

March 13, 2009

pittston School

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Shelly Simpson  
Principal



Julie Pelletier  
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Secretaries

"Where Life is Good!"

### A Note From Your Principal

Well I believe I jinxed myself in the last newsletter, when I mentioned the sn\_.. Therefore, I will say nothing about it this time. However, it is so nice to see the green popping up all around. The students are enjoying the warmer weather and enjoying their time outside.

Just a reminder that our next Early Release day is Wednesday, March 18. The students will be dismissed at 12: 30 p.m.

On Friday, March 20, all of the students will begin the planting of seeds and plants for the annual Alison Keaveney Plant Sale, which will be held May 16 and 17. More information will come home at a later date. This is always a successful event , raising money for the Arts and Humanities for our students.

Therefore, it is important to have all of our students involved with the planting. Not only is it an ideal way to contribute, but the students have a great time too!

Our fourth graders have been invited to attend The Leadership School at Kieve. It is an opportunity for team building and fun. They will spend the morning there on March 26, working on various physical and mental activities. It will be a wonderful way to get them ready for next year, as our future fifth grade leaders.

Happy Spring on March 21!!!

Until Next time....

Shelly Simpson



### Upcoming Events

#### March

18th: EARLY RELEASE DAY  
21st: Pittston Town Meeting  
26th: Kiave Leadership School Gr 4  
30th: Spring Book Fair

#### April

6th-17th: Parent/Teacher Confrences  
9th: Parent/Teacher Evening Conferences  
15th: All Chorus Concert  
17th: All Staff Workshop  
No School for Students  
20th: April Break Begins  
27th: Students return to school

#### May

2nd: PTG Annual Cropfest  
6th: K-2 Concert  
8th: Kindergarten Screening  
16th-17th: Pittston School Annual Plant Sale  
18th: Chewonki Trip - Gr 5  
19th: Portland Symphony Orchestra Gr 3-5  
20th: EARLY RELEASE DAY  
21st: Kindergarten/Parent Orientation 5:30 - 6:30 pm  
25th: Memorial Day - NO School  
27th: All Band Concert  
29th: 5th Grade Plymouth Trip

#### June

4th: Seadogs Game - Gr 3-5

### Students of the Month

Gr K **Shea Thornton**  
**Willow Lavoie**  
**Bailey Poore**



Gr 1 **Shelby Skipper**  
**Mia Cutting**  
**Hannah Anderson**

Gr 2 **Sarah Foust**  
**Shelby Berlew**  
**Morgan Chadwick**

Gr 3 **Autumn Fitzmaurice**  
**Teanna Sproul**  
**Austin Weymouth**

Gr 4 **Izzac Collins**  
**Donovan Farris**  
**Gabrielle Brunelle**  
**Gavin Freeman**

Gr 5 **Matteo Ortiz**  
**Stefani Johansen**  
**Ian Fyfe**  
**Briana Brochu**



### Pittston Students put their HEART into Fundraising

The 2009 Jump Rope for Heart event raised \$1,223 for the American Heart Association!The generosity showed by the Pittston community and the friends and family of our students is very thoughtful. This funding will be used for the prevention, education, and treatment of cardiovascular disease and stroke, the #1 and #3 killers in America. All students were able to improve their skills in jumping rope, exercise their heart, and have fun doing it. The American Heart Association will be sending thank you gifts to school in a few weeks to the 40 students who fund-raised. Top fund-raisers were Madelynn Hebert and Dian Tran who raised over \$100. Raising \$50 or more were Gabrielle Cooper, Jennah Minchin, Logan Porter, Leslie Stevens, Kali Stanley, Madelyn Johnson, Charlotte Calmes, Logan Carlton, and Lani Porter. Thank you to the volunteers and all who were involved in making this a worthwhile charitable event.

PTG News!



o Yankee Candle fundraiser packets were due back to school today. If you did not send your packet in yet, please make sure to send it in on Monday.

o 2009 Spring Cropfest. We will be holding our spring crop on May 2nd, 9-4 at the Gardiner High School. We will be looking for donations for food and raffle items. Registration forms will be coming home soon.

o American Cancer Society, Relay for Life. We are trying to form a Pittston School team for this year's walk. The relay is scheduled for June 19th and 20th at the Halldale High School. You can sign up to walk for an hour or stay the night and participate in all the activities. If anyone is interested in joining our team or wants more info, please contact Melissa Porter. This is a fun and healthy way to donate to the American Cancer Society.

o The next PTG meeting is scheduled for April 1st at 6:00 p.m. in the school library.



# REPORT to PARENTS

RP 30:6

## So Many Activities, Too Little Time

It's good to keep children involved in different activities, but how do parents know how much is too much? Check out these tips on how to keep your children from being overscheduled—they might very well make your child's life, and yours, a lot less stressful.

**Follow their passions.** The best activities for children give them the opportunity to learn more about something they love. To make sure they keep their passion, instead of surrendering to burnout, keep their involvement to just a day or two a week, unless they absolutely beg for more. Even then, check with them periodically to make sure they still are as eager to attend as they used to be. If not, scale back.

**Get their input.** Parents are so eager to provide opportunities for their children that they sometimes forget the fun of just being a child. Step back before you sign up for an activity and ask your child to tell you what three things he or she most likes to do after school or in the summer. Then choose activities that meet their interests while also providing stimulation.

**Broaden their horizons.** Although following your child's interests is important, it's also great to introduce your child to something totally new, whether it's a new sport, a musical instrument, or a group like Boy Scouts or Girl Scouts. The secret to keeping enthusiasm high is to start slowly and gauge your child's interest before committing beyond the first few sessions.

**Be supportive, not critical.** No matter what your child is interested in, remember that your job as a parent is to be supportive. The point of activities is to expand your child's interests and abilities, not to make him or her a child prodigy or the next athletic superstar.

**Schedule down time.** Creativity can't happen if every minute of a child's time is scheduled. Children

need time to ponder, explore, and play. Make sure that when the day's over and the homework's done, there's still time for your child to be a kid.

**Play the field.** When it comes to sports, specializing in one activity at such a young age is bad news. Not only do pediatricians discourage the kind of repetitive movements that come from concentrated work in one sport, but the kids who totally dedicate themselves to a single sport early often burn out later and regret not having learned several different sports early, so they have other options.

**Mix it up.** Although every family and child is different, child psychologists often suggest involving a child in no more than three activities at a time: one social activity, like Boys' Club or a church group; one physical activity, like gymnastics, swimming, or basketball; and one artistic activity, such as an art class or music lessons.



**Watch for these signs.** The stress of trying to keep up with too many planned activities can take a physical toll on your child. If your child is leading a very busy life, watch for signs

of stress, including stomachaches and headaches, difficulty paying attention, a drop-off in interest in activities he or she used to enjoy, and increased "clinginess" with a parent or other close adult (e.g., teacher, babysitter). If you notice any of these signs, chances are your child needs to cut back on activities and de-stress.

If you have to schedule something for your child, make it family time. Children need to have meals with their parents, hear bedtime stories, share chores, and play games. While you're scheduling all their other activities to help them learn and grow, remember that what they most need to learn is that they are special and loved.