

African Road Elementary School
600 S. Benita Boulevard
Vestal, NY 13850
607-757-2311

June 2021

ARE Newsletter

PRINCIPAL'S NEWS

Dear ARE Families,

As the schoolyear comes to a close, I want to take the time to thank you for your support, your hard work, and your dedication to your children's education. This year has presented challenges we never thought we would need to face. We have come out on the other side and I am so proud of us as a community. Most importantly, I am proud of our students. Their resilience and maturity have been incredible to watch. Although our schoolyear was not typical, our students have excelled and flourished in many ways, emotionally and academically. We know there are better days ahead and we are all looking forward to the day that we can welcome our community back into our building for our traditional events we have missed so much.

Report cards will be in the traditional format this trimester and sent home with students on the last day of school. Our ARE Summer Reading Challenge will take place again this summer. Our students can bring back their completed sheets in the fall to receive a book from the ARE PTA.

We are so proud of our fifth graders and all that they have accomplished this year and all of the years they have attended ARE. Fifth grade graduation will take place in our auditorium on the morning of June 23rd. Families will be able to Zoom in or receive a recording of the event.

It is with fondness and gratitude that I wish you all an amazing summer filled with the things you love most.

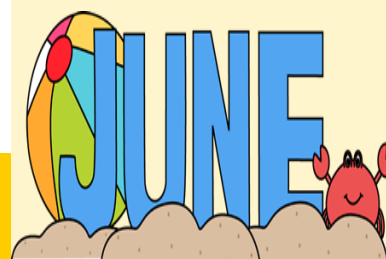
Meghan Stenta
Principal



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Learning Today, Leading Tomorrow
We ARE African Road Elementary





Ms. Steele's
COUNSELING CORNER



June 2021

Have a wonderful summer!

For students in grades K-4: Thank you all for a wonderful school year! I had a blast zooming with all classes this year and then seeing all students back in the building for the remainder of the year. I wish each and every one of you a relaxing and enjoyable summer. Please do things that bring you joy because your feelings matter!

For Grade 5: Good luck next year at the middle school! It's been a pleasure working with all of you for the past 6 years and I know you will all be amazing at the middle school. You will be in good hands there!

Families: Enjoy your summer!

Ms. Steele

PTA

Thank you to everyone who has supported the ARE PTA this year through membership, volunteering, donations, etc. Your support helps keep the PTA going, and helps your children! Welcome to Anu Karkhanis, the new PTA President.

Yearbook orders have been placed and will arrive in June. Once the yearbooks arrive, they will be sent home with students.

Wishing everyone a wonderful summer!

Katie Balkaya, PTA President



NURSE NOTES

PHYSICALS

Physicals are required for elementary students in grades **K, 1, 3 and 5**.

If your child had a physical during this school year (any time after Sept 1, 2020) and the form was submitted to the health office, that exam meets the requirement for next year, hurray!

The new ***required* NYS Health Exam Form** is available in the Health Office and on the Vestal School District website.

Please note that physicals are due by September 30th for students in the required grades. Please submit the completed physical to the school nurse or fax it to (607)757-3725, otherwise a physical will be scheduled with our school physician.

Feel free to call the health office with any questions, 607-757-2313.

MEDICATIONS

If your child has medication in the Health Office, **please make arrangements to pick up your child's medication by the last day of school**. Medications cannot be sent home with your child or cannot be stored in the Health Office during the summer.

If your child will need to take medication at school next year, a new medication form must be completed. Please request a medication form in the Health Office or print one from the district website then return it completed along with the medication in September.

Have a safe and healthy summer! - Mrs. Dutkowsky





**Congrats to the following artists in the
2020-2021 Vestal K-12 District Art Show**

*Link for Art show is located on the VSCD website under
'District news' or visit
<https://tinyurl.com/vestalartshow2021>

Kindergarten

Riella Birk-Instrella
MacKenzie Reid

1st Grade

Lexy Trowbridge
William Barnard

2nd grade

Evan Rucker
Gianna Harper
Elina Jiang
Cecilia Smith
Sophia Hardy
Athena Pape
Silas Dula-Miller
Dylan Pape

3rd Grade

Kinsley Worthley
L.J. Genese
Sophie Sweet

4th Grade

Marco Montalbano
Mahi Parikh
Madison Bowers

5th Grade

Rahv Adam
Calla French
Noon Abdalla
Evan Hopkins
Aroush Asim
Aliyah Paterson
Erin Gowe

3RD GRADE

Third Grade Students in Mrs. Bogart's, Mrs. Lanz's and Mrs. Turner's classes ended their 'Character Studies' reading unit with a '[Because of Winn-Dixie](#)' party in the courtyard.

Each child did a writing piece on a mistake they have made and a lesson they have learned. These writing pieces were put on 'soda-pop bottles' and strung up on a tree in our courtyard. Our courtyard was festooned with these bottles, tea light battery candles, and puppy pictures...just like in the book we read.

The children also had a chance to sample some 'Gloria Dump Punch', 'Dewberry Brother Chips', 'Winn-Dixie Peanut Butter crackers' and 'Otis Pickles', just like in the book. The children seemed to like the 'Litmus Lozenges' (butterscotch candies) the best! Ask your child to tell you more about this wonderful book that we enjoyed. Happy Reading Third Grade! We are so proud of our students and their growth as readers.

Mrs. Bogart, Mrs. Lanz and Mrs. Turner

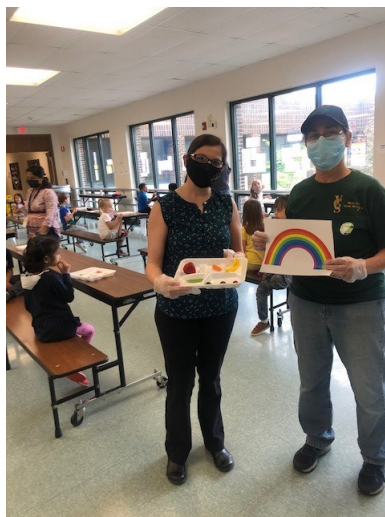


MENTAL HEALTH AWARENESS DAY

On Wednesday, June 2, 2021 African Road Elementary Students participated in a Mental Health Awareness Day. The students went to different activity stations discussing mental health and why it is so important.



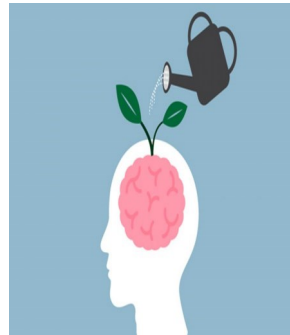
Station 1: Healthy Eating
BOCES' Rock on Café has a healthy eating program about making healthy choices. This station included "eating the rainbow" and some taste testing.



MENTAL HEALTH AWARENESS DAY CONT'D

Station 2: Be Kind to Your Mind: Plant a Seed

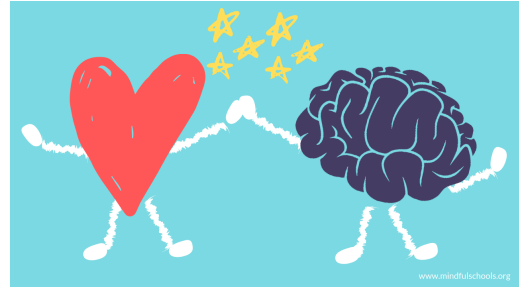
Finding a hobby that requires patience and care is a great way to help your mental health. All students planted a seed which will help reduce stress, calm their mind and then watch it grow into something amazing!



MENTAL HEALTH AWARENESS DAY CONT'D

Station 3: Mindfulness

Taking breaks throughout your day to be in the moment can help everyone with improving their mental health, focus, stress levels and manage their emotions. This station taught students about their different senses and how mindfulness can be used in their everyday life.



MENTAL HEALTH AWARENESS DAY CONT'D

Station 4: Giving Thanks

Volunteering your time to your community is a great way to help with your mental health. Not only will you feel better about yourself, but you will be making others feel good too. Healthcare workers deserve extra appreciation after the past year. At this station, students wrote thank you cards to our local health care workers. Our high school students assisted and had conversations with our ARE students about how important it is to remember to give thanks.



MENTAL HEALTH AWARENESS DAY CONT'D

Station 5: Physical Activity
Exercising not only helps your body feel better, it helps your brain feel better!



MENTAL HEALTH AWARENESS DAY CONT'D

Station 6: Joy from Animals

Caring for something other than yourself is a great way to bring yourself joy. At this station students recognized how animals play a role in mental health, feeling safe, bring joy and teach empathy.





Go Wild for Books!



Name (First & Last) _____

Grade in Fall _____ Fall Teacher _____

Each summer, the ARE PTA sponsors a summer reading challenge. You may choose to read any books of your choice, fiction or nonfiction. Books that adults read to you count as well! On page two of this log, there is room to write down the title and author of each book you read over the summer. Please record the books you read, and have an adult write their initials next to each entry to show that you read the book. Read as many books as you can!

Please record the books you read and return to your teacher or leave it in the lobby drop box in September. Each student who participates will receive both a bookmark and a new book of their choice from the PTA!



Books I've Read This Summer . . .

Title and Author

Parent Initials

1	_____	_____
2	_____	_____
3	_____	_____
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25	_____	_____

June 2021

Sun

Mon


Tue

Wed

Thu

Fri

Sat

		1	2 Mental Health Awareness Day	3	4	5
6	7 Grade 4 Science Test	8 6 pm Board of Education Meeting	9 Grade 4 Science Test - Remote Students	10	11	12
13	14 Flag Day Celebration  <i>Flag Day</i>	15 Orchestra Concert Auditorium 7-8 pm	16	17	18	19
20 Happy FATHER'S Day	21	22 6 pm Board of Education Meeting	23 5th grade graduation 8:30-10:30 am Auditorium	24 happy last day of school	25	26
27	28	29	30			