

# Arlington Central School District

## Noxon Road Elementary School

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**Kelly Murray**

**Principal**

**Melissa Tirado**

**Assistant to the Principal**

Dear Noxon Road Families,

*Congratulations on a successful first week of online school!* If your household was anything like mine this week, I am sure it was filled with successes and challenges, celebrations and frustrations, consistency and utter disorganization...all at the exact same time. Being that this is the third week of online learning for my children, there are some things that I have found to help, that I wanted to share with all of you.

1. They are always watching, listening and then modeling what they see from us. It's important to show how optimism creates an ideal environment for happiness and how positivity influences our ability to reach our goals.
2. Create a workspace with positive phrases (developed together with your child.) I found myself saying frequently to my daughter "no negative self talk" as she would say "this is too hard" or "I can't do this." Finally (after saying it 100 times) I realized that I needed to do more to teach her what positive self talk really looked like. We put away the laptop and took out the construction paper. We brainstormed phrases that would "get us through" when we were frustrated and talked about what those phrases mean. Things like "never give up" and "we're all in this together" or "there's always a light at the end of the tunnel." Then, I just used a simple tally chart to keep track of every time she chose a positive phrase instead of negative self talk and her goal was 5 tallies a day! It made a huge difference for her (and for me!)
3. Keeping routine. I have found that one of my biggest challenges is how much my kids eat in a day and the constant cooking and cleaning up that I have had to do, on top of everything else! As a result, I decided to stick with the routine that would have been in place for school, which is the nightly packing of lunches! I now pack their lunch box each night and the next day, when they are ready for lunch, they get out their lunch pails and eat what's inside, all on their own, just like they would do at school. That's the time I let them "google meet" or "zoom" with their friends, as they are eating (so they can talk and socialize just like they would at school.) This has been very helpful and they seem to enjoy the independence.

We know that positive thinking has many physical, mental and emotional health benefits and we also know that now more than ever, we need to keep ourselves and our children healthy.

Let me know if any of these tips help and/or if you have developed any successful strategies that we can share with other families!

Now that the first week of Google Classroom is “under our belts” I will again be continuing with the use of Noxon Road Elementary School Office Facebook Page and now Google Meets, to engage you all and keep our staff, students and community connected. In addition, I have created a youtube channel where I will be posting daily announcements, etc! **The link to my youtube channel is found below and on each teacher's Google Classroom (starting Monday.)** [https://docs.google.com/document/d/1ZpHF\\_RnfdhuWOqwUqHHzGs1P-i\\_x9qL6NEDP4xKn-l/edit?usp=sharing](https://docs.google.com/document/d/1ZpHF_RnfdhuWOqwUqHHzGs1P-i_x9qL6NEDP4xKn-l/edit?usp=sharing) Please make sure your child is clicking on it daily!

**Next Friday, at 6pm we will be hosting our first ever “FB Live & Google Meets Trivia Challenge” and many of the trivia questions will come from both our knowledge of our school AND these daily messages! Using both FB Live and Google Meets will provide a venue that all families are comfortable with, even those not on FB. Stay tuned for more information!**

Please check out the Principal’s Challenge below and the Virtual Spirit Week pictures! Also, please check out the culminating project for *The World According to Humphrey* and special thanks to Mrs. Blake for all of your work on this! Finally, if you haven’t already, please take the time to view this link <https://youtu.be/rXsYc5I9gtM> the most heartwarming message from ALL OF YOU to us! Special thank you to Mrs. Talarico and Mrs. Rios! When I sent it out to staff, my inbox was flooded with (very emotional) words of gratitude to all of you, for touching us with such a beautiful tribute. I saw that one of our parents wrote “This is what community looks like” and I couldn’t agree more!

Warmly,  
Dr. Murray

## Principal's Challenge #4

Do you know an interesting fact about our school and/or about your teacher or T.A? If so, send Dr. Murray an email ([KMurray@acsdny.org](mailto:KMurray@acsdny.org)) with this fact in a Question/Answer format and maybe you will see it pop up as a question during our first ever, upcoming “FB Live & Google Meets Trivia Night!”

Examples: “What is the mascot of our School?” Answer: Speedy  
“What two clubs at Noxon support our Community?”  
Answer: Community Service Club & Student Council  
“What sport did Mr. Corey play in College?” Answer: Baseball

## Coming Soon

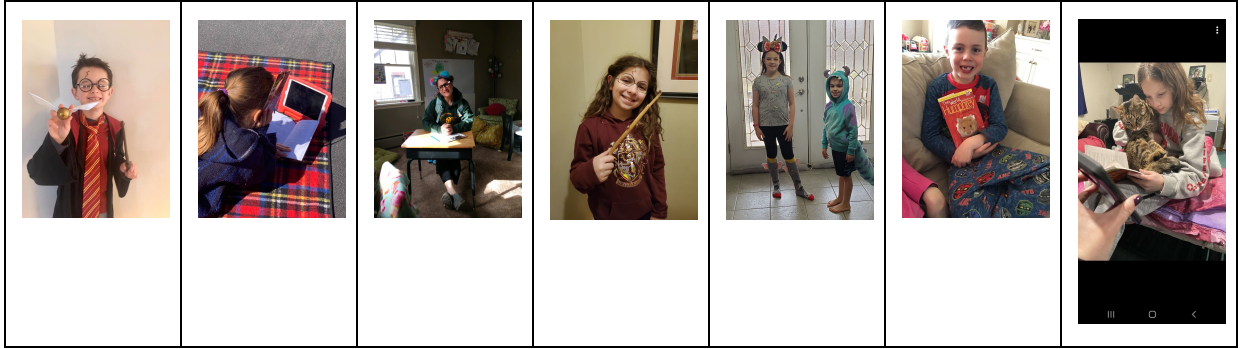


In honor of Autism Awareness month, Jesse Saperstein will read a children's book, *Different Like Me: My book of Autism Heroes* by Jennifer Elder and talk about the significance of this month in the lives of

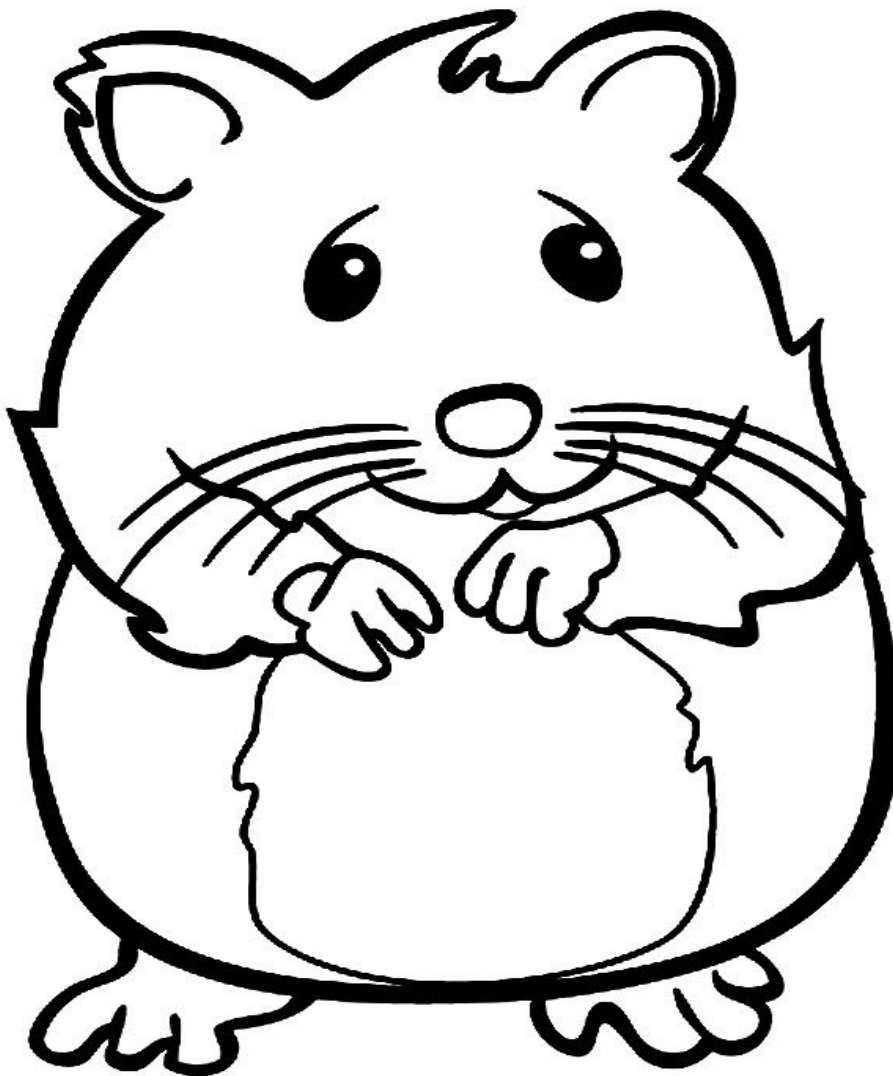
so many individuals who either are on the autism spectrum or have a loved one that is affected. He is the author of two books published by Penguin Group (USA) called, "Atypical" and "Getting a Life with Asperger's."

## Noxon's Virtual Spirit Week





## ***OSOB/PARP Culminating Project: Learning with Humphrey***



1. Color the picture of Humphrey and cut him out.
2. Snap a photo of you and Humphrey learning together!
3. Share the photo on the PTA Facebook group page.