



# The Lion's Den

Bethesda Elementary School & Parent Teacher Association (PTA) Newsletter

Issue 6

November 18, 2011

## Principally Speaking...

Dear Families-

It is hard to believe that we are already approaching the end of November! This month we have piloted some additional recess activities with the help of parent volunteers and staff from *Wonders*. Every Tuesday and Friday, students in grades 2-5 have been bringing their bikes and scooters to participate in Wheels Day. Thank you to Cecil Calliste, from *Wonders*, for helping to support this opportunity for BE students and the parent volunteers who have joined us during recess. Students have also been enjoying participating in Art and Science Exploration activities thanks to the support of our parent volunteers. We continue to need your help! If you are interested in volunteering, please contact Kristine Donohue by email at [Kristine\\_L\\_Donohue@mcpsmd.org](mailto:Kristine_L_Donohue@mcpsmd.org).

Wishing all BE families a lovely Thanksgiving holiday with family and friends.

*Lisa Seymour*



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## Calling all Volunteers...

New Recess Activities at Bethesda Elementary!

- **Wheels Day**~ Students bring their own bikes or scooters to ride on the blacktop in the bus area. This takes place on Tuesdays at 12:30-1:00(for 2nd grade ) and 1:00-1:30 (for 4th grade) and on Fridays at 12:30-1:00 (for 3rd grade) and 1:00-1:30 (for 5th grade).
- **Exploration & Drawing Station**~ Students explore and observe their environment with science and art materials. This takes place on Tuesdays and Fridays at 12:30-1:00 and 1:00-1:30.
- **Field Group Games**~ Students play with the parachute, scarf tag, walk a mile, and other games. This takes place on Tuesdays and Fridays at 12:00-12:30 and 12:30-1:00 and 1:00-1:30.

Come monitor one of these exciting opportunities! If you are interested, contact Kristine Donohue directly by email at

[Kristine\\_L\\_Donohue@mcpsmd.org](mailto:Kristine_L_Donohue@mcpsmd.org)

### Important Dates:

- November 23, 2011  
EARLY RELEASE DAY  
(students dismissed at 12:35 pm)
- November 24th & 25th  
NO SCHOOL  
HOLIDAY- THANKSGIVING
- December 6th  
PTA MEETING- 7:00 PM  
Science Fair Information Night





<http://www.montgomeryschoolsmd.org/departments/parentacademy/>

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<b>11/21/11</b>	<b>6:30–8:30 P.M.</b>	<b>Computer Smart (part 5 of 5)</b>	<p><b>Earle B. Wood MS</b></p> <p>14615 Bauer Dr., Rockville 20853</p> <p>Explore the MCPS website and online resources, set up an Edline account, and learn about Microsoft Office programs in this beginning-level workshop. Facilitate by an MCPS technology teacher</p>
<b>12/1/11</b>	<b>7:00–8:30 P.M.</b>	<b>Understanding Severe Irritability and Bipolar Disorder in Children &amp; Youth</b>	<p><b>Westland MS</b></p> <p>5511 Massachusetts Ave., Bethesda 20816</p> <p>Kenneth Towbin, M.D will discuss what parents can do to help a child who is struggling with irritability (severe temper tantrums and rages) and “hyper” behavior (distractible, hyperactive, trouble sleeping), understanding treatment options, and current research in pediatric psychiatry conducted at the National Institutes of Mental Health (NIMH).</p>

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## Curriculum 2.0 Information Nights:

[Curriculum 2.0](#) has been developed to create a more exciting learning experience for our students in Grades K-5. Built upon the existing Montgomery County Public Schools (MCPS) curriculum, Curriculum 2.0 blends reading/language arts and mathematics instruction with lessons in science, social studies, music, art, and physical education in a way that spurs creativity and critical thinking skills. Come learn about the new curriculum at one of the following sessions:

**Thursday, December 1– 7:00– 8:30pm**

**Sligo Creek ES, 500 Schuyler Rd., Silver Spring 20910**

**Thursday, December 15– 7:00– 8:30 pm**

**Roscoe R. Nix ES, 1100 Corliss St., Silver Spring 20903**

**Eligibility:** All students in **Grades 2 through 8** are eligible to enter a **previously unsubmitted short story and/or poem written within the 2011-2012 school year**. Each entry may have only one author, and only one entry per author may be submitted for each category.



## **Student Guidelines**

Entries must be the student's **original, own work**. Peers or adults may provide editing assistance (spelling, punctuation, etc.), but revisions should be student generated.

All entries must be submitted **double-spaced**, with no less than **12 point** font using either **Times New Roman or Comic Sans** font.

Each short story entry may range from a minimum of two (2) paragraphs to no more than three (3) typed pages.

Each poem entry will consist of a single poem, which may be any style or length. Entries must **not** include graphics.

## **Submission Guidelines**

All entries must include a **completed Cover Sheet** signed by the student author, parent, and sponsoring teacher. Classroom teachers will have forms available. Each school will have its own **mini-contest** and will submit a **maximum of two entries from each genre and grade**—i.e., two short stories and two poems from grade 2, two short stories and two poems from grade 3, etc..

All entries **must be submitted by school personnel following a school mini-contest**.

## **Deadline**

Entries **must** be received by Mrs. Sanchez by **Wednesday, December 8, 2011**.

## **Selection Criteria**

Entry meets all of the above guidelines.

Story reflects creativity and appropriate use of language and short story structure.

Poem reflects creative and appropriate use of language and imagery.

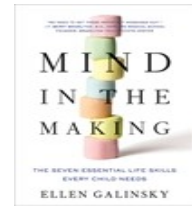
Entries of a violent nature will be deemed inappropriate and will be disqualified.

## **Questions?**

Please contact Karen Sanchez@ Karen\_G\_Sanchez@mcpsmd.org

## You Are Invited to Attend Bethesda Elementary School's Parent Book Club

Please join us on January 30<sup>th</sup> and March 26<sup>th</sup> from 7:00 -8:00!



Mind in the Making, Ellen Galinsky

Galinsky (*Six Stages of Parenthood*; *Ask the Children*) has spent her career observing and analyzing how children learn. Collaborating with top researchers in the science of childhood brain development for the past decade, she identifies seven life skills that help children reach their full potential and unleash their passion to learn. The skills are presented in a readable and accessible volume enlivened by parents' narratives about what works and what doesn't, hints and tips, and over a hundred suggestions (games and family activities) for involving kids in the pursuit of learning. Each of seven chapters focuses on one skill, most of them involved with the executive (or management) function of the brain, such as focus and self-control, communicating, and critical thinking. Galinsky urges parents to instill in their children a grasp of different kinds of knowledge to best tap inborn sense and foster self-motivation. The big message is simple: teaching children to think may be the most important thing a parent can do. It doesn't take a village and it doesn't require fancy courses or equipment—Galinsky's every day, playful, parent-child learning interactions offer a place to start. Some of the advice may seem self-evident, but it is a valuable, worthwhile resource. (Apr.)

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RSVP to Karen Sanchez at [Karen\\_G\\_Sanchez@mcpsmd.org](mailto:Karen_G_Sanchez@mcpsmd.org) or by calling 301.657.4979.

**Books may be ordered by Mrs. Sanchez. The cost is \$13.50. Checks may be written to INTAC, Inc...The deadline for ordering a copy of the book is November 23, 2011.**

## About the book

Every decade or so, a book comes along that completely changes how we parent. From Dr. Spock's *Baby and Child Care* to T. Berry Brazelton's *Infants and Mothers*, these landmark books have influenced our thinking about how children learn and develop and have dramatically transformed how we nurture our children's social, emotional and intellectual growth.

We are now poised to take another major step in our understanding of how children learn and how parents can help with the April 2010 publication of *MIND IN THE MAKING: The Seven Essential Life Skills Every Child Needs* (HarperStudio) by Ellen Galinsky, president of the Families and Work Institute. Bringing together all of the new science of child development in an understandable way, Galinsky offers a groundbreaking parenting book – one that will alter the way we raise and teach our children while showing us (instead of telling us) how to go about it.

For the last eight years, Galinsky has worked with the top researchers in the field, filming their experiments and studying their results in an unprecedented collaborative effort to bring the science of early learning to families and to the professionals who work with children. In *MIND IN THE MAKING*, she shares what they have learned and how they have learned it. But then she takes their findings a step further, identifying seven life skills that will help children reach their full potential in school, the workforce – and in life. Galinsky then shows parents how to instill these skills in their children by doing everyday things in new ways. **Page 4**

## Counselor's Corner:

Below is an update of programs that we are working on during classroom guidance lessons in each grade level:



### Kindergarten:

I have introduced all kindergarten classes to a puppet named I-Care Cat. I-Care Cat helps teach the importance of having friends, of sharing, and of working together peacefully. We work on developing these skills through exercises and practice. Students have begun to learn I-Care Cat's 5 important rules:

1. We listen to each other.
2. Hands are for helping, not for hurting.
3. We use I-Care language.
4. We care about each other's feelings.

We are responsible for what we say and do.

Throughout the next few months I will introduce and work on each rule during classroom guidance lessons. Be sure to ask your child about I-Care Cat and all of the important lessons he is teaching our kindergarten students!

### First Grade:

Students in 1<sup>st</sup> grade have met my friend DeBug. He helps teach students what to do when someone is teasing or "bugging" them. DeBug has five steps that can be done when someone is bugging you:

1. Ignore
2. Move Away
3. Talk Friendly ("I feel \_\_\_\_\_ when you \_\_\_\_\_. I want you to \_\_\_\_\_.")
4. Talk Firmly ("I really don't like \_\_\_\_\_. Please stop it!")

Get Adult Help

Students practiced role-playing these steps in class. Be sure to ask your child about the DeBug steps and help them to practice at home!

### Second, Third, Fourth, and Fifth Grade:

Students in these grades are working together to create a bully free classroom. In doing so we are trying to promote a positive environment where everyone feels safe, accepted, and valued. We have begun by defining what bullying is and naming bullying behaviors. We at Bethesda ES are committed to prevention and intervention of bullying.

*Mrs. Nicholson*

Looking for something new to do at recess?

**Field Group Games**

Every Tuesday and Friday  
play with a parachute



play scarf tag



and other games...

**Wheels Day**

Every Tuesday and Friday  
(2<sup>nd</sup>-5<sup>th</sup>)  
ride your bike or scooter



*Schedule for Wheels Day*

Tuesday:

2<sup>nd</sup> and 4<sup>th</sup> graders

Friday:

3<sup>rd</sup> and 5<sup>th</sup>

graders

Remember your helmet

**Exploration and**

**Drawing**

Every Tuesday and Friday  
(2<sup>nd</sup>-5<sup>th</sup>)

explore your  
playground



use microscopes



use magnifying glasses



draw your observations





The Nic-o-boli fundraiser will be extended due to the low number of orders we have received.

We are hoping to place the order after the holidays which will mean the orders will arrive late January/early February.

**So that means you can still order Nic-o-boli's!**

*Please go to [www.pay4schoolstuffonline.com](http://www.pay4schoolstuffonline.com)*

<<http://www.pay4schoolstuffonline.com>> or look for an order form in the Friday folders.

Those who have already placed orders, we will hold onto your checks until the order is placed. If you have any questions or concerns, please feel free to email me at [debrah@webstergroupinc.com](mailto:debrah@webstergroupinc.com)

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## **Bethesda Elementary Book Fair is coming to The Media Center!**



**Sunday, December 4 to Friday, December 9 - from 9am-4pm - our children will enter the BE Scholastic Book Fair which will be held in the Media Center.**

The Book Fair is a wonderful fundraiser, a great way to get affordable, age-appropriate books into our children's hands and a terrific chance to contribute to classroom libraries.

Please join us for the Book Fair kick off event on **Sunday, December 4 from 1-3 pm**. This is a great way to start your holiday shopping!! After you shop at the sale, enjoy yummy treats from the fifth grade bake sale. Also, we will be having special evening hours on **Thursday, December 8 from 6:30-8 pm**.

Be on the look out for more information about the Book Fair in the Friday Folders and the posters around school!

**Volunteers Are NEEDED to make this a successful event!!** Please contact Patricia Brown ([pw.brown@verizon.net](mailto:pw.brown@verizon.net)) or Jill Nemeroff ([jsnemeroff@yahoo.com](mailto:jsnemeroff@yahoo.com)) to donate any amount of time you can or if you have any questions. Thanks so much!

**See you all at the BE BOOK FAIR!!!**