



Beverly Farms Elementary School EAGLE EXPRESS

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save the date

*5th Annual
PTA-Sponsored
Community Service Fair
Saturday, February 6th
1:00 pm at BFES*

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. Also, for middle schoolers looking for SSL's, we need your help! Projects for all include:

- Assembling toiletry packages for homeless people
- Making bookmarks for children being treated at hospitals
- Sorting books for shelters
- 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."

To learn more about this event, please join us for an informational breakfast on Thursday, January 14th at 9:30 am at Anne Friedman's home. Please RSVP to annefriedman@aol.com.

administratively speaking

Dr. Beth Brown

Re-energize for the New Year! The New Year brings a sense of renewal and rebirth. With the New Year upon us, we have the means to reassess our priorities. There are growth opportunities everywhere for both work and play. We have every opportunity to learn and grow at any hour of the day. With that end, let us begin this New Year and New Decade with some words upon which to reflect.

We wish you Happiness...	<i>To share with friends and loved ones.</i>
We wish you Strength....	<i>To overcome adversities, no matter how big or small.</i>
We wish you Hope...	<i>Without it, life is hard to live.</i>
We wish you Joy...	<i>To find pleasure out of even the smallest things.</i>
We wish you Love ...	<i>Of family, friends and pets.</i>
We wish you Laughter...	<i>To fill the air with joyous sound.</i>
We wish you Compassion...	<i>To care what happens, whether it is to you or someone or something else.</i>
We wish you Education...	<i>To continue learning no matter how old you are.</i>
We wish you Freedom...	<i>To explore all the possibilities of who you are.</i>

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!

JANUARY

sunday	monday	tuesday	wednesday	thursday	friday	saturday
		1	2	3	1 NO SCHOOL	2
3	4	5	6	7	8	9 Family Skate Night at Cabin John
10	11	12	13 Domino's Dough Raiser	14	15	16
17	18 NO SCHOOL Martin Luther King Jr.'s birthday	19 Science Fair	20	21 Wellness Council meeting	22 Second marking period ends	23
24	25 NO SCHOOL Professional Day	26	27	28	29	30 Club Beverly Farms

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

Happy New Year! I hope you had a restful winter break. Classroom guidance resumed during the week of January 4th. I visit every class every other week. During classroom guidance, I will be focusing on our core value for this month which is Cooperation. I continue with the No Put Downs Program and discuss how to stay cool when someone gives you a put down. The main focus of "Stay Cool" this month will be on stress management and anger management strategies. In addition, I will begin to focus on how the students can shield themselves when someone gives them a put down. I am having a wonderful time in the classrooms with the students.

This month I will also be concluding my small group lunch bunches with our fifth graders and beginning lunch groups with the fourth graders. The fourth grade students will have an opportunity to sign up for a stress management, friendship or self-esteem group. Participation in all small groups is on a voluntary basis.



Mark your calendar. Career Day will be Tuesday, April 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 to act as a resource person. The resource person will be asked to:

- "Donate" a half-day of his/her time on April 13th (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 (i.e. pencils, stationery etc.)

More information about Career Day will be sent home in a flyer in your child's folder at the beginning of February.

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

We Need You!

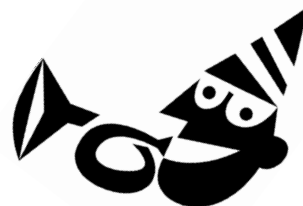
The PTA is looking for volunteers to chair or co-chair the following great events:

Pizza/Bingo night

Saturday March 13th, 2010

Multicultural Celebration

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 or 240-328-6296. Thank you!

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 (6:00-8:00pm) in the BFES all purpose room

Grades 3-5: Wednesday, February 24 (6:00-8:30pm) in the BFES all purpose room

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!)

Sign-ups and consent forms will come home in January. Please contact Marlo at jsd.sims@gmail.com or Kim at kband@comcast.com.



class clips: news from the inside

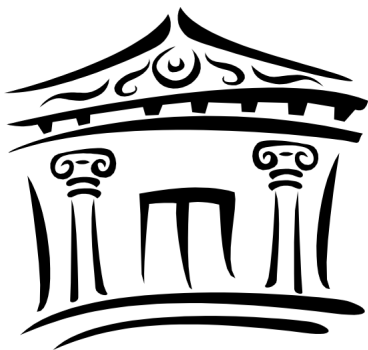
KINDERGARTEN • Happy New Year!! The Kindergartners have been busy learning about the life cycle of plants and animals in Science. In November we also enjoyed a nature walk with a teacher from “Green Kids.” We explored the school yard and learned how birds fly and how to hunt for seeds and find leaves with caterpillar eggs. In Social Studies, we learned about our globe, and different types of landforms and bodies of water and maps. We have been working hard to learn our sight words and writing and sound spelling everyday. Kindergartners only have two report cards. You will receive their first one later this month, when we have completed the second quarter.

FIRST • The new year starts off in first grade with our new science unit which focuses on construction. This is a favorite unit and all you parents will have a chance to work on a very fun and creative project with your student at home over the coming weeks. We will also participate in an in school field trip where everyone learns how to make bread and comes home with a loaf ready to bake. First grade also looks forward to the 100th day of school. We will have lots of fun counting to 100 and working with the number leading up to the 100th day which should fall in early February.



FOURTH • The fourth graders at Beverly Farms have been very busy. In Reading we are finishing up a unit on realistic and historical fiction. The students are able to identify characteristics of each genre. In Social Studies the class is still working on their Native American projects, reports and presentations. The students are gearing up to present their power points to the class on the tribe that they researched. It has been a lot of hard work, but the final project is always worth viewing. In Science the class is continuing their study of ecosystems. They have been learning about specific ecosystems as well as the food chains and webs within them. The students also will be having the National Audubon Society come in for a few eco-friendly lessons on pollution in the environment this month.

FIFTH • In Ms. Nudelman’s and Mrs. Cooke’s Reading classes, we are busy working on our poetry unit. On December 15, students shared one of the poems they wrote with our Poet-in-Residence, Liz Rees, with members of the community and their peers. It was a fantastic event! Ask your children about the upcoming event, “Books to Life.” Mrs. Cashmere’s mathematicians have been working on the joys of algebraic equations and solving decimals and fractions. Our students are very proud to be able to solve these very difficult equations with ease and success!!! Way to go guys! Music, sports, cooking, and astronomy are just a few of the many passions that our fifth graders will be writing about in the coming weeks. We are looking forward to the wonderful and informative pieces that our students will present in January. In Science we are studying electricity and magnetism including circuits, conductors and poles!!! In Ms. McGee’s math 5 class, we just finished unit 2: Geometric Representations. To show all that we learned about Geometry, we created our Wondrous Windows to Geometry projects. If you’re up in the 5th grade hallway,



pop by Ms. McGee’s bulletin board and check out our fabulous work. In Ms. McGee’s math B class, we are finishing up unit 2. We especially enjoyed learning about Pythagoras who was a Greek philosopher. He was responsible for important developments in mathematics, astronomy, and music theory. We learned that the sum of the areas of the squares on the two legs of a right triangle is equal to the area of the square of the hypotenuse or $a^2 + b^2 = c^2$, which is the Pythagorean Theorem. We are very excited to start Unit 3 which is Geometry.


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. 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.

Our Next Meeting

The next Wellness Council meeting is scheduled for Thursday, January 21 from 7:30 – 9:00 pm at the home of Nicole Kustner. Please RSVP to jodybmiller@hotmail.com.

Steps to a Healthier You

Eating more healthfully and increasing physical activity are top New Year's resolutions. The USDA offers a wonderful list of ideas to help!

Eat Right

- **Make half your grains whole.** Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and lowfat popcorn, more often.
- **Vary your veggies.** Go dark green and orange with your vegetables eat spinach, broccoli, carrots, and sweet potatoes.
- **Focus on fruits.** Eat them at meals, and at snack time, too. Choose fresh, frozen, canned, or dried, and go easy on the fruit juice.
- **Get your calcium-rich foods.** To build strong bones serve lowfat and fat-free milk and other milk products several times a day.
- **Go lean with protein.** Eat lean or lowfat meat, chicken, turkey, and fish. Also, change your tune with more dry beans and peas. Add chick peas, nuts, or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.
- **Change your oil.** We all need oil. Get yours from fish, nuts, and liquid oils such as corn, soybean, canola, and olive oil.
- **Don't sugarcoat it.** Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients. Added sugars contribute calories with few, if any, nutrients.

Exercise

- **Set a good example.** Be active and get your family to join you. Have fun together. Play with the kids or pets. Go for a walk, tumble in the leaves, or play catch.
- **Take the President's Challenge as a family.** Track your individual physical activities together and earn awards for active lifestyles at www.presidentschallenge.org.
- **Establish a routine.** Set aside time each day as activity time—walk, jog, skate, cycle, or swim. Adults need at least 30 minutes of physical activity most days of the week; children 60 minutes everyday or most days.
- **Have an activity party.** Make the next birthday party centered on physical activity. Try backyard Olympics, or relay races. Have a bowling or skating party.
- **Set up a home gym.** Use household items, such as canned foods, as weights. Stairs can substitute for stair machines.
- **Move it!** Instead of sitting through TV commercials, get up and move. When you talk on the phone, lift weights or walk around. Remember to limit TV watching and computer time.
- **Give activity gifts.** Give gifts that encourage physical activity active games or sporting equipment.



It's Time to Order Yearbooks!

You don't want to miss out owning the best memories of Beverly Farms. Order forms were distributed to each student: please check their backpacks, or forms can be found near the front office. Yearbooks will cost \$20 for all orders received by January 31, 2010. After that, the price increases to \$24/yearbook. ALL orders must be received by March 31, 2010. A reminder to 5th graders, please send in your baby/recent pictures! E-mail pics to bevfarmsyearbook@yahoo.com or leave in the yearbook drawer-labeled clearly! Thanks for all the great pictures sent in. Please keep sending any classroom events, field trips to bevfarmsyearbook@yahoo.com. Any questions? Contact Jennifer Primerano at 301-610-9727 or bevfarmsyearbook@yahoo.com.