



# Beverly Farms Elementary School EAGLE EXPRESS

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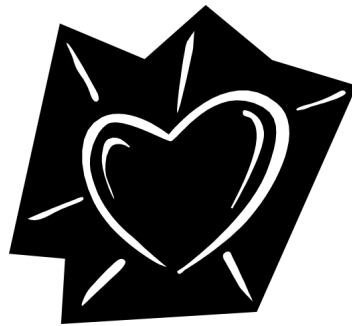
## a message from the president

*Kate Wise*

**February marks the halfway point of our school year:** the 100th day of school is celebrated, Valentine parties spice up the last few weeks of winter, and the official count down to Spring Break begins (for teachers and children alike I am sure!).

We are fortunate to have many volunteers in the classrooms and hallways, or behind the scenes running our many programs. I hope everyone enjoyed our Science and Engineering Day, thanks to the hard work of Miriam Kimel and Margaret McGhee. Our Community Service Fair, led by Anne Friedman and Monika Woods, helps foster the value of reaching out to those less fortunate, especially in the wake of the crisis in Haiti. We also look forward to a wonderful production of various talent at our Variety Show!

I hope all of you continue to enjoy the school year and keep up with your incredible support of our children and staff. Spring will be here soon---at least this Florida girl sure hopes so!



### Happy Valentine's Day!

*"In the arithmetic of love,  
one plus one equals everything,  
and two minus one equals nothing."*

- Mignon McLaughlin

## administratively speaking

*Dr. Beth Brown*

**The Beverly Farms modernization project begins.** Montgomery County Public Schools (MCPS) is about to conduct the schematic design process for modernization of Beverly Farms Elementary School. Below is the schedule for the design process. Please know you are encouraged to participate.

The design is being conducted by a Facility Advisory Committee (FAC) and will include representatives of the school, PTA, Civic Associations, neighbors, government agencies, the design architects, Muse Architects, and staff from MCPS Division of Construction.

As shown below, the FAC work session meetings are scheduled in the afternoons and evenings to allow maximum community involvement. All meetings will take place at Beverly Farms.

- FAC, Work Session Meeting #1                      Wednesday, February 3 (6:30 pm)
- FAC, Work Session Meeting #2                      Wednesday, February 17 (3:30 pm)
- FAC, Work Session Meeting #3                      Wednesday, March 10 (6:30 pm)
- FAC, Work Session Meeting #4                      Wednesday, March 24 (3:30 pm)
- FAC, Work Session Meeting #5                      Thursday, April 8 (6:30 pm)

## Don't Miss the 2010 Variety Show!



We are gearing up for an entertainment-filled extravaganza! Come and support your friends and teachers as they take to the stage. You will not be disappointed!

### Grades K-2

Mandatory Rehearsal Tuesday, February 23  
6:00-8:00 pm at BFES

Show Date Tuesday, March 2  
7:00 pm at BFES

### Grades 3-5

Mandatory Rehearsal Wednesday, February 24  
6:00-8:30 pm at BFES

Show Date Wednesday, March 3  
7:00 pm at Churchill HS

## Hello, Goodbye....and Hello

The Beverly Farms community would like to offer both a warm welcome and a heartfelt goodbye to Dr. George Crocicchia, who has been serving as Assistant Principal since January. Better known as "Dr. C" to our students, he came to Beverly Farms with over ten years experience as Principal in the Prince Georges and Montgomery County school systems, and nearly two decades in education. He will leave our community at the end of February and continue to work on staff development programs for the county. Over the past two months, Dr. C has visited every classroom and enjoyed observing our children at work and play. "I was impressed with the kids' work ethic and found them to be very friendly and capable students," said Dr. Crocicchia. Good luck with your next adventure!

Mr. Lee Meiners, a retired Montgomery County Public School principal, will join BFES as Dr. C's replacement through the end of this school year. We look forward to having Mr. Meiners join our school.

# FEBRUARY

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	1	2 PTA Meeting	3 Report cards distributed	4	5	6 Community Service Fair
7	8	9	10 Domino's Dough Raiser	11	12	13
14	15 NO SCHOOL President's Day	16	17 Domino's Dough Raiser Hoover Parent Night 7:00-8:00	18 Wellness Committee Meeting 7:30	19	20
21	22	23 Variety Show Rehearsals Grades K-2	24 Variety Show Rehearsals Grades 3-5	25	26 Early Release K-12 Grading/planning	27
28						

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).

## **Guidance Greetings** by Robin Cooper

During the month of February, I will finish my fifth grade groups and begin small groups in fourth grade. The fourth graders have a choice of being in a friendship group or a stress management group. Permission letters will go home the first week of February for the 4th grade groups.

I continue to visit each classroom every other week. During classroom guidance, I will introduce our Core Value for the month of February which is Honesty. Please ask your children what we are doing in classroom guidance.

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. The following students received an outstanding responsible student award: Rachel Hyman, Mina Jeremic, Kevin Shefferman, Donna Dadkhoo, Esther Lee, Olivia Choi, Hannah Lee, Melissa Madsen, Ellie Shein, Valja Vlasov, Pavan Sastry, Sasha Vlasov, Kenji Tang, Martina Aguirre, Ella Sperling, Jessica Hu, Megan Farley, Danielle Azachi, Wilson Hendricks, Jackson Will, Daniella Lew, Emily Leo, Sara Heimlich, Kathryn Chojna. Congratulations to all of these students.

Mark your calendar. Career Day will be Monday, April 12th (please notice the date change from the 13th) from 9:00-11:00. I hope to expose the students to a wide range of occupations and to help them develop an awareness of the many facets of the job world. In order to make this day a success, I will need parents and other community members to volunteer. The resource person will be asked to:

- “Donate” a half-day of his/her time on April 12th (from 9:00-11:00)
- Prepare a 20-30 minute presentation/demonstration on his/her career.
- Bring (if possible and if provided by your company) some sort of souvenir related to his/her career to hand out to the students (pencils, stationery etc.)

More information about Career Day will be sent home in a flyer in your child’s Friday folder in the middle of February.

We will have two Spirit Days this month:

- Friday, February 5th: Favorite Sports Team T-Shirt/Sweatshirt Day
- Thursday, February 12th: Red, Pink and White Day

Join the fight against Leukemia! Once again this year our Student Government has decided for our school to participate in the Pennies for Patients program. Beginning February 1st until February 19th we will be collecting money for the Leukemia and Lymphoma Society. Information about the program and donation envelopes will go home the first week of February. Last year we raised over \$1500 and we hope to do even better this year. The class that raises the most amount of money will get a pizza party!

If there is anything I can do for you and/or your child, please do not hesitate to contact me at school 301-469-1050.

## **A Big Thanks from the Science, Engineering & Technology Expo Team**

Thank you to everyone who made the 2010 Science, Engineering and Technology Expo a huge success.

Special thanks go to the guest scientists: Harris Bernstein, Kevin Healy, Johnson John, Rashmi Kallah, Barry Klinger, Maurice McHugh, David McWhorter, Mike Ozatalar, Jennifer Primerano, Fong Wang, and Kate Wise.

Also, a special thanks to the parents, Rachel Nambiar and David Shein, and the Hoover and Churchill students who were willing to get their hands dirty in the hands-on exhibit: Brian Cleary, David Fasano, Matt Feldman, Creed Gallagher, Will Gallagher, Barbara Himelfarb, Kevin Kidder, Ryan Kidder, David Klinger, Michael Lloyd, Ben Stackhouse, Anton Taimassov, and Eden Williams.

We also appreciate those who helped set up the event: Mary Andrews, Michelle Bernstein, Stacie Chang, and JD Sailer.

We are grateful for the fantastic bridge testing event that was run by Tim Stewart, with assistance from Matthew Stewart and Dana Stewart. We are also grateful for the expertise of Travis Gallagher, although no longer a BFES parent, who created an awesome hands-on activity area.

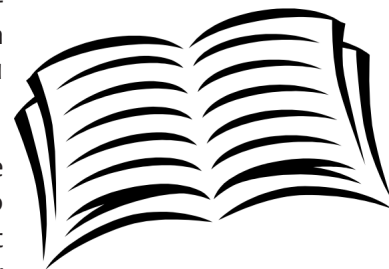
Thank you to Mad Science of Washington for conducting the science demonstration, and to California Tortilla for supporting this event.

A big thank you to all the BFES students that worked so hard to create their wonderful projects and bridges.

Lastly, thanks to the Science Expo Committee for their hard work: Miriam Kimel, Margaret McGhee, Sheeja John and Kim Varner. Thank you and congrats to everyone involved on a successful and exciting night!

# class clips: news from the inside

**KINDERGARTEN** • The kindergartners have been busy learning about the life cycles of animals. As part of our science unit we have been observing mealworms in our classrooms, and learning what they like to eat, and what the next stage will be. We completed a life cycle family project and invited our friends and family to take a gallery walk of our life cycle projects. It was a great time sharing information about where we were born, activities we enjoy, and what we want to be when we grow up. It was a big success. In reading we have been learning how to identify text features in a variety of nonfiction books. In math we are anxiously awaiting our 100th day of school celebration. We plan on celebrating in many ways, for example, looking for patterns in numbers from 1 to 100, and comparing the weights of our 100 collections.



**FIRST** • It's been a full winter so far for first grade. Our on-site visit to a bakery will happen on February 16. Everyone will get to mix, knead and form a loaf of bread. It will need to be baked that evening when your student comes home. Be ready for a tasty treat at dinner! We marked the birthday of Martin Luther King Jr. by reading books, watching videos, and participating in class discussions. In February we will study Black History Month. In social studies we are learning about maps. We learned a cool song about the continents, how to read a map, what a compass rose is and we will make our own map of the continents before the unit is over. Reading for the 3rd quarter will focus on reading and responding to folktales and fairy tales. Coming soon will be our construction unit in science. This is an exciting unit because you will have the opportunity to assist your student as he or she builds a shelter at home. The final result will be shared in class as well as at a Builder's Showcase event to which you are all invited. Mark your calendars for the morning of Thursday, March 18, from 9:00 – 10:00 am to see all the spectacular shelters. More details will come home in February.

**SECOND** • Can you believe that we are half way through the school year? Second graders have been working hard! In reading we will continue learning about reading comprehension strategies, vocabulary development and inferences. During the third quarter we will begin several new genres: Tall tales, folktales, legends and biographies. It's always fun to read about Pecos Bill or Paul Bunyan. We have finished our unit on writing to inform and are now writing to persuade. Don't be surprised if your child writes you a letter, trying to persuade you to buy him/her a dog, horse or gerbil. We have begun learning about balancing and weighing in science. We will soon have a Mad Science demonstration on balancing. In Math 2 students are learning about measurement and computation. Students in Math 3 are learning strategies to solve multiplication and division problems. Studying Native Americans such as the Wampanoag is our focus in social studies.



**THIRD** • Third graders have started using an exciting math program online. Please ask your child about IXL. In reading, we are doing historical fiction, biographies and poetry this marking period. Third grade scientists continue to learn about Crime Lab Chemistry and are examining the parts of a mystery. In social studies we are learning about transportation in and between communities.

**FOURTH** • Fourth graders have been very busy since returning from our extended winter break. We just wrapped up our big Native American projects and presentations. All the students' effort and hard work really paid off – the presentations were excellent and very informative! Next, they will be studying immigration, both past and present. In the third marking period, we'll be learning about the states of matter and the water cycle in science. There are a lot of really interesting experiments to do, and a fun water cycle song! We are just wrapping up our study of historical fiction in reading, and will begin reading biographies and plays in the next few weeks. There's always a lot to learn here in fourth grade!

# class clips continued

**FIFTH** • Mrs. Cashmere's fifth grade writing class has been researching and becoming experts on their 'passion'! What a wonderful writing assignment this has been. We have so many talented and aspiring children here at Beverly Farms. The students have created many wonderful projects to share with their classmates. We are certainly enjoying learning about all the wonderful things in which each and every one of them have become experts! Our next unit in math is geometry. We will be learning about angles, polygons, congruent and similar figures, reflections, translations in quadrilaterals, and graphing ordered pairs on a coordinate plane. Wow...what a math month we have in store for all!

In Mrs. Cooke's and Ms. Nudelman's reading classes, we have been busy preparing for our "Books to Life" performance. We are very excited to present our original interpretations of a Shel Silverstein poem from his book *Falling Up*. Each student in 5th grade was involved in the production as either a writer, performer, set designer, costume designer or composer.



## Giving Back

*Information from the  
Community Service Committee  
and the Green Team*

Contact Monika Woods at [mmwoods64@gmail.com](mailto:mmwoods64@gmail.com) or Lisa Burton Radzely at [radz@verizon.net](mailto:radz@verizon.net) if you'd like to join us...or just to pass along some ideas. Thank you!

## Green Team Update

Look for another Waste Free Lunch Day in February – we've had several this school year, and the kids are really great about recycling all that can be recycled (and there are some pretty cool lunches that come from home!).

We have a new Cartridge Recycling Program through Cartridge World in Kensington. They will give the school money for all our old cartridges (see the new blue and yellow bin in the front hall) AND will donate 5% of all in-store sales from anyone who lists Beverly Farms ES as their affiliated school.

We are working hard on our application to be a Maryland GREEN SCHOOL, as part of our two year GreenKids grant from the Audubon Society. Gina Riazzi, the naturalist from the Audubon Society who is working with us, has been doing lessons in many of the classrooms, and will help us in the spring create our new Nature Trail behind the school. Thanks to all the students, teachers, and families who braved snow to help mark the trail in December.

We'll again hold an in-school contest to choose which posters to submit to the annual "Watt's Up?" contest, the theme of which is POWER TO SAVE. Our school deadline will be February 11th, so we can choose our winners in the grades K-2 and 3-5 categories to be entered at the county level. Entry forms will soon be available on [Beverly-farmspta.org](http://Beverly-farmspta.org).

## Helping Haiti

Our most recent campaign has been quickly organized by many helping hands in response to the crisis in Haiti – each student brought home a flyer with an attached envelope requesting donations that would go to benefit Partners in Health, an organization that has been on the ground in Haiti for over 25 years, providing health care and training local caregivers. At the time of this newsletter deadline, the collection had netted over \$400 for Partners in Health ([www.pih.org](http://www.pih.org)). Thank you!



Please join us for the...

# 5th Annual PTA-Sponsored Community Service Fair

Saturday, February 6th  
1:00 pm at Beverly Farms

Want to get involved at school? In the community? Here's an opportunity to do both. Participate in our Community Service Fair with your child, and teach the value of community outreach.

Projects include:

- Relief project for Haiti
- Assembling toiletry packages for homeless people
- Making bookmarks for children in need
- Sorting books for shelters
- Creating Thoughtful Treasures for children at NIH
- Decorating Valentine's Day cards and treats for seniors in nursing homes
- Handmade cards for soldiers in Iraq and Afghanistan
- Canned/non-perishable food drive

And more!

Can you help us with the following donations?

- Toiletries from hotels, samples from make-up stores, small-sizes of toothpaste and toothpaste, soap, shampoo, lotion ... these are some products that can help people in need. Drop your donations into the bins marked "Toiletries" across from the school store.
- Canned and non-perishable food items such as canned veggies and fruit; pasta, peanut butter, snack items, rice, and other non-expired food items. Drop your donations into the bins marked "Canned food/non-perishables."

*"How  
wonderful  
it is that  
nobody need  
wait a single  
moment before  
starting to  
improve the  
world."*

Anne Frank

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## Memory Lane

Yearbooks on sale now for \$24! Are you a kindergarten parent wondering if your child really needs one? Wonder no more! The kids love to have this collection of memories - so don't miss out. Orders accepted through March 31, 2010. Place all yearbook orders in the yearbook drawer. As always, we welcome pictures of field trips, classroom events, and other school activities. Please e-mail any questions or contributions to [bevfarmsyearbook@yahoo.com](mailto:bevfarmsyearbook@yahoo.com).



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## Who Doesn't Love a Party?

The PTA is looking for volunteers to chair or co-chair the following great events:

### PIZZA/BINGO NIGHT

Saturday March 13th, 2010

### MULTICULTURAL FAIR

Saturday, April 24th, 2010

Please bring your energy, organization, and creative ideas to help make these popular events happen for our kids. Worried that it's too much work? Grab a friend and do it together! Without your support, these crowd favorites may not happen. For more information, please contact Leslie Misura at [tmisura@verizon.net](mailto:tmisura@verizon.net) or 240-328-6296. Thank you!



## 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](mailto:jodybmiller@hotmail.com) if you would like to participate.

### Our Next Meeting

The next Wellness Council meeting is scheduled for Thursday, February 18 at 7:30 pm at the home of Cheryl Einhorn. Please RSVP to [jodybmiller@hotmail.com](mailto:jodybmiller@hotmail.com).

## Steps to a Healthier You

Imagine what life would be like without rules. As much as your child may gripe when you tell her to “clean your room,” “look both ways before you cross the street,” “do your homework,” and “brush your teeth,” children need structure. They need to know what’s expected of them in order to develop both emotionally and socially. When it comes to food rules, however, many parents feel guilty when they have to impose limits and restrictions. One reason may be that children often whine when they’re told they can’t have candy before dinner or soft drinks with meals. Sometimes it’s just easier to cave in. However, in order to provide nutritious meals for your family, you’ll need to lay down the law. Luckily, with the following Family Food Rules, you don’t have to be a dictator to do so.

### Rule 1 — Mom is the Executive Chef, Not the Short-Order Cook

The title of Executive Chef implies that you are “the boss” and that’s exactly what we mean by this first rule. As Executive Chef, you get to set the menu and decide what’s for dinner. To attain and maintain your status as Executive Chef, plan only one meal but make sure there are some familiar components so the kids are more likely to eat it. It’s also a good idea to serve one or two “sides” (such as sliced fresh fruit, baby carrots, or whole wheat bread) just in case your main dish isn’t well accepted.

### Rule 2 — Offer “No Thank You Bites”

One reason moms end up cooking on demand is that their children refuse to take even one bite. No one likes to force a child to eat something he clearly doesn’t want or to send him to bed hungry. To encourage your children to try new things, we suggest you serve “No Thank You Bites.” Here’s how it works: Say you’ve prepared our chicken nuggets for dinner along with broccoli florets and a side of grapes. Everyone is required to place at least one bite of each item on his or her plate, take a bite and say either, “no thank you” or “thank you, I’d like more please.” “No Thank You Bites” provide a low-key and often amusing way to introduce new foods and flavors to your family. Even if your child says, “no thank you” a hundred times, one day he just may change his mind.

### Rule 3 — Drop Out of the Clean Plate Club

Young children have an innate ability to regulate their own food intake. In other words, they eat when they’re hungry and stop when they’re full. On some days, they might just pick at their meal while on others, they may devour everything and ask for seconds. Some parents establish a “clean plate club” to make sure no one leaves the table hungry and that nothing gets tossed in the trash. The problem with forcing a child to eat every last bite, however, is that it interferes with his or her own internal hunger cues, and may result in overeating leading to obesity later in life. It can also make dinnertime a nightmare for everyone. It’s your job to present a variety of great tasting, nutritious foods but your child’s job to decide how much to consume at any given meal or snack.

### Rule 4 — Let Them Eat Cake... Sometimes

What kind of status does dessert hold in your house? Is it a reward for eating vegetables, strictly forbidden, or just one of the many delicious foods you offer your family? We believe the latter standing is the healthiest one for everyone. When parents promise dessert in exchange for eating spinach, dessert becomes revered while the vegetable loses respect. On the other hand, banning dessert altogether may cause kids to want it even more. Cookies and cake taste great so why forbid them? Our rule to Let Them Eat Cake ... Sometimes offers a happy medium but it comes with a few caveats. While we believe that children should be exposed to a wide variety of great-tasting foods throughout the day, including sweets, we’re not talking carte blanche here. What we have found is that by making dessert (i.e., one small cookie, a bowl of berries, grapes, one piece of chocolate candy) a part of the meal and not the grand finale it becomes less of a big deal.



## Healthy Eagles

Information from the  
BFES Wellness Council

survey  
coming  
soon!

### Rule 5 — Practice Good Manners at the Dinner Table:

While at first glance this rule may seem unrelated to good nutrition, without good table manners, mealtime can become chaotic and distracting. For example, if the kids are getting up and down from the table, burping on purpose just to get a laugh from a sibling, or sitting slumped in their chair, you may have little success introducing a new food or just getting the kids to eat their meal in general. When this happens, your children may still be hungry when they leave the dinner table, which can lead to hassles at bedtime when they want to raid the refrigerator for a big snack. Consider some of our manner makeovers:

- Stay in Your Seat
- Chew With Your Mouth Closed
- No Talking with Food in Your Mouth
- Use Inside Voices at the Table
- Say Please and Thank You

This article courtesy of <http://www.mealmakeovermoms.com/mealtime-tools/family-nutrition-articles/>

### You Have Opinions: We Want to Hear Them

The BFES PTA and Wellness Council is interested in gaining a better understanding of the preferences and interest of our school community families. To do so, the BFES 2010 Wellness Survey will be sent out via the Eaglet during the months of February and March. We invite you to complete this Survey which will assist the Wellness Council in setting goals and initiatives, and in establishing future programs and activities. On behalf of the Wellness Council and the PTA Board, THANK YOU. Your input is greatly appreciated!

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

### An Ode to Playground Coaching



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