



# Beverly Farms Elementary School EAGLE EXPRESS

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April 2010

Volume 21, No. 8

## a message from the president

*Kate Wise*

**Warm Spring Greetings to all of you!** I sincerely hope this spring finds your spirits renewed and your hearts lightened at the promise of SUMMER! We have had an unprecedented winter with record snow fall, and I thank all of you in our community for your patience and understanding as we have had to cancel and reorganize our events for the year. I especially wish to thank Jody Miller for her kindness in reorganizing Club Beverly Farms for our children. I would also like to acknowledge Anne Freidman and Jody Ozatalar for their work in Community Service, responding to the needs of those affected by the Haiti earthquake. And, as always, the rest of our unsung and yet so greatly appreciated chairs and volunteers who work tirelessly for our children and their school staff. I hope to see all of you at our Multicultural Fair at the end of April! And of course, please come to our last general PTA meeting on May 4, 2010!

## administratively speaking

*Dr. Beth Brown*

**Congratulations to all of the third, fourth, and fifth grade students who did a tremendous job on the Maryland School Assessment (MSA) over the past two weeks.** Each student listened and did their very best and showed Eagles' Pride as they worked. A special thank you to all staff and community members who helped make this testing experience a positive one for our students. Thank you to Mrs. Rebekah Tolliver, reading specialist, and Mrs. Marsha Boymel, staff development teacher, for organizing all of the materials and coordinating the human resources to help implement the MSA.

Terra Nova 2 - Now that April is here, we have our next set of standardized testing to complete with our second grade. The Terra Nova 2 (TN2) Assessment will be administered from April 26th to April 30th between 9:15-11:30.

Lastly, thank you to Mr. Henderson, Ms. Flores, Ms. Lacadin and Mr. Valenzuela for all their hard and persistent work in helping spring burst from the ground at Beverly Farms. It is so nice to see our flowers blooming after all of their efforts with our spring clean up around the school grounds. Goodbye snow!

## calling all kindergarteners

*A special announcement*

Kindergarten Orientation is Tuesday, April 13th & Wednesday, April 14th. If you know of a child in our Beverly Farms district who will be 5 years old on or before September 1, 2010, please have them call the school's main office at 301-469-1050 as soon as possible to schedule their appointment for Kindergarten Orientation. **Please remember that there will be no kindergarten classes held on April 13th and April 14th.**

## An Important Message from the Churchill Cluster Coordinators

WE NEED EVERYONE TO COME OUT TO SUPPORT OUR TESTIMONY BEFORE THE COUNTY COUNCIL REGARDING THE OPERATING BUDGET ON APRIL 8, 2010!

Imagine your child in larger classes next year with no sports or afterschool programs - unfortunately, some of this is already a reality. Here is a list of possible cuts that Dr Weast proposed in January: [http://montgomeryschoolsmd.org/departments/budget/FY2011/pdf/BudgetPossibleReductions\\_Recommended.pdf](http://montgomeryschoolsmd.org/departments/budget/FY2011/pdf/BudgetPossibleReductions_Recommended.pdf)

CLASS SIZE IS ALREADY BEING INCREASED NEXT YEAR

All MCPS principals have been notified by Dr. Weast that their staffing allocations for next year will be reduced causing class sizes to increase across the board. We need all of you to let the County Council and Board of Education know that we are not in favor of this as a cost saving measure.

Please come on Thursday, April 8, 2010 to protect your child's education and support the testimony from your Churchill Cluster Coordinators regarding the proposed FY 2011 Operating Budget.

WHEN: Thursday, April 8, 2010

TIME: 7:00 PM

WHERE: County Council Building - 2nd floor  
100 Maryland Avenue, Rockville.

Free parking is available in the garage. If you have spirit wear from your schools, please wear it. Kids are welcome! WE NEED YOU to show the County Council how important funding education means to you!!!!!!

Churchill Cluster Coordinators 2009-2010

Merry Eisner (Merry.Eisner@gmail.com)

Laurie Halverson (lauriehalverson@verizon.net)

Laura Siegel (LASSiegel@aol.com)

# APRIL

| sunday | monday                             | tuesday | wednesday   | thursday         | friday | saturday                                 |
|--------|------------------------------------|---------|---|------------------|--------|--|
|        |                                    |         |   | 1<br>NO SCHOOL → | 2      | 3  |
| 4      | 5<br>NO SCHOOL →                   | 6       | 7   | 8                | 9      | 10                                       |
| 11     | 12                                 | 13      | 14<br>Report Cards Distributed<br>Domino's Dough Raiser | 15               | 16     | 17<br>Club Beverly Farms                 |
| 18     | 19                                 | 20      | 21  | 22               | 23     | 24<br>Multicultural Fair<br>4:00-6:00 pm |
| 25     | 26<br>Terra Nova Testing Grade 2 → | 27      | 28  | 29               | 30     |  |

For information on the Eagle Express, or to make a submission to this publication, please contact Mindy Kim at [mindyanddavid@yahoo.com](mailto:mindyanddavid@yahoo.com).

# class clips: news from the inside

**KINDERGARTEN** • The kindergartners have been excited about our science unit on insects. As a culmination of our studies, the students built a bug at home using common everyday objects. Thanks to everyone who joined us for our insect infestation. It was fun showing our projects to everyone. We learned that we are very creative and imaginative workers and we can remember all the parts of an insect. The students have also been working hard writing “how to” books in writer’s workshop. We are learning transition words like first, next, then, and last. The students are excited about sharing our writing pieces with our friends. Just a reminder that there will be no kindergarten classes on April 13th and April 14th due to kindergarten orientation for next year’s students.

**FIRST** • We had a GREAT time making bread. We hope you were all able to enjoy the tasty loaves that your student brought home. Thanks very much to all the parent volunteers who came out to help the kids make bread. In science this quarter we will be studying the weather. This is always a fun unit. Your student will have the chance to be the weather reporter one day in class. We have one more field trip before the year ends. In May we will visit Rose Hill Manor as part of our history/social studies work. In reading we spend this last quarter reading poems and plays. We will end the year writing personal narratives. First grade is springing into spring!

**SECOND** • Would you please continue to read this paragraph to learn more about second grade? First, you should continue to read this paragraph because you will learn that second graders have been writing persuasive letters. We have been persuading people to do lots of things (just like I’m trying to persuade you to read this paragraph). To help us create our persuasive letters we used the writing process (think, write, edit, share) and incorporated the 6+1 writing traits (ideas, organization, conventions, voice, sentence fluency, word choice, publish). Second, you should continue to read this paragraph because you will learn about our math classes. Mrs. Gould and Mrs. Smith’s classes have been learning about fractions, while Mr. Sussman and Mrs. Moloznik’s classes have been learning about measurement. Don’t quit reading this paragraph because you will learn about our new science unit...liquids! We have been observing lots of different types of liquids. Did you know that a liquid is something that flows? Since you read this paragraph all the way to the end I’ll tell you about a special person that came to visit us this month. Her name is Katy Kelly and she is a real author. We have some of her books in our media center (she writes a series about a character named Lucy Rose). Now you know what we have been doing in second grade.

**THIRD** • During April, Mrs. Brand’s math class is working on Unit 5 which covers fractions, money, multi-digit multiplication and division, basic algebra, and probability. Please continue using IXL.com at home with your child to help them review. Mrs. Wachter’s math class is beginning their 4th unit. We are working hard to learn many strategies for multiplying. We’ll be using our mastery of multiplication to help when we are learning to divide. We’ll also be learning about patterns in time measurement. Please continue to encourage your children to use IXL.com at home! Mrs. Emery and Miss Griffin will be focusing on the genre of fantasy beginning in April. We are thrilled to introduce a Fantasy Book Talk project for April as well. In addition, students will continue writing to persuade. Third graders have also begun to research a famous person for which they will create a biographical PowerPoint show. Finally, third graders will take a trip to see Charlotte’s Web and will also be visited here at Beverly Farms by an author, Katy Kelly.

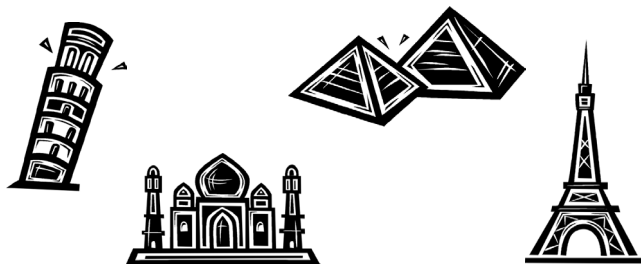
**FOURTH** • The fourth grade has been very busy trying to fit everything in before spring break! The children worked very hard on the MSAs and we are very proud of their effort! In reading, we have been working on biographies and plays. In social studies, the kids interviewed immigrants and they are working on deciphering the poem, “The New Colossus” which is on the plaque of the Statue of Liberty. In science, the students have mastered the water cycle and are now focused on

# class clips continued

solids, liquids and gases. We are all excited that the weather is getting nicer and we hope for some consistent outdoor recess days!

**FIFTH** • In Ms. Nudelman's and Mrs. Cooke's reading classes we've been busy preparing for the MSA. We worked on specific activities to prepare us to answer multiple choice and BCR questions. In addition, we spent a lot of time reviewing strategies to help us do our best. We also have been studying the science fiction genre in guided group. As you can tell, we've been very busy! Mrs. Cashmere's math classes have also been working on MSA strategies and test taking skills. In writing we will continue to write to persuade!! In science we are continuing to study astronomy. Remember to check out the phases of the moon and the many wonderful constellations that are visible in our night sky.

## Don't Miss the Multicultural Fair!



The Multicultural Fair is a fantastic annual event that features cuisines and informative displays from around the world....all brought to you by the families who make up our diverse Beverly Farms community.

Please come and enjoy delicious food and interesting company as you take a trip around the world - right in the BF all-purpose room. The Fair is free and open to the public on **Saturday, April 24 from 4:00-6:00pm**.

So far we have representation from the following countries: Bulgaria, Chile, China, Colombia, Greece, India, Iran, Israel, Ireland, Japan, Korea, Puerto Rico and Russia. We have room for many more, so please contact Mary Andrews at [meandre@aol.com](mailto:meandre@aol.com) or 301-983-3317 if you would like to participate.

And of course no journey would be complete without a visit to the famous BEVERLY FARMS CAKE WALK! All proceeds benefit PTA programming for our kids.

## Yearbooks for Sale

Yearbooks are on sale now for \$24! Yearbooks will be distributed in late May or early June. Don't miss out on this incredible keepsake. Need more information? Please e-mail [bevfarmsyearbook@yahoo.com](mailto:bevfarmsyearbook@yahoo.com).

## Playground Coaching Anyone?



Spring has sprung and so has the need for more playground coaches! We need parents that are ready to play games and sports with our kids! We have acquired new FLAG FOOTBALL EQUIPMENT and would love to have some parents come

out and run some games with the kids! Football not your game? No problem! We have TONS of other things to do: jump ropes, sidewalk chalk, parachute games, soccer equipment, nature exploration kits, just to name a few. Come on out and join us on the playground! BECOME A PLAYGROUND COACH!!! No orientation necessary! Contact Julie Wagman at [juleswag@yahoo.com](mailto:juleswag@yahoo.com) or 301-765-0401.

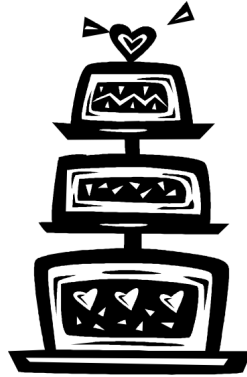


## Spirit Night Is Coming

Monday, May 17th is Potomac Pizza Night! Come out and support your school at Potomac Pizza in Potomac Village (from 4:00-9:00 pm). Take out or stay in to eat and enjoy being with the BFES community. BFES will receive 20% of all sales! Kids save the receipt and bring it to school the next day. The class with the most receipts wins a PIZZA PARTY!!!



Helping the PTA is.....a piece of cake!



## It's Cake Walk time.

We're seeking donations for our annual Cake Walk to be held at the Multicultural Fair on April 24. All proceeds support the PTA and its important programming for our kids.

Love to bake? Great....bring in your masterpiece.  
Hate to bake? Perfect....buy one on your way to the Fair.  
Please have a list of ingredients handy  
for those with allergies.

Please drop off your tasty treat to Beverly Farms  
by 4:00 pm on April 24th...and of course stay for the Fair.  
Any questions? Contact Kathy Gleason at 301-762-6813 or  
[dkskgleason@comcast.net](mailto:dkskgleason@comcast.net).

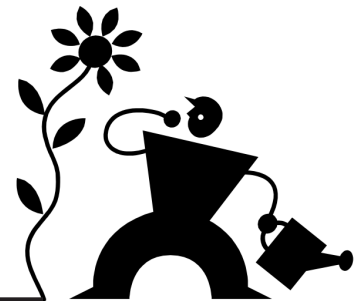
Thank you!

# Plant Sale Fundraiser

## Saturday, May 1 to Friday, May 7



Get your garden ready and help support the Beverly Farms PTA! For every purchase you make using one of the coupons below at Good Earth Garden Market (on the corner of Falls Road and Glen Road) during the week of May 1 to May 7, 20% of all proceeds will go to the Beverly Farms PTA. What a great way to welcome the planting season while benefiting our school!



### Here's how it works:

- Bring this flyer to Good Earth Garden Market and present it to the cashier at the time of the sale. You must have this flyer (or a copy) with you at the time of sale.
- The Good Earth employee will write down your total sale amount in the space provided on the coupon, and they will keep the coupon for their records.
- At the end of the week, the amount will be totaled and the Good Earth will donate to the Beverly Farms PTA 20% of all the purchases made by Beverly Farms families.
- The coupons below can be used for all of your gardening needs, including annuals, perennials, vegetables and herbs, hanging baskets, trees and shrubs, garden containers, mulch, soil and more...



#### Beverly Farms Elementary/Good Earth GARDEN PURCHASE RECEIPT

This receipt acknowledges that purchaser has spent:

\$ \_\_\_\_\_

20% of this purchase will be donated to  
Beverly Farms Elementary School PTA.  
This special receipt is ONLY VALID MAY 1 TO MAY 7, 2010  
and is good on any purchase made at the Good Earth  
Garden Market in Potomac.

NOTE: This receipt may be duplicated and passed out



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## Healthy Eagles

Information from the  
BFES Wellness Council

The Beverly Farms Wellness Council meets monthly to share thoughts and ideas for promoting a healthy school environment and to help our children make informed decisions regarding their personal nutrition and physical activity.

The meetings are open to all BFES parents, teachers and administrators, and involvement is welcomed and encouraged. Please contact Jody Miller at jodybmiller@hotmail.com if you would like to make a suggestion, share your ideas or participate in an upcoming meeting.

### Our Next Meeting

The next Wellness Council meeting is scheduled for Thursday April 29th at 7:30pm at the home of Jody Miller. Please rsvp at jodybmiller@hotmail.com.

# Children, Obesity, and Sleep From the National Sleep Foundation (Sleepforkids.org)

Some 13 percent of children aged 6 to 11 and 14 percent of adolescents aged 12 to 19 are overweight. The ever-increasing waistlines put children at risk for heart disease, type 2 diabetes, and high blood pressure. But there is another problem, often overlooked, accompanying the grim statistics from the U.S. Surgeon General's office. Those extra pounds also put children at risk for sleep apnea, a serious, debilitating and potentially life-threatening sleep disorder, according to the National Sleep Foundation (NSF).

Sleep apnea is characterized by brief but numerous involuntary breathing pauses during sleep. These breathing pauses cause awakenings throughout the night, making it impossible for sleep apnea sufferers to enjoy a night of deep, restorative sleep. People with sleep apnea often feel sleepy during the day and their concentration and daytime performance suffer. While being overweight or obese are risk factors for sleep apnea, being thin does not preclude a diagnosis.

Sleep apnea, generally considered a problem among middle-aged men, can be a problem for youngsters, too. "With the increasing rates of obesity in children, it's likely there will also be an increase in sleep apnea," said Jodi A. Mindell, PhD a pediatric sleep expert and member of NSF's Board of Directors. Dr. Mindell is a professor of psychology at St. Joseph's University in Philadelphia and associate director of the Sleep Disorders Center at Children's Hospital.

The repercussions of sleep apnea and poor sleep for children are vast. When children do not get the sleep they need, they are at risk for health, performance and safety problems; difficulties in school are often the result. However, sleep deprivation in children is often overlooked or attributed to attention-deficit or behavior disorders.

Dr. Mindell advises parents to be aware of nighttime and daytime symptoms of sleep apnea.

### Sleep Apnea Symptoms

| Nighttime   | Daytime           |
|---|-------------------|
| Snoring   | Hyperactivity     |
| Breathing pauses during sleep   | Inattention       |
| Restless sleep  | Behavior problems |
| Mouth breathing   | Sleepiness        |
| Difficulty getting up in the morning, even after getting the proper amount of sleep |                   |

Dr. Mindell notes that if parents suspect their child has sleep apnea, his/her symptoms should be discussed with a pediatrician or other health care provider.

To help your child get a good night's sleep, NSF offers the following tips:

- Establish a regular bedtime and wake up time. Parents and children should plan a daily schedule that includes the basic daily sleep requirements for particular age groups. This schedule should be maintained on the weekends, though students can be permitted to sleep in one or two hours on weekend mornings if necessary.

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## Healthy Eagles

Information from the  
BFES Wellness Council

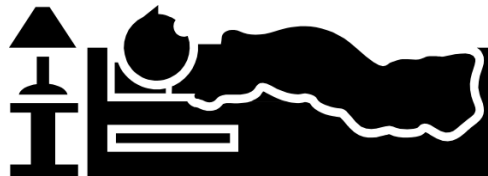
While individual sleep needs can vary, the amount of sleep suggested by Dr. Mindell and other sleep experts for particular age groups is:

|                     |                   |
|---------------------|-------------------|
| 18 months – 3 years | 12-14 hours/night |
| 3-5 years           | 11-13 hours/night |
| 5-12 years          | 10-11 hours/night |
| Teens               | 9.25 hours/night  |

- Create a bedtime routine. Bedtime routines are important, regardless of a child's age. It should include at least 15-30 minutes of calm, soothing activities. Discourage television, exercise, computer and telephone use, and avoid caffeine (found in beverages, chocolate and other products).
- Achieve a balanced schedule. Identify and prioritize activities that allow for downtime and sufficient sleep time. Help students avoid an overloaded schedule that can lead to stress and difficulty coping, which contribute to poor health and sleep problems.

To help children maintain a healthy body weight, the National Institutes of Health (NIH) offer these tips:

- Be supportive. Children know if they are overweight and don't need to be reminded or singled out.
- Plan family activities that involve exercise. Instead of watching TV, go hiking or biking, wash the car or walk around the mall. Offer choices and let your children decide.
- Eat meals together as a family and eat at the table, not in front of the television. Eat slowly and enjoy the food.
- Don't use food as a reward or punishment. Children should not be placed on restrictive diets unless done so by a doctor (for medical reasons). Children need food for growth, development and energy.



**THANK YOU** to those parents who completed the Wellness Council Survey. Your time and input were greatly appreciated!!!!

## We would still LOVE to hear from you! Your ideas count.



If you haven't had a chance to participate yet, please log onto the Survey Monkey link at <http://www.surveymonkey.com/s/D3TQLQP> during the month of March to share your opinions and preferences related to wellness at our school. The survey is only 10 questions and should only take about 2-3 minutes to complete. Your input is greatly appreciated. THANK YOU!