



Truro Central School's

PUMA PAGE

October 2019

WE'RE BACK!

It has already been a busy first month back at Truro Central School. Our students have been learning Truro Central School's core values and practicing our routines. So far, we have been focusing on being safe and respectful. Our fire and bus evacuation drills were successful as students quickly and quietly followed these emergency procedures. We also have had our first all school meetings, during which students defined and modeled what respectful behavior looks, sounds, and feels like. Below, you can see TCS' core values, as well as the kid-friendly definitions we are using to help students understand these essential concepts.



- Being **safe** is keeping ourselves and others from being hurt. This includes our bodies and our feelings.
- Being **respectful** is acting in a way that shows you care about someone else's feelings and well-being.
- Being **responsible** is doing the things you are supposed to do and accepting the consequences or results of your actions.

PRESCHOOL PLAYGROUND FUN

Our newest and youngest students have been playing and exploring on our preschool playground. Swinging, sliding, and digging are only a few of the activities preschoolers have been trying. At the end of September, the riding track opened for business. Students practice waiting for a turn at the bus stop, and then use their developing gross motor skills to pedal and steer around the track and each other. At the center of preschool's busy "street" is the preschool/ kindergarten garden. Students can harvest a snack, stop to smell the flowers and herbs, or observe insects and birds stopping for snacks of their own.



TAPS

New to Truro Central School is our Truro Afterschool Program for Students, or TAPS. Free to all of our students in Kindergarten through Grade 6, students participate in physical, creative, and academic activities. In September, Program Coordinator Kaitlyn Sanchez and Assistant Coordinator Jennifer Leyton organized a Lego tower competition, a scavenger hunt, dance parties, and games of charades, capture the flag, and wiffleball. As well as these planned events, students have snack, recess and time to complete homework daily. For more information and the calendar of activities for October visit <http://www.truromass.org/truro-afterschool-program.html> or email our Director of Student Services, Stephanie Costigan, at costigans@truromass.org. T 0025328

Noticias españolas de Truro Central School

This year it is my goal to make Spanish more present throughout Truro Central School. As a result, there will be a monthly update here on the Puma Page, keeping you up to speed with what fun and exciting activities are going on in Spanish class. There will be insight into what units we are studying, vocabulary we are learning and a Spanish phrase of the month that you can practice with your fabulous little learners. I look forward to the sound of more Spanish in the halls!

Sincerely, Señora Waldo.

frase de mes:

¡El español es chévere! (Spanish is great!)



Art Corner:

Radial Symmetry,
Flowers, and Plate
Drawing,

For more art by our
student artists, visit
TCS' Artsonia gallery at
[https://
www.artsonia.com/](https://www.artsonia.com/)



DIGITAL SAFETY TIP OF THE MONTH:

Find ways to maintain a healthy balance in our digital lives.

From time to time, many of us have a hard time putting down our phones, and turning off our televisions and stepping away from our computer screens. Use these tips from commonsense.org to help you and your children maintain healthy digital media habits!

- 1.) Create screen-free times and zones - *Help kids take breaks from tech by limiting screen time in bedrooms, during study time, or at the dinner table.*
- 2.) Use parental controls - *Set content limits that make sense for your family. Alongside conversations about healthy media habits, use features such as content filtering, privacy settings, and time limits offered by the apps and platforms your family uses to help manage access and exposure to media.*
- 3.) Establish clear family rules - *Decide together what kind of media and tech is OK -- and when it's OK to use it. A family media plan can help get everyone on the same page.*
- 4.) Watch and play together - *Choose quality, age-appropriate media to enjoy with your kids. Visit commonsensemedia.org to find shows, games, and more.*
- 5.) Help kids identify healthy behaviors - *Practice talking about feelings -- both physical and emotional -- during screen and non-screen activities.*

FOR MORE TIPS AND INFORMATION, VISIT
COMMONSENSE.ORG

