

Kennedy PTA



June
2011

Calendar of Events

June:

- 3 - Spirit Day
- 14 - PTA Meeting, 7PM
- 20 - Last Day of School for students



Have a Safe
and Fun

s u m m e r

President's Corner

Welcome to all of our new Kennedy PTA board members. I am looking forward to working with everyone during the 2011/2012 school year. We are already busy planning and discussing new ideas for next year. We will be introducing some new fundraisers and family nights next year as well as keeping many of our kids' (and parents') favorites.

Our first board meeting will be Tuesday June 14th at 7:00p.m. in the Library. Please come meet the new members and share any ideas that you may have with us. If you are unable to attend the meeting but would like to share your ideas, please do not hesitate to contact any of the board members and share them with us. We are here to work as a team and make Kennedy School a great place for our children.

The PTA would like to wish Mrs. Drelich and Mrs. Lines congratulations on their retirement. Thank you for all that you have done for the students

here at Kennedy. You both will be truly missed.

The first PTA meeting of the next school year will take place in August - please keep an eye out for an email with the date, time and meeting details!

We hope that everyone has a wonderful and safe summer break! We are very excited to work with everyone, and we look forward to seeing all the parents and children at all the events throughout the upcoming school year.

Kerry Seminara - President
kerry4298@yahoo.com - 973-584-6966

Erin Ronchetta - Vice President
erinrichr@aol.com - 973-927-0216
Valerie Dolan - Treasurer
vmdolan@verizon.net - 973-598-0176
Anni Mauro - Recording Secretary
amauro51@gmail.com - 973-252-2412
Stephanie Kooyenga -
Corresponding Secretary
srkcpk@aol.com - 973-252-9775

PTA - The Year in Review

At the beginning of the school year, we asked all of you to support the PTA with your time, talents, enthusiasm and money. Because of all of your support in these ways, we were able to put together a fun, varied and educational year of programs for Kennedy students! Here's a look at what happened this year:

- Simon Sez (for Better Listening & Respect) - Scholastic Book Fairs -
- Reflections Program - Chess Club - Lego Club - Science Club -
- Family Ice Skating at Aspen Ice - Holiday Boutique - High Touch/High Tech -
- Family Craft Night - Bingo Night - the Newark Boys School Apprentice Chorus -
- Legacy Wall Tiles - Rizzo's Reptile Discovery - Mother's Day Plant Sale -
- 4th Grade Chess Tournament - Penguin Pointers Program -
- The Incredible Brain with Jack Brannigan - Family Game Night -



Nurse's Nook

E-X-E-R-C-I-S-E

We all know our children need exercise. Most of us assume that our children do get enough exercise. Unfortunately the statistics show that 1 in 4 children are overweight. An overweight child is 80% more likely to become an overweight adult and that means an increased risk of developing cardiovascular disease, diabetes, orthopedic disorders, endocrine disorders, skin conditions and other chronic disorders.

Incorporating physical activity into daily routines can improve outcomes. In fact, promotion of routine physical activity in children from preschool age on may help prevent the development of overweight and obesity, as well as provide significant cardiovascular benefits. It has been shown that children have a greater increase in physical activity when they participate in lifestyle activities (e.g. playing on the playground, doing yard work, riding a bike, playing tennis) as opposed to structured physical activity (e.g. gyms, exercise classes, calisthenics).

The 23008 Physical Activity Guidelines for Americans recommends the following for children and adolescents aged 6 to 17 years:

- Children and adolescents should do 1 hour (60 minutes) or more of physical activity everyday
- Most of the 1 hour or more per day should be either moderate or vigorous-intensity aerobic physical activity
- As part of their daily physical activity, children and adolescents should do vigorous-intensity activity on at least 3 days per week. They should also do muscle-strengthening and bone-strengthening activity on at least 3 days per week

Unhealthy nutritional habits and inactivity (too much TV viewing and sitting at a computer for hours) can lead to obesity. In addition to decreased physical activity associated with TV/computer activities, children tend to consume more calories while engaging in these sedentary activities.

Children who exercise regularly have been shown to perform better in school for the following reasons:

- 1) Strengthen bones
- 2) Reduces stress
- 3) Reduces the risk of heart disease
- 4) Helps control weight
- 5) Improves social skills
- 6) Improves their emotional health
- 7) Gives kids a better change to become healthy adults

Remember too that gender plays a part in physical activity with boys participating at higher levels of physical activity, greater participation and higher levels of aerobic fitness. Also older children participate less in structured sports and more notably the females.

So, as we end this school year and look forward to the summer before us, spend time being active with your children. On those long car trips carry a big rubber ball, a jump rope, a Frisbee and a kite so you may stop for a break and enjoy a healthy, happy summer of exercise!

If you have any questions, please contact the school nurse, Judith D. Bristol, R.N., C.S.N., M.S. at 973-584-3994.



From Kennedy School's Guidance Counselor

Summer learning is fun for the entire family. This final newsletter article provides some enjoyable ways for you and your child to practice skills learned over the past school year.

Encourage your child to read. Take turns reading chapters from a book to each other. Read the newspaper together. Summarize and discuss current events. Go to the library on a regular basis. Enroll your child into the Roxbury Library's Summer Reading Program.

Promote summer writing. Set aside a certain time of day for daily writing. Encourage your child to keep a summer journal about daily activities and special events. Write a letter to a friend or relative. While on vacation, have your child write postcards.

Practice math. Have your child budget his allowance. Plan a menu and go to the grocery store together. Prepare a shopping list, budget the money needed, and have your child purchase the items. Have him cut and use coupons and calculate the savings. Have your child keep a record of mileage, the price of gas per gallon and other travel expenses while on a trip. Use various containers at the beach or pool to estimate and measure volume. Cook together. Have your child measure weight and volume of recipe ingredients. Divide dishes into equal portions.

Keep up with academic skills. As a family learn a second language. Learn about another country and culture. Use books, maps, and the internet to learn about the customs, music, food, and art. Become more aware of your own culture. Many children do not know about their ancestors or their family history. Make a family tree.

Be curious with your child. Visit a science center, a hands-on museum or go to a planetarium. Star gaze at night. Identify the different constellations. Learn about the origin of their names. Visit a botanical garden or go on a nature hike. Identify plants and observe how they grow. Plant a garden.

Be active together. As a family learn a new game or play some old favorites. Monopoly and Scrabble increase both vocabulary and addition and subtraction skills. Go bowling, roller skating, ice skating, walking, swimming or biking. Keep video games and television to a minimum.

Everyday activities can be exciting and educational. Whatever you and your child do to encourage summer learning, remember the goal is to spend fun, quality time together. Hopefully, these suggestions are helpful to you over the summer break.

Wishing everyone a relaxing, fun and educational summer --- *Gina La Capra, School Counselor*

