HENRY BARNARD SCHOOL

NEWSLETTER

OCTOBER 2026

October- Child Lures Begins (K-2)

PTA Boo Grams are coming!

1~ National Custodian Day!

2~ Fall Fundraiser Begins- through Oct. 27th (Believe Kids)

6~Picture Day (Lifetouch.com)

7~ 6:30 PM SEPTA Meeting @NRHS Library

12~ No School (Indigenous People's Day/ Columbus Day)

14~ 9:30 AM Coffee with the ASSISTANT Principal (Open Agenda, Child Lures Information)

14~ 7:00 PM PTA Meeting

https://zoom.us/j/91810577431

16~ Pajama Day! ~$1 Donation to the PTA

15~ Fire Prevention Assembles for K-2

19-23~ Book Fair

20~ 6:30 PM Parent Connect

https://zoom.us/j/95227114411

31~ 11:00-2:00 PTA Sponsored Trunk or Treat

From the Desk of Ms. Owens

Happy October! We are settling into routines and building our stamina for a year of learning and growing! We have a lot on the horizon. The Board of Education is in discussions about their thoughts for Barnard in the future, called Vision 2030, and schools are getting ready to build their school budgets for FY27-28. There are many things we need to pay attention to and work together with. Please watch the Board meetings and join PTA so you are in the loop. You are important and your voice matters!

We are starting our safety drills this month. We will start with fire/evacuation drills. This will be new to children in PreK or children that haven't been in school. The teachers will practice with the children and I will let you know when we will have our first drills. Eventually we will build independence and the children will hear the bells and know what to do without presets and reminders. I'll share more about the drills during our October PTA meeting.

It's an honor and pleasure to be your child's principal.

Reminders and Flyers

Reminders: ***The Lost and Found is growing! Please LABEL your child's clothing with his/her name so we can return items to their owners!***

Flyers: Child Lures Letter (K-2), Picture Day Information (Lifetouch.com), SEPTA

Note- CSDNR will send the breakfast and lunch menus monthly















Back to School Bash!

Thank you PTA, Local60, and Phi Sigma Sigma for all of your work! Also, thank you Mr. Bryan for capturing all of these lovely moments!

Photo Album can be viewed here!



HENRY BARNARD SCHOOL
129 BARNARD ROAD
NEW ROCHELLE, NY 10801

SHELLI OWENS
PRINCIPAL

MALIKH IFILL
ASSISTANT PRINCIPAL

September 23, 2026

Dear Parents,

The New Rochelle City School District has adopted "Child Lures Prevention: Think First & Stay Safe!" and "Teen Lures" Prevention for secondary students, an evidence-based personal safety and prevention program that will be implemented in each school this school year by the school social workers. Keeping students healthy and safe is integral to a productive learning environment, and schools that proactively incorporate personal safety education help to ensure that students come to school prepared and able to learn. The purpose of the "Child Lures Prevention: Think First & Stay Safe!" program is to provide elementary through high school students with information to avoid a potentially unsafe situation, both in school and in the community. The program reinforces personal boundaries and teaches about lures, providing knowledge to prevent sexual exploitation. The program includes educational goals and behavioral objectives along with pre/post-test surveys, which help us to determine and increase the effectiveness of the program as it relates to students' knowledge about safety.

If you have any questions or concerns, please contact the school's social workers: Ms. Linares at (914) 576-4692 or Mrs. Travieso at (914) 576-4394, or you can call me at the district office at (914) 576-4274.

Sincerely,

Millicent Lee

Millicent Lee, M.S., S.D.A.

Director of Pupil Services

cc: Dr. Corey Reynolds, Superintendent of Schools

Dr. Camille Edwards-Thomas, Assistant Superintendent for Student Support Services

HENRY BARNARD SCHOOL
129 BARNARD ROAD
NEW ROCHELLE, NY 10801

SHELLI OWENS
DIRECTORA

MALIKH IFILL
SUBDIRECTORA

23 de septiembre de 2026

Estimados padres,

El Distrito Escolar de la Ciudad de New Rochelle ha adoptado el programa “Prevención de Atracciones Infantiles: ¡Piensa Primero y Mantente Seguro!” y el programa “Prevención de Atracciones Adolescentes” para estudiantes de secundaria, un programa de seguridad personal y prevención basado en evidencia que será implementado en cada escuela este año escolar por las trabajadoras sociales escolares. Mantener a los estudiantes sanos y seguros es fundamental para un entorno de aprendizaje productivo, y las escuelas que incorporan de manera proactiva la educación en seguridad personal ayudan a garantizar que los estudiantes lleguen a la escuela preparados y capaces de aprender. El propósito del programa “Prevención de Atracciones Infantiles: ¡Piensa Primero y Mantente Seguro!” es brindar a los estudiantes de primaria a secundaria información para evitar situaciones potencialmente peligrosas, tanto en la escuela como en la comunidad. El programa refuerza los límites personales y enseña sobre las amenazas, proporcionando conocimientos para prevenir la explotación sexual. El programa incluye metas educativas y objetivos de comportamiento, junto con encuestas previas y posteriores a la intervención, que nos ayudan a determinar y aumentar la efectividad del programa en relación con el conocimiento de los estudiantes sobre seguridad.

Si tiene alguna pregunta o inquietud, comuníquese con las trabajadoras sociales de la escuela: la Srta. Linares al (914) 576-4692 o la Sra. Travieso al (914) 576-4394, o puede llamarme a la oficina del distrito al (914) 576-4274.

Sinceramente

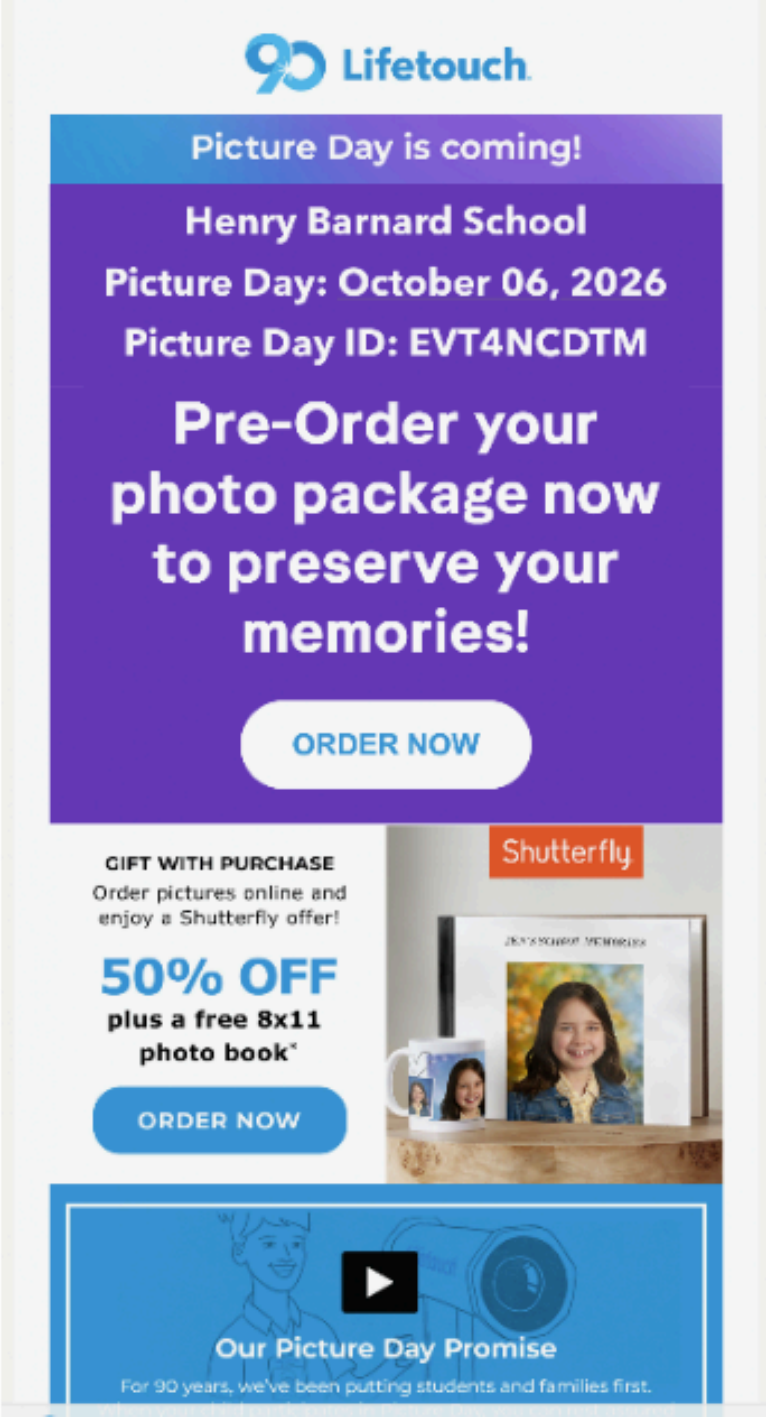
Millicent Lee

Millicent Lee, M.S., S.D.A.
Director de Servicios al Alumno

cc: Dr. Corey Reynolds, Superintendente de Escuelas

Dra. Camille Edwards-Thomas, Subsuperintendente de Servicios de Apoyo al Estudiante

Lifetouch.com



Different Abilities Stronger Together

SEPTA

Special Education PTA

NEW ROCHELLE

SUPPORT ♥ ADVOCATE ♥ EDUCATE ♥ EMPOWER

Stronger Students Brighter Futures

FIRST MEETING

2026 – 2027 SCHOOL YEAR

WEDNESDAY
OCTOBER 7

6:30 PM

NEW ROCHELLE HIGH SCHOOL LIBRARY
265 Clove Road
New Rochelle, NY

MEET THE SPECIAL EDUCATION ADMINISTRATORS

Join us for an opportunity to meet and hear from our Special Education Administrators, ask questions, and learn more about the supports and services available to our students.



All Are Welcome!

FAMILIES ♥ EDUCATORS ♥ COMMUNITY ♥ INCLUSION ♥ OPPORTUNITY

Diferentes capacidades Comunidades más fuertes

SEPTA

Asociación de Padres de Educación Especial

NEW ROCHELLE

APOYAR ♥ ABOGAR ♥ EDUCAR ♥ EMPODERAR

Estudiantes más fuertes Futuros más brillantes

PRIMERA REUNIÓN

AÑO ESCOLAR 2026 – 2027

MIÉRCOLES
7 DE OCTUBRE

6:30 PM

BIBLIOTECA DE NEW ROCHELLE HIGH SCHOOL
265 Clove Road
New Rochelle, NY

CONOZCA A LOS ADMINISTRADORES DE EDUCACIÓN ESPECIAL

Acompáñenos para una oportunidad de conocer y escuchar a nuestros Administradores de Educación Especial, hacer preguntas y obtener más información sobre los apoyos y servicios disponibles para nuestros estudiantes.



¡Todos son bienvenidos!

FAMILIAS ♥ EDUCADORES ♥ COMUNIDAD ♥ INCLUSIÓN ♥ OPORTUNIDAD

Spend an Evening Under the Stars
Thursday, October 29, 6 pm



Highlights of October:

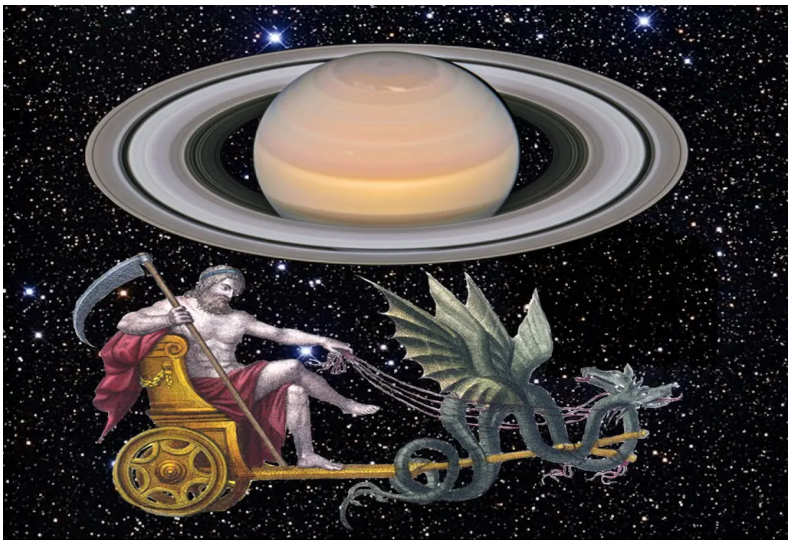
- The planet **Saturn**, the **Lord of the Rings** dominates the October Sky.
- It rises in the east as the Sun sets in the west and is visible all night.
- Saturn is in the zodiacal constellation, **Pisces.**
- The meteor shower, the **Oroinids,** peaks the last week of the month. Look to **Orion the Hunter** in the east after midnight. The debris left over from **Halley's comet** creates this meteor shower.
- The full **Hunter's Moon** will be on the night of October 25 with Saturn just above it in **Pisces**. Should look nice.

"Keep Looking Up."
Star Gazer on PBS

Date: Thursday, October 29, 2026
Place: Bruce Zeller Planetarium Entrance at corner of Argyle and Flandreau Ave.
Time: 6 pm Doors open at 5:30
Shows begin promptly and no one is admitted once the door closes
For further information go to @bzeller.bsky.social or bzeller@nredlearn.org

Admission is Free

Pase una Noche Bajo Las Estrellas
Jueves 29 de octubre 2026, 6:00 pm



Aspectos más destacados en octubre:

- El planeta **Saturno, Lord of the Rings,** domina el Cielo de octubre.
- El sale por el este como el Sol y se oculta en el oeste y está visible toda la noche.
- Saturno está en la constelación zodiacal de **Piscis.**
- La lluvia de meteoros **Oroinids,** se asoma en la última semana del mes. Observa a **Orion the Hunter** en el este después de la medianoche. Los escombros dejados por el cometa **Halley** crean la lluvia de meteoros.
- La **luna llena del Cazador** será en la noche de octubre 25 con **Saturno** justo por encima en **Piscis**.

Fecha: jueves, octubre 29, 2026
Lugar: Planetario Bruce Zeller Entrada en las esquinas de las avenidas Argyle y Flandreau.
Hora: 6:00 pm Las puertas abren a las 5:30
El espectáculo comienza a la hora indicada y una vez cerradas las puertas no habrá más admisión.
Para más información acuda a @bzeller.bsky.social o bzeller@nredlearn.org

Admisión gratis

Pase una Noche Bajo Las Estrellas Jueves 29 de octubre 2026, 6:00 pm

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Admisión gratis

American Heart Association.
KIDS HEART CHALLENGE | AMERICAN HEART CHALLENGE

September 2026
Eastern States Region

Heart & Headlines



Live Fierce. Be Well. in New York City is sponsored by:

NewYork-Presbyterian

September Highlights

As the school year begins, September is the perfect time to prioritize health and wellness in your classroom, school, and daily routines. From encouraging healthy habits and active lifestyles to sharing nutritious lunch ideas and quick, healthy meal solutions for busy schedules, small steps can help students stay energized, focused, and ready to learn.

This month, we're also recognizing Cholesterol Education Month and World Gratitude Day on September 21. Join us as we explore simple ways to support heart health, promote well-being, and foster a culture of gratitude while helping students build healthy habits that can last a lifetime.

OCT

Preview of October's Newsletter

- World Restart a Heart Day
- World Stroke Day
- Healthy Halloween

5 Easy Ways to Improve Your Well-Being at Work

Busy days. Endless demands. Distractions everywhere. But the good news is that there are ways to prioritize your mental and physical well-being during the work day. Even small changes matter and can lead to big improvements.

Read more **here**.



September 21: World Gratitude Day

Research has shown that that the practice of gratitude is associated with many positive effects in a person's physical and mental health. Expressing gratitude can improve sleep, mood and immunity, and can decrease depression, anxiety, chronic pain and disease.

Read more **here**.





Healthy school lunch ideas kids will love



Sandwich switch-up

- Swap white bread for 100% whole-wheat tortilla wraps or 100% whole-wheat pita pockets.
- Add shredded carrot or zucchini and sliced apple or pear with a turkey sandwich.
- Try avocado or hummus instead of cheese or mayo.
- Use leftover grilled chicken in your sandwich instead of sliced deli meat.



Love those leftovers

Use an insulated container to keep foods like these hot until the lunch bell rings:

- Soup (tomato, vegetable or bean)
- Chili (vegetarian or made with lean ground chicken)
- Spaghetti (whole wheat with tomato, pesto or marinara)
- Bean casserole or beans and rice



Let them dunk

- Apple and pear slices to dip into low-fat, unsweetened vanilla yogurt or peanut butter
- Carrot, celery and sweet pepper strips to dip into hummus, fresh salsa or homemade bean dip
- Whole-grain crackers or slices of grilled tofu to dunk into soup



Get them involved

On nights you have a bit more time, let the kids choose which fruit or what type of whole-grain bread they want and let them assemble their lunch. Kids are more likely to eat a meal they help pack.

Healthy Recipe



Banana Bread

Ingredients

- Cooking spray
- 2 cups all-purpose flour
- 3 tablespoons stevia sweetener -OR- 18 stevia sweetener packets
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 4 medium semi-ripe bananas (mashed with a fork)
- 1 large egg
- 1/2 cup 100% orange juice
- 1/3 cup extra-light olive oil
- 1 cup chopped walnuts (optional)

Directions

- Preheat the oven to 350°F.
- Lightly spray two 9 x 5 x 3-inch loaf pans with cooking spray.
- In a large bowl, stir together the flour, stevia sweetener, baking powder, baking soda, and cinnamon until well blended.
- In a medium bowl, stir together the bananas, egg, juice, and oil until well blended.
- Pour into the flour mixture, stirring together just until moistened but no flour is visible. Stir in the walnuts. Pour the batter into the pans, about halfway full, smoothing the tops.
- Bake for 40 minutes, or until a wooden toothpick inserted in the center comes out clean. Transfer the pans to a cooling rack. Let cool completely.

September is Cholesterol Education Month

Because high cholesterol often has no warning signs, it is sometimes called a "silent threat," making education about nutrition, physical activity, and lifelong healthy habits especially important for children and families. Read more **here**.



Breakfast: Eating Healthy On The Run

It seems like we are always so busy. Sometimes, we feel too busy to make food for ourselves. But what if there were some simple ways to eat heart-healthy on the go? Read more **here**.





7 Simple Ways to Practice Positive Parenting

Live Fierce. Be Well. sponsor NewYork-Presbyterian pediatrician explains the benefits of the positive parenting approach and how to practice it in your own family.

Featured Local Story by Live Fierce. Be Well. in New York City Sponsor:

NewYork-Presbyterian

Please visit this link for additional resources and information.

If you scroll through social media or visit a local bookstore, you'll find an abundance of advice about raising children. And for parents, it can be overwhelming to figure out which methods might work best for your child. But the positive parenting approach offers research-backed principles for raising secure and resilient kids.

What is positive parenting, exactly? "Positive parenting is an approach based on trying to understand, empathize with, and respect children, while also guiding them in a positive way," says Dr. Edith Bracho-Sanchez, a pediatrician at the NewYork-Presbyterian Ambulatory Care Network and Columbia.

As the phrase implies, the strategy leans into empathy, encouragement, and positivity — and away from negativity and strict punishment. "Positive parenting can help build confidence and self-esteem in children," says Dr. Bracho-Sanchez. "And focusing more on your child's positive behaviors, rather than their negative ones, can also contribute to the overall well-being and peace within the family."

Meet your child where they are.
It's important to keep in mind where your child is developmentally. "Sometimes the behaviors that frustrate us are actually indicators of a new skill or the result of a child exerting independence or autonomy," says Dr. Bracho-Sanchez.

Understanding that a behavior is developmentally appropriate and is to be expected can make the behavior easier to accept and address. So when you notice new behaviors in your child, you can check with your pediatrician to ask if the behaviors are in sync with the developmental milestones expected at their age.

Take lying, as an example. It can be frustrating to hear your child tell a lie, but this act can be a normal stage of development, particularly between the ages of 2 to 4. "There are many things a child has to understand to be able to tell a lie: what they want, what's acceptable, what they can get away with," says Dr. Bracho-Sanchez. "There's a level of sophistication and reasoning that's needed. And in positive parenting, it's about being able to see the moment within that developmentally appropriate framework. From there, you can set boundaries."

Always be communicating.
Discuss the plans for the day with your child, suggests Dr. Bracho-Sanchez. "It helps prepare children and set their expectations." When you're about to change locations or activities, say so out loud. "Talking about what you're going to do next eases transitions," Dr. Bracho-Sanchez says. And this, in turn, can decrease the likelihood of a tantrum.

Keep your cool during kid meltdowns.
Parenting is like a choose-your-own-adventure book: There are numerous outcomes that may arise from a given situation — the variable is how you choose to handle it. For example, if you respond to a tantrum with yelling, you might be met with more yelling and frustration in return. Instead, when faced with a heated moment, try to keep calm and identify the emotions you're seeing in your child, says Dr. Bracho-Sanchez. "You can say, 'I can see that you're upset,' as a way to acknowledge the emotion. Then reinforce your boundaries by saying something like, 'It's OK to be upset right now. But it's not OK to hit.'"

After that, give your child a choice: Ask if they want some space or if they want time to calm down. When your child is calmer, you can try transitioning them to another activity.

Share positive feedback in the moment.
Reinforcing good behavior is key — and "it's a positive discipline strategy," says Dr. Bracho-Sanchez. You want to find opportunities to offer praise. Just as you might catch your child doing something wrong and immediately correct it, try to spot them doing something good and recognize them for it. This will help them learn to become aware of positive behavior, too.

When your child is doing something wrong, try to find a natural consequence that you can enforce. For example, if your child doesn't put away their toys, the rule might be that they don't get to play with them. Short-term consequences related to their actions, such as this one, often work best. In this example, if the consequence was that they don't get ice cream after dinner, your child may have forgotten that it's because they didn't put away their toys.

Gives kids choices (within limits).
When you make rules and set boundaries, it's important to consistently follow through with them. But within those limits, let your child make little choices every day. If your young child is, say, refusing to go to school, you can explain that school is nonnegotiable, but they could choose their own outfit or snack. "This helps them assert some level of control," says Dr. Bracho-Sanchez. Then tell them how proud you are of their good choices. In the long run, these positive practices help raise a more independent child.

Get other caregivers on board.
"When we talk about parenting, it's not just about mom and dad. Parenting can come from any person who's spending a lot of time with a child and is involved in their upbringing," says Dr. Bracho-Sanchez. It's important to tell every caregiver, such as grandparents or babysitters, about the rules and positive disciplinary style you've set. "Even the techniques being used in a day care or school are important to assess, so you can find ones that align with your style," says Dr. Bracho-Sanchez.

If you're feeling like a family member might not be on board with your positive parenting approach, Dr. Bracho-Sanchez suggests reaching out to your pediatrician for help. Ask if they can take part in a conversation with your family member to explain your approach and its benefits.

Give yourself grace.
This approach is all about intention, not perfection. It's about trying to give every situation your best effort. "It's something you're consciously doing and working at," says Dr. Bracho-Sanchez. What helps is to stay present in every moment. "I know I can't be e-mailing and responding to a co-worker while at the same time trying to address a tantrum — and I don't know that anyone can."

To help you stay patient in any given moment, do a bit of self-care. For example, before a hectic school pickup, take a few minutes to do something for yourself. "Listen to something soothing on the way; take deep breaths," suggests Dr. Bracho-Sanchez. Creating little calming rituals and mindfully meeting your own needs can help you be more present for your child.

REGISTER NOW

Join Our Educator Leadership Development Series

Join the American Heart Association as we explore today's relevant topics to aid in the development of happy and healthy lives within your school community.

You'll be entered for a chance to win a $250 US Games certificate for each webinar you attend. Plus, a bonus opportunity when you attend all four webinars.

Wednesday **Sept. 16**	**Nourishing Young Minds: Nutrition Education Essentials**
Wednesday **Oct. 14**	**Beyond Self-Care: Practical Strategies for Educator Well-Being**
Wednesday **Nov. 11**	**Connected Classrooms, Stronger School Communities**
Wednesday **Dec. 9**	**Leading with Heart: How Educators Bring the Kids Heart Challenge to Life**

Heart Hero Spotlight

Mia, 2nd Grade, New Jersey

"I was born with HLHS (Hypoplastic Left Heart Syndrome). I was in the hospital until I was 5 months old. I had 2 surgeries when I was there. The doctors and nurses helped me by doing open heart surgeries and making my heart stronger. I had a feeding tube until I was 2. I had to learn how to eat and drink without the tube. When I was 3, I had another heart surgery before I started pre-k. I feel proud to have a special heart. I have to be careful with my chest when I do certain activities so I don't fall on it or bump it hard. I also take breaks when I feel tired. I don't go on fast roller coasters. My family helps me remember how to take care of my heart and helps me stay healthy. They take me to all of my appointments and learned a lot about my special heart."





Gratitude Glow-Up Game

QUEST	DONE
Reach out to a loved one	
Give small acts of kindness	
Help someone who's struggling	
Be present and notice what gives joy	
Tell yourself what you love about you	
Savor what your body can do	
Make a promise to live fearlessly	
Find beauty everywhere	
Text three people why they matter	
Eat mindfully and notice how it feels	
Remember a funny memory	
Thank your body and all its parts	
Find at least one thing going well	
Step outside and appreciate nature	
FINAL SCORE	

GAME OVER

American Heart Association.
KIDS HEART CHALLENGE | AMERICAN HEART CHALLENGE



HEALTHIER STUDENTS. SAFER SCHOOL COMMUNITY.
LIFESAVING IMPACT.

Empower students. Inspire staff. Strengthen your school community.

Kids Heart Challenge and American Heart Challenge are service-learning fundraising programs that teach healthy habits, build character and foster a sense of purpose while raising lifesaving funds.

WHY 25,000 SCHOOLS SAY YES

- Teaches students about the importance of helping others
- Supports social, emotional and physical health
- Easy and flexible to implement by anyone
- Students and families learn lifesaving skills

HOW YOUR SCHOOL BENEFITS

- Apply for grants to support your school
- Monthly professional development opportunities
- Healthier families and safer communities

WE SUPPORT YOU WITH

- Easy fundraising tools
- Ready-to-use lessons and tools
- Year-round American Heart Association support

Logan

Saved a life by performing Hands-Only CPR after learning it through Kids Heart Challenge

Watch Here



Join the movement today: **Heart.org/JoinTheChallenge**

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THE ABCS OF TEACHER WELL-BEING.

SCIENCE-BASED TIPS THROUGHOUT THE SCHOOL DAY.

- [x] **Good morning! (Think of one good thing.)**
Starting your day with a small gratitude can lower blood pressure and boost your immune system.

- [ ] **Drive time: Get your mind right.**
Your morning (and late day) commute can be a time for calm and self-care. Listen to relaxing music or a podcast that focuses on well-being.

- [ ] **Starting the day: Sigh it out.**
Neuroscientists say that a "physiological sigh" – taking two breaths in, and one breath out – is a fast way to arrest stress and anxiety.

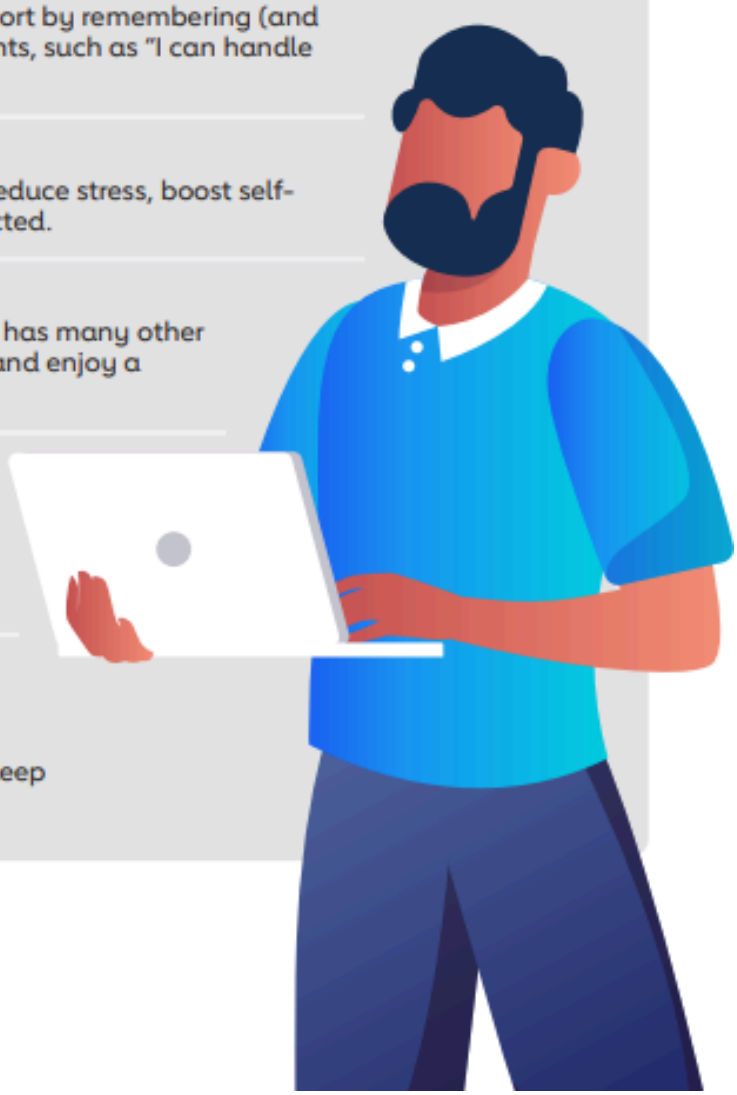
- [ ] **Class time: Affirm yourself.**
Research has pointed to the positive benefits of self-affirmations. When you feel stress coming on, lend yourself support by remembering (and saying or whispering) self-affirming statements, such as "I can handle this situation – I've done it before."

- [ ] **Make lunchtime together time.**
Research shows that eating with others can reduce stress, boost self-esteem and make everyone feel more connected.

- [ ] **After work: Get active**
Physical activity helps to relieve stress, and it has many other health benefits too. So, grab those sneakers and enjoy a brisk walk. Invite a friend along!

- [ ] **Evening: Talk it out.**
Happy Hour, anyone? A chat or venting session with a co-worker, friend or partner can help reduce stress. (Or turn to a therapist, in person or by video chat.)

- [ ] **Bedtime: Good sleep hygiene.**
Sleep is important! Proper sleep equips you to face the challenges of the day. Check out these science-backed steps to foster better sleep habits. (Or visit heart.org/sleep.)



American Heart Association.
Healthy for Good™

STRESS LESS WITH HEALTHY HABITS



1. **Slow down.**
Plan ahead and allow enough time to get the most important things done without having to rush.

2. **Sleep well.**
Try to get seven to nine hours of sleep each night. To fight insomnia, get regular physical and activity during the day.

3. **Let worry go.**
The world won't end if a few things fall off your plate. Give yourself a break and just breathe.

4. **Laugh it up.**
Laughter makes us feel good. Don't be afraid to laugh out loud, even when you're alone.

5. **Get connected.**
A daily dose of friendship is great medicine. Make time to call friends or family so you can catch up.

6. **Get organized.**
Use "to do" lists to help you focus on your most important tasks and take big projects one step at a time.

7. **Practice giving back.**
Volunteer your time or spend time helping a friend. Helping others helps you.

8. **Be active every day.**
Exercise can relieve mental and physical tension. Find something you enjoy and stick with it.

9. **Give up the bad habits.**
Too much alcohol, tobacco or caffeine can increase blood pressure. Cut back or quit to decrease anxiety.

10. **Lean into things you can change.**
Make time to learn a new skill, work toward a goal, or to love and help others.

Learn more at
heart.org/HealthyForGood.

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