



FARMINGTON RIVER ELEMENTARY FAMILY NEWS

09/05/2024

Dear Farmington River Elementary Families,

I am very excited about the upcoming school year! To ensure a great start for each child, we have spent time analyzing student performance data, identifying successful teaching strategies, and reaffirming our commitment to making Farmington River an environment that reflects high expectations and opportunities for our students. Please know that we are committed to the education and success of each child and seek to nurture a strong partnership between home and school. I look forward to working with you to ensure we continue having a high-quality instructional program where all students learn and thrive.

Regular attendance and punctuality are essential for your child's success in school! When students are present and on time, they are better able to participate in class activities, engage with their peers, and build strong learning habits. Every school day counts, as lessons build on each other, and missing even a few days can create gaps in understanding. Being on time also sets a positive tone for the day, helping students start with a focused and ready mindset. Let's work together to ensure that our students are present, on time, and ready to learn every day!

I want to express my deep appreciation for the incredible support we receive from our Sandisfield and Otis community members. Your dedication, whether through volunteering, attending school events, or contributing in other ways, makes a meaningful difference in our students' lives. Your involvement helps create a vibrant and supportive environment where our children can learn, grow, and thrive. Thank you for being such an essential part of our school community!

Sincerely,
Laurie Flower, *Principal*

“Work hard, be kind, and amazing things will happen.”

- **CONAN O'BRIEN** (*TV Host - Comedian*)

UPCOMING EVENTS:

I hope you will join us!

SCHOOL COMMITTEE MEETING

MON., SEPT. 9 @ 7:00 PM

Join us via Zoom!

PTA MEETING

THURS., SEPT. 12 @ 7:00 PM

BACK TO SCHOOL &

INSTRUMENTAL RENTAL

INFORMATION NIGHT

THURS., SEPT. 19 @ 6:00 PM

This is a great opportunity to meet your child's teacher and learn more about the school year ahead! Gerry's Music will be here to provide information about renting flutes, alto saxophones, clarinets, and drum kits.

JUCKETTS BLUEGRASS BAND

ASSEMBLY

FRI., SEPT. 20 - TIME TBD

PICTURE DAY

WED., OCTOBER 2





First day of School



WELCOME BACK FROM THE PTA!

We kicked off the school year with good food and good fun last week! Thanks to generous donations from our members and community, plus the hard work of a few dedicated parents, we were able to provide breakfast for teachers and staff as they readied themselves, and their classrooms, for the return of our students. Additionally, delicious cookies with a "Happy first day of school" message helped to add some sweetness to our first day on Wednesday, 8/28! (separate photo coming)

On Tuesday afternoon, families gathered at the school to "chalk the walk", bringing color and cheer to students, teachers, and families as we gathered for the first day of school! A big thanks to our members for getting chalk-dusty and helping to spread the love through our community!

UPCOMING PTA FUN!

PTA members are invited to join in a morning of apple picking at Riiska Brook Orchard in Sandisfield on Saturday, September 21 at 10am! Each FRES student who RSVPs will receive a bag for picking, courtesy of the PTA (additional bags can be purchased by families at the orchard). [Click here to RSVP!](#)

[Click here to join online](#), email pta@frrsd.org, or stop by our table on Back to School Night to sign up or renew your membership for the 24/25 school year! And don't forget, our September meeting is Thursday, September 12 at 7pm via Zoom! All are welcome, and we hope to see you there! [Click here for zoom!](#)

JOIN US FOR

BACK TO SCHOOL

& INSTRUMENT RENTAL INFORMATION NIGHT

THURS, SEPT. 19
6:00 - 7:00 PM



SCHOOL ADJUSTMENT COUNSELOR'S CORNER

Going back to school isn't always easy for all children. While some students are excited to come back to see their friends and teachers, others have a difficult time with the transition.

Here are some helpful tips to ease the transition:

- Establish a routine
- Communicate with your child
- Address any concerns or anxieties your child may have
- Foster positive attitudes about school
- Get a good night's sleep
- Eat healthy foods

The SEL curriculum aligns with CASEL framework initiatives of social/emotional wellness, diversity and inclusion. The whole group lessons will focus on the 5 competencies: self-awareness, self-management, social awareness, relationship skills, and responsible decision-making.

Objectives include: Social skills, identifying and expressing emotions, accepting differences, Healthy friendships, triggers and coping strategies, developing empathy, self-esteem, developing positive self talk and growth mindset, impulse control/anger management, coping with anxiety, teasing, bullying prevention and how to respond.

Oftentimes when kids come home from school we ask how their day was, I find we don't get much out of them by asking this question. We do this to connect with them and to make sure they feel happy at school. Instead of asking "How was your day?", try this:

Who did you play with today?

Who did you sit with at lunch?

What was the best part of your day?

What was tricky today?

Name 3 positive things about school.

What made you laugh today?

What made you happy today?

I find when we ask a few of these questions about our children(s) day we find out more about how they are as a friend, who they are "hanging" out with and about their experiences, and learning throughout the day.

SEL BOOKS OF THE MONTH:



THE SCHOLASTIC BOOK FAIR IS BACK!

The Scholastic Book Fair is back! Students and their families will be able to shop the Scholastic Book Fair during Back to School Night on September 19th from 4:30 - 6:45 PM.

The digital flyer can be accessed here: <https://online.fliphtml5.com/vfkrg/wqwj/#p=1>

There will be no pre-shopping at the fair during school hours, and instead, students will be able to make wishlists during their library time. As a friendly reminder, purchases will need to be made by cash or card only - there will be no e-wallets or checks accepted.



REMINDER ABOUT DISMISSAL CHANGES:



Please remember to contact the Front Office no later than **2:30 PM** if you need to change your student's dismissal plan for the day.

Your child's safety is our top priority, and we want to ensure smooth dismissal procedures every day. If you need to change your child's regular dismissal plan, please let us know in one of the following ways:

#1 — Send a Note: Please send a signed note with your child indicating the change in dismissal plans. Please include your child's name, grade, and the specific change you require.

#2 — Call the Front Office: You can call our front office at 413-269-4466 to inform us about any changes in your child's dismissal plan. Our staff will ensure the message is relayed to the appropriate teacher and staff members.

#3—Email Us: You can also email us at frontoffice@frrsd.org to let us know about any changes in dismissal plans. Please provide the same information mentioned in Option 1.

We appreciate your cooperation in following these procedures to help us maintain a secure and organized dismissal process. If you have any questions or concerns, feel free to reach out the front office.

NEW PARENT PICKUP PROCEDURES:



These changes will go into effect starting Wednesday, September 4th.

New Pickup Procedure:

- Students being picked up by parents will now be released after the buses and vans have left the school premises. We expect this to begin around 3:05 PM.
- Mr. Roberts and Mrs. Olds will supervise students, who will be lined up in front of the school and waiting for you.
- We kindly ask that all parents walk across the pedestrian crossing to meet their child/children at the designated pickup area.

After-School Playtime:

- If your child wishes to stay and play after school, you are welcome to use the Preschool or K-6 playgrounds.
- For safety reasons, we ask that students not run around in the medians between the school and the parking lot.

We appreciate your cooperation in following these new procedures. If you have another family member or friend picking up your student, please let them know about our new procedures. Our primary concern is the safety and well-being of our students, and these changes will help us achieve that goal.

BUS SAFETY REMINDERS



Please review these bus safety rules with your child/children.

- 1. WALK STRAIGHT TO YOUR SEAT**
- 2. SIT WITH YOUR LEGS FACING FORWARD**
- 3. SPEAK IN QUIET VOICES**
- 4. KEEP THE AISLES CLEAR**
- 5. ALWAYS LISTEN TO THE DRIVER**
- 6. EATING & DRINKING ARE NOT PERMITTED**
- 7. KEEP THE BUS CLEAN & WITHOUT DAMAGE**
- 8. GET ON & OFF THE BUS SLOWLY AND SAFELY**
- 9. KEEP THE BUS CLEAN & WITHOUT DAMAGE**
- 10. BE RESPECTFUL TO ALL STUDENTS & THE DRIVER**
- 11. KEEP ARMS, HANDS, & HEAD INSIDE THE BUS.**
- 12. NOTHING SHOULD EVER BE THROWN FROM THE BUS.**
- 13. IF NECESSARY, RAISE YOUR HAND TO GET THE BUS DRIVER'S ATTENTION**

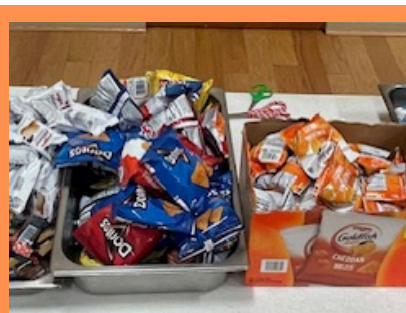


NEW DRAGON BENCH

We are incredibly grateful to Ken Packie, a local and world-renowned sculptor, for his stunning creation, crafted with chainsaws, chisels, and fire. A very special thanks to the Otis Cultural Council for collecting thousands of cans and bottles to commission this unique work. We look forward to the dedication ceremony in October and an exciting naming contest for the adult and baby dragons in the sculpture. The students were thrilled to see the piece and enjoy the comfort and warmth of the dragons' embrace! Starting next week, students will also participate in a fun and creative contest to name both of the dragons!



Arlene Tolopko from the Otis Observer, artist Ken Packie, and Principi Laurie Flower pictured on the bench!



SCHOOL SUPPLIES DRIVE:



Sergeant Tammy, along with Terry Gould and staff from the Otis Food Pantry, were kind enough to distribute the items collected by the Otis Police Department to local families in Otis and Sandisfield and to let us use their space at the town hall. They also provided snacks, fruit and juice. Thank you to all of the generous donors from our community!



Pre-Registration is Required- Assistance Available
<https://home.color.com/vaccine/register/tritown>

2024 FLU & COVID VACCINE NO COST CLINIC

OTIS TOWN HALL
Tuesday, 11/5 from 11am-1pm
 1 N Main Road, Otis
 Registration Assistance is Available
 Weds, 9/25 from 10 - 11am
 at the Otis Town Hall
 Please Bring Your Insurance Card

Pre-Registration is Required
home.color.com/vaccine/register/tritown



NEED HELP? Call (413) 243-5540 x109 for assistance registering or to see if you are eligible for an in-home vaccination

Standard (6 mos+) and senior (65+ yrs) flu and COVID vaccine (6 mos+) will be available

www.southernberkshirehealth.com

Day	Date	Time	Clinic Site	Town	Registration Workshops
Tues	10/8/2024	3-6pm	Lenox Memorial Middle/High School	Lenox	Call 413 243 5540 x109
Weds	10/9/2024	3-6pm	Lee Middle/High School	Lee	Call 413 243 5540 x109
Tues	10/15/2024	1:30 - 3:30pm	Sandisfield Old Town Hall	Sandisfield	Weds, 8/21 & 9/18, 10-11am @ Sandisfield COA
Thurs	10/17/2024	1 - 3pm	Claire Teague Senior Center	Gt Barrington	Thu, 9/19, 10-11am @ Tyringham Center
Tues	10/22/2024	10am -12pm	Tyringham Town Hall	Tyringham	Thurs, 9/26, 10:30-11:30am @ Tyringham Town Hall
Weds	10/23/2024	1:30 - 3:30pm	New Marlborough Fire Station	Southfield	Tues, 9/17, 10-11am @ NM Town Hall
Tues	10/29/2024	12 - 2pm	Alford Town Hall	Alford	Tues, 9/17, 10-11am @ Alford Town Hall
Weds	10/30/2024	1:30 - 3:30pm	St. Ann's Catholic Parish	Lenox	Tues, 8/13 & 9/10, 9-10am @ Lenox Com Cntr
Thurs	10/31/2024	1:30 - 3:30pm	Sheffield Senior Center	Sheffield	Thurs, 9/26, 10:30-11:30am @ COA
Tues	11/5/2024	11am - 1pm	Otis Town Hall	Otis	Weds, 9/25, 10-11am @ Town Hall
Thurs	11/7/2024	1:30 - 3:30pm	Lee Senior Center	Lee	Thurs, 8/29 & 9/26 9:30 - 10:30am @ Lee Senior Center
Tues	11/12/2024	1:30 - 3:30pm	Housy Dome	Housatonic	Thurs, 9/19, 10-11am @ Senior Center
Tues	11/19/2024	10am -12pm	Monterey Community Center	Monterey	Weds 8/14/ & 9/11 11:30am - 12:30pm @ Monterey Library
Thurs	11/21/2024	1:30 - 3:30pm	Stockbridge Town Hall	Stockbridge	Tues, 9/3, 10:30-11:30am @ COA
Fri	11/22/2024	3pm - 6pm	W.F.B. Dubois Middle School	Gt Barrington	Call 413 243 5540 x109
Tues	11/26/2024	3pm - 6pm	Mt Everett Regional School	Sheffield	Call 413 243 5540 x109
Saturday	December	TBD		Gt Barrington	DATE AND TIME TBD
	Ongoing	By Appt	Tri-Town Health Department	Lee	Ongoing flu, covid and childhood vaccines. Call to schedule.

Vaccines available at these clinics include the fall updated COVID vaccine (ages 6 months+), regular dose flu (ages 6 months+) and senior dose flu (ages 65+) Contact SBPHC staff for assistance registering or to schedule a homebound appointment by calling 413 243 5540 x109

JOIN THE FRRSD WELLNESS COMMITTEE

WE ARE LOOKING FOR INTERESTED PARENTS AND COMMUNITY MEMBERS TO JOIN

NEXT MEETING:
SEPT 26TH @ 3:15 PM

The Wellness Committee is comprised of school staff and community representatives whose purpose is to recommend, review, and help implement school district policies addressing school nutrition, nutrition education, physical activity, and related issues that affect student health.

The Committee meets up to 4 times per school year in the afternoons and can be done via Zoom.

Interested in joining? Please reach out to Caroline at cstamm@frrsd.org or calling 413-269-4466.

LOCAL EVENTS

Is your child heading to preschool or kindergarten?

Let's get them ready for school!

ParentChild+
 Equal Possibilities From The Start



¿Su hijo va a ir al preescolar o al jardín de infantes?

¡Preparémoslos para la escuela!

ParentChild+
 Equal Possibilities From The Start

PC+ is a nationwide initiative to prepare children for school success. This FREE program is for children 16 months to 3 years and their caregivers and is available to all families in Southern Berkshire County. FREE books and toys for participating families!



PC+ es una iniciativa a nivel nacional para preparar a los niños para el éxito escolar. Este programa GRATUITO es para niños de 16 meses a 3 años y sus cuidadores y está disponible para todas las familias del sur del condado de Berkshire. ¡Libros y juguetes GRATIS para las familias participantes!



2023-2024 FRES NEWSLETTER ARCHIVES

Otis Library StoryWalk

Different by Heather Avis, illustrated by Sarah Mensinga

This joyful rhyming book encourages children to value the "different" in all people, leading the way to a kinder world in which the differences in all of us are celebrated and embraced. Macy is a girl who's a lot like you and me, but she's also quite different, which is a great thing to be.

WHERE: Behind St. Mary's of the Lake, 48 N. Main St. Otis.

SOUTH BERKSHIRE KIDS

South Berkshire Kids CFCE Grant September 2024 Program Schedule

* If you have further questions, please contact Jess at 413-464-5095 southberkshirekids@gmail.com MASSACHUSETTS Department of Early Education and Care

Monday	Tuesday	Wednesday	Thursday	Friday
Babies & Books @ Lee Library, 10:30am-11:30am. Drop in.	Otis Explore & Play @ Otis Town Hall, 10:00am-11:30am. Drop in. No program 9/3	Classics Play @ Lenox Community Center, 10am-11am. Drop in.	Brain Builders @ Lee Library, 10:30am-11:30am. Registration required.	Tyringham Play , Tyringham Park, 10am-11am. Drop in.
	Sing & Dance @ Bushnell-Sage Library, 10:30am-11:30am. Drop in. No program 5/17	New Marlborough Storytime @ New Marlborough Library, 10:00am-11:00am. Drop in.	Richmond Reads @ Richmond Library, 10:30am-11:30am. Drop in.	
	StoryWalk opening day @ The Mount, September 3rd, 10am-3pm.		Let's Hike @ The Mount/Lenox Sept 12 th & 26 th , 10:00am. Registration required.	
			Parent Workshop with Scott Noyes, September 26 th , 7pm Zoom.	

*More info on our website: www.SouthBerkshireKids.org All programs are free & open to the community!

- Babies & Books** with Jess @ Lee Library, 100 Main St/Lee. Mondays 10:30am-11:30am. This program is for infants, ages birth to 12 months. Join us as we sing, play and chat about the joys & challenges of being a parent. Drop in.
- Otis Explore & Play** with *Anina* @ Otis Town Hall, 1 North Main Road/Otis. Tuesdays 10am-11:30am. This weekly caregiver/child playgroup will include play, songs, stories, and crafts. Drop in.
- Sing & Dance** with *Michelle* @ Bushnell-Sage Library, 48 Main Street/Sheffield. Tuesdays 10:30am-11:30am. This program will include music, movement, and dance. Drop in.
- Lenox Play** with *Michelle* @ Lenox Community Center, 65 Walker Street. Wednesdays 10am-11am. Join us for this center-based playgroup with tabletop activities, free play, crafts & more. Great for toddlers & preschoolers. Drop in.
- New Marlborough Storytime** with *Jess* @ New Marlborough Library, 1 Mill River GB Road. Wednesdays 10am-11am. This program includes a circle time with stories and songs, followed by a craft. Drop in.
- Brain Builders** with *Michelle* @ Lee Library, 100 Main St/Lee. Thursdays 10:30. This program is for ages 3-5. Registration required by emailing jess@southberkshirekids@gmail.com
- Richmond Reads** with *Jess* @ Richmond Library (located in the new town building), 1751 State Rd/Richmond. Thursdays 10:30am-11:30am. Join us for a storytime and craft. Drop in.
- Let's Hike** with *Taylor* September 12th & 26th @ The Mount/Lenox 10:00am. Join us for this outdoor classroom. Registration required by emailing jess@southberkshirekids@gmail.com
- Tyringham Play** @ Tyringham Playground, Fridays 10am-11am. Join us for this outdoor playgroup...balls, bubbles, books, crafts & more! Drop in, weather permitting.
- StoryWalk** @ The Mount, September 3rd Opening Day, 10am-3pm. Join us for opening day and visit with South Berkshire Kids staff, we will be handing out learning bags, while supplies last. The walk will be up all month!
- Parent Workshop** with *Scott Noyes*, September 26th Zoom, 7:00pm-8:30pm. Registration required by emailing jess@southberkshirekids@gmail.com

Visit us online for additional resources & information www.SouthBerkshireKids.org www.Mass211.org

Like us on Facebook | Follow us on Twitter

PARENT WORKSHOPS

Mark your calendars! Join us from the comfort of your home! Parent Workshops with **Scott Noyes on ZOOM!!!**

***Thursday, September 26th, 2024 @ 7:00pm-8:30pm**
 Topic: Routines, Rituals & Transitions
 Bedtime hassles, homework blues, and dinnertime struggles are challenges this workshop will cover. Whether we are smoothing out the edges on "who had it first" or working with the challenges of a temper tantrum, there are times when every parent could use a few fresh ideas! Find out why bribery, sarcasm, and threats don't work, especially in the long run.

***Wednesday, October 16th, 2024 @ 7:00pm-8:30pm**
 Topic: Children's Rivalry
 Stop the fighting!! We will learn how to help children with rivalry, competition, resentment, envy, and conflict. This workshop will discuss active listening, working with all feelings, parental fairness, labeling problem children and how to help when children are fighting. Bring your concerns and leave with a few helpful parenting tips!!

***Wednesday, November 13th, 2024 @ 7:00pm-8:30pm**
 Topic: Supporting Positive Social Emotional Development
 Realizing that a child's first relationships are crucial to the ones that follow, this presentation looks at attachment research and the efforts adults can make to help children gain these vital skills.

****Registration required to receive the Zoom link.**
 Email Jessica: southberkshirekids@gmail.com
***Participants who sign up AND attend will be entered to win a Barnes & Noble gift card.**

SOUTH BERKSHIRE KIDS MASSACHUSETTS Department of Early Education and Care