

April 1, 2019

Dear Members of the J. Turner Hood School Community,

The year is passing by like the wink of an eye. It is hard to believe that spring is already here. It won't be long before the warm weather arrives and the end of year madness begins.

April is an important month for teaching and learning. Here are a few ways that you can prepare your children to make the most of their learning opportunities:

- Make sure that your children get adequate sleep. There is research-based evidence that elementary age children require 10-12 hours of sleep each night.
- Physical activity is a great stress release, helps children sleep better at night, and improves concentration and learning. Research indicates that children receive the most benefit from 20 minutes of sustained aerobic activity on a daily basis.
- A good breakfast that contains a source of protein improves concentration and learning. Healthy snacks and lunches provide the 'fuel' children need to sustain their efforts throughout the day.
- Make sure that your children arrive at school on time. It is stressful for them to arrive late and quite disruptive for the rest of the class.

Lastly, Attendance and Tardiness- thank you families, for following guidelines and keeping your children home when they are ill. Please continue to keep your children home if they are sick, but please also ensure that they are in school each day they are healthy.

Live. Life. Healthy



Tips from Nurse Blanchette:

- Wash hands frequently
- Please keep kids home when sick
- Cough and sneeze into your elbow
- Eat a healthy breakfast prior to school
- Stay hydrated and drink plenty of water
- Practice Mindfulness

Please stay up to date regarding school events (We have so many exciting things happening) by accessing the Hood School calendar. Our school website is a great resource. We hope that you will find the information that is posted on our website to be

valuable to you and your children. Please check our site often as there are always things going on. Please click on the calendar tab in order to view a monthly school calendar.

Open House - Please be reminded that Open House will be held on May 30th from 5:30 to 6:30 PM. This is a wonderful opportunity for your family to visit the school and experience activities in different classrooms.

Wireless Communication Devices- Personal wireless communication devices, cell phones, pagers, hand held gaming devices, etc. must be turned off and kept out of sight during school hours. Students and parents should not utilize electronic communication devices to communicate during school hours. Personal devices with video or other imaging capabilities are prohibited.

RMLD Contest Winners- we are pleased to announce our Reading Municipal Light Department Contest Winners from our school. Congratulations!

(L to R): Jacqueline Morra, teacher; Sydney Folscroft, third place winner; Gabby Montanye, second place winner; first place winner Liza Sandovich not pictured



As we approach the MCAS season, I am still reflecting on our amazing accomplishments. I want to congratulate all of the Hood School Staff and last years fifth graders on our previously shared accomplishment in science. It is quite remarkable! We are proud to

Be ranked number 1 in the state for students scoring “Advanced” or “Proficient” on last years statewide science standards-based assessment. Out of 847 schools in Massachusetts, our school ranked No. 1 in the state for Grade 5 students scoring “Advanced,” with 68 percent of students reaching this category. We are proud of this accomplishment as well as the other amazing results that we as a school community have achieved over the years. It is now time to be reminded that the Massachusetts Department of Elementary & Secondary Education has released the state assessment testing window for our Grades 3 through 5 Students.

The window opens on **April 1, 2019 and continues through May 24, 2019.** Throughout the testing period, it is important that every student come to school well rested and nourished. It is imperative that all children be present during the administration of these tests unless it is unavoidable due to illness or other serious situations. In addition, please do not schedule appointments that interfere with the school day during the testing weeks.

The exact dates for specific assessments can be located on the aforementioned school calendar.