



# THE COLE TIMES

Cole School  
Norwell, Massachusetts  
Garry Pelletier, Principal



February 5, 2010

## SPRING MCAS TESTING

The Massachusetts Comprehensive Assessment Series (MCAS) schedule has been established for Spring 2010. Virtually all students in grades 3-10 across the Commonwealth will participate in the testing. A complete copy of the Cole School schedule can be found on the reverse side of this newsletter.

Most test sessions will begin promptly after the start of school on the scheduled days. Please make sure that your child is on time for school. We ask that you make sure that your child is well rested, well fed, and prepared for the testing schedule. Please check the dates scheduled for your child(ren) to avoid conflicts.

## BOX TOPS FOR EDUCATION

Please send in your collected Box Tops by next Friday. We are well on our way to reach our earnings goal this year. Our submission date is approaching soon. Thank you!

## DON'T WORRY ABOUT THAT LOST RECEIPT

Donate that holiday toy you bought but never gave or duplicate gift to the Cole School Pizza/Bingo Night! We are looking for unused toys (coloring books, crayons, books, gift cards, computer games, CDs, board games, etc.) to give as gifts for prizes for bingo at our Pizza/Bingo Night to be held in March. Please contact Eileen Forman at e.forman@comcast.net or 781-987-1888 if you would like to make a donation.

## BAND ALL STARS

Congratulations to our latest Band All Stars:

**Bronze Book 2:** Isabella Diaz

**Bronze:** Olivia Bittner and Tess Scully

## MARK YOUR CALENDAR

**February 5:** Report Cards Go Home

**February 9:** Incoming Kindergarten Registration (Last Names A-K) 10:00 - 11:00 a.m.

**February 10:** Incoming Kindergarten Registration (Last Names L-Z) 10:00 - 11:00 a.m.

**February 15-19:** School Vacation

**February 24:** Joint Meeting of the Cole and Vinal School Councils, 3:00 p.m. in the Vinal School Library

## MENU FOR: February 8-12, 2010

### Monday

- A. Soft Pretzels
- B. Caesar Salad Topped with Chix Teriyaki Dippers

### Wednesday

- A. American Chop Suey
- B. Chicken Patty on a Bun
- C. Buffalo Chix Caesar Salad

### Tuesday

- A. Chicken Nuggets
- B. Hamburger/Cheeseburger on a Bun
- C. Ham and Cheese Sub

### Thursday

- A. Chicken Bowl
- B. Hot Dog on a Roll

### Friday

- A. Thick Crust Pizza
- B. Bagel with Cream Cheese

## HELPING CHILDREN DEAL WITH MISTAKES

Everyone makes mistakes every day. Sometimes people "catch" you at it, sometimes they don't, but it's how you deal with those goofs that is important. Children who are mortified whenever they make a boo-boo, whether on a school assignment or socially, develop poor self-images that can haunt them through life. Here is one way you can help your child deal with mistakes and criticism:

**"I," not "You":** The best way to make criticism more palatable is to rephrase it to reflect how the situation makes you feel, instead of casting blame on the child. Compare these:

"You've got to stop making all these sloppy mistakes. You'll never get good grades if you don't shape up."

"I get very frustrated when I see sloppy mistakes in your homework. It makes me feel that you don't care about doing a good job."

## TEACHING RESPONSIBILITY

Children who go through their school years without any family responsibilities aren't lucky...they're spoiled. It's a harsh statement, but far too many children are skating through their elementary, middle school, and even high school years without a work ethic.

Teaching children to be responsible should start as soon as a toddler is able to understand phrases like: "Put your blocks back in the box." It's never too late, though. Here is one way you can help school-age children assume responsibility:

**Daily and Weekly Routines:** Children need to understand that everyone has certain dull, routine chores that have to be completed every day and every week. Assign them daily and weekly chores as family responsibilities that must be accepted and completed.

(Over)