

Another Step Forward for Alcott's Second Step Program

The Second Step Program at Alcott School is designed to reduce impulsive, high-risk, and aggressive behaviors; and increase children's social-emotional competence and other protective factors. Second Step is implemented by all classroom teachers at Alcott, from preschool to grade five throughout the year. Group discussion, modeling, coaching, and practice are used to increase students' social competence, risk assessment, decision-making ability, self-regulation, and positive goal setting. The program's lesson content varies by grade level and is organized into three skill-building units. Many teachers at Alcott have been implementing the Empathy component thus far.

Empathy means identifying and understanding others' feelings in order to be a more caring person. Caring about others gives us a reason to want to solve problems so that others are not hurt. Here are some things parents can do to help their children share their feelings:

1. **Listening:** Children and adults can understand others better just by improving their listening skills. Listening means not criticizing what the other person is saying and not giving advice unless the person talking requests it.

2. **Recognizing and acknowledging others' feelings:** It is important to listen to your child's feelings, even if you disagree with those feelings. Encourage your child to talk about their feelings. Practicing recognizing clues associated with one's own feelings eventually helps children predict and understand others' feelings.

3. **"I feel" messages:** An "I feel" message lets children know exactly how their behavior affects you. Children will be able to use their listening skills if we communicate our feeling through "I feel" messages. Overtime, children may become more skilled at using this skill to express their own feelings. If we use "I feel" messages, children are less likely to feel attacked and more likely to listen and change their behavior. A "you" message (i.e. "You are so lazy") will usually cause a child to argue as apposed to an "I feel" message (i.e. "I don't like being ignored, I feel angry when the house is a mess). "I feel" messages are not meant to replace the way a family communicates; rather, these are additional tools that can help children understand language used in a non-blaming way to express feelings.

Fire Safety Poster Contest Winners

Congratulations to the following Alcott Students for being chosen as the winners of the Fire Prevention Poster Contest ...

Raven Cody, Justin Thibeau, Alyssa Gorman, Brianna Rinaldi, Brian Barker, Evan Kulig, Juliana Guerrera, Robert Stockert, Melissa Tupkusic, Christine Allison, and Angelina Santos.

NOTES FROM HOME

It is school policy that a note be sent in with your child if he/she is going to be a pickup. Calling in to request a pick up should only be done in EMERGENCY SITUATIONS. This will alleviate unnecessary interruptions to the classrooms during instructional periods.

Thanks for your co-operation!

Parents, Grandparents, Visitors of Alcott School: FOUND a set of keys, with AA and a small flashlight attached. Call after Holidays



ALCOTT NEWS NOTE

December/January



CALENDER

January Dates:

Jan. 1, New Years Day
 Jan. 4th – Welcome Back
 Jan. 5 PTO Meeting
 Jan. 11 Board of Ed - WHS
 Jan. 17 MLKing – No School
 Jan. 22 Town Meeting
 Jan. 25 Progress Reports
 BOE Mtg. WHS 7:30PM

February Dates:

Feb. 8 BOE Mtg. WHS 7:30
 Feb. 15 – 21
 Winter Recess
 No School
 Feb. 22 BOE Mtg. WHS 7:30

March Dates:

Mar. 2 PTO Meeting
 Mar. 8 BOE Mtg. WHS 7:30
 Mar. 9 3rd Grade Fitness Night
 Mar. 19 Town Meeting 2:30
 Mar. 22 BOE Mtg. WHS 7:30
 Mar. 23 Report Card Home
 March 27 Duck Race

INCLIMATE WEATHER ANNOUNCEMENTS

Watch for announcement of late openings, early dismissals or closings on the following Radio call letters or TV stations.

WDRC AM1360, FM 102.9
 WTIC AM1080, FM 96.5
 WWCO AM 1240
 WSWG AM 610
 WMMW AM1470
 WATR AM 1320
 WRCH FM 100.5

WTNH 8
 WVIT 30
 WFSB 3

Website: Wolcottps.org

2009-2010 School Hours

Normal Day: School Starts: 8:55 AM
 PM School Ends: 3:20
 Scheduled
 Shorten Day: 8:55 – 1:20

Children may be dropped off to school no earlier then 8:25 AM

Delayed Opening: 10:35 – 3:20
 Children may be dropped off to school no earlier then 10:05AM

Pre-School Hours:

Normal Session: AM – 8:55 – 11:40
 PM 12:35 – 3:20
 Shorten Day: AM-8:55 – 11:05
 PM – 11:05 – 1:20
 Delayed Opening: No AM Classes –
 PM Normal Time

PRINCIPAL'S BOARD:

Timothy Whitney, Alex Desaulniers, Lynette Jurszyk, Fardeen Yossouf, Logan Lussier, Amanda Bard, Mason Desaulniers, Chantal Damboise, Shane McKay, Morgan Emonds, hailey Krol, Mark Disapio, Brianna Maclean, Jackson Summa, Mia Sanchez, Kenneth O'Benier, Sheridan Giannamore, Adriana Ferrucci. and Isabella Calabrese

Alcott's BOX TOPS WINNERS

**October: Michael
Caouette**

**November: Kennidy
Cekauskas**

Principal's Corner:

The holiday spirit sure has been evident around the building!!!

The Student Advisory board has involved the building in a couple of charitable activities. They labeled the candles for our "Lights of Love" Tree, which netted \$160 from collected donations and for each child that attended Breakfast with Santa the PTO donated \$250 for a total of \$410 for the Ronald McDonald House. Our Toys for Tots and teens drive was a great success. Activities such as these and our Thanksgiving Family Adoptions have given our students the opportunity to experience charity and sharing. It is obvious that parents are reinforcing our character initiatives at home. Thank You

Wonderful entertainment has abound! The 3rd grade play "Once Open a Roof Top" was a huge success. Thank you to the staff, parents, performers, scenery crew and of course Mrs. Caro for such an outstanding effort. The Band and Chorus Concert was wonderful.

My holiday wish for you, is for you to enjoy your family.

Happy Holidays!