

# Banyan School

12 Hollywood Avenue – Fairfield, NJ 07004

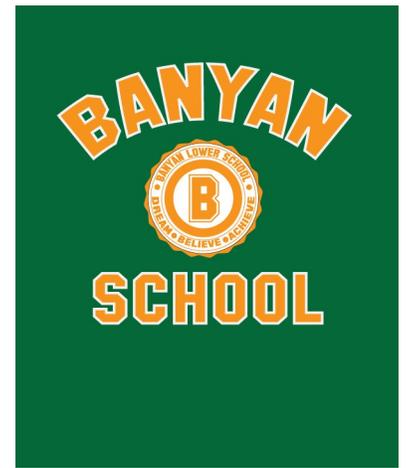
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## *Upcoming Events*

<b>Event:</b>	<b>For:</b>	<b>Date:</b>	<b>Time:</b>
<b>PTO Dance</b>	<b>All</b>	<b>February 8</b>	<b>6:30-9:00 PM</b>
<b>Decades Day - Wear your favorite dacade clothing</b>	<b>All</b>	<b>January 31</b>	

## **MRS. RALLO'S CLASS NEWS**

As the children continue reading their novel in class, they review vocabulary words in a variety of ways. When a definition is given by the teacher, students have to find the correct vocabulary card. The students in period 1 are great actors and enjoy acting out given words in a charade type activity. Period 8 students used fly swatters to "hit" the word which matches a given definition. Students use Quizlet where they listen to definitions, match definitions to words, and take a test. Some are responsible for recording their own test scores. It is a great opportunity for the children to monitor their progress. It's fun to watch the students learn new words especially when I hear them using the words correctly in conversation.



## **Banyan Bulldogs Basketball Schedule:**

- Jan 24 Away at Windsor**
- Jan 31 Home Center School**
- Feb 7 Away at Chapel Hill**
- Feb 13 Away at Deron**
- Feb 21 Home Center School**
- Feb 27 Home Deron**

**All games to begin at 10:00**



## **SOCIAL SKILLS NEWS**

In life skills, we are getting ready for our trip to the post office! The students have been writing letters to friends, family and celebrities. We went over the components of a letter, how to organize the envelope, and the services of the post office.

While these are challenging lessons, the hardest one is how to not become bored in the post office line!

Handling boring moments is an important social skill we have to learn. We live in a culture where we use phones, games and computers to prevent us from becoming bored. Often we try to rescue our learners from these moments, but they could miss out on opportunities to learn how to regulate themselves. When we are bored, we have to learn how to regulate our feelings and how to have appropriate behavior.

When we are bored, we still have to follow our expected behavior to make sure everyone feels comfortable around us. When we are bored, we still have to focus on the teacher, fidget quietly, keep negative thoughts to yourself, and remind yourself that boring moments don't last forever!

It is unexpected to wander around the classroom, sleep in class, blurt out in class, and to distract others. This makes others feel uncomfortable and have negative thoughts about us. We still have to monitor ourselves even when we are bored!

For practice, especially on snow days, try to make some time to not do anything. Take some time away from screens to have open, unstructured time. This is a great opportunity to learn how to regulate yourself, acquire a higher frustration tolerance, and lose the excuse of "I'm bored!".

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## **MS. VANDENBREE'S CLASS NEWS**

Congratulations to my period 1 FIRST class! They are continuing to learn more letters and sounds. They are also excellent tappers! Also, congratulations to my period 3 FIRST class! They have completed Substep 2.2, and just began Substep 2.3 this week! Substep 2.3 consists of the five closed syllable exceptions- (ild, ind, old, olt, ost). My period 7 FIRST class has completed Substep 8.3 this week and is moving quickly through Step 8! Congratulations! My period 9 TMC class is enjoying the stories and pictures we visualize and verbalize each day. They know all their structure words and continue to apply them. Keep up the great work everyone!