

In The Center



Enrichment Activities Planned



As we head toward the end of every school year, students always anticipate the fun activities that lie ahead. Despite not being able to celebrate and have fun together, the students of Center School have fun events to look forward to!

Step Up Day will be on June 4. Students will receive invitations to join classrooms prior to Step Up Day. Step Up Day will be completely online as students will visit Google Classrooms with next year's teachers.



The last week of the school year will bring us to another One School, One Book event. The selected book will be read to our students by various staff members! There will be special activities focused on the theme of bravery. Students will also have a chance to learn about weather systems and even have an opportunity to make a special recipe that is featured in the book.

Students will also be invited to join in on some math fun! Throughout the last week of school, teachers will be posting unique math challenges designed to remind us that learning math is fun.

Students will also be challenged to participate in a scavenger hunt around their homes. We can't wait to see what the students are able to find!

Perhaps one of the most exciting events of the final week of school is our Virtual Talent Show! Thomaston's Got Talent will be an opportunity to showcase a wide variety of acts.

Please read on if you wish to participate:

- Each student may submit only one video/one act.
- The video highlighting talent should be no more than 60 seconds long, as we anticipate high interest in this event.
- **Videos must be emailed from a parents email to home-room teachers no later than June 1 at noon. The subject line of the email should be "Talent Show & student's name". The video should be also labeled "Talent Show & Student's Name".**
- This is open to only TCS students. However, siblings may be included in the vid-

eo. If more than one student is in the video, the length of the act should still be no more than 60 seconds. If sibling/students are in more than one grade level, please submit them to the separate teachers so it is included into the appropriate grade level.

- Due to the time it will take to compile these acts, no video will be accepted after June 1. There will be NO EXCEPTIONS!
- Participation in this is strictly voluntary. By submitting the video through the parent email, this provides parent permission to participate in this event.
- A digital copy of the Thomaston's Got Talent Show will be shared to the Thomaston Center School community at the end of the school year.

We are excited for these end of year events!



INSIDE THIS ISSUE:

Where's Ms. Miller	2
Grade 5 News	3
Academy Update	3
Principal's Corner	3
PE News	4

Summer Math & Reading Planned

Very soon, your child will receive information about our summer reading opportunities. The Language Arts Department have been working hard to create something new and exciting for us!

We will soon also share information about our annual summer math challenges.

While these activities may take on a different feel this year, the goals of the program remain the same. It is our hope these opportunities help students remain committed to learning, growing, while having fun throughout the summer months.

More information will be forthcoming in early June!



Where's Ms. Miller?

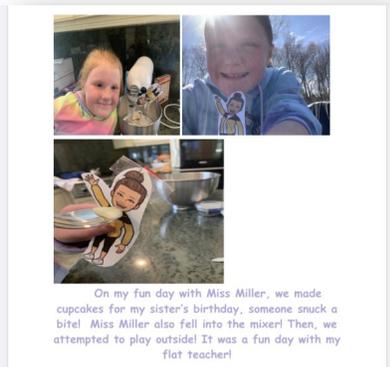


Flat Stanley, a popular children's book series by Jeff Brown, tells the tale of a boy Stanley being flattened by a fallen bulletin board. Stanley survives and overcomes this unfortunate accident by using his size

to have amazing adventures around the globe.

In the Spirit of Flat Stanley, Ms. Miller created Flat Ms. Miller and has traveled all across Thomaston, engaged in fantastic adventures in sixth graders homes during this time of Distance Learning.

Here are pictures of some of Flat Ms. Miller's escapades.



Snack Attack Continues!

Mr. Stack's Snack Attack Academy group all received a special package of their chef hat and apron in the mail so students could continue their baking experiences at home.



Fifth Grade Science Fun



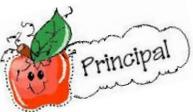
For Earth Day, Carissa Pratt planted a Japanese Maple tree in her backyard, while Ella



Seiler creates an elaborate science project. Joe Schienda solves an engineering challenge by creat-



ing a contraption that manually pumps water.



Principal's Corner

Typically, May is always an exceptionally busy month at Thomaston Center School and this year is no exception. Though this year is so incredibly different than in past years, we are still working hard to end the year on a strong, positive note.

Please encourage your students to complete their Distance Learning

assignments. For those students that have completed all of the tasks and are current with their work, the last week of school will be filled with fun, enrichment activities. If students are not finished with their work, the last week of school provides time to complete them.

Step Up Day will be June 4, 2020. More information will be forthcoming on this event.

June will be a very exciting and eventful month at Center School. Please be sure to check your email and Power School for updates. As always, we appreciate your interest and support of your child's education.

Thomaston Center School

1 Thomas Avenue
Thomaston, CT 06787

Phone: 860-283-3036
Fax: 860-283-3048

Notes from The PE Teacher

Mrs. Wojtczak found this great article with some tips for us to stay active at home!

10 Common Household Items To Use for Exercise

By Derek Severson

At-home learning has required our Physical Education community to get creative with fitness and encourage students to stay active during school closures. One challenge we are all presented with during these times is the ability to provide fitness equipment to our students. Access to our commonly used classroom equipment is temporarily on hold, but the good news is there are plenty of ways students can still be active simply using common household items. If you are looking for ways for your students to exercise at home, try recommending these 10 household items as a way to stay active.

1. Milk Jugs

Instead of recycling, students can fill these with water and use almost like a kettlebell. One full gallon weighs about 8-1/2 lb, which could lead to a great muscular strength workout for the upper body.

2. Couch

Yes, possibly the most comfortable place to relax in one's home can be used for fitness. This piece of furniture can be used for triceps dips, elevated push-ups (feet on couch), and other weight bearing exercises. Encourage students to focus on these exercises during commercials.

3. Chairs

Not sure if your squat technique is correct? Try placing a chair behind you as guidance. As the body comes down to a near 90° angle, the feeling should be that you're in a sitting position. Don't sit down entirely, stop and begin your upward movement once you feel slight contact with the seat below you.

4. Board Game Supplies

Raid the game closet and look for items that can be used for exercise. This can include dice, playing cards, and play dollars. Monopoly money is a great example of a way students can track their exercise repetitions.

5. Towels

These can work on any wood or tiled floor and be used for core exercised or even a yoga mat. Place the towels under your hands or feet to increase the challenge of core exercises like mountain climbers. Have your students kick it up a notch by having them perform a seal walk by having them walk down a hallway using just only their arms (feet relaxed on towel).

6. Backpack

This serves as a perfect weighted vest. Students can fill their bags with bottled or canned foods and choose a weight that is challenging, yet achievable. Using weighted vests is great for building cardio endurance. This equipment could be utilized during family walks around the neighborhood.

7. Tape Measure

This or any measuring tool within the household can be used to track progress with exercises such as a standing long jump. Tape measures can also be used to create dimensions for game areas and lengths of fitness assessments like the PACER (20m/65').

8. Box

Flip over and use as a plyometrics box. It's important to test its durability by making sure it can withstand a weight bearing impact. Don't worry if you cannot find a box that will work for these jumping exercises. Look for any safe platform to jump on. If you have a partner, that person can hold equipment like a chair in place for the jumper. And if your students want to practice box jumps or steps ups outside, have them look for any tree stump that has a large enough landing or stepping surface.

9. Couch Cushion

Remember to take your shoes off first. Just like a Bosu, a cushion can be used as a base of support to perform many balancing activities. The uneven surface of the cushion will challenge the body to stabilize more muscles in the balancing process.

10. Tarp

Works great to absorb the force of any throw or strike. Find a safe area to hang a tarp, or any other durable netting, and swing away. Grab a disc, baseball, soccer ball, and even a golf club. Important, test the durability of the tarp and secure it properly before using. One wouldn't want to replace a neighbor's window because their mammoth golf drive couldn't be contained.