



# Beverly Farms Elementary School EAGLE EXPRESS

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## administratively speaking

*Dr. Beth Brown*

**We have two busy months ahead of us.** May is already here and our 4th marking period is underway. The first week in May is Teacher Appreciation Week. Our Maryland State Assessment for 5th grade science is on May 5th and 6th. This will be the last of our standardized state testing for this fiscal year.

Thank you to all of you for working with us to get your child to school on time and “test ready.” Our students worked hard!

To end the month of May we will be celebrating Memorial Day and we will have no school. As you can see, we are never at a loss for things to do.

We are getting so close to the end of the year. It seems like each year moves by faster and faster. Believe it or not our last day of school is June 16th. Phew!

## special announcement!

*From the Wellness  
Council and PTA*

**The Wellness Council and PTA are pleased to announce brand new for 2010-2011 school year an After School Fitness program!!** This will be a KIDS fitness class providing an introduction to the basic concepts of fitness, nutrition and relaxation in a non-competitive atmosphere for both girls and boys K through 5th grade. The class will be challenging but fun with an emphasis on teaching the children the importance of fitness and to use the learned concepts for the rest of their lives.

The program will be specially designed and implemented by Coach Jim Fox. Jim has an extensive background as a Strength and Conditioning Coach for professional athletes (Washington Capitals), intercollegiate athletes, and up and coming young athletes! He is excited to bring his experience to our kids of all fitness levels and abilities!

Ten week sessions will be offered – Mondays for K-2nd graders and Thursdays for 3rd -5th graders – right after school at Beverly Farms!! More details to come...

**Please come meet Coach Jim at the Beverly Farms End-of-Year Picnic on Thursday June 3rd!** He will be providing fun fitness games for the kids and “meet and greet” with the parents!

## club BF needs you

*Help keep Club Beverly  
Farms up and running*

**Please consider joining our team of coordinators for Club Beverly Farms so that we can continue to offer the GREATEST program in town!** No experience necessary... just be willing to have a great time!

Planning meeting will be held Sunday, June 6th at 7:30pm. Please contact Jody Miller at JodyBMiller@hotmail.com or Kristin Cook at kristingamazoncook@gmail.com if you are interested.

## thank you teachers!

*A note of appreciation*

**May 3rd-7th is Teacher Appreciation Week!** Thank you to all our wonderful teachers for everything you do, day in and day out.

**“Appreciation is a wonderful thing: It makes what is excellent in others belong to us as well.”** (Voltaire, French Philosopher)

## A Fair to Remember

The 2010 Multicultural Fair was a big success! Fifteen countries were represented by Beverly Farms families, with plenty of good food, interesting displays and even live entertainment! The Cake Walk was once again a very popular spot. Congratulations to all the Teacher Treat winners (the PTA raised a whopping \$1,272 through the Treats!). Chairperson Mary Andrews would like to thank all the volunteers who pitched in to make this event so special: from the corned beef to the cakes, the dumplings to the displays, and the sushi to the saris! A special thanks to Mindy Kim, Nicole Kustner, Jodie Ozatalar, Kathy Gleason, and Wei Ding.

## The March of the Kindergarteners

On April 13 and 14 over 90 enthusiastic incoming kindergarteners marched into Beverly Farms for the very first time. Kindergarten Orientation 2010 was a great success! Chairperson Corinne Wallerstedt wishes to thank the following individuals who came together to organize and staff this important annual event: Jody Ozatalar, Helene Taira, Joece Yuen, Josephine Choi, Andy Herman, Monika Woods, Rachel Nambiar, Julie Shein, May Hum, Kate Wise, Kim Band, Shiva Shafi, Julie Wagman, Dana Stewart and Seona Lisse. As always, their help was so greatly appreciated.

# MAY

sunday	monday	tuesday	wednesday	thursday	friday	saturday
						1
2	3 MSA Science Testing Teacher Appreciation Week	4 PTA Meeting/ Elections 7:00 pm	5	6	7	8
9	10	11	12 Domino's Dough Raiser	13	14	15 Club Beverly Farms 6:00-8:30 pm
16	17 Spirit Night at Potomac Pizza (4:00-9:00 pm)	18	19	20	21	22
23	24	25	26	27	28	29
30	31 NO SCHOOL Memorial Day					

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

# class clips: news from the inside

**KINDERGARTEN** • The Kindergarteners took a field trip to Croydon Creek Nature Center. They classified Croydon Creek Critters and took a nature walk to put their classifying skills to the test. In Math we are busy identifying coins by heads and tails and their value. We are also counting money by 1's, 5's, and 10's. In Writing we have been learning about the features of poetry, such as shape, line breaks, word choice, repetition, and comparisons. Students expressed their thoughts and feelings by creating their own poems. In Science we have been classifying animals according to similarities and differences. We have identified animal's external features such as shape, texture, size, weight, color, and motion.

**FIRST** • First grade is having a great time learning about the weather! If anyone reading this can connect us with a local meteorologist who would be willing to come and talk to 1st grade, we'd love to have a guest speaker. Contact a\_l\_balzar@mcpsmd.org. In the 4th quarter we will work on writing personal narratives. Poems and all the fun they bring to language will also be part of our writing and reading this quarter. Be ready to hear about onomatopoeia, simile and alliteration around your dinner table. On May 25 we will travel to Rose Hill to learn more about how people lived long ago with out things like Wii games and cable TV.

**SECOND** • May is a wonderful month in second grade. In reading, it is a pleasure learning how to read poetry and plays. We are finding that writing poetry takes so much creativity, and we are having a blast becoming good poets. Our author visit from Kevin O'Malley will be enhancing our love of reading and writing. In math, it is so exciting to be learning about multiplication, division, and money. Mrs. Gould's and Mrs. Smith's classes are also focusing on fractions. In science, it is so cool experimenting with liquids. We cannot wait for our visit from the "Mad Scientist" who will have us exploring liquids even further. We are almost at the end, but yet we have so much more to enjoy during the month of May!

**THIRD** • Third Grade really enjoyed visiting Gallaudet University to see a production of Charlotte's Web that was also performed with sign language! Students met with Author Katy Kelly (author of Lucy Rose series) and had fun listening to excerpts, orally creating a silly story as a grade, and asking questions about the career of being a writer! We will be fortunate enough to hear another author (Kevin O'Malley) speak in early May, as well. In reading and writing, students are continuing to explore the genre of fantasy. The fantasy book talk projects have been absolutely outstanding to watch! Students are understanding how authors make fantasies believable through the creation of characters, setting, etc. Students will soon be directing their focus back to non-fiction texts to read for information. Students will learn how to use anticipation guides, how to apply their background knowledge and the art of summarizing. Finally, we will be diving into poetry during May. The monthly book talk will actually involve memorizing and reciting a favorite poem! Mrs. Wachter's math class has just started their final unit for the year! We'll be working on measurement. We'll start by learning about perimeter, area and volume. We're looking forward to closing out the year with exciting math topics! Mrs. Brand's math class continues to work on fractions -- including fractions of a set, mixed numbers, and equivalent fractions. We also are working on money, algebra, and multi-digit multiplication and division. Please help support your child by practicing basic facts at home, a few minutes every day.

**FIFTH** • Mrs. Cooke's and Ms. Nudelman's classes are learning the genre characteristics of tall tales and legends. We will read many of our country's classics as well as tall tales/legends from other countries. Before our quarter is over your child will develop a persuasive essay to debate the topic with his/her classmates which should be fun to watch! We are looking forward to our Philadelphia field trip on May 20th and our pool party in June. Mrs. Cashmere's math classes are enjoying all the aspects of Algebraic equations!! We will also be learning about functional relationships. In Ms. McGee's math 5 class, we have been analyzing data in tables and graphs to deter-

mine averages. We conducted a survey in groups and created a fabulous data analysis project which included a frequency table, a bar graph, and a circle graph. It was very interesting to see what fifth graders prefer. In Math B, we have been solving simple proportions using the percent proportion and percent equation. We used the same technique, shadow reckoning, the Egyptians used to find an unknown height of an object. We also learned about an artist, Chuck Close, who uses a grid to enlarge portraits. We practiced gridded portraiture by enlarging a comic. They came out great! Our next science unit is the exciting world of cells and heredity. We will be looking at the cells and what make up a cell. Next time you are all at the dinner table you may want to point out the physical features that you have in with your child!!

## Guidance Greetings by Robin Cooper

Career Day was Monday, April 12th. The staff and students at Beverly Farms again want to thank all the Career Day speakers for making the morning such a huge success. If you were unable to come this year, you will have a chance again next year. We will do it all over again!

During the month of May, I will be focusing on How to Give Build Ups. Students will practice giving compliments to other students in the class. In fifth grade, I will be doing lessons on transitioning to middle school. I am having a wonderful time in the classrooms with the students. In addition to classroom guidance lessons, I will continue my fourth grade friendship and stress. Participation in a small group is on a voluntary basis.

If you are moving at the end of the school year or your child will not be returning to Beverly Farms next year, please let me know. I will be offering a Kids on the Move group for all students in grades kindergarten through fourth grade. The group will give students an opportunity to talk about their move and give them a chance to learn how to make new friends. I will meet with the groups two/three times for about 20-30 minutes (usually during lunch). Participation in this group is voluntary.



Once again this spring, I coached a Girls on the Run program at Beverly Farms. We have 9 girls in grades 3-5 who have been training to run a 5K race. The girls will run their race on May 23rd in Silver Spring. I wanted to wish them the best of luck! It has been a pleasure train-

ing with them over the past ten weeks. Also, I would like to thank Caroline Sailor, Helene Dolan and Natasha Greig for volunteering their time to help with the program.

If there is anything I can do for you and/or your child, please do not hesitate to contact me at school (301-469-1034).

## Spirit Night Is Coming!

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



## Visiting Author

Many thanks to Lisa Gould and her intern for arranging the visit of Katy Kelly, author of *Melonhead* and *Lucy Rose*. Katy was born and reared in Washington, D.C. She was able to visit with our first, second, and third graders. She shared with the students her background, how she gets ideas for her books and characters, and she walked the students through the process of actually printing a book from the beginning with an idea through creating the finished product. She brought laughter to the students when reading selected passages from her books. The students also had time to ask their many questions. It was a wonderful experience. A big thank you to Mrs. Gould and her intern.



## Giving Back

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

## Huge News!!!

**On Earth Day, April 22, 2010, Beverly Farms ES received word that we have been designated a Maryland Green School!**

As explained by the program, “the Maryland Green School Awards Program is a holistic, integrated approach to authentic learning that incorporates local environmental issue investigation and professional development with environmental best management practices and community stewardship.”

We had to present our school’s programs, activities, and progress over the last two years in a very rigorous application process. The extremely hard work of our GreenKids lead teachers, Ms. Tracey Gault and Mrs. Lisa Gould, with the help of Mrs. Gina Riazi (our GreenKids naturalist), was what made this happen.

We’ll let you know more in the upcoming weeks and months, but congratulations to all the staff and students of BFES, whose great ideas and hard work have been acknowledged in such a fantastic way!

## Community Service Update

**Clothing Recycling Drive:** We cleared our closets of 482 lbs of stuff (almost 100% of which will be recycled!) which earned \$48.20 for our school and a donation to DARE – and potentially kept a lot of stuff out of the waste stream. Thanks to Mrs. Robin Cooper for this idea and for all her help to make it work!

## Green Team Update

Earth Week was a big week at Beverly Farms! We had several week-long events school-wide, which were:

- Waste Free Lunch AND Snack Week
- Revv’ed Up Recycling Week
- Energy Conservation Week.

On Earth Day itself, we had Walk to School Day, Wear Green and Blue Day, and had a 9 AM school-wide “Lights Out!” in honor of our earth. The classes all had individual projects as well, focussing on how to help the earth.

**Nature Trail:** Our nature trail (which is located behind the school playground on park land, so will not be disturbed by the school renovation) is coming along well. This is a project in conjunction with the Audubon Society as part of our GreenKids grant – and the latest addition was a garden of native plants beautifully installed by the hard-working 4th grade classes.

**Cartridge Recycling:** Please bring your used printer cartridges to the blue and yellow bin in the front lobby to be recycled at Cartridge World (in the Shoppers Food Warehouse complex) – or take them there yourself and trade them in for new, re-filled cartridges for your printer (make sure to designate BFES on the sign-in sheet, as they’ll donate 10% of your purchases to our school!)

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!

# Plant Sale Fundraiser

## Saturday, May 1 to Friday, May 7



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



### Here's how it works:

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



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

This receipt acknowledges that purchaser has spent:

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

20% of this purchase will be donated to  
Beverly Farms Elementary School PTA.

This special receipt is ONLY VALID MAY 1 TO MAY 7, 2010  
and is good on any purchase made at the Good Earth  
Garden Market in Potomac.

NOTE: This receipt may be duplicated and passed out



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## Kids and Exercise

From Nemours – [kidshealth.org](http://kidshealth.org)

When most adults think about exercise, they imagine working out in the gym on a treadmill or lifting weights. But for kids, exercise means playing and being physically active. Kids exercise when they have gym class at school, soccer practice, or dance class. They're also exercising when they're at recess, riding bikes, or playing tag.

### Healthy Eagles

Information from the  
BFES Wellness Council

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

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

#### Our Next Meeting

The final Wellness Council meeting for this year is scheduled for Thursday, May 27th at a location TBD. Please rsvp to [jodybmiller@hotmail.com](mailto:jodybmiller@hotmail.com).

### The Many Benefits of Exercise

Everyone can benefit from regular exercise. Kids who are active will:

- have stronger muscles and bones
- have a leaner body because exercise helps control body fat
- be less likely to become overweight
- decrease the risk of developing type 2 diabetes
- possibly lower blood pressure and blood cholesterol levels
- have a better outlook on life

Besides enjoying the health benefits of regular exercise, kids who are physically fit sleep better and are better able to handle physical and emotional challenges — from running to catch a bus to studying for a test.

### The Three Elements of Fitness

If you've ever watched kids on a playground, you've seen the three elements of fitness in action when they:

- run away from the kid who's "it" (endurance)
- cross the monkey bars (strength)
- bend down to tie their shoes (flexibility)

Parents should encourage their kids to do a variety of activities so that they can work on all three elements. Endurance is developed when kids regularly engage in aerobic activity. During aerobic exercise, the heart beats faster and a person breathes harder. When done regularly and for continuous periods of time, aerobic activity strengthens the heart and improves the body's ability to deliver oxygen to all its cells. Aerobic exercise can be fun for both adults and kids. Examples of aerobic activities include:

- basketball
- bicycling
- ice-skating
- inline skating
- soccer
- swimming
- tennis
- walking
- jogging
- running

Improving strength doesn't have to mean lifting weights. Although some kids benefit from weightlifting, it should be done under the supervision of an experienced adult who works with them.

But most kids don't need a formal weight-training program to be strong. Push-ups, stomach crunches, pull-ups, and other exercises help tone and strengthen muscles. Kids also incorporate strength activities in their play when they climb, do a handstand, or wrestle. Stretching exercises help improve flexibility, allowing muscles and joints to bend and move easily through their full range of motion. Kids look for opportunities every day to stretch when they try to get a toy just out of reach, practice a split, or do a cartwheel.

(continued on page 8)



## Healthy Eagles

Information from the  
BFES Wellness Council

### The Sedentary Problem

The percentage of overweight and obese kids and teens has more than doubled over the past 30 years. Although many factors contribute to this epidemic, children are becoming more sedentary. In other words, they're sitting around a lot more than they used to. According to the Kaiser Family Foundation, the average child is watching about 3 hours of television a day. And the average kid spends 5½ hours on all screen media combined (TV, videos and DVDs, computer time outside of schoolwork, and video games).

One of the best ways to get kids to be more active is to limit the amount of time spent in sedentary activities, especially watching TV or playing video games. The American Academy of Pediatrics (AAP) recommends that children under the age of 2 years watch no TV at all and that screen time should be limited to no more than 1-2 hours of quality programming a day for kids 2 years and older.

### How Much Exercise Is Enough?

Parents need to ensure that their kids get enough exercise. So, how much is enough? All kids 2 years and older should get at least 60 minutes of moderate to vigorous exercise on most, preferably all, days of the week. The National Association for Sport and Physical Education (NASPE) offers expanded activity guidelines for infants, toddlers and preschoolers:

Age	Minimum Daily Activity	Comments
Infant	No specific requirements	Physical activity should encourage motor development
Toddler	1½ hours	30 minutes planned physical activity AND 60 minutes unstructured physical activity (free play)
Preschooler	2 hours	60 minutes planned physical activity AND 60 minutes unstructured physical activity (free play)
School age	1 hour or more	Break up into bouts of 15 minutes or more

Infants and young children should not be inactive for prolonged periods of time — no more than 1 hour unless they're sleeping. And school-age children should not be inactive for periods longer than 2 hours.

### Raising a Fit Kid

Combining regular physical activity with a healthy diet is the key to a healthy lifestyle. Here are some tips for raising fit kids:

- Help your child participate in a variety of activities that are age-appropriate.
- Establish a regular schedule for physical activity.
- Incorporate activity into daily routines, such as taking the stairs instead of the elevator.
- Embrace a healthier lifestyle yourself, so you'll be a positive role model for your family.
- Keep it fun, so you can count on your child to come back for more.

Reviewed by: Mary L. Gavin, MD