



Calverton Elementary  
Beltsville, MD  
November 20, 2009  
Volume 1, Issue 6

# Calverton Elementary School's Newsletter

## From the Principal's Desk...

Dear Families,

Thank you for participating in the book fair. The fair was a huge success.

The Health Activity Night with physical education and a Johns Hopkins nutritionist was attended the same night as the book fair. We all had fun at both activities.

The first quarter awards assembly will be held on Tuesday, November 24, 2009. The assembly for grades 1-3 will be at 8:00am and the assembly for grades 4-6 will be held at 9:00am.

Please don't forget the Latin Fiesta Dinner Dance on Friday, November 20<sup>th</sup> at 7:00pm in the multipurpose room.

May you have a peaceful and joy filled Thanksgiving holiday.

As always,  
Peace,  
Mary M. Tschudy, Principal

## Fiesta Dinner Dance

Friday, November 20, 2009

7:00pm in the Multipurpose Room

Come see performances by the children, Share some wonderful food and dance some Latin dances, and see if you win one of our fabulous door prizes!

There will be a short PTA meeting before the performances begin.

PTA members and families are FREE.  
\$10.00 admission per family includes a PTA membership.

Admission without membership is \$3.00 per adult and \$1.00 per child.



## Math Corner

Calverton Elementary School is moving up steadily in the National First In Math Competition and is now 27<sup>th</sup> in the United States. All students in grades 3-6 have a logon and password. So far the First In Math trophy has traveled to Mr. Reif's 5<sup>th</sup> grade Alert Team, Mrs. Fulcher's 4<sup>th</sup> grade Geode Team, and now Mrs. Allen's 6<sup>th</sup> grade Deputy Team because those teams had the greatest weekly sticker gain. Third graders are also playing and the following students have already earned at least 1,000 stickers. Ms. Njoku's Flora Team: Nicole Quijano (1,007), Julius Chay (1,053), and India Turner (2,005). Mrs. Swanson's Drummer Team: Sahil Talati (1,003), Sophia Dada (1,158), Pamela Udeh (1,372), Kamy Tapa (1,424), Peter Gomes (1,463), and Jovann Tomlinson (2,492). Mrs. Bravo's Diver Team: Raylin Nunez (1,226), Rodney Charles (1,262), and Vera Akum (2,118). Mrs. Joyner's Ivory Team: Timilehin Otukoya (1,004), Christina Jean-Jaques (1,130), Joselle Quijano (2,333), and Ramez Antar (2,337). Students can

play First In Math as their 15 minutes of at home math practice. When they finish their Addition and Subtractions GYMS they are ready to try Just the Facts for Addition and Subtraction where they will solve 100 random math facts in five minutes. They can repeat this for Multiplication and Division increasing their fluency. Knowing the basic facts makes math so much easier! The games are fun! Sixth grader Victor Okonmah (9,528), playing on the Deputy Team, is currently ranked as the 84<sup>th</sup> best First In Math player in the United States! Victor is very savvy about earning as many Bonus Stickers as possible when they are available. So, read the directions to see if you can earn Bonus Stickers before you play a game, remember you can practice most games to figure them out before you play for stickers, and ALWAYS have fun!

-Mrs. Gale Waibel, Math Resource Teacher

## Reading Corner

The following classrooms had 80% and better on the October reading calendar. Congratulations to the following teachers and classrooms: Kindergarten - Mrs. Freeman and Mrs. Hankey; First Grade - Mrs. McCollum, Mrs. Foggie and Mrs. Papsan; Second Grade - Mrs. Prelovsky; Third Grade - Mrs. Njoku; Fourth Grade - Ms. Levin; Fifth Grade - Mr. Reif and Mr. Cohen; and Sixth Grade - Ms. Baum.

Parents please remember that your child has reading homework every night. Parents must sign the daily reading log and make sure that each day is completely filled in with the title of the book or the chapter read that night. We are looking for 100% classroom participation. Last year we started the YES WE CAN reading club. Many children did extra work to be in the club. This extra work is still required this year.

-Mrs. JoAnn Price & Mrs. Carolyn Bergartt,  
Reading Specialists/Reading Recovery

## Writing Corner

The Write-A-Book Festival is sponsored by Prince George's County. Calverton students have proudly written and illustrated their individual and class books for several years. These books are entered into the county competition and also displayed in Calverton's Book Festival in the spring. Information informing parents of this valuable writing initiative will be forthcoming. Please talk to your children about ideas for their books.

The website listed below is an excellent method for children, as well as adults, to improve their vocabulary while helping feed those who are hungry in the world.

([www.freerice.com](http://www.freerice.com))

-Mrs. Constance Wood, Writing Specialist

## I Am...

Written by the poet Fatima Stewart

I am...

A plant that just bloomed

A sweet, little girl who writes poetry

Someone who is looking for a friend

A writer who just learned how to write magic

A person who stands up for her rights

An owner of a guinea pig

I am.

### Talking Health with Your Kids

*From the Alliance for a Healthier Generation*

**It's Not About Weight:** Weight is just one indicator of health and often an extremely sensitive subject for kids. Emphasize how important it is to eat right and be physically active instead of just losing pounds. You don't want to hurt their confidence or self-image.

**Set food or activity goals:** For example, stick to a plan to only have dessert twice a week or to walk 30 minutes after dinner everyday, NOT to lose a certain number of pounds.

**Talk to your doctor:** Your doctor is a great resource when talking with your child about their weight. You can work with the doctor, a nurse or dietitian to help start the conversation. Most healthcare practitioners will be happy to help if you ask.

**Make it positive:** Getting healthy is something to be excited about—it shouldn't seem like a punishment. Talk about how fun it will be for everyone in the family to get active and try new, healthy foods.

**Make it a family affair:** Talk about how EVERYONE in the family is going to work together to get healthier. Children should not be the only ones making changes.

**Make it relevant:** Explain why being healthy is important in a way that kids will understand. Kids don't care that being healthy now will prevent their risk of disease in the future--kids care about the here and now.

**Kids are goal driven.** Physical activity will improve their performance in sports, making them run faster or swing a bat harder. Kids want to feel good: Eating healthy will give them more energy and improve their concentration in school and with their friends.

**Keep it social:** Physical activity can be a great way to make new friends. Kids are more likely to stick with an activity if friends are involved. Encourage your kids to invite friends for active play-dates such as bike riding and touch football games.

**Treat 'diet' like a four letter word:** Adults don't stick to diets, so why would kids? Teaching your children to eat and drink in moderation (including an occasional treat) will ensure they get the balanced meals they need.

**Food is not a reward:** Saying you can have ice cream after you finish your carrots makes eating carrots a chore and ice cream the reward-- the exact opposite effect you were going for.

**Just say no to 'exercise'!** Don't present being physically active as exercise-- kids may interpret that as a punishment.. Encourage everyone in your family to try different activities and find one that suits everyone. Keep it fun!

**Take Baby Steps:** Just like kids learn how to walk slowly, that's how they should learn new habits. Don't expect dramatic change instantly.

By talking about health in an approachable way and by setting small goals that will give everyone a sense of accomplishment, your kids will start on the road towards a lifetime of healthy habits.



## Important Dates

**Friday, November 20<sup>th</sup>**

Fiesta Dinner Dance

7:00pm in the Multipurpose Room

**Tuesday, November 24<sup>th</sup>**

1<sup>st</sup> Quarter Awards Assembly

8:00am in the Multipurpose Room (Grades 1-3)

9:00am in the Multipurpose Room (Grades 4-6)

**Wednesday, November 25<sup>th</sup>-Friday, November 27<sup>th</sup>**

Thanksgiving Holiday

No School



### Counselor's Corner

PBIS November End of the Month Activity: You are cordially invited to participate with staff and students as we celebrate the good behavior of our students with a TALK AND WALK TIME OUT. During this event, the children will walk around the park grounds behind Calverton and chat with friends, teachers, and parents. After the walk, everyone will be invited into the cafeteria for cookies and warm cider.

The schedule is as follows:

Thursday, December 3, 8:30-9:30

Pre-k and Kdg

Thursday, December 3, 12:30-1:30

3<sup>rd</sup> and 4<sup>th</sup>

Friday, December 4, 8:30-9:30

1<sup>st</sup> and 2<sup>nd</sup>

Friday, December 4, 12:30-1:30

5<sup>th</sup> and 6<sup>th</sup>

The TALK AND WALK will give students the opportunity to spend some time away from the classroom, build and strengthen relationships, commune with nature, and enjoy a warm beverage and cookies. Parents, if you would like to participate and are not up for the walk, we would love to have you cheer the children on or help serve the cider and cookies. Hope to see you there!

-Mrs. Judith Pollock, Guidance Counselor