



# DEANE-PORTER SCHOOL NEWSLETTER



MAY 15, 2024





## Spring Concert

### May 15, 2024

**Kindergarten & Grade 1: 10:00 a.m.**

- Each family will receive 2 tickets to the concert

**Grades 2 & 3 -7:00 p.m.**

- Each Grade 2 Family will receive 2 tickets
- Each Grade 3 family will receive 3 tickets to the concert

*The Multipurpose Room capacity and grade level sizes determine the number of tickets available per family.*

**Our students and Ms. Scott have worked diligently to prepare for the concert. We ask that you stay for the entire concert and do not disrupt the performance and leave after your child's portion.**



## UPCOMING EVENTS

THE RUMSON PTO IS PROUD TO HOST

### LUNCH WITH A LOVED ONE

**MONDAY, MAY 20TH**  
(RAIN DATE TUESDAY, MAY 21ST)

**PLEASE RSVP HERE**

**DONATE AND/OR VOLUNTEER HERE**

PLEASE JOIN US FOR LUNCH OUTSIDE WITH A LOVED ONE. REMEMBER TO BRING YOUR OWN LUNCHES AS THE CAFETERIA WILL BE CLOSED. SNACKS AND WATERS WILL BE PROVIDED. PLEASE ARRIVE 15 MINUTES PRIOR TO YOUR CHILD'S LUNCH FOR CHECK IN - WE ONLY HAVE 25 MINS OF FUN SO WE WOULD LIKE TO MAXIMIZE YOUR TIME TOGETHER. NO BAGS PERMITTED AND SORRY NO FORRESDALE SIBLINGS.

**WE CAN'T WAIT FOR THIS SPECIAL EVENT!**

ANY QUESTIONS PLEASE REACH OUT TO  
STACY [STACE247@GMAIL.COM](mailto:STACE247@GMAIL.COM) OR  
KRISTIN [KRISTIN.ANN.SMYTHE@GMAIL.COM](mailto:KRISTIN.ANN.SMYTHE@GMAIL.COM)

Please join the PTO outside for Lunch with a Loved One.

[PLEASE RSVP by May 6th HERE](#)

[Donate or Volunteer Here](#)

- Remember to bring your lunches as the cafeteria will be closed
- Snacks and water will be provided
- Please arrive 15 minutes prior to your child's lunch for check-in.
- We only have 25 minutes of fun so we would like to maximize our time together.
- No bags permitted
- No Forrestdale Siblings
- ANY QUESTIONS? Reach out to [Stace247@gmail.com](mailto:Stace247@gmail.com) *or* [Kristin.Ann.Smythe@gmail.com](mailto:Kristin.Ann.Smythe@gmail.com)

Please read the important information below to make this Field Day a success.

## **Field Day Parent Guidelines!**

- For safety reasons, only parents who signed up with the PTO to volunteer
- **IN ADVANCE** will be allowed to be on campus during the school day.
- **No** pets are permitted on school grounds. This is inclusive of arrival and dismissal times.
- Please read the PTO guidelines for Field Day.

healthy Self-Talk 	
THIS	NOT THAT
✓ Whoops. I made a mistake.	✗ I'm so dumb.
✓ I like me.	✗ No one likes me.
✓ I did something bad.	✗ I'm a bad person.
✓ This is really hard, but I'm going to keep trying.	✗ I give up. I'll never be able to do this.
✓ I haven't figured it out...yet.	✗ I never get anything right.

We're all born with different abilities—some people are better at certain things than others. As we develop, we experience these differences in one of two mindsets: the fixed mindset or the growth mindset. With a fixed mindset, people believe their basic qualities and abilities are fixed at birth—experiencing setbacks and challenges means a lack of talent or ability. With a growth mindset, people believe that their abilities and skills are developed through perseverance—setbacks and challenges are an opportunity to grow!

Imagine going through the world, failing at things, and just being done with whatever challenge we've attempted. If we didn't succeed, everything has gone to waste. In a growth mindset, the outcomes of challenges aren't as important because it's the experience that's more important. More experiences means more opportunities to try again and to improve. We might not be the best at something, at least not yet. Helping your kids (and yourself) to adapt this mindset will encourage them to be much more kind to themselves when they approach new challenges and can prevent a fear of failure. If there's always room for improvement, there's much less risk of attempting perfection.

It's important to remember that this mindset isn't something that is achieved overnight. One easy way to encourage the growth mindset is to work on positive self-talk! When your kids can speak kindly to themselves, they're much more likely to keep that attitude and behavior up throughout the day.

Another way to encourage growth mindsets is to set goals as a group or as a family. The goals can be big or small, but helping your kids achieve their goals gives them practice in approaching challenges with an open mind. You'll watch their self-confidence soar and their growth mindsets blossom as they crush their goals and work to set new ones.

Now what about the days when they're having a hard time being kind to themselves? First of all, let them know that it's totally normal to feel the way they do. Not every day will be the best day ever. When these days come around, help them apply the growth mindset to their self-talk:

- "I can't do it...yet."
- "They're doing better than I am...for now."
- "I don't understand...yet, but I am learning more each day."

The last tip to encouraging a growth mindset is practicing patience. It's okay to struggle sometimes. If your kids are having a hard time, take a step back and breathe. Let them decide what they need for that day, and remember, it's a growth mindset. They're not experts at it...yet.

Tick exposure can occur year-round, but ticks are most active during warmer months (April-September). Know which ticks are most common in your area.

### Before You Go Outdoors

- **Know where to expect ticks.** Ticks live in grassy, brushy, or wooded areas, or even on animals. Spending time outside walking your dog, camping, gardening, or hunting could bring you in close contact with ticks. Many people get ticks in their own yard or neighborhood.
- **Treat clothing and gear** with products containing 0.5% permethrin. Permethrin can be used to treat boots, clothing and camping gear and remain protective through several washings. Alternatively, you can buy permethrin-treated clothing and gear.
- **Use Environmental Protection Agency (EPA)-registered insect repellents** ☑ containing DEET, picaridin, IR3535, Oil of Lemon Eucalyptus (OLE), para-menthane-diol (PMD), or 2-undecanone. EPA's helpful search tool ☑ can help you find the product that best suits your needs. Always follow product instructions. Do not use products containing OLE or PMD on children under 3 years old.
- **Avoid Contact with Ticks**
  - Avoid wooded and brushy areas with high grass and leaf litter.
  - Walk in the center of trails.

## Tick Tips



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# Nurse Notes

### After You Come Indoors

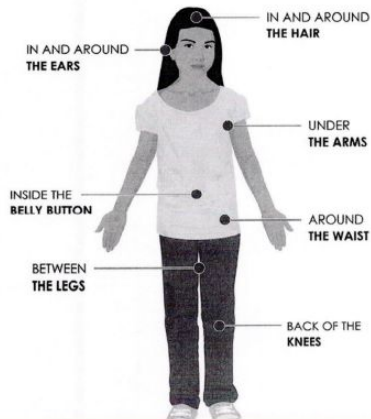
**Check your clothing for ticks.** Ticks may be carried into the house on clothing. Any ticks that are found should be removed. Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed. If the clothes require washing first, hot water is recommended. Cold and medium temperature water will not kill ticks.

**Examine gear and pets.** Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and daypacks.

**Shower soon after being outdoors.** Showering within two hours of coming indoors has been shown to reduce your risk of getting Lyme disease and may be effective in reducing the risk of other tickborne diseases. Showering may help wash off unattached ticks and it is a good opportunity to do a tick check.

**Check your body for ticks after being outdoors.** Conduct a full body check upon return from potentially tick-infested areas, including your own backyard. Use a hand-held or full-length mirror to view all parts of your body. Check these parts of your body and your child's body for ticks:

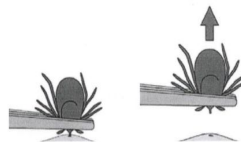
- Under the arms
- In and around the ears
- Inside belly button
- Back of the knees
- In and around the hair
- Between the legs
- Around the waist



If you find a tick attached to your skin, simply remove the tick as soon as possible. There are several tick removal devices on the market, but a plain set of fine-tipped tweezers works very well.

### How to remove a tick

1. Use clean, fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you cannot remove the mouth easily with tweezers, leave it alone and let the skin heal.
3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.
4. Never crush a tick with your fingers. Dispose of a live tick by
  - Putting it in alcohol,
  - Placing it in a sealed bag/container,
  - Wrapping it tightly in tape, or
  - Flushing it down the toilet.



### Follow-up

If you develop a rash or fever within several weeks of removing a tick, see your doctor:

- Tell the doctor about your recent tick bite.
- When the bite occurred, and
- Where you most likely acquired the tick.





## BOOKS & BUNDT'S

Reading Makes Life Sweeter

**Who**  
Pre-K through Elementary  
School Students

**What**  
Students will receive a  
Free Bundtlet for each  
month that they read  
400+ minutes.

**When\***  
February 1, 2024 to June 30,  
2024

**Why**  
Reading at an early age  
enriches children's brains,  
increases vocabulary and  
test scores, introduces  
readers to the world around  
them and helps develop  
their imaginations.



Does your child want a  
Free Bundtlet every month?\*

Have him or her  
read for at least  
20 minutes a day,  
5 days a week!



## JOIN OUR "BOOKS & BUNDT'S" YOUTH READING PROGRAM

It's easy, free and delicious!

Turning your child into an enthusiastic reader is as easy as 1-2-3!

- 1 Record child's time spent reading on the monthly tracker.
- 2 Bring the completed reading tracker to the bakery listed.
- 3 Celebrate your child's accomplishment with a **Free Bundtlet** and an award certificate he or she can hold on to long after the cake has been enjoyed!

**Shrewsbury**  
1081 Broad Street  
Shrewsbury, NJ 07702  
(732) 544-2253  
shrewsbury@nothingbundtcakes.com

A Youth Reading Program by

NOTHING bundt CAKES®

[Click here](#) to print a copy of the Reading Tracker.

NOTHING bundt CAKES®



# DEANE PORTER



District Website:

[District Homepage](#)

**May - Speech & Hearing Month**

**May 8 - National School Nurse Day**

**May 15 - Spring Concert/Art Show**

**May 24-27 - School Closed**

Contact:

732-842-0330

