



# SHARKBYTES



The PTA Newsletter for the Families of Stonegate Elementary School NOV-DEC 2009

Dear Stonegate Families:

This combined Nov-Dec issue of Sharkbytes is chock full of news and resources we hope you will find useful. The PTA thanks all our contributors.

Special thanks to Colleen Roux (mom of second grader Jonathan), who responded to our call for contributions on what makes a great teacher. Colleen Roux says

“I firmly believe the 3 Cs make up a great teacher:

- Collaboration among students
- Communication with parents
- Continuation of professional development”

Help us continue to make this newsletter relevant to you — tell us the three things you most want to know as a parent so we can cover them in future issues. Deadline for contributions for the next issue is January 22, 2010.

Happy Holidays and Happy New Year.

Meena Dayak  
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## SHARK Interview with the Principal



—In this holiday season, a time to share memories and traditions, Sharkbytes asked Principal Audra Fladung to tell us about “School Then and Now.”

### INSIGHTS

**What did you dread most about school growing up that you’re glad is gone today?**

When we got in trouble with the teachers, we had to write a simple statement like, “I will not talk,” 100 or 200 times during recess. I hated that! My hand hurt so badly. Thank goodness we don’t do that any more.

**What are some good things about school today that you never had growing up?**

School today provides academic and social opportunities for a variety of learners. Teachers work hard to provide assignments and activities that meet a range of needs and interests. When I was in school, we all learned from one text, regardless of our levels or our learning style. School today also provides students with access to the larger world. With enhanced technologies, students can work more creatively and explore topics that stretch beyond their immediate community.

*continued on page 2*

## SHARK Interview with the PTA President



Sharkbytes invited PTA President Tammy Forsyth to also take a walk down memory lane to compare and contrast “School Then and Now.”

### CHAT

**What was cool about school when you were a student that you think is missing today?**

The one thing missing from school today and “kid life” in general is kids getting to be kids. I see parents wanting the best for their kids BUT are we really giving them the best? Are we really doing them more harm than good? I struggle with these questions every day! Is my son getting everything he needs... is he getting enough extra-curricular classes and sports... Are we doing enough “extra work?” I have found that when I have stepped back and not pushed so hard, my son takes huge steps. Sometimes it’s better for us to leave our kids alone to make mistakes and learn from those mistakes. I came across an interesting article in the November 20, 2009 issue of Time magazine that every parent should read, “The Growing Backlash Against Overparenting.” I think the answers lie somewhere in the middle.

*continued on page 2*

## Interview with the Principal

*continued from page 1*

### What are your favorite memories of school from your student days?

I have such fond memories of my teachers, in particular, Mrs. Cizek. She was my teacher for 2nd and 3rd grade. I was motivated by her enthusiasm and always wanted to make her proud. She, in turn, made learning fun and relevant. She held high expectations and demanded the best from me each day. Her patience was endless and her kindness abounded. I stayed in contact with her until I graduated from college. She is the reason why I became a teacher.

### How involved do you remember your family being when you were in school?

My family supported my homework efforts when needed, attended parent conferences, occasionally chaperoned field trips, and regularly joined me for special events at school. Unfortunately, they were unable to volunteer during the school day.

### What is one important thing you learned in school that you'd like to share with kids and parents today?

I learned that making mistakes is a part of growing up and that learning from those mistakes is critical. At an early age, my parents and teachers taught me that it is best to admit your mistakes and to take responsibility for your own actions. Lying was never tolerated and blaming others was unacceptable.

## Interview with the PTA President

*continued from page 1*

### What are some good things about school today that you never had growing up?

A good thing we have now that wasn't in school when I was growing up is the acceleration for students who need to be pushed and the extra help for kids who are falling behind. It's not all one way for all students.

### What are your favorite memories of school from your student days?

My favorite memories from elementary school are playing with my friends and learning cursive!

### How involved do you remember your family being when you were in school?

I don't remember much involvement from my parents when I was growing

up. It could be that I was so wrapped up in my own life, I didn't notice it, or it could be they just weren't involved, like parents are today. I remember walking to school by myself and doing homework by myself.

### What is one important thing you learned in school that you'd like to share with kids and parents today?

While in school, I never looked at being picked on or teased as a learning experience. But looking back on it now, that was one of the most important things I learned — how to deal with it. Teachers or parents didn't step in to help teach us how to work it out. We just had to figure out, on our own, how to deal with mean kids and bullies. Even though it was very tough and painful, it has certainly made me a stronger person and more resilient.



*Despite a dreary economy, 311 parents and staff members joined the PTA this year, giving us the best numbers we have EVER had! Thank you all for understanding how important Stonegate PTA is to our children! Welcome and a special thank you to our newest PTA members who joined since October 2009.*

Atsede Aragaw  
Rahel Amanuel-Berhane  
Nancy and Robert Boyd  
Laura Campbell  
LaQuanda Walters Cooper  
Jackie Dechter, Keri Dunn  
Dilys Fossung-Ibrahim and Waziri Ibrahim  
Hope Kabik, Humaira Khan  
Sunhee Kim, Kavita Kodgi\*  
Tracy and Tom Meile  
Equar Negash, Louise Rubin  
Melany Smith\*, Hemkarey Tan  
Nopawan Vaca, Xiomara Vides  
Jessica and Andrew Willis  
Christina Zakarias\*

\* Added charitable contribution to the PTA.

There's still time to join — single membership \$20, family membership \$30. PTA membership forms are available at [www.montgomeryschoolsmd.org/schools/stonegatees](http://www.montgomeryschoolsmd.org/schools/stonegatees) (Go to Stonegate PTA and look under PTA News). Questions? Contact Stonegate PTA Membership Chair Patty Parachini at [pattyparachini@verizon.net](mailto:pattyparachini@verizon.net) or 301.879.0646.

# SHARK COUNSEL



## Stress, Depression and the Holidays: 10 Tips For Coping

**Acknowledge your feelings:** If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

**Reach out:** If you feel lonely or isolated, seek out community, religious, or other social events. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.

**Be realistic:** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, emails, or videotapes.

**Set aside differences:** Try to accept family members and friends as they are, even if they don't live up to all your expectations. Set aside griev-

ances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression too.

**Stick to a budget:** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Try these alternatives: donate to a charity in someone's name, give homemade gifts, or start a family gift exchange.

**Plan ahead:** Set aside specific days for shopping, baking, visiting friends, and other activities. Plan your menus and then make your shopping list to prevent last minute scrambling. And make sure to line up help for party prep and cleanup.

**Learn to say no:** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.

**Don't abandon healthy habits:** Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks. Continue to get plenty of sleep and physical activity.

**Take a breather:** Make some time for yourself. Spending just 15 minutes alone, without distractions, may

refresh you. Take a walk at night and stargaze. Listen to soothing music. Find something that reduces stress by clearing your mind, slowing your breathing, and restoring inner calm.

**Seek professional help:** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

*Jaclyn Berning, School Counselor,*  
**excerpts from The Mayo Clinic**



### Happy Birthday Stonegate Staff

Dec 3	Erica Steadman, First Grade
Dec 8	Ginny Bailey, Reading Initiative
Dec 19	Mary Altevogt, ESOL
Jan 6	Michael Burd, Fourth Grade
Jan 15	Denise Ross, Special Education
Jan 16	Alan Schneider, Special Education
Jan 20	Susanne Hart, Special Education
Jan 22	Cristina Marshall, Special Education
Jan 27	Evan Howard, Fifth Grade



## Stonegate Renovation Update

### Stonegate PTA Wins Improvements to Emergency Exits

Did you know that Stonegate currently has no safe exit for our wheelchair-bound students and their teachers if there is a fire or other emergency? Since 2008, Principal Fladung has been pushing Montgomery County Public Schools to build ramps in the front and back of our school so that these students can leave the building safely. The Stonegate PTA prepared testimony that was presented before the Board of Education in November 2009, noting the lack of ADA (Americans with Disabilities Act) accessibility for these students. Our testimony prompted a response from Board Member Huang, who specifically asked about the lack of a safe exit at Stonegate. As a result, MCPS has expedited plans for exit ramps, which will be built in the near future. The PTA is proud to work with our principal on behalf of our LFI students and all our kids.

Patty Parachini  
Northeast Consortium  
Representative for Stonegate  
pattyparachini@verizon.net or  
301.879.0646.

*In November 2009, the Stonegate PTA submitted this letter to the Montgomery County Public Schools Board of Education requesting that Stonegate be assessed for renovation.*

Dear MCPS Board of Education Members:

We write on behalf of the Stonegate Elementary School PTA, which requests that the MCPS Board of Education authorize a FACT [Facilities Assessment with Criteria and Testing] assessment for our school.

Stonegate ES was built in 1971, making the building 38 years old. While we are grateful for the bathroom renovations and gymnasium we have received, our classrooms are not large enough for our ever-increasing enrollment, and there are unacceptable problems with the majority of the building, such as:

- windows that are old and drafty, that provide no energy efficiency
- a leaking roof over main entry hallway;
- chipping paint in most classrooms;
- cracking classroom and hallway walls; and
- leaking sinks and old plumbing that often backs up.

Furthermore, while projected enrollment for this year was 431, we have enrolled 471 students. Stonegate houses four portable classrooms. With an increase in shared housing and students leaving private schools in our neighborhood, we anticipate similar trends in the coming years. Our school building is simply too small to accommodate the number of students we have.

Significantly, Stonegate provides little ADA accessibility, despite having a robust LFI program with two wheelchair-bound students. There is no exit ramp or path in the front or the back of building, potentially creating a very unsafe environment for those students.

The safety of our students is paramount. We would like security cameras as well as a secured entry system for the main entrance. Vandalism at Stonegate has occurred repeatedly. While MCPS has budgeted security camera installation for middle and high schools, elementary schools are not included in this plan.

We understand that MCCPTA is asking that MCPS consider a re-evaluation of the way FACT scores are assigned. We support this endeavor and urge that this be done with due haste so that Stonegate may be assessed as soon as possible.

We are proud of our teachers and staff at Stonegate, who do a great job teaching our kids. Nevertheless, our school building is significantly outdated and cannot support new technologies to help our students learn. We respectfully request that you consider these comments as you prepare your capital improvements budget. Thank you for your consideration.

Sincerely,

Patty Parachini, NEC Representative for Stonegate  
Tammy Forsyth, Stonegate PTA President



**The Stonegate PTA  
Silent Auction in Nov  
2009 was a huge  
success!**

**Thank you to our co-chairs**  
Debbie Mettam, Kim Wilson

**Thank you to our volunteers**  
Tammie and Terrence Thomas,  
Tammy Forsyth, Jane Smith,  
Kathleen Malloy, Karen Coyne

**Thank you to our webmaster**  
Robert Forsyth

**Special thank you to our donors**

*Stonegate Staff*

Mrs. Bailey, Mrs. Berning, Mr. Burd,  
Ms. Cheung, Mrs. Dantzler, Ms.  
Ficco, Ms. Fladung, Mr. Frailey, Mr.  
Frassrand, Ms. Ha, Ms. Heyman, Mr.  
Howard, Mrs. Madan, Ms. Manley,  
Mrs. Meadows, Mr. Micheli, Mrs.  
Muchnick, Mrs. Nguyen, Mrs. Poole,  
Ms. Retzos, Mrs. Safford, Mrs. Stead-  
man, Mrs. Thornes, Ms. Vancavage

*Stonegate Families*

Alison Crichton, Amy Rinker,  
Brenda Nesbitt, Bunke family, Cathy  
Stanton, Clarice Poole, Conae Lee,  
Coyne family, Enloe family, Forsyth  
family, Franklin family, Goldfogle  
family, Jim Logan, Kathleen Malloy,  
Kristina Huddle, Linck Family,  
Lisa Proctor, Matrice Browne,  
Perikles family, Seabold family,  
Shari Delaney, Shyla Shirodkar,  
Sodani family, Tammie and Terrence  
Thomas, Tim Proctor, Young family

**Very special thank you to our  
corporate donors**

ABC7 Broadcast Center, Accumedi-  
cine, Alice Stutzman, DDS, All for 1  
Sports, Argyle Country Club, Azucar  
Restaurant, Bermingham Portrait  
Studio, Bethesda Import Specialists,  
Black Restaurant Group, Blueberry  
Gardens, Brenda's Baskets, Brookville  
Inn, Buffalo Wings & Beer, Burnt  
Mills Sunoco, C&O Family Chess  
Center, California Tortilla, Camp  
Sonshine, Carpet & Vacuum Expo,  
Cheeburger, Cheeburger Olney,  
Cheesecake Factory, Choice Hotels,  
Chuck Brown, Color Me Mine, DC  
Film Society, Dream Dinners Clo-  
verly, Dry Clean Direct, Eggspecta-  
tions, Elite Dance Studio, Events  
Unlimited, Fitness Studio, Flawless  
Barber, Flowers Bakery, Freed Family  
Portraits, Funfit Derwood, Glen-  
mont Designs, GMS Airport Shuttle,  
Gonzaga Purple Eagle Basketball  
Camp, Hampshire Greens Golf  
Course, Hoover Fisher Florist, Host  
Hotels International, Hyatt Hotels,  
Ikona Studios, Irish Channel Pub,  
Jazzercise, Jim Johnson Studios, Kids  
After Hours, Kumon, Mama Lucia's,  
Maryland Science Center, Massage  
Works by Sherry Weber, Nest Café,  
Paul Kelner LCSWC, Proctor Fit-  
ness, Pulliam Engineering, Ricciuti's,  
Safeway Cloverly, Sakura Restaurant,  
Sang's Nails, Sears, Serenity MedSpa,  
Sharing Laughter, Shoppers Food,  
Silver Stars, Stonegate Swim Club,  
Strathmore Hall, Tom Stanton, DDS,  
Unity Woods Yoga, Vie de France,  
and White Oak Bowling Lanes.

*Please support these donors when-  
ever possible and tell them we ap-  
preciate their help with the Stone-  
gate Silent Auction.*

Thank you to everyone who bid on  
these great items!

**Thank you** to Wendy Enloe for  
chairing Family Fun Night and to all  
the parent and student volunteers  
that made this event a success. Thank  
you to Randy Staples for running  
sports, Carlotta Jarvis for the food,  
Danielle Sodani for heading up  
crafts, Karen McGuiness for bingo,  
Claudine Schiller for face painting  
and Jill Broer for managing admis-  
sions, and to Tammy Forsyth and  
Kim Perikles for support, advice, and  
last-minute help.

**Thank you** to Wendy Hewett —  
from Jaelyn Berning — for your time,  
dedication, and heart to help with  
various occasions at Stonegate, your  
help is valued.

**Thank you** to Media Center vol-  
unteers Kara Springer and Cathy  
Stanton — from Patricia Warnock-  
Stafford — for working so hard and  
helping everyone adjust to Mrs.  
Poole's shortened hours.

**Thank you** to Emma Nilsen and  
family for participating in Celebrate  
with Books to donate Living Color,  
a nonfiction book about amazing  
animal colors to the Stonegate Media  
Center. Emma's picture is now on the  
Celebrate With Books Wall of Fame.



## Kids Accomplish

**On the Academic Honor Roll for the First Quarter of 2009-2010**

**THIRD GRADE,  
MRS. JORANDBY**

*Principal's Award*

Noah Ferguson, Tamia Strickland  
Emily Troutman, Jordan Wallace

*Academic Honor Roll*

Luke Bunke, Abigail Huddle  
Adeoti Ibrahim, Selene Jordan  
Maya Kodgi, Peter Molloy  
Diego Motta, Zachary Murdock  
Khalel Robinson, Alyssa Roderick  
Sunil Surprenant

**THIRD GRADE, MS. LOPEZ**

*Principal's Award*

Shannon Lamb, Abigail Pierson

*Academic Honor Roll*

Brandon Adams, Yordanos Solomon  
Nabil Nganga, Takyiwa Forkkio  
Kevin Pereira, Preston Lim  
Miranda Greenan, Janet Truong  
Caroline Via, Alicia Clanton  
Oreofe Afolabi-Ojo

**THIRD GRADE, MRS. MADAN**

*Principal's Award*

Andrew Plevy

*Academic Honor Roll*

Valerie Bowles, Melanie Calderon  
Jordann Edwards, Geligne Franklin  
Neal Garud, Anna Goldfogle  
Julia Gonski, Carmela Gorres  
Aaron Hewett, David Hill  
Margaret Missig, Kathleen Renich  
Kobe Richardson, Harrison Seabold  
**FOURTH GRADE, MR. BURD**

*Academic Honor Roll*

Sarah Gao, Austin Gill  
Natasia Hogston, Abby Willis

**FOURTH GRADE,  
MRS. MORGAN**

*Principal's Award*

Michael Tang

*Academic Honor Roll*

Cecilia Doh, Lisa-Michelle Isimbabi  
Alex Morris, Mohammad Naqvi  
Katie Perikles, Max Redman  
Aaron Stanton, Maya Thomas

**FOURTH GRADE,  
MRS. THEBAUD**

*Principal's Award*

Jordan Kalai

*Academic Honor Roll*

Brooke Boyd, Brian Falatko  
Callan Logan, Suzanne Ndjoumbe

**FIFTH GRADE, MR. HOWARD**

*Principal's Award*

Marana Agoos, William Bridegum  
Caroline Lamb, Sarah Levendusky

*Academic Honor Roll*

Joseph Bunke, Brian Dennis  
Janae Glover, Jack Huddle  
Alexis Jordan, Ethan Miller  
Tiffany Nettleford, Ali Raza  
Erin Rego, Anna Schiller  
Melanie Springer, Shaina Turner  
William Wilson

**FIFTH GRADE, MS. MEADOWS**

*Principal's Award*

Tanner Murdock

*Academic Honor Roll*

Aranya Banerjee, L.J. Enloe  
Karina Flores, Amma Forkkio  
Mary Anne Kimani  
Brandon Levendusky  
Omeed Mariani, Marcelo Motta  
Alisha Nesbitt, Jenell Nickens  
Terran Ondiek, Joel Samuel  
Kristen Savary, Sophia Shaikh  
Tiffany Su, Tony Truong

**FIFTH GRADE,  
MRS. MUCHNICK**

*Principal's Award*

Lindsay Bridegum, Anisha Carr  
Jake Dunn, Drew Gatlin  
Hana Khan-Tareen  
Gunguk Kim, Natasha Kodgi  
Olivia Plihal, Sam Redman

*Academic Honor Roll*

Melvin Abangma, Samantha Broer-  
Sheldon Ellis, Sheryna Gandonou  
Eric Gonski, Alayna Jordan  
Orbell Keshishi, Edmund Park  
Rosa Pyo, Rourke Smith  
Marley Williams

## PTA MEETINGS

There will be NO PTA meeting in January. Next meeting on **February 2 at 7 pm** in the All Purpose Room at Stonegate Elementary and includes the **PTA Curricular Workshop on Math Programming at Stonegate**. All members are welcome. Free kids activities at the back of the room.

- Feb 2
- Mar 2
- Apr 7
- May 4
- Jun



## Beat the Winter Blues with...

### ...Music

The winter season and the holidays offer many opportunities to enrich your life with music:

- Get outside and hear some live music — check out the Kennedy Center’s daily free shows at [www.kennedy-center.org/programs/millennium/schedule.html](http://www.kennedy-center.org/programs/millennium/schedule.html)
- Make some music of your own — sing along with the radio, sing in the shower, or gather some friends and go caroling. Spend some time playing your favorite instrument, or stop by a music store and try out some new instruments that you’ve never played before.
- Explore some music-related websites on those bad weather days — to see some of my favorite music sites for kids, check out my links on the Stonegate website at [http://www.montgomeryschoolsmd.org/schools/stonegatees/2009-2010/Music/index\\_music.shtm](http://www.montgomeryschoolsmd.org/schools/stonegatees/2009-2010/Music/index_music.shtm)

Don’t forget to include music (CDs, instruments, concert tickets, etc.) on your holiday gift list! You can’t go wrong with the gift of music.

*Pete Frassrand,  
General Music Teacher*

### ...Art

This holiday season, make a family trip to an art museum, many area museums offer great kids’ activities and interactive features:

- The National Gallery of Art in Washington, D.C., [www.nga.gov/](http://www.nga.gov/) Click on NGA kids. This is my favorite site.
- The Baltimore Museum of Art, [www.artbma.org/families/index.html](http://www.artbma.org/families/index.html). Henri Matisse, an artist I will teach this year, is one of their current exhibits.
- The Walters Museum in Baltimore, [http://thewalters.org/programs\\_art\\_museums/programs\\_family.aspx](http://thewalters.org/programs_art_museums/programs_family.aspx)

*Carmela Thornes,  
Art Teacher*

### ...Exercise

During the winter, it can be difficult to get outside for your daily exercise. Here are some ideas to help you stay active and get the family involved:

- Create an indoor or outdoor obstacle course that the whole family can try.
- Take a family walk in the neighborhood.
- Plan a weekend drive to Sugarloaf Mountain, the beautiful view is worth the 2-mile hike to the top.
- If it snows, get out and go sledding or help shovel some driveways — snow makes your muscles work harder.

When you go outside, make sure you bundle up nice and tight.

*Clifton Frailey, PE Teacher*



### Check it Out

Go to the Stonegate Elementary School website at [www.montgomeryschoolsmd.org/schools/stonegatees](http://www.montgomeryschoolsmd.org/schools/stonegatees) and visit the Media Page (under Class Pages) to check out

- Book reviews posted by third, fourth, and fifth graders
- Books that fourth and fifth graders nominated for Funniest and Scariest Awards — YOU can vote on their picks.

### Black Eyed Susan Club

We have had great participation in the Black-Eyed Susan Club this year. Fourth and fifth graders have had one lunch meeting, and another is scheduled in December for all who have read at least two of the books. Here are the members of the Black-Eyed Susan Club and the number of books they have read:

Abbigail Willis 8  
Adraina Triplet 7  
Alayna Jordan 1  
Ami Agnihotri 1  
Aranya Banjeree  
Aranya Banjeree 1  
Austin Gill 8  
Brian Falatko 1  
Danielle Wolk 2  
David Singleton 7  
Drew Ardizzone 2  
Drew Gatlin 1  
Eric Gonski 3  
Erin Rego 1  
Gunguk Kim 4  
Halely Fleischer 3  
Hana Khan-Tareen 1  
Jake Dunn 4

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continued from page 7

- Jillian Benjoar 1
- Jordan Kalai 8
- Katie Mettam 1
- Katie Perikles 3
- L.J. Enloe 6
- Lindsay Bridegum 2
- Marley Williams 1
- Matthew Brooks 1
- Nameless Paper from Morgan
- Natasha Kodgi 3
- Olivia Plihal 1
- Reynold Bascal 3
- Rosa Pyo 6
- Rourke Smith 4
- Sam Redman 3
- Samie Broer 1
- Shaina Turner 1
- Sheldon Ellis 1
- Sheryna Gandonou 1
- Stephanie Mendez 1
- Tanner Murdock 7
- Tiffany Su 1
- Tony Tuong 2
- Waziri Ibrahim 9

### Great Gifts

A book is a wonderful gift! A personalized inscription can make a thoughtfully chosen book even more special. I still laugh about the Dragon Riders book my sister gave me with the inscription, "Don't ever get too old to volunteer to be a dragonrider!" A book on CD is also a great gift. Younger children may enjoy a book/CD combination with chimes to signal the time to turn the pages. An even better gift is a promise to read together.



Get all these exciting events on your calendar NOW — there's plenty of fun and learning in store for you.

## BUZZ, BUZZ, BUZZ

### Stonegate Second Annual Spelling Bee

The second annual Stonegate Spelling Bee is scheduled for Saturday, March 20, 2009, 1 – 5 pm in the All Purpose Room.

The Spelling Bee is open to grades 2 through 5 and each grade will have a winner. We will follow the Scripps National Spelling Bee rules. Prizes will be limited to ribbons and certificates. An after school academy may be offered to help kids practice — watch for details.

We need volunteers for after school academy teachers and assistants and to help with ribbons as prizes, certificates as prizes, certificates of participation, numbers and hanging display tags, food and drink sales, donations of drinks and snacks, setup, and cleanup. Volunteer hours will count as community service for high school students.

*For more information and to volunteer, contact Spelling Bee co-chairs — Debra Gonski at [dgonski@verizon.net](mailto:dgonski@verizon.net) or Charon Wallace at [Charon47@msn.com](mailto:Charon47@msn.com).*

## SWING, JIVE, TWIRL Stonegate Kids' Ball

Mark your calendar for Friday, January 22, 6:30 – 8:30 p.m. for the Stonegate Kids' Ball (snow date is Friday, January 29) This year, our ball will have a Valentine's Day theme, so dress your best — don't forget the hearts and lots of red and pink! This is not a drop-off event. Parents must stay with their children throughout the dance.

We need volunteers — middle schoolers who volunteer can earn community service hours.

*For more information and to volunteer, contact Stonegate Kids' Ball co-chairs Clare Goldfogle at [clynam@powelltate.com](mailto:clynam@powelltate.com) or Jane Smith at [jane.smith@comcast.net](mailto:jane.smith@comcast.net)*



## GET INVOLVED

### Brrrrrrr....! Let's warm 'em up

We need parent volunteers to help serve hot chocolate to our 5th grade patrols on mornings when the temperature drops below 32 degrees. We need two adults each on Tuesdays and Thursdays, 8:20 – 9:00 am (decisions are made by 7:30 am). Volunteers will make the hot chocolate, notify patrols, serve the hot chocolate from the All Purpose Room, and clean up.

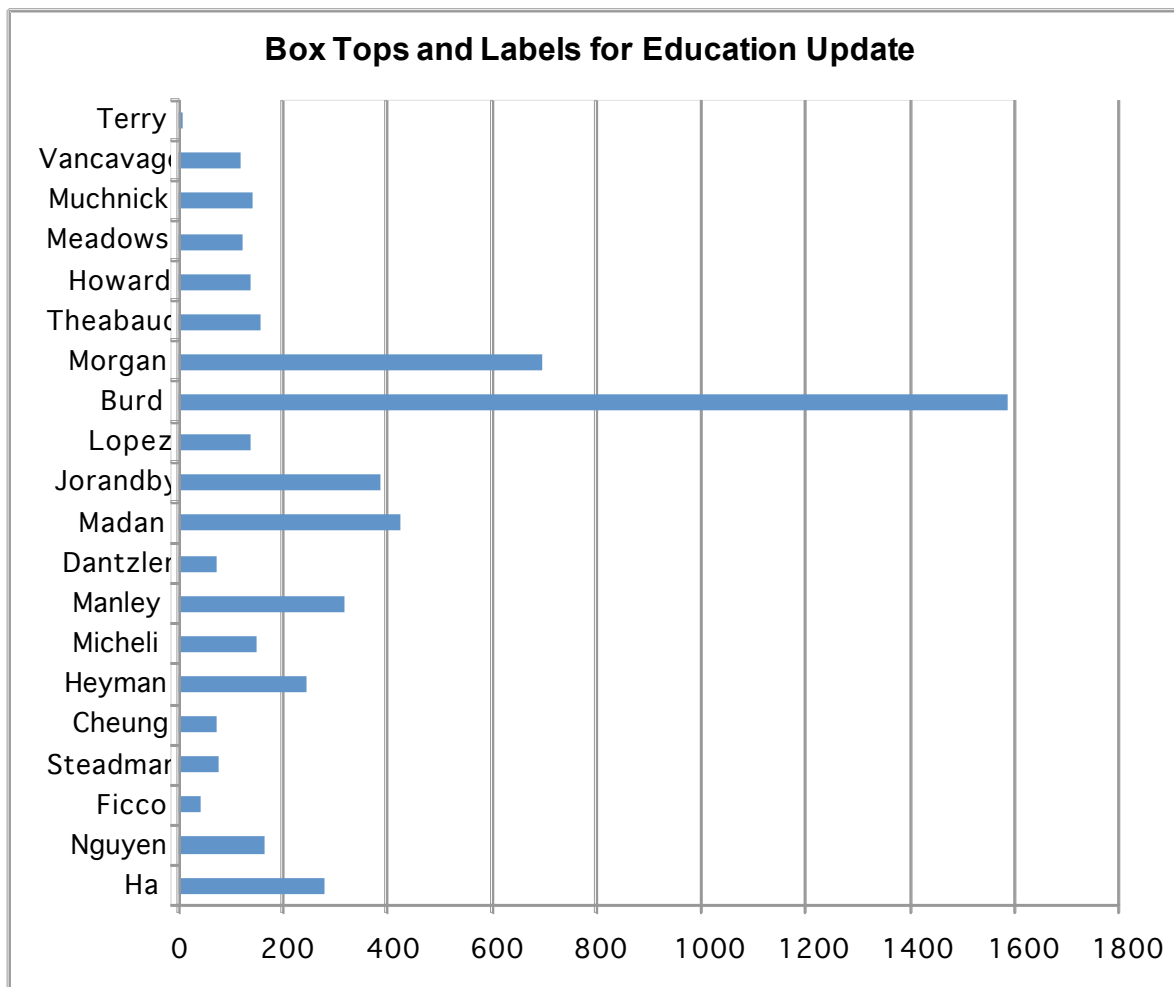
*To volunteer, contact Claudine Schiller at [schillerclaudie@aol.com](mailto:schillerclaudie@aol.com)*



## Ice Cream Party Update



The class that collects the most Box Tops and Labels for Education this year wins a special ice cream party! As you can see from the chart below, Mr. Burd’s fourth-grade class has been turning in Box Tops and Labels at an impressive rate — with a current total of 1,588! But it is only December so there is still plenty of time to catch up and win that Ice Cream Party for your class. So keep on cutting those Box Tops and Labels, and remember — no matter who wins, the more we collect, the more Stonegate benefits.



## How to Receive MCPS Emergency Information

### QuickNotes

To receive emergency announcements via email, sign up for QuickNotes at [www.montgomeryschoolsmd.org](http://www.montgomeryschoolsmd.org). Subscribers also will receive a free monthly e-newsletter with useful information on programs and activities for students, and opportunities for parents to get involved. All information is available in six languages.

### Alert MCPS

Alert MCPS provides you with emergency information about school operations via text messages (i.e. SMS text or email messages) to devices you register, such as cell phones, smart phones, and pagers. Signing up for Alert MCPS is free, but your wireless carrier may charge you a fee to receive text messages. Weather-related messages are sent in English and Spanish. Sign up at <https://alert.montgomerycountymd.gov>. This service is part of

Alert Montgomery, provided by the Montgomery County government.

### Twitter

A Twitter account allows you to follow MCPS updates on your computer or on your cell or other mobile device. Twitter updates include emergency messages and other school system news. Sign up at [www.twitter.com](http://www.twitter.com)

### MCPS Web

Log on to [www.montgomeryschoolsmd.org](http://www.montgomeryschoolsmd.org) for changes in school operations due to weather conditions or other emergencies. Messages are posted in English and Spanish.

### Recorded Information Line

For a recorded message on changes in school operations due to weather and other emergencies, call 301.279.3673.

### MCPS Cable TV

Emergency messages, news about MCPS, coverage of Board of Education meetings, and more are provided on Comcast Cable Ch. 34, Verizon FIOS Ch. 36, and RCN Ch. 89.

### MCPS Newsfeed

Receive alerts and news on your computer by signing up at: <http://stage.montgomeryschoolsmd.org/info/newsfeed/>

### TV and Radio: Local Stations

Tune in to local TV and radio stations for information.

Please make sure that your school has your current contact information (e-mail, home, work, and cell phone), so that you can be reached in an emergency.



*Michelle Calvo recommends you try this healthy and delicious recipe from Campbell's Kitchen and don't forget to turn in Labels for Education to earn free educational equipment for Stonegate.*

### Chicken Broccoli Twist

Prep: 10 minutes. Cook: 20 minutes.  
Serves: 5

#### Ingredients

3 cups uncooked corkscrew-shaped pasta  
2 cups broccoli flowerets  
2 medium carrots, sliced (about 1 cup)  
1 can (10 3/4 ounces) Campbell's® Condensed Cream of Broccoli Soup  
1 3/4 cup Swanson® Chicken Stock  
1 teaspoon garlic powder  
1/4 teaspoon ground black pepper  
2 cans (4.5 ounces each) Swanson® Premium White Chunk Chicken Breast in Water, drained  
1/4 cup grated Parmesan cheese

#### Directions

Prepare the pasta according to the package directions in a 3-quart saucepan, without salt. Add the broccoli and carrots for the last 5 minutes of the

cooking time. Drain the pasta mixture well in a colander. Return the pasta mixture to the saucepan.

Stir the soup, stock, garlic powder, black pepper and chicken in the saucepan. Cook over medium heat until the mixture is hot and bubbling. Sprinkle with the cheese.

**Serving Suggestion:** Serve with romaine salad tossed with fresh chopped basil and Italian salad dressing. For dessert, serve vanilla yogurt.

#### Nutrition Information

Using Campbell's Condensed Cream of Broccoli Soup — Calories 325, Total Fat 5g, Saturated Fat 2g, Cholesterol 30mg, Sodium 888mg, Total Carbohydrate 49g, Dietary Fiber 4g, Protein 20g, Vitamin A 102% DV, Vitamin C 24% DV, Calcium 10% DV, Iron 13% DV



## WITH BOOKS.....

Have a child's birthday or other special event coming up? Mark the occasion by donating a hardcover book to the Stonegate Media Center in his or her honor.

Send in this form with a check for \$15.00 (payable to the Stonegate PTA) to the school office in an envelope marked "PTA – Celebrate With Books." The Media Specialist will buy a book on the Media Center's wishlist and put a personalized bookplate on the front cover to acknowledge your donation.

BOOK BEING DONATED IN HONOR OF: \_\_\_\_\_

DONATED BY: \_\_\_\_\_

CHILD'S TEACHER: \_\_\_\_\_

OCCASION/REASON: \_\_\_\_\_

BIRTHDAY (if that is the occasion): \_\_\_\_\_

CHILD'S FAVORITE BOOK AND AUTHOR: \_\_\_\_\_

TYPE OF BOOK DONATED:

FICTON

ADVENTURE \_\_\_\_\_

HISTORICAL \_\_\_\_\_

REALISTIC \_\_\_\_\_

ANIMAL \_\_\_\_\_

FANTASY \_\_\_\_\_

SCIENCE FICTION \_\_\_\_\_

MYSTERY \_\_\_\_\_

OTHER \_\_\_\_\_

NON-FICTION

NATURE \_\_\_\_\_

SCIENCE \_\_\_\_\_

ARTS/CRAFTS \_\_\_\_\_

BIOGRAPHY \_\_\_\_\_

SPORTS \_\_\_\_\_

POETRY \_\_\_\_\_

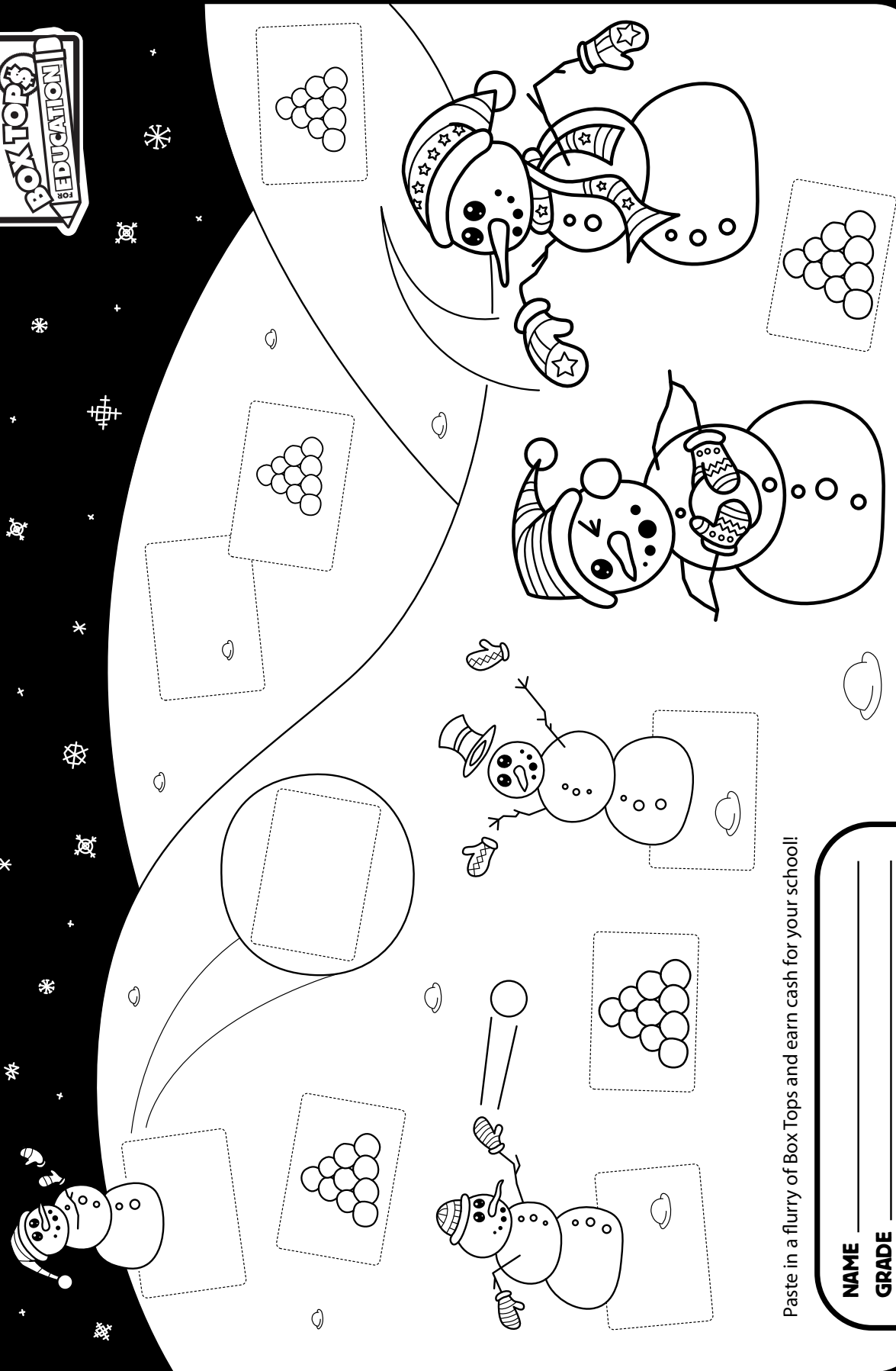
FOLKTALE \_\_\_\_\_

OTHER \_\_\_\_\_

Questions: Contact Suzanne Redman at [suzanne.redman@verizon.net](mailto:suzanne.redman@verizon.net) or 301.570.9092.



**HOORAY FOR SNOW DAYS!**



Paste in a flurry of Box Tops and earn cash for your school!

NAME \_\_\_\_\_  
GRADE \_\_\_\_\_  
TEACHER'S NAME \_\_\_\_\_