Garfield Elementary School
Revere Public Schools
Monthly Newsletter
February 2020

School Attendance is Important
The US Department of Education reports that “as early as elementary school, students who miss just two school days each month are more likely to fall behind in reading, writing and math, even if the absences are excused. While some challenges to a child’s attendance are unavoidable, it’s important to understand the impact of each absence. A student is considered chronically absent if he or she misses only two days of school per month (18 days per year). Even one year of chronic absence can cause a child to fall behind academically and decrease a child’s chances of graduating from high school, which can have long-term consequences on their financial independence, physical well-being and mental health. Parents can prepare their children for a lifetime of success by making regular school attendance a priority and understanding the reasons for their child’s absences.” Learn more at www.healthychildren.org. Also, take a moment to watch this informative video on the importance of being in school. http://www.youtube.com/watch?time_continue=3&v=hEDQWgVjwHU

School Uniforms
As the weather continues to get colder we want our students to be warm and comfortable so that they can concentrate on their school work. Students are welcome to wear Navy Blue, White, or Hunter Green sweaters or sweatshirts over their uniform shirt. To be considered ‘in uniform’ students’ sweaters and sweatshirts must be a uniform color and should not have any writing or pictures.

February is American Heart Month
This month is a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health.
Small changes can make a big difference.
• Add exercise to your daily routine
• Increase healthy eating
• Regularly check your blood pressure
Parents are welcome to stop by the nurse’s office on Wednesday, February 5, Tuesday, February 11 or Friday February 14, to have your blood pressure checked by our school nurse.
Also, please join GES on Thursday, February 14, for National Wear Red Day. By wearing red and using #GoRedWearRed you are helping raise women’s awareness and supporting education for cardiovascular health. A $1 donation to be out of uniform for the day and wearing red will benefit the American Heart Association. (The actual Go Red For Women Day is on Friday Feb 7th and we encourage staff and parents to participate in National Wear Red Day at their place of work)

School Adjustment Counselors’ Corner
The school counselors would like to share some tips to help you read a child’s behavior. Please feel free to reach out to Mrs. Randazzo and Ms. Kayla if you have any questions.
What does your child’s behavior mean?
• Kids who whine usually feel powerless and like they can’t cope; they often just need a chance to cry.
• Kids who are bossy and controlling worry that they won’t get their needs met.
• Kids who taunt or compete with siblings often need to feel more valued for who they are, and more connected to parents.
• Kids who don’t listen often don’t feel their desires are acknowledged.
• Kids who rebel usually need a chance to feel more powerful and competent.
• Kids who disrespect you are always showing you they don’t feel connected enough to you.

Kayla Butt
kbuttt@reverek12.org
781-388-7540

Hilary Randazzo
hrandazzo@reverek12.org
781-485-8442

School Nurse’s Corner
February is National Dental Health Month!
Lifelong habits begin at home. Make dental health part of your daily routine and share these reminders with your whole family:
• Brush your teeth at least twice a day with fluoride toothpaste, especially after breakfast and before bedtime. Drinking water after eating also helps to clear your teeth of food particles.
• Floss every day.
• Limit the number of times you eat snacks, especially the sticky ones and long lasting ones.
• Visit a dentist regularly for a routine check-up and a cleaning.
• Protect your teeth by wearing a mouth guard when playing sports.
• Don’t forget to change your tooth brush regularly, and after an illness.
Sweet snack facts:
• Eating a lot of snacks with sugar may cause cavities.
• Every time you eat sugar, plaque in your mouth mixes with the sugar to make acid. The acid hurts the teeth and causes decay over time. This can be painful!
If you have any questions you may contact the school nurse by email: rferara@reverek12.org or by phone (781)286-8296.