



Beverly Farms Elementary School EAGLE EXPRESS

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a message from the president

Kate Wise

This was Kelly's favorite time of the year. She loved the 5.00 fiber optic tree in her room and specialized in glitter picture frames for all the nurses. (I still have mine!) But when it was clear to us all that her life had reached the point of being measured by breaths and not years, she changed her gift to paper clip angels and one small word: "Believe." This word is so overused in the holiday season. As the trademark of Macy's advertising, it is often associated with the character of Santa Claus. But we know better. We know it is in fact a prayer, a wish for hope and miracles in a reality laden with stress, illness, and hard times. And yes, it does give us sparkles of cheer as we prepare for holiday festivities and celebrate traditions with family and friends. But as I hang up my paper clip angel to honor Kelly's memory, I am mostly reminded of the hope and good wishes it conveys for us all.

To all of you who do so much for our school community, I wish you a peaceful holiday and thank you for the gift of your heart in all your work. May you have nothing but joy and light in your homes. **Be well. Be happy. Believe.**



administratively speaking

*Dr. Beth Brown &
Ms. Karen Gregory*

As many of you are aware, a modernization project was scheduled for Beverly Farms ES with a completion date of August 2013. Originally we were scheduled to move in January 2012 to the Radnor Holding Facility. However, an addition project is recommended for Bradley Hills Elementary School and this school needs to move to the Radnor Holding Facility sooner than expected. In order to accommodate this move, the modernization for Beverly Farms Elementary School will now be completed six months earlier, in January 2013. During construction, Beverly Farms Elementary School will be housed at the North Lake Holding Facility. The good news is that North Lake is closer to our school than Radnor. This will of course positively impact our commute. Please understand that in order for our modernization to be completed on schedule, by January 2013, county and state funding must be provided at the levels recommended in the Capital Improvement Program (CIP).

So, to summarize, we will be moving out of BFES to North Lake during the summer of 2011 and returning to a modernized BFES in January 2013.

Eagle's Pride Posted on Our Website

This is a reminder to please be sure to look for our Eagle's Pride Newsletter on our school website at www.montgomeryschoolsmd.org/schools/beverlyfarmses. Every other week a new edition of our school newsletter is posted on our website with new and important information.

Updated SIP Posted on Our Website

We recently we had our Quarter 1 School Improvement Team Update Meeting. Please be sure to look for our most recent update to our 2009-2010 School Improvement Goals and Plans posted on our school website. It is there you find information about our Math, Reading, Writing and Climate Goals.

An Ode to Playground Coaching

Do you like recess?
 Do you like fun?
 Then come to the playground
 Where this is done.

Do you want to see what play is all about?
 Do you like it when kids scream and shout?
 Well, in a good way?
 Then you need to be a playground coach for just one day.

Yes they will fall and scrape their knee.
 There may be a kid climbing a tree and
 Of course there are some that will have to pee.

Really you just play and parent at school.
 You make sure everyone follows the rules.
 You play tag, kickball, jump rope or run.
 The whole idea is just to have fun.

Be a part of your kid's recess, be a part of their day,
 You may find your kid's friends say,
 "That's your Mom or Dad? For real, No way!"

Come be a playground coach for all this and more,
 Revert to your childhood and even the score.

- written by a Fabulous Playground Coach, Lee Jansky



Are you interested in becoming a Playground Coach? Please Contact Julie Wagman at bfescoach@gmail.com or at 301-765-0401. New this year: NO ORIENTATION NECESSARY. Just come out and play with the kids!

DECEMBER

sunday	monday	tuesday	wednesday	thursday	friday	saturday
		1 PTA meeting 7:00 pm	2	3 Book Fair Pajama Night 6:00-8:00pm	4 Scholastic Book Fair Ends	5
6	7	8	9 Family Connections Support Group: Wellness Talk/ Domino's Dough Raiser	10	11 Hanukkah Begins	12
13	14	15	16	17	18	19
20	21	22	23	24 NO SCHOOL	25 NO SCHOOL	26
					Christmas	Kwanzaa Begins
27	28 NO SCHOOL	29	30	31		

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

Guidance Greetings by Robin Cooper

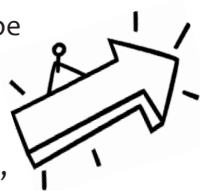
I am having a wonderful time in the classrooms with the students. Our kindergarteners will continue to focus on friendship and self-esteem and I will be discussing feelings with them as well. Our first graders will continue to learn about the five I Care Rules: We listen to each other, Hands are for helping not hurting, We use I-Care Language, We care about each other's feelings, and We are responsible for what we say and do. During each lesson a new rule is presented and discussed.

Students in second through fifth grades will be introduced to our next Core Value: Caring and Empathy. The lessons for December will focus on this core value along with dealing with anger and stress. Also in December, I will be concluding my small group lunch bunches with our fifth graders.

Congratulations to the following girls who completed the fall session of Girls on the Run program: Taira Dolan, Sophie Smith, Nina Hazra, Nayana Velez, Donna Dadk-hoo, Atalya Ha, Mary Sailer, Kira Zhovinirovskii, Hana Mangat, Bridgette Warner, Karena Nambiar, Anaya Greig, Iris Indig and Anna Kim. These girls trained for 9 weeks and ran a 5K (3.1 mile) race on Sunday, November 22, 2009. GREAT job girls! I also want to thank my parent volunteers for all their help and support over the past nine weeks. I could not have done it with out you: Helene Dolan, Avi Goldscheider, Caroline Sailer, Meghan Smith. The Girls on the Run program which is for girls in 3rd, 4th and 5th grades will begin again in March.

As part of our Core Values program, we are now recognizing individual students in each class who demonstrate our core value for the entire month. Our Core Value for the month of November was Respect. The following students received an outstanding respectful student award: Nailah Saint-Louis, Trevor Neal, El-lie Cohen, Natanel Ha, Evangelia Zoulis, Holly Hebden, Elizabeth Martin, Ethan Moran, Matthew Chin, Flora Ginsburg, Emma Pearsall, Leilani Silvertree, Lola Rao, Clarissa Xia, Elizabeth Hough, Cindy Liu, Claire Choi, Jonathan Fan, Grace Warren, Shayna Gutridge, Brian Pan, Isabella Chang, Jack Redmond, Aman Sharma, Mina Jeremic, Kristopher Henny, Thomas Atkinson, and Ayumu Nishimura.

If there is anything I can do for you and/or your child, please do not hesitate to contact me at school (469-1050). I wish all of you a happy and safe winter break!



Here's a test you can take at home: ask your kids if they know the five "I Care" Rules! We listen to each other, Hands are for helping not hurting, We use I-Care Language, We care about each other's feelings, and We are responsible for what we say and do.

The Variety Show 2010 is Almost Here

Believe it or not, the Winter 2010 Variety Show is right around the corner. Calling all performers: Grab your friends, start practicing, all acts accepted! We want you to be in the "greatest show on earth." Anything goes: sing, dance, comedy, magic, instruments, cultural dances - we love it all. MC's needed from 2nd and 5th grades only. Here are the important dates for you to reserve:

Auditions:

Monday, January 25th, from 12:00-3:00pm in the Beverly Farms gym (there is no school that day - it is a professional day for teachers).

Rehearsals:

Grades K-2: Tuesday, February 23 (3:00-5:00pm)

Grades 3-5: Wednesday, February 24 (3:00-5:30pm)

Show dates:

Grades K-2: Tuesday, March 2 at Beverly Farms

Grades 3-5: Wednesday, March 3 at Churchill HS auditorium (new location this year!)

An information flyer will come home before the Winter Break. Sign-ups and consent forms will come home in January. Please contact Marlo at jsd.sims@gmail.com or Kim at kband@comcast.net with any questions.

"...sing, dance, comedy, magic, instruments, cultural dances - we love it all..."



Giving Back: News from the Green Team & Community Service Committee

Community Service Update

- In November we finished up our Kids Helping Kids food drive, collecting many bags and boxes of food that will be distributed at Manna Food Center.
- We also did a short collection of men's jeans to benefit homeless men in the DC area.
- Our Share the Warmth Drive will start at the beginning of December – we'll be collecting coats, hats, mittens, and boots. The drive will benefit the Linkages to Learning program, which is based at Maryvale Elementary School in Rockville, and serves low income families in Montgomery County. By then we will have figured out what things our kids have outgrown – and can pass them on to keep someone else warm this winter!
- Our collections in January and February will be in preparation for our annual Community Service Fair, scheduled for Saturday, February 6th.

Green Team Update

- Beverly Farms is in the 2nd year of a GreenKids grant from the Audubon Society. Through this program we benefit from the help and expertise of Gina Riazzi, a naturalist from Audubon, who comes into the school and teaches lessons to each grade. The grant also includes funds for a project improving our grounds, which Beverly Farms is using to build a nature trail behind the school! On Sunday, December 6th, from 1:30-3:30 PM, BFES families (as well as some Hoover and Churchill students who are helping AND earning SSL hours!) will mark the trail with sticks and logs.
- RECYCLING update: Beverly Farms has made great strides in our recycling over the past couple years.

Some quick recycling numbers:

In 2007: We had 17% overall recycling (taking the number of total tons of waste, and figuring out what percentage (by weight) was recycled).

In 2008: 25% overall recycling.

In 2009: 34.4% overall recycling (16 tons paper, 3.3 tons commingled, 1.7 tons yard waste, 40.73 tons trash) after committing to aim for a 10% improvement.

In 2010: We are again committing to improve by 10%, but our eventual goal is 50+% recycling!

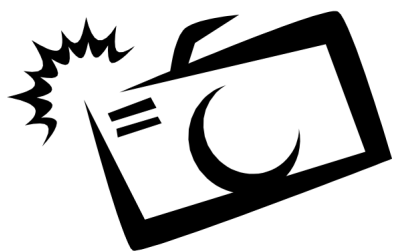
New things in the lunchroom (ask your kids if they know about them – and if they do them!)

1. Juice boxes/milk boxes/juice cartons – can all be placed in the paper recycling
2. Juice pouches (CapriSun, HonestKids) collected in separate bins, mailed to Terracycle and made into new products (each one earns 2 cents for the school)
3. Tap & Stack – the school lunches now come in black plastic recyclable containers. The hope is that kids will TAP them on the side of the trash can to get out whatever food is left, and then STACK them on top of the recycling bin to end up being recycled.

Thanks so much to Mr. Clyde Henderson, Manager of Building Services, and his staff, for helping us make less trash!



The yearbook needs your pictures!!



Halloween, field trips, special classroom events, summer vacation...please email pictures to bevfarmsyearbook@yahoo.com.

To all 5th graders: This yearbook has a special section all about you! Please send in those baby/recent pictures! You should have received a flyer with instructions. Any questions? Contact Jennifer Primerano at bevfarmsyearbook@yahoo.com or call 301-610-9727.

class clips: news from the inside

FIRST • First grade will be reading and writing to perform a task in the second quarter. You can reinforce what we are doing in school by involving your student in tasks at home that take several sequential steps. For example, invite them into the kitchen to read and help you with a recipe. On December 7, we will all travel to Adventure Theater in Glen Echo Park to see a production of “The Little Engine That Could.” After the show we will talk about the lesson of never giving up. The spelling program began the week after Thanksgiving break. All first grade students will now have spelling homework nightly with a spelling test on Friday morning. Thank you for your help and support at home.

SECOND • We, the second graders, are very excited during the month of December. In reading, we are continuing to read informational text. In addition, we are continuing to learn new spelling chunks and add new words to our word wall. Our writing skills are being enhanced by writing to inform and focusing on the writing process. M+A+T+H = MATH! We are extremely excited as we are completing our unit in geometry and beginning our unit on computation. In science, performing hands on experiments to explore the concept of balancing and weighing is so exciting. We also are grateful for our terrific experience on our field trip to the Smith Outdoor Education Center. As one can see, December is a wonderful time in second grade!

THIRD • Third graders are continuing to work hard! Students completed fabulous folktale dioramas and shared them with their classmates. This month in reading students have studied fables and have continued working with informational texts. In Science, we have wrapped up our unit on plants by learning about things that come from plants, including paper. The beginning of this month, we enjoyed learning about how paper is made and got to make paper with Mrs. Riaz from the Audubon Naturalist Society as part of our school’s GreenKids grant. In Social Studies, students have reviewed economic resources and have explored geographic characteristics. We know that third graders will keep up the great work into the new year!

FOURTH • Everything is going great in fourth grade! We just started our Native American projects and will be very busy researching, writing reports, creating power points, and giving presentations. We know it’s a lot of work, but boy will we learn a lot! In reading we are studying historical and realistic fiction and have been reading some amazing books. In Science we are learning about Environmental Science and will learn how pollution affects the ecosystem and what we can do to save it. Lastly, in Math we are doing all sorts of neat things. Stop by and check out some of our great bulletin boards!

FIFTH • Mrs. Cooke’s fifth grade Language Arts classes are brimming with excitement! We are nose deep in nonfiction work and poetry. Our students are exploring their talents in the Poetry unit that has been enriched this year with a grant endorsed program “Poet-in-Residence.” In Ms. Nudelman’s class, we starting up our new Literature Circle groups, as well as revisiting short, non-fictional texts. Then, we’ll move onto our exciting Poetry unit where a Poet-in-Residence works with the students. It should be very exciting and educational! Wow, have fifth graders been busy in math this past quarter! They have been learning about the characteristics and relationships of geometric shapes and have also been determining angle measures based on relationships that exist when two lines intersect. In math B, students have begun solving algebraic equations involving positive and negative integers. It’s been challenging, but they love to solve the equations and can’t wait for inequalities! In writing, fifth graders have been fine tuning their writing skills by adding details so that their readers can better visualize their words. They have begun to work on finding their own voice by writing aloud.


The Science, Engineering & Technology Expo is Coming!

The Beverly Farms Science, Engineering and Technology Expo will be held Tuesday, January 19th from 6:30 to 8:30pm. Information about participating in this event will be sent home soon. It's never too early to think about fun activities that involve science, engineering or technology. Here are a few easy steps on how your child can participate in the Expo.

1. **Pick a topic.** What is your child interested in? Rocks, bugs, robots or weather? Find out what your child would like to learn more about.
2. **Learn about the topic.** There are many resources available to help your child learn about the subject and decide on a project. Go to the school library, public library, websites, and bookstores. There are many books about developing elementary school science projects. (A list of books is provided below to get you started.)
3. **Develop your question.** Phrase the project in terms of a question. For example, "Does music affect plant growth?" or "Are all rocks the same on the inside?" or "On what foods does mold grow best?"
4. **Volunteer to work the fair!** Your child will enjoy the fact that you are participating in a special event at school! A volunteer form is available on the PTA website at www.beverlyfarmspta.org.
5. **Set up the experiment.** Decide how the question will be answered. Develop a plan and collect materials.
6. **Conduct the experiment.** Conduct the experiment and note the results.
7. **Write it down.** Develop a display to explain the experiment. Record all of your information on a three sided, free-standing board. Remember your project must fit into a space 1 meter wide and 0.5 meter deep on a table-top. You can bring other materials that will fit in this space.

Have fun! Come to the Science Expo and discuss your experiment with a real scientist! Or.....

8. **Collect many, many popsicle sticks and glue.**
9. **Review the rules** in the "Student Information" document on the PTA website.
10. **Build a bridge!**



Help your child
participate in the 2010
Expo and have fun with
science!

Here are some books about science projects you can find at the Montgomery County Public Library.

Call Number: 621.042 ADA

Title: Energy projects for young scientists

Author: Adams, Richard C.

Call Number: J 507.8 FIF

Title: 50 nifty super science fair projects

Author: Smolinski, Jill.

Call Number: 547 GAR 2004

Title: Chemistry science fair projects using french fries, gumdrops, soap, and other organic stuff

Author: Gardner, Robert.

Call Number: 537 GAR 2004

Title: Electricity and magnetism science fair projects: using batteries, balloons, and other hair-raising stuff

Author: Gardner, Robert.

Call Number: 507 VAN 2000

Title: Janice VanCleave's guide to more of the best science fair projects

Author: VanCleave, Janice Pratt.

Call Number: 530.8 GAR 2000

Title: Science projects about methods of measuring

Author: Gardner, Robert.

Call Number: 507 VAN 1997

Title: Janice VanCleave's guide to the best science fair projects

Author: VanCleave, Janice Pratt.

Call Number: 530.078 GOO 1999

Title: Sports science projects: the physics of balls in motion

Author: Goodstein, Madeline P.

Call Number: J 507.8 GOL 2000

Title: 50 nifty super more science fair projects

Author: Goldstein, Natalie.

Call Number: 530.078 GAR 1999

Title: Science projects about physics in the home

Author: Gardner, Robert.

Call Number: 510 GAR

Title: Science projects about math

Author: Gardner, Robert.

Call Number: 540 BON 2000

Title: Science fair projects : chemistry

Author: Bonnet, Robert L.

Call Number: J 507.8 WEE 1998

Title: Science fair projects for elementary schools: step by step

Author: Wee, Patricia Hachten.

Call Number: 600 LAN 2004

Title: The new how things work: everyday technology explained

Author: Langone, John.



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. Please contact Jody Miller at jodybmiller@hotmail.com if you would like to participate.

Please get involved!

If your child has food allergies, we would love to hear from you. The next WC meeting will be held on Monday December 14th from 7:30 to 9:00pm, and a portion of this meeting will be dedicated to discussing food allergies. Please rsvp to jodybmiller@hotmail.com.

Request for announcements!

The WC would like to showcase your child's fitness and athletic accomplishments. If he/she has been involved in a competition, sporting event or fitness fundraiser, please let us know so that we can share this with our school community! Please send to jodybmiller@hotmail.com.

Congratulations to our BFES students! As a school community, our kids collected over 300 pounds of candy to send to our troops in care packages as part of the Treats for the Troops program sponsored by our local MoverMoms of Potomac group! A special thank you to each child who donated their Halloween loot and to Nicole Kustner for coordinating this campaign!

10 Foods That Sound Healthy (But Aren't)

Salad, bran muffins, fat-free foods - they're good for you, right? Not always. Nutrition expert Katherine Brooking, MS, RD, reveals surprisingly unhealthy foods, plus better-for-you alternatives.

- **Multi-Grain and Wheat Breads:** Terms like multi-grain, 7-grain, and wheat sound healthy, but they may not actually contain heart-healthy whole grains. Many breads labeled "multi-grain" and "wheat" are typically made with refined grains, so you're not getting the full nutritional benefit of the whole grain. How can you be sure? Read nutrition labels carefully. If the first flour in the ingredient list is refined (it will typically say "bleached" or "unbleached enriched wheat flour") you are not getting a 100% whole-grain bread.
- **Prepared Salads:** Don't assume that anything with the word "salad" in it must be healthy. Prepared tuna salads, chicken salads, and shrimp salads are often loaded with hidden fats and calories due to their high mayonnaise content. While a lot depends on portion size and ingredients, an over-stuffed tuna sandwich can contain as many as 700 calories and 40 grams of fat. If you're ordering out, opt for prepared salads made with low-fat mayonnaise, and keep the portion to about the size of a deck of cards.
- **Reduced-Fat Peanut Butter:** Reduced-fat peanut butter is not necessarily a healthier version of regular peanut butter. Read the labels to see why. Both regular and reduced-fat peanut butter contain about the same amount of calories, but the reduced-fat variety has more sugar. But isn't it healthy to reduce some fat? Not in this case. Regular peanut butter is a natural source of the "good" monounsaturated fats. Look for a natural peanut butter with an ingredient list that contains no added oils.
- **"Energy" Bars:** Energy bars are the perfect pre-workout snack, right? Not always. Many energy bars are filled with high fructose corn syrup, added sugar, and artery-clogging saturated fat. Plus, some bars (particularly meal replacement varieties) contain more than 350 calories each—a bit more than "snack size" for most people. It is a good idea to fuel up with a mix of high quality carbs and protein before an extended workout or hike. Choose wisely: one-quarter cup of trail mix, or 1.5 oz. of low-fat cheese and three to four small whole-grain crackers.
- **Bran Muffins:** Most bran muffins, even those sold at delis and coffee shops, are made with generally healthy ingredients. The problem is portion size. Many muffins sold in stores today dwarf the homemade muffins made a generation ago. A random sampling of some coffee and restaurant chain bran muffins showed that many topped 350 calories apiece, and that's before any butter or jam. The bran muffins at one popular chain bakery contain 600mg of sodium — roughly one-third of a day's maximum. Even a healthful food, if over-consumed, can be not-so-healthful. Enjoy your bran muffin, but just eat half, and save the rest for an afternoon snack.
- **Smoothies:** Even in most smoothie chains and coffee bars, smoothies start out pretty healthful. Most have a base of blended fruit and low-fat dairy. But disproportionately large serving sizes (the smallest is often 16 oz.) combined with added sugar, ice cream, or sherbet, can add up to a high-calorie treat. Some chains serve smoothies that contain up to 500 calories. A smoothie can be a great way to start the day or to refuel after a workout. Just remember to account for the calories you drink when considering what you've consumed in a day. *(continued)*

Healthy Eagles

Information from the
BFES Wellness Council
(continued)

- **Packaged Turkey:** Turkey is an excellent source of lean protein and a good choice for a speedy lunch or dinner, but many packaged turkey slices are loaded with sodium. One 2-oz. serving of some brands contains nearly one-third of the maximum recommended daily sodium intake. So make sure you buy low-sodium varieties or opt for fresh turkey slices. If you can't roast your own, the best rule of thumb is to find a brand with less than 350 milligrams of sodium per 2-oz. serving.
- **Foods Labeled "Fat-Free":** Fat-free does NOT mean calorie-free. Just because a food contains no fat, that doesn't make it a health food. (Think gummy bears.) Of course, there are many very healthful fat-free foods (like most fruits and vegetables), but always check the nutrition labels when buying packaged foods to be sure you're getting a nutritious product and not just one that's fat-free. Calories, sodium, fiber, and vitamins and minerals are all aspects you should consider in addition to fat.
- **Restaurant Baked Potatoes:** Sure, a baked potato in its natural state (that is, sans toppings) is a very healthful food. Potatoes are naturally rich in vitamin C, potassium, and fiber. Plus, a medium-sized baked potato contains only about 160 calories. But if you're eating out, don't assume that the baked potato is the healthiest choice on the menu. Many restaurant-style baked potatoes can come "fully loaded" with butter, sour cream, cheese, bacon bits, and other goodies that can add up to around 600 calories and 20-plus grams of fat. Ask for one that is plain and get one or two small-portioned toppings on the side.
- **Sports Drinks:** If you're going for a leisurely stroll or doing some light housework, skip the sports drinks. While most sports drinks do contain important electrolytes (like potassium and sodium) that are necessary for intense workouts or endurance training, you don't need a sports drink to fuel light activity. Many sports drinks contain 125 calories or more per 20-oz. bottle, so spare yourself the extra calories and opt for plain water or a calorie-free beverage to keep you hydrated.

About the author: Cooking Light contributor Katherine Brooking is a registered dietitian with a master's degree in nutrition education from Columbia University

Cultural Arts Update

We had a great assembly in November by Billy B., the Natural Science Song and Dance Man, entitled Rock Knocking Native Americans.

The performance opened with a narrative that takes the audience into Pre-Columbus America; no metal utensils, no wheels, and no stores in which to buy what is needed for daily living. Billy B. referred to the river bank settlement pictured in the large backdrop behind him. He then sang "The Native Americans." In this song the children help maintain the rhythm, imitate animal sounds, move "heel-toe" on the track of an animal. The following songs and activities deal with hunting methods, types and uses of crops grown (the 'three sisters' corn-squash-beans), construction of dwellings, fabrication of clothing, and the manufacture of weapons. In general he emphasized how the Native Americans used their knowledge of their woodland environment to live from day to day. He then sang "The Native Americans" again as a finale.



The children seemed to enjoy the show and it complemented the Native American unit that they are studying right now. Due to superb teaching the children were able to answer some difficult questions.