



# The Lion's Den

Bethesda Elementary School & Parent Teacher Association (PTA) Newsletter

Issue 3

October 7, 2011

## Principally Speaking...

Dear Families-

It is great to see the sun shining as we jump into October! There are several Fall activities here at Bethesda, so make sure to check the Important Dates listed to the right and mark your calendars!



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October 10th, Columbus Day, is Open House! All are welcome between the hours of 9:30-11:30 AM and 1:30-2:30 PM. Although we will have many visitors on that day, we will make every attempt to maintain a learning environment that is conducive for students to think and learn. For this to happen, please understand that we are **unable to accommodate non-school age children**. Food and beverages are not permitted in the classrooms as well. Thank you for your cooperation and we look forward to seeing you on Monday, October 10th! Please make sure to stop by the BE PTA Used Book Sale. Tables will be set up in the front hall when you arrive.

Halloween is quickly approaching as well! Our school-wide parade and classroom parties will be held in the afternoon on Friday, October 28th. If you would like to request that your child not participate in the Halloween activities, please contact our school counselor, Mrs. Nicholson. The parade (and/or non-participatory activity) will begin at 1:45 and classroom celebrations will begin at 2:05. Due to activities and limited space, **only party coordinators** are invited to classroom celebrations. All parents and guests are invited to join us outside for the parade from 1:45-2:05. Please check classroom newsletters for specific grade level and parent volunteer information regarding classroom and/or grade level celebrations.

### Important Dates:

- October 10, 2011  
Parent Visitation Day
- October 21, 2011  
NO SCHOOL
- October 28, 2011  
Halloween Parade (1:45 PM)
- October 28, 2011  
Dance Night! (6-8 pm)
- October 31, 2011  
NO SCHOOL for students

*Lisa Seymour*

## From the PTA...

### DID YOU KNOW???

That your contributions to the PTA go towards....

Classroom instructional materials?

Updating and maintaining our school's technology?

Books for the Media Center?

The Science Fair?

After School Programs?

Please Contribute To The PTA's Lion's Pride Campaign!

**BETHESDA**



**ELEMENTARY**

Reply cards were sent home in Friday Folders on 9/23,

or please use this link to donate: <http://www.pay4schoolstuffonline.com>

Thanks! Your support makes a difference!



# LET'S DANCE!!!



The BE PTA invites you to a very scary

# Halloween FAMILY DANCE NIGHT

Friday, October 28th  
6:00-8:00pm  
in the BE Gymnasium!

## Dress in Costume

Pizza, snacks and water will be available for purchase.

**IMPORTANT NOTE:** No drop-offs please. This is a family dance and children (of all ages) need to be accompanied by a parent or guardian.

## From the PTA...



THE PTA IS OFFERING THE FOLLOWING AFTER-SCHOOL ACTIVITIES FOR THE FALL:

- CHESS CLUB (TUESDAYS)
- YOGA (TUESDAYS)
- IMAGINATION STAGE (TUESDAYS)
- AUDUBON SOCIETY (WEDNESDAYS)
- Beginning and Advanced ITALIAN (WEDNESDAYS)
- YOUNG REMBRANDTS (THURSDAYS) FULL
- LANGUAGE FUNDAMENTALS - FRENCH & SPANISH (THURSDAYS)

ACTIVITIES BEGIN THE WEEK OF OCTOBER 3<sup>RD</sup> (EXCEPT CHESS CLUB WHICH BEGINS SEPT 20th) AND LAST 8-10 WEEKS.

(The activity bus will be available starting Oct 11<sup>th</sup> on TUE/WED/THURS-it will not run the week of Nov. 7th)

Registration and a fee are required for the **After School Activities** listed above. Please contact the after school activities co-chairs for additional information and questions:

Megan FitzGerald  
[finleyfitz@comcast.net](mailto:finleyfitz@comcast.net)  
301-530-0283

Wendy O'Neil  
[woneil@getwellnetwork.com](mailto:woneil@getwellnetwork.com)  
301-656-3036



## BETHESDA ELEMENTARY PTA

### SCHOOL STORE

# ***Grand Opening!***

**Friday Morning, October 7**

In the lobby, outside the media center.

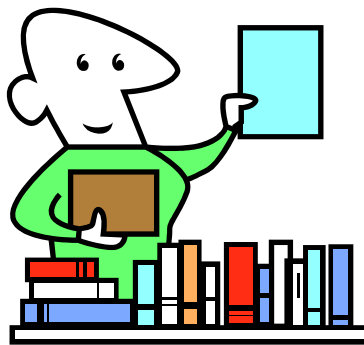
Most items cost less than \$1.00.

*Pens, pencils, erasers, and more!*



From the PTA...

It's FINALLY time for the  
**BE Used Book Fair**  
this Monday, October 10<sup>th</sup>!



**Please come and shop on Monday  
during Parents' Visiting Day!**

We have children's books, adult books, fiction,  
non-fiction, DVDs, CDs – a great selection  
thanks to all the great donations from the BE  
community.

All proceeds benefit the BE PTA.

## Group Counseling with Mrs. Nicholson



In addition to individual counseling and classroom guidance, I meet with students in small groups. Small groups generally consist of 6-8 students. Groups meet thirty (30) minutes each week, during lunch time, for about 6-8 weeks. Group meetings provide the opportunity for students to share their thoughts and feelings as they develop strategies for coping positively with their individual situations.

Following is a summary of each group. If you are interested in having your child participate in one of the groups, please sign and return the attached permission slip no later than October 14th. Depending on the needs of students, some groups will begin in October and others will begin later in the school year. You will be informed as to when your child's group will meet.

### All in the Family (Changing Families)

A group for students whose parents are separated or divorced; opportunities for children to develop strategies for coping positively with family change.

### Skill Building (Social Skills)

For those students who are experiencing difficulty in social situations – making and keeping friends, controlling impulses and emotions, and responding inappropriately to social cues.

### BFF's (Making friends)

A group for students who would like help with friendships. A chance to eat lunch and meet new friends in their grade level. Especially great for new students who haven't had a chance to make any new friendship connections.

### Just Chill (Anger Management)

A place for students to talk about what makes them angry, learn ways to cope with anger and control their temper.

### Good Grief (Loss)

Learning ways to cope with the loss of someone who has recently died. For students who are often feeling sad and having trouble concentrating in school. A place to talk about loss and the feelings they are experiencing.

*Jessica Nicholson*



# Small Group Participation Sign-up

## Attention: Mrs. Nicholson

(Please give this form to your homeroom teacher or place it in the mailbox outside of my office.)

I would like my child to participate in the following group:

(Please choose only ONE group at this time)

\_\_\_\_\_ All in the Family

\_\_\_\_\_ Skill Building

\_\_\_\_\_ BFF's

\_\_\_\_\_ Just Chill

\_\_\_\_\_ Good Grief

Child's Name: \_\_\_\_\_

Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Please return by October 14<sup>th</sup>

## Red Ribbon Week is coming! October 24<sup>th</sup>-October 28<sup>th</sup>



We will be celebrating Red Ribbon Week starting on Monday, October 24<sup>th</sup>. This is a time for our school to focus on being healthy, safe and drug free. During classroom guidance lessons this month, students will be learning ways to stay healthy and how to keep themselves and our school safe. We are encouraging all students to dress up to show their school spirit and commitment to making healthy choices. Please be on the lookout for upcoming theme days. We look forward to celebrating our commitment together!

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### **Middle School Magnet Program Information: Attention fifth grade families!**

The application materials for the middle school magnet programs at Takoma Park Middle School and Eastern Middle School will be available online by October at [www.montgomeryschoolsmd.org/curriculum/special\\_programs](http://www.montgomeryschoolsmd.org/curriculum/special_programs). **All fifth graders are eligible to apply.** These are exciting opportunities for interesting and challenging experiences in middle school. The program at Takoma Park Middle School focuses on math, science, and computer science. The program at Eastern Middle School focuses on humanities and communication arts. Some important dates to remember:

Tuesday, October 25, 2011, 7:00 p.m.	Eastern Magnet meeting at Eastern MS
Thursday, October 27, 2011, 7:00 p.m.	Application Workshop at Quince Orchard HS
Thursday, November 3, 2011, 7:00 p.m.	Application Workshop at Wheaton HS
<b>Monday, November 7, 2011</b>	<b>Application deadline, postmarked or delivered</b>

Please also visit [www.montgomeryschoolsmd.org/curriculum/specialprograms](http://www.montgomeryschoolsmd.org/curriculum/specialprograms) for information about the Middle School Magnet Consortium programs at Argyle Middle School, Loiederman Middle School, and Parkland Middle School. **The Choice Form is due November 7, 2011.** Information meetings and Open Houses are as follows:

Wednesday, October 5, 2011	7:00 p.m.	Argyle Magnet Middle School for <i>Digital Design and Development</i> <b>Open House</b>
Wednesday, October 12, 2011	7:00 p.m.	A. Mario Loiederman Magnet Middle School for the <i>Creative and Performing Arts</i> <b>Open House</b>
Wednesday, October 26, 2011	7:00 p.m.	Parkland Magnet Middle School for <i>Aerospace Technology</i> <b>Open House</b>

# Parent Volunteers Wanted!

Please consider lending a helping hand to our students and teachers.

On October 26th from 9:00-10:00 am, there will be an information and training session in the All Purpose Room for anyone who is a **new parent** interested in volunteering in the classroom. Attendance in the training is encouraged before you begin working in the classroom. Please RSVP to Jessica Nicholson by phone or email.

*Jessica Nicholson 301-657-4979 or email [Jessica L Nicholson@mcpsmd.org](mailto:Jessica.L.Nicholson@mcpsmd.org)*

Thank you for considering our children and providing the gift of your time.

*\*If you cannot attend this meeting, please be sure to review our Volunteer Guidelines on our school website. If you plan to volunteer this year, please download a copy of the guidelines, sign the form, and return it to your child's classroom teacher before you begin to help in the classroom. Thank you.*

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## September 21st was National Backpack Awareness Day



## TAKE A LOAD OFF!

### ***Useful Facts & Tips For Everyone About Carrying A Bag!***

- No matter what type of bag you carry, eliminate unnecessary items to reduce their weight.
- When travelling, opt for carrying two light suitcases, one in each hand, rather than carrying one heavy suitcase in one hand or on your shoulder.
- If you use a briefcase with short handles, switch positions frequently to avoid fatigue from muscle overuse.
- Purses with long shoulder straps should be placed diagonally across the opposite shoulder to help distribute weight evenly across the back.
- When using a bag with shoulder straps, make sure they are wide, adjustable and well padded. This will ensure that pressure caused by the straps does not cause discomfort.

## Pack it Light! Wear it Right!

- A backpack should never weigh more than 15% of a child's body weight. This means that a child who weighs 100 pounds shouldn't wear a backpack heavier than 15 pounds.

Month	1st Week	2nd Week	3rd Week	4th Week	5th Week
October		11, 12, 13	18, 19, 20	25, 26, 27	
November	1, 2, 3		15, 16, 17		29, 30, 12/1
December		6, 7, 8	13, 14, 15		
January	3, 4, 5	10, 11, 12	17, 18, 19	24, 25, 26	
February	1/31, 2/1, 2/2	7, 8, 9	14, 15, 16	21, 22, 23	28, 29, 3/1
March		6, 7, 8	13, 14, 15	20, 21, 22	27, 28, 29
April		10, 11, 12	17, 18, 19	24, 25, 26	
May	1, 2, 3	8, 9, 10			

**ACTIVITY BUS STOPS**

Strathmore Street and Wellington Drive  
 Fairfax Road and Manning Drive  
 York Lane and Stratford road  
 Northfield Road and Charlcote Road  
 N. Brook Lane and Keystone Ave.  
 4900 Battery Lane  
 Lynbrook Day Care  
 Pearl Street and Sleaford Road  
 Maryland Ave and Windsor Lane  
 Paddington Square Apartments

***Parents will be notified if there is a change in the bus stops.***

Reminder...the Lion's Den is going ONLINE! Beginning next month (November), the Lion's Den will ONLY be posted online at <http://www.montgomeryschoolsmd.org/schools/bethesdaes/administration/>. If you would still like to receive a paper copy, please complete the information below and turn it in to the Front Office by **October 14th**.

\_\_\_ Yes, I would like to receive a paper copy of the Lion's Den.

Name: \_\_\_\_\_

Child's Name: \_\_\_\_\_

Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_

Signature: \_\_\_\_\_