



Beverly Farms Elementary School EAGLE EXPRESS

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a message from the president

Kate Wise

No matter how old I get, the sound of an ice cream truck coming down the street always makes me want to run for my purse and catch up to it before it stops! It is that triumphant sound of summer's return; childhood frozen in time for just 10 weeks before everyone returns another year older in the new school year. I am looking forward to the long days at the pool and the popsicles from the ice cream truck for my boys. I am sure all of you share my sentiment!

It has been an honor to serve as your President. I am in awe of the energy and dedication that has been palpable throughout the year and the source of great things for our children. It has been a blessing to work with all of you, and I thank you for your time and hard work this school year. May your summer be full of sunshine and laughter, and may the ice cream truck never once miss your block!

administratively speaking

Dr. Beth Brown

As we speed toward the last day of school, I want to thank all of you for helping make this a successful year. With our collaborative efforts our school has had another year of great progress. We hope you enjoy and appreciate the summer months you have with your children.

Important information about our last days of school:

- June 16th is our last day of school. It is a half day. Dismissal is at 12:35.
- Parents please pick up any meds that may be in the health room. Meds will be destroyed if they are not picked up.
- Volunteer Tea in the media center from 11:00-1:00 on June 8th.

Have a great summer! Be safe and have fun!



Please join us for the Volunteer Tea!

In recognition of your outstanding volunteer service at Beverly Farms, please join us for the school's annual Volunteer Tea. This event will take place on Tuesday, June 8 from 11:00 am-1:00 pm in the Media Center. RSVP to 301-469-1050 by June 7th if you would like to attend. We look forward to seeing you!

**“Volunteers aren’t paid,
not because they are worthless,
but because they are priceless.”**

Cultural Arts...Spring into Summer

This spring the Cultural Arts brought some fun, yet educational programs to Beverly Farms. After the snow finally melted we had Baba Jamal Koram who taught the children about African and African American cultures through music and song. During Earth Day Week we had City Dance Ensemble strengthen our desire to take care of the Earth with their production of Dancing on One Planet. The message of the show challenged the students to consider their impact on the environment. And to wrap up our Cultural Arts season we hosted author/illustrator Kevin O'Malley for our annual author-in-residence. He spent the day at Beverly Farms and met each of the grades to teach them about the writing process and how to illustrate books.

I hope everyone is able to do something in the cultural Arts this summer!! The Washington D.C. area has so many great places for young people to be exposed to the Cul-



tural Arts... The Kennedy Center, the Puppet Theater Co. in Glen Echo, Adventure Theater in Glen Echo, Bethesda's Imagination Stage, Smithsonian's Discovery Theater, and Wolf Trap's Theater in the Wood, just to name a few!!

Here are some websites to help you find a show that is right for you:

- www.kennedy-center.org
- www.thepuppetco.org
- www.adventuretheatre.org
- www.imaginationstage.org
- www.discoverytheater.org
- www.wolf-trap.org

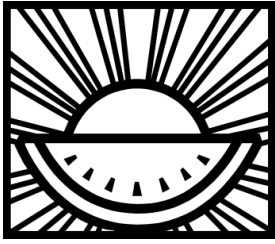
Enjoy!

JUNE

sunday	monday	tuesday	wednesday	thursday	friday	saturday
		1	2	3 End of the Year Picnic 6:00-8:30 pm	4	5
6	7	8 Volunteer Tea 11:00am-1:00pm BF Media Center	9 Domino's Dough Raiser	10	11	12
13	14	15	16 LAST DAY OF SCHOOL: Early Release 12:35	17 Professional Day for Teachers	18	19
20	21	22	23 Report cards mailed	24	25	26
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.

Guidance Greetings by Robin Cooper



As the school year draws to a close, I would like to take this opportunity to wish you all a fun-filled, relaxing summer, and to tell you how much I've enjoyed working with you and your children this year. It is a real pleasure working here at

Beverly Farms. I also want to wish all the 5th graders the best of luck in middle school. It has been a pleasure working with all of you this year.

Here is a list that I want to share that you can use at home this summer to help build self-esteem and self-confidence in your child.

1. Say something positive to your child each day.
2. Be lavish with praise and be stingy with criticism.
3. Give your child recognition for the efforts he makes even though those efforts may not come up to your expectations.
4. Have reasonable expectations for your child. Help them set reachable goals so they can achieve success.
5. Give your child responsibility. He/she will feel useful and valued.
6. Be a good role model. Let your child know that you feel useful and valued.
7. Do not embarrass your child, especially in front of others.
8. Be available. Give support when your child needs it.
9. Show your child that what he does is important to you. Talk with him about his activities and interests.
10. Compliment your child on improvement or creative ideas.
11. Use phrases that build self-esteem, such as "Thank you for helping" or "That was an excellent idea!"
12. Show how much you care. Hug them. Tell them they are terrific and that you love them.

The bottom line is: Set up standards of conduct, be encouraging, and have fun. You will add much to your own life by learning to get excited about little things. Have a GREAT summer!!

Source: Pointers for Parents Developed by Prince William County Elementary Guidance Counselors

Boxtops for Education

Beverly Farms families are trash pickers and proud of it! The BoxTops for Education program has donated nearly \$500 to BFES this school year just for submitting specially marked boxtops from a variety of products we all use every day. Cash from trash! School may be nearing an end but the clipping continues all summer long. Look for the BoxTops for Education logo on General Mills cereals, Kleenex tissues, Betty Crocker fruit snacks, Zip-Lock bags...hundreds of products! Clip the coupons, collect them, bring them to school in the fall and we'll receive \$.10 for each boxtop we send in. A complete listing of products can be found on BoxTops4Education.com.

Chess Anyone?

The Beverly Farms Chess Club, which meets every week, will be accepting registration for the fall session (which will begin in September) beginning in mid-August. To register in mid-August, visit www.chesscenter.net. On the left, click on "Scholastic." The registration form, available in the beginning of August, can then be found by scrolling down and clicking on the school name link. All students K-5 and skill levels are welcome! For any questions about Chess Club, please contact Ms. Hong Zhang at hzhang72@yahoo.com.

Club BF: Thanks for the Memories!

We are so fortunate to be able to offer Club Beverly Farms, a wonderful program for our kids to learn and grow socially. It could not have been done without tremendous parent support. Club BF chair Jody Miller would like to thank every parent who volunteered an evening of their time whether calling out BINGO, building models, selling pizza or yelling "walk" 1000 times! It truly takes a village to pull this off! In addition, a very special thank you to the team of coordinators who went above and beyond the call of duty to make this year's events go smoothly: Donna Senfaute, Kristin Cook, Wendy McWhorter, Cheryl Einhorn, Vanessa Sperling, Andy Herman and Julie Shein.

Help Wanted: The Eagle Express

This newsletter publication, brought to you by the PTA, is seeking a new editor. Monthly responsibilities include soliciting articles from the administration, teachers, and PTA volunteers; editing/formatting the content; and coordinating printing and distribution. Interested? Please contact Mindy Kim at mindyanddavid@yahoo.com. Thank you!

class clips: news from the inside

KINDERGARTEN • On June 10th the Kindergarten classes will be performing a “Going Buggy Sing” from 2:00 to 2:30. We are very excited for our performance. We also would like to thank all the parents who were able to help this year. We appreciate those who volunteered in our classrooms, chaperoned on our field trips and donated items for our school.

FIRST • What a year we have had in first grade! We closed out our year with a super trip to Rose Hill Manor where your children learned how hard it was to live long ago without even a TV! Special thanks to Mr. McHugh who came in to talk about meteorology with our classes as we finished up the science unit on weather. Keep your eyes open for an autobiography of someone special in your life. It will be coming home in the last days of school. Thank you for all your support at home this year. The entire first grade team has enjoyed watching your children grow and learn. Have a super summer and read, read, read, and practice math facts.

SECOND • We have had a fabulous year in second grade! We have been practicing for our classroom presentations of several different plays. We hope second grade parents will be able to join us on June 10th. Math journals will come home during the final week of school for extra practice during the summer. Don't forget to practice your math facts! Have a great summer, and read, read, read!

THIRD • The third grade has been busy in Science learning about sound. They have experimented with different sized tuning forks and nails to hear the different pitches produced. Everyone enjoyed seeing and hearing the creative instruments the students made at the Instrument Showcase. Third graders have really done an excellent job on their poetry projects in Reading. The children have written many different types of poems this quarter--haikus, diamantes, acrostic poems and tankas. They will finish out the quarter with informational text. We have had a great year and wish everyone a wonderful summer!

FOURTH • Fourth Grade can't believe it's the end of the year! Time is flown by so quickly. We are finishing our year with reading and writing mysteries. We are becoming great sleuths! We are also studying and writing poetry. In Social Studies we are learning about the early settlements, and had an amazing time on our field trip to St. Mary's. We impressed our guides with how much we knew! Science is keeping us busy with learning about fossils. It's really cool! We are especially looking forward to all of the end of the year festivities!

FIFTH • It is hard to believe that we are at the end of our school year. Our fifth graders are busy to the very end. During the last quarter, they have filled their hours with reading tall tales and folktales. We have learned propaganda techniques to persuade our listeners. To practice their propaganda techniques, each Language Arts classroom students will spend a few days debating issues on self-chosen “hot topics”. On field trips we have seen our first president's home, Mt. Vernon; we have traveled to the place where our constitution was created; and we will travel to our neighborhood pool to celebrate the beginning of a new phase of their lives. Our math groups have been working on algebraic equations and we will end the year w/ a little bit of measurement and probability!!! What's the probability that all 5th graders from Beverly Farms will have a FANTASTIC SUMMER? Our science continued to inspire us to see the very smallest organisms through the microscopes. We studied plant cells and animal cells. We will end the year discussing heredity!!! This has been such a wonderful year and I hope that every one has a wonderful summer vacation -- REMEMBER -- keep practicing those fractions, I am 100% sure that you will see lots of them in the beginning of 6th grade at Hoover!!! Enjoy your summer with your children. We loved having every one of them.



Giving Back

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

There's still time to bring in your Boxtops for Education (worth 10 cents apiece – we've earned \$439 this year so far!) and to bring in your cartridges (Cartridge-World just sent BFES a check for \$105 for our last boxful!) Thank you so much for your help – all to benefit our kids!

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

Community Service Committee: The Year in Review

Here is a quick summary of all that we've done (plus our last project of the year!):

August-September: School Supply Drive to benefit Linkages to Learning

October: Help the Homeless Mini-Walk to benefit Stepping Stones Shelter. Jeans collection for men in the Montgomery County Coalition for the Homeless men's shelter.

October-November: Kids Helping Kids Food Drive to benefit Manna Food Center.

October-January: Help for Haiti – BFES students, families, and staff donated \$2883.39 to benefit Partners in Health, an organization which has been providing health care in Haiti for 25 years – an amazing outpouring by our community!

December-February: Collections for our Community Service Fair (which was unfortunately cancelled due to snow) – which made it to their destinations in spite of not holding the fair....

February: Free the Blacktop! The hard work of many students, families, and staff cleared snow off the blacktop so the kids could have outdoor recess – a VERY local project with benefit for all involved!

March-April: Clothing Recycling Drive – cleaned out our closets (earning money for the school), kept stuff out of the landfill, and earned a donation to the DARE program!

Planned for June: Drive for Supplies – an MCPS sponsored collection of used supplies that go to disadvantaged children both in the county AND as far away as Nicaragua.

Planning for August: PLEASE pick up a few extra school supplies in your summer shopping (those loss leaders, maybe!?) for our August School Supply Drive – a composition book and some pencils from each BFES student and we'd be in great shape! Thanks!

Green Team Update:

GreenKids has been a great thing for Beverly Farms ES. We got the GreenKids grant for two years, and have really enjoyed the teaching from the GreenKids educators (most notably Gina Riazzi, our current naturalist, who has done so much for us!) We have a new Nature Trail behind the school, perfectly placed on Parks land so it will not be impacted by our upcoming renovation, and we've just been named a Maryland Green School!!! We've also been working very hard on our recycling program, which has gotten steadily better over the last couple years (with the month of February at 45%, our best ever), and trying to work on energy conservation (10% and 14% reductions from baseline in the 1st and 2nd quarters!)

- Kudos to all the students and staff who've worked so hard on these efforts – but special mention goes to Mrs. Ellen Jimenez and Mrs. Pauline Bamdad, who have really spearheaded our CapriSun recycling program, which involves sorting and mailing in all of our used and sticky juice pouches.
- All of our lunch room aides have had a HUGE impact on our recycling because they guide the kids every day about how to recycle all that they can.
- The other people who have done so much to help with our recycling program are Mr. Clyde Henderson, our Building Services manager, and his staff – who handle all those bins of paper and bottles/cans daily all year long! Thanks so much for all your hard work!



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.

As our school year comes to a close, I would like to acknowledge and say thank you to our very dedicated Wellness Council members - Cheryl Einhorn, Dawn Wear, Orit Almagor, Nicole Kustner, Pam Gully, Koranee Peppe, Meaghan McHugh, Michelle Bernstein, Denise Bush, Sue Shankman, Moira Carin, Rene Laje, Diane Wright and Kristin Cook. Personal time as parents is a very valuable commodity... thank you so very much for your contributions this year!

Jody Miller, WC Chairperson

Summer Vacation is Just around the Corner... Gear up with Healthy Snacks for the Kids

Michelle Mirizzi, MS, Registered Dietitian

(From Nourish Healthy Kids – E News at www.nourishinteractive.com)

More freedom and a less structured routine in the summer can lead to more unhealthy snacking for many kids. With summer vacation and more time on their hands, they often think they are hungry when they're really just bored. Avoid the summer weight gain and learn how to limit the junk food and offer easy and healthy snacks.

Summer time is a great time for kids to enjoy the outside and play hard. However, getting your child to continue to eat healthy during summer vacation can be a challenge sometimes. During the school year children have routine mealtimes and specific times for exercise. When summer vacation starts, the every day routine goes out the window and kids have more time to just hang out. This month we share healthy snack ideas and tips to make your child's summer sizzle with fun!

Healthy Summer Eating Tips

Here's what you can do:

- Keep kids on a schedule for meals and snacks. This helps them feel the signs of hunger and stops the mindless snacking between meals.
- Make the kitchen off limits during the day unless it's time for a meal or a planned snack.
- Even though the days are longer and the kids might stay up longer, consider setting a time when the kitchen is closed for the night.

Tips for packing healthy lunches in the summer time:

- Some types of fruits travel easier in a lunch bag like grapes, orange slices or cherries. Choose fruits that won't get bruised as easily as others.
- Keep a handful of water bottles in your freezer. Throw one in the lunch bag in the morning and it will keep the food cold and be melted by lunch.
- Have several cold packs in your freezer ready for any last minute trips to the park or pool.
- Keep a lunch box size cooler in the car filled with high fiber healthy granola bars, nuts, water, and whole grain crackers. Just in case you make any unplanned stops and your kids are saying, "I'm starving!"
- Pre-portion snacks that you buy at the grocery store into baggies or plastic containers immediately so that they are ready to go for the week.

Healthy food choices for lunch:

- Taco wraps; simply roll up a thin slice of turkey or chicken in a small whole wheat flour taco shell. Add some mustard, crispy lettuce or thinly sliced tomatoes for variety. Or spread peanut butter, light cream cheese, etc.
- Substitute bagels and whole grain breads for doughnuts, sweet rolls and sugary pastries.
- Make a cheese quesadilla with different kinds of shredded cheese such as Monterey Jack and Cheddar. Wrap it up in foil and save the rest for later!
- Cold pasta salad with your favorite vegetables. Try the colored pasta or choose pasta with fun shapes.



Healthy Eagles

Information from the
BFES Wellness Council

- Cheese pizza on an English muffin. Simply slice the muffin in half, spread pizza sauce on the bottom and cover with shredded cheese. Pop it in the toaster oven for a few minutes until the cheese melts.

Healthy summer snacks for kids:

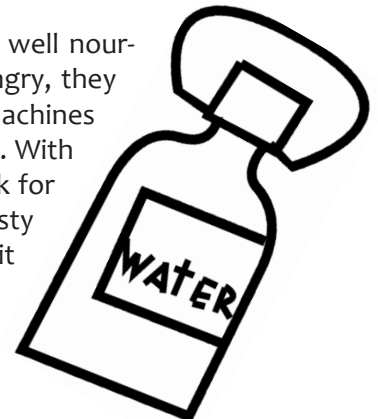
- Veggies and dip; carrots, celery, broccoli and peppers and dip in low fat ranch dressing.
- Smoothies: blend nonfat plain yogurt, strawberries, raspberries and blueberries and ice in a blender.
- Fruit kabobs; dice up your favorite fruits and line them up on a wooden skewer.
- Baby carrots and a side of hummus.
- Slice a banana in half and smear peanut butter on top.
- Baked tortilla chips with white bean dip.
- Keep a bowl of fresh fruits and vegetables that are clean and ready to eat on the kitchen table or front and center in the refrigerator so that the kids can reach it.
- Frozen blueberries or strawberries on top of non fat yogurt make a refreshing afternoon snack. Make your own frozen snacks using unsweetened fruit juice, water and seedless watermelon chunks. Pour into ice cube trays, add wooden sticks and freeze
- Half a turkey sandwich on 100% whole wheat bread with a sliced apple.
- String cheese and whole wheat crackers.
- Low fat graham crackers with peanut butter.

Finally, create at least 3 meals that take less than 15 minutes to prepare that you can keep on hand. This will help when your child is starving and you just walked in the door. Consider a grilled cheese sandwich or scrambled eggs instead of stopping for fast food.

I'm Thirsty!

With all the summertime activities kids will be thirsty. Make sure your child is not confusing thirst for hunger. A lot of children will think they are hungry but all they really need to do is drink some water. Make an effort to keep water as the main beverage for your kids all summer long. Keep the refrigerator stocked with bottles of water or have water bottles available to fill up with cold water. Juices, fruit punch and sodas can have a lot of added sugar and empty calories - keep these drinks for a special occasion. A typical serving of fruit juice is $\frac{3}{4}$ cup. Make sure the label states 100% fruit juice. You can try adding some juice to plain soda water or to water to give water a little fruit flavor.

Healthy summer snacks are key to keeping your child well nourished during summer vacation. When children get hungry, they can easily turn to quick unhealthy snacks, vending machines or fast food restaurants to satisfy their snacking needs. With a little bit of planning, you can keep your child on track for a healthy summer with their favorite healthy and tasty snacks to nibble on! Involve them in the planning, keep it fun, and they will be onboard with the snack selections.



Enjoy the summer!



Healthy Eagles

Information from the
BFES Wellness Council

This year, the Beverly Farms Wellness Council developed a survey to gain a better understanding of our school community preferences and to help guide the WC in setting goals and initiatives, and in establishing future programs and activities.

The survey was available online using the Survey Monkey web site from February 1 through March 30, 2010. The survey was promoted via the Eaglet and the Eagle Express. One hundred eight (108) responses were gathered which is a 23% return rate.

Here are the results:

Question 1:

The top three preferences for celebrating your child's birthday were extra recess or PE, birthday child is teacher's special helper for the day, and in classroom celebration with healthy treats only.

Question 2:

50.5% were very or somewhat interested that birthdays be celebrated in the classroom without cake, donuts or other treats.

Question 3:

57% were very or somewhat interested that classroom parties (i.e. Halloween, Valentine's Day, End of Year celebration) do not include candy or other treats

Question 4:

74% were very interested or somewhat interested that the A la Carte program continue to be offered at BFES.

Question 5:

92% were very interested or somewhat interested that the A la Carte program offer healthy choices.

Question 6:

65% were very interested or somewhat interested that the PTA fundraising activities are non food related.

Question 7:

12% responded that food allergies were a contributing factor to their decision when answering the previous survey questions. Additional contributing factors listed included diabetes, religious and dental reasons.

Question 8:

95% were very interested or somewhat interested that the PTA sponsors more after school physical fitness activities.

Question 9:

76% were very interested or somewhat interested in receiving nutrition and fitness educational information.

Question 10:

The top three most preferred methods for receiving nutrition and fitness educational information included Eaglet (online email), Eagle Express and backpack flyer.