere with school or other activities, talk with your child's doctor.

Remember

Exercise along with a balanced diet provides the foundation for a healthy, active life. This is even more important for children who are obese. One of the most important things parents can do is encourage healthy habits in their children early on in life. It is not too late to start. Ask your child's doctor about tools for healthy living today.

Tiger Topics – Monthly Spotlight Article

Kindergarten Rocks!

By Taryn Dawson, Karen Jahne, and Emily Keel
Kindergarten Teachers

It is always such a joy to watch our students' blossom in our "Kinder Garden!" They have gone from learning letters and sounds to being avid readers. In writing, they have progressed from telling their stories through pictures to writing across three or more pages. In math, they are able to add and subtract from 0-5! Providing additional purposeful play as part of our social studies curriculum added more time for peer interactions and social growth. And of course, our new playscape provided wonderful opportunities to develop their gross motor skills! Thank you PTO ☺



Mrs. Jahne's class is waiting for butterflies!



Mrs. Keel's class LOVED Field Day!



Mrs. Dawson's class is observing their plants!

Thank You So 'Berry' Much!

Strawberry Festival Committee

We are so 'berry' thankful for each and every person that made the 2017 Strawberry Festival a fun and exciting day for all of our Emerson-Williams families and friends! Thank you to...

EW Teachers and Staff: **Neela Thakur, Jimmy Discenza, and all the teacher/staff volunteers**

Co-Chairs: **Autumn Struk and Colleen Mattatall**

Cake Walk: **Frances Schwarzhaupt**

Facepainting: **Monika Shoham and Amy Gallagher-Cuadras**

Food: **Janet Carbo and Jamie Rogalski**

Prizes: **Shana Smith**

Pucker Powder: **Amanda Roman and Kathy Centurelli**

Raffles: **Diana Iannucci and Stephanie Conashevick (and Elizabeth Gilbert)**

Strawberries: **Christina Carreiro and Nathalie Trevitazzo**

Vendor/Craft Fair: **Rebecca Anderson and all our vendors**

Town of Wethersfield, including Fred Bushy, has also been amazing in their help and support this year and with tables and fencing too!!

Thank you to our 2017 Strawberry Festival Sponsors: Tammy Varney, Cross Auto and Tire, Jerry's Artarama, Conroy Orthodontics and Atrinity Home Health - THANK YOU FOR YOUR SPONSORSHIPS!!!

Thank you to all of our Strawberry Festival Volunteers! It would not work without dedicated parents, families, and community members! Thankful for you all you did to support Emerson-Williams PTO!! Parents, students, teachers, and staff are so grateful!!

Teacher and Staff Appreciation Events

Thank you so much to the **Grade 1 Room Parents and Families** for the Cinco de Mayo Luncheon event on May 5th. Your hard work is so very much appreciated and it was LOVED by all!

Thank you **Darka Jara and the Cheer/Teacher Appreciation committee** for planning a great Teacher Appreciation Week in May. And, to **all of our students and families** that brought in goodies for our AWESOME TEACHERS!

Thank you to **all of our EW Families** that contributed to the year-end "Dip Party!" You brought in the yummiest, most favorite dips to share with our teachers and staff! They LOVED it!

Thank you to **everyone who attended the benefit dinner at Bertucci's for Erica McGregor**, EW mom of a 2nd grader. Thank you to all of the EW families that brought her meals. If you would like to help her financially, visit www.gofundme.com/fightforerica and you can follow her on Facebook at www.facebook.com/EricaNeedsAKidney.

Thank you to **Jamie Rogalski** for planning a great TV Turn Off Week! Thank you to **Rebecca Anderson** for help at Yoga Night, **The Rents** for performing for Dinner on the Lawn, We hope you enjoyed all of the awesome events!

Thank you to **Christina Carriero and all of the Talent Show committee** for planning a fabulous Talent Show. Thank you to all the **Talent Show parent volunteers**. It takes a village and you helped make this an awesome show!

Thank you to **Darka Jara and Leslie Williams** for planning an awesome Mixed Bag Designs fundraiser! So many parents love this fundraiser, so we are already planning dates for Spring 2018.

Thank you to **Colleen Mattatall**, 1st Year Co-President of the PTO this year. Colleen has been a driving force in organizing our PTO for future leaders to be able to volunteer with tons of past information available to them. She is dedicated to research and hard work that always pays off for our students and staff, such as our new K/1 playscape. We can't wait to see what she has in store for our PTO in the upcoming school year.

A special heartfelt thank you to **Darka Jara**, 2nd Year Co-President of the PTO this year. Darka works tirelessly and endlessly for the children, teachers, staff and parents of Emerson-Williams. She quietly picks up anything that has been missed, skipped or undone. She handles things in a very old-school, get-it-done manner, and it has been a delight and honor to get to know her and work as her teammate this year. I will miss her dearly and am so lucky she will still be at EW next year. – By Colleen Mattatall

Thank you to **James Langdo, PTO Secretary, and Peping Dee, PTO Treasurer**, for rounding out this well-functioning PTO Board. I look forward to another year with you both by my side. Thank you for your service, your positivity and your honest and respectful opinions. – By Colleen Mattatall

Thank you to **Chrissy Pikos**, Webmaster for www.ewpto.com and Facebook expert, for always updating our website with as much information as our volunteers provide and keeping our PTO Facebook posts up to date. She is a computer genius and we are so thankful for her support of the PTO.

Thank you to **Leslie Williams**, Tiger Topics School Newsletter Editor, for publishing this great parent resource throughout the school year. This is a detail orientated task to undertake and she has done a lot of hard work and received many parent compliments for doing a terrific job.

Keep In Touch

We want to stay in touch with you. Please be sure to Like AND Follow us on Facebook at Emerson-Williams Elementary PTO.



Also, please provide your email address to receive EW PTO emails by going to www.ewpto.com and on the right, click on



Congratulations Jog-a-thon Prize Winners!

1st place goes to **Holden Gallagher** in Mrs. Keel's kindergarten class with \$350 in donations. He won a free family admission for 2017 Strawberry Festival.

2nd place goes to **Ethan Shoham** in Mrs. Keel's kindergarten class with \$185 in donations. He won \$10 worth of raffle tickets for the Strawberry Festival raffle baskets.

3rd place goes to **Haley Williams** in Mrs. Harris' 3rd grade class with \$130 in donations. She won a \$10 gift certificate towards the 2017 holiday store coming in November/December.

4th place goes to **Christian Mesias** in Mrs. Root's 2nd grade class with \$110 in donations. He won a gift certificate or \$10 worth of free books at the 2017 Scholastic book fair coming in September.

Congratulations to all our winners and **thank you so much to everyone who helped raise \$1387.00 in donations for EWPTO**. The money raised will be used for all EW students and teachers. Great job everyone and thank you for participating in Jog-a-thon.

A special thank you to Mr. Coursey for all of his hard work! And, thank you to **all of our parent volunteers** that came out on a beautiful day to cheer on all our EW Tigers and made sure they were properly hydrated. Thank you to our Jog-a-thon Committee: **Leslie Williams, Darka Jara, Nathalie Trevitazzo and Courtney Harlow** for helping to plan and a great fun-filled day!

Save The Dates

September 30 Rain or Shine – Color Run sponsored by EWPTO and funded by a \$3,000.00 Keane Foundation Grant. Amy Burlingame and Autumn Struk applied for the grant that was recently awarded to EWPTO. They are working hard to organize an awesome event that all EW Families will enjoy! EW students are currently working on a Color Run name! More details to come in early September.



October 10 - Cyber Seminar sponsored by the EWPTO and the Assembly Committee – Monika Shoham, Chairperson. Open to students, staff, parents, and families right after school. Please make plans to attend this truly awesome event on internet safety, presented by Scott Driscoll of Internet Safety Concepts. For more information please visit <http://internetsafetyconcepts.com/>

"Parents NEED to improve their Internet safety skills, not due to a lack of trust of their own children, but due to the fact that our children are sharing information about themselves with MILLIONS of people. Not all of those millions are nice and honest people."

Through this presentation, parents will be informed of new trends and techniques that are being used on-line by the predators and by our children. They will also be given tips on what to do to prevent a dangerous situation from happening. Parents will see how what their children do on-line now can have long term negative effects on their future. Parents will learn tools and strategies they can use to keep their families safe.

October 13 – Movie Night sponsored by the EWPTO and **Madres Latinas de Wethersfield** to celebrate the end of National Hispanic Heritage Month, September 15 through October 15, with an evening showing of the 'The Book of Life' in the EW Gym. Bring your blankets and pillows! Follow them on Facebook at Madres Latinas de Wethersfield.

Become a 2017 – 2018 Emerson-Williams Tiger Topics Sponsor!!

**Do you own a business or have a family member that does?
Advertise for the entire school for as little as \$50!
That's 10 issues that reach 319 families!
WHAT A DEAL!!!**

Tiger Topics is a PTO school newsletter distributed to approximately 319 families of students and staff from Emerson-Williams Elementary School. The publication contains information of interest to families of elementary school students and is published from September to June. It is distributed online at www.ewpto.com, posted on the Emerson-Williams Elementary School PTO Facebook page, emailed to our PTO email distribution list, and sent home with students in print.

Your advertisement helps support the education of hundreds of Wethersfield children! Proceeds will be used for enrichment programs and assemblies, technology purchases, family fun nights, and much more.

Please consider supporting Emerson-Williams PTO by placing your ad/message/coupon in our newsletter. We will allocate space for all 10 issues based on the following rates:

- \$50 for a business card ad (Dimensions: 3.5"w x 2"h)
- \$100 for quarter of a page (Dimensions: 3.5"w x 4.25"h)
- \$200 for half a page (Dimensions: 7.25"w x 4.25"h)
- \$400 for a full page ad (Dimensions: 7.25"w x 8.75"h)

Thank you for your time, and we hope to hear from you soon. Advertisement deadline is 8/31/2017.

Email your information to tigertopics@ewpto.com along with the image file attached. A check can be made out to EWPTO and sent in an envelope marked Leslie Williams, Attn: Tiger Topics Ad, Emerson-Williams PTO, www.ewpto.com 461 Wells Rd., Wethersfield, CT 06109.

Company Name: _____

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Address: _____

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Signature of Responsible Person: _____