

Rolling Terrace News

A publication of the Rolling Terrace Elementary School PTA

December, 2006

Your PTA on the Web: www.mcps.k12.md.us/schools/rollinges

Tips For Staying Well in Winter, From Our New Health Nurse

It is now officially cold and flu season and recently Rolling Terrace has had a number of students out sick. Here are some easy things that we all can do to help prevent the spread of the common cold as well as the flu and intestinal "bugs."

- First, **teach your kids to wash their hands!** Frequent and thorough hand washing is the best defense in stopping the spread of germs.
- Second, teach your kids to cover their mouths when they cough or sneeze with their elbows, **into the sleeve of a shirt**. This prevents germs from getting on their hands and being passed on.
- Third, teach your kids to **avoid putting their hands, clothing, or other objects in or near their mouth, nose or eyes**. Some germs can live for two hours or more on objects.
- Last, please **keep your children home from school if they have a fever**, are vomiting or have diarrhea. If your child becomes ill at school, the Health Room staff will notify you and ask that you pick up your child.

Here's to a safe and healthy holiday season!

Lisa Kowalewski, RN
School Community Health Nurse

And please note, the Health Room could still use a few clothing and underwear donations. And please check with your child's teacher about tissues or anti bacterial wipes for the classroom.

Here Comes '07!

*A few words--and a challenge--
from PTA President Nora Cartland*

The holiday season is a time for giving thanks and looking ahead to what is to come in the New Year, so in this spirit I wish to extend my gratitude to our school community for making RT such a great place to come to school. From classroom parents and Grand Readers to Jump Start Girls and the PTA there are many volunteers helping RT students learn. While RT is a place of learning, events such as the International Walk to School Day, the Family Fun Walk/Run, Hispanic Heritage Dance, RT at El Golfo Restaurant, and the PTA Craft Fair/Holiday Raffle are all times when the efforts of a few volunteers created an opportunity for our school community to have fun as well.

As we look towards 2007 we ask all RT families to take the RT Volunteer Challenge and volunteer at least 1 hour of your time at RT. Once you have completed the challenge please fill out the RT Volunteer Challenge Form (included in this newsletter) and drop it off in the main office. In May we will pick 4 names from those entered for a special treat! The PTA has a lot of fun activities planned for 2007 including the international dinner, the Spring Scholastic Book Fair, the return of our

Please see PTA in '07, page 2

Also, don't forget that on January 3, 2007 Washington Wizards player, Gilbert Arenas, will be donating \$100 per point he scores to

RT. Arenas typically scores between 25-30 points a game so that's between \$2,500-\$3,000 to RT for after school programs, technology, and sports. I hope you can join me in cheering on the Wizards on January 3rd as Arenas raises money for RT! *Go Wizards!*

The Rolling Terrace PTA wishes you and your loved ones a safe, peaceful, and joyous holiday season! We will see you back at school on January 2, 2007!

Paz,
Nora Cartland, RT PTA President

PTA in '07, from page 1

Family Fun Nights, and the Spring Carnival. All of these activities require the volunteerism and support of all of our school community. If you are still looking for a volunteer opportunity, please contact Ruth Schilling at 301-949-8415 or email her at ruth4sons@aol.com. If you would prefer to contact someone who speaks Spanish, please call Nora Cartland at 301-592-0341 or email her at noraicartland@starpower.net.

Food Allergic Kids in Our School

As we enjoy the Holiday Season together, please be mindful that not all treats are appropriate for all children.

Many of us have experienced allergies during peak seasons of the year -- running noses, itchy eyes, and cough. However, you may be surprised to learn that there are adults and children in our school with yearlong food allergies. My son, Oliver, a first grader, is allergic to tree nuts and peanuts. As is the case with many people with food allergies, his reaction to these foods could be fatal. The fatal reaction that is caused by food allergies is called Anaphylactic Shock.

The most common food allergies are peanuts, tree nuts, milk and eggs, but the list goes on and on. It only takes one small bit of these foods to affect a food allergic child. In our case, the school nurse and the office along with my son's teacher are properly aware of his allergies and equipped with epi-pens if by chance there were a life-threatening situation. For the safety of our kids the school provides "peanut free" lunch tables during lunch, where children allergic to peanuts can sit safely at a distance from the peanuts and peanut butter.

So how can we help as a community? It starts with awareness. Please be aware that not all children in our school can eat everything. Be very careful when we offer treats and snacks in classes and after school. Unless you have practice reading food labels, it is not always easy to decipher the many names that could be used for dairy, eggs, and nuts (which could be in the form of an oil). Even though my son knows to not eat any foods offered to him, at six, a piece of holiday chocolate looks very tempting. Unfortunately for him, it could be deadly.

Secondly, good hand washing habits help keep us from spreading peanut butter and other allergic foods around the school. (And they help to keep us healthy!)

Lastly, talk with your kids about food allergies. They might know of a classmate with food allergies. When we are all aware we are less likely to inadvertently pass out food to kids without knowing the consequences.

If you want to learn more about food allergies go to the Food Allergy and Anaphylaxis Network at www.foodallergy.org

Maria Hamburger

13 Steps to List Serve Etiquette

Did you know that over 250 parents of children, teachers, and administrators are members of the RT listserv? Our listserv is used to announce school and PTA events, to share information and support and discuss the PTA objectives.

You can sign up by visiting <http://groups.yahoo.com/group/RollingTerracePTA/> and clicking on the "Join this Group" button. You will be asked to register with a Yahoo ID and password. Don't have one? You can get one at the very same website.

Not sure you want to join because you already receive too much email? Well, if three messages a day is too much for you, you can sign up to get a daily summary instead. Not sure you want to join because unmoderated listservs can be a drag? Again, you're covered, our listserv is moderated and all members must follow our guidelines (adapted from Blair's listserv):

1. Adhere to the same standards of behavior online that you follow in real life. Be honest, respectful, and polite.
2. If you wouldn't say it to someone's face, don't say it online.
3. If you disagree with someone, criticize the idea, not the person. One good way to do this is by asking questions or by using "I" messages. Instead of writing, "You're nuts!" you could write, "Can you clarify what you meant by ?" or "I disagree with that idea..."
4. Don't flame. Avoid offensive language and personal attacks. If you realize you are part of a flame war (more than two or three angry postings back and forth between two people), go offline to finish it off. Don't monopolize the listserv with your disagreement.
5. Be conscious of your choice of language - sometimes words that might not sound hurtful when said in person (when tone of voice and gesture can help communication) might feel offensive to someone when they are written. Sarcasm and sardonic humor do not translate well into writing.
6. Avoid generalizations about entire groups of people, including racial, ethnic, religious, gender, sexual preference or other stereotypes. For example, lumping "all teenagers" (or "all parents") together is unfair and inaccurate.
7. If your message is directed at a specific person or pertains to one classroom (and would not be of interest to everyone), reply to that individual rather than the entire listserv. This particularly applies if you have a private or sensitive comment to make.
8. Do not post contents of personal emails without first obtaining the author's permission.
9. Know what you're talking about and make sense. Proofread your message before you post it. Do not post rumors or information that you have not personally verified, particularly if they might be damaging to someone.
10. Be forgiving of other people's mistakes. Assume people mean well, and that any omissions or offensive comments were inadvertent. If you really feel the need to correct them, do so respectfully and, if it's personal, in private.
11. Respect other people's time and bandwidth. Keep your postings short. If you would like to share a longer article, post the URL for it.
12. When replying to a previous poster, delete any irrelevant text and copy only the relevant part of her or his message into your posting, not the entire discussion.
13. Some topics may be of interest only to a small sub-group of the community. To help others find messages relevant to their interests, indicate a specific subject in the subject line, e.g., "Kindergarten event next Saturday" is more helpful than "Coming Events." Likewise, summarize an

The Thank You Column

We Appreciate Our Wonderful Staff! ...and sometimes feed them, too.

Many thanks to Ginger Geertseema of the Staff Appreciation Committee and the many wonderful volunteers who helped feed our teachers during the two evenings devoted to Parent-Teacher conferences in November. Deb Rubenstein, Margaret McKinnon, Leigh Sours, Debra Brink, Rachel Haas, Sara Long, Ruth Schilling, Susan Levin, Sara Rodriguez-Storey, Diana Combs, Sara Mahy, Robin Pollock and Danielle Hermey all contributed yummy and nutritious dinner dishes. We also thank the Lebanese Taverna Restaurant who donated a large platter of baklava to the staff.

Ginger plans to continue the great tradition of feeding the teachers and staff throughout the year. If you would like to assist her, she would be greatly appreciative!
Hill2hunt@starpower.net

Bake Sales a Sweet Success

A number of parents baked or donated goodies to sell during the September Primaries and on Election Day in November. Other parents gave their time to sell the goods. The PTA raised close to \$1,200 for both Election sales!

Thanks to everyone who contributed including Sara Mahy who stayed until the polls closed at 9! Those who contributed included: Liz Columber, Mary Cush, Linda Goldman, Lois Wessel, Ann Marie Staudenmaier, Jenny Apostol, Becky Smith, Robin Pollock, Diana Friedman, Melissa Myers, Shanna Grossman, Beth Allen, Sara Rodriguez-Storey, Danielle Hermey, Margarita Sol, Jeri Gerard, Kevin Conrad, Ginger Geertseema and many others who didn't always leave their names with their donations.

Craft Fair a Fun Family Event

There were many happy faces, children engaged in art, and helpful adults lending their creative talents at the Dec. 1st Craft Fair. Special thanks go to Linda Warschoff, for chairing the event.

They Got Your Number

Here's to Anita Weisburger, Ann Marie Staudenmaier, and Kate Sebastian for publishing another Student Directory!

Rolling Terrace Raises \$1,051.39 for UNICEF

Congratulations to everyone who participated in our school wide UNICEF penny drive. We set a goal of raising \$1,000 – and we made it! For one week at the end of October, each Rolling Terrace classroom displayed a bright orange box where students added pennies and other coins they collected from family and friends throughout the week.

We displayed UNICEF information on a bulletin board in the main hallway, and several families picked up individual boxes from the board to take home, fill, and return to school. Student volunteers reminded everyone about the penny drive during morning announcements; gathered the many boxes; and counted up all those coins.

UNICEF is the United Nations Children's Fund. The money Rolling Terrace students raised helps support the health, education, equality and protection of children in 191 countries around the world.

Thank you to everyone who participated in making this year's penny drive for UNICEF a success!

And That's a Wrap

Thank you to all who ordered Sally Foster items for yet another year -- the RT Fall fundraiser brings in more than half the PTA funds for the year, and all the PTA funds help the school. This year the gross amount raised was about \$15,000 (50% to RT), unfortunately down \$5000-7000 compared to other years. Individual giving in general is lower this year in the US, but we were hoping our school would escape the trend. There is also about \$2300 from on-line Sally Foster sales, and you can still order there until the end of December (www.sallyfoster.com, seller's section, RT id is 501408).

The two grand prize winners were Lucia Rodriguez, 4th grade, and Kennedy Nash, kindergarden, who each sold almost \$600 worth of items.

On behalf of Kathy Kurz and Alma Orellana, Fall fundraiser co-chairs, we want to show our enormous appreciation for the help of the following RT parents: Simone Harris and Sarah Mahy; RT students: Isabelle Brecher, Larabella Gonzalez-Sol, Lyle Mahy, Vanessa Martinez Penn, Karla Orellana, and Sarah Savonis; RT alum parents: Annie Hartley and Jay Keller; and RT alum students: Mac Keller, Kiah Mahy and Connor Rattey.

What part of ...

No Left Turn!

... is so hard to understand? We still see drivers turning left onto Bayfield out of the School Parking Lot, instead of making the right turn as indicated. Please respect the flow of traffic as directed around the school grounds. As the afternoons grow darker, it becomes harder to see little people who may be walking there.

Story Time In Spanish At the Takoma Park Libray

I'm the new children's/teen librarian at the Takoma Park, Md. Library, and I'm just trying to get out the word about a wonderful program for families that we are offering. On the first Saturday of every month at 10:30 a.m. we have "Spanish Storytelling Saturdays" led by Laura Kleinmann, a T.P. resident, veteran storyteller and the media specialist at Oyster Bilingual Elementary School in DC. Laura will lead kids and parents through inter-active stories. Although the program is all in Spanish, Laura's highly visual style, plus her use

of felt board figures, etc., make it possible for all to understand.

The next program will be Sat. Jan. We've scheduled it for Saturday to make it available for working families. The program is perfect for babies through teens. Laura often will involve the older kids in helping her, while little ones do their thing on the rug. In fact, all ages are welcome -- we even have some Spanish-speaking senior citizens who come for the fun. There's no need to register.

**Karen MacPherson
Takoma Park Library
101 Philadelphia Ave.**

Summary of November 8th PTA Meeting.

A regular meeting of the Rolling Terrace PTA was held on Wednesday, November 8, 2006 at Rolling Terrace Elementary School. The meeting began with a welcome from PTA President, Nora Cartland and was followed by a presentation by Laura Kriv of the mini-grants to be awarded this fall. Ms. Batiz and Ms. Puertas presented information about how to make the most of parent-teacher conferences. Ms. Rhodes presented information about the character building program begun this year, Tiger Traits. Ms. Vas presented information about Gifted and Talented programs at Rolling Terrace and how, under the school improvement plan, these programs are expected to reach more students. Lisa Hack made a presentation

regarding the possibility of offering Destination Imagination after school to 3-5th graders if there is enough interest. David Morrison from the Long Branch Community Center made a presentation informing parents that free basketball and soccer leagues are available through Long Branch. Valerie Whiting made a presentation about programs available at Rolling Terrace for 4th and 5th grade girls who don't usually join Girl Scouts or other such clubs. Announcements were made about recent and upcoming 5th grade class fundraisers and Sally Foster on-line sales are still available. Our goal for fundraising through Sally Foster is under by \$3,000.

Room Parent Update — we still need YOUR help

With over 40 teachers in the school, many of them teaching morning and afternoon classes, we need more than 60 volunteers for room parents. We've gotten halfway there, but that still leaves almost 30 slots open. You, parents, we need your help.

Room parents play an important role in your child's education. As room parent you help to strengthen community in your child's class, improve communication between parents and your child's teacher, and provide support to that teacher. You are also the personal link between the your classroom parents and the PTA.

If you have a child in one of the following classes, please consider volunteering to be a room parent. If you know someone with a child in one of these classes, please encourage them to become a room parent:

K: Ms. Emmer, Ms. Orton, Ms. Roscoe,
Ms. Silverstein

1st: Ms. Carter, AM & PM, Ms. Edwards, AM &
PM, Ms. Parris, AM & PM, Ms. Ragin,
PM, Reyna, AM & PM

2nd: Ms. Burn, PM, Mr. Schwartz, PM

3rd: Ms. Doeh, AM and PM, Reckling, PM

4th: Mr. Rooney, PM, Mr. Speaker, PM,
Ms. Stanley, AM and PM

5th: Mr. Elrich, AM and PM, Mr. Rooney, AM,
Ms. Vas, PM, Ms. Yilma, PM

Room Parent Basic Responsibilities:

- Collect all the parent information for your class, including parent/guardian's name, email address or telephone number, and primary language of communication. Make initial contact with parents and introduce yourself.
- Touch base with the teacher to offer help as needed.
- Disseminate PTA news as appropriate. This could include calling parents to let them know about meetings, calling on parents to volunteer for PTA events (as requested by the PTA), letting teachers know about funding support from the PTA, etc.

Please contact Judy Wyman Kelly at
jwyman16@yahoo.com, 301-445-1324

Upcoming Events

December 2006

- Fri 22 - Last Day of School
- Mon 25 - Mon Jan 1 - Mid Winter Break,
School recommences Tuesday Jan 2nd

January 2007

Thur 4 - PTA General Meeting (7p.m.)

This will be our annual Middle School Mtg with former RT students now at Silver Spring International, Eastern, and Takoma, with share their experiences in middle school, particularly compared to elementary school. Our RT counselor will talk about the transition to middle school. Principal Ostrowski will be there also.

Fri 5 - Family Fun Night, Math Night

for Prek-2nd grade- Thursday the 11th
from 6:30-8:30 pm.

Tue. 16 - Social Action Committee Mtg.

Thur 25 - Executive Board Meeting

Tue 30 - International Dinner K-2nd

February

Thur 1 - International Dinner 3rd-5th

Fri 2 - Family Fun Night

Tue 6 - General PTA Meeting

PTA Mini-Grants Fund 12 New Projects

On November 8th, 2006, the PTA mini-grants committee awarded a dozen teachers with full or partial funding to initiate new programs at Rolling Terrace Elementary benefiting teachers and students. In order to qualify for a mini-grant, teachers had submitted applications which were then reviewed by the mini-grants committee and Principal Ostrowski. All teachers and staff are eligible to apply for mini-grant funding.

The mini-grants committee would like to thank all of the teachers for their creative applications and program ideas. Awards for the fall/winter mini-grants cycle fund programs such as:

- New bilingual materials for the library and for Spanish immersion teachers.
- The Perfect Attendance Wins Students (PAWS) program, which rewards students with prizes for perfect attendance in the Extended Day programs.
- The start up costs to host a 2K run/walk to raise additional funds for 5th grade field trip to Philadelphia.
- The Mad Science Workshop which explores the properties of liquid and reinforces the science curriculum.
- The Midday Reading Club, a bimonthly book club promoting a passion for reading.
- The Rolling Terrace Variety Show.

In total, the mini-grants committee received 14 applications and funded 12 programs with over \$2,400.00. In the spring, the mini-grants committee hopes to make available additional funds to benefit other programs. (Please stay tuned for more information on spring mini-grants. This is contingent upon successful fundraising efforts throughout the year.)

On behalf of the mini-grants committee chair, Laura Kriv, a special thank you goes to Nora Cartland, Tom Jacobson, Paul Ruther and Jennifer Ostrowski for the time and energy they devoted to making the fall/winter mini-grants committee a success. For more information, contact Laura Kriv at laurakriv@starpower.net.

RT Celebrates 1000 TIGER Paws

Rolling Terrace School earned their first 1000 TIGER Paws! We celebrated this accomplishment by having the first TIGER's Den Celebration on November 21, 2006. Students, staff and parents earned Paws for Trustworthiness in August/September, Integrity in October, and Generosity in November.

The TIGER's Den Celebration was an experience that the Rolling Terrace community will not forget. The party started with Ms. Waheed and staff having a pep rally to spark school spirit. Students, staff and parents spelled T-I-G-E-R-S (our school mascot). Then, students Jary and Giselle Balladeres inspired young "steppers" by performing a cheer they created. The celebration continued when Samiyyah Ali of the Step Africa performance group came on stage to call the crowd's attention by exclaiming, "Hey all you Rolling Terrace TIGERS! My name is Samiyyah." The crowd responded with excitement, "Hi, Samiyyah!" Step Africa performed creative and rhythmic movements that are often done by sororities and fraternities on college campuses. They also shared a historical perspective of stepping by performing the South African Boot Dance. Students were so intrigued by the stepping that some students were invited on stage to demonstrate their skills with the group. The party came to a close with Step Africa teaching character principles and encouraging students to be citizens with character. Each class received a TIGER certificate and all students received a Rolling Terrace pencil for displaying good character from August to November.

Character education continues at Rolling Terrace this month with a school-wide focus on the TIGER Trait, EMPATHY. Empathy is the understanding the thoughts and feelings of others. TIGER Paws may be awarded when empathetic behavior is observed.

We encourage your participation in the Rolling Terrace TIGER Awards program to build a community of citizens who demonstrate good moral character.

A tiger mascot will be bought for RT -- "he/she" will come out on special days to celebrate in tiger fashion!

Tiger Traits Calendar

September	T rustworthiness	Deserving confidence
October	I ntegrity	Total honesty and sincerity
November	G enerosity	Willingness to give or share freely
December	E mpathy	Understanding thoughts/feelings of others
January	R esponsibility	The quality of being dependable/reliable
February	T enacity	Trying several times to reach a goal
March	I magination	A mental picture or creation in the mind
April	G raciousness	Kindness, courtesy, politeness, caring
May	E ffort	A serious attempt to produce work
June	R espect	Polite expressions or actions of difference

Donations you can make:

- Underwear and clothes are still needed in the health room.
- Indoor recess still needs games and outdoor recess can ALWAYS use chalk & new balls.
- Mr. Hackney and the maintenance crew need "ice melt" for the upcoming winter -- donations are very much appreciated! This will help with morning and afternoon drop-off and pick-up -- kids, parents and teachers don't "slip slide" around when the sidewalks are de-iced!