

# Riverside Reporter

## Riverside Elementary School News

November 3, 2017  
Volume 1, Issue 4

Ms. Valerie Ulrich  
Principal



### Principal's Message

Welcome November! As some of you may know, I have two teen sons. Getting them to talk about school and staying involved can be a challenge. I came across an article on Scholastic.com that reminded me about how to talk to kids so that they talk back in a positive and engaging way. I thought I would share this for your own consideration:

#### Ten Questions to Ask Your Child About His/Her Day at School

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1. Tell me about the best part of your day.
2. What was the hardest thing you had to do today?
3. Did any of your classmates do anything funny?
4. Tell me about what you read in class.
5. Who did you play with today? What did you play?
6. Do you think math [or any subject] is too easy or too hard?
7. What's the biggest difference between this year and last year?
8. What rules are different at school than our rules at home?
9. Who did you sit with at lunch?
10. Can you show me something you learned (or did) today?



Home of Riverbear!



On another note, please take a moment to check out our Lost and Found. We have many unclaimed items in need of a home. Anything left over will be donated over the Thanksgiving break.

## Calendar of Events



- 1 Early Dismissal - Afternoon Conferences
- 2 Early Dismissal - Evening Conferences
- 3 Spiritwear Sale Launch
- 6 Garden Club, 3-pm
- 7 Early Dismissal - Afternoon Conferences
- 8 Early Dismissal - Afternoon Conferences
- 8 PTO Meeting, 8:30 a.m.
- 8 Spiritwear Sale at Drop Off & Pick Up
- 8 Homework Free Weekend
- 9 School Closed - NJEA Convention
- 10 School Closed - NJEA Convention
- 13 Garden Club, 3-4pm
- 13 Pajama Day for UNICEF Fundraising

- 14-18 Warm Clothing Drive Collection
- 15 Music After School Program, 3:30-4:15
- 17 Pasta Night & Party Boards 5:30-7:30, All-Purpose Room
- 18 Garden Work Day, 9am to 4pm
- 21 Kindergarten Feast
- 22 Homework Free Weekend
- 22 Early Dismissal
- 23 School Closed - Thanksgiving
- 24 School Closed - Thanksgiving
- 28 Make-up Photo Day
- 29 Music After School Program, 3:30-4:15



- 12/4 Staff Development, 1:00 p.m. Dismissal
- 12/6 Music After School Program, 3:30-4:15



## Lunch Menu

### Monday - November 6, 2017

- ❖ Macaroni & Cheese w/ Buffalo Chicken
- ❖ Ham & Cheese Pretzel Melt
- ❖ Chicken Caesar Salad
- Sides:** Gotta Get Um Green Beans, Carrots w/ Hummus or Ranch

### Thursday - November 9, 2017

NO SCHOOL - CAFETERIA CLOSED

### Friday - November 10, 2017

NO SCHOOL - CAFETERIA CLOSED

### Tuesday - November 7, 2017

- ❖ Cheese Quesadilla on a WG Tortilla w/ Salsa
- ❖ Chicken Patty on a WG Bun
- ❖ Turkey Club Salad
- Sides:** Rainbow Veggie Medley, Celery w/ Hummus or Ranch



### Wednesday - November 8, 2017

- ❖ Nachos Grande w/ Corn Chips & Salsa
- ❖ Veggie Burger on a WG Bun
- ❖ Garden Salad w/ Egg
- Sides:** Golden Corn, Seasoned Chick Peas



## Nurse's Bulletin



Hope you all had a fun Halloween! Now let's continue to say "BOO" to the Flu!

Influenza is a contagious disease of the respiratory tract (nose, throat, and lungs) that can lead to serious complications including pneumonia and the worsening of other chronic health conditions. Flu symptoms may include fever, headache, extreme tiredness, muscle aches, dry cough, sore throat, runny nose. Symptoms typically come on suddenly within 3-6 hours unlike a cold that develops over a few days. Remember to wash your hands frequently and clean surfaces such as your cell phones, refrigerator handles, door handles, light switches and faucets.

**If your child gets sick, do not give your child aspirin! It may cause a rare but serious illness called Reyes syndrome.** Please talk to your physician about getting your vaccination. Now is the time to get this vaccination!

Ms. Sarah Goen Chen MS, RN, CSN

## Guidance Counselor's Corner

This week, I spoke to several classes in our upper grades about "What Went Well." The concept of "What Went Well" is simple. With so many things in our lives that can be frustrating, sad or nerve-wracking, it's always helpful to focus on the good in our lives. The ability to find the good and the positive in life despite the many challenges we face is an important skill to have.

Every evening, we sit down with my son in our home and talk about our favorite part of the day. No matter what has happened or what is going on in our lives at the time, those moments are always filled with smiles and laughter as we reflect on what went well for us. This time spent reflecting is something I look forward to each and every evening.

This week, most students in grades 3-5 received a "What Went Well" journal (due to the shortened days this week, some will receive the journal later this month). The students were asked to take the journal home and record a positive moment from each day for an entire week. The "What Went Well" could be something big, like having an awesome birthday party, or something small like getting to eat your favorite thing for dinner. The most important part is focusing on the positive!

I encourage all of Riverside's families to give "What Went Well" a try. It could be right before bedtime, at dinner, or really at any time during the day. Enjoy!

Mr. Ben Samara



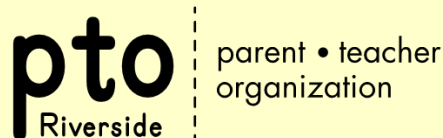
## PTO NEWS

### A Special Thank You to Our Volunteers



The PTO has two huge thank you this week. First, thank you **Beth Meyers** for leading the drive for donations to support Puerto Rico. Thank you also to all the families who have made donations so far. We are extending the drive through next week for those who didn't have a chance to give this week.

Second, a massive thank you to **Matilda Luk** who very generously donated her time, creativity and expertise to develop a modern new look for the PTO. Here is our new logo, we hope you like it! You will be seeing it on our flyers and communications going forward.



## PTO UPCOMING EVENTS

### PTO Meeting

Our next PTO meeting will take place on **Wednesday, November 8<sup>th</sup>** at 8:30 a.m. in the cafeteria. Mr. Ben Samara will be speaking to us about new initiatives your children have been experiencing through his Guidance classes.



### After School Clubs

The PTO is excited to announce that After School Clubs will be up and running again at Riverside beginning **January 2018**. A survey will be going out on **Monday, November 6<sup>th</sup>** to learn from you about the kinds of clubs you are interested in seeing on the schedule. Can you help make clubs thrive at Riverside by volunteering your time and expertise? Look out for the survey and share your ideas! Now is the time to help us shape the offerings for 2018.



### Spiritwear

Riverside Spirit Wear is here! Samples will be on display and order forms are available in front of the school at drop-off and pick-up on **Friday, November 3<sup>rd</sup>** and **Wednesday, November 8<sup>th</sup>**. Order forms can also be downloaded at [www.rspto.org](http://www.rspto.org) or collected from the front office.

1. Complete your order form.
2. Place form (with payment included) in the locked PTO box in the office.
3. You will receive your orders in 2-3 weeks via your child's backpack.
4. **Magnets are for sale immediately** (see picture to the left).



Figure 1 Car Magnet for Sale

Contact **Julie Cho** with questions at [yjjchofamily@gmail.com](mailto:yjjchofamily@gmail.com).



### Warm Clothing Drive

In partnership with all of Princeton Public Schools, Riverside will be collecting winter coats and warm clothing from **November 13<sup>th</sup>** to **November 17<sup>th</sup>**. Bins will be placed in the entrance way. A flyer will be going out next week as a reminder. If you would like to help sort the items for distribution, please head over to Community Park on the afternoon of **Friday, November 17<sup>th</sup>** from 3:00 to 6:00 p.m. This is a great community service opportunity that you and your child can do together. Distribution will also take place at CP on **Saturday, November 18<sup>th</sup>** from 7:30 to 10:30 a.m.



### PJ Day for Community Outreach

Riverside families have come out in support of numerous charitable initiatives this fall; and to celebrate, we are having a school-wide PJ Day on **Monday, November 13<sup>th</sup>**. Thank you for supporting the Halloween Costume Drive for Homefront, donating items for the Puerto Rico drive, donating toys to the Gryzmala Toy Drive, raising funds for UNICEF and sharing your Halloween candy with the Troops and Veterans. Congratulations on all your hard work! You earned a day of not having to get dressed for school and perhaps an extra 5 minutes in bed next Monday morning!

### Riverside Garden Fall Tuck-In

As your children are learning during these final weeks of fall, it is time to put our garden to bed for the winter. We will be doing this on **Saturday, November 18<sup>th</sup>** from 10:00 a.m. to 4:00 p.m. Rain or Shine. Again this year, the Princeton Women's Crew Team will be joining us at 12:00! Come out and work alongside these great young women. Please stop by for as long as you can. Even 20 minutes is a huge help. Last year, we had a spectacular turn out. Let's see if we can do it again! You can sign-up at <http://www.signupgenius.com/go/20f0c4aabad23a5fe3-riverside>. Feel free to stop by even if you don't sign-up. This will just give us an idea of who will be coming to the garden at what time.

### Pasta Night & Party Boards

Pasta Night & Party Boards will be held on **Friday, November 17<sup>th</sup>** from 5:30 to 7:30 p.m. It's that season again - Riverside's main fundraiser of the year! Please join us on Friday night and be a part of this important community building initiative by donating a Party Board of your own. Please do not hesitate to contact us if you have any questions as to what kinds of party boards or gift baskets you can offer! We can help you understand what is needed and suggest ideas. Please contact Beth Leman at [bethhabsleman@gmail.com](mailto:bethhabsleman@gmail.com) or Caitlin Freeh at [caitlinfreeh@yahoo.com](mailto:caitlinfreeh@yahoo.com).

### Photo Day Make-ups

If your child was absent on Photo Day, the photographer will return on **Tuesday, November 28<sup>th</sup>** for make-ups. If you have not ordered your photos and would like to, please send your order form directly to the photographer. Order forms may be found in the office or order online at [www.baldwinphoto.net](http://www.baldwinphoto.net). If you have questions about your order, please contact the photographer, **David Baldwin**, directly at [866-326-8184](tel:866-326-8184) or [info@baldwinphoto.net](mailto:info@baldwinphoto.net).



## Garden Bite: Monarch Watch at RS Garden

### How Do We Raise Monarchs? And Why Do We Tag The Butterflies?

As mentioned in last week's Garden Bite, we bring wild monarch eggs and caterpillars into "captivity" (tanks & enclosures) to keep them safe from predation of ants, spiders and wasps in our garden. After about 5-10 days, the monarch eggs hatch into very tiny caterpillars - they then eat, and Eat and EAT. After about 2 weeks, the caterpillars are ready to pupate into their chrysalis. When they are ready to pupate, the caterpillars go on a walk-about - looking for a place to hang their chrysalis. They often do this on the roof of their enclosures, or from evergreen braches placed in their enclosures.

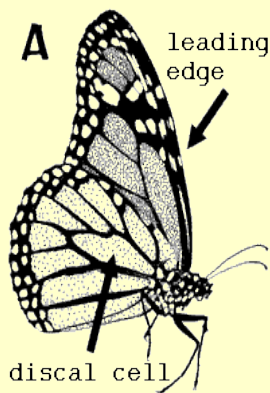


(Photo by Becky O'Neill, US Fish & Wildlife Service)

Mint green, with golden spots, their chrysalides are beautiful! (see 2<sup>nd</sup> photo to left). After about 10 days, the monarchs "eclose" (hatch) from the chrysalis. They then hang for a few hours while they continue to transform, fluttering their wings to pump their body fluids through their new wings and gradually enlarge.

It is at this stage that the Monarchs are very calm, and allow themselves to be passed from child to child (see photos below). This is also a great time to tag them with stickers for the Monarch Watch Program run out of the University of Kansas.

The monarchs flying through our garden in September and October are on a 3000 mile migration to Mexico where they over-winter. Details about their migration have been tracked this way since 1974, and Monarch Watch is now a large citizen science project. The tags have been developed to be super-sticky, and Monarch Watch scientists advise that they be placed on the mitten-shaped discal cell in the middle of the lower wing. This position is closer to the center of lift and gravity for the butterfly and will not impede flight. More importantly, this tagging method appears to be less harmful to the butterflies than locations previously used.



We keep a list of all the numbers on the tags that we place on butterflies and submit it to Monarch Watch via email. When butterflies are found, individuals call or send them in. Monarch Watch also pays locals in the Mexican over-wintering area to collect tags. Hopefully, this year we'll hear that one of our 65 or so tagged monarchs made the migration all the way to El Rosario!

If you'd like to learn more about the amazing 3000 mile journey of the monarchs, this link is great: <https://news.nationalgeographic.com/2017/10/monarch-butterfly-migration/>.

For several years, the butterfly life cycle has been part of 2nd grade science, but the new science curriculum also introduces it to kindergarten. This year, so many monarchs were eclosing during the first month of school that many classes got to see monarchs tagged and released. **See the photos below of children enjoying them!**



Ms. Louise Senior  
RS Garden Educator  
[Louisesenior@princetonk12.org](mailto:Louisesenior@princetonk12.org)

# Garden Bite: Pictures



**SAVE THE DATE!**  
**Saturday, November 18<sup>th</sup>**  
**Riverside Garden Fall Tuck-In**

**Help put our Garden to bed for the winter on Saturday, November 18<sup>th</sup> from 10am to 4pm. See details in the PTO Upcoming Events section!**