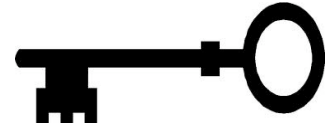




The Key



April 2011

Ridgeview Middle School PTSA/ 301-840-4770

From the Desk of the Acting Principal, Nancy Schultze

Hello to the Ridgeview Middle School community! As acting principal, I want to thank you for providing me with such a warm welcome. It has been a whirlwind of activities ever since my arrival on February 16, 2011. Learning names of students and staff, meeting parents, studying master schedules, reviewing school operations, implementing school policies and understanding the “Bobcat” culture are some of the many activities that have filled my days. Catching up and getting “up to speed” are of foremost importance. My goal has been to make the transition with the change in principals as seamless as possible. Again, thank you to all who have played a role in making me feel a true member of the “Bobcat” learning community. I look forward to acting as principal at Ridgeview Middle School through the remainder of the school year.

So you ask, what is currently happening at school? Last week we completed Maryland School Assessment (MSA) testing. All students were tested in reading and mathematics to determine how well they are progressing on a continuum of learning from Grades 6 to 7 to 8 in those content areas. The staff has worked diligently to have students prepared and the students were eager to demonstrate their understanding of the curriculum expectations. The students displayed their enthusiasm for the test preparation during Spirit Week 2011 and at the Bobcat pep rally. If the success of Spirit Week and the pep rally are any indication of outstanding student performance, I feel confident students will show they performed well on the MSAs. Bobcat Bob was the highlight of the week!

At this time of year, the 2011-12 master schedule is being prepared. The counselors and administrators are compiling students’ course selections and creating a plan to offer a rigorous set of high level courses. Honors Earth Space Systems will be offered to Grade 8 students in the fall. Taking this course and passing semester exams will afford students the opportunity to earn a high school credit for Physical Science. Therefore middle school students are able to take high school credit courses in science, foreign language and mathematics. If you have questions about your child’s 2011-2012 course selections please contact his/her counselor as soon as possible.

Interims were mailed by Central Office on March 11, 2011. There is still time to improve those course grades as the third marking period ends March 30, 2011. Please stress with your child the importance of continuing to work hard in each class during the remainder of the 3rd marking period and through the 4th quarter. Remember excellence can be achieved by expecting only your best work.

From the PTSA President – Tara Murayama

Spring Greetings!

I was so excited and inspired by the wonderful turnout this past week at our PTSA meeting. Thank you so much for your show of support!

Please plan to join the celebration at our May 10th meeting where we will be honoring Dr Levine for her 14 years of service as Ridgeview's Principal and her unwavering champion of our PTSA. We will be presenting her with a retirement gift. In addition, we will recognize our PTSA 2010-2011 school year achievements, present a new yahoo communication policy and vote to approve next years Board.

Although there are 2 $\frac{1}{2}$ months of school left, we are starting to plan for the fall. Very soon, we will be asking for volunteers to fill our Committee Chair positions for next year. In the meantime, our Nominating Committee is searching for a Treasurer. Please think seriously if you could serve or if someone you know would be great for the position.

I couldn't end my message without mentioning - Ridgeview Families Roar! The PTSA has operated this year on a very tight budget and we could not made it work with out the tremendous amount to donations we received regularly from our parent community in the way of food and gift cards for prizes. As always, it's such an honor to be a part of this wonderful and generous community. Thank you so much for all you do!

I wish everyone a wonderful and relaxing Spring Break!

Warm Regards,

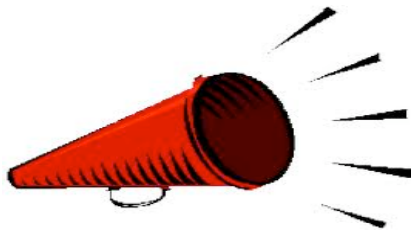
Tara Murayama
8th Grade Mom
Ridgeview PTSA President
301.212.9855
Email: gmurayama@comcast.net



If you have forgotten to join the RMS PTSA, it's not too late! Remember every membership comes with a RMS Student Directory that is a valuable resource that can only be gotten if you are a member. Membership forms can be printed off the RMS website. Anyone who supports our goals can join. That includes parents, teachers, students, grandparents, aunts, uncles and the like. Your dues cover PTSA membership in the National, State and Local PTSA organizations and school directory-printing costs.

PTSA is a membership organization. Membership doesn't have to equate to a time commitment. We'd love you to be active, but we also love to have you demonstrate support through membership. We can't run without your support. By becoming a member, you are helping your child's school and we need you.

We wish you and your families all the best for 2011. PTSA in Montgomery County should be the face of every child; with your efforts and help, it will.



SPREAD THE WORD!!

Have information that you would like to share with the Ridgeview Community? Please contact the following Committee Chairs to share your announcements or important information:

- Leah Haworth, Key Newsletter Editor and Yahoo Group Moderator at leah.haworth@yahoo.com

- Michelle Cornblatt, RMS PTSA website liaison at michellec@olstrading.com.

NAACP Parents' Council

Black Saga

On Saturday, March 19th, our two Black Saga teams will travel to Towson, Black Saga competition held at Towson University. There will be a preliminary round where the top 10 teams will compete. There will also be a concurrent round where participants can compete for prizes. I was excited to learn that the other participants from across the state that they had to limit attendees in the preliminary families will be welcome at the final round. We wish the teams of Thabiso, Miles, Timmy and Edwige the best of luck. I know they will represent us w



Study Circles

Throughout the month of March I will be participating in a county level study circle, representing the schools of the northwestern part of the county for the NAACP Parents Council. Other participants other NAACP Parent Council representatives, representatives from the Montgomery County Council of Parent Teacher Associations (MCCPTA), Hispanic parent groups, Asian parents, and staff from the MCPS Department of Family and Community Partnerships. We will be learning about the diversity within the schools in the county, about issues being faced by different groups, working to identify best practices for parent involvement with the goal of improving students' school experiences and performance and ultimately hope to learn how parents from different backgrounds can work together to achieve goals. So far the sessions have been emotional, eye opening and intriguing. I am thankful for the opportunity to participate in such a program and look forward to sharing lessons learned in future interactions at Ridgeview.

“America I Am”

The NAACP Parents Council plans on organizing a trip to visit the America I Am exhibit at the National Geographic Museum. This amazing traveling exhibit was created through a broad partnership: It was developed by journalist and political commentator Tavis Smiley and co-funded by Wal-Mart, Microsoft and with contributions from several community sponsors, including displays of documents, photos and multimedia exhibits, dating from the 1600's through the 1990's. Examples of artifacts include the doors to the Cape Coast Castle in Ghana (Doors of No Return), Alex Haley's typewriter used to write *Roots*, personal effects of Malcolm X, the door key and stool from the Birmingham jail cell that held Dr. Martin Luther King Jr., sports memorabilia from Michael Jordan, Arthur Ashe and Muhammad Ali, items from entertainers such as Etta James, Michael Jackson and Prince.

International Night

In May, the NAACP Parents' Council will collaborate with the PTSA on International Night. We are promoting the representation of African, African American and Caribbean cultures in Ridgeview's first International Night.

Diversity Presentation

In line with the PTSA's Diversity and Anti-Bullying initiatives, we are exploring co-hosting (with other NAACP Parent Councils and PTSAs in the quad cluster) a talented guest presenter, psychologist and actor who will introduce ways to explore issues on race, violence prevention and personal identity. This presentation would be appropriate for middle and high school students and parents.

Miriam Mokuena
Ridgeview Middle School NAACP Representative
Email: mdmokuena@netzero.net

*“We are one people.
We are one nation.”*



Be a Volunteer at your child's school!

These middle school years are a great time to stay involved with your child's school and with your child. There are over 25 committees that could use your help in making this year a success. Many committees -- such as Book Fair, 3on3 Basketball, Staff Appreciation, and signing up to be a volunteer for your child's grade to help in various yearlong activities -- are great ways to stay involved and to know the happenings of your child's daily goings-on.

Volunteer Opportunities – *You will never regret being involved!*

Many thanks to all of the parents who have already volunteered to serve as committee chairs for the coming school year. We are looking forward to a great year at Ridgeview! There are a few committee chair positions that we still need to fill. Please take a look at this list to see if you could serve in one of these positions:

Display Case Coordinator – Setting up the various display cases with student work when contacted by a teacher.

Please give Julie Tittle a call if you are interested in being a volunteer or if you would like to find out more information about these programs at 301-869-7710 or klguypete@aol.com.

Cuts to MCPS Operating Budget

Montgomery County Executive, Isiah Leggett, has released his proposed Operating Budget for fiscal year 2012, recommending \$82 million in cuts for Montgomery County Public Schools (MCPS). The Montgomery County Council will hold hearings on the budget in April and a final vote will be taken in May. To date, MCPS Superintendent Dr. Weast has outlined up to \$45 million in potential cuts (see <http://montgomeryschoolsmd.org/departments/budget/>). If the Montgomery County Council were to pass a budget with nearly DOUBLE these cuts, the impact on our schools would be profound. Class sizes will go up, support staff will be cut and other programs could be cut or dramatically scaled back. PLEASE ACT NOW TO OPPOSE THESE CUTS BY SENDING A LETTER TO COUNCILMEMBERS. A sample letter, and the corresponding email addresses are provided. Please write a subject line for your email, and provide your name and address - it is very important for each message to be unique, even if only in the subject line.

PLEASE ACT TODAY.

Email addresses:

- councilmember.ervin@montgomerycountymd.gov
- councilmember.berliner@montgomerycountymd.gov
- councilmember.andrews@montgomerycountymd.gov
- councilmember.elrich@montgomerycountymd.gov
- councilmember.floreen@montgomerycountymd.gov
- councilmember.leventhal@montgomerycountymd.gov
- councilmember.navarro@montgomerycountymd.gov
- councilmember.rice@montgomerycountymd.gov
- councilmember.riemer@montgomerycountymd.gov

-----Sample Letter-----

Dear President Ervin, Vice President Berliner and Distinguished Councilmembers,

I am writing to oppose the \$82 million in cuts proposed for Montgomery County Public Schools (MCPS) by the County Executive. These cuts, if approved by the Council, would significantly diminish the quality of education for every child in our County. Our schools are facing unprecedented challenges. Enrollment has increased by more than 6,300 students in the last three years, with 10,000 more students projected by 2016. We have seen a sharp increase in the number of students living at or near poverty level, with significant educational needs. These are difficult budget times, and each of you - as elected officials - must make clear your priorities. Cuts of this magnitude would be an injustice to our children and would significantly diminish the quality of MCPS, something our County can ill afford as we strive to recover from this economic downturn. I support the principle of Maintenance of Effort funding (to provide at least the same level of funding per pupil as the year before) and I urge you to make education funding a real priority, even in these difficult budget times.

Sincerely,
Name & Address



HELP RAISE \$\$\$ FOR RMS!!

Many companies offer promotions that we can take advantage of to raise money for RMS. The following are various ways we can earn some cash for RMS at no cost to you and take just a few minutes of your time. Please look over this list. Please note that you must register every year to receive credit.

Giant A+ Bonus Bucks -- RMS school code is 00811

-- Please stop by Giant or register online at <https://www.giantfood.com> (under Our Stores - click on register your card on the far right side) ASAP so we can start earning money. Or call Giant at 1-877-275-2758 and they can register you over the phone.

Safeway Card -- RMS school code is 6557446

-- Register online at www.eScrip.com.

Harris Teeter -- RMS school code is 6585

-- Please register your VIC card with Harris Teeter's Together In Education program so we earn 5% of your total purchase of Harris Teeter brand products. This can be done over the phone at 1-800-432-6111 or at:
http://www.harristeeter.com/community/together_in_education/link_to_your_school.aspx

Office Depot -- RMS school code is 70046665

--Give this number when you checkout and 5% will be given to RMS. If you forget, please save your receipt and contact me by phone or email with the receipt information. This has to be done within 30 days from purchase.

Target REDcard - RMS school ID 58179

-- If you have a Target credit card, please designate RMS with the Take Charge of Education Program. We currently have 13 people enrolled and our last payout was \$224.67 in August 2010. If you know anyone who has Target credit card, please have them designate RMS so we can earn free cash at no extra cost.



HELP RAISE \$\$\$ FOR RMS!!

Searching on the World Wide Web?? Try out www.goodsearch.com

Goodsearch.com is powered by Yahoo Search. First indicate RIDGEVIEW MIDDLE SCHOOL PTSA where it says "enter your charity here..." before begin your search. QOHS will receive one cent per search except for the following: 1) image searches; 2) video searches; 3) "search this site" searches; 4) searches for URL's (i.e., search terms ending in .com, .org, .net, .edu); 5) searches sites for which the URL is well known such as Hotmail, ESPN, Myspace, Facebook, GMail, AOL, etc; 6) searches for stock quotes; 7) searches for word definitions; 8) Yellow Pages searches; and, 9) any searches generated from fraudulent use of the site. This is a easy way we can earn some extra money. So try it out!

Do you shop online?

Try www.goodsearch.com and look for the tab for **GoodShop** where there is a list of stores/online retailers who will donate a percentage to RIDGEVIEW MIDDLE SCHOOL PTSA depending on the merchant. You must first go through www.goodsearch.com/goodshop.aspx and designate your charity and it will link you to the retailer of your choice. For example, Amazon.com is one of the retailers and will donate .5-1.5% to our school.

OR try Box Top Marketplace. Please register and shop online through Box Tops link so RMS can receive from .5% - 25%.
<https://www.boxtops4education.com/registration/default.aspx>

Once you register Ridgeview (Ridgeview school code 373505), then RMS will receive earnings from Bonus Box Tops awarded online on qualifying purchase from the Box Tops Marketplace. You must use the above site to link you to various merchants. If you need help, please contact me.

Recycling ink and toner cartridges -- Please bring in empty ink or toner cartridges. We can turn trash into cash for teacher supplies. Drop the cartridges in the PTSA box at the main office. If you have a large quantity, please call so I can make arrangements to pick up the cartridges. Please check with businesses you encounter that might have empty cartridges. This will also help the environment.

Box Tops -- Keep collecting Box Tops from various products. Each Box Top gives RMS 10 cents and adds up! Please put them in an envelope or a baggie with your child's name and his or her first period teacher. This will count towards our Box Top contest to see which class collects the most (minimum required 300 Box Tops which is \$30.00).



HELP RAISE \$\$\$ FOR RMS!!

Tyson Project A+ -- Continue collecting Tyson Project A+ labels from various frozen foods and lunch meat. Each label is worth 24 cents that RMS can earn. Please have your child bring them to his or her first period teacher.

Campbell Soup -- Keep collecting Campbell Soup, Pepperidge Farm, Swanson, V8, Market Day, Prego Sauce, and Franco-American products UPC barcodes. Please deposit them in the box in the main office or give them to your child's first period teacher. We no longer need the label, just the UPC code.

If you don't have your Safeway Club card, please call Safeway at 1-800- SAFEWAY. For a Giant Bonus Card call 1-877-275-2758 and for Harris Teeter call 1-800-432-6111.

Feel free to email your Giant, Safeway, or Harris Teeter card # information to buspromos@yahoo.com and I will process your registration so RMS will receive the benefit of the various promotions.

Ask your friends and family to enroll their shopping cards so our school can reap the benefits even if they don't have children at RMS. If you have any questions or suggestions, please contact Karen Chen at 301-963-6399 or Louise Moroney 301-963-1343.

Thank you for your support.

Karen Chen and Louise Moroney
Business Promotion

buspromos@yahoo.com

Imm114@yahoo.com

Ridgeview Middle School Proudly Presents...



Alice in Wonderland, Jr.

Friday, April 8th at 7:00 p.m.

Saturday, April 9th at 1:00 p.m. and 7:00 p.m.

All performances will be held at Ridgeview Middle School.

Tickets are \$5.00 for Students and \$8.00 for adults

Help support the Ridgeview Drama Department and the Spring Musical by purchasing an advertisement for your business.

Full Page - \$85

½ Page - \$50

¼ Page - \$25

Provide the following information:

Name:

Phone Number:

Ad Size:

Ad wording and or design:

Write all checks to Ridgeview Middle School.

Mail check with your desired ad to:

Lisa Torvik, 11905 Bunchberry Lane, Gaithersburg, MD 20878

You can also email the ad to Lisa at: torvikfam@verizon.net

Deadline for submitting your ad is March 25, 2011

International Festival at RMS

Ridgeview students and their families are invited to an International Festival on Friday, May 13. At the International Festival, parents and students can expect to:

- learn about the many world-wide cultures
- sample some homemade cultural food
- socialize with others



Many countries will be represented: India, Japan, Sierra Leone, South Africa, Caribbean Islands, China, Italy and Greece. Each country has a table featuring different parts of its culture. Many of the countries feature food samples!

So, please mark your calendars for the RMS International Festival on Friday, May 13. If anyone is interested in helping with an existing country or representing their own country, please contact either Diana O'Keefe 301-947-8744 or Mary Zoccola 301-963-6176.



The Annual QOHS MULCH SALE is Coming! APRIL 9TH 2011

The QOHS All-School Booster Club MULCH SALE is fast approaching.

This is the school's largest fundraiser with the proceeds going to assist the school's 68 Clubs, 38 Sports Teams and Extracurricular Programs.

Our goal this year is a VERY ACHIEVABLE 10,000 BAGS!

Please help support us again, by ordering 8 or more bags you also receive free delivery! Bags are only \$5 each, make sure to fill out your order form (available in January) and return it early to ensure delivery.

For more info go to:

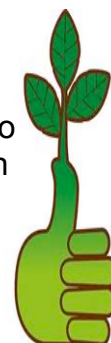
<http://www.montgomeryschoolsmd.org/schools/qohs/orgs/boosters/index.aspx>

Calling all Green Thumbs!

The RMS Courtyard Committee is in need of volunteers to help maintain the inner courtyard. Enjoy the warmer weather with us as we pull weeds, prune and mulch to make the gardens a beautiful place to picnic or just relax at RMS. Any time you can give is most appreciated!

SSL hours are available

Please contact Kim Gleason (igleason@msn.com 301-367-0422)





QUINCE ORCHARD HIGH SCHOOL INFORMATION ESPECIALLY FOR 8TH GRADE STUDENTS AND PARENTS:

** Now's a good time to get "in the know" with what's going on at Quince Orchard High School. Sign up to be on the parent email list now so that you start receiving information.

Go to the QOHS website: <http://www.montgomeryschoolsmd.org/schools/qohs/>
Scroll down the left side of the home page and click on "Parent Email List Join Today"

** If you want to play a Fall sport, note that Fall try-outs start on or about August 15th, so plan vacations accordingly. Students also need very specific paperwork completed, including a physical exam, before participating in try-outs. From the QOHS home page of the website, click on "Athletics" to get more information (Fall sport information should be posted soon). Some teams also participate in camps this summer, before try-outs, so you may want to contact the team Coach this Spring to find out details.

Sue Wingate
sjwingate@comcast.net

How Do I Get the News From RMS??



Sign up for the Ridgeview Yahoo Group
To subscribe send an e-mail to the following address:

RMS_PTSA-subscribe@yahoogroups.com
(There is an underscore between RMS and PTSA)

This is a closed group for members of the RMS school community only. Messages for school and PTSA are the only thing posted on this group – this is NOT used for group discussions or forums.

Visit the RMS Website
<http://mcps.k12.md.us/schools/ridgeviewms>

SUMMER ENVIRONMENTAL PROGRAM FOR 7TH GRADERS

Application deadline, Earth Day, April 22

(PHILADELPHIA, March 2, 2011) – The U.S. Environmental Protection Agency is accepting applications for current seventh-grade students in the Washington, D.C. metropolitan area to participate in a unique six-week summer environmental education program.

Schools may nominate up to three seventh-grade students to participate in the 2011 Student Environmental Development Program, which focuses on environmental education, leadership development, and college preparation. Parents or guardians may submit applications on their own, but all applicants must have a recommendation from the student's school.

EPA will select participants based on the student's academic achievements, attendance, conduct, and interest in math, science, human health, and the environment. The program runs Wednesday, July 6 through Friday, Aug. 19. Classes will be Monday through Friday from 8:30 a.m. to 2:30 p.m. at the George Washington University campus. Hours are extended on days when there are field trips. Applications and more information are available at <http://www.epa.gov/Region3/ee/sedp.htm>. They must be postmarked by Earth Day, April 22, and EPA will announce selections by May 10. Please do not submit applications for students with scheduling conflicts. Students can miss no more than two days of class.

The program focuses on teaching students about environmental issues and helps them develop communications and leadership skills. It also includes several field trips, and culminates with teams of students creating skits about environmental or health-related topics.

For more information, contact Magdalin Gomez at (215) 814-5541 or at: gomez.magdalin@epa.gov.

SPRING FLOWERS NEEDED!!

Mrs. Hogan is in need of donations of fake spring flowers for props for the spring musical. She needs as many as she can get and would love as many donations as possible. If you have any to give, please turn them in to the office labeled with Mrs. Hogan's name. Please be aware that these items would be a donation and that you will not get the flowers back.




**** PARENT INPUT SOUGHT FOR
SELECTION OF NEW RMS PRINCIPAL ****

Please mark your calendars and plan to attend Wednesday, March 30th at 6:30 p.m. The meeting will be held in the Ridgeview Media Center. Dr. Kimball, Community Superintendent, will give a Power Point presentation on the Principal selection & evaluation process and hand out parent survey forms. At the meeting, she will be asking for volunteers to participate on the selection panel. The candidate interviews have been scheduled for April 11th. The Office of the Community Superintendent will consolidate the data collected from our surveys to find the best candidates for our school.

P.S. March 30th is RMS Restaurant Night at Mama Lucia. It's a great night for take out!

Quince Orchard High School Theatre Presents

WILLY WONKA



March 25th, 26th
April 1st, 2nd at 7pm

March 26th and
April 2nd at 2pm

Elementary & Senior Citizens- \$5
Students - \$8
Adults - \$12

Tickets Available at the Door

Montgomery County PTA Answers Questions on MCPS Budget Proposal:

Why are some calling it a "flat" budget and emphasizing that MCPS will receive the same amount as last year, yet others are characterizing the County Executive's proposed budget as \$82 million in cuts?

Because MCPS enrollment is projected to increase by 3000+ students, this proposed budget represents a cut in "per pupil" expenditures. This means a cut in services per student compared to last year. To the extent that MCPS faces any rising costs, either because of inflation or because of an increase in the portion of students needing enhanced instruction, the reduction in spending per pupil could actually represent a larger cut in terms of instruction offered to our kids. Due to the state law called Maintenance of Effort, counties are required to fund their school systems based on a dollar amount per pupil. Since Montgomery County expects those additional 3000+ students in August 2011, the county is supposed to provide funding that takes the additional students into account.

But why not try to do more with less?

3000+ students will require teachers, bus drivers, paraeducators, etc. And MCPS is seeing an increased need due to the increase in ESOL (English Language Learners), Special Education, and students needing Free and Reduced Price Meals. Think of the influx of 3000 new students as filling almost two high schools. Staff and services are needed as a result.

Is County Executive Ike Leggett proposing specific program cuts to the MCPS budget?

The County Executive is recommending a total amount of funding for MCPS. He's basing his recommendation on a number of factors (to include the all-important economic reality our county is facing). The Board of Education will be the final decision-maker on exactly which programs will be cut based on the amount of funding approved by the County Council. It is perhaps more accurate to state that the County Executive has recommended a reduction in overall funding of the MCPS Operating Budget that was proposed by the Board of Education.

So what exactly will be cut?

That's unknown right now. If the County Council accepts the County Executive's proposed \$82 million reduction in the MCPS FY2012 Operating Budget, then the Board of Education will have to find \$82 million in savings. If the County Council decides to reduce the MCPS budget even more, well...then more savings will have to be found. At present, the Superintendent has issued a list of Potential Budget Reductions. That is probably the best idea we have of the potential cuts to our schools. Realize that his "list" adds up to \$45 million so another \$37 million will have to be found to equal the \$82 million.

MCPS BUDGET QUESTIONS (cont.)

 So where will that \$37 million come from if the Superintendent hasn't listed enough reductions on his "list"?

Well...that gets a bit tricky. We know that the MCPS budget currently has funds set aside to catch up "OPEB" (which funds retiree benefits), and that in the past it has reduced OPEB funding to make up for budget cuts. However, we can't continue to do this forever and maintain bond ratings. Our teachers are still negotiating for their salaries and benefits. While County Council members have pointed to changes in these formulas as a source of savings, the Board of Education will be making those decisions.

 My Principal is talking about cuts in staffing right now....?

In preparation and expectation of a reduced budget for next year, the Superintendent announced staffing allocations in early March to reflect those potential cuts. The timing is driven by the timing of the teacher job market. Basically, it's easier to bring staff back than it is to have to transfer or cut them after the county budget process is finalized in June. As a result, schools are working on the assumption that class size will go up. In addition and as outlined on the "list", Principals are planning on reductions in academic intervention teachers, staff development teachers, counselors, paraeducators, media assistants, and the list goes on....

 I heard that MCPS is receiving more state aid than they expected. If MCPS is receiving so much in state and federal dollars, why should the county have to contribute any additional amount to the MCPS budget?

MCPS is not receiving an unexpected \$82 million in state aid - more like \$38 million. Moreover, the Maintenance of Effort law was implemented many years ago for just that reason. The State wished to invest in education but saw counties reducing their own contributions towards their school systems. The Maintenance of Effort law ensures that counties keep education as a priority and don't simply reduce their obligation if and when the State provides additional funding in an effort to promote higher quality education. A couple more points: MCPS will not be receiving as much federal aid as last year and the Governor's recommended budget is not a sure thing until the State Legislature approves it.

HEALTH NEWS OF THE MONTH

What is attention deficit hyperactivity disorder (ADHD)?

Attention deficit hyperactivity disorder (ADHD) is a condition in which a person has trouble paying attention and focusing on tasks, tends to act without thinking, and has trouble sitting still. It may begin in early childhood and can continue into adulthood. Without treatment, ADHD can cause problems at home, school, work, and with relationships. In the past, ADHD was called attention deficit disorder (ADD).

What causes ADHD?

The exact cause is not clear, but ADHD tends to run in families.

What are the symptoms?

The three types of ADHD symptoms include:

- **Trouble paying attention.** People with ADHD are easily distracted and have a hard time focusing on any one task.
- **Trouble sitting still for even a short time.** This is called hyperactivity. Children with ADHD may squirm, fidget, or run around at the wrong times. Teens and adults often feel restless and fidgety and are not able to enjoy reading or other quiet activities.
- **Acting before thinking.** People with ADHD may talk too loud, laugh too loud, or become angrier than the situation calls for. Children may not be able to wait for their turn or to share. This makes it hard for them to play with other children. Teens and adults seem to "leap before they look." They may make quick decisions that have a long-term impact on their lives. They may spend too much money or change jobs often.

How is ADHD diagnosed?

ADHD is often diagnosed when a child is between 6 and 12 years old. Teachers may notice symptoms in children who are in this age group.

First, the child will have a physical exam to make sure that he or she does not have other problems such as [learning disabilities](#), [depression](#), or anxiety disorder. The doctor will use guidelines from the American Psychiatric Association to diagnose ADHD. The doctor may also look at written reports about the child's behavior. Parents, teachers, and others who have regular contact with the child prepare these reports.

How is it treated?

There is no cure for ADHD, but treatment may help control the symptoms. Treatment may include medicines and behavior therapy. Parents and other adults need to closely watch children after they begin to take medicines for ADHD. The medicines may cause side effects such as loss of appetite, headaches or stomachaches, tics or twitches, and problems sleeping. Side effects usually get better after a few weeks. If they don't, the doctor can lower the dose.

Therapy focuses on making changes in the environment to improve the child's behavior. Often, counseling and extra support at home and at school help children succeed at school and feel better about themselves.

NOTE THESE KEY DATES



March

23: Meet & Greet for Ridgeview Hispanic Families in Clubhouse of Orchard Pond Apartments

30: Meeting to gather parent input on new principal selection by Dr. LaVerne Kimball, community superintendent at 6:30pm in Media Center

30: 3rd Marking Period Ends

30: Eat Out Night Mama Lucia

31: No School – Professional Day

April

(No PTSA Meeting this month)

7: Report Cards Distributed

8: Spring Musical – Alice in Wonderland Jr. at 7pm

9: Spring Musical – Alice in Wonderland Jr. at 1pm & 7pm

12: Eat Out Night California Tortilla

13: NAACP Meeting, 7:30pm Starbucks in Kentlands

18-25: No School – Spring Break

VOLUNTEER LUNCHEON

Mark your calendars for Wednesday, May 25th for the volunteer luncheon at school from 11:00 a.m. to 1:00 p.m. This is a wonderful luncheon, with fabulous food that is planned by Feri Jahanmir. Please plan to come and celebrate the many achievements of Ridgeview volunteers this year.

