

# FRIDAY



# FLASH



**EDMUNDS**  
ELEMENTARY SCHOOL

299 Main St, Burlington, VT 05401 • 864-1791

**Date and Volume Number**

## From the Principal's Desk

I've long equated the school year to a roller coaster ride. The first part of the year - September through December is the long ride up hill. January is the crest and then we hover for a bit, and then the car tips down, rushing faster and faster until suddenly, it's mid-June and the car stops. As fast as it seems to adults, I'm sure that at this point the students are finding the year's passage agonizingly slow. I used to think that there were two years between Christmases - the year from Christmas to summer vacation and the year from summer vacation to Christmas. When you're six, a year is a much larger percentage of your life!

By this time in the year, the amount of time that students are spending together leads to some behaviors that give evidence to the saying, "familiarity breeds contempt". The respect and kindness they we're able to extend towards peers at the beginning of the year has waned and we are seeing a real and disappointing rise in unkind behavior, both verbal and physical. They have learned each other's "Buttons" and are pushing them too often.

Thoughtfulness and kindness is something that needs to be reinforced and modeled on a daily basis. We have only 37 days left of school, we are going to be looking for examples throughout the school as much as possible. Small things such as saying thank you for being handed a pencil or to the person who just held a door open for you cannot be underestimated. If you do something for your child, expect a thank you every time - it helps instill the importance of expressing gratitude acknowledging even the smallest act of kindness or helpfulness.

Developing an awareness of the need for kindness even when we are tired, or don't feel well is really important. It isn't OK to take one's frustration out on another. Taking time out, by walking away, sitting quietly, or deep breathing are all good strategies. A simple breathing strategy is the 5 finger breath where you hold one hand up, and with your other hand, outline your fingers, starting with your thumb, inhaling as you go up your thumb, and exhaling as you go down. Doing this slowly and deliberately really has an amazing calming effect.

**April 13, 2018**

### Up Coming Events:

April 22 - Earth Day

April 23-27 - Spring Break: No School for Students

May 7-11 - Teacher Appreciation Week

May 18 - Mayfair!

**Whole School Assembly**  
**April 19, 2018**  
**Volunteer Appreciation**

### (CONT)

Modeling patience, and kindness will help our students remember here at school, that rather than reacting negatively to the friend whose small habits annoy us, we can learn to ignore, or even begin to think about those things we like about that person. Reacting negatively at this point is turning into retaliatory behavior where small slights get larger and larger as each student goes a little harder at the other.

Everyone works hard. Everyone has buttons that can be pushed. But when things get tiring it doesn't help to push buttons - what is needed is more kindness and caring.

### **VOLUNTEER APPRECIATION BREAKFAST - THURSDAY, APRIL 19<sup>TH</sup>**

The teachers, staff and administration recognize how fortunate we are to have a wonderful community of volunteers. As a small token of our appreciation, we welcome all our volunteers to an appreciation breakfast following next Thursday's morning assembly. We hope to see you there!

### **THANK YOU!**

Thank you to everyone who has returned snow pants and other winter gear. Unfortunately, we're still missing several pairs of snow pants, gloves and mittens. Please check at home and in lockers to see if any of these can be found. All the clothing is clearly labeled with EES. Thanks for your help!

**STUDENTS PERFORM WEEK:**

The next students perform week will be next week, April 16-April 20. Any student in grades 2-5 can bring in a performance to share with their class. Ideal performances are school appropriate, show musical practice from outside of school, and are about 1-3 minutes long

**EES STUDENT COMPOSITION SELECTED FOR LIVE PERFORMANCE!**

Join me in congratulating Megan Goldsmith, Sophia Ambroggio, Atara Metzger, and Kiki Kirkland who had their music compositions selected for live performance by professional musicians. The Opus concert is hosted by Music-comp a community organization that provides composer mentors to student musicians. There were over 100 submissions and only 22 works were selected for the concert! What a great honor for our students!! The opus concert is Monday, April 30th at 6:30 PM at the Elley-Long Music Center in Colchester. The concert is free and open to the public.

**SAVE THE DATE: CITY WIDE COMMUNITY DINNER AND DANCE!**

The music departments of the Burlington Elementary Schools in collaboration with Young Tradition Vermont and the Burlington School Food Project are pleased to invite Burlington's third-fifth grade students and their families to Burlington High School for a community dinner and contra dance at 5:30 pm on **Thursday, May 3, 2018**. Students from around the city have been preparing fiddle tunes to accompany the dances with the help of the amazing teachers from Young Tradition Vermont. Students in third, fourth and fifth grades have been learning the dances in their music classes and are ready to pass on that learning to their families. The Burlington School Food Project which provides nutritious and delicious food to Burlington students everyday will be providing the meal for this event!

**PTO NEWS**

**PTO LEADERS:** Leigh Fisher, Jenny Sullivan and Rachel Shelley

**PTO CONTACT:** [pto@eespto.org](mailto:pto@eespto.org)

**SAVE THE DATE! MAYFAIR, MAY 18TH (4-7PM)**

Mayfair is fun for the whole family! Games, prizes, food with your EES community. Activities include a bouncy castle, musical cakes & more. Tickets available at the fair!