

Clear Stream Chronicle

“A man wrapped up in himself makes a very small bundle”
Benjamin Franklin



A Message from the Administrators...

10.08.09

Issue 4

Clear Stream Café

Our first winners for the Clear Stream Café contest were Mrs. Dougherty's class, Ms. Neiss' class and Mrs. Pope's class. They were served lunch on Monday, October 5th by Ms. Levine and Mr. Finelli. Congratulations on their hard work. A good time was had by all. Check back at the end of October for the next winners. very excited about it.



Lee Denim Day

We collected more money this year than we have ever collected before! Our grand total was \$477.00 that will go toward breast cancer research and treatment. CSA and WAKC students raised \$173.00. The rest of the money was raised by our wonderful teachers and staff. Thank you all so much.

Morning Arrival

CSA doors do not open until 8:00 unless your child is coming for breakfast, chorus, extra help or band rehearsal.

Students who eat breakfast may enter the building @ 7:40. Band, chorus and extra help are decided by individual teachers. There is no adult supervision before these times and safety of your children is our #1 concern. Please do not bring your children to school before the allotted time.

BLT

Have you noticed our new look? After listening to suggestions from our parent BLT members about the difficulty reading “between the lines”, we decided to use a new format. Let us know what you think.

Mrs. Orellana

Mrs. Orellana is our school psychologist. She has been at our school for 7 years. She grew up in Brooklyn and is of Puerto Rican descent. She loves to travel and has been to the Caribbean and to Mexico. She was a cheerleader when she was younger; she loves salsa dancing and her favorite food is rice and beans. She has 3 brothers and a daughter named Laila. She loves working at our school because she enjoys talking with students and helping them to feel better.

PTA Updates...

According to the American Academy of Sleep Medicine (AASM), students need nine to ten hours of sleep at night, depending on their age. Experts say children who get enough sleep on a regular basis will demonstrate improved academic performance and a positive attitude toward their education. They will also interact more positively with their peers and teachers. Parents are urged to enforce appropriate bedtime hours and provide a healthy sleep environment.

The AASM offers the following tips for insuring that children get a good night's sleep:

- Follow a consistent bedtime routine
- Establish a relaxing setting at bedtime
- Avoid food or drinks that contain caffeine before bedtime, as well as any medicine that contains a stimulant
- Do not stay up late doing homework or studying for an

exam

- Do not go to bed hungry, but don't eat a big meal before bedtime
- Avoid any rigorous exercise within six hours of bedtime
- Make the bedroom quiet, dark and a little cool. Don't have computers or televisions in a bedroom
- Get up at the same time every morning

District Website:

valleystream30.com

Upcoming Events

- October 12 - School Closed - Columbus Day
- October 14 - Picture Day
- October 15, 16 - Caumsett - Ms. Kopsick's class
- October 22 - Pumpkin Patch
- October 26 - Bd. Of Ed. Meeting - 8:00 PM - Shaw Avenue Library
- October 30 - Gr. 5 & Gr. 6 Halloween Party
- Nov. 3 - School Closed Superintendent's Conference Day