



# Sedgwick Scene

## June, 2016

**Mr. Andrew Clapsaddle, Principal**

**Mr. Frank Cardona, Asst. Principal**

**Ms. Melissa Behrens, Asst. Principal**

### Upcoming Events:

## June

- Wednesday, June 1st - 8th Grade Spring Concert at 7:00pm
- Thursday, June 2nd -6th Grade Spring Concert at 6:30pm  
7th Grade Spring Concert at 8:00pm
- Wednesday, June 8th  
8th Grade Celebration from 5:00 - 6:30pm at Conard H.S.
- Wednesday, June 8th  
8th Grade Party from 7:00pm - 9:30pm at SMS



**Congratulations to the ESOL June Student of the Month**  
**Anna W.- Team Yale**

### **8th grade party information and sign up**

8th graders will keep the party going after their 8th Grade Celebration at Conard! Following this event, there will be an 8th Grade End of Year Beach Party starting at 7 PM at Sedgwick! Casual beach attire welcomed.

Food, DJ, Inflatable, Games and fun!

\$8 in advance; \$10 at the door includes food!

Permission slip/flyer here: [https://connectdocs.blackboard.com/xythoswfs/webui/\\_xy-607906\\_1-t\\_3cFqN2H3](https://connectdocs.blackboard.com/xythoswfs/webui/_xy-607906_1-t_3cFqN2H3)

Parents, we need your help! Please consider volunteering to help at the event! Here's the link for you to sign-up. <http://www.signupgenius.com/go/10c0e4fa4a722a3fb6-8thgrade1>

Look forward to seeing a great turnout at this special event!

## SCHOOL COUNSELING NEWS

Main number: (860)570-6500

A – D	Sandra Lopez (ext 5320)
E – L	Bob Lorenzo (ext 5319)
M – Q	Maxine Smith (ext 5318)
R – Z	Brenda McKeown (ext 5317)

Opportunities for summer programs and volunteer activities are posted in the School Counseling Department office. Information about summer programs is also available by visiting: [www.whlifelearn.org](http://www.whlifelearn.org).

### **New School Supplies - free**

The Department of Human and Leisure Services is accepting applications to receive free new school supplies which includes a backpack. West Hartford low-income families may apply for school supplies at Town Hall. Please call (860)561-7560 for more information.

### **Looking ahead for the 2016-17 school year**

Parents will be mailed their child's team placement in August. Your child will receive their schedule on the first day of school.

***Best wishes for an enjoyable and safe summer!***



### World Language Update

6th Grade –The 6th grade World Language students had a great year! We covered a lot of themes including: animals, classroom, weather, activities, family, and food. We certainly encourage students to practice their skills over the summer. Read some Spanish books, change the audio of TV/DVD's to Spanish sometimes, or use DuoLingo.com to help stay fresh in your second language. Buena suerte/Bon chance in

7th grade!

## Technology and Engineering Education Safety Engineering Crash Test Project:

In this arts rotation, students in Ms. Nagler's 7th grade technology and engineering classes, took on the role of employees in the safety engineering department at a major automobile manufacturer. They were assigned the task of designing and installing safety devices (e.g., airbags, seat belts, and efficient crumple zones) for a new test vehicle. The vehicles they designed went through a head-on collision, as well as a rollover, crash test. The vehicles were supposed to successfully complete these tests while protecting the passenger (a raw egg) from getting hurt (cracking). The vehicles were designed following many different criteria and constraints. Following the tests, the students began analyzing the effectiveness of their safety features. Below are some photos of Ms. Nagler, the safety engineers, and the vehicles, which rolled down a ramp placed in a stairwell to simulate a head-on collision.



## 7th Grade Greek Mythology photos

Students in these photos are Team Penn English students. All seventh-graders are studying Greek mythology and are making presentations about individual characters.

Olivia S. as Aphrodite



Stephanie M. as Artemis

Matthew S. as Dionysus



Kaylie L. as Athena

Ingrid D. as Hades



Josh S. as Ares &  
Wyatt R. as Nike,

Arianna R. as Athena



Mercedes C. as Aphrodite  
& Alisha M. as Iris.

Ruby E. as Leto &  
Nick U. as Cronus



Scott L. as Perseus

Brooke A. as Tykhe &  
Jasea A. as Ares



Tyler R. as Poseidon,  
Eileen C. as Poseidon  
Mikayly M. as Aphrodite.

Ryan L. as Thanatos,  
Marlena B. as Apollo,  
Cate T. as Demeter



Maggie L. as Demeter,  
Benjamin C. as Orpheus &  
Barbara L. as Aphrodite

Conner B. as Apollo



Ethan O. as Prometheus,  
John D. as Hermes &  
Kourosh E. as Heracles



# Library News

## Buy One Get One Free Book Fair

Students can stock up for summer reading at our **Buy One Get One Free Book Fair**, June 6th to 10th, in the Sedgwick Library Media Center. The book fair is open all day, so come on down to get some great books at a great deal. If parents would like to volunteer they can visit <http://www.signupgenius.com/go/20f0a4ea5a629a0f58-buyone> to sign up.



## Summer Reading

All West Hartford students are expected to read over the summer. Students must visit the [Sedgwick Summer Reading](#) website to find a form where they can submit the books they read. Students can win prizes from the public library for completing this form. Additionally, students can win prizes from the Sedgwick library for getting caught reading in a photo #sedgwicksnaps and posting it on the library's Google Classroom for their grade. All info is available at the [Summer Reading Website](#).

### Kid's Lit Quiz Raffle Winners

Thank you to everyone who purchased raffle tickets and especially to the West Hartford businesses who donated their goods and services!

<b><i>Kids' Lit Drawing</i></b>	<b><i>Winner</i></b>
Silver Dahlia Scarf, Socks, Lotion	Becky Tonkinson
Scholsatic Book Bin 1	Mr. Draghi
Scholastic Book Bin 2	Mr. Kay
Scholastic Books	Heather Pelkey
Backlash Signed Book	G. Anderson
Invisible Indelible Signed Book	no tickets
Play It Again Sports \$20 GC	Dario G
Ace Hardware Redsox Items #1	H. Thiery
Ace Hardware Redsox Items #2 glass-	Mallinson
Stormtrooper Barnes and Noble	Simoes
Cafe Sofia	Simoes
Cosi	Simoes
New Grace Nails \$20	Ann O'Connor
Acure Eco Makeup and Wax	Amy Mackinnon
Acure Eco Cut and Color	Corie Tracey
Sweet Frog (2 Free Yogurts)	Claire Taylor
Ben and Jerry's Small Ice Cream Cake	tbd
ARCs	Jenna Westfall
\$20 BOGO Book Fair GC	M. Scillia

Sedgwick held a fun Trivia Night Friday, May 20th to help raise money for the Kids' Lit team's trip to New Zealand.

Many prizes and fantastic raffles added to the overall excitement!

Special thanks to Liz Natale and Bert Centeno!

Congratulations to Tricia B., Grace B., Catie B. Amy B. and Wayne B.!!!



## News from the Nurse's Office



### NEED A FORM? NEED INFORMATION?

Check out the Sedgwick Nurse Blog at  
<http://blog.whps.org/sedgwicknurse/>

Some reminders from the health room:

Please ensure that your emergency contact information is up to date and you have a plan for picking your child up from school if necessary.

Ill students must be picked up from school and can not walk home or be sent home on the bus.

We can not give your child any medication - including over the counter - without a doctor's written order and parent permission. The needed paperwork can be found on our blog (see below) under Medication Administration.

We can not excuse your child from PE class by parent request only. Please have your child examined by a doctor if they have an injury requiring physical restrictions.

We try to put important information in the Sedgwick Scene newsletter each month. You can also access information and download forms from our Nurse's Blog at: <http://blog.whps.org/sedgwicknurse/>.

Attention 6th grade Parents!

All students must meet the State of Connecticut requirements for 7th grade before the start of the school year. Please send documentation of your student having met these requirements to school as soon as possible.

These requirements are:

An updated physical - done after July 1, 2014

Mandated 7th grade vaccines - a Tdap (tetanus booster) and Menactra (meningitis)

Students who have not met these requirements will not be allowed to participate in any extracurricular activities and may be excluded from school.

Spring Allergies

We have begun to see an increased number of students with symptoms of Spring allergies. If your child suffers from allergies, this is a good time to start their medication.

Some helpful reminders:

Wash face and hands every time you come in from outside - this will remove any allergens.

Don't sleep with windows open - this will prevent allergens from being blown into your room.

Wear a hat and sunglasses when outside - this will prevent allergens from falling on face and eyes..

Change pillowcases frequently - allergens in your hair and on your clothing can end up on your sheets.

Please feel free to contact us at any time if you have concerns regarding your child's health.

Lisamarie Vitelli, RN

860-929-5310(direct line)

860-929-5315 (fax)

[lisamarie\\_vitelli@whps.org](mailto:lisamarie_vitelli@whps.org)

Carrie Anderson, RN

860-929-5309 (direct line)

860-929-5315(fax)

[carolyn\\_anderson@whps.org](mailto:carolyn_anderson@whps.org)



## News from the PTO

**Help is still needed for 2016-2017 Sedgwick PTO Board.**

**Please consider helping out and check out the openings below.**

### Volunteers needed for next year's PTO Board...

**Co-President** (2 year position) Work as a liaison with faculty and staff to facilitate PTO sponsored events, facilitate PTO meetings, create agendas. Direct any questions to [jennifer.scillia@gmail.com](mailto:jennifer.scillia@gmail.com)

**Treasurer:** Responsible for cash flow, writes check for PTO sponsored events.

**Secretary:** Maintains minutes from PTO meetings, maintains communication with Sedgwick community about events through social media.

**Hospitality Committee Chairs:** 2-3 people to coordinate food for back to school luncheon, various breakfasts, and awards events.

**PTC Chair:** Two people to share the responsibility of attending the PTC (Parent/Teacher) monthly meetings and will report back to the PTO.

**8th Grade Celebration Committee :** Two 8th grade parents are needed to chair the 8th grade party in June. (One more parent is needed.)

**8th Grade Awards Committee Chair:** This person organizes and oversees the 8th grade awards ceremony towards the end of the school year.

Please contact Jennifer Scillia if you are interested in volunteering at [Jennifer.scillia@gmail.com](mailto:Jennifer.scillia@gmail.com)

To sign up to help, please go to our Sign up Genius signup at

<http://www.signupgenius.com/go/10c0e4fa4a722a3fb6-ptoboard>

**Are you good with collating papers? Are you fast on your feet?**

**If so, we need you!! No experience is necessary!**

**Packet stuffers are needed for 1st day packets.**

**This takes place a few days before school starts.**

**If you would like to help out, please contact Kathleen Richards at [katrichards415@yahoo.com](mailto:katrichards415@yahoo.com)**



# What a great way to thank your teacher!!!



Searching for just the right gift for your child's teacher year end gift? The Foundation for West Hartford Public Schools' *Teacher Thank You Gift* program is a great way to acknowledge a wonderful and talented teacher.

Here's how it works: A family makes a tax-deductible donation to the Foundation of \$10 or more per teacher. The Foundation then sends the family/or the teacher a special card that says a gift has been made in the teacher's honor. The funds raised from these *Teacher Thank You Gifts* go to our Teacher Grant program. Every donation will go back to helping teachers teach our students!

The Foundation is dedicated to raising money from the community to give back to the public schools. We are non-political and town-wide. For more information on the Foundation, please call us at 561-8755 or email us at [fwbps@westhartfordct.gov](mailto:fwbps@westhartfordct.gov)



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## Teacher Thank You Gift Order Form

I would like to acknowledge the great work of my teacher(s) this year through a donation to *The Foundation for West Hartford Public Schools*.

Enclosed is my gift of \$ \_\_\_\_\_.

Parent's Name \_\_\_\_\_

Student's Name \_\_\_\_\_

Address \_\_\_\_\_

City/Zip \_\_\_\_\_ Phone \_\_\_\_\_

Email: \_\_\_\_\_

Teacher's Name(s) \_\_\_\_\_

\_\_\_\_\_

School \_\_\_\_\_

Send certificate to me OR  Send to my teacher

Please make checks (\$10 minimum per teacher) payable to Foundation for West Hartford Public Schools and send to 50 S. Main St., Room 420, W. Hartford, CT 06107. Contributions are tax-deductible.

**DEADLINE: Friday, June 3, 2016**

## Stay Connected - Our Children and Technology

by Joanna Curry-Sartori, LMFT  
Bridge Therapist

As parents, we have many questions and concerns around our child's use of technology:

- My son seems "hooked" on video games and throws a tantrum whenever I try to set a limit. What should I do?
- When is my child old enough to have a cell phone? If I get her one, how do I moderate her use? My niece is 16 and keeps her phone under her pillow at night to respond to "important" texts from friends.
- How do I really know what apps and sites my kid is using and protect them? It seems impossible to monitor or understand. I have heard stories about innocent middle school boys getting drawn into porn sites and high school girls getting invited to college dorms to meet guys.

Many of us are trying to make sense of the role that technology plays in our family life and ensure that it is healthy and supportive of our child's growth.

As human beings our fundamental need is for connection. It is through relationships that children feel loved and appreciated. Through connection to us, they learn how to handle life's challenges, nurture relationships, and resolve conflicts. Our relationships are what make us human.

Now technology is becoming a primary vehicle of much of our communication, and therefore, our relationships. Sometimes this is great—technology bridges the distances so our young child can skype

with grandma and our teenager can stay connected with a friend who moved away. It allows our children to engage with a global network of information and specialists in every field. Hard to argue the benefits!



So why are we concerned? While young people are texting, they may not be developing critical social skills. While connecting with friends, our children may experience gossip, bullying, or sexting. And while following their curiosity, they may be exposed to advertising, violence, porn, and other material that can literally change the development of their brains. How do we get a handle on our children's use of technology so that they know and respect our limits AND feel safe coming to us when they need us most? Below are some guidelines to clarify how we want to parent when it comes to technology:

**WHY:** Consider why your child is using technology.

- Is it for learning, skill-building, and expanding his appreciation of other people and the world around us? Is it supporting his intellectual, emotional, and physical well-being?

- Is it for entertainment and distraction? (This is different than truly relaxing—free of stimuli and being quiet with ourselves)
- Is it because she is bored and you need a baby sitter?
- Reflect on your own use of technology—why you use it, if you have limits, and if your use is a healthy example for your child.

**WHAT:** Look at what your child is engaged with online and how it seems to affect him.

- Consider if it is age appropriate. Does he have the intellectual and emotional capacity to digest the images and information, or is it overwhelming him? More and more children report feeling stressed, having difficulty sleeping, and feeling distracted. Some of this may be attributed to the content they see on line.
- Find opportunities to join your child in what she is watching and be curious about what interests her. Together you can discuss how she feels when watching different shows. Does she feel happy and inspired? or grumpy? or agitated? Help her build her self-awareness about how technology impacts her.
- Make an effort to be knowledgeable about the shows and apps your child is using. For younger children, research positive sites, apps, and shows.
- Also find out from the internet provider for your screens and phones what programs will help you set limits and inform you of your child's use.



**WHEN:** As parents, we need to set clear limits about when and how much screen time is beneficial.

- Think about when you want screens on and how this impacts family life. For example, do you want screens off during dinner, and do you want them off before bed?
- Decide how much time you and your child spend on screens. Consider the different things your child focuses on during the day—screens, books, nature, friends, family. What percentage of his time is focused on a screen? Is this balanced and healthy?

**HOW:** The way we talk to our kids about their screen usage can create an effective or challenging dynamic in our relationship with them. We need to strike a balance when addressing this topic.

Provide **structure and boundaries**. To ensure safety, establish clear rules and expectations. Choose logical consequences and implement them consistently. Engage your child in an on-going conversation to develop his own awareness of the effects of technology.

Approach the issue with **intent to connect and be curious**. Listen and understand your child's experience so she will feel you are open to support and guide her. Give her as much responsibility as she can handle. Increase your trust as she earns it.

While each of us will navigate these considerations a bit differently, let's work together to raise a next generation that is aware and empowered to engage positively in the ever changing world of technology.

#### Resources

Scott Driscoll – [www.InternetSafetyConcepts.com](http://www.InternetSafetyConcepts.com)

A West Hartford Internet Awareness Initiative  
[www.cybercompass.org](http://www.cybercompass.org)

**Are you concerned about your child's use of technology? Would you like support as a parent?**

Our licensed Bridge Counseling Centers provide therapy and medication evaluations for children, adolescents, families, adults, and couples to address many concerns. To schedule an appointment, call 860.521.8035. We accept Medicaid and private insurances.

We have three counseling offices:  
West Hartford, 1038 Farmington Avenue  
Rockville, 26 Union Street, Suite 2  
Avon, 45 West Main Street