

BARNARD BULLETIN

February 2024



DATES TO REMEMBER:

- February 6: School Board Meeting 6pm Barnard
- February 6: Deliberative Session 7pm Barnard Gym
- February 9: MS Winter Carnival 12:20-2:30 pm
- February 9: Snow Ball Dance (Gr. 5-8) 6:00-8:00pm
- February 13: WHS Course Selection Night (Gr. 8) 6:30pm
- February 13: 8th Grade visit to AHS
- February 14: Parent-Teacher Conferences 12:30-3:30
- February 14: Early Release Day 11:55 Dismissal
- February 15: Parent Teacher Conferences 3:00-6:00
- February 19: Pizza Night at Community Oven
- February 19-23: Winter Break

Dear Barnard Families,

We are looking forward to meeting with you during parent-teacher conferences on February 14th and 15th. Teachers will be sending out Sign-Up Genius' on February 1st for you to schedule your conference times. Please check your emails.

All fifth-eighth graders participated in a school-wide spelling bee held in January. The top eleven (11) spellers participated in the Barnard School Spelling Bee Finals on January 25th. Congratulations to the first place winner, Ewan Clinton (Gr. 7). The second place winner was Ailyn Jurta (Gr. 8), and tying for third place were Norah Miano (Gr. 6) and Sage Bogart (Gr. 6). Ewan will represent Barnard School in the state finals. We are very proud of all contestants!

Barnard School's newspaper club is expected to publish its first edition of the year this month. Newspapers will be sent home with students and can be picked up at the Town Library and the Town Hall. The Newspaper Club has been working hard and are proud of their work.

Barnard School is excited to be offering a new Drama Club to students in grades 3-8. We have thirty-five (35) students participating in the club! Members will work collaboratively to learn about theater production and will develop and perform the play *Everything You Always Wanted To Know About Middle School*. The club will meet weekly with a final play performance on April 11 at 6:00pm

A new Sewing and Knitting Club will begin on February 1st for students in grades 2-8. Club members will meet weekly after school to work on basic sewing and crochet skills and will create various projects using their newly learned techniques.

All students in grades 5-8 are invited to attend the Snow Ball Dance on Friday, February 9. This dance is an annual special event for students. Students look forward to it every year.

Our P.E. Mrs. Welch will be holding a Jump Rope Club for students in grades 1-8. The club will be held on Mondays from 2:45-4:00 starting March 4th. Students will be working on jump rope skills, collaboration, fitness and health. If you are interested in signing your child up, please see the permission form found [here](#).

We will be having our Buddy Recess outside on Monday, February 5. Please make sure that your children are dressed for outdoor weather including hats, mittens, boots, coats and snow pants.

Finally, we will be having a Winter Carnival for middle school students in the afternoon on Friday, February 9. Students will be participating in several winter activities. The majority of the afternoon will be spent outdoors. Please make sure that your middle schoolers come dressed and prepared to be outside for two hours. We are looking forward to a fun-filled day!

Thank you for your continued support. We hope you have a wonderful winter break!

Sincerely,

Michelle Witt, Principal

Counselor's Corner

February Growth Mindset Focus: Be Willing to Fail

"Failure is simply the opportunity to begin again, this time more intelligently." - Henry Ford

**FAIL EARLY
FAIL FAST
FAIL OFTEN.**



By embracing our own failures, we show our children that failing is not something to be ashamed of, but rather an opportunity for growth.

We want our students to understand that failure is not the end of the journey, but rather a stepping stone towards success. When students take risks and step out of their comfort zones, they are more likely to experience failure, and that's ok. Celebrate these moments of failure and recognize the effort and courage it took to take that leap. When we embrace failure, we reinforce the idea that failure is a necessary and valuable part of the journey towards success.

Celebrate the courage it took to risk failing. By doing so, you provide the opportunity to reflect on growth, and you reinforce the importance of courage, perseverance and resilience.

So get out and fail this month, and celebrate being one step closer to success!

Pizza Night Out

Our 8th grade class will be holding a fundraiser on February 19 from 4:00pm -9:00pm at the Community Oven in Hampton (845 Lafayette Road). A percentage of all take-out and dine-in sales will go toward their trip. The students would be grateful for your support! More information can be found [here](#).



Dress Like a Teacher Day

Spanish News

Once again it is the best time of the year for Spanish class! Our 8th graders recently finished a unit on meals, and are now preparing for exams that incorporate all of their years of Spanish here at Barnard School. The 6th and 7th graders are working on describing classes. Their next writing piece requires them to incorporate some challenging grammatical structures and vocabulary. The 4th and 5th graders are working on writing questions. They also recently started a new unit called "In the Restaurant." Our 2nd and 3rd graders are doing a great job learning their numbers up to 30. The K-1 class has been learning an authentic Mexican song called Chocolate, which involves breaking down the word chocolate into syllables. I am sure they would love to sing it for you!

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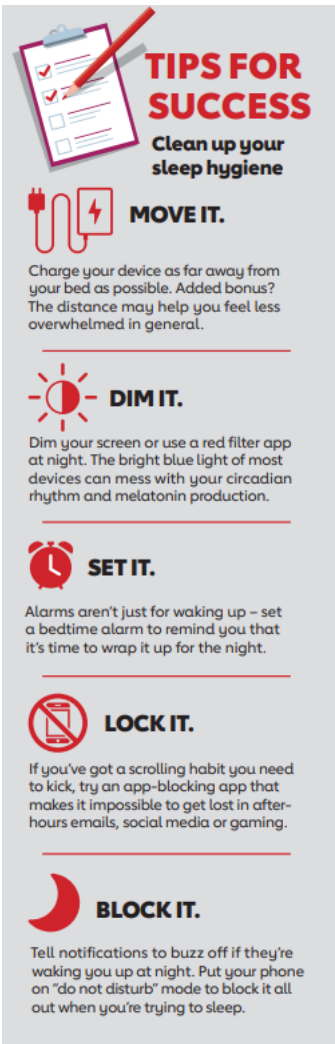
Nurse's News

With our on-the-go, busy lifestyles, many of us consider a good night's sleep to be an occasional luxury. However, research has shown that sleep is as essential to a person's health and wellbeing as eating healthy and being physically active.

As the days start to get longer this is a great time to consider your family's sleep schedules and habits and start to make changes to improve sleep health. Is your family:

- Sleeping for the [recommended amount of time](#) for their age?
- Turning off [blue-light emitting](#) devices (phones, laptops, TV) at least 1 hour before bedtime?
- Keeping a [consistent sleep schedule](#), even on the weekends?

Visit this [website](#) for more information and tips to improve sleep health.



TIPS FOR SUCCESS
Clean up your sleep hygiene

MOVE IT.
Charge your device as far away from your bed as possible. Added bonus? The distance may help you feel less overwhelmed in general.

DIM IT.
Dim your screen or use a red filter app at night. The bright blue light of most devices can mess with your circadian rhythm and melatonin production.

SET IT.
Alarms aren't just for waking up – set a bedtime alarm to remind you that it's time to wrap it up for the night.

LOCK IT.
If you've got a scrolling habit you need to kick, try an app-blocking app that makes it impossible to get lost in after-hours emails, social media or gaming.

BLOCK IT.
Tell notifications to buzz off if they're waking you up at night. Put your phone on "do not disturb" mode to block it all out when you're trying to sleep.

PTA News

The next PTA meeting will be February 27 at 7:00pm at Barnard School. Please consider joining us!



Barnard Cheer Team

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(look for the Hawk logo)

Follow us on Twitter: @Barnardschool



Winter Recess Fun