



# NEW WINDSOR SCHOOL NEWSLETTER

JANUARY 2026

## PRINCIPAL'S UPDATE

Dear Families, Students, and Staff,

Happy New Year and welcome to 2026! As we begin this new chapter together, I would like to extend my sincere gratitude to our entire school community for the commitment, care, and partnership you continue to demonstrate each day.

The start of a new year is an opportunity for reflection and renewal. Over the past year, our students have shown remarkable growth—not only academically, but also socially and emotionally. They have learned to persevere through challenges, celebrate their successes, and support one another with kindness and respect. These moments remind us that an elementary school is far more than a place of learning; it is a community where character, confidence, and curiosity are nurtured.

As we move forward in 2026, our focus remains clear: providing a safe, inclusive, and engaging learning environment where every child feels valued and empowered to reach their full potential. We will continue to strengthen foundational skills in reading, writing, and mathematics while also emphasizing creativity, problem-solving, and social-emotional learning. Attendance, collaboration, and positive school-home partnerships will remain essential to our shared success.

To our families, thank you for your ongoing support and trust. To our staff, thank you for your dedication and unwavering belief in our students. And to our students, we are so proud of you and excited to see all that you will accomplish in the year ahead.

Wishing you a joyful, healthy, and successful New Year. We look forward to continuing our journey together in 2026.

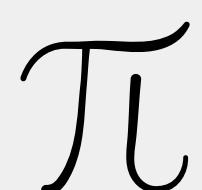
Warmly,



Mr. Cant  
Principal



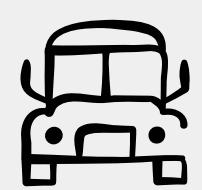
## UPCOMING EVENTS



**5TH GRADE MATH MEET**  
**01-14-2026**



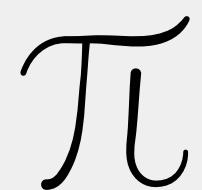
**WINTER CONCERT**  
**01-22-2026**



**5TH GRADE FIELD TRIP  
TO WEST POINT**  
**02-04-2026**



**5TH GRADE  
MOCK INTERVIEWS**  
**02-05-2026**



**5TH GRADE MATH MEET**  
**02-11-2026**



**4TH ANNUAL  
COLLEGE & CAREER DAY**  
**02-27-2026**

*Mark Your Calendars!  
So you don't miss any events!*

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**What are you thankful for this year?**



The scholars at New Windsor School participate in Senator Skoufis' Thanksgiving Celebration!

The students were asked:

**What are you thankful for this year?**

In their art classes, students took inspiration from this question and created drawings with unique designs, words, and phrases, including forms of the word "thankful," to describe what they are most thankful for this year. The selected works of art were submitted to the Senator's office and displayed on Senator Skoufis' Thanksgiving Day Student Showcase and on his website until December 30th. Each scholar received a certificate from the NYS Senate, thanking them for participating in the celebration.

Great job, scholars!



*Ms. De Forest*  
Art Teacher

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## RECENT EVENTS



**NWS: GINGERBREAD HOUSES!**  
**DEC - 2025**  
[Link to Album](#)



**12 DAYS OF KINDNESS READING DAY**  
**MS. LYNCH'S CLASS**  
**DEC-2025**  
[Link to Album](#)



**NWS: PBIS GOLD CARD ACTIVITY**  
**12-17-2025**  
[Link to Album](#)



**NWS: CHARACTER AMBASSADOR ASSEMBLY**  
**12-10&12-2025**  
[Link to Album](#)



## Holiday Fun!



NWS Snowmen at Night Holiday Festival Sponsored by NWS PTO!

The PTO proudly sponsored a festive literacy event titled “**NWS Snowmen at Night Holiday Festival**,” bringing the joy of reading to life for our school community. Inspired by the beloved book *Snowmen at Night* by Caralyn Buehner, illustrated by Mark Buehner, the evening featured an engaging on-stage performance by NWS staff. Through storytelling, movement, and creativity, staff members delighted students and families as they reenacted the whimsical tale of what snowmen do after dark.

The performance captured imaginations, sparked laughter, and reinforced the magic of reading beyond the classroom. This special event highlighted the strong partnership between the PTO and school staff, as well as our shared commitment to fostering a love of literacy. It was heartwarming to see families gathered together, celebrating stories, creativity, and the spirit of the season in such a memorable way.



## OUR MISSION

As the Goldback community, we will educate and empower our students to build their futures and support their community.

## OUR VISION

Creating voice, choice, and opportunity for impacting the future of all Goldbacks.

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NEW WINDSOR SCHOOL

# NEWSLETTER

JANUARY 2026

## RECENT EVENTS



### NWS: MIDDLE SCHOOL COUNSELOR VISIT 11-20-2025

[Link to Album](#)



### NWS: ATTENDANCE CHALLENGE WINNERS ONGOING-2025-2026

[Link to Album](#)



### NWS: PBIS Expectations!

Be Responsible,  
Be Respectful,  
Be Ready, and  
Be Safe!



### NWS: Attendance Pledge

I pledge to go to school every day, be on time, and be ready to learn.

**Newburgh**



## School Psychologist's Corner!

### *Winter Without the Screens: Helping Kids Unplug and Connect*

As winter settles in and days get shorter, it's natural for children to spend more time on phones, tablets, and gaming devices. While technology has its benefits, too much screen time - especially during long winter evenings - can affect sleep, mood, attention, and family connection. The winter months are a great opportunity to reset routines and encourage kids to unplug and engage in meaningful, offline activities.

#### *Why it matters:*

Regular breaks from devices help children develop creativity, problem-solving skills, and emotional regulation. Time spent interacting with family members supports language development, social skills, and a sense of belonging. Even small changes—like screen-free dinners or designated “device-off” hours—can make a big difference.

#### *Tips for Reducing Device Use at Home*

- Set clear expectations: Establish daily or weekly limits and stick to them consistently.
- Create tech-free times: Meals, the hour before bedtime, and family activities are great times to put devices away.
- Model healthy habits: Children are more likely to unplug when they see adults doing the same.
- Offer appealing alternatives: Kids are more willing to give up screens when there's something fun to replace them.

#### *Fun Winter Family Activities (No Screens Required!)*

- Indoor game nights: Board games, card games, or puzzles encourage teamwork and laughter.
- Family cooking or baking: Let children help plan a meal, measure ingredients, or decorate cookies.
- Creative projects: Drawing, painting, building with LEGO®, or crafting winter decorations.
- Reading together: Cozy up with books, take turns reading aloud, or start a family book club.
- Indoor movement: Dance parties, yoga, obstacle courses, or family fitness challenges.
- Outdoor winter fun: Sledding, snowman building, winter walks, or scavenger hunts—bundling up makes it an adventure!
- Service projects: Writing cards for community helpers or donating gently used items can build empathy and purpose.

*Winter doesn't have to mean more screen time. By setting healthy boundaries and creating opportunities for connection, families can turn the season into a time for bonding, creativity, and shared memories. Even a few unplugged moments each day can have lasting benefits for children and families alike.*



Mrs. Caci  
School Psychologist



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## BLAST FROM THE PAST



**NWS: GIRLS ON THE RUN!!!**  
**11/17/2018**  
[Link to Album](#)



**NWS: SCIENCE CLUB**  
**NOV-2018**  
[Link to Album](#)



**NWS: CRAZY SOCK DAY**  
**10-24-2018**  
[Link to Album](#)



**NWS: RED DAY 2018!**  
**10-22-2018**  
[Link to Album](#)



## The School Counselor's Corner!

Now that we've dived into the Blue Zone (Too little energy) and the Green Zone (Just the right amount of energy), it's time to explore the Yellow Zone. This zone sometimes is confusing because it's so broad, and being there can be a mix of Positive (I want to stay) and not so positive (I don't want to stay) feelings. Basically, being in the Yellow Zone means something is taking energy away from that part of the brain that is trying to stay in the "In control Green Zone". It might come from worrying about something, being anxious, being uncomfortable, being panicked, being wiggly (can't sit still), or being EXCITED. Not many of us look at being excited as a negative thing, nor should we, and let's face it, excitement is part of this age level. We want our students to be excited, about school, experiences, and learning. When students ask me, I tell them that excitement lives in yellow instead of green because it's happiness with a jolt of extra energy.

But sometimes being in yellow isn't positive. Furthermore, oftentimes the Yellow Zone is a kind of gateway, either to the Red Zone or to green. That's why awareness is so important. As I tell my students, if you find yourself in a zone that you don't want to be in, there are things that you can do to get yourself back to green. But first you have to recognize where your mind is.

Many of us spend the majority of our awake hours, and often sleeping, in the Yellow Zone. We worry about our jobs, our families, our bills, people with whom we're in conflict, and so on. We dwell on conversations that didn't go as planned, or that haven't happened yet. Something as small as a new unfamiliar car noise can send our minds reeling with What Ifs and praying that it was just something we ran over.

What's important here is, like previously mentioned, awareness of our mindset and of when that mindset shifts, and if that's an uncomfortable shift, knowing what to do to get your mind back to a more "in control" place. Some things we can do are:

- While you count at a medium pace to five with your fingers, breathe in slowly filling up your lungs, then hold that breath in for a count of five, then slowly breathe out for a count of five, then repeat.
- Listen to a guided imagery script of a happy place
- Listen to music that lifts you up
- Journaling. Write those thoughts down, even if they come out looking like chaos. Taking chaos out of our minds and putting it on paper can make it less chaotic. Or turn those thoughts into poetry or prose.
- Do something physical. Emotion is a lot like energy. The zones are based on the amount of energy in your body. If you have too much energy, use it up in a healthy way: running, biking, yoga, cardio, weights, your choice.



*Mr. Michalek*  
School Counselor

NEWBURGH  
**GOLDBACKS**™

## NWS FAMILY TIPS

### Reading just 30 minutes a day...

Below is a clear **cost-benefit framing** that connects 30 minutes of daily reading in elementary school to long-term savings on college entrance and postsecondary costs.

#### Cost-Benefit Analysis: Daily Reading and College Cost Savings Investment (Cost)

- Time: 30 minutes per day in elementary school
- Financial Cost: Minimal to none (library books, school-provided materials, or low-cost books)
- Duration: Early elementary through upper elementary years

This represents a **low-cost, early intervention** with no tuition, fees, or specialized programs required.

#### Short- and Medium-Term Returns

- **Higher Academic Performance:** Strong readers perform better across all subjects, resulting in higher GPAs in middle and high school.
- **Advanced Coursework Access:** Students with strong literacy skills are more likely to qualify for honors, Advanced Placement (AP), International Baccalaureate (IB), or dual-enrollment courses.
- **Reduced Need for Remediation:** Early reading proficiency lowers the likelihood of costly tutoring, test prep, or remedial classes later.

#### Direct College Entrance Cost Savings

1. **Increased Scholarship Eligibility**
  - Strong readers score higher on standardized tests (SAT/ACT), which are heavily language-based.
  - Higher scores increase eligibility for **merit-based scholarships**, potentially saving **thousands to tens of thousands of dollars** in tuition.
2. **Lower Likelihood of Remedial College Courses**
  - Students with weak literacy skills are more likely to be placed into **non-credit-bearing remedial courses**, which still require full tuition.
  - Avoiding even one remedial semester can save **\$3,000–\$10,000+**, depending on the institution.
3. **Higher College Readiness = Faster Graduation**
  - Strong academic preparation reduces course repetition and major changes.
  - Graduating on time (or early) avoids the cost of extra semesters, which can exceed **\$20,000–\$30,000 per year** at many colleges.
4. **Improved College Admission Outcomes**
  - Strong readers produce better personal statements, application essays, and written responses.
  - Improved admissions outcomes increase access to **more affordable public institutions or higher-aid private colleges**.

#### Long-Term Financial Return on Investment (ROI)

Factor	Financial Impact
Scholarships earned	\$5,000–\$50,000+
Avoided remedial courses	\$3,000–\$10,000
On-time graduation	\$20,000–\$30,000+
Reduced test prep/tutoring	\$1,000–\$5,000

**Estimated Total Savings:** Tens of thousands of dollars, driven by a daily habit that costs virtually nothing.