



# BOOKER T. WASHINGTON

ELEMENTARY SCHOOL

Dr. Paige Morgan, Principal

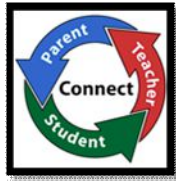
Telephone: 302-672-1900

Fax: 302-672-1902

[paige.morgan@capital.k12.de.us](mailto:paige.morgan@capital.k12.de.us)

[www.btw.capital.k12.de.us](http://www.btw.capital.k12.de.us)

Can you believe it is November already? Our children have already completed a full Marking Period of school! Parent Conferences will be scheduled on November 7<sup>th</sup> and November 8<sup>th</sup>. As you know, a huge part of your child's educational success is the partnership between parents and teachers. Please be sure to attend your child's conference so that you can be aware of his/her strengths, challenges, and how you can help your child be successful at home. Below you will see a few tips from the Harvard Family Research Project on how to make the most out of your parent-teacher conference.



## Parent-Teacher Conferences-What should you talk to the teacher about?

- ➔ **Progress.** Find out how your child is doing by asking questions like: What do you see as his/her strengths? What are his/her areas for growth or challenges? How could he/she improve? How does my child get along with classmates? Is my child working up to his/her ability?
- ➔ **Assignments and assessments.** Ask to see examples of your child's work. Ask how the teacher gives grades. Be sure to share your thoughts and feelings about your child. Tell the teacher what you think your child is good at. Explain what he or she needs more help with.
- ➔ **Support learning at school.** Ask the teacher what you can do at home to support what he/she is doing in the classroom. Find out what services are available at the school to help your child. Ask if the teacher knows of other programs or services in the community that could also help your child.

- ➔ **Create a Plan.** Write down the things that you and the teacher will each do to support your child. You can do this during the conference or after. Write down what you will do, when, and how often. Make plans to check in with the teacher in the coming months.

Be sure to stay in touch with your child's teacher throughout the school year to keep the lines of communication open. It is extremely important that parents review homework each night and check your child's folder so that you can stay informed. We look forward to seeing you either on November 19<sup>th</sup> or November 20<sup>th</sup> and working together throughout the school year.

## Daily Attendance/Breakfast

We care immensely about the educational success of our students. We encourage our students to come to school on time and prepared for their day. Please note that we open our doors for students to eat breakfast at 8:00a.m. If you are bringing your child to school, please be sure to get them here as close to 8:00 as possible so that they can eat breakfast and get to class on time. If students are not eating breakfast, they are able to enter their classrooms at 8:20a.m. Students who enter the building after 8:25a.m. are considered tardy and must be signed in at the Main Office. If you are dropping your child off after 8:25a.m., please be sure to come into the Main Office to sign them in. Please make every effort for your child to get to school on time. Our students' learning begins at 8:25a.m. each day.

## Car Rider Kiss & Go Loop Reminders

When using our Kiss and Go Loop to drop your child off or to pick him/her up, please note the following Kiss and Go Loop Rules:

Dr. Paige Morgan  
Principal  
Booker T. Washington Elementary

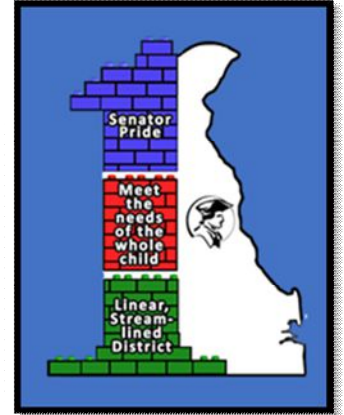
- If you would like to come into the building, please be sure park in the parking lot. Cars are not permitted to be parked in the Kiss and Go Loop or Bus Lane during any part of the school day.
- We open the passenger side door of each car for our children to get out of each vehicle. Please do not let them out on the driver's side.
- We will begin letting the children out of cars at 8:00a.m. each morning.
- To help our students start each day responsibly and ready, please ensure that your child is prepared to exit your vehicle when we open the car door.

We have several important events coming up in November! Please see the list below to stay informed.

### 🌸 Important November Dates/Events 🌸

- November 1<sup>st</sup>** – Vocabulary Parade 9:15
  - November 1<sup>st</sup>** – Early dismissal 12:35pm
  - November 4 -8<sup>th</sup>** – Book Fair
  - November 7<sup>th</sup>** – No school for students  
Parent / Teacher conferences
  - November 8<sup>th</sup>** – No school for students  
Parent / Teacher conferences
  - November 11<sup>th</sup>** - School closed – Veteran's Day
  - November 12<sup>th</sup>** – Veteran's Day Lunch 11:00 – 1:00
  - November 3<sup>th</sup>** – Picture Make Up Day
  - November 14<sup>th</sup>** – Bedtime Story Time – 6:30 @ the District Office
  - November 15<sup>th</sup>** – 1<sup>st</sup> Marking Period Awards Assembly – K-2- 1:00; 3 & 4- 1:45
  - November 19<sup>th</sup>** – 5:15 – PTO meeting in Library
  - November 19<sup>th</sup>** – 6:00 – 7:30 “Passport to Fun” Family Game Night
  - November 20<sup>th</sup>** - Board Meeting
  - November 27 – 29<sup>th</sup>** – No School  
Thanksgiving Break
- If you have any questions or concerns, please do not hesitate to contact me at (302) 672-1900 or [paige.morgan@capital.k12.de.us](mailto:paige.morgan@capital.k12.de.us).

Sincerely,



### Capital School District Board of Education

John C. Martin Jr., President  
Dr. Chanda Jackson-Short,  
Vice-President  
Sean P. M. Christiansen  
Joan L. Engel  
Dr. Anthony J. DePrima

### Superintendent

Daniel C. Shelton, Ed.D.  
[dan.shelton@capital.k12.de.us](mailto:dan.shelton@capital.k12.de.us)

### Attendance Matters!!!

Encouraging regular school attendance is one of the most powerful ways a parent, guardian, or caregiver can prepare their child for success – both in school and in life. When you make school attendance a priority, you help your child get better

grades, develop healthy life habits, avoid dangerous behavior and have a better chance of graduating from high school.

Students need to attend school daily to benefit most from classroom learning. Students are more likely to succeed in academics when they attend school consistently. It's difficult for the teacher and the class to build their skills and progress if a large number of students are frequently absent. In addition to falling behind in academics, students who are not in school on a regular basis are more likely to get into trouble with the law and cause problems in their communities. Attendance also strongly affects test scores, graduation rates and dropout rates.

### **How Can Absences Be Excused?**

In Capital, when a student misses school, their absences are unexcused until an excuse note is presented. The note must be brought to the office or emailed to the school within three days of the absence or the absence will remain unexcused. There can be serious consequences for multiple unexcused absences.

What information does the school need?

- Details about the reason for the absence (Examples: *Sick with a fever, doctor's appointment, etc.*)
- The specific day and date of the absence (Example: *Monday, November 4, 2019*)

Things to remember!

- Excuse notes can be emailed directly to the school! [btwattendance@capital.k12.de.us](mailto:btwattendance@capital.k12.de.us)
- A maximum of 12 days in one school year can be excused by parent/guardian written/emailed note.
- Parents/guardians may write excuses for: specific illness, death in the family, specific family emergency, and/or religious holidays.
- Suspensions and exclusion by the school nurse do not require notes and are not counted toward the 12 day max
- A professional note from a doctor, dentist, health care provider, mental health service, etc. is a valid excuse; all of these notes are

excusable and do not count toward the 12 day max.

### **What Can Happen if Your Child Has Too Many Unexcused Absences?**

- Your child misses valuable educational time!
- Your child could miss exciting assemblies and educational field trips!
- Your child could miss exciting and fun after school events (sports, dances, shows, etc.)!
- After 3-5 unexcused absences – the school will contact home.
- After 6-9 unexcused absences – a parent conference will be scheduled with the school and a district hearing officer.
- After 10-20 unexcused absences – the school can and will file truancy charges on the parents/guardians.
- After 25 unexcused absences – the child may have to repeat the grade.

**If you are concerned about your child's attendance, please contact the school at 302-672-1900**

---

## **Kindergarten News**

On Wednesday, November 6th, we will be taking our first full day field trip. We will be venturing out with our students and parent chaperones to Abbott's Mill. In the morning, the children will be learning about the characteristics of trees, making tree rubbings, and exploring the different leaves that they find

in the woods and we will also be using a hand lens to take a closer look at nature. In the afternoon, they will take part in a Native American study. They will listen to a Native American tale and play instruments, while taking part in a dance. They will also have a chance to play Native American games and learn how they used what was in their environment to survive. Thank you in advance to all the parents, who will be volunteering to go on this trip. Children do enjoy their parents as chaperones. Please keep in mind, that the volunteer packet needs to be handed in and processed, before you can go on any trips and this can take up to 4 to 6 weeks. In math this marking period, our Go Math series will focus on representing and comparing numbers to 10, addition, and subtraction. Please continue to practice letter names, sounds and sight words.

Thank you for your support at home.  
The Kindergarten Team

## 1<sup>st</sup> Grade News

Fall is in the air! Our students have been busy reviewing kindergarten concepts as they learned the routines and procedures of First Grade. Now that students have made the adjustment and teachers have gotten to know their students, we have moved on to First Grade concepts. We have started learning our short vowels and want students to have a solid grasp of these sounds before we move on to blends, digraphs, and long vowels later in the year. You can help your child with understanding short vowel sounds by reviewing spelling words nightly, helping them with their phonics homework, and pointing out short vowels in words you see when you are reading to them or in words you see printed around you. Encourage them to give you words that rhyme with their spelling words, challenge them to write those rhyming words as a bonus, and point out how they are spelled similarly. All of these things will help solidify your child's understanding of short vowels and set them up to be fluent and confident readers.

Please remember to check your child's Daily Folder and empty it (except for homework or other notes that need to be returned to school) before your child places it back in their bookbag each night. Homework is sent home Monday through Thursday and students should be able to complete it mostly independently. Parents are strongly encouraged to look it over and have students correct any mistakes they have made.

We are off to a great start this year and are excited for all the wonderful things to come! Thank you for all you do at home and please reach out to your child's teacher with any questions or concerns you may have.

## 2<sup>nd</sup> Grade News

Our second graders have been busy learning about the various insects that are in the world. In our science unit, we will discover the major body parts and functions of insects and their purpose in life, explore the two kinds of lifecycles that insects encounter as they grow from egg to adult, and the different habitats that insects can be found in. Our classes will have live insects to care for and will experience through observation the transformations that may happen to insects as they grow.

### **Accelerated Reader!!!**

Let's get hooked on BOOKS! The Accelerated Reader Program is off and running. Your child has received his or her individual reading zone as well as how many points he or she is required to reach by the end of each marking period. Every second grader should be bringing home an A.R book each night to read. Once your child has finished reading, he or she will take the test on the computer when returning to school. The goal is to make sure your child is staying within the reading zone as well as understanding the story (at least 85% accuracy on the test). Please help to encourage your child to "Love to Read!" Our goal is 100% of our students meeting or

exceeding their goal each and every quarter. If there are any questions, please feel free to contact us for assistance.

### **Go Math!!!**

Mathematics is the study of patterns and relationships. In unit 1, Our second grade students begin the unit by investigating place value and will be applying place value concepts to compare and order numbers to 1,000. Students will also build on their prior knowledge that data is collected, displayed, and analyzed to answer questions.

Some exciting features in this unit will be:

- Number patterns
- Even and odd numbers
- Rounding and estimation
- Problem solving
- Use and application of mathematical terms and properties
- Fluency

Some things that you can do to help your child become a better mathematician:

1. Make sure that your child completes his/her homework assignments
2. Have your child reflect on what they learned in class. Ask them to demonstrate a different way to answer a problem.
3. Assist with the studying of flash cards and fluency games. Fluency tests are timed and the faster your child knows their math facts, the better they will be at tackling these tests and building automaticity.
4. Utilize websites that encourage math skills like prodigy, freckle, and Thinkcentral. Your child will be receiving usernames and passwords for these sites.
5. Practice, practice, practice! It makes you better!

### **Upcoming Events:**

- Vocabulary Parade- Students have the opportunity to learn some exciting and engaging vocabulary as they dress and

parade in costume for their word. Look for more details to come from your child's teacher!!

We thank all parents for your continual support and entrusting us with Our Most Valuable Resource, Children. Your collaboration is greatly appreciated as we look forward to a successful and productive school year!

The Second Grade Team

## **3<sup>rd</sup> Grade News**

Can you believe we are more than half-way through the first quarter? The third grade team is encouraged by the hard work students are demonstrating.

This month our class will be focusing on why working together is a good way to solve problems. When people cooperate with each other, they can learn new ideas.

Here are some activities that you can do with your child to help reinforce the skills we'll be practicing.

- Words to Know: antonyms- Help your child define the words and then think of an antonym for each word.
- Spelling/Phonics: long i and long u- Your child can write each word after you say it, then count the words that have the long i spellings.
- You can help your child identify how the long u vowel sound is spelled in the remaining words.
- Comprehension: theme- Read the first part of a story, then to complete that story following a given theme.

During the next few weeks, our math class will be learning to interpret and represent data. You can expect to see homework that provides practice with tally tables, frequency

tables, picture graphs, and line plots. You can look for bar graphs in magazines and newspapers. You can also help your child create their own. Then, ask questions such as “how many more” and “how many fewer” and help them find the answers.

Third grade is continuing to study the water cycle and properties of water in science and government in social studies.

The annual vocabulary parade will take place this month. Be on the look-out for information containing important dates and directions to come home. We look forward to your participation in this event. Thank you for your continued support.

Sincerely,

The 3<sup>rd</sup> Grade Team

## 4<sup>th</sup> Grade News

The importance of students communicating mathematically has grown exponentially. In an effort to support the increased rigor in math classes, students are expected to be involved in reading and writing about, representing, viewing and discussing mathematical ideas. These activities allow students to connect their own ideas and language to the symbols and language of mathematics.

In the classroom, we expect our students to communicate mathematically by:

- Using words or mathematical symbols to explain real life
- Talking about how they arrived at an answer
- Listening to other ways of thinking and perhaps altering their own thinking
- Using pictures to explain understanding
- Writing about the math, not simply stating an answer

Talking about mathematics with your child – whatever his or her age – helps strengthen his or her mathematical reasoning and understanding. When doing homework as often as possible have your child explain their

thinking/reasoning when working out word problems.

Please make sure to review math facts.

Fourth Grade team

## ALPHA News

We have been working on text structures and text features in reading. We are currently working on our theme about kindness as we read RJ Palacio’s novel called “Wonder”. We have found numerous books about the topic and have integrated our writing lessons into the same theme. During our math exploration we have been working on place value and have begun our math journal writing to explain our thinking. We have continued to work on using a Growth Mindset. In the area of Science we just finished our Life Structures unit. We are traveling back in time for our Social Studies unit on the Thirteen Colonies.

---

## D&P K - 4 NEWS

This has been a great year so far for KCCS! We enjoyed our annual Fall Fest, as well as, representing at Super Senator Day and the Homecoming Parade. KCCS has been partnered with the ACCESS project through the University of Delaware to develop the communication strategies used by the teachers in the program and help set the standard for best practices across the state. We are also happy to welcome Delaware State Representative William Bush on October 25<sup>th</sup> through the “Principal for the Day” program sponsored by the Delaware Chamber of Commerce. Most importantly, though, we are proud of the growth demonstrated by our

students and the ways in which they make our school a better place!

Ryan Matthews  
Associate Principal KCCS

### **MS. CONNELL'S CLASS NEWS:**

Ms. Ashley's Pre-K class has been working hard and having a lot of fun this month. We have been working on recognizing and writing the letter A. We had a new friend join our classroom. The students have done a great job of welcoming our new friend and helping him to learn the expectation inside of the classroom. We have a field trip to Wicked R Ranch quickly approaching and we're looking forward to having some fall fun outside of our classroom!

### **MS. HOFFMAN'S CLASS NEWS:**

The Hoffman/ Knotts Kindergarten class has started cooking in the lifeskills room. This is a new program that was added to this classroom this year. We have cooked cupcakes and chili. We plan to cook more seasonal and snack type recipes. Please send in recipes that are school and age appropriate. We will do our best to give them a whirl!

Laura Hoffman  
Cindy Knotts

### **MISS DAWKINS' CLASS NEWS**

Miss Dawkins' class recently watched the metamorphosis of our painted lady butterflies. They have learned the insects life cycle and how to identify insects. Students are extra excited about the field trip to Fifers and impending fall fun activities to take us into our fall vocabulary parade. Our class will be showcasing Positive Vibes for the parade.

## **MUSIC NEWS:**

Mr. D, our student teacher, did a great job taking over the Adapted music classes. He has now moved on to his second placement at Central Middle School.

Students, paras and teachers seemed to enjoy his teaching and we will definitely miss him. Ms Kate has begun incorporating Halloween content providing alternative activities for classes with students who do not celebrate the holiday.

Students seem to be enjoying tablet time as much as the usual moving, vocalizing and playing rhythm instruments that have become an integral part of Adapted Music class. We are reinforcing the concepts of sound vs. silence, fast vs. slow, shapes, colors and numbers and body parts. Our older students also continue to explore the early stages of music literacy.

Kate Murphy, M. M., NBCT  
Music Specialist  
Kent County Community School

## **LIBRARY/MEDIA CENTER**

"And all at once summer collapsed into fall," stated Oscar Wilde once and I don't think it could have been said better. With the crisp mornings and chill in the air, the BTW library is ready for the fall season and everything it has to bring. So far, to celebrate the season we have been reading lots of fall themed books and will continue throughout the month of November. I just want to say that all of the students have been doing a fabulous job of taking care of their books and returning them on time. Any student who has an overdue book received a library notice, last week, stating the title and due date of the book and the fee assigned if applicable. If your student has lost or damaged a book, please contact

me (shenna.bogetti@capital.k12.de.us) so we can discuss some options to get the book off your student's account. In technology, we are continuing to work on typing, research skills, practicing being good digital citizens and being internet safe. Please continue to reinforce these concepts at home, as technology is a growing part of all of our lives. If you need resources to discuss these topics at home, the website [www.netsmartzkids.org](http://www.netsmartzkids.org) and the blog [www.ilearntechnology.com](http://www.ilearntechnology.com) has some great resources such as videos, songs, and worksheets to use. The fall Scholastic book fair will also be held this month, the week of November 4-8. Students will be able to shop the book fair during their scheduled library and technology times Monday-Wednesday and the book fair will be open during parent-teacher conferences on Thursday and Friday so students and parents can shop together. As always, please continue to encourage your student(s) to read, read, read and get out and enjoy this gorgeous fall weather.



## Nurse's Notes

We are now into Flu season and though we do not have any cases of Flu at BTW, it is important that we take steps to stay healthy. Encourage your children to wash their hands with soap and water for 20 seconds after using the bathroom, before eating, after coughing or sneezing. Remind them to cough into their elbow, not their hands. The best prevention is to get a flu shot. These can be given to children as young as 6 months old. Protect yourself and others!

Is it a cold or the flu?

Flu and the common cold are both respiratory illnesses but they are caused by different viruses. Because these two types of illnesses have similar symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, flu is worse than

the common cold, and symptoms are more common and intense. Colds are usually milder than flu. Special tests must be used to determine if a person has the flu.

Please remember that students may not come to school with a fever and need to be 24 hours fever free without the use of Tylenol or Motrin before coming back to school. Use this chart to help you determine if your child should be tested for the flu.

Is it a cold or the flu?		
SYMPTOMS	COLD	FLU
Fever	Rare	Usual; high (100°F to 102°F, occasionally higher, especially in young children); lasts 3 to 4 days
Headache	Rare	Common
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Sometimes	Usual; can last up to 2 to 3 weeks
Extreme Exhaustion	Never	Usual; at the beginning of the illness
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough	Mild to moderate; hacking cough	Common; can become severe

Source: NIH

More info can be found at

<https://www.cdc.gov/flu/about/qa/coldflu.htm>  
and <https://www.cdc.gov/flu/prevent/index.html>

## Counselor's Corner

The 2019-2020 school year is now in full swing. I have really enjoyed seeing all of our returning students as well as meeting many of our new students. For those of you who don't know, my name is Sarah Yatskevich (Ms. Y.) and I am the school counselor here at BTW. This is my seventh year as a member of the Booker T. Washington family and I have loved being able to build relationships with our students and their families. I get the opportunity to build those relationships by visiting classrooms and conducting guidance lessons throughout the year. We have already discussed roles and responsibilities in Kindergarten and will continue to talk about important topics such as listening skills and how to be a good friend. Other topics we will cover across grade levels throughout the year



include kindness, bullying awareness/prevention, feelings, growth mindset, careers, and so much more.

I will also get the opportunity to build relationships through topic focused lunch bunch groups. These groups focus on topics such as social skills, anxiety, anger management, self-esteem, and more.

Last year, I oversaw our first student council that was comprised of fourteen fourth graders. We will continue to build leadership skills and school pride with a new group of members. Our interested fourth graders should have a brief application in the next week or so to complete and return.

As always, we encourage our students and their families to reach out whenever they have a concern they would like addressed or need for assistance so we can aid in building stronger relationships. Our students are always encouraged to talk to us whenever they are feeling unhappy, unsafe, or just unsure of what they are feeling but they know it just doesn't feel right. We want to help them build their toolbox of coping strategies and we encourage your support in that process.

If you have any questions or concerns throughout the school year, please feel -free to reach out to me via phone at 302-672-1900 or via email at sarah.yatskevich@capital.k12.de.us.



## Music Notes

Happy November!  
Congratulations to all of the 3<sup>rd</sup> and 4<sup>th</sup> Graders who participated in the Super Senator Day Performance! We had a great turn out and the students sounded wonderful! In November 3<sup>rd</sup> and 4<sup>th</sup> Grade will begin preparing for the Winter Musical on December 10<sup>th</sup>.  
BTW Chorus Rehearsals will continue to be on Tuesdays from 3:30-4:15pm. It is important for students to be picked up promptly at 4:15pm.

There is not adult supervision provided after 4:15pm.

Second Grade recently completed a unit on opposites. We learned about dynamics (loud and quiet), tempo (speed of the music) and major versus minor music. As we move in to November we will continue to talk about rhythms and various traditions that occur during November and December.

First Grade and Kindergarten have been learning about different instruments in the music room and experiencing the steady beat.

- Mrs. Franke

## Math Interventionist

### Road Trip: A Journey to Becoming a Problem Solver



**Tip #3:**  
**Construct viable arguments and critique the reasoning**



#### Mathematical Practice #3

Construct viable arguments and critique the reasoning of others.

"I can..." Statements

I can explain my thinking using math vocabulary.

I can explain other student's solutions.

I can compare various solutions.

think that step is wrong because...

of other s.

“Math Talk Moves” is a useful tool that helps your child develop the thinking, self-questioning, and explanation skills needed to be able to master the ability to “construct a mathematical argument and critique the reasoning of others”.

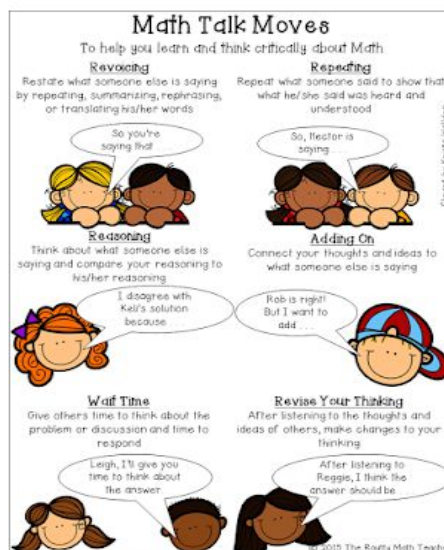
Why is it important for your child to be able to demonstrate **Mathematical Practice 3**? In math you want your child to be able to show his or her math skills through thinking, talking and doing. Being able to use mathematical language, to support or oppose the work of others shows how your child can apply the knowledge learned in school to the real world. You want your child to own their thinking and to be able to express their ideas mathematically. Being able to use the vocabulary effectively to express the strategies used and to defend their ideas as well as analyze the reasoning of others shows a deeper understanding of the mathematical concept. Whether it is working individually, partnered, or in groups, being able to articulate the thought process of finding a solution or asking “good questions” to better grasp the strategy being shared, will help shape your young child’s mathematical mind.

The key to success in this problem solving journey is communication! The ability to represent, explain, justify, agree, and disagree shapes the way your child learns mathematics. Creating a home environment that encourages your child to talk about the process of how they solved a problem and allows for exploration of ideas, strategies, procedures, and facts will ensure that your child grasps the concept.

A few helpful tips for success at home:

1. Look for opportunities to problem solve.
  - a. Apply math skills/concepts to everyday life
2. Ask open-ended questions to sustain math talk as long as possible.
  - . Math talk means being ready with follow-up questions that can extend and deepen your math discussions.
3. Be prepared to take extra time for math talk.
  - . Deeping that conversation will build a love and appreciation of how to communicate mathematically.

As we continue on our mathematical “roadtrip” to discover the key to strong practice, we need to understand the importance of math...it is all about **THINKING, REASONING, ANALYZING, WONDERING, DISCOVERING PATTERNS, and SOLVING PROBLEMS. Our ending destination is a lifelong love of mathematics!**





## School Psychologists

### Find Your Focus

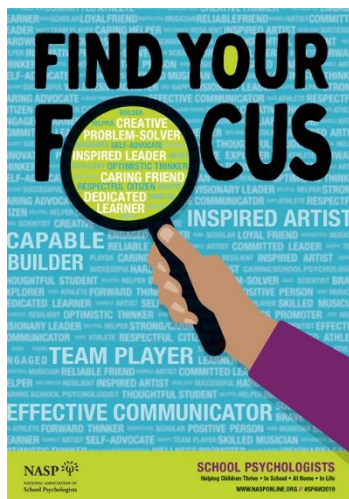
National School Psychology Awareness Week is November 11-15, 2019, the theme of which is “Find Your Focus.”

“Finding one’s focus” can mean a variety of things from paying attention, to being able to see an idea more clearly, to identifying an area of interest, or to being persistent or determined in one’s effort. Focusing can help us set goals, identify action steps, communicate need, and engage in discussions to help create the connections necessary for students to develop critical academic and social emotional skills. School psychologists, along with other school personnel, work with students every day to help them find their focus- identify strengths and interests, develop persistence, see ideas and situations more clearly, and attend to important information in academic and social settings, and we believe families can do the same. We want our students to reach their potential and develop skills to thrive in school and in life.

### Help Kids Find Their Focus at Home

There are many ways families can help children find their focus. As parents and caregivers, you can:

1. Talk to your kids about their strengths and interests. What do they think they are good at? What activities are they interested in? What career path do they want to follow?



Emphasize that learning and growing require trying new things and that success comes from small steps to a long-term goal.

2. Help your children develop positive relationships with peers and adults, and model respectful, caring behaviors with others.
3. Encourage goal setting and mapping out a plan for achieving the goals. This can be done for both simple, daily goals and more complex, long-term goals. Talk with your children about steps they have taken, what worked and what didn’t, and what they might do next.
4. Praise attempts, as well as success, and make sure that you focus on the effort or hard work put into the success. Emphasize the importance of deliberate practice, and talent is developed over time through skillful practice.
5. Create an environment at home that allows your children to explore building (playing with blocks, helping with projects, and more), drawing (crayons, finger paints, paper), and music (on the radio, with children’s instruments, or through formal training through school or community resources). This may help to identify special interests.
6. Help your child work through setbacks, or lack of self-confidence, by helping to identify negative thoughts that may suggest concerns about his or her ability to be successful. As a caregiver, you can help children see what the small steps are and how persisting and overcoming obstacles is a part of succeeding. Help your child realize that setbacks are not permanent or all-encompassing.
7. Seek out support systems available in the community to help your children learn new skills and thrive, such as tutoring or mentoring programs. Encourage your children to participate in community activities that may help them to develop positive behaviors, such as being grateful. In particular, volunteer activities may encourage the development of positive behaviors. Consider participating in community events yourself as a role model.

8. Encourage your children to participate in school and community activities that may help them to develop positive behaviors, such as being grateful. In particular, volunteer activities may encourage the development of positive behaviors. Consider participating in community and school events yourself as role a model.

### **Let's Work Together**

As school psychologists, we look forward to working with you and other families in our community to encourage all of our children, whether at home or at school, to find their focus. We look forward to our partnerships in helping students continue along a path of positive changes to reach their potential in school, in life, and as a member of the community.

### **About School Psychologists**

School psychologists are members of school staff who support students' ability to learn and teachers' ability to teach. School psychologists apply expertise in mental health, learning, and behavior to help children and youth succeed academically, socially, behaviorally, and emotionally by providing direct and indirect support to students. We consult with teachers, families, and other educators to improve support strategies and school-wide practices and policies. We are in a unique position to ensure students' success every day, including both small and big accomplishments. More information is available at [www.nasponline.org](http://www.nasponline.org)

*Amanda Wells*  
*Rebecca Morgan*

Booker T. Washington Elementary School  
November 2019 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>October 28</p> <p>A: Chicken Patty B: Sloppy Joe D: Parfait</p>	<p>October 29</p> <p>A: Shrimp Poppers B: Cheesy Breadsticks D: Pizza Munchable Kit</p>	<p><b>October 30</b></p> <p>A: Cheeseburger B: Mandarin Chicken D: Turkey &amp; Cheese Chef Salad</p>	<p><b>October 31</b></p> <p>A: French Toast Sticks w/ sausage B: Tuna Salad on Croissant D: Pizza Munchable Kit</p>	<p><b>1.</b></p> <p>A: Round Personal Pizza B: Turkey &amp; Cheese Sandwich D: Chicken Caesar Salad</p>
<p><b>4.</b></p> <p>A: Chicken Nuggets B: Philly Cheesesteak D: Parfait</p>	<p><b>5.</b></p> <p>A: Sausage, egg Cheese Pretzelwich B: Meatball Sub D: Pizza Munchable Kit</p>	<p><b>6.</b></p> <p>A: Stuffed Crust Pizza B: Chicken Salad on Croissant D: Turkey &amp; Cheese Salad</p>	<p><b>7.</b></p> <p>No School</p>	<p><b>8.</b></p> <p>No School</p>
<p><b>11.</b></p> <p>No School</p>	<p><b>12.</b></p> <p>A: Chicken &amp; Cheese Quesdillia B: Turkey &amp; Cheese Wrap D: Pizza Munchable Kit</p>	<p><b>13.</b></p> <p>A: Popcorn Chicken Bowl B: Ham and Cheese Pretzelwich D: Ham &amp; Cheese Chef Salad</p>	<p><b>14.</b></p> <p>A: Hot Dog B: Chicken Cheesesteak D: Pizza Munchable Kit</p>	<p><b>15.</b></p> <p>A: Mickey's Cheese Pizza B: Chicken Salad on Croissant D: Turkey &amp; Cheese Chef Salad</p>
<p><b>18.</b></p> <p>A: Chicken Patty B: Sloppy Joe D: Parfait</p>	<p><b>19.</b></p> <p>A: Shrimp Poppers B: Cheesy Breadsticks D: Pizza Munchable Kit</p>	<p><b>20.</b></p> <p>A: Cheeseburger B: Mandarin Chicken D: Turkey &amp; Cheese Chef Salad</p>	<p><b>21. Thanksgiving Dinner</b></p> <p>Roasted Turkey, gravy, stuffing, mashed potatoes, peas, dinner rolls, pumpkin pie</p>	<p><b>22.</b></p> <p>A: Round Personal Pizza B: Turkey &amp; Cheese Sandwich D: Chicken Caesar Salad</p>
<p><b>25.</b></p> <p>A: Chicken Nuggets B: Philly Cheesesteak D: Parfait</p>	<p><b>26.</b></p> <p>A: Sausage, egg Cheese Pretzelwich B: Meatball Sub D: Pizza Munchable Kit</p>	<p><b>27.</b></p> <p>No School.</p>	<p><b>28.</b></p> <p>No School</p>	<p><b>29.</b></p> <p>No School</p>

The Capital School District is an equal opportunity employer. It does not discriminate on the basis of race, color, religion, national origin, sex, sexual orientation, gender identity, marital status, disability, age, genetic information or veteran's status in employment, or its programs and activities. Inquiries regarding nondiscrimination policies should be directed to the Title IX, District 504 and ADA Coordinators: Capital School District, 198 Commerce Way, Dover, DE 19904. Phone (302) 672-1500.

**ADA Coordinator**

Elliot Hardin  
Supervisor of Buildings/Grounds  
Capital School District  
198 Commerce Way  
Dover, DE 19904  
Tel: (302) 857-4223

**Special Education/Section 504**

Todd Simpson  
Director of Special Education  
Capital School District  
198 Commerce Way  
Dover, DE 19904  
Tel: (302) 857-42144239

**Sex Discrimination (Title IX)**

Mary Cooke  
Director of Human Resources  
Capital School District  
198 Commerce Way  
Dover, DE 19904  
Tel: (302) 857-4214