



Beverly Farms Elementary School EAGLE EXPRESS

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a message
from the
president

Kate Wise

The first day of school! Even now as an adult, the first day of school has a certain magic to it that will never fade. The crunch of the first fallen leaves on the way to the school yard. Big yellow buses pulling up with eager young faces. Book bags stuffed with new textbooks and freshly sharpened pencils. And nothing personifies potential more than that very first clean sheet of notebook paper in a brand new notebook.

The PTA Board and Chairs have been busy this summer preparing for what every kid knows is the REAL New Year. We have enjoyed putting together the programs and events to keep the magic going throughout the year. We hope that you and your children will enjoy them and that some may even be inspirations to new heights in the world of art, science and athletics. We are always open to new ideas and suggestions as well, however, so please feel free to discuss new adventures with us!

I would like to personally thank all of the amazing volunteers that have worked so hard and stepped up to offer assistance. We absolutely could not be the best we can be without all of you. Your time and effort means a great deal to our students and to our teachers. I also would like to take the time to thank all of our staff at Beverly Farms, who work hard to not only teach our children the County Curriculum, but also to reach beyond the standard...and make a friend while you do so.

I am very excited and honored to work with the staff and PTA as the President. I hope this year that magic from the First Day will linger in the air a little longer, and that all of us will continue to work hard together to keep reaching beyond for our children.

introducing
the PTA
executive
board
2009-2010

- President..... **Kate Wise** (kmtepasrn@aol.com)
- President-Elect **Kim Band** (kband@comcast.net)
- VP Programming.....**Leslie Misura** (leslie@hwtears.com)
- VP Fundraising **Jennifer Miller** (JRM5145@aol.com)
- Treasurer**Bita Mokhtari** (b_mokhtari@yahoo.com)
- Secretary**Joni Williams** (jonibobby@verizon.net)
- MCCPTA**Julie Shein** (sheinjulie@gmail.com)
- MCCPTA**Dayna Goldsmith** (daynaRG@gmail.com)

Administratively Speaking

by Dr. Beth Beth Brown and Ms. Karen Gregory

Welcome back! We are so excited to start this year and we, the staff at Beverly Farms, thank you for the opportunity to serve and work with the students and families of this community. Thank you again to all of you who were able to attend our Open House Preview Sessions on Friday, August 28th. We want to extend a warm welcome to all of those who are new to our community and to those who are returning for another great year.

We are looking forward to another fabulous year here at Beverly Farms! We have spent the summer working to be ready for the return of our students and we are so excited to have them back at school with us.

We have what it takes to provide the best learning environment for our children. We have a highly qualified, effective, caring, and innovative staff that will continue to work in partnership with you to nurture a positive learning environment that focuses on our children. After all, it is about the children.



Guidance Greetings

by Robin Cooper

Welcome back! I hope you had a fun, restful summer. I am extremely excited to work with you and your children again this school year.

As your school counselor, I extend help to all children. The counseling program supports and complements the efforts of the classroom teacher to facilitate your child's learning and success in school.

I work with all the students through guidance lessons in the classroom and also with a number of students individually or in small groups. Individually, students may see me to discuss such issues as peer relations (i.e. teasing, bullying, friends not playing fair), school difficulties, self-esteem, anger or stress. I also meet with parents to help them deal with these same issues with their children.

The first small groups I will be doing during the month of September are groups for students who are new to Beverly Farms. A permission letter will be sent home the first week of school. If you have not signed your child up for this group and you would like your child to participate in the New Student group, please contact me at school.

If I can do anything to contribute to your child's happiness and success in school this year or help you in any way, please feel free to contact me at school (301) 469-1050. I will be glad to talk to you on the phone or arrange a conference at your convenience. Have a wonderful school year!

Be in the (Traffic) Loop & Keep Our Children Safe

- Please do not park illegally in front of the school.
- Please drop off your children by 8:40 am. Pick up is at 3:05.
- Please do not drop off or pick up your children on Post Oak Road or the gym parking lot.
- Please do not get out of the car. Your children should exit on the sidewalk side, where an adult can assist.
- Please do not talk on your cell phone while driving in the car loop area.
- Walkers exit at the art room door. Car pool pickup children exit at the APR/lunchroom door by the loop.
- When it rains, please be patient. More parents choose to drive their children to school on rainy days.

Beverly Farms Economic Stimulus Plan is here!

Get ready for our biggest fundraiser of the year

Beverly Farms PTA is again partnering with Innisbrook, a family-owned company with a unique and innovative selection of products, an easy online ordering system, and wrapping paper that is printed on recycled paper!

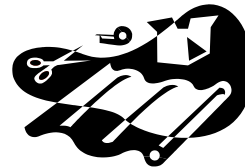
We're excited to get started and raise money for all the wonderful cultural arts programs that our kids love, including the very popular artist-in-residence. Remember, Beverly Farms earns **50%** on all of your purchases!

On Wednesday, September 9th, your child will be bringing home an envelope with everything you need to help support our school. Be sure to look for great gift ideas like tote bags, coffee, magazine subscriptions, chocolate, nuts, and, of course, wrapping paper.

Also, look for the cool prizes that will be offered! One lucky student from each class will win a special prize! Look for the 'lucky coupon' in one packet per class! Students will be called to the office on September 11th to pick up a 'goodie bag'! Students who sell just ten items will get a cool 'Smencil'!

This sale will end on September 28th! Don't forget to mark your calendars for Tuesday, October 27th for pick-up at school beginning at 3:00 pm.

Questions? Please contact Heather Strauch at 301-299-7489 or runbake@yahoo.com.



SEPTEMBER 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 7:00 PTA meet & greet, 7:30 PTA meeting	2 6:00-8:00pm back to school picnic	3	4	5
6	7 NO SCHOOL Labor day	8	9 [Innisbrook fundraiser begins] 7:00 back to school night	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28 [Innisbrook fundraiser ends] NO SCHOOL Yom Kippur	29	30			



Giving Back

Information from the Community Service Committee & the Green Team

Beverly Farms is committed to improving our energy conservation and recycling, and we look forward to participation from everyone in the community to do better and better!

We'd love to have new members to help serve on the Community Service Committee or with the Green Team. We welcome any level of participation, ranging from just receiving e-mails to leading some of our monthly drives.

Contact Monika Woods at mmwoods64@gmail.com or Lisa Burton Radzely at radz4@verizon.net if you'd like to join us... or just to pass along some ideas. Thank you!

Community Service Committee

We are gearing up for another great year of community service at Beverly Farms! Our first drive (now in progress!) is our annual **School Supply Drive** to benefit kids in low-income households in the county, through the Linkages to Learning program at Maryvale Elementary School.

Last year we had many great projects, including:

- Coat and food drives for students and families in the same program, Linkages to Learning
- A shoe drive to benefit the needy in Honduras,
- A great Help the Homeless walk to benefit Stepping Stones Shelter
- A Community Service Fair that had multiple projects to benefit many different groups

Green Team

The Green Team has big plans for this school year! We are hoping to get ideas from students, staff and families about more "green" ideas. Here are some of our successes from last year:

- We **increased our recycling percentage** by placing more recycling bins and signs around the school AND by increased effort by all students and staff. We also had multiple Waste Free Lunch Days.
- We had our first year in the National Audubon Society **GreenKids program**, which brings 2 years of teaching, specialized programs, and grant funding for improving our school's grounds. Some lesson themes included constructing worm bins (which K and 4th grade classes maintained for months), making green cleaners, paper making, and "deconstructing trash". Construction of our **new school nature trail** will likely begin this fall. Our lead teachers for this program are Ms. Tracey Gault and Mrs. Lisa Gould (previously Ms. Koenigsberg!), who will also help coordinate our application to become a Maryland "Green School."
- We continued our **collection of old cell phones and printer cartridges**, and joined the **Juice Pouch Brigade (and the Energy Bar and Cookie Wrapper Brigades as well!)** through **Terracycle**, collecting used drink pouches and wrappers. These are then used to make new products AND we get 2 cents apiece for the school! We were able to do this only because of the hard work and help of the fabulous lunch room aides and the amazing Ms. Tracey Gault.
- Our students continued to participate in several county-wide **poster contests to promote energy conservation and recycling**. Our school winners in the "Watt's Up" contest through Montgomery County Public Schools were Rachel Yakimov (K-2) and Nina Hazra (3-5).
- We had a multi-faceted **Earth Day celebration**, including Walk to School Day, and Wear Green and Blue in Honor of our Earth Day, and Waste Free Lunch Week. We also had several minutes of "lights out" in all the classrooms.



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.

The Secret to Better School Lunches

Nutritious and delicious school lunches kids will eat

By Kathleen M. Zelman, MPH, RD, LD

WebMD Weight Loss Clinic - Expert Column, Reviewed by Brunilda Nazario, MD

<http://www.webmd.com/food-recipes/features/better-school-lunches>

Back to school means scrubbed kids carrying shiny new lunch boxes. It also means stumped moms staring into the fridge, desperately seeking ways to sneak even a little bit of nutrition into their child's midday meal. Use your child's fist as a guideline to perfect portion sizes.

An ideal lunch is nutritious and has enough calories to fuel brain and motor activity but not too many calories, which can cause hyperactive or sluggish post-lunch behavior. It's time to think beyond two slices of bread. "Sandwiches are fine for the first few weeks, then the monotony sets in and you need to get out of the sandwich rut," says Ward. Here are some kid-approved nutritious favorites.

Hole Foods ▪ Top a cinnamon-raisin bagel with peanut butter and banana. Add a carton of yogurt and a few celery sticks.

Kool Kabobs ▪ Throw in kabobs of any type. Thread low-fat meat, low-fat cheese, pineapple and cherry tomatoes onto a stick. Include whole-grain crackers and a carton of milk.

Try a Tortilla ▪ Spread a low-fat tortilla with egg salad, shredded carrots and cucumber slices. Toss in a yogurt smoothie made with fruit.

Pocket Change ▪ Stuff a pita pocket with fat-free refried beans, shredded cheese, chopped tomatoes, or salsa. Add a carton of milk and fruit.

Layers of Fun ▪ Make your own parfait. In a tall, clear plastic glass. Include low-fat yogurt, fresh fruit and a high-fiber, crunchy cereal and trail mix of raisins, nuts and seeds for a lunchtime treat.

On a Roll ▪ Scoop out a whole-grain roll and fill it with tuna salad made with chopped apples and celery. Add cheese cubes, baby carrots, and 100% fruit juice.

It's a Wrap ▪ Place a slice of turkey, Swiss cheese, a few leaves of fresh spinach, and cranberry relish on a colorful wrap -- and then wrap it up! Add a can of tomato juice and a piece of fresh fruit.

Salad Days ▪ Toss in a single-serve bag of ready-to-eat salad with low-fat dressing, cubes of lean meat, cheese, and assorted veggies. Team with whole-grain bread sticks and a carton of low-fat milk.

Pack a Five-Star Lunch ▪ Balance and variety are the keys to packing a lunch kids will love. A healthy meal consists of an adequate serving of at least three of the following five food groups for balanced nutrition:

Dairy ▪ String cheese, cheese cubes, low-fat cottage cheese, low-fat yogurt, low-fat milk, pudding made with low-fat milk, calcium- and vitamin D-fortified orange juice.

Fruit ▪ Fresh fruit such as orange segments, grapes, strawberries, blueberries, pears, apples, dried fruit, 100% juice boxes, canned fruit cups in juice.

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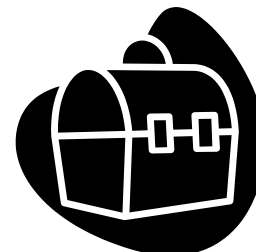
Vegetables ▪ Baby carrots, grape tomatoes, celery sticks, salsa, tomato juice, red bell peppers, broccoli.

Whole grains ▪ Whole-grain breads, tortillas, wraps, cereals, crackers.

Lean protein ▪ beans, nuts, seeds, turkey, chicken, tuna, lean lunch meat, peanut butter, veggie burgers, bean salad, hummus.

Banish Boredom

Think variety when packing school lunches. Children will delight to find a variety of their favorite foods in their lunch boxes. Kids love foods that are a surprise and stimulate the appetite. Make things interesting by packing a theme-based lunch based on a subject your child is studying in school. Shape sandwiches with cookie cutters to add interest. Anything they can dip makes eating more fun for kids, including fruit and veggies into yogurt, low-fat dressing, or salsa. Remember that we eat with our eyes. Food has to look as good as it tastes to get past your child's mouth. Prepackaged deli meals and snacks are convenient but are often loaded with sodium, fat, and sugar. Reserve these for occasional treats. Small portions of "extras" such as plain cookies, graham crackers, baked chips, or bite-size candy bars are perfectly fine additions that kids love. Low-fat chocolate milk has extra sugar but contains other valuable nutrients that can contribute to a nutritious meal.



Take a Food Field Trip

One way to increase the odds that kids will actually eat and enjoy a nutritious noon meal is to take Junior to the grocery store with you and together decide what should go into the lunchbox. Keep in mind that "F" is for both food and fun when it comes to school lunches to help make sure your kid gets an A in nutrition.

Baldwin's Basketball



Yes! Coach Baldwin is back to continue coaching basketball skills in the school's gym for the 2009-2010 school year. The emphasis is on participation, learning, and loving basketball. Fall, winter and spring sessions are offered at each grade level. Fall registration fills quickly and closes September 18th. There is a limit of 20 children per age group. Registration forms with detailed information will be handed out the first week of classes. Please contact Vasilia Contos at contosgeorge@hotmail.com.

Desperately Seeking Information?

There are many ways to learn the latest Beverly Farms news, updates, events and reminders. The publication you are now reading, the **EAGLE EXPRESS**, is a monthly newsletter published by the PTA eight times a year. It is distributed through our children's backpacks. The **GREEN SHEET**, also printed and distributed via our students, provides valuable information from the Administration on a weekly basis. The **EAGLET** is a list serve maintained by the PTA that sends out both PTA and Administration news via e-mail on an as needed basis. This is the fastest way to learn about school closings, meeting reminders, event changes and other important updates. Send an e-mail message to Eaglet-on@beverlyfarmspta.org to subscribe to this essential (and confidential!) list serve. And while you're at it, don't forget to visit the Beverly Farms PTA website at:

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



www.beverlyfarmspta.org