

MAIN STREET SCHOOL

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January Newsletter 2018

Dear Main Street School Families,

Setting Goals - Most likely you have experienced the frustration of setting New Year resolutions in January, only to see them fully dissolved by the spring. Yet, there may have been a year when you set a goal that you carefully planned for and achieved. When done with support and care, the process of setting goals can be as worthwhile and motivating an activity for children as it can be for adults.

This early winter many teachers at MSS participated in a professional book group that read the book [A Mindset for Learning](#) by Kristine Mraz and Christine Hertz. Chapters 9 and 10 focused upon helping students set worthwhile goals that support their engagement and motivate them to learn in school. The authors emphasized that the value of goal setting is that it is intrinsically motivating.



There are a number of things that Mraz and Hertz recommend we do to help children be successful in setting and achieving goals. One is to approach goal setting as a conversation. Get an understanding of what interests the child and where they are in moving toward a possible goal. What do you notice about your child's work? What are they doing well? A worthwhile question to ask is, "What is something at school that you are working on and want to do better?"

A second step is to develop the "story" of the goal. Talk about the what, the how, the when and the where of the goal. What small steps could be taken to move closer to the goal? It is important to emphasize that it is the process of working toward the goal that is most worthwhile and not whether or not we fully achieve it.

It is beneficial to have a way to record the goal and keep it close. The authors emphasize that children should, "Write the goals in their own words or illustrate the goals in their own way."

Lastly, it is important to have a way to build in time for regular reflection and celebration as children move forward with their goals. Goal setting can be a family activity. It can be helpful for children to hear the adults in their lives talk about their own goals and the progress being made to achieving those goals.

I look forward to starting the New Year and working with you and your children to help them achieve their hopes and dreams.

Sincerely yours,
Steve Adler

Office Notes



Morning Drop Off- If you are driving a student to school, please be sure to only use the horseshoe in front of the school. Remember that drop off starts after 8:05, and that staff are not available to support students prior to that time. Try to arrive no later than 8:20, as students are marked tardy after 8:30.

Snow Gear: The arrival of snow has increased our recess options. When the conditions permit, and the field is not too icy, we use it for recess. Students who bring proper snow gear that includes snow pants, boots, a jacket, a hat, and gloves are allowed to play on the snowy field and build snow structures or snow people. Students who don't have snow gear or prefer not to play in the snow have a variety of activities they can select to play on the black top area. Some of the options children enjoy include tag, jump roping, or using the walking path around the playground. Please know that we expect that students will come to school dressed warmly and be prepared to play on the playground during recess on days that are **eighteen degrees Fahrenheit** or warmer.



Community Presentation- On the evening of Thursday, January 18th, the New Hampshire Internet Crimes Against Children Task Force; will be doing a presentation on Internet Safety at the Cooperative Middle School. More information will be sent out by CMS after vacation.



January Lunch Menu- Please find the January Lunch Menu attached

Our mission:

To provide a positive, safe learning environment that fosters a life-long love of learning for all with respect for individual strengths and needs.