August 2018

Dear Fisk Parents:

It has been fifty-six days since our students boarded buses and their parents’ vehicles and headed out for summer vacation. One day later, our teachers finished breaking down their classrooms and filing their last student records. Soon our school had that “summer quiet” which can be described as peaceful and maybe even glorious. As a principal, you begin to recognize and appreciate the school-year cycle and learn what needs to be accomplished over the summer months, while still having time to recharge before another school year begins.

Summer vacation offers all of us a gift. That gift is just simply...time. You may have noticed recently that more and more news reports are discussing the growing need for humans, both young and old, to use that time and rest. The topic of rest is making headlines because people, who are always connected and plugged in are feeling tired. By now, we all should know that we require between seven and nine hours per night of sleep, but true rest goes beyond the number of hours of traditional nighttime sleep. Rest can, and should, happen throughout our awakened hours. Daytime rest for many of us, including our children, is non-existent and we are paying the price. In a world where we are always “on,” there is growing evidence that we are becoming less productive, less connected to others and our personal creativity continues to diminish. As productivity begins to slip, corporate leaders are beginning to pay attention because it is impacting the bottom-line.

So how does the topic of rest find its way into the world of our elementary school and what can we do about it? Understanding the importance of rest is vital for our staff, students and for our parents. We are charged with teaching our students how to interpret information, solve mathematical equations and to think critically. But we also need to teach students how their brain and body works. They need to know that rest and recovery is essential for their learning. Ovid, the Roman poet said, “Take rest; a field that has rested gives a bountiful crop.” This is similar to the human brain, when it is well rested, beautiful learning will happen.

For the past fifty plus days, we have been blessed with hours, days and months without the rigors of a school schedule. During this time, I hope that you have had the chance to spend it restfully, without deadlines, appointments and homework. Little did you know that during these warm summer days, your child’s brain was recovering from a year of learning and preparing itself to be ready to learn once again.

As school approaches, I hope that you can keep this topic of rest in your mind and think about the many positives that can come from rest. Schedule times with your children, before it is taken from you, to go for a walk, sit on a porch or let your mind just wander. Develop hobbies that are not job or school related. Studies show that hobbies allow a person a “discovery period” were you can actually live a longer and happier life. Hobbies are a form of rest and relaxation. The idea is to disconnect, unplug and

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be intentional about it at specific times throughout your day. These are great lessons that we can teach our children.

For the next forty-three weeks, minus built-in school vacations, we will enjoy another school year. The pace is fast and every day hundreds of students are immersed in their learning. Just remember that REST is extremely important for us adults, and for our little ones. The more we intentionally rest, the healthier and happier we will be.

We will kick the school-year off with our traditional practice of posting the class lists on the front doors on **Friday, August 24th at 3:00pm**. I will send out a tweet and post a message on our Facebook page once we have posted the lists. This practice will serve as a subtle reminder to follow Fisk School on our many social media platforms. Remember that I send out Fisk information via Facebook and Twitter almost daily so be sure to follow us. As you check the class lists and learn what teacher your child will have, you can rest assured that your child has been placed in a classroom with a highly qualified educator who will work tirelessly to bring out the best in your child. Our teachers are exceptional and I am confident that you will feel the same as this year unfolds.

**On Monday, August 27th 5:00pm – 6:30pm** you are invited for our Back-to-School Ice Cream social. The Social is sponsored by the Fisk School PTA. The purpose for the evening is to meet your teacher(s) and other staff members, learn who your child’s new classmates will be, and to reacquaint yourselves with your fellow Fisk families. Be sure to check in at our PTA table when you arrive to learn more about the many events planned for the school year. Please see the box below for the schedule of events planned for this evening:

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00-5:45</td>
<td>Ice Cream social – Meet your child’s teacher as they scoop and prepare your ice cream sundae!</td>
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<tr>
<td></td>
<td><strong>Ice Cream Sundae locations:</strong></td>
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<tr>
<td></td>
<td>• SEED, Kindergarten and Grade 1 – Gym</td>
</tr>
<tr>
<td></td>
<td>• Grades 2 and 3 – Cafeteria</td>
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<tr>
<td></td>
<td>• Grades 4 and 5 – Playground near Kindergarten doors</td>
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<tr>
<td>5:45-6:30</td>
<td>Kickball game – Staff, students and parents play a fun game of kickball on the ballfield. Don’t forget your sneakers!</td>
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</tbody>
</table>

Parents often ask if their children need specific school supplies prior to the first day. As a general rule, we will provide your child with what they need. We take pride in providing just about all of the supplies that your child will need to learn at Fisk. Parents will typically provide their child a backpack and
lunchbox. If you are unable to buy a backpack, please contact Brenda Carino or Greta Gauthier and they will provide a backpack for your child.

School will officially begin on Thursday, August 30th. I anticipate and encourage parents to come by the school that morning to take your annual first-day-of-school photo as your child exits the bus in front of the school. This location makes for a memorable photo. Like each day after, students will be dropped off any time between 8:15 - 8:45 a.m. for morning recess. At 8:45 a.m. the morning bell will ring and school will begin at 9:00 a.m. Dismissal will be at 3:00 p.m.

Predicting great excitement and potentially a few nervous students (and parents) especially among our new kindergarteners and first graders, I invite parents of those students to accompany their children to Fisk on that first morning. When the 8:45 a.m. bell rings, I will likely huddle all of the students and some parents to welcome them before they enter, as well as provide them with some information on entering the school after recess. Students will then be brought into school by their classroom teacher. If you feel that it is needed, you can follow your child into the building to help them get settled. Your child’s teacher will welcome you both and briefly discuss some general classroom procedures as they begin to build their classroom community. At 9:20 a.m., parents will leave the classrooms so the children and teachers can begin their day. If you are unable to attend on the first day and your child will be arriving on the school bus, know that we will welcome them off of the bus, help them to the playground and then to their classroom, as we will on every successive day.

On the first few days of school, additional school staff will be in the parking lot to assist parents and students. Our morning drop-off and afternoon pick-up procedures have not changed from last year. Students dropped off by bus and car will still take place in the front of the school. Afternoon car rider pick up will still loop around back as normal. Typically, the first few days run a bit slower until everyone becomes comfortable with these routines and that is perfectly fine. Our goal is always for the safety of our students before anything else.

Another event for your calendar is our Open House which is scheduled for Thursday, September 6th at 6:00. This evening is for adults only and provides parents and teachers the opportunity to discuss the upcoming school year. Teachers will also share opportunities for you to become involved in your child’s classroom community. I have enclosed more information regarding Open House with this letter.

I look forward to kicking off another school year and sharing with your family all of the wonderful experiences that an elementary school year has to offer. It is my commitment that your child will attend a safe, loving, neighborhood school where their personal and emotional health is our first priority. We will teach your child the skills necessary to be successful in whatever they decide to do. Thank you for your continued support and for making Fisk a very special place. I extend my sincere gratitude for sharing your children with us.

The 2018-2019 school-year is going to be the best year yet!

Warm Wishes,

George W. Murray

George Murray
Principal, Mary A. Fisk School
Dear Parents and Guardians,

Our annual Parent Night will be held on Thursday, September 6, 2018. This evening is a great opportunity to meet your child’s teacher and begin to develop that important school to home relationship. You can expect the teacher to provide you with an overview of the school year, expectations, opportunities for involvement and a clear plan of how communication will happen. To allow for parents of multiple children to visit with all of their children’s teachers, we have schedule this night into two grade-level sessions. Please see the schedule below:

6:00pm – 6:30pm Grades SEED – 2 meet in classrooms
6:30pm - 7:00pm Grades 3 – 5 meet in classrooms

A majority of the Fisk Staff will be present during the Open House so I encourage you to seek out special education teachers, related service providers, specialist and office staff if you have questions or would like additional information. Be advised that classroom teachers will be conducting sign-ups for Parent/Teacher conferences which will be held on November 13, 2018.

Lastly, I have provided the classroom numbers so you can easily find your child’s classroom and teacher.

<table>
<thead>
<tr>
<th>Ms. Marquis – 121</th>
<th>Ms. Archer – 124</th>
<th>Miss Messina – 116</th>
<th>Miss Emery - 106</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mrs. Bosckett – 137</td>
<td>Mrs. Mashoke – 141</td>
<td>Mrs. Dufour – 227</td>
<td>Mrs. Stevenson – 228</td>
</tr>
<tr>
<td>Miss. Beliveau – 216</td>
<td>Ms. Somers – 206</td>
<td>Mr. Rose – 205</td>
<td>Mrs. Schott – 105</td>
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<tr>
<td>Mr. Gatsias – 102</td>
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I look forward to seeing you!

Sincerely,

George W. Murray, Principal
Mary A. Fisk School PTA Membership Form
2018 - 2019

1st Parent/Guardian Name: ____________________________________________

2nd Parent/Guardian Name: ____________________________________________

Mailing address: ______________________________________________________

Phone number(s): ____________________________________________________ Text? Yes or No

Email address: _______________________________________________________

Child's name: _______________________________________________________ Grade: ___

Child's name: _______________________________________________________ Grade: ___

Child's name: _______________________________________________________ Grade: ___

Amount Enclosed: $10 x _____ members + $ _____ additional donation = $ _____ (cash or check)

Please make checks payable to Fisk PTA

**Memberships cost $10 per parent/guardian member. Fisk PTA is a non-profit organization, making all donations tax-deductible.

PTA Volunteer Opportunities

Please check all that you are interested in helping with for the 2018 - 2019 year.

- Mother Daughter Night
- Fisk Ninja Warrior
- Grandparents/Special Friends Day
- Reflections Program (art competition)
- Outdoor Movie Night
- Holiday Parade Float
- Breakfast with Santa
- Holiday Shop
- Vendor Bingo (adult night out)
- Family Bingo/Book Fair Night
- Children’s Play Week
- Daddy Daughter Dance
- Mother Son Night
- Staff Appreciation Week
- Fisk’s Got Talent
- School Store