

Reasons to Celebrate!!!

These students were recognized for showing RESPONSIBILITY!

Alexa Benson Darren Lamb
 Morgan Coniber Jarrett Lewter
 Adam Curtis Josh Luderman
 Avery Ferreira Samantha Millen
 Maia Hoffman Austin Post
 Caleb Kimmel Allie Spaulding

These Leaders were caught in the act of Being Proactive!

Sydney Corbett Maia Hoffman
 Isabella Neuhaus Heather Nicholson
 Evan Hoage Kady Carlson
 Bryonna Bisig Makenzie Colantonio
 Dianna Kutter Chelsea Gold
 Landon Suro Londyn Hume
 Hayden Williams Sydney Carlsen
 Mason Reisdorf Anna Speidel
 Owen Hootman Jarrett Lewter
 Ashley Johnson

These Students Improved their Attendance over the 10 week marking period Last Year

Alexa Benson Timothy Kilner
 Lena Blicharski Emily Mruk
 Madelyn Bonnes Erin Robinson
 Kady Carlson Everett Spaulding
 Jesse Kessens

Celebration Wall Postings!!!

Kady Carlson, Sydney Corbett, Grace Ellis, Avery Ferreira, Michael Geck, Chelsea Gold, Everett Hartz, Seth Jaszko, Ashley Johnson, Dianna Kutter, Alonia Mackey, Scotty McWilliams, Samantha Millen, Patrick Parker, Dominic Potter, Mason Reisdorf, Jamison Richenberg-Cadieux, Shiloh Ryan, Allie Spaulding, Anna Speidel, Aiden Summers, Landon Suro, Emma Teresi-Marchese, Tyson Totten

Perfect Attendance!!

Rylie Ace ,AJ Armstrong, Aidan Balduf ,Kylan Ball ,Dylan Bastedo, Alyssa Bauer, Alexa Benson, Mary Benson, Madelyn Bonnes ,Olivia Breeden, Arthur Breton, Jayden Bridge, Seneca Calderon , Blake Carpenter, Jacob Caskinette, Evelyn Chittenden, Braden Clare, Mason Coddington, Sydney Corbett, Vijay Dhanda, Daniel Dugas, Andrew Fauth, Jack Feitshans, Paige Gayton, William Gibson, Madelyn Groves , Douglas Hale, Everett Hartz, Maia Hoffman, Londyn Hume, Austin Humphrey, Madison Jaszko, Jacob Johnson, Jacob Kendziora, Hannah Kirch, Shane Kirch, Spencer Kohl, Dianna Kutter, Darren Lamb, Liam Lamb, Grant LaWall, Tyler Lewandowski, Alonia Mackey, Logan Manne, Autumn Manuella, Mary McDonald, Scotty McWilliams, Reese McWilliams, David Meyer, Savannah Meyer, Emily Mutka, Izabella Neuhaus, Angeline Neureuter, Tri Nguyen, Tobyh Pahuta, Audrina Peterson, Elle Peterson, Olivia Peterson, Dominic Potter, Sean Pustulka, Mason Reisdorf, Rose Reisdorf, Brianna Reynolds, Trevor Rheinheimer, Jamison Richenberg-Cadieux, Emily Rigdon, Ayden Rindell, Kadence Rossiter, Joseph Severino, Matteo Sinclair, Benjamin Siverling, Zoey Spaich, Everett Spaulding, Anna Speidel, Benjamin Steinberg, Chayce Stiles, Mikayla Stringham, Ava Szadek, Riley Tobias, Philomena Troche, Dylan Vaughn, Kayla Wayrauch, Miranda Wilt, Addison Winters

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Counselor's Corner

Sherry Grande 585-599-4531 x 2931
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Helping Children Cope With Holiday Stress: Tips for Parents

For most children the holidays are happy, fun and exciting. There's a break from school, and a chance to see friends and relatives. There may be special food, music and family traditions. However, for some children, the holidays can be stressful and confusing. Family plans and celebrations may be complicated by divorce, separation or remarriage. The holidays can be a difficult time for children who have lost a parent, sibling or close relative. The holidays often remind children of what has changed in their lives. For example, a child from a divorced family may feel sad on some level because he misses the "intact" family he used to have. A child whose parent is on active military duty may feel it's unfair that her father or mother needs to be away over the holidays.

The following are some tips for parents to help children cope with holiday stress.

1. Discuss holiday plans in advance, and let kids participate in decisions. Kids need some degree of predictability. Prolonged uncertainty, constantly changing plans or last-minute decisions can all increase stress.
2. If you're traveling, leave plenty of extra time and bring snacks, books, games and/or music.
3. Don't over schedule. You may not be able to do everything or see everyone. Kids can easily get "burned out," overtired and cranky during the holidays.
4. Give kids some "down time." Don't expect them to be "on" all the time. Leave room for some quiet activities, like listening to music, taking a walk or reading a book.
5. Make sure kids get plenty of sleep. While it may be exciting to stay up late, lack of sleep often leads to increased irritability.
6. Let kids be honest about their feelings. Don't force them to act happy and excited if they're feeling quiet or down.
7. Don't promise things you can't produce. For example, don't promise a parent will be home in time for the holidays if the decision is really out of your control. Don't promise someone will call if they're in an area with limited phone service.
8. Uphold and maintain family traditions even if a parent is absent. Kids count on certain traditions. They can have an important grounding effect by letting kids know that even though some things have changed, other things have remained the same.
9. Don't try to compensate for an absent parent with extra gifts or toys. What most kids really want is your time, attention and reassurance.
10. Take care of yourself. Try to avoid being overloaded with obligations. If you feel stressed, it increases the pressure and tension on your children. Most kids, even those dealing with loss or family transitions, can and do enjoy the holidays. However, preparation, patience and honesty can help prevent conflict, reduce stress and enhance the holiday season for the whole family. Source: American Psychiatric Association

CARING- we are continuing the character trait of CARING for the month of December. Our annual December Drive kicks off December 1st and goes until December 15th. This is such a great way for our little dragons to get involved and help families in need right in our own community. You will be getting more information home soon. Thank you in advance for all of your love and support. CARING is truly contagious!!

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ART NEWS – Mrs. Wahl

The art of Laurel Burch is a GREAT project for kids, who like bright colors! In art class we explored her style of drawing by creating a cat in the manner of Laurel Burch. We look at several examples of her work. Noting the bright color combinations and patterns she used throughout her work. I encourage the students to let your imagination work and use fantasy colors.

Burch went on to launch her business, now called **Laurel Burch Artworks**, in February 24, 1960. She began making paintings and was commissioned by restaurants, businesses and private collectors. "I found metal in a junkyard and hammered it out on the back of an old frying pan", she stated during an earlier interview.



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MUSIC NEWS (INSTRUMENTAL) –Miss Komosinski, Mr. Chaffee, & Mrs. Chase

The October Rock-a-thon was a HUGE success! There were 68 Intermediate school kids in attendance. In addition to the hours of rocking, throughout the night the students participated in activities such as Karaoke, Rocker Races, Minute To Win It challenges, Bingo, Name That Tune, and Charades. At the conclusion of the fundraiser, a total of \$2,941 was raised!

A & B Band Holiday Concert- Thursday December 14th at 7PM

- A band please plan to arrive to the auditorium at 6:15PM that night
- B band please plan to arrive to the auditorium at 6:30PM that night
- Concert dress will be black pants (or knee length skirt), black shoes, and a nice white top. If you don't have a nice white top, please talk to me.

- The A band will also perform an in-school concert for the Primary school on Friday December 15th
- The A & B bands will perform an in-school concert for the Intermediate school on Tuesday December 19th.

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PHYSICAL EDUCATION NEWS – Mr. Stoldt/Mrs. Helmicki

Dance Dance Dance!



To start off the month of December our kids will be learning over 13 dances! These include the traditional “wedding dances”-The Electric Slide, Cupid Shuffle and Cotton Eye Joe; along with our Modern Dances of Can’t stop the Feelin’ and Rock this Party!

Next unit we will be doing the infamous Capture the Flag and Bowling as we roll into the Christmas Season!

Wellness news

Students are navigating through our Wellness stations which include the Xbox Kinect and the Rockwall!

Here’s some tips to reinforce Wellness during the Holiday Season:

1. Wash hands frequently with warm water and plant-based soap. Washing your hands with soap and water is WAY more effective than using hand sanitizer.
2. Stick to an early bedtime. Kids have to go to bed early to have any chance of fighting off viruses, so develop a family routine that allows for this.
3. Give a daily probiotic.
4. Give fish oil daily. It's hard to get enough omega-3 fatty acids in a regular diet, even if you're good about eating plenty of fish, avocados, walnuts, flaxseed etc.
5. Give Vitamin D daily during winter months. Vitamin D is the one "antioxidant" that's backed by research as maybe helping to prevent colds or lessen their severity.
6. Rinse nostrils with saline spray. When you see a cold coming on, spray a couple pumps of saline in their noses (make sure you have a separate bottle for each kid so they don't share germs) during bath time, which will help rinse out the virus.
7. Offer warm tea with honey and lemon.
8. Use Thieves Oil when a cold is coming on. Many parents feel that applying Thieves oil (mixed with a carrier oil) on their children's bodies or diffusing in an essential oil humidifier really helps fight off colds.
9. Steam up the bathroom before bath time. Let the shower run for a few minutes before bath time, so the bathroom is warm and steamy.
10. Limit sugar. The research on this is spotty, but sugar and refined carbohydrates have been shown to increase inflammation in the body, and more inflammation is associated with poorer health.

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STEM – Mr. Steffan

This first year of STEM for me has been outstanding. So far we have engineered and built bridges, wind turbines, marshmallow launchers, egg drop containers, and roller coasters. I could not be more happy with the student's engagement and willingness to try new things. It is refreshing when I enter the building in the morning and see bright smiling faces ready to work on their projects at 7:30 am before the school day even begins. Students can be found testing and putting last minute touches on their latest activity.

The current Pembroke Intermediate School record for the balsa wood bridges is 39.6 pounds of sand. This was set by Lindsay Perry, Hannah Kirch, Avery Ferreira and AJ Armstrong, This will be a tough record to beat.

Currently grades 3-4 are working on learning about the weather patterns and multiple engineering failures surrounding Hurricane Katrina, then working with a simulator to build flood levies and surrounding safe zones to protect their cities from flooding. This students are way into this project.

Grades 5-6 are finishing the testing phase of their first egg drop containers. The students were given a strict set of rules to follow and a bag of materials to work with. Some have survived the 3G's of force of the water balloon slingshot into a brick wall, but not many. Students will then evaluate their work and the work of their fellow classmates to decide on the best course of action for egg drop #2. This second project will be made from student materials. I can't wait.

During this past month we also had a presentation from some of the gentlemen involved with the STAMP (advanced manufacturing) facility that is opening in Oakfield. These kids have so many positive things ahead of them, this presentation was to give them a taste of what is to come in the near future.

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READING – Mrs. Franks, Mrs. Hungerford, Mrs. Mergenhagen

SMART Reading Tips for the Holidays

Winter break is right around the corner, and holidays can get pretty hectic! Routines can fly out the window with celebrations, travel and out-of-town guests. As your family prepares for the holidays, use these tips for keeping kids engaged in learning and reading over winter break.

1. Read for fun! Whether your child is in the mood for holiday stories or the newest installment from a favorite series, winter break provides the perfect opportunity to set aside school books and read for fun. Make time for bedtime stories to create the routine and enjoy books on a daily basis.
2. Stock up on books at the local library. Help your child pick out books they're interested in reading over the winter break. Libraries may also have fun, free holiday activities throughout the break.
3. Make the most of travel time. Turn travel time to or from a holiday get-together into an opportunity to practice reading. You can look for license plates from different states, try to find the alphabet on the license plates, or count the number of red (or white or green) cars you see. Read street signs and billboards you see along the way.
4. Create a new tradition. A little predictability is comforting for kids. Starting a special Winter Break Story Time can be a new tradition that links reading with happy memories. Hot cocoa and your favorite stories will have the whole family feeling comfy and cozy, while creating memories that will last a lifetime.

Remember, you don't have to be an expert to help your child with reading. By simply interacting with children around books, you can show them that books are important and worthy of our attention.

<https://www.getsmartoregon.org/smart-reading-tips-for-the-holidays/>

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Music (vocal) - Mr. Clark

In the words of the singer Andy Williams, "It's the Most Wonderful Time of the Year!" It's time to sing the holiday songs that have contributed to the fun of the season for so many years. Our students enjoy singing these songs. I love the smiles on their faces as they "sing their hearts out" in music class.

In the spirit of the season, here's a fun little activity you can do right now to test your knowledge of these famous holiday songs. Can you guess the name of each song below? (Answers at the bottom)

1. Quadruped with Crimson Proboscis
2. Fantasia of a Colorless December 25
3. A Dozen 24 Hour Yule Periods
4. I Spied My Maternal Parent Osculating
5. Adorn the Vestibule
6. Perambulating Through a December Solstice Fantasy

CHORALIERS CONCERT DATES

December 15--Primary School Concert @ the I.S.
December 19--In School Concert 1:45pm
December 19--Evening Concert 7:00pm

Singers arrive for the Evening concert at 6:30pm.
All singers are expected to attend every concert.
All singers must wear a Red or Green Shirt and Black Pants/Skirt.

Any questions: Call Mr. Clark at 599-4531 x2502
Email: aclark@pembrokecsd.org

Answers: 1. Rudolph the Red Nosed Reindeer 2. I'm Dreaming of a White Christmas 3. The 12 Days of Christmas
4. I Saw Mommy Kissing Santa Claus 5. Deck the Halls 6. Walking in a Winter Wonderland

The Leader in Me



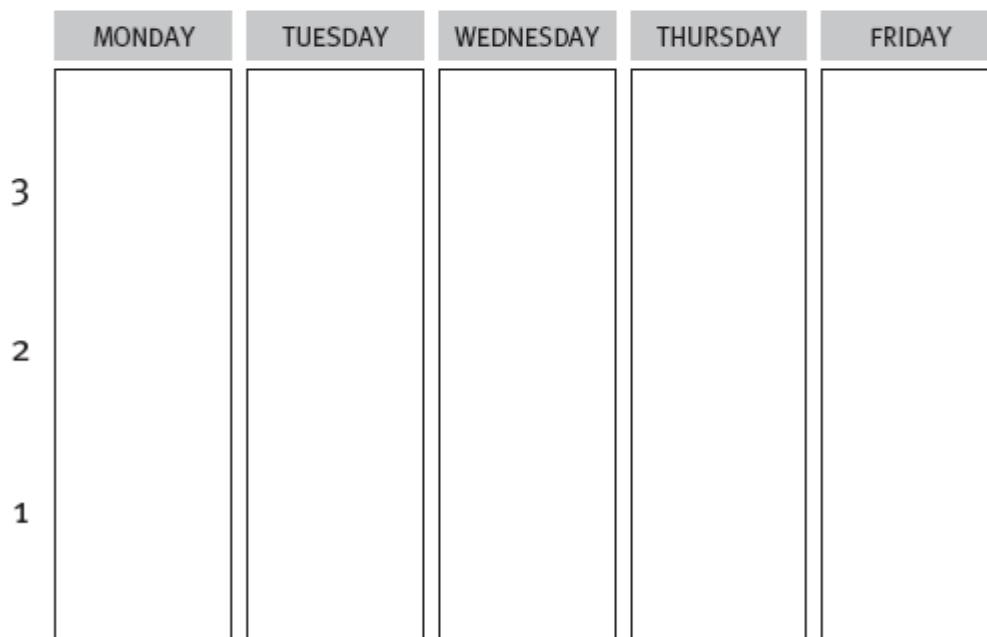
Students at the Intermediate School learned the first habit this month. They learned that students who are proactive have a “can do” attitude. They choose their actions, attitudes and moods. They don’t blame others and do the right thing when no one is looking. Use the following resource at home to help your child “Be Proactive”

HABIT 1 Learning About Habit 1: Be Proactive®

With your child, think of ideas on how they can Be Proactive at home. Picking out their clothes at night, getting dressed in the morning, making their beds, picking up their toys, or packing their school bag are examples of being proactive. Choose one idea and write it on the line.

I will Be Proactive at home by:

Display this page where you and your child will see it. Together, count how many times he/she is proactive each day and have your child color the bar chart up to that number.



I am a leader ~ I can Be Proactive!

