

MAH!! Math At Home



Dear Parent(s),

The MAH program (Math at Home) is launching again for its 4th year! This program is designed to encourage children to practice and learn their math facts. Math facts are key for building a solid math foundation. All your child needs to do is practice 10 minutes a day (longer if he or she wants). **On my school website there is a calendar of activities your child can do every day. Any written work can be attached to the MAH form and sent in.** Students who practice 200 minutes will receive a prize. Class participation is posted in the hallway. Forms can also be submitted online through [google forms](#).

Fact Practice

Why mental math? Mental math helps develop number sense, provides practice with place value, creates a deep understanding of the distributive property, develops memory and mental organization skills, and can be fun! It can be done anytime and anywhere!

Some Key Concepts that can be practiced at home:

Kindergarten:

Rote counting (End of the year goal is 100), counting objects, writing numbers up to 20

Grade 1:

Addition and subtraction facts up to 10, writing numbers up to 120, place value skills (1 more or 1 less of any given number less than 120)

Grade 2:

Addition and subtraction facts up to 20

Grade 3:

Multiplication and division facts through 12

Grade 4

Multiplication and division by multiples of 10 (example 5×30)

Website: www.ixl.com (all students 1 – 4 have a log in; Kindergarten students can practice for free up to 10 problems a day) user ID: first initial last name @centerwps password: ces

**What to
practice
?**

Thanks for your support at home!

Erica Bushior

Math

WILLINGTON PUBLIC SCHOOLS

40 Old Farms Road, Suite A, Willington, CT 06279 Phone: 860.487.3130 Fax: 860.487.3132

Holly DiBella-McCarthy
Director of Pupil Services
111 River Road Willington, CT 06279
Phone: 860.429.1969 Fax: 860.429.5682
hmccarthy@willingtonct.org

July 7, 2015

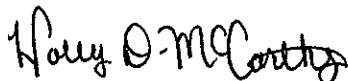
Dear Success SEPTO Board and Members:

On behalf of Willington Pupil Services, once again thank you very much for your generous donation of \$2600 for use toward supplementary equipment and materials for students with special education needs.

For the fourth year in a row, the SEPTO donation will support our Willington HOOK BOOKS initiative. This program helps keep students inspired to read during the summer months. Pre-K students will benefit greatly from the sensory play equipment and organizational items. The standing desks will benefit students with attention and sensory difficulties.

Thank you Success SEPTO for your continuing efforts to support Willington's special education programs!

Sincerely,



Holly DiBella-McCarthy
Director of Pupil Services

Center School

Lunch Menu for **August**

Wednesday, August 26, 2015

Breakfast: Whole Grain Muffin

Lunch: Chicken Nuggets, Whole Grain Rice, Corn, Pears, Milk CES Alternate: Chicken Salad Sandwich

Thursday, August 27, 2015

Breakfast: Yogurt & Whole Grain Graham Crackers

Lunch: Hamburger on Whole Grain Roll, Sweet Potato Fries, Peas, Assorted Juice, Milk CES Alternate: Peanut Butter & Fluff

Friday, August 28, 2015

Breakfast: Whole Grain Cinnamon Bun

Lunch: Whole Grain Pizza, Mixed Green Salad, Mixed Fruit, Milk CES Alternate: Bagel Lunch

Monday, August 31, 2015

Breakfast: Whole Grain Oatmeal Bar

Lunch: Whole Grain Chicken Patty on Roll, Lettuce Tomato, Spinach, Pears, Milk CES Alternate: Cereal Lunch

Lunch Menu for **September**

Tuesday, September 01, 2015

Breakfast: Whole Grain Bagel & Cream Cheese

Lunch: Hotdog on Whole Grain Roll, Baked Beans, Fresh Carrots, Assorted Juice, Milk CES Alternates: Tuna Salad Sandwich

Wednesday, September 02, 2015

Breakfast: Whole Grain Muffin

Lunch: Whole Grain Pasta with Meatballs, Mixed Green Salad, Chilled Peaches, Milk CES Alternate: Chicken Salad Sandwich

Thursday, September 03, 2015

Breakfast: Yogurt & Whole Grain Graham Crackers

Lunch: Teriyaki Chicken Dippers, Mashed Potatoes, Broccoli, Dinner Roll, Assorted Juice, Milk CES Alternate: Peanut Butter & Fluff Sandwich

Friday, September 04, 2015

Breakfast: Whole Grain Cinnamon Bun

Lunch: Quesadilla Pizza, Salsa, Mexican Corn, Mixed Fruit, Milk CES Alternate: Bagel Lunch

Monday, September 07, 2015

Breakfast: Labor Day - Schools Closed

Tuesday, September 08, 2015

Breakfast: Whole Grain Bagel

Lunch: French Toast Sticks, Sausage Links, Applesauce, Assorted Juice, Milk CES Alternate: Tuna Salad Sandwich

Wednesday, September 09, 2015

Breakfast: Whole Grain Muffin

Lunch: Whole Grain Pasta with Meat Sauce, Mixed Green Salad, Peaches, Milk CES Alternate: Chicken Salad Sandwich

Thursday, September 10, 2015

Breakfast: Yogurt & Whole Grain Graham Crackers

Lunch: Taco Wrap, Whole Grain Rice, Corn, Tomatoes, Cheese, Assorted Juice, Milk CES Alternate: Peanut Butter & Fluff Sandwich

Friday, September 11, 2015

Breakfast: Whole Grain Cinnamon Bun

Lunch: French Bread Pizza, Fresh Vegetables, Fresh Fruit, Milk CES Alternate: Bagel Lunch

Monday, September 14, 2015

Breakfast: Whole Grain Oatmeal Bar

Lunch: Mozzarella Sticks, Sauce, Green Beans, Peaches, Milk CES Alternate: Cereal Lunch

Tuesday, September 15, 2015

Breakfast: Whole Grain Bagel & Cream Cheese

Lunch: Meatball Grinder, Carrots, Applesauce, Assorted Juice, Milk CES Alternate: Tuna Salad Sandwich

Wednesday, September 16, 2015

Breakfast: Whole Grain Muffin

Lunch: Pasta with Meatballs, Mixed Green Salad, Pears, Milk CES Alternate: Chicken Salad Sandwich

Thursday, September 17, 2015

Breakfast: Yogurt & Whole Grain Graham Crackers

Lunch: Macaroni & Cheese, Broccoli, Whole Grain Dinner Roll, Assorted Juice, Milk CES Alternate: Peanut Butter & Fluff Sandwich

Friday, September 18, 2015

Breakfast: Whole Grain Cinnamon Bun

Lunch: Whole Grain Pizza, Fresh Vegetables, Mixed Fruit, Milk CES Alternate: Bagel Lunch

Monday, September 21, 2015

Breakfast: Whole Grain Oatmeal Bar

Lunch: Chicken Tenders, Sweet Potato Fries, Peas, Pears, Milk CES Alternate: Cereal Lunch

Tuesday, September 22, 2015

Breakfast: Whole Grain Bagel & Cream Cheese

Lunch: Hamburger on Whole Grain Roll, Lettuce, Tomato, Corn, Assorted Juice, Milk CES Alternate: Tuna Salad Sandwich

Wednesday, September 23, 2015

Breakfast: Whole Grain Muffin

Lunch: Whole Grain Pasta with Meat Sauce, Mixed Green Salad, Peaches, Milk CES Alternate: Chicken Salad Sandwich

Thursday, September 24, 2015

Breakfast: Yogurt & Whole Grain Graham Crackers

Lunch: Chicken Fajita Wrap, Whole Grain Rice, Mexican Corn, Assorted Juice, Milk CES

Alternate: Peanut Butter & Fluff Sandwich

Friday, September 25, 2015

Breakfast: Whole Grain Cinnamon Bun

Lunch: Whole Grain Cheese Pizza, Spinach, Mixed Fruit, Milk CES Alternate: Bagel Lunch

Monday, September 28, 2015

Breakfast: Whole Grain Oatmeal Bar

Lunch: Grilled Cheese, Tomato Soup, Carrots, Peaches, Milk CES Alternate: Cereal Lunch

Tuesday, September 29, 2015

Breakfast: Whole Grain Bagel & Cream Cheese

Lunch: Boneless BBQ Pork Ribs, Mashed Potatoes, Broccoli, Dinner Roll, Assorted Juice, Milk CES Alternate: Tuna Salad Sandwich

Wednesday, September 30, 2015

Breakfast: Whole Grain Muffin

Lunch: Pasta with Meatballs, Mixed Green Salad, Pears, Milk CES Alternate: Chicken Salad Sandwich



SUCCESS SEPTO

Representing Children with Special Needs in Ashford, Mansfield, Stafford, Tolland, Willington, Union and Surrounding Towns

SUCCESS SPECIAL EDUCATION PTO MEMBERSHIP FORM 2015-2016

Success Special Education PTO was created to promote the advancement of children and youth with special needs in Northeast Connecticut. By becoming a member, you have a vote in how Success SEPTO is run, what speakers we get and how funds are spent. Let this be your time to gain knowledge and share experiences. Remember, the child that benefits the most from your involvement in SEPTO is your own. Become a member by completing the form below and sending your payment (instructions below).

If you have any questions, suggestions or concerns please call:

Cathy Britschock at 860 429-8333,
Brenda Stenglein at 860 429-1059, or
Kevin Daly at 860 888-3420

E-mail us at info@successsepto.org or visit our website at www.successsepto.org

Please like us on Facebook: **SuccessSEPTO**

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SUCCESS SEPTO MEMBERSHIP APPLICATION

NAME _____

ADDRESS _____

TOWN/STATE/ZIP _____

PHONE, HOME _____ WORK _____ CELL _____

E-MAIL ADDRESS _____

I am interested in volunteering.

I am interested in a leadership position

How did you hear about Success SEPTO? _____.

Please attach your annual membership dues of \$10.00, making checks payable to: **SUCCESS SEPTO**

Please return the completed form and dues to a meeting or mail to:

SUCCESS SEPTO, P.O. Box 397, Willington, CT 06279

Start the New School Year Off Right!

Success Special Education PTO Presents:

BUILDING SUCCESSFUL PARTNERSHIPS

September 16, 2015 · 6:30 pm · Willington Library

The **September 16** meeting of **Success Special Education PTO** will feature a presentation on building successful partnership with your child's school team and local community organizations. The presenter will be Kevin Daly of Daly Consulting, who is a special education advocate and chair of the Connecticut Special Education PTO Alliance.

All are welcome to attend this first meeting of our school year. There will also be a brief **Spirit of SEPTO** awards ceremony to recognize some of our many sponsors and supporters. Light refreshments will be served.

Willington Public Library, 7 Ruby Road, Willington

Our meetings are fully accessible!

Email info@successsepto.org

Or call with any questions:

Cathy Britschock 860-429-8333

Brenda Stenglein 860-429-1059

Facebook: SuccessSEPTO



**Success Special Education
Parent Teacher Organization**

Serving Northeast Connecticut

www.successsepto.org

Member of the Connecticut Special Education PTO Alliance

ASRC (Autism Services and Resources Connecticut)

and

Success Special Education PTO

present

A Saturday Seminar Series: Parent Advocacy Boot Camp

Session 1: Sat. Oct. 17, 2015: *Special Education - The Basics: How do I get my child tested for special education? What is a PPT? Who should attend? Managing the meeting, How to negotiate, team build and ask for what your child needs. What to do if the school says "no".*

Session 2: Sat. Oct 24, 2015: *Learn the IEP: a step by step guide to the document. What is an IEP and why is it important? What information should be in the IEP? Writing an effective IEP. How to use the IEP to bolster appropriate programming for your child. Bring YOUR IEP for review and comment.*

Session 3: Sat. Nov. 14, 2015: *Transition to Adulthood, Part One: OMG! Legal and Financial Aspects. What happens when your teen becomes an adult, estate planning, state and federal benefits, guardianship, conservatorship, how the adult system works.*

Session 4: Sat. Jan 16, 2016: *Transition to Adulthood, Part Two: Making a plan, IEP decisions, vocational and educational options and choices, teaching independent life skills, community access.*

All sessions held at

Wilmington Public Library
7 Ruby Road
Wilmington, CT
Community Room, Lower Level
10:00 am – 1:00 p.m.

\$25/session or register for all four for \$75
Lunch provided!

For more information and registration, call ASRC at 203-265-7717 or e-mail sara@autismconnecticut.org

Intended audience: parents, caregivers, guardians, grandparents. Presentation and materials based on children with autism spectrum disorders but applicable to all children with special needs. Questions? Contact Sara Reed, Director, Advocacy and Family Services, ASRC at 203-265-7717 or sara@autismconnecticut.org.



**ASRC 2015-2016 SATURDAY SEMINAR SERIES:
PARENT ADVOCACY BOOT CAMP REGISTRATION FORM (Willington)**

:
Fee: \$25.00/session or attend all FOUR for \$75.00

Name: _____

Address: _____

City/Town: _____, **State** _____ **Zip** _____

E-mail: _____

Telephone: (home): _____ **(cell):** _____

Age of your ASD child: _____

Registration: (please check which program you are interested in attending)

- | | | |
|--------------------------|--|---------|
| <input type="checkbox"/> | The Full Four Workshop Series: | \$75.00 |
| <input type="checkbox"/> | Workshop #1: The Basics: Sat. Oct. 17, 2015 | \$25.00 |
| <input type="checkbox"/> | Workshop #2: The IEP: Sat. Oct.24, 2015 | \$25.00 |
| <input type="checkbox"/> | Workshop #3: Transition to Adulthood: Part One: Sat. Nov. 14, 2015 | \$25.00 |
| <input type="checkbox"/> | Workshop #4: Transition to Adulthood: Part Two: Sat. Jan 16, 2016 | \$25.00 |

Total Amount Paid: \$ _____

Payment Information: I am enclosing a check for \$ _____ payable to ASRC

I would like to charge my VISA _____ MC _____ Discover _____

Credit Card No: _____ **Name on the card:** _____

Expiration Date: _____ **Three digit number on back of card:** _____

Mail Completed Registration Form and Payment To:

For more information or questions contact:

ASRC
101 North Plains Industrial Road
Harvest Park, Building 1A
Wallingford, CT 06493
203-265-7717

Sara Reed, Director, Advocacy and Family Services
ASRC
203-265-7717 or sara@autismconnecticut.org
or Cathy Britschock, President, Success SEPTO
860-429-8333

About the presenters:

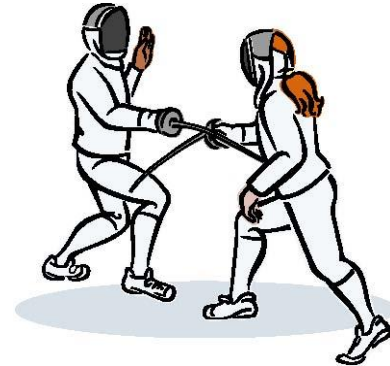
Sara Reed, Director, Advocacy and Family Services, ASRC. Prior to 2012, she was Executive Director of ASCONN and has been a volunteer and Board Member of ASCONN since 1995. A former securities and health care lawyer, she has also worked as a special education advocate helping parents advocate for more appropriate services for their kids with ASD. At ASRC, she oversees the advocacy training programs, provides workshops on autism and issues relating to autism and special education and advocacy and works directly with families, teachers, professionals and the general community. She sits on many boards and committees working on autism issues and has presented locally and nationally. Sara is a life long CT resident and lives in Plainville with her husband and son.

Visit ASRC on the web at www.autismconnecticut.org

Foil Fencing

Willington Parks and Recreation

Modern fencing is an amateur sport consisting of three weapons; foil, saber and epee. Fencing can be enjoyed by men and women of all ages at many levels; from a recreational pastime to National and International Competition.



This program is available to male and females from ages 9 to adult.

Date: Saturdays, Beginning September 19th - session is 12 weeks (no class 10-3)

Location: Old Town Hall, Jared Sparks Road Willington

Times:

BEGINNER FENCING: 9:00 am to 10:00 am (this course is intended for students with no prior experience in fencing.)

OPEN FENCING: 10:00 am to 11:00 am

Instructor: **Matt Green**

Minimum of 5 needed to run each-PRE REGISTRATION IS REQUIRED

Fee: \$60.00 residents; \$65.00 non-residents

Registration: Space is limited; we will accept a maximum of 15 students.

Equipment: The Parks & Recreation Department will have equipment available for use during class time. If you intend to purchase your own equipment please email piratedojo@gmail.com first to discuss requirements. NOTE: Old equipment may not be suitable for class use, please have any old equipment inspected before the class begins. Students may wear sweat pants or knickers with full length socks (no shorts). A flat soled sneaker (indoor soccer shoes are good) or fencing shoe is best for footwear.

Safety: Fencing equipment and safety rules will be strictly enforced. The Recreation Department will retain the right to remove students from the program if safety rules cannot be followed.

Questions

Please contact Teri Gareau, Willington Parks and Recreation Director at 860-487-3108 or email tgareau@willingtonct.org.



Willington Parks & Recreation

Is Offering

ZUMBA GOLD CLASSES

What is Zumba Gold????

*Perfect for those just starting an exercise regime, active older adults and those who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.

*The design of the class introduces easy-to-follow Zumbachoreography that focuses on balance, range of motion and coordination. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

Come ready to sweat, and prepare to leave empowered and feeling strong.

Instructor: Pamela McAllister

Class Dates: September 16-October 21

Day and Time: Wednesdays from 6:15-7:00

Location: Willington Old Town Hall, 11 Common Road

Fee: \$50.00 for 6 weeks

A minimum of 5 to run classes



Contact Teri Gareau, Parks and Recreation Director
at (860) 487-3108 or tgareau@willingtonct.org for more
information.

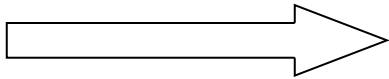




After School Program July Sale on Registration Fees

- **For School Year 2015/16**
- **Register before July 31, 2015 and pay NO DEPOSIT!**
- **PLUS receive a rate reduction off of your first months fees!**

- ◆ **\$25 off 2 day registration**
- ◆ **\$35 off 3 day registration**
- ◆ **\$50 off 5 day registration**



- ◇ **Held at Hall Memorial School**
- ◇ **Serving Center Elementary and Hall Memorial School**

- **Project Based curriculum that teaches confidence, encourages self-expression and enriches social development.**
- **Activities to inspire physical and mental growth, teamwork and imagination**
- **Care available for school vacation days and snow days**
- **Contact us today for more information, 860-872-7329**
- **Financial Assistance Available**



INDIAN VALLEY FAMILY YMCA
 11 Pinney Street, Ellington Ct. 06029
 Ph. 860-871-0008 Fax. 860-871-2550

www.gymca.org

