

THE

CONNECTION



NEWS AND UPDATES FROM YOUR BURGESS PTO

Who the PTO is

We are parents and guardians.
We are teachers and staff.
We care about our children.
We want to build a better Burgess.
We are you.

Every parent and guardian is already a member of the PTO. Please get involved. We welcome your participation. Even as little as an hour or two can make a significant difference.

What the PTO does

By raising funds, we are able to provide school supplies, field trips, cultural events and more, and in turn, improve the educational experiences of our children.

By publishing *The Connection*, we promote communication between the school and families.

By involving families in the betterment of our children's school and experiences, we foster a spirit of community and cooperation.



Building a Better Burgess

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Dear Burgess Parents, Guardians and Staff,

I am excited to be writing for the April issue of The Connection. It means that we will soon have warmer weather, spring flowers, and all the fun activities that spring has to offer. Welcome spring!

Jog-A-Thon

As you all know, we took a hiatus from our major fall fundraiser this year to give families a respite from fundraising. While it was a welcome reprieve, it means that the 2018 Jog-A-Thon will be our only major fundraiser of the year. The challenge is now on to reach our fundraising goal so that we can continue to fund all the wonderful programs that your Burgess PTO provides for our students and staff. This year's Jog-A-Thon is scheduled to take place immediately following April Vacation, April 24-26. More information will be coming home soon, so keep an eye on your child's backpack. If you would like to volunteer to help the students on the day your child runs, please email me by April 10 at burgesspto@gmail.com. Please include your child's name, grade, and classroom.



Scholastic Book Fair

The spring Scholastic Book Fair was a great success, and we would like to thank Heather Adamson for her years of hard work and dedication in her role as Chair of the Book Fair. Heather selflessly donated her time for many years, and as she transitions out of Burgess Elementary, we wish her well with all her future endeavors. We would also like to thank Michele Philips for taking over as the new Chair of the Book Fair.



Have a great month,

Karen

Karen Kowal, PTO President

email: BurgessPTO@gmail.com, web: BurgessPTO.org

The next PTO meeting will be held in the library: **Tuesday, April 10 at 7:00 p.m.** See you then!

Month-At-A-Glance

APRIL						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

April 16-20 No school; April Vacation

Burgess PTO Website

burgesspto.org

Burgess PTO Meeting

at the Burgess Elementary School
in the Library on

Tuesday, April 10 at 7:00 p.m.

*All parents and guardians are
welcome to attend.*

5th Grade Fundraising Meeting

at the Burgess Elementary School
in the Library on

Tuesday, April 10 at 6:30 p.m.

*All parents and guardians are
welcome to attend.*

School Improvement Council

will meet at the Burgess Elementary
School in the Conference Room on the

**Second Monday of each month
at 3:15 p.m. (unless otherwise posted)**

Open to the public.

Sturbridge School Committee

will meet at the Burgess Elementary
School in the Library on the

**First Thursday of each month
at 6:30 p.m. (unless otherwise posted)**

*All parents and guardians are
welcome to attend.*

The Connection Submission Deadline

All material for the May issue
should be submitted by 3:00 p.m.:

Tuesday, April 24

email: burgessconnect@gmail.com

Contact Burgess

Main Office: 508-347-7041

Nurse: 774-241-3004

Website: www.tantasqua.org/burgess

Address: 45 Burgess School Road
Sturbridge, MA 01566

PTO Bulletin Board

Though fundraisers are not mandatory, please know that your participation in ANY form is invaluable to our students, our staff and our school - and we always appreciate all that YOU do to make our students' community the best it can be. *Thank you!*



Stop and Shop® A+ School Rewards

Register online at
www.stopandshop.com/aplus or register by
phone at 1-877-275-2758 or register right at
the store with your smart phone. After you
register your card, each shopping trip at
Stop&Shop using your Stop&Shop Card
earns cash for our school.

Main Office 101

School Cancellation/Delay

Burgess Elementary School
is part of School Union #61 and the
Tantasqua Regional School District.

When School is delayed or cancelled,
you will be notified by the Blackboard
Connect phone service/email
notification system. You can also check
online at www.tantasqua.org and click
Cancellations.

See your parent student handbook for
more information.



Support Burgess Elementary when you
shop this holiday season. Visit
smile.amazon.com/ch/04-3577534 and
Amazon donates to Burgess Elementary
School PTO.

School Store

Attention 5th and 6th Grade students.
The Burgess School Store is open from
11:30-12:30 p.m. on Tuesdays and
Thursdays.

Burgess Directory Copies Still Available

There are a limited number of Burgess
Directories still available for sale. Please
email BurgessPTO@gmail.com if you
would like to purchase one.

FREE MONEY FOR BURGESS

Entenmann's Turn Trash to Cash Project A+

Little Bites has teamed up with
TerraCycle to help eliminate waste. Save
your Little Bites Snack Pouches and drop
them off to the PTO Mailbox. Burgess
receives \$.02 for each pouch turned in.

Target® Take Charge of Education

If you're a Target REDcard holder, each
purchase you make with your card can
earn dollars for Burgess. Simply enroll in
the program at www.target.com/tcoe.



Burgess SPIRIT DAY

Our next SPIRIT DAY will be **Friday, April 13.**
Wear your BLUE and GOLD and/or Burgess Wear!





From the Nurse's Office

Asthma is a lung disease that makes it difficult to move air in and out of the lungs because of inflammation and narrowing of the airway. According to the American Lung Association, asthma is the leading cause of chronic illness in children. It affects over 9% of children in the United States and, for unknown reasons, is steadily increasing. At Burgess this year 85 students (9.7%) have a diagnosis of asthma. Asthma can begin at any age but most children have their first symptoms by age 5.

These symptoms include (while these are some symptoms of asthma, your child's doctor should evaluate any illness that complicates your child's breathing):

- A chronic cough (which may be the only symptom)
- Less energy during play
- Shallow, rapid breathing
- Complaint of chest tightness or chest "hurting"
- Whistling sound when breathing in or out -- called wheezing.
- Shortness of breath
- Tightened neck and chest muscles while breathing
- Feelings of weakness or tiredness

This year we have a 5th grade Asthma Super Group who meet once a month. They would like to share some information regarding their asthma to help others to better understand.

- M.H. shares that the symptoms she experiences with her asthma are coughing, wheezing, shortness of breath and a heavy chest.
- A.C. states that she knows she needs her inhaler when it becomes hard for her to breathe and can end up being scary. She states that once she went to the hospital by ambulance in September with an asthma attack and they think it was triggered by her dog shedding.
- S.N. feels that the best way to help a friend when they are having an asthma attack is to tell a teacher or parent, get the nurse, offer a cold drink and keep them calm. J. S.D. states that offering ice cream works for him because it is cold.
- J.S.D. shares that the name of the inhaler he uses is Qvar twice daily all year to keep his lungs strong. When he coughs or wheezes he uses Albuterol nebulizer treatments.

The hardest thing about having asthma is:

- A.C. – Managing asthma and keeping track of refills and medications.
- M.H. – Sometimes having to miss sports or needing to take a break during the game
- J.S.D.-Missing class time to get treated with medication

Lisa Meunier RN, M.Ed, School Nurse
meunierl@tantasqua.org • 774-241-3004/fax 774-241-0674



We were fortunate to have a fabulous team from Virginia, New York and Massachusetts come to Burgess March 10th to offer a Comfort Zone Camp for students and their families who have lost a loved one. Many thanks to BT's Smokehouse who generously offered a delicious lunch of Mac and Cheese, Pulled Pork and Corn Bread Muffins. Everyone enjoyed it!

The ice breakers were fun, the pull-out sessions were a wonderful opportunity for the children and their families to share their stories. Each family later made a time capsule of memories to open later at a date they chose.

We were offered many resources including:

- Soaring Spirits – an on-line resource for widows
- Grief.com by David Kessler who lost a son
- Compassionate Friends- for parents who lost children
- What'syourgrief.com
- Empty Arms – on line resource for moms who had a still birth
- Carriage House – resource in Worcester for families who have lost parents or siblings
- Camp Stepping Stone – for families suffering a loss
- Lori Churchill is an excellent grief therapist – wellnesshub1main.com – (978)928-1164

Candy Bar B-I-N-G-O April 12

B I N G O							
14	29	38	52	74			
4	18	33	46	62			
7	16	★	60	71			
9	27	44	51	67			
12	23	35	47	73			

Come join us for Candy Bar B-I-N-G-O. All Burgess Families welcome - a great time for kids of all ages. Come play B-I-N-G-O and win C-A-N-D-Y!

When: Thursday, April 12 from 6:00-8:00 pm. You are welcome to come anytime between 6:00-8:00 pm to play.

Where: Burgess Cafeteria

Why: Help the 5th graders raise money for their 6th Grade Trip to the Ecology School and Project Oceanology.

Plus! Mr. Canavan calls out all the numbers all evening.

Candy Donations are Needed.

To donate, students can bring in candy marked Candy Bingo to their classroom. Thank you for your help!

Burgess parents, guardians and staff,



Your Burgess PTO is constantly reviewing the best ways to disperse information to students, parents and teachers. We are excited to now offer the Remind app, in addition to our email, website and Facebook announcements. Many teachers throughout the district are already using the Remind app to communicate with their students and families. The app may be downloaded in both the iTunes and Android App Stores.

The Remind app is a communication tool that allows an organization to send out a group message or reminder, but it will not share your phone number or email address with the group.

If you are interested in subscribing to Burgess PTO Remind messages, please download the app and follow the prompts for set-up. Once you have completed the set-up, follow the instructions below to join the Burgess PTO.

- Select “Join Class”
- Enter “burgesspto” next to the @ symbol
- Select “Join”

For more information, go to www.remind.com. To join our email list, please email us at burgesspto@gmail.com. You may visit our website at BurgessPTO.org.

Thank you,
Burgess PTO



Save the Date!

April 10
PTO Meeting

April 12
Candy Bar B-I-N-G-O

April 16-20
No School; April Vacation

April 23-27
Jog-A-Thon

Order by May 7

WHO DO YOU APPRECIATE?

May 7-11 is National Teacher Appreciation Week!

A contribution to the **Tantasqua Education Foundation** is a great way to show appreciation of a teacher during Teacher Appreciation Week.

For every **\$5 donation** a flower and an appreciation card with your name will be delivered to a teacher you choose to appreciate. Money from these donations will be used to fund innovative grants for the Tantasqua and Union 61 schools.

Look for the flyer coming home or order online
by May 7 at **Tedfound.org**
Thank you!



Volunteers Needed!

The Jog-a-thon is our largest fundraising event of the year and one in which every child participates. If you are interested in donating your time to this fun and healthy fundraiser, contact Karen Kowal at burgesspto@gmail.com by April 10.

6th Grade Trips

The 6th Grade Environmental Excursion refers to two trips taken by each 6th Grade Class. The first trip, to The Ecology School in Saco, ME, takes place at the beginning of the school year. The second trip, called Project Oceanology, takes place in June and in Mystic, CT. For more information visit the Environmental Excursion section of the PTO website at <http://burgesspto.org/info/6th-grade-trip/>.



From the Library

Burgess has a school-wide subscription to the very reputable World Book Encyclopedia. If you want to use it at home, just go to worldbookonline.com. The Username is: student61; Password is: learn.

These days the World Book Encyclopedia comes in three levels, Kids, Student and Advanced. Here at school we recommend the Student level for grades 4-6, while the Kids level is great for grades K-3. The Kids level comes with games and activities. All three levels offer additional resources for further learning about many topics, tucked into the articles. Stunning photos, videos and audio clips round out this solid resource.

Unlike many web pages, The World Book Encyclopedia is free of advertising. Articles are written and signed by experts. Users should be aware that searches must be by topic keyword, not by questions. For example, if you want to know who was Julia Child, just type in her name. Usually the WBE won't let you type in a full question. Fourth graders have been practicing forming keywords in their library lessons with the World Book these past few weeks.

So, next time you need answers to research questions, try the World Book!

Sarah Swift, *Burgess Librarian*

PARENTS OF BURGESS CLASS OF 2018,

We want to thank everyone for their help in supplying pictures for the current Burgess 6th Grade Class of 2018 yearbook!

We would also like to extend a thank you to the students from this 6th grade class who took the time to create the Yearbook with the Jostens Rep. It was a fun time hearing these students' ideas while seeing them all in action. They worked together wonderfully as a group and truly created a team spirit while making it fun at the same time.

Sad to say, but the yearbook meetings have come to an end. We again are grateful for all the students and parents who helped to date.

All students in the 6th grade will be receiving a yearbook thanks to a generous gift from our Burgess PTO. The yearbooks will be handed out at the Class of 2018 end of year celebration.

Any questions, please don't hesitate to reach via cell/text or email to Jennifer Bailey at 774-230-1535 or email Burgess5thgradefundraising@gmail.com



A Reading Celebration

Once again, Burgess students enjoyed recreational reading at home through their participation in the Six Flags program "Read to Succeed." Students who completed the required number of hours earned either one free ticket to Six Flags or a book of their choice as a reward. The "real" Six Flags tickets will be distributed in May for use over the summer months. Please be aware of the expiration date, as the ticket is NOT useable after this date.

Thank you to our parent coordinators who volunteered their time and effort each week. Our appreciation to: Moira McGrath, Kelli Gunagan, Doreen Shepard, Audra Strause, Michelle Phillips, Eliane Achi, Sarah Michalak, Peg Hall, Jen Bailey, and Cindy Forgit. Thank you to everyone involved in these special literacy events.

Amy Cantwell, *Literacy Coordinator*



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VACATION FUN CLUB

April 16 - 20, 2018

8:00 a.m. - 5:00 p.m.

extended care from
6:45 - 8:00 a.m. and 5:00 - 6:00 p.m.

For Grades K-8 / up to age 14

COMMUNICATION!

Monday - Poetry

Tuesday - Story

Wednesday - Handshakes

Thursday - Expressions

(Field Trip to Ultimate Obstacles in W. Boylston)

Friday - Auctioneer

In addition to great happenings, we will also be outside soaking in all of the awesome weather, swimming, and other fun activities!

Cost: \$30/day for members & \$40/day for non members

43 Everett Street, Southbridge, MA 01550

P. 508.765.5466 / F. 508.765.5894 / W. tricomcommunityymca.org

Burgess Math Games Lending Library

Check out the Burgess Math Games Lending Library (MGLL)! With over 50 different math, strategy, and critical thinking games available for students in grades 3-6 to borrow, there is something for everyone! Games typically get delivered to students on Thursdays and are due back the following Tuesday. For more information, check out the website burgessmathgameslibrary.weebly.com/ or email Bethany Runnals (runnalsb@antasqua.org).



Sturbridge Rec Soccer FALL 2018 Sign Ups

For boys & girls ages 5 - 18 years. Registration is ONLINE ONLY April 1 - June 1, 2018.

WWW.LEAGUELINEUP.COM/STURBRIDGETRYSOCCER

This program runs in the Fall with games on Saturdays and practices once or twice during the week depending on the coach. The soccer program completely relies on volunteers. All and any help is greatly appreciated, please sign up to be a coach, assist coach, referee or any of the behind the scenes help is needed.

There is also a more competitive traveling around central Massachusetts. This league is a same gender Travel Soccer league—visit their website: www.tantasquasoccer.com for more information. Sign up for this league will be online only—through their own website & should be starting Mid-May.





Facebook: Family Foundations 5
 Website: <http://familyfoundations5.doodlekit.com>
 Email: Union61cfce@tantasqua.org
 Phone: 508-867-2232

If Union 61 Schools are closed due to inclement weather, scheduled school breaks or have a two-hour delay we are closed.

MONDAY

Caregiver/Child Playgroup

9:00-11:00 am, Hitchcock Academy
 2 Brookfield Rd., Brimfield

TUESDAY

Caregiver/Child Playgroup

9:00-11:00 am, Brookfield Elementary
 37 Central Street, Brookfield

Caregiver/Child Playgroup

10:30-11:30 am, Heritage Green
 Sturbridge

WEDNESDAY

Music and Movement

9:00-10:00 am, Hitchcock Academy
 2 Brookfield Road, Brimfield

Story Time

10:30-11:30 am, Wales Public Library
 77 Main Street, Wales

THURSDAY

STEAM (Science, Technology, Engineering, Art and Math)

9:00-10:30 am, Hitchcock Academy
 2 Brookfield Rd., Brimfield

STEAM (Science, Technology, Engineering, Art and Math)

9:00-10:30 am, Brookfield Elementary
 37 Central Street, Brookfield

FRIDAY

Caregiver/Child Playgroup

9:00-11:00 am, Brookfield Elementary
 37 Central Street, Brookfield

Story Time

10:00-11:00 am, Holland Public Library
 23 Sturbridge Road, Holland

All Programs are funded through a grant from the MA Dept. of Early Education & Care, and are FREE.



Family Foundations 5 Additional Family Events

All Evening and Saturday programs are open to children birth through 8. Older siblings are welcome, too.

April 11, 2018, 6:00 - 7:30 p.m.

The Tooth Fairy
 Tantasqua Jr. High Library
 Register at (508) 867-2232

April 24, 2018, 6:00 - 7:30 p.m.

The Strawberry Bowl
 Hitchcock Academy
 Register at (508) 867-2232

April 28, 2018, 10:00 - 11:30 a.m.

Earth Day
 Burgess Playground
 No Registration Required

Additional Program Information

Caregiver/Child Playgroup is a literacy based program for children and their caregivers to spend time with their peers. We will have a short circle-time, story, art-time, and free-play. Please bring a nutritious snack.

Music and Movement is a literacy based music program that gets everyone up and moving to the beat.

Story Time is best suited for children 0-3 years.

STEAM is a literacy based Science, Technology, Engineering, Art and Mathematics program that has fun performing new experiments each week.



*Celebrate our dedicated teachers
and grant recipients!*

Join us for a celebration of all past grant recipients and the announcement of this year's winners!

- Enjoy a spectacular brunch buffet and a chance to win a beautiful diamond donated by Cormier Jewelers
- Spotlight Grant Speakers will talk about their previous grants and student experiences
- 2018 Grant monies are awarded
- Silent auction and cash bar

**Publick House
in the Garden Tent
11:00 am-1:00 pm**

Tickets are \$50 per person
at TedFound.org

Sunday · May 6, 2018



TANTASQUA EDUCATION FOUNDATION

Supporting innovative, teacher-initiated projects in the elementary schools of Brimfield, Brookfield, Holland, Sturbridge, and Wales, as well as the Tantasqua Junior, Senior, and Vocational schools.

Celebrate our dedicated teachers!

Brunch with Ted. benefits the Tantasqua Education Foundation. For more information about sponsorship & volunteer opportunities, please visit TedFound.org

Facebook.com/TedFound @TEdEdFound #BrunchwithTed



April 2018

Burgess Elementary

LUNCH



Daily alternate: chicken patty, **gluten free chicken**, **veggie burger**, or chef salad. Assorted fruit and milk offered daily. Menu subject to change



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

2
OPENING DAY!
Hot dog with popcorn
and ice cream with baby carrots
and dip or fruity yogurt parfait

3
Popcorn chicken with
mashed potatoes and gravy with
corn or fruit smoothie with muffin

4
Brunch for lunch!
French toast with sausage and
tator tots or fruity yogurt parfait

5
Sloppy joe with baked chips
and green beans or fruit
smoothie with a muffin

6
Cheese or pepperoni pizza
with seasoned carrots or fruity
yogurt parfait **gluten free pizza
available**

9
Hamburger or cheeseburger
with baked fries and corn or
fruity yogurt parfait

10
General Tso's chicken
over rice with broccoli and fortune
cookie or fruit smoothie with a
muffin

11
Mozzarella sticks with
marinara sauce and carrots or
fruity yogurt parfait

12
Chicken nuggets with sweet
potato fries and peas or fruit
smoothie with a muffin

13
Cheese or vegetable pizza
with tossed garden salad or fruity
yogurt parfait **gluten free pizza
available**

16
NO SCHOOL

17
NO SCHOOL

18
NO SCHOOL

19
NO SCHOOL

20
NO SCHOOL

23
Nacho chip basket with
meat, cheese, salsa and corn
or fruity yogurt parfait

24
Toasted cheese
sandwich with tomato soup
and green beans or fruit
smoothie with a muffin

25
Hamburger or
cheeseburger baked chips and
carrots or fruity yogurt parfait

26
Brunch for lunch French
toast with bacon and hash
brown patty or fruit smoothie
with a muffin

27
Cheese or pepperoni
pizza with broccoli and ice
cream or fruity yogurt parfait
gluten free pizza available

30
Boneless chicken wings
with sweet potato fries and
green beans or yogurt parfait



Bus Pass

Burgess Elementary School Bus Pass 2017/2018

*This form is to be used **each time** a child is changing their drop off location and/or bus. Thank you.*

Name: _____ Homeroom: _____ Date: _____

Parent/Guardians Name & Day Phone: _____

Bus # _____ o Same Bus o Different Bus

Address to be dropped off at, and with whom: _____

Approved by the Bus Supervisor if taking a different bus: o Yes o No

Please contact Bus Supervisor for approval at 508.347.8940

Approved by the Main Office: _____

April 2018

Burgess Elementary

BREAKFAST



Fresh or canned fruit, yogurt and choice of milk comes with breakfast! Breakfast is only \$1.50 reduced is .40 cents



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Apple strudel

2

Tuesday

Breakfast sandwich

3

Wednesday

French toast

4

Thursday

Scrambled eggs, toast and hash brown patty

5

Friday

Cinnamon bun

6

Apple strudel

9

Breakfast sandwich

10

French toast

11

Scrambled eggs, toast and hash brown patty

12

Cinnamon bun

13

NO SCHOOL

16

NO SCHOOL

17

NO SCHOOL

18

NO SCHOOL

19

NO SCHOOL

20

Apple strudel

23

Breakfast sandwich

24

French toast

25

Scrambled eggs, toast and hash brown patty

26

Cinnamon bun

27

pancakes

30



Next Submission Deadline: Tuesday, April 24
burgessconnect@gmail.com

Editor:
 Christine Neslusan

Submission Guidelines: • Submissions may be sent to the newsletter editor(s) at burgessconnect@gmail.com. • The preferred format is electronic. All submissions are subject to reformatting. • All articles are limited to school-, PTO- or town-sponsored activities intended for Burgess students and their parents or guardians. • Publication of any submission is subject to space availability. • Approval of all articles is at the discretion of the school's Principal. • The submission deadline is on or around the 20th of the prior publishing month. • Late submissions will either be put in a subsequent issue or, if time permits, placed in the current issue at the discretion of the editor(s).

All students, regardless of race, color, sex, gender identity, religion, national origin, sexual orientation, disability, or homelessness, have equal access to the general education program and the full range of any occupational/vocational education programs offered by the district.



Burgess Elementary School

45 Burgess School Road
 Sturbridge, MA 01566

508-347-7041 phone • 508-347-8237 fax