



Cornwall Consolidated School E-News



[CCS Website](#)



EVENTS for December 2020 & January 2021

Fri 12/18	Report Cards Sent Home with Students
Thurs 12/22	Pajama Day Again!
Wed 12/23 - Fri 1/1/21	Holiday Break
Mon Jan 4th 2021	No School /Teacher Professional Development Day
Tues Jan 5th 2021	First Day Back for Students!!



“The Virtual Backpack”



Check here weekly to ensure that you are up to date with flyers and notices that have been sent home with your child!

[Click here to see Flyers & Notices That Have Been Sent Home](#)

Weekly Quote

AT CCS, we will share a weekly quote with your child(ren) which helps them to reflect on what it means to be a strong person, academically, socially and emotionally. Please talk to your child about the weekly quote.

September Quotes were around Kindness.

October & November Quotes were around Perseverance.

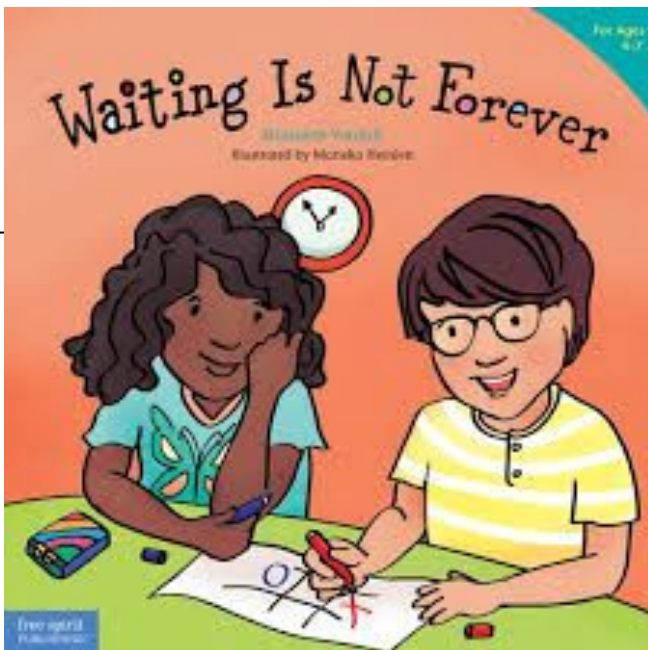
December Quotes are around Managing Impulsivity.

Definition to be shared with students:

Our new monthly focus is around Managing Impulsivity because it is so important to think before you act. Your words and actions can affect people in a negative way if you do not stop and think first.

This Week's Quote is:

If you are patient in one moment of anger, you will avoid one hundred days of sorrow.” ~Chinese Proverb



Principal Page

Dear CCS Families,

It was such a fun week last week with all our spirit days! Thank you for all your support. On Friday, the CT Children's Hospital PJ Day for Kids fundraiser was a huge success. We raised \$432.00 in one day! There are many pictures this week in the E-News for you to enjoy from our spirit week!

As the snow begins to fall and we remain home during the coronavirus (COVID-19) pandemic, you may be looking for other activities to do with your family. The American Red Cross is offering a special opportunity to get your children in the holiday spirit while teaching them something valuable at the same time.

This holiday season join the Red Cross as we travel to a winter wonderland to visit **Mrs. Claus** as she leads us in an interactive storytime. Gather your children, warm blankets, delicious treats, and tune in to learn how your family can better prepare and cope during emergencies.

The Red Cross is hosting a special holiday edition of our virtual preparedness education program for elementary school students throughout December. "Prepare with Pedro" (grades K-2) and "Pillowcase Project" (grades 3-5) are interactive programs designed to teach children how to be prepared and take action during emergencies. They will also learn helpful resiliency and coping skills.

These virtual events with Mrs. Claus are approximately an hour in length, FREE, and open to all! Available in Spanish upon request.

Prepare with Pedro:

Tuesday, December 15 at 4:00 pm

Saturday, December 19 at 10:00 am

Pillowcase Project:

Wednesday, December 16 at 4:00 pm

Saturday, December 19 at 11:30am

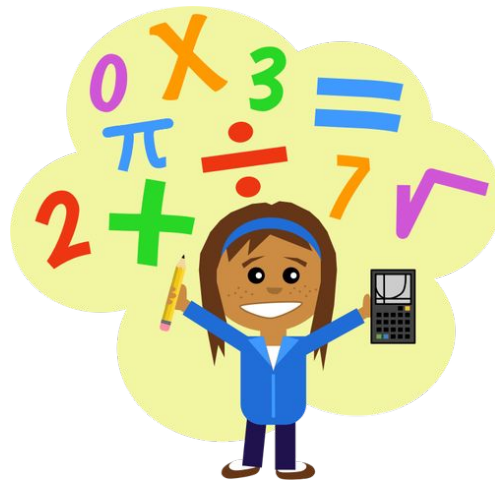
Advanced registration is required, follow the link here to reserve your spot:

<https://bit.ly/HolidayReady123>

Math at Home

Danielle Krueger (Grades 5–8 Math) & Kristi Pramuka (Grade 2)

Developing math skills begins by playing just as it does with reading! By playing games or puzzles, finding patterns, shapes and numbers in the world around us and then forming structures, rules and ideas, kids begin to build understanding. Once they have this initial understanding, that leads to kids observing and asking questions. From there, they are able to discover the connections to help them solve problems. This is why it is important to play with mathematical concepts at home!



Each month, we will share different ways to talk about math and give suggestions of activities you can try with your children.

**Check out the next page for this month's idea -
it's a delicious one!**



Math at Home Baking Together!



As the holidays draw near, so does the time for baking cookies! While baking cookies together, here are some easy ways to incorporate math talk!

★ For younger students:

- Ask how many chocolate chips are in a handful, cup or bag. Count them together. Count by 1s, 2s, 5s, 10s. Sort them into groups of 1s, 10s, 100s.
- Have them make an array with some of the chocolate chips.
- Count how many ingredients are in a recipe or how many cookies you get out of a batch.
- Talk about what time it is and how long it'll take to bake. Ask what time will the cookies be done?

★ For older students:

- Ask your child to help you double, triple, or even halve the recipe.
- Talk about the ratio of different ingredients within the recipe. Ask what is the ratio of sugar to flour?
- Have the students make conversions, i.e. tablespoons to teaspoons, cups to tablespoons, etc.
- Talk about how long a recipe will take start to finish, preparing, cooking, cooling, etc. If you need to be somewhere at 5:00, what time do you need to start?

Holiday Gifts for CCS Staff

Families have been reaching out & asking about if gifts can be sent in for staff this year.

Please do not feel the need to do so as we enjoy what we do. If you would like to do something, we have three suggestions:

- 1) A handwritten (or dictated for younger students) note/card from your child. Highlighting what they have learned or appreciate about their teacher. This is why we do what we do & we do save these to read over on those difficult days!
- 2) Donate a book for your child's classroom library with your child's name inside & year of donation.
- 3) If you feel you would like to do more (again this is not necessary), staff would appreciate if you would make a donation in their name to a Cornwall organization that supports our wonderful community or another charity of your choice. Below are a few suggestions with links:

[*Little Guild Animal Shelter*](#)

[*Cornwall Food Pantry & Fuel Bank*](#)

[*Cornwall Volunteer Fire Department*](#)

[*Cornwall Conservation Trust*](#)

[*Cornwall Historical Society*](#)

[*CCSFE \(Cornwall Consolidated School For Excellence\)*](#)



CCS Students Care for their Community

CCS students and Arrow of Light Scouts Travis Barber and Nathan Young (with help from Steven Barber) assembled a vast and varied collection of essential personal care products and warm socks, mitts, hats and gloves and packed them into "care bags" for the Torrington Friendly Hands Food Bank. They dropped them off last week to much appreciation.

Way to go Travis, Nathan and Steven!





Happy December!!

Not all of us welcome the colder temperatures, but there's no denying they're here. Children will be going outside as much as possible. Warm coats, hats & mittens are recommended as well as boots. Boots allow students to run on the grass without getting their feet wet. Children can bring extra clothes to leave in school as well. Please remind your child(ren) to dress for the season! Shivering at recess definitely detracts from the fun.



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There is a very limited supply of clothing in my office. The pickings are (figuratively) pretty slim. If your children have **outgrown clothes** and you're wondering what to do with them, please consider dropping them off at CCS. **Hand-me-down sweatpants, sweatshirts, stretchy leggings, warm shirts, jackets, and coats will be put to very good use. Thank you!**



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Mindful Moments

Brought to you by CCS School Counselor, Brittany Perrone, M.S.

TAKE CARE



OF YOURSELF



Embrace Hope and Expect Change

**It is human to feel a wide range of emotions now.
These are very difficult times.**

Some of us are going through challenging circumstances, such as the loss of a loved one, unemployment, isolation or the need to return to work in the face of uncertainty.

Many of us are experiencing changes in sleep patterns and appetite, having difficulty concentrating, and having increased levels of concern for ourselves and others.

We will react to our specific circumstances in different ways. There is no "right" way, no recipe for how to go through challenging situations. The important message is that there is no shame in the feelings we are experiencing or in reaching out for support.

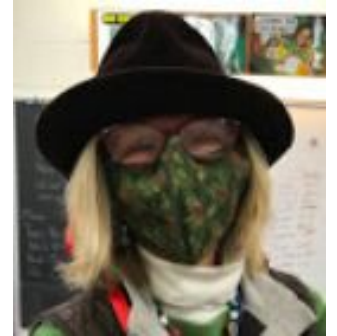
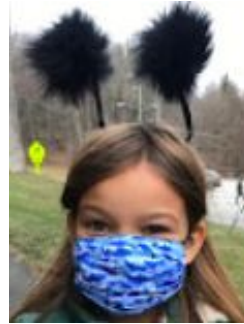
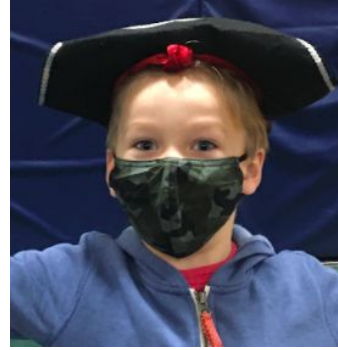
Here are some things we can do:

- **Stay socially connected.** Staying in touch with family and friends is important. We can find support and support others by talking about our feelings and experiences and listening to what others have to say.
- **Help others, if you can.** Finding creative ways to help others can be a powerful way to give back to our communities. By staying home and safe, we are protecting ourselves and others in the community.
- **Find a routine that works for you.** Having some structure in our days can be helpful, such as waking up at the same time every day, separating job tasks from personal time, eating at regular intervals and exercising. Taking breaks is important.
- **Find support.** Talk about your worries. These are difficult times for everyone, you may find that many others are going through similar experiences. Sharing can help us build connections and support each other.
- **Ask for help.** Seeking help is important when the emotional distress or worry are such that we feel unable to cope with daily life, relationships, work, caregiving or other responsibilities, think about hurting ourselves or someone else, or have other extreme or unusual experiences that are distressing. In that case, it is important to seek immediate help.

To access a variety of resources and services, turn over the page (or scroll down)

To seek immediate help or for more information, call **211**.

Hat Day!



More Spirit Day Fun!



Gr 5 Listening Challenge by Following a Peer's Directions



Gr 7 Card Tower Challenge

