

Thomas R. Rodman

MRS. MARSHALL'S MONTHLY MESSAGE

Dear Rodman Families,

January is a great time to reflect on the areas in our lives where we felt successful during the past year. It is also a time to consider how to make changes in areas where we would like to improve. Here are some tips to help students start the New Year off on a positive note.

Get plenty of sleep: Scientists have found that students who do not get enough sleep have difficulty paying attention in class and do not do as well in school. *Recommended* amounts of sleep range from about 8½ to 11 hours a night for elementary students.

Eat healthy: Encourage your children to eat more fruits, nuts, and vegetables and drink at least 8 (8 oz.) glasses of water every day. Limit the amount of soda and snack foods your children eat.

Exercise your body and your mind daily.

Follow the Golden Rule: Treat others (children and adults) the way you would like to be treated.

Time + Effort = Achievement: Encourage your children to take the time to carefully complete all assignments at school and home, ask questions when they do not understand a task, demonstrate perseverance (that means keep trying – even when the work is difficult), and eliminate the word “can’t” from their vocabulary. Students are encouraged to make it a goal to do their personal best at school every day.

Read, read, read: Success in school depends on a student’s ability to read and understand what they have read. Students should read a variety of books, including folktales, poetry, biographies, fiction, and more. Read to get information, read for fun, read to someone in your family...just read!

Attend school regularly and on time: The school day begins promptly at 8:15. Students can make up written work when tardy or absent, but they can never make up the learning experiences of the classroom.

Write out your Plan for Success: The plan may include getting better grades, making new friends, studying harder, staying out of trouble, etc. Share your Plan with someone who can help you to reach your goal.

Happy New Year!
Mrs. Marshall

Thomas R. Rodman
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Kim Marshall
Principal



Ms. Berthiaume, Secretary
Mr. Gomes, Custodian
Mrs. Cabral, Cafeteria
Mrs. Kelley, Cafeteria
Ms. Brejcha, Kindergarten
Mrs. Mandly, Kindergarten
Mrs. Benevides, 1st grade
Mrs. Mello, 2nd grade
Mrs. Francis, 2nd grade
Ms. Baptiste, 3rd grade
Ms. Salsinha, 3rd grade
Mrs. Allen, 4th grade
Ms. Fiano, 4th grade
Mr. Ledoux, 5th grade
Mrs. DaCosta, 5th grade
Mrs. Greenlees, Sp. Ed.
Ms. Nadeau, SPED Fac.
Mrs. Carlton, TLS
Ms. Hurteau, ELL
Mrs. Giasson, Para
Ms. Rapoza, In-Building Sub
Mrs. Reis, Nurse
Mrs. Camara, Counselor
Mrs. Bruce, Counselor
Mrs. Silvia, Speech
Mrs. Cook, OT
Ms. Bejma, Phys. Ed.
Mr. Raxter, Art
Ms. Kulju, Music
Mr. Walker, Health
Mr. Lacey, Band Director

Be sure to check out our website for upcoming events, school news, pictures, and calendar.



December Star Students



Grade K
Grade 1
Grade 2
Grade 3
Grade 4
Grade 5

Aubree Lagesse

Own Bokhari

McKayla Soares

Dianely Fernandez

Jazlynn Cintron

Jadeli Sanchez

Madison Duarte

Jarien Vieira

Kiana Roman

Jesliann Rosario

Abby Zhang

“CAUGHT ROCKIN’ THE RULES”

Congratulations to Our December Winners!



Ismael Loja, Kennedy Kirby, Derek Lui, Alyssa Barros, and Jael Torres



GENTLE REMINDERS!

- Students are **not allowed** on the playground or in the building **before 8:00**.
- When it is **raining or below 35°**, students will be allowed in the building at 8:00 a.m. through the front door and sit outside their classrooms until the 8:15 bell rings.
- With the **cold** weather quickly approaching, temperatures are steadily dropping. Children are encouraged to dress in layers, as we cannot always predict the temperature throughout the day.

Students do go outside on days when the **temperature** is **above 35°** for recess.

The school day begins at 8:15. Students arriving after that time will be marked tardy.

It is important that children arrive to school on time, each day!

