

March 21, 2017



Bucketful of News...



Francis T. Bresnahan School
333 High Street Newburyport, MA 01950

Important Dates:

March 6-April 10th
PTO ASEP

March 10-April 1st
Young and Budding Artists
Exhibition at Newburyport Art
Association ~ Look for notice in
Take A Look Tuesday

March 22
Bring Your Parent to School
Day, Miss Sue, Miss Sam and
Miss Karen and Miss Jessica's
Preschool Classes. Bring Your
Parent to School and Bring Your
Parent to Lunch Day for Miss
Giovanna and Miss Tanasi's PK
Classes.

March 22
PTO Sponsored Oregano's
Night, Grades 1-3
4:30 - 9:00 PM

March 24
PTO Sponsored Cultural Night,
6:30 - 8:00 PM

March 29
Newburyport Sustainability
Program for Students on Food
Recovery - see notice in TALT

March 30
Bring Your Parent to School and
Bring Your Parent to Lunch Day
for Mrs. Carroll, Mrs. Duguie,
Mrs. Gershuny and Mrs.
Leahy/Natario's Kindergarten
Classes

Coffee with the Principals, 7:00
PM

Principally Speaking...



<https://www.surveymonkey.com/r/BresParentSurvey2017>

On behalf of the 2016-2017 Bresnahan School Improvement Council, we are excited to invite you to participate in our Parent Communication, Climate and Culture Survey.

We are interested in your feedback on how well we are communicating with you and how much you feel comfortable and a part of the Bresnahan School community.

Please take a few minutes to complete this anonymous survey.
<https://www.surveymonkey.com/r/BresParentSurvey2017>

Please note that all answers to the survey questions, including the comment sections, are anonymous. Also, please do not list any names on your responses.

The deadline to submit this survey is April 13, 2017. We will use the data collected from the survey to help inform our planning, improvement and goals going forward.

We look forward to your feedback!

Attention 3rd Grade Parents!

The Grade 3 English Language Arts MCAS Assessment dates are April 4, 5 and 7. The assessment dates have been amended to honor those families who celebrate Passover. Please ensure your children are in school and on time each day. More information will be forthcoming.



April 3rd

Red Sox Day at Bresnahan;
Jimmy Fund Collection Week

April 4, 5 and 7

Revised Dates for Grade Three
Literacy MCAS, 8:30 AM



Multicultural Night

**This Friday,
March 24th
6:00-8:00 p.m.
Bresnahan
School**

Students and their families are invited to the annual PTO Multi-Cultural Night this Friday, March 24, 2017. Join us as we celebrate diversity with crafts, entertainment, food, and informative booths on countries from around the world! We hope that you will join us as an attendee as well as consider volunteering too. It is a really fun night and we hope that you will make it. If you would like to volunteer there is a sign up here:

<http://www.signupgenius.com/go/10c0e44a4a723a5ff2-multicultural>

Attention Preschool Parents!

Do you know that we teach pouring in our preschool program as soon as the students begin at age 3? Yes, pouring! At snack time, the students are taught how to pour liquid from a quart-sized plastic container into 5 ounce plastic cups with no lids. This aligns well with our early childhood philosophy of promoting independence and self-help skills in young children. Recently, we came across an article published on the ASHA (American Speech-Language-Hearing Association) Leader Blog warning about the overuse of sippy cups. The author of the article is Malanie Potack, a certified speech and language pathologist. As a parent who relied on the convenience of sippy cups at restaurants, at home, in the stroller, in the car, etc.- I found this article very interesting as it relates to the swallow patterns, speech development and oral motor proficiency of young children.



Sippy Cups: 3 Reasons to Skip Them and What to Offer Instead

February 28, 2017 By Melanie Potock MA



In the article Step Away from the Sippy Cup, I discussed how the sippy cup was invented for parents, not for kids. An engineer got fed up with his toddler spilling juice on the carpet and the rest is history. Today, sippy cups are marketed to parents as a vital piece of feeding equipment, causing parents to consider sippy cups an essential part of a baby's development. As a speech-language pathologist and feeding specialist, I beg to differ on this point. Here's why:

1. As a baby matures, so does their swallow pattern, and over-use of hard sippy spouts may get in the way of development. During the first year of life, a baby primarily uses an anterior-posterior tongue movement to propel soft solids and liquids to the back of the mouth for swallowing. This is referred to as the infant suckle-swallow pattern. At around a year old, babies should develop a mature swallow pattern, where the tongue tip rises to the alveolar ridge (the bumpy gum-line ridges where we produce the /d/ sound) to start a wave-like motion in the tongue for swallowing more advanced textures. Drinking exclusively from a bottle or hard-spouted sippy cup might delay this feeding development. A bottle nipple or hard spout rests over the front third of the tongue, preventing that essential elevation so necessary for being an effective and efficient eater. When toddlers continue to use the infant swallow pattern, chewing and swallowing new foods can be challenging or messy at best.
2. When a tongue can't elevate, it tends to rest forward in the mouth, which can impede speech and language development. Often referred to as "paci-mouth," the forward resting posture is seen in children who continue to use a pacifier for a prolonged period. The occasional use of a sippy cup may not interfere with

age-appropriate mouth development. In today's society, however, kids seem to have sippy cups with them most of the day. Strollers, car seats and backpacks usually contain special holders for a beverage container and parents often choose spill-proof, hard-spout sippy cups. When a child uses a "suckle-swallow" pattern past the developmental timeframe of 6 to 12 months, his speech-language skills can't migrate to more advanced skills until a more appropriate swallowing pattern is established.

3. When a tongue rests forward, the mouth tends to stay open, which can alter appropriate facial development. Kristie Gatto, certified SLP and orofacial myologist, states that the overuse of the suckle-swallow uses genioglossus muscle movement and promotes a tongue that rests low and forward in the oral cavity. This posturing exacerbates the lowering of the jaw musculature and typically leads to mouth breathing. Current research helps facilitate a better understanding of the detriments associated with mouth breathing and a lack of appropriate facial development.

Terrific alternatives can still protect from spills:

1. Pop-up straw cups, like the Playtex Sipster, guaranteed by Playtex to be leak-free. Once the child masters straw drinking, suggest to parents cutting down the straw so the tip of the straw just reaches the tip of the tongue when the mouth is closed around the straw. This ensures the tongue can still elevate.
2. Fun valved toppers, like the Good2Grow Spill-Proof Bottle Toppers. These character bottle toppers also help motivate kids to drink more water.
3. Aluminum options with built-in straws, like the Kid Basix Safe Sippy Cup (actually a straw cup) with a straw specifically designed to be short and angled for little mouths.
4. Some children with special medical needs may require a valved sippy cup to maintain a safe swallow. For your clients in speech, language or feeding treatment, you can determine the best cup for their needs. Ideally, children learn to drink from a straw cup by 9 months of age and an open cup, held by a parent, in the first year of life. Independent open-cup drinking, albeit somewhat messy at times, should be learned by 18 months of age.

Melanie Potock, MA, CCC-SLP, treats children birth to teens who experience difficulty eating. She wrote the upcoming book, "Raising Kids to Love Vegetables: A 3-Step Plan That Starts With Fun and Ends With Yum!" Potock also co-authored "Raising a Healthy Happy Eater: A Stage-by-Stage Guide to Setting Your Child on the Path to Adventurous Eating" (2015), "Baby Self-Feeding: Solid Food Solutions to Create Lifelong Healthy Eating Habits" and "Happy Mealtimes with Happy Kids," and produced the kids' CD "Dancing in the Kitchen: Songs that Celebrate the Joy of Food!" Potock's two-day course on pediatric feeding is offered for ASHA CEUs. She is an affiliate of ASHA Special Interest Group 13, Swallowing and Swallowing Disorders (Dysphagia). mymunchbug.com/contact-us/

Amy B. Sullivan
Principal of PK/K

Kristina Davis
Principal of 1-3

Karina Mascia
Assistant Principal



Gather 'round to learn
about the new spring theme!

Spotlight on... Bresnahan Book Fair!

Please join us for the 2017 Bresnahan Book Fair!

Our eager readers can barely contain their excitement about the March 30-April 4th Book Fair Extravaganza! There will be so many wonderful stories to read and to cherish -- books for every interest and for every reading level. We hope that you will come in and browse the books on display at the Bresnahan Library -- and if you can't come in person, you can still participate in the excitement by visiting our [online shopping site](#).

You can read all about the fair, preview book titles, sign up to volunteer (we need you!), and even start your shopping **right now!** Everything you need to know is at: www.breshub.com. You can also read the notice in TALT.

See you there!

Many studies have shown a direct correlation between student access to books at home and improved academic success. When a student selects a book for their home library they are engaged in reading and learning.

An Important Note About Our Lost & Found

Due to last week's snow and its impact on schedules, we are holding our donation of the Lost & Found items **until Friday, March 31st!** We have quite a few items that we hope you will stop by to check if your student has lost anything. The Lost & Found is located near the cafeteria outside the GR. 1-3 office. Please check in and check it out!!



PTO Highlights

- It's a busy spring for the PTO with lot's happening!
- Spring Fever 5K is April 9th! Can we put a sign in your yard on a prominent street? Want to volunteer with the organizing committee or on Race Day? Email erinleighmoon@yahoo.com.
- Students and their families are invited to the annual PTO Multi-Cultural Night this Friday, March 24, 2017. Join us as we celebrate diversity with crafts, entertainment, food, and informative booths on countries from around the world! We hope that you will join us an attendee as well as consider volunteering too. It is a really fun night and we hope that you will make it. If you would like to volunteer there is a sign up here: <http://www.signupgenius.com/go/10c0e44a4a723a5ff2-multicultural>

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| | <ul style="list-style-type: none">• Don't forget that Wednesday, March 22nd is the Grades 1-3 night at Oreganos. Hope to see you there! Be sure to make a reservation!• The PTO is looking for someone to help take on the Original Art Fundraiser. Email Amanda.bugli@gmail.com if you would like to help with this fun fundraiser!• Look out for the Original Art Works PTO Annual Fundraiser order forms and artwork coming home this week!• Calling all THIRD GRADE PARENTS. We are looking for a group of parents to design the yearbook this year. If interested email Amanda.bugli@gmail.com• Purchase the Newburyport VIP Card/App for \$25 and \$10 of your purchase will be donated to the PTO! https://www.newburyport.com/newburyport-pto/ |
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