

THE EMOTIONAL CUP

Imagine that every child has a cup that needs to be filled -- with affection, love, security, and attention. Some seem to have a full cup most of the time, or know good ways to get a refill. But most children get a little nervous when their cup gets near empty.

Some ways that children deal with having an empty cup:

- steal from other people's cups
- misbehave to get your attention and show that they need a refill
- seem to have bottomless cups, or need constant 'topping off'
- can't sit still for refills or actively refuse them
- bounce off the walls when they approach 'empty'
- think they have to fight or compete for every refill

What fills a child's cup:

- play
- friendship
- one-on-one time
- love and affection
- connection
- succeeding
- doing what they love to do or what they choose to do



What empties the cup:

- stress and strain
- rejection by peers
- loneliness and isolation
- yelling and punishment
- failing
- fatigue
- doing what they're forced to do or they hate to do

upbidity

Publisher of Therapy Resources

Re-enrollment *for* Next School Year

These are unusual, trying times.

All of our daily routines have changed dramatically; and we are sure the last thing on everyone's mind, while trying to juggle everyday life, is re-registration for Kingston Catholic's 2020-2021 School year.

This is just a reminder to please take a minute to go on the TADS website and re-register for school for next year if you have not already done so. The re-registration fee of \$125 per student has been extended until June 1st. After that date, it goes up to \$225 per student.

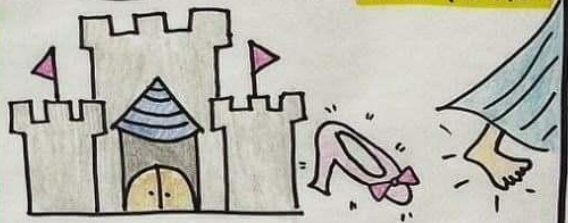
Thank you and stay safe and well as we look forward to the next school year!

Questions we should **ASK** when we are **READING**

What is this story mostly about?

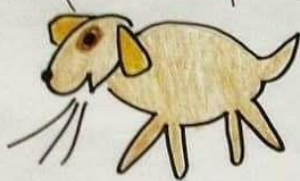
- an animal
- a friend
- an adventure
- a mystery
- a game
- a job
- a place
- travels
- transportation

Is it **fiction** or **non-fiction**?

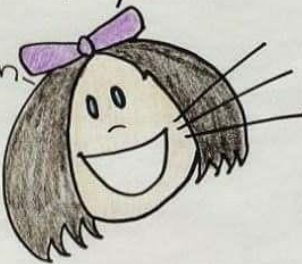


Who is telling this story?

an animal



person



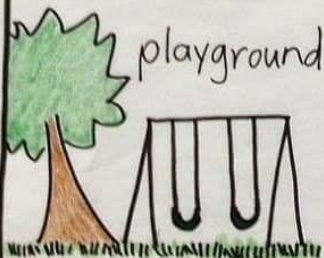
Who are the **characters**?



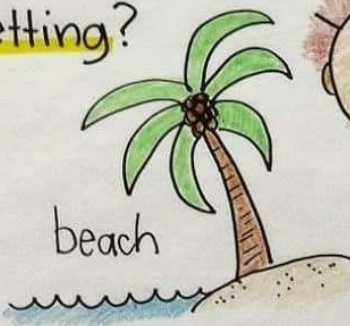
Three Little Pigs

Can you **retell** the story?

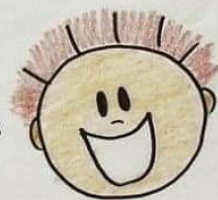
What is the **setting**?



playground



beach



First...
Next...
Then...
Last...

Why are you reading this piece?

to **enjoy**

to learn **information**

What **type** of text is this?



website



magazines



Dear New York State Educators,

Please share this information with families in your community.

As we work through these challenging times together, NY State of Health is committed to ensuring access to affordable, quality health insurance for all New Yorkers so they can get the care they need during this state of emergency.

With the recent closure of businesses across the state, many New Yorkers are at risk of losing their health insurance coverage as a result of COVID-19. Many are likely to be eligible for health coverage with financial assistance through NY State of Health due to their loss of coverage and income. NY State of Health opened a Special Enrollment Period last month for people who are uninsured, and the Marketplace has started an awareness campaign to let people know that NY State of Health is there as a safety net in difficult times like these.

New Yorkers who are without health insurance should apply now through NY State of Health. If you lost employer coverage, you must apply within 60 days of losing that coverage. Because of a loss of income, New Yorkers may also be eligible for Medicaid, the Essential Plan, Child Health Plus, or subsidized Qualified Health Plan coverage.

Thousands of assistors are ready throughout the state to help consumers enroll by phone. NY State of Health is committed to helping New Yorkers get the coverage they need so they can get the care they need.

Visit us at: www.nystateofhealth.ny.gov and let us help you find a health care plan that works for you.

If you have additional questions you can contact the Marketplace directly at 518-486-9102 or NYSOH@health.ny.gov.

MON
SPORTS
DAY

TUES
CHARACTER
OR CELEBRITY
DAY

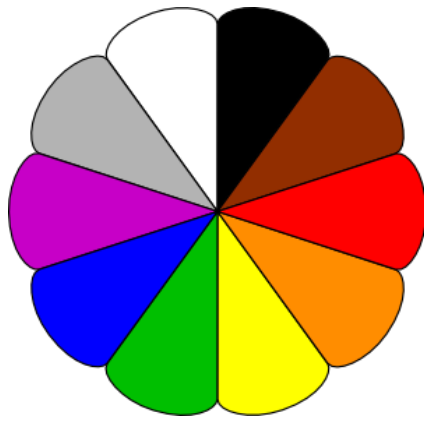
SPIRIT WEEK

April 27th - May 1st

WED
PAJAMA
DAY

THURS
COLOR
DAY

FRI
SILLY HAT
DAY



VIRTUAL SPIRIT WEEK

COLOR DAY 4/30/20

Please dress in class colors as follows:

Pre-K: White

Kindergarten: Black

First: Red

Second: Orange

Third: Yellow

Fourth: Green

Fifth: Blue

Sixth: Purple

Seventh: Gray

Eighth: Any KCS spirit or club shirt

Pictures of students participating in spirit week can be sent to our Facebook page “Kingston Catholic School” .

Have fun!



Transportation Date Extended to May 9, 2020.

If you have filled out a form and sent it to the KCS office, they have been sent to the districts. You do not need to do anything else.

If you have not filled out a transportation form, and need one, there is still time. You can find transportation forms and email addresses for the various districts under Kingston Catholic's website – Family Envelopes – Week of 3 25 20.

If a form is not filled out for the 2020-2021 school year by May 9th, your child may not be able to get a bus to and from school.



Our families are missing each other!

If you would like to get in touch with another KCS family, please send your name and email address to:

Dennise.Germano@kingstoncatholic.org

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Below is a list of parents who have responded:

Melissa Zimmer mazimmer@hotmail.com - 1, 3, 6 grades
Andrea Gill erikabaker@gmail.com – 1st grade
Eldeva Tofte eldevat@gmail.com – 3rd grade
Rebecca Leung leungr88@gmail.com – 3rd grade
Jackie Chiappetta j Alvarez@jackiealvarez.com - 4th grade
Kristin Baker Kjr930@aol.com – 6th grade



Join Us In Celebrating Our Teachers From Home!

Monday May 4th

Look For Our Special Video on Our KCS Facebook Page!
If you have any photos you would like to share, email them to
alysonreidy@gmail.com by Friday May 1st

Tuesday May 5th

Send a Letter To Your Teacher or Any KCS Faculty or Staff Member Telling Them How
Much You Miss and Appreciate Them!

Wednesday May 6th

The KCSFO Will Send Virtual Flowers and a Thank You Note to Our Faculty and Staff

Thursday May 7th

Dress For Success!!

Show Up For Online Learning Dressed as your Favorite Teacher! Be Any Teacher You
Would Like to Be! You Can be a Gym Teacher, A Spanish Teacher or even the Principal!
Send All Your Pictures to our KCS Facebook Page

Friday May 8th

KCSFO Will Host a Virtual Raffle with Gift Cards to Local Businesses



THE COMPLETION OF THE READ-A-THON

As much as we all wish we had magic wands like Harry Potter (so we could all return to KCS and our “normal” lives right away); unfortunately, that is not something that can happen quite yet.

So, in order to wrap up this year’s Read-A-Thon and determine the winners, we are asking parents for a little help. Please send an e-mail to Eldeva Tofte at eldevat@gmail.com with the following information by Thursday April 30th, 2020.

Your name:

Your child’s name:

Your child’s grade and teacher:

Total number of minutes read at home during the Read-A-Thon:

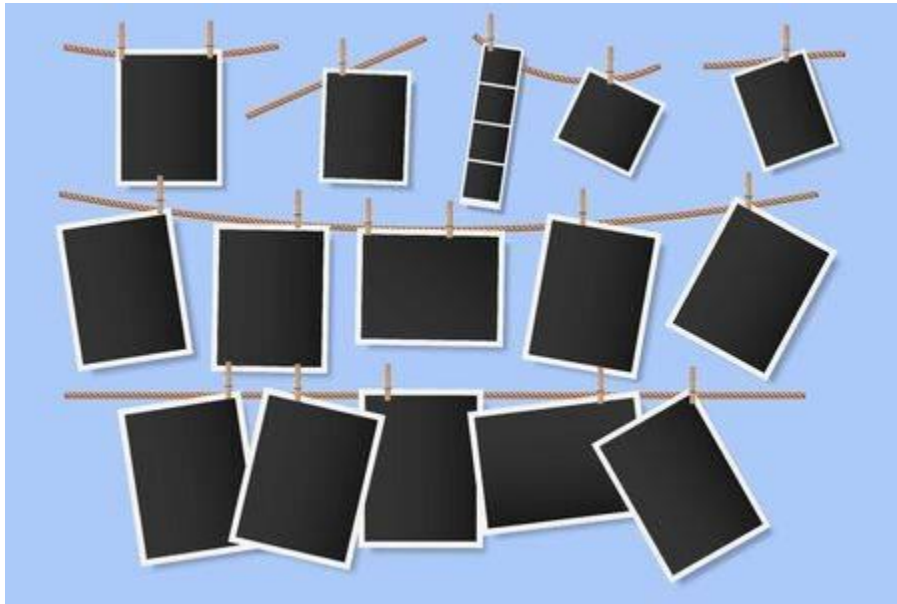
*****Total donation collected:**

Please e-mail the above to eldevat@gmail.com by April 30, 2020

*** Please hold any donation that you have collected until we return to school. Please know that if your child was unable to collect any donations, that is fine too. We completely understand that the world has changed since we launched the Read-A-Thon. We are most interested in how many minutes your child has read.

Winners will be announced in May and receive Barnes and Noble gift cards.

We hope your children enjoyed reading during the Read-A-Thon!



Making memories for KCS's
Eighth Grade.....

Do you have photos of our 2020 8th
grade graduates through their years
at Kingston Catholic School?

Please send any pictures you have to
Tarczam@hvc.rr.com

Thank you!

This Friday is the first day of



*Kingston Catholic will be
Observing our usual
first Friday
half day!
Enjoy your weekend!*



Teacher Appreciation Week!

To honor our wonderful teachers who are going above and beyond, the Archdiocese is asking parents in our Catholic School community to take photos or videos of their children either saying “thank you” or holding thank you signs to express their gratitude. You can do anything you think of to express your gratitude – the more creative, the better!

Once you are pleased with your work of art, simply post the item to Twitter or Instagram tagging the @ArchNY_Schools feeds and using the hashtag #1000ThankYous. Also please send them to the Kingston Catholic Facebook page.

We are looking forward to seeing the creativity of our KCS students!