

**Fleming Flyer**  
**Friday**  
**December 21, 2007**

**Congratulations to Fleming Geo Bee finalists** Nathan Ballif, Jacob Botelho, Peter Feehan, Holly McClintock, Martin Deutsch, Zoe Frolik, Giselle Glaspie, Maria Grant, Joon Lee and Matthew Wu. These students will compete in the **Fleming School Geo Bee** finals on **Wednesday, January 9<sup>th</sup>, at 7:00 p.m.** in learning center.

**Planning Room Data** – During the month of December there were 13 students referred to the school planning room. There were 15 behavior improvement plans. The planning room data indicates a decline in referrals the past two months.

**Knitting Club** - The knitting club will be held **Tuesdays after school from 3pm to 4pm** beginning **January 8th and ending February 19th**. Please ask you student to sign up at the Health Office if he/she would like to participate. We welcome parents who would like to teach knitting and also those who would enjoy learning to knit. Our first project will be a felted potholder. Knitters should bring 100% worsted weight wool yarn and size 10 to 13 circular knitting needles that are 16 inches to 24 inches long. Some supplies will be available for students who need them. If you are interested in being a knitting mentor, please call Ms Ready at 872-3293.

**Winter Snowpants and Boots** - If you have snowpants, boots, mittens or socks that are not being used we can find a home for them! With all this great winter weather we have daily requests for warm dry clothes. We could also use sneakers that are in good condition. Items may be dropped off at the Health Office.

**News from the Guidance Office: Second Step:** We have begun the next unit which focuses on **Impulse Control and Problem Solving**. Students are learning the skills of Calming Down and Solving the Problem. We have talked a lot about paying attention to your “body signs” that you are upset and about to act on impulse (things like: heart beating faster; muscles getting tense; sweaty, legs shaking, etc.). I’ve also read a great book called **“Don’t Pop Your Cork on Monday’s”** which describes stress and ways to cope with it.

**Calming Yourself Down and Problem Solving**

- **Stop and Think**
- **Ask Yourself: How does my body fee**
- **Take deep breaths (think of your belly as a balloon)**
- **Count backwards slowly**
- **Think calming thoughts**
- **Talk positively to yourself (“it’s OK; calm down; I can do this; this isn’t a big deal, etc.)**
- **Name the problem, and think of a solution**
- **Is it safe? How might people feel about it? Is it fair? Will it work?**

Paul Foxman will be presenting a free workshop on anxiety in children at **Williston Central School** (off rt.2) on **Wednesday, January 9th** from **6:30 - 8:00 p.m.** Refreshments will be served. For more information, contact Carol Bick in the Williston Guidance Dept., 879-5839.

**January Calendar Highlights**

<b>January 9<sup>th</sup></b>	<b>Geo Bee – 7:00 p.m.</b>
<b>January 16<sup>th</sup></b>	<b>PTO Meeting – 6:30 p.m.</b>
<b>January 25<sup>th</sup></b>	<b>Second Quarter Report Cards</b>
<b>January 31<sup>st</sup></b>	<b>“Tiger Troupe” – Anti bullying Assembly - 10:45 a.m.</b>

Please visit our school webpage at [www.ccsuvt.org/fleming](http://www.ccsuvt.org/fleming) for more information about our school community.

We wish you and your family a very *Happy and Healthy New Year!* **Students return to school on Wednesday, January 2<sup>nd</sup>.**