



Cornwall Consolidated School E-News



[CCS Website](#)



EVENTS for February & March 2021



Mon, 2/22	100th Day of School!! <u>Fit February Spirit Day: 100th Day</u> (Dress Like You Are 100 yrs old or from the year 1921)
Wed, 2/24	Spirit Day: Class Color Day! (Info will come home by the end of day on Tuesday)
March 10th	12:10 Early Dismissal for students for Teacher Professional Learning
March 24th	1:00 Early Dismissal for students 2:00-7:00 PM Student Led Conferences
March 25th	1:00 Early Dismissal for students 2:00-4:00 PM Student Led Conferences

“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](#)

February at CCS

February will be a fun month at CCS! Listed on the next few pages are what we will be doing as a community:

FIT February: Huge thank you to Mr Boucher for leading and encouraging us each morning! Check out the morning exercise photos later on in the E-news. Great way to start the day on a positive note!

CCS Fit February Whole School Morning Exercises

After we say the CCS Community Commitments, Mr. Boucher will get on intercom & lead the whole school in the morning exercise.

Monday	Tuesday	Wednesday	Thursday	Friday
1 20 Jumping Jacks 	2 30 Sec. High Knees in Place 	3 20 Lunges 	4 20 Squats 	5 20 Crunches 
8 20 Mountain Climbers 	9 10 Sit-Back-Roll-Stand 	10 10 Push-Ups / 20 sec.hold 	11 20 Calf Raises 	12 30 Sec. Plank 
15 	16 	17 30 sec. High heels 	18 30 sec. Jogging /Footfires 	19 30 sec. 3 point plank 
22 30 sec. Skipping in Place 	23 30 sec. Ski Jumps 	24 15 Sit-back-roll-stand 	25 30 seconds Criss cross/ Jump 	26 2X10 sec. Leg Lifts 



WED, FEB. 3RD
SPORTS ATTIRE
Wear your favorite team's jersey or the jersey from a team you play on!

WED, FEB. 10TH
WORKOUT GEAR
Rock your favorite workout gear!

WED, FEB. 24TH
YOUR CLASS TEAM!
Each class will be choosing a color. Become part of a team and wear your class's color!

THURS, FEB. 18TH
100th DAY
THIS DATE MAY CHANGE DUE TO SNOW DAYS
Dress like you are 100 years old or from the year 1921! 100th day fun will last all day!

FIT FEBRUARY SPIRIT DAYS



February at CCS

More Fun!

1. 100th Day Celebration (Monday, 2/22 if in building)

We will truly celebrate THIS YEAR's 100th day! There will be contests, challenges every 100 min over the intercom, and more surprises. To celebrate this day and show school spirit, students are invited to dress up like they are 100 years old, or from the year 1921. We would love to see as many students as possible dressing up on this day. Additionally, students are invited to bring in 100 pennies (AKA \$1), which will be donated to the Cornwall Food and Fuel Bank. Please see this [flyer](#) for more information.



- ### 2. Spirit Day: Team Color Day!
- Each cohort will choose a color to wear to show school spirit! We will communicate by Tuesday afternoon as to the color each group has chosen!

Principal Page

Dear Families,

March is right around the corner and let's hope it does not come in like a lion! We have been fortunate at CCS to have a limited amount of remote learning days. We appreciate your support at home when we do need to have these types of days.

We will have our student led conference days on March 24th and 25th. Next week's E-News will have detailed information about these conferences and how to sign up for a time with your child's homeroom teacher.

Lastly, we wanted to share some ideas and activities that we are looking into for the second half of the year for our children. We believe we should be able to provide such events safely following the protocols that have kept us in school.

- **Theme Months (Fit February, Mindful March, Appreciation April, Movement May, JOYFUL JUNE)**
- **Looking to book Virtual Field Trips or Programs**
 - **Already Booked: Gr 2 CT Science Center Shifting Sediments**
 - **Looking to book Nature's Classroom Traveling Presentation for all Middle Schoolers**
- **Field Day**

Those are some of the ideas and we are continuing to brainstorm more! Have a wonderful week.

~Mary Kay Ravenola, Principal

CCS Monthly Character Building Foci

AT CCS, we focus on Habits of Mind with our children which helps them to reflect on what it means to be a strong person, academically, socially and emotionally. Below are the foci that we have covered to date.

September's focus was Kindness.



October's & November's focus was around Perseverance.



December's & January's Quotes are around Managing Impulsivity.





Nurse News



“Research shows laughter is good for us.”

Your children are a constant source of joy... and amusement.

A CCS lower grade student, immediately following lunch where he cheerfully chatted and ate well stated “I feel like I’m going to throw up.”

Me: “That’s too bad.... No fever. Why don’t you rest for a bit and sip some water?”

Student: “Do you have any pretzels?”

Another CCS student during a vision screening.....

Me: Cover your left eye with the palm of your left hand. Good.... Now right eye, right hand. Good! Now we’re going to check your vision using both eyes.” The student promptly covered both eyes with both hands.

And this, at another Region One school during perhaps the height of COVID anxiety:

Student: “I have a sore throat.”

My colleague and friend, after donning an N95 mask and face shield and approaching the student with tongue depressor and penlight...

Student: “WHAT ARE YOU DOING? I just wanted a cough drop.”

Mindful Moments

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

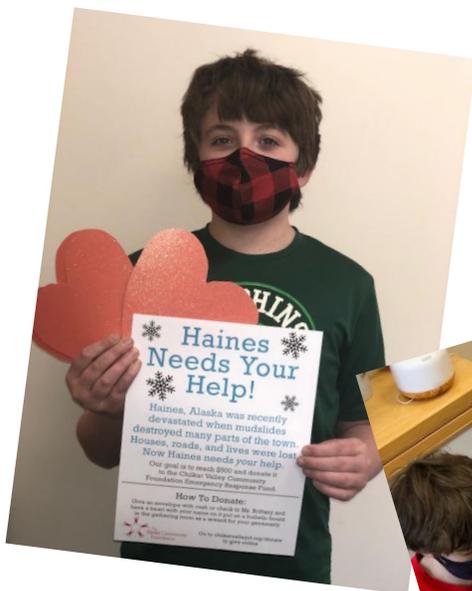
Phone: 860-672-6617 Ext. 242
Email: bperrone@cornwallschool.org

Counseling News

It has been a *whirlwind* in the Counseling Office, but a very, very wonderful and productive week! The CCS (and greater!) community came together in an incredible display of compassion and generosity for the **Hearts for Haines Fundraiser** created by the fifth grade class.

The fifth grade students, led by **Winter Cheney**, have worked tirelessly to keep their fundraiser organized and many students came up daily during their recess time to write on hearts and add them to our growing display. Their dedication is so **impressive and inspiring!**

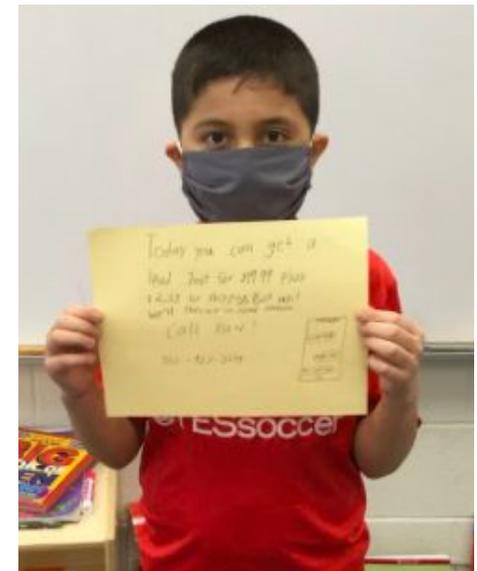
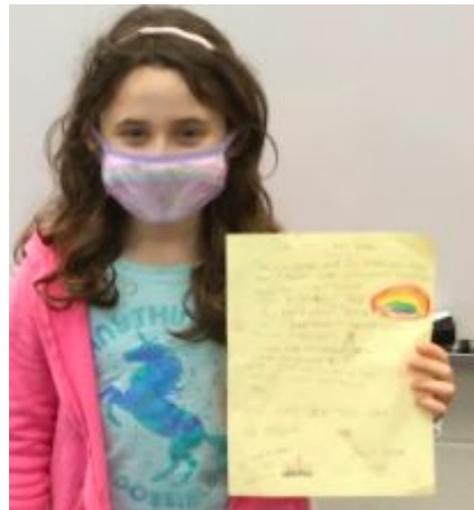
Their philanthropic efforts have, rightly, attracted interest from several newspapers, both in Connecticut and Alaska! I hope to share a few of those articles with you as they are published, and know I speak on behalf of our whole community when I say I am **SO PROUD** of this awesome group!!



Generosity is the most natural outward expression of an inner attitude of compassion and loving-kindness.

Dalai Lama

Photos of Working Our Mind & Body



Outdoor Fun!





NEW!! Math at Home Card Games!



As promised, here are some more fun card games to play at home!

Counting On -

- *Card Count On!* - remove the face cards and grab a die. Players flip a card and roll the die. Starting with the number on the card, they “count on” using the number on the die. For instance, if the player flips a 4 and rolls a 3, they would say, “four...five, six, seven.” If they get it correct, they keep the card.

Number Recognition:

- *I Spy* - Lay out cards on the table, then take turns giving clues, such as “I spy a card with a 5,” “I spy a card that’s less than 4,” or “I spy two cards that add up to 12.”

Addition -

- *Pyramid Solitaire* - Sum 10: Remove all face cards except the Ace. Place 21 cards face up in a 6 row pyramid starting with 1 card at the top. The leftover cards are the draw pile. Using exposed cards, start the bottom row of 6, find cards that when added together equal 10 and place in a discard pile. If no addends of 10 are available pull cards from the DRAW pile until a combination is made. Place any cards you can’t use in the discard pile. Keep going until there are no combinations left. The score is the sum of the remaining cards. Try to beat your score! Also - try using a sum other than 10!



Multiplication

- *Multiplication War* - Remove face cards or assign them a value (depending on the game level). Deal the deck to all players. Each player flips 2 cards, multiplies and the person with the largest product wins all cards!



Math at Home Card Games!



All Operations

- *Math Boggle* - Remove the face cards. Each player needs paper and a pencil. Lay out 16 cards in a 4x4 format. Set a timer for 5 minutes (less time as students get used to the game) and say go! Players look to see where they can find equations among the sixteen different cards. Players can write down equations that go vertically, horizontally, diagonally, and even zig-zag, so long as the cards are in order and are touching at a side or corner. For example, if a player finds a 4, 3, and 1 next to each other, they can write “ $4 - 3 = 1$ ” as an equation, or “ $1 + 3 = 4$ ” as another equation. The player with the most combinations wins!

Adding Decimals -

- *Make a Buck* - In this game, Ace = \$0.01, Two = \$0.02, Three = \$0.03, ... Tens = \$0.10, Jack = \$0.11, Queen = \$0.12, and King = \$0.13. Each player begins with ten cards. Players take turns drawing and discarding one card at a time until the deck is depleted or a player collects exactly \$1.00. If no one has \$1.00 after the deck is depleted, the person closest (without going over) wins!

Positive & Negative Operations

- *6 or -6* - In this game, red cards are negative and the black cards are positive. Each player starts with 6 cards, drawing one at the beginning of their turn and discarding one at the end. The goal is to play pairs that equal 6 or -6. The person playing 3 pairs first wins. The other players add the absolute value of their cards to get a score. The goal is to have the lowest score at the end of the game.