



# Beverly Farms Elementary School

# EAGLE EXPRESS

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## a message from the president

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*Kate Wise*

**November has always been one of my favorite months.** Crimson and gold can be found everywhere and cool weather calls for snuggled families with hot cups of cider. Everyone focuses on the family as Thanksgiving and the winter holiday season begins. Our school family continues to come together as well. We are thankful for those who choose to go the extra mile for us all, whether it is the staff member giving a child an extra pat on the back or boost where it is needed or the parent who can only come in for an hour here and there, everyone of us is a vital part of the Beverly Farms family.

We would like to thank Jody Miller for the successful Darcars Fun Run and the kick off of Club Beverly Farms. We would like to thank Lisa Winer and Norma Eisen for their continued staff appreciation breakfasts, school picnic, and school store! We would like to thank Monika Woods for a successful Mini Walk for the Homeless and her continued work to make our community green. We would like to thank Kris Smithberger for assisting with the school directory, yes it is finally here and should be coming out soon! We would like to thank Heather Strauch and all of her assistants for a successful Innisbrook Fundraiser--and to all of you who supported our school!

These are only a few of the volunteers and chairs who work hard to make our Beverly Farms family a strong and vibrant one among the other school communities. Please know all of you are thought of and deeply appreciated. Have a wonderful Thanksgiving.

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## administratively speaking

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*Dr. Beth Brown &  
Ms. Karen Gregory*

**Thank you to all of you that have called to inform us if your child has stayed home due to illness.** We are working closely with Brie McCabe, our school nurse, to monitor the number of students absent and the reasons for their absence. We would greatly appreciate it if you would continue to help us by following these guidelines.

1. Please keep your child home if he or she has a temperature of 100 degrees or higher.
2. If your child has had a fever, he or she should be kept at home until they have been fever free - *without any fever reducing medication such as Tylenol or Ibuprofen* - for 24 hours.
3. Upon returning to school, your child should bring a note stating why they were absent.
4. If your child has continuing signs of illness after their fever, such as persistent cough, sore throat or gastrointestinal upset, they should be seen by their pediatrician for possible secondary infections and kept at home until they have completely recovered.

Thank you for your help and support in keeping our students safe and healthy! If you have any flu related questions, please feel free to contact our nurse, Brie McCabe at 301-469-1050, 301-770-8025 or [brienne\\_b\\_mccabe@mcpsmd.org](mailto:brienne_b_mccabe@mcpsmd.org).

## Guidance Greetings by Robin Cooper

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

Students in second through fifth grades will be introduced to our next Core Value: Responsibility. I will also be focusing on the No Put Downs Program and teaching the students how to stay cool when someone gives them a put down. We will discuss anger management strategies and stress management strategies. Fifth graders will continue with lessons on rumors and bullying during this month. Also in November, I will be starting my small group lunch bunches with our fifth graders.

I would like to congratulate all the students who ran for a student government offices this fall. We had 41 students run in our primary election. It takes a lot of courage to speak in front of your peers, but all the students did a fabulous job. The following students will be our SGA Officers for 2009-2010:

<b>President:</b>	<b>Donna Dadkhoo</b>
<b>Vice president:</b>	<b>Christina Preza</b>
<b>Secretary:</b>	<b>Sophie Smith</b>
<b>Treasurer:</b>	<b>Joel Cook</b>
<b>Sergeant at Arms:</b>	<b>Nina Hazra</b>

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

## Spirit Night at The Pottery Place

When: November 3, 4, 5, 6 • Time: 3:30-7:30 pm  
 Come create holiday gifts and support BFES! Fifteen percent of each piece created will go towards BFES PTA. The Pottery Place is located inside of Cabin John Mall. This fundraiser will be held over four days - please join us!

# NOVEMBER

sunday	monday	tuesday	wednesday	thursday	friday	saturday
1	2 NO SCHOOL professional day	3	4 Family Connections Support Group Meeting: Handwriting Workshop	5	6	7 CLUB BEVERLY FARMS
8	9	10	11 EARLY RELEASE K-8 Conferences, Report Cards Dis- tributed, Domino's Dough Raiser	12 EARLY RELEASE K-8 Conferences	13	14
15	16	17	18	19	20	21
22	23	24	25 EARLY RELEASE K-8	26 NO SCHOOL Thanksgiving	27 NO SCHOOL Thanksgiving	28
29	30 Scholastic Book Fair begins					

## The Book Fair is Coming!



The Beverly Farms Scholastic Book Fair will be held in the gym on Monday, November 30th through Thursday, December 3rd.

A family event, Pajama Night, will be held in the gym on Thursday, December 3rd. We'll have books and gift items for everyone on your holiday gift list, including adults! Your child will be visiting our Book Fair with his or her class; we're looking forward to seeing you (and your family and friends) there, too!

While you're at the Book Fair, please consider donating a book to our classroom libraries through the Classroom Wish List program. Bring even more books to our school by donating some spare change or dollars to the One for Books program. The big news this year is that if we get enough One for Books bookslips to make a trail from the gym to the principal's office, Dr. Brown and Ms. Gregory will have to dress up in crazy clothes and **EAT LUNCH ON THE ROOF OF THE SCHOOL!**

Volunteers are essential to the success of the fair. If you are interested in participating, please contact Heather Gartman at [heather.gartman@zenogroup.com](mailto:heather.gartman@zenogroup.com) or Tamra Hutton at [huttonfamily@verizon.net](mailto:huttonfamily@verizon.net) or Jodie Ozatalar at [jozatalar@yahoo.com](mailto:jozatalar@yahoo.com). Thank you for partnering with us in encouraging children to read and helping to raise funds for the school. See you at the Book Fair!

## A Note of Thanks

Innisbrook Orders are in and we did great!! THANK YOU TO ALL WHO ORDERED!

I'd like to thank my 'staple party' helpers again...Susan Grant, Corrine Wallerstadt, Sue and Sara Farley, Sharon Olego, Koranee Peppe and Carmen Collazo!

More thank you's go out to Cheryl Einhorn and Susan Grant as my "behind the scenes" help!

I also want to thank Amy Wong and Denice Etheridge in the BFES office for their patience with me and their updates throughout the sale!! Another special thank you to my co-chair, Carmen Collazo!

And last but not least, a big thank you to Hank Strauch, who also happens to be my husband! I could not have done it without him!

Thank you,

*Heather Strauch*  
Innisbrook Chairperson 2009-2010

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

The Help the Homeless Mini-Walk on Thursday, October 22, was a big success! We earned \$3,408 for Stepping Stones Shelter. We had our largest number of walkers in recent years – which really makes a difference because if Stepping Stones reaches certain target walking totals they can get bonuses of \$25,000-\$50,000!

Our first Waste Free Lunch Day of this school year was October 29th. We try to do this approximately every month, and the plan is:

- Kids who buy lunch try not to waste food, try to recycle all that can be recycled, and save their Styrofoam lunch trays for reuse in the Art Room.
- Kids who bring lunch try to create less waste by using reusable containers for food and drink, and by bringing reusable cutlery and napkins.
- We will review the usual recyclables, and discuss the new things we can recycle in Montgomery County: juice boxes and milk cartons can now go in the paper trash, and all the plastic items with numbers can go in the commingled recycling bins.
- Our goal for our school is 50% recycling. Our overall school recycling rate 2 years ago was 25%, then last year we raised it by almost 10% to 34.9%. We are on our way, but are always looking for new ideas on how to reach our goal.

## Get Your Head in the Game

Mr. Baldwin, Beverly Farm's beloved coach, will continue teaching basketball skills in our school gym for the 2010 school year! The emphasis is on participation, learning, and loving basketball. A winter and spring session will be offered at each grade level. The fall session has been a great success! Registration is limited to 20 children per age group. Winter registration fills quickly and closes December 18th. Kindergarten and first grade boys and girls play on Tuesdays between 3:10-4:00 pm. Second and third grade boys and girls play on Wednesdays between 3:10-4:00 pm. Fourth and fifth grade boys and girls play on Wednesdays between 4:05-4:55 pm. Registration forms will be passed out in class in the next few weeks. Please look out for them! Questions? Contact Vasilia Contos at [granddesignsintl@gmail.com](mailto:granddesignsintl@gmail.com) or 301-545-0742.



# class clips: news from the inside

**KINDERGARTEN** • Our field trip to Sharp's Farm was a wonderful adventure. Thanks to all the chaperones for their assistance. In writer's workshop the children are learning to make lists and notes. In science our children continue to discover new facts about weather. We enjoyed making our cloud books and observing the wind. In social studies we have been learning about symbols of the United States of America. We've also been having fun reading our E-Books. We look forward to our parent-teacher conferences on November 11th & 12th.

**FIRST** • We have had a GREAT first quarter in first grade. We have learned about fossils, and even got a chance to make one of our own. On November 3rd and 4th, all first grade students will be traveling to Kingsley Outdoor Center for a Rocks, Sand and Soil experience. All students will get the chance to observe what is found in and around a streambed, dig in the dirt in the forest, turn over rocks and examine soil closely and compare how water drains in two different kinds of soil. It will be a day of scientific exploration and discovery. Be sure to ask lots of questions when your student comes home! We begin the new quarter writing to inform and reading informational text to perform a task. One favorite task is making applesauce. Your child will read a recipe and identify the tools required as we all work together to make applesauce in class.

**SECOND** • Why is second grade so much fun? First, we are writing personal narratives. Personal narratives allow us to share our experiences with others. To help us create our personal narratives we are using the writing process (think, write, edit, share) and incorporating the 6+1 writing traits (ideas, organization, conventions, voice, sentence fluency, word choice, publish). During our first math unit we learned about numeration. We have now moved onto our second math unit. Some classes (Mrs. Gould and Mrs. Smith) are learning about measurement/area and other classes (Mr. Sussman and Mrs. Moloznik) are learning about geometry. Science has been fun too because we were able to watch a caterpillar change into a butterfly. Although we released our butterflies, we are still learning more about this magical metamorphosis. Finally, second grade is fun because we are learning about our rights and responsibilities as a citizen. That means we have to follow rules and laws in our school and community. Second grade is so much fun because we are learning new and interesting information everyday!

**THIRD** • The focus of the first half of the second quarter in reading is "Reading to be Informed." Students will be concentrating on comprehension and interpretation of informational text which includes: reading to perform a task, identifying the author's purpose, and summarizing text. They will also evaluate informational text by explaining connections between illustrations and text and how they support comprehension. The second half of the second quarter will concentrate on "Reading for Literary Experience." Students will compare and contrast types of literature, identify elements of a story and summarize fictional text. Students will enjoy reading folktales and fables from around the world that celebrate diverse cultures. Writing to inform will be the purpose of our writing unit during the second quarter. Students will focus on organization, research and traits of effective writing. Don't forget to read for 20-30 minutes every night!

**FIFTH** • Mrs. Cashmere & Ms. McGee have continued to work on the many exciting aspects of physics! We have been calculating speed, measuring force and motion, as well as exploring the potential and kinetic forces! In math, it's all about the variables! We have been exploring expressions, variables and equations. Fifth graders have been learning about strategies that authors use when faced with writer's block. The students have been writing about their thoughts, feelings, and writing creative stories in their writer's notebook. The students will be choosing one piece as their final writing piece which will go through the writing process. The past two weeks, the fifth graders have also been working on using juicy adjectives and similes to help their readers visualize their pumpkin creation. When you come in for conferences, please make sure you visit

## class clips continued

our pumpkin patches outside Ms. McGee's and Mrs. Cashmere's rooms. In reading, Ms. Nudelman's classes are working on their new genre, historical fiction. Students continue to work on improving their vocabulary with Wordly Wise and new spelling patterns. In Mrs. Cooke's class we are reading nonfiction materials. Here are a few of the topics: Cesar Chavez, the great San Francisco earthquake, Jackie Robinson, Vivien Thomas (developer of surgical procedures that save "blue babies"), saving sea turtles, and a photographer who risked her life to study volcanoes. Wordly Wise, Spelling Explorations and grammar are an essential part of our days as well. In social studies we are learning about why our founding fathers believed it was so important to balance the three branches of our government.

## Cultural Arts Update

### Lighten Up: A Musical Journey



The Cultural Arts got off to a great start in October with a fun and educational assembly by Slim Goodbody entitled *Lighten Up*.

*Lighten Up* was a musical journey into the body of an elementary school child who

had bad eating habits but was learning, with the help of the narrator and main (and only) character, to change his way of eating. Through a cute story the students learned: how food and physical activity affect the body; the way media influences our food choices; the balance between calories in and calories out; how to determine portion size; how to make better eating decisions; and what can be done to increase physical activity.

The children seemed to enjoy the show and hopefully came away with knowledge about proper nutrition and good food choices to apply to their own lives.

### Artist in Residence Program

The Artist in Residence program also took place in the beginning of October, from October 9th through October 15th. The artist this year was Adjoa Burrowes (to learn more about this talented artist, please visit her website at [www.adjoaburrowes.com](http://www.adjoaburrowes.com)).

Through her workshop Ms. Burrowes guided the children in creating cut paper collage portraits of their grandparents which will be assembled into installations to be displayed in the hallways for all to enjoy. This project, titled Family Ties, celebrates family and was inspired by her book, *Grandma's Purple Flowers*, which she shared with the students.

I want to thank all of the volunteers who helped with the Artist in Residence. This project needed many volunteers to assure that it ran smoothly. The parents really came through when they were asked so I want to say great big thank you to all who came and helped.

Last but certainly not least, thank you to Mrs. Pavlin. Without her this project would never happen. She did most of the preparation for the collage which meant hours of cutting paper and rearranging her classes to have backgrounds painted for the project. Plus she had to set aside her curriculum for the week that the artist took over her classroom. Her knowledge and experience helped to make the residency run smoothly and kept realistic expectations for the final project. Thank you!!

### Big Thanks from Mrs. Pavlin

Many thanks to the 87 wonderful volunteers who helped our artist in residence, Adjoa Burrows and the students create collages of their grandparents. Each student designed a square using cut paper and glue to form a portrait of one of their grandparents. The theme of the project was "Family Ties". Students gave their portraits personality by using designs from painted and textured paper. The finished collages will be on permanent display in the school's 1st floor hallways.

Special thanks goes to Mrs. Joni Williams, who was instrumental in finding Adjoa Burrows, writing the funding grant, creating the volunteer schedule, collecting materials for the project, and working as an art room volunteer. We could not have achieved such a successful residency without Joni's dedication and the assistance from all our volunteers.

Again, a BIG thank you to everyone from the Art Department!



## 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.

### Upcoming Activity: Treats for the Troops

From November 3rd through Friday November 6th, the WC will be collecting Halloween candy in partnership with MoverMoms of Potomac for the Treats for the Troops program. Ask your kids to donate some of their candy and/or simply drop off your leftovers – collection bin will be in the school store hallway. Candy is collected and packaged for the holidays and sent overseas to our troops!

### Next Meeting: November 16, 7:30 pm

The next Wellness Council meeting will be held on Monday, November 16th at 7:30. Please email [JodyBMiller@hotmail.com](mailto:JodyBMiller@hotmail.com) if you would like to attend. Everyone is welcome!

**Beverly Farms students are off and running...literally!** We had a great turn out for the Halloween Young Run practices, and would like to thank Ed Jurgrau of Shoe Train at Cabin John Shopping Center for supporting our runners and providing us with a wonderful shoe raffle. Ethan C. Miller was the winner of the new pair of athletic shoes! And, CONGRATULATIONS to all of the kids that showed up and finished the 1 mile Halloween Young Run on such a cold and miserable day – you were all amazing! We would also like to thank Judith Asner, MSW, LCSW-C for speaking at our PTA meeting in October on the Pros and Cons of Rewarding with Food. If you would like a copy of the handout, please e-mail [jodybmiller@hotmail.com](mailto:jodybmiller@hotmail.com).

## The Truth about High Fructose Corn Syrup

Jennie McCary, MS, RD, LD

A mom tells another mom that the drink she is pouring has high fructose corn syrup (HFCS) in it, to which the pourer says “So?” Then the first mom shakes her head and realizes she really can’t back up her original objection. The drink pourer mom then goes on to assure her that HFCS is natural and safe for children. You may have seen this and similar TV or print ads touting the safety of HFCS. The Corn Refiners Association has launched a multi-media campaign in response to misperceptions about HFCS. This has led to confusion among consumers who are already concerned about the amount and type of carbohydrate they consume. How would you respond to the above scenario? Are these concerns really justified or is it all hype? Let’s explore some recent sweet facts about HFCS.

HFCS tops the ingredient list of many processed foods and sweetened beverages and has received a great deal of attention for contributing to America’s obesity problem. HFCS is a sweetener derived from corn syrup. Despite what its name implies, HFCS has no more fructose than table sugar or honey and provides the same amount of calories. The only difference between the “natural” sugar found in table sugar or honey and HFCS is that HFCS is created in a chemical process.

Does HFCS lead people to overeat and store fat more than table sugar or honey? Many people think so but the current evidence does not support this. What studies do show is that like other refined sugars, HFCS can increase blood triglyceride levels. The bottom line: All caloric sweeteners produce the same kinds of responses when it comes to appetite and fullness. Like all caloric sweeteners, HFCS provides added sugar and calories and can lead to weight gain if consumed in excess.

When pouring a beverage for your child, keep in mind that fruit juices made from concentrate form contain just as much fructose as drinks made with HFCS. Of course, fruit juices and concentrates used to sweeten food products are definitely a more nutrient-rich choice! And a diet high in HFCS is a diet high in processed foods, which isn’t healthy for us. Cut back on caloric sweeteners by:

- Limiting sweetened beverages to no more than 8 ounces a day (less is better!)
- Choosing nutrient-rich sources of fructose, like fruit, over refined
- Drinking water, seltzer and nutrient-rich milk
- Drinking diet beverages made with a sugar substitute over those sweetened with high fructose corn syrup or sugar
- Diluting 100% fruit juice with water and skipping fruit drinks, -ades and cocktails altogether
- Drinking sports drinks only when necessary for competitive training
- Reading ingredient lists for high fructose corn syrup, fructose, sucrose, fruit juice concentrates and other added sugars.