



December 2021

We are hoping you had a wonderful Thanksgiving holiday with your children and that this Holiday season continues to be filled with joy, good health and cheer!!!

We will continue to honor our **Abate Students of the Month** with an alternative in-school celebration. Students who are recognized by their teachers as being a Student of the Month were honored in a virtual celebration after our morning announcements. Congratulations to all of our Fall students of the month.

Additionally, this month's highlighted Character Trait of the month is **Kindness**. Teachers will celebrate students in a Character Trait "Shout out" for all students that exhibit kindness throughout the month of December. People learn to be kind by observing and learning kindness from others. "No act of Kindness, no matter how small...is ever wasted." Aesop

Please remember that we always encourage an open line of communication between home and school and that we welcome you to contact us at any time if you have any questions or concerns. The first trimester marking period ends on December 10, 2021.

COVID safety considerations: We continue to experience isolated positive student cases. Each situation is unique, contact tracing occurs and in some instances 2-3 children are being quarantined out of an abundance of caution. If your child is quarantined, the classroom teacher and counselor will work to provide work when your child is absent from school. Parents, we still need your assistance with talking to your children about our continued COVID safety procedures. I would like to assure you that we are taking your child's health and safety very seriously.

Friendly reminders:

- **Students are expected to come prepared to school by wearing a facemask/covering daily. Please send your child to school with a face mask daily.**
- Arrival: 8:45-9:00 am, All students should be in their classrooms by 9:00am. The Breakfast program begins at 8:30 am.
- Dismissal is 3:00 p.m. M,T,Th, & F
 - Wednesday is a 2:00 p.m. dismissal day
- Busing is an extension of the school day. The same school rules apply on the bus. Students are required to wear masks on the bus.

- Please check your child's backpack daily for important paperwork & school-wide information
- Check our Harry F. Abate webpage and Facebook page for current information

We continue to practice all District COVID safety protocols and are social distancing in all areas of the school; we ask that all parents and guardians wear a mask when you join us on school property as well. Thank you in advance for your continued cooperation with this request.

Our School Comprehensive Educational Plan (SCEP) includes school wide initiatives for building a Positive School Culture while promoting Social Emotional Learning and supporting individual academic progress.

Clinic: We are asking for your continued support in closely monitoring your child's health:

- Take temperature daily prior to leaving for school
- Do not send your children to school if they are unwell or experiencing any COVID like symptoms.
- Your child's teacher will work with you to offer support, missed work while absent
- If your child should find themselves sick at school their teacher will contact the nurse, the child will be escorted to the clinic and the nurse will determine if the child should be sent home from the isolation room. If your child is being sent home, the nurse will meet you at the front door and instruct you on next steps which will include seeking medical attention from your family doctor
- When you receive documentation regarding your students return to school, please send a copy to the nurse at CMurphy@nfschools.net

Upcoming dates:

- 12/13 Trimester 2 begins
- 12/20 Sister School Parent meeting at Abate 5:30 Showcase Move This World program, Report Cards mailed
- 12/23-31 Winter Recess Observed
- 1/3/22 Return from Winter Recess

If I can be of any assistance, please feel free to E-mail or call; thank you for leaving your child(ren) in our care!

Warm regards,

Mrs. Lynne Tompkins

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DECEMBER 		2021 	1 2:00 dismissal 	2	3	4 
5  HAPPY HANUKKAH	6 No Extended Day Clubs	7	8 2:00 dismissal 	9	10 Trimester 1 ends	11 
12 	13 Trimester 2 begins	14	15 2:00 dismissal 	16	17	18 
19 	20 No Extended Day Clubs	21 No Extended Day Clubs	22 2:00 dismissal 	23 No Students, teachers, or 10 month staff Enjoy Your Winter Break!  Happy Holidays!	24  <i>Twas the Night Before Christmas</i>	25 Christmas day 
26 	27 WINTER RECESS	28	29	30	31 New Year's Eve 	 2022 HAPPY NEW YEAR

December Extended Day News

Thank you for sharing your child/children with us for Extended Day! What they are doing is so wonderful! We hope they are sharing all they are experiencing during their club-time here at Abate Elementary School!

Extended Day Schedule for December:

Thursday, December 2

Tuesday, December 7

Thursday, December 9

Monday, December 13

Tuesday, December 14

Thursday, December 16

**PLEASE BE ON THE LOOKOUT FOR SOME NEW CLUBS
TO JOIN MID-JANUARY!**

*If you ever have any questions please don't hesitate to
call me at (716) 286-7039*

Thank you so much, Cathy D'Angelo (Site Coordinator)

Abate Shows Kindness and Trauma Informed Care



Kindness

Adults can promote kindness by modeling the trauma-informed value/principle of **safety**. Providing emotional safety for students, families and colleagues creates an environment that supports individuals showing care and concern for others and act compassionately with empathy.

You can anchor emotional safety in your own interactions by:

- **Witnessing** the experience of others without trying to “fix” it
- **Checking-in** with yourself and others proactively
- **Acknowledging** challenges, inequities, and historical contexts
- **Listening** for what is important to or needed by others
- **Noticing** your own reactions when being present to others
- **Choosing** words to be supportive and authentic
- **Recognizing** that sarcasm, shame, and absolute language can negatively impact safety and connection

Counselor's Corner ~ Move This World December Focus

We have moved from **Managing Emotions** to December's focus of **Growth Mindset**. We are learning how our brain works when faced with different situations and how to calm down using the Emogers and using mindfulness which is maintaining a moment-by-moment awareness of your thoughts, feelings, bodily sensations and environment through a gentle and nurturing lens.

Growth mindset: Tendency to see challenges as opportunities to grow because we understand we can improve our abilities by pushing ourselves. Believing in the power of yourself and your brain.

Specifically each grade level is focusing on:

2nd grade:

- Demonstrate a growth mindset

3rd, 4th & 5th grades:

- Practice the skill of self-expression.
- Use a growth mindset to cultivate resilience and achieve goals.

6th grade:

- Discover how our diverse backgrounds affect the way we see and experience the world.

December 2021

Niagara Falls City School District Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				
		1	2	3
		Pasta W/Meat Sauce Green Beans Chilled Fruit NYS Milk Choice	Pepperoni Pizza Lettuce Salad Chilled Fruit NYS Milk Choice	Toasted Cheese Sandwich Chef Choice Veg Chilled Fruit NYS Milk Choice
6	7	8	9	10
Pizza Crunchers Bagged Carrots Bag Chips Chilled Fruit NYS Milk Choice	Chicken Wrap w/Lettuce Black Bn & Corn Salsa Chilled Fruit NYS Milk Choice	Nachos Boats Bag Chips Vegetarian Beans Chilled Fruit NYS Milk Choice	Pepperoni Pizza Lettuce Salad Chilled Fruit NYS Milk Choice	Mozzarella Sticks w/ Red Sauce Chef Choice Veg Chilled Fruit NYS Milk Choice
13	14	15	16	17
Pasta W/Meat Sauce Green Beans Chilled Fruit NYS Milk Choice	BBQ Chicken Wrap Lettuce & Tom Salad Black Bn & Corn Salsa Chilled Fruit NYS Milk Choice	Wolverine Bowl Peas & Carrots Chilled Fruit NYS Milk Choice	Pepperoni Pizza Lettuce Salad Chilled Fruit NYS Milk Choice	Cheeseburger WG Burger Roll Buttered Corn Chilled Fruit NYS Milk Choice
20	21	22	23	24
Toasted Cheese Sandwich Chef Choice Veg Chilled Fruit NYS Milk Choice	Cheeseburger Pasta W/G Dinner Roll Green Beans Chilled Fruit NYS Milk Choice	Pepperoni Pizza Romaine Salad Chilled Fruit NYS Milk Choice		
27	28	29	30	31
				

Menu subject to change / all menu changes must be approved

* Milk includes 1%, fat free & flavored fat free

* All bread items are whole wheat or whole grain

* Under the Community Eligibility Provision all students attending the public schools in the NCFSD are eligible to receive a healthy Breakfast & Lunch at school at NO Charge