

McCarthy-Towne Bulletin

September 1, 2016
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September Start

by David Krane, McT Principal

Greetings and welcome to a new school year! I write this, as usual, a few days before you'll see it, and before school has actually begun. Today, we celebrated our Opening Day as a district and we were able to spend the remainder of the day together as a staff. Tomorrow, we will have what is becoming an annual event: a consultant from Responsive Classroom will be leading us through a variety of activities designed to help us improve our community building, better understand the importance and use of what Responsive Classroom calls Academic Language, and how we can employ that language in an effort to create an environment for students where there is less conflict and so, less stress. More on that as the year progresses...

We are again welcoming new faculty and staff to McCarthy-Towne this year. Kasey Conway, our Primary Special Educator in the Learning Center, Ashley Bock, our ELL teacher, Alison Bullock, who will be joining the Fourth Grade Team, replacing Sarah Ricci, who has moved to the Third Grade Team, Tom Kamataris, our new PE teacher who is taking the place of Dave James, who has moved to the secondary level as a PE administrator. Tom is a veteran Acton educator, having served at a couple of the elementary schools, including McT, before landing here again. We also welcome Heather Stouch as our own McT full-time psychologist, with whom we worked last year, too. All arrivals new to McCarthy-Towne School are extraordinarily qualified and we are delighted and very fortunate to have all of them as part of our school community. Please introduce yourself and say hello!

Our intrepid office staff, including Office Administrator Astrid Trostorff, Tracey

Smith, Parent Involvement Coordinator, and Carol Chytil, our Office Assistant for things financial and general help and support, have kept our school moving forward during the summer months. Tracey did an amazing job with Kindergarten Orientation and welcoming new families. It is absolutely one of the best days to be part of our school community, watching how excited these kids are to begin school and how equally excited their families are, too. Carol continues her impressive work. Her financial acumen is extraordinary, and she has done a wonderful job over the past few years. Our office staff has fit right in to the flow of the school!

Our school looks absolutely marvelous. This year we were without any summer tenants and so the custodial staff had the chance to do an incredibly deep cleaning of most of the classrooms and now our school is actually cleaner than it has been for a long time. Thanks to John Pacelli and Mike Fortin and all their helpers as well as the second shift custodians, Pete, Mark, and Julie. Thank you all for your dedication and hard work.

Just as we did last year, we enter our new school year with faculty changes, a schedule change, and a palpable excitement about continuing the teaching, the learning, and the building of a strong academic and social community for adults and children! We have a remarkable teaching staff, an amazing support staff, and the enthusiastic support of the families of almost five hundred students.

Let's welcome our new faculty, our new students and a new school year. I am looking forward to a wonderful start to a wonderful year!

Mark Your Calendar

SEPTEMBER

- 2, Friday**
NO SCHOOL, holiday weekend
- 5, Monday**
NO SCHOOL, Labor Day
- 13, Wednesday**
Back-to-School Night, 6 PM
- 14, Wednesday**
School Picture Day
- 15, Thursday**
Early Dismissal (1 PM)
- 16, Friday**
McT Mileage Club Begins, 8:30 AM
- 20, Tuesday**
PTSO Meeting, 7 PM
- 22, Thursday**
Early Dismissal (1 PM)

OCTOBER

- 3, Monday**
NO SCHOOL, Rosh Hashanah
- 6, Thursday**
Early Dismissal (1 PM)
- 10-12, Mon.-Wed.**
NO SCHOOL, Columbus Day and Yom Kippur
- 20, Thursday**
Early Dismissal (1 PM)
- 27, Thursday**
Early Dismissal (1 PM)
- 31, Monday**
Scholastic Book Fair Begins



from Chris Hanlon and Judy Bourdon, PTSO co-chairs

As a new school year begins, many parents are left holding a mixed bag of feelings... happiness (to see your child/children bounce excitedly to their next great learning adventure), sadness (that you have to give up the heightened quality time together), relief (that everything that doesn't get done as well in the summer will be back to normal), and sometimes fear (as you realize that this

Bulletin begins a year of multi-color handouts coming home with many things to keep track of). That is quite an emotional collage to pull together, but we would like to suggest a few ways the McT PTSO can help as you search for ways to help your child/children at McT.

First, a few basics. All McCarthy-Towne parents, teachers, and students are automatically part of the PTSO... no forms to fill out. We meet monthly, and those meetings are great chances to hear an update from Principal David Krane, to ask questions you have about the school, and to learn about upcoming PTSO events (and how you can get involved). PTSO members are working hard to improve your child's school experience, in both obvious, titled positions as well as behind the scenes efforts... and we welcome you to join in!

What we do as parents really matters to the education and experience of McT students. The events we organize add to the community spirit of our school. The \$75,000-\$80,000 we hope to fundraise makes a concrete difference in the day-to-day experience of McT students. To that end, we plan to include three encouragements in each Bulletin update:

- 1. If you are able, attend our first PTSO meeting of the year on Tuesday, September 20th at 7 PM in the McT faculty lounge.** Learn about plans for the year and where the PTSO most needs your help.
2. Visit www.mctptso.org and get an overview of plans for the year as well as specific upcoming events on our calendar.
3. Take advantage of as many options to be part of your child's school experience as your schedule allows. Before long, class events, field trips, and all school functions will begin. There is no obligation to participate, but join in them as your schedule and interest allow, and you will make a difference for your children, their classmates, and their teachers.

If you have any thoughts or questions, please contact either the Senior PTSO Chair, Chris Hanlon (hanlon-christopher@hotmail.com) or the Junior PTSO Chair, Judy Bourdon, (judyandroland@gmail.com).

McT Mileage Club—Get Moving in the Morning!

The McT Mileage Club is a morning exercise program for McT students along with any parents/siblings who wish to join in the fun. The program is beginning its fifth year, continuing to be a great way for students to start their day with hearts pumping, blood flowing, and brains waking!

Using a measured course in the back playground, McT Milers will log laps by running, jogging, walking, skipping, strolling (or some combination thereof). They use a chart to track their mileage and receive a foot token at certain accumulated distances. McT Mileage Club is a FREE program that operates on a drop-in basis. Come as often as you can, but there does not have to be an "every week" commitment. Here are the other details:

When: Friday mornings, 8:30-9:05 AM, beginning on September 16th and continuing through Thanksgiving (or as long as the weather allows).

Where: Back playground, Parker Damon Building

What to bring: Shoes comfortable for activity and a great attitude. A bottle of water is a good idea too.

How do I get involved: Parents need to complete a form for each child participating in McT Mileage Club. Forms are available in the office and at the Mileage Club sessions. The form will also be sent to families on the McT Mileage Club e-mail group.

The program will be led again by Chris Hanlon, parent of Josie (5th grade) and former teacher and track/cross country coach. We rely on help from parent volunteers, so if you are available and want to pitch in, you can volunteer as often as you like (weekly, bi-weekly, monthly, only when the weather is nice!)

Who should you contact with questions or to volunteer or to be added to the email group: Chris Hanlon (hanlonchristopher@hotmail.com).

School Picture Day: Wednesday, September 14

School Picture Day is on Wednesday, September 14. Weather permitting, pictures will be taken outdoors. Check your child's backpack for the Coffee Pond order form and send it back as soon as possible.

Sibling Discount! Coffee Pond offers a discount for families with three or more students. This applies to all siblings that attend schools that use Coffee Pond. See the order form for details.

Volunteers are needed to help make picture day run smoothly! Help is needed from either 9:30–11 AM or 11 AM–12:45 PM. This is your chance to make sure your child's hair is in perfect condition for picture day. Please contact Fiona Starr (fiona.starr@gmail.com) with your time preference.

Food Service Update

from Kirsten Nelson, Director of Food Services

The Acton-Boxborough elementary school lunch price is \$2.75 and Acton-Boxborough Jr. High and Senior high lunches start at \$2.75 with tiered pricing to \$3.75. All lunches include an entrée, choice of milk, fruit, and vegetable. A la carte milk is available for 50¢.

The application for free or reduced lunches is available at www.abschools.org/departments/food-services/free-reduced-lunch. If you need a paper application, you may print it from the website or contact your school.

The Acton-Boxborough Regional Schools use a pre-payment system for all meal and cafeteria purchases. Each student has a lunch account with a Lunch ID number. Students enter this number into the PIN pad located at registers to purchase food. Younger students receive help from food service staff members. If a student forgets his/her ID number we can access it through a search at the register. Students' Lunch IDs will remain the same for the entire time in the Acton-Boxborough school system. If you do not have your child's lunch ID, please log into the PowerSchool Parent Portal <https://absis.ab.mec.edu/public/>. For High School and Elementary schools, login and choose the *My Class Schedule* link.

Visit www.abschools.org/departments/food-services for more information about Food Service including our newsletter, menus, and information on how to add money to your child's lunch account.

If you have any further questions, please call the Food Service department at 978-264-4700 X3221 or email us (lunchonline@abschools.org). We look forward to serving your child a healthy lunch at school.

Back-to-School Open House

McCarthy-Towne School Back-to-School Open House will be held on Tuesday, September 13th from 6–8 PM. This is an adult-only event for parents and guardians of McCarthy-Towne students to visit their child(ren)'s classroom(s), so book your babysitter now!

Teachers will speak to families at specific times according to grade level. The schedule will be sent home next week, and also posted in the "News and Notes" section of the McT website (www.mct.abschool.org).

Important Information for all Parents Regarding Medications

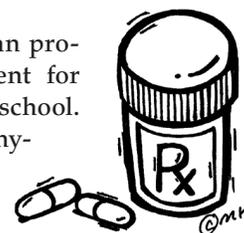
Medication administration is an important issue in schools. Some students require medications at school in order to survive. Others need medications in order to learn. Occasionally, students require antibiotics during the day following a bacterial infection.

The goal of your School Nurse is to administer only those medications that are absolutely necessary during the school day. All other medications should be given at home either before or after school.

State law requires a written order by a licensed prescriber and written parental permission before any medication can be administered to students, including over-the-counter medications. You can obtain forms for this purpose from the School Nurse, on the school website (see "Health & Nursing Services"), or from most Health Care Providers. All medication **MUST** be in the original labeled container and be labeled with the student's name. The School Nurse will not administer the following: expired medications, medications delivered in unlabeled containers, and medications in inappropriate containers such as zip-loc bags.

For the safety of all students, no medications are to be carried to school by students. The only exception to this rule is for Junior High and High School students who are allowed to carry inhalers or Epi-pens after certain requirements are met.

With your help, the School Nurse can provide a safe, supervised environment for students who require medications at school. Feel free to contact the McCarthy-Towne School Nurse, Betty Foster, at 978-264-3374 with any questions.

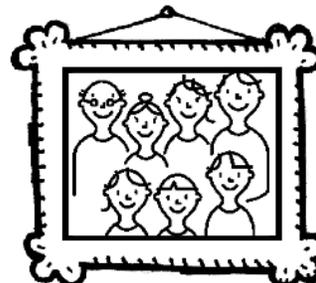


Family Photo Weekend!

This year we are bringing back McCarthy-Towne's Family Photo Weekend! **On Saturday, October 15th and Sunday, October 16th**, Shelley Drouin Photography will photograph you and your family for a McT fundraiser. To view Shelley's work, visit www.shelleydrouin.com or check out her Facebook page at www.facebook.com/ShelleyDrouinPhotography.

Shelley will be photographing in her yard and on her neighbor's property. There will be plenty of beautiful backgrounds including multiple barns and a tree swing. These images will be great on your living room wall or on a Holiday card. **The sittings will be in 30 minute blocks starting at 8:30 AM and ending at 4 PM.** If it rains she will set up a canopy to still get the wonderful backgrounds.

The sitting fee is \$50. The best part is \$40 goes to McT! These funds will go far to help out our kids. To schedule a sitting please contact Shelley (sd@shelleydrouin.com or 617-529-3629). The sitting fee will be due the day of the sitting. This popular event was booked up last year so if you like to plan ahead now's the time!



Attendance at School: Should I Keep my Child Home with this Illness?

Fever

Fevers are generally a sign of illness/infection. Your child should stay home if his/her temperature is 100° F or above. He/she should not return to school until their temperature has been normal (97–99° F) for at least 24 hours.

Cold, Cough, Sore Throat

Most children can attend school with cold symptoms as long as they do not have a fever. If your child has a cold with a fever over 100° F, he/she should be kept at home and your healthcare provider should be consulted. Your child should also stay home if they have greenish nasal discharge or cough production. A sore throat with a fever, swollen glands, headache, stomachache, or rash may indicate strep. You should consult your child's doctor for evaluation. If strep is confirmed, your child may return to school after 24 hours of antibiotics, if they feel better.

Stomachache, Vomiting, Diarrhea

A child with vomiting and/or diarrhea should be kept at home until symptoms have resolved for at least 12 hours. Your child also needs to be able to eat and drink normally before returning. Consult your doctor if you suspect dehydration.

Red Eyes

Your child should stay home if he/she has red eyes that itch and/or have a crusty discharge. Consult your doctor for evaluation of possible conjunctivitis. Your child may return to school after 24 hours of antibiotic treatment.

Pain

Earache: Consult your doctor if your child complains of ear pain.

Toothache: Consult your dentist.

Headache: If headaches are frequent you should consult your doctor. Dehydration, stress, and fatigue can cause a headache.

Rash

A rash is usually a sign of a viral illness. It also may be a reaction to medication, plants, or chemicals such as soaps or detergents. If your child has an unusual rash or it is associated with a fever, contact your doctor.

Tips to Stay Healthy

- The best way to prevent the spread of infection is good hand washing.
- Give your child a separate towel and washcloth.
- Change your child's toothbrush after an illness and every 3 months.
- Have your child examined annually by her/his health care provider.
- School age children require at least 8-10 hours of sleep each night.
- A healthy diet is important in creating a healthy student.
- Please call your school nurse if you have any questions or concerns.

★ Please remember, a sick child belongs at home. ★