

HOLMES ELEMENTARY

FALL 2023 NEWSLETTER

Welcome Back!!

It has been so wonderful to see everyone's smiling faces back at Holmes! To kick off the year, we've held a number of events including: Open House, Back to School Parties, Student Town Hall Meetings, Scholastic Book Fair, and Picture Day.

New this year is our Holmes Newsletter!! Every season we will be sending out a newsletter highlighting our amazing students, information on future events, and providing families with helpful tips and resources.

We are looking forward to a wonderful year with you and your students!!



DID YOU KNOW?

What is Bullying?

Bullying is a form of behavior in which someone intentionally and repeatedly causes another person injury or discomfort. Bullying can take the form of physical contact, words, or more subtle actions.

October is Bullying Prevention Month!

All students deserve to feel safe and supported inside and outside of school. It is important that everyone treats each other with kindness, acceptance, and inclusion. At Holmes, we held several events to educate our students on the importance of this.



Unity Day

Every October, our school counselor, Mrs. Addison, visits each classroom to teach a lesson on what bullying is and how to prevent it.

Classrooms were then asked to create a Unity poster that represents their class's commitment to preventing bullying and accepting others. Check out this year's the poster winner from Mrs. Kersten's class!

Be sure to ask your student what they learned this month about bullying prevention!

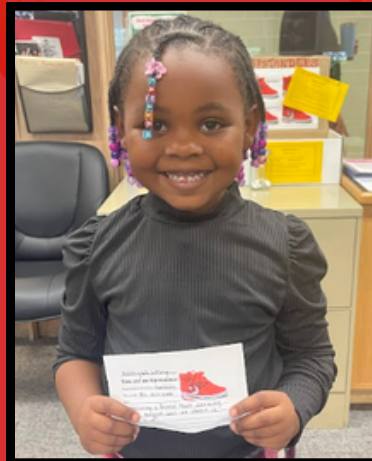
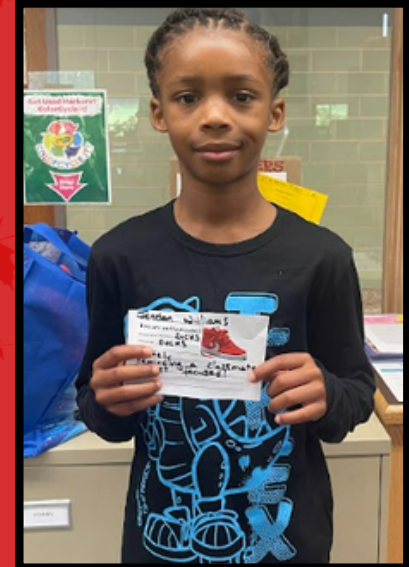
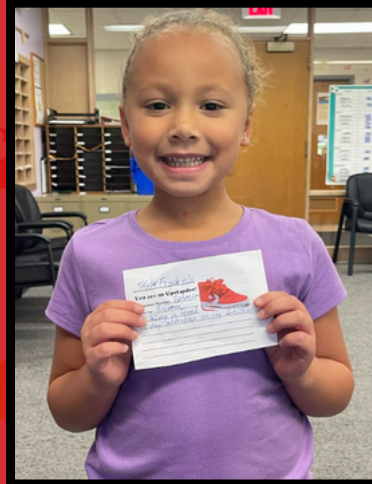
UPSTANDERS ARE BACK!

What is an Upstander?

An upstander is someone who speaks or acts to stand up for others. We can be upstanders by speaking up and telling someone to stop a harmful behavior. We should also report the behavior to a trusted adult.

Upstanders are recognized regularly within our building during our Upstander Parades and PBIS Assemblies!

We want every student to become an Upstander!! Ask your student how they can become an Upstander at Holmes!



WEST ATHLETES AT HOLMES



Holmes was happy to host a number of Kenmore West football and volleyball players at the end of October. The student athletes visited various classes throughout the school and participated in different activities. Thank you to the teachers and coaches who made this happen!

Ask your student what they did with the student athletes when they came to their classroom!

Attendance Matters!

It is important that students are here every day. If your student needs to stay home for an appointment or is sick, please let the school know and send a note in explaining the absence the next day they are in.

Did you know that family vacations, even with notifying the school, are not an excused absence?

Mark Your Calendar!

NOVEMBER 1

Lion's Club providing FREE eye exams to Students in K, 1, and 2!

NOVEMBER 16

Picture Retake Day

DECEMBER 7 & 11

Parent Teacher Conferences

DECEMBER 12-15

Elf Shelf Shop

DECEMBER 20

Winter Concert

Health Office Updates

CALLING ALL Pre-K, K, 1ST, AND 3RD GRADE PARENTS!

If you haven't already, send in a copy of your student's most recent NYS Health Exam Form. Please contact your child's doctor's office if you do not have a copy.

WHEN DID YOUR CHILD LAST HAVE A PHYSICAL?

Please make sure your child is seen annually for their wellness visit and also for a yearly dental check up. Healthy children learn better!

IT IS OFFICIALLY FLU AND COLD SEASON!

Review the **District Guidelines** for keeping children home when they are not feeling well. Remember to directly contact the health office if your child is diagnosed with any communicable disease (ex: Strep throat, Influenza, Covid-19, Hand/Foot/Mouth virus, Head lice, Impetigo, etc.).

Mrs. Aquino's Wellness Tip:

Wash your hands with soap and water often to help prevent illness this flu and cold season!



What is AAC?

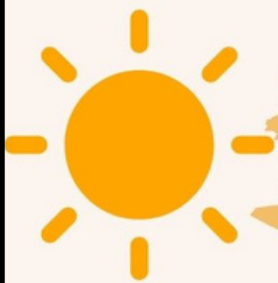
AAC stands for Augmentative & Alternative Communication. It means any tools or strategies that add to or can be used as an alternative for oral speech as a means of communication. This means: manual signs, facial expressions, speech-generating devices, written communication, and more.

Who uses AAC?

We all do! Any time you are texting, using gestures and facial expressions, posting memes, or using something other than oral speech to get your point across is using AAC.

There are also very sophisticated AAC systems, like speech-generating devices, apps, and books, that people who have difficulty producing oral speech can use to support their communication.

Here at Holmes, we have students who use a variety of these AAC systems. We notice the beauty in our differences and celebrate them!



ELEMENTARY HEALTH NEWS



The Elementary Health teacher will be visiting every class in all five of Ken-Ton's elementary schools for our first lesson during the months of September and October. This first lesson is full of fun and engaging activities on what it means to be healthy and healthy habits. Our health lessons always begin with exercise, and for this lesson, we will get up and move in coordination with the Bills Shout song! Our younger learners will then learn about healthy habits through books, sorting activities, and identifying healthy vs unhealthy habits. Our older learners will complete self inventories of their physical, social, and mental health habits and evaluate the results. Students will be asked to pick a habit to work and improve upon. Some review games will be played to better understand healthy habits and all lessons will conclude with a mindful breathing exercise!



3rd Grade Health Triangles



2nd Grade Healthy Habits Bingo

EARN CASH FOR SCHOOLS WITH BOX TOPS

TOGETHER, WE CAN MAKE A BIG DIFFERENCE

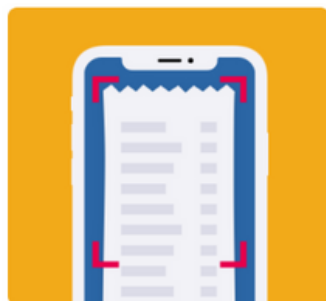
For over 25 years, Box Tops for Education has given families an easy way to earn for schools with products they already buy. Today, you can find thousands of participating products throughout the store — and all you need is the Box Tops app.

HERE'S HOW IT WORKS:



BUY BOX TOPS PRODUCTS

Earn for schools with the brands you love.



SCAN YOUR RECEIPT

Use the Box Tops app to submit your receipt within 14 days of purchase.



EARN CASH FOR SCHOOLS

Box Tops products are identified and earnings are credited online.

If you are unable to get the app or would prefer not to, you can send your receipts into school and we'll scan them for you 😊
Please send receipts in an envelope labeled "Box Tops Receipts".



ONLINE SHOPPERS CAN EARN WITH BOX TOPS, TOO!

Whether you order groceries for delivery or pickup, shop through your store's app, or request an email receipt at checkout, you can earn for your school no matter where you shop.

SEE PRODUCTS & LEARN MORE ABOUT
THE BOX TOPS APP AT [BTFE.COM](https://www.btfecom.com)

DON'T HAVE THE BOX TOPS
APP YET? DOWNLOAD IT NOW:



DIGITAL LITERACY

TWO SIMPLE TIPS

For a Safe, Healthy, and Balanced Digital Life

1) SET MEDIA EXPECTATIONS



The American Academy of Pediatrics encourages parents to set media use expectations using a Family Media Plan. They have created an online tool that makes the process a breeze. The QR code on the right will walk you through the steps.



[HTTPS://TINYURL.COM/YCX56D63](https://tinyurl.com/YCX56D63)

2. TALK WITH YOUR CHILD ABOUT MEDIA USE



[HTTPS://TINYURL.COM/29C9SPP9](https://tinyurl.com/29C9SPP9)

Talking and listening to your child about media issues is a great way to monitor use and encourage healthy media habits. Common Sense Media has created a collection of activities to help families with media literacy. The QR code to the left will take you to Common Sense's resources for parents.

