



Sequoyah Signal

Sequoyah Elementary

November 2010

Dates to Remember

November Events

Professional Day:

No School for students
Monday, Nov. 1st

Primary Elections

No School for Staff and Students
Tuesday, Nov. 2nd

Market Day Pick-up

Wednesday, Nov. 10th

Early Release Day

Parent Conferences
Thursday, Nov. 11th
Friday, Nov. 12th

International Night

Wednesday, Nov. 17th

Early Release Day

Wednesday, Nov. 24th

Holiday— Thanksgiving

No School for Staff and Students
Thursday, Nov. 25th
Friday, Nov. 26th



Sequoyah Elementary School

17301 Bowie Mill Rd.
Derwood MD 20855

www.montgomeryschoolsmd.org

Market Day Contact:

Scott Trickey
scott.trickey3@gmail.com

Place an order online at **MarketDay.com**, or submit a paper order form prior to the due dates.

PRINCIPALLY SPEAKING

Special Thoughts on Raising Kids Dr. Bobbi Jasper, Principal

Setting Limits

Children need firm limits. Limits are the foundation of security. Children lucky enough to have limits placed on them in loving ways are then secure enough to develop self-confidence. These children are easier to teach, spend less time acting out, and usually get along well with other children and adults.

I have seen many children misbehave in a variety of ways in desperate attempts to get their parents to set limits. It is almost as if they were trying to say, "Don't you love me? How bad do I have to act before you will set some limits for me?"

Setting firm limits is a gift of love. The problem is that we often find setting limits difficult. Children fight the limits to see if they are firm enough to provide security. They test us by saying we are mean, or that we don't love them. It is easy to become confused at this point and change

the limits. But that is the last thing children really need.

Avoid giving orders. Orders do not set limits. They encourage battles. Consider the following order: "I've called you to dinner three times already! You get in here and eat your dinner!" It encourages the child to be late just to test the limits.

Try instead, "I'm serving dinner in five minutes. Hope you join us. If not, breakfast will be at the regular time." This leaves the youngster with much more to think about, such as, "It doesn't sound as if Mom is going to be serving a special meal for me if I'm late." Most parents are pleasantly surprised at the results when they describe what they plan to do instead of telling the child what he/she has to do.

Avoid Orders:

"You are not going to talk to me like that in my own house!" (fighting words)

Try stating what you are willing to do:

"I'd be willing to listen to you about that when your voice is as soft as mine" (thinking words)

Avoid telling what you won't do:

"I'm not giving you any more allowance just because you wasted yours already!" (fighting words)

Try stating what you will do:

"Don't worry, Sweetie. You'll have some money when your usual allowance comes on Saturday." (thinking words)

Limits are often set by offering choices. A mother getting ready to go shopping sets limits through choices. "Would you rather go shopping with me and keep your hands to yourself, or would you rather take some of your allowance money and hire a sitter to stay with you at home?" I have an idea that if the children don't behave in the store next week, they will be hiring their own sitter next time, and Mom will enjoy her shopping.

Cline/Fay Institute, 1990

SET LIMITS --- Use "Thinking Words" Instead of "Fighting Words"

One time through life....

Another year of school began with new hopes, dreams, goals to fulfill, joys to be enjoyed, and memories to create - The opportunity to reach for the skies and attain new levels - The chance to do something different and expand the horizon.

We each have but one time through life – the time to make the most of each day is that day itself. We send our kids off to school to learn but life itself is about learning and growing. We build our children through discipline and rewards and through the way we conduct ourselves. They learn through our schools and through our actions. The biggest lesson that they, and all of us, should learn is that life only occurs once and to make the most out of every opportunity. A student comes to class ready to learn – with a good night's sleep behind them, a good breakfast, and inspirational words before they leave the house. Parents help out where they can volunteering in the classroom, helping out with the PTA, coaching their sports programs, or helping to figure out problem # 6 on page 5 of the math book. We strengthen their minds and bodies, we teach them how to conduct themselves, and we reach out to others to become better parents. Most of all, we take advantage of occasions to enrich our lives as parents, partners, and friends. We help our children while we help our school and ourselves. We remind them to be positive, to make it fun, and then need to remind ourselves.

For it is just one time through life – make the most of each and every day, for when the sun sets, you cannot live that day again. But you do have another one starting in a just a few hours.... And the chance to make the most of this day.

Jacques Croom, PTA President

Collaboration:

Definition of Collaborate:

to work jointly with others or together especially in an intellectual endeavor

In order for students to be highly successful students it is important for them to learn the skill of collaboration. Collaboration is key for students to be successful in the workforce and/or college. As students make their way up the seven keys, they will face many hurdles that will require them to collaborate with others. By collaborating, students can develop their potential for learning. Collaboration will help students to learn to approach and solve new problems, so that they have the capacity to solve problems in the future. Often students are asked to simply absorb material, learn rules, or rote memorize facts. With collaborative learning students go beyond just a knowledge base of learning. Students are capable of analyzing and synthesizing information. They are able to face a problem and have the tools to solve complex problems.

Seven Keys to College Readiness

Key 1: Read at advanced levels in Grades K-2



Key 2: Score "advanced" in reading on the Maryland School Assessment in Grades 3-8



Key 3: Complete advanced math in Grade 5



Key 4: Complete Algebra 1 by Grade 8 with a "C" or higher



Key 5: Complete Algebra 2 by Grade 11 with a "C" or higher



Key 6: Score 3 on an AP exam or 4 on an IB exam



Key 7: Score 1650 on the SAT or 24 on the ACT

Examples of Collaborative Skills

- √ Staying on task
- √ Asking questions
- √ Encouraging others
- √ Using names
- √ Sharing with others
- √ Looking at others when talking
- √ Being polite...please and thank you
- √ Soliciting and respecting diversity to broaden and deepen understanding.
- √ Working with others to complete a task
- √ Listening to others diverse points of view
- √ Empathy

Attention Parent(s)/Guardian(s) of Third Grade Students**Highly gifted center at Clearspring Elementary School****Important Dates**

October 26, 2010– Parent Meeting at Seneca Valley HS 7 pm (Spanish Translator will be onsite)

November 8, 2010- Application deadline: Deliver to DCCAPS, 11721 Kemp Mill Road, Silver Spring, MD by 3:00 pm **DO NOT SEND TO SCHOOL**

Program Brochure: <http://www.montgomeryschoolsmd.org/curriculum/specialprograms/elementary/ElementaryHighlyGiftedCentersBrochure.pdf>

Frequently Asked Questions: <http://www.montgomeryschoolsmd.org/uploadedFiles/curriculum/specialprograms/elementary/ESMagnetHighlyGiftedCenterFAQ.pdf>

Application: <http://www.montgomeryschoolsmd.org/curriculum/specialprograms/elementary/applications.aspx>

Attention Parent(s)/Guardian(s) of Fifth Grade Students

Roberto Clemente Middle School Humanities and Communication Program

Important Dates

October 13, 2010- Parent/Student Information Meeting at 7:00 pm at Roberto Clemente Middle School

November 8, 2010- Application deadline: **Deliver to Roberto Clemente by 3:00 pm on the 8th of Nov.**

Roberto Clemente Middle School

18808 Waring Station Road

Germantown, Maryland 20874

December 4, 2010- Testing at Clemente from 8:00 am until 11:00 am

International Night 2010

This year's International Night is quickly approaching. It will take place on Wednesday, November 17th from 7:00-9:00. This annual event is a fantastic way of celebrating the diverse culture of the Sequoyah community. There are many ways that you and your family can participate. The easiest way to participate is by simply attending this celebration. Families can also volunteer to set up a table that celebrates your family's culture. Tables usually consist of pictures, artifacts, food, etc... There will also be performances.

If you would like to participate in this part of the night you can contact Aury Burris at 301-208-8609 or email her at aury74@yahoo.com. We hope that you will make plans to join us for this incredible event.



SGA Corner: Red Ribbon Week Celebration



The week of October 25-29, 2010 was our Red Ribbon Week. Saying "No" to Drugs, simply means saying "Yes" to making healthy lifestyle choices! I hope you had a chance to see our displays at school.

Special thanks to staff, students, and community for your support in this important education program. Hopefully lessons learned will provide students with opportunities to make better choices concerning their health now and in the future.

In addition, special thanks to: Mrs. Odans, Mrs. Deigan, Ms. Kang, Mrs. Kymingham, Mrs. Seyed-Ali, Mrs. Carey Sims, and Mrs. Martin for your support in preparing materials, and daily set up for our week long event.

Lastly, consultation from Mr. Croom, our PTA President, and guidance from our administrative staff, Dr. Jasper and Mr. Curry was most appreciated.

Special thanks to our SGA Officers from their help planning and organizing activities for Red Ribbon Week.

Mr. Plaisance- SGA (Student Government Association) sponsor



Saying "NO" to drugs
simply means saying
"YES" to making
healthy lifestyle
choices!
Be your own HERO!

Physical Ed. News

We are starting our P.A.C.E.R testing in Physical Education for the 3rd-5th grade. The P.A.C.E.R. (Progressive Aerobic Cardiovascular Endurance Run) is a multistage fitness test that is a 20 meter (21 yards 32 inches) shuttle run. The test is progressive; it is easy at the beginning and gets harder as you go along.



Aerobic capacity is the most important area of any fitness program. Research clearly indicates that acceptable levels of aerobic capacity are associated with a reduced risk of high blood pressure, coronary heart disease, obesity, diabetes, some forms of cancer and other health problems.



Please make sure your children come to P.E. ready to run!!!!

Tracy Martin~ P.E. teacher

News from the Art Room



Students at all grade levels will be learning about multicultural art in preparation for the International Night.

5th grade students will create a Sumi-e painting. 4th grade students will create a Mehndi design. 3rd grade students will create a Worry doll and learn how to weave a bag. 2nd grade students will create an African-American mask. 1st grade students will create an Alebrije painting. Finally Kindergarten students will create a painting inspired by Kente cloth.

Artists of the Month

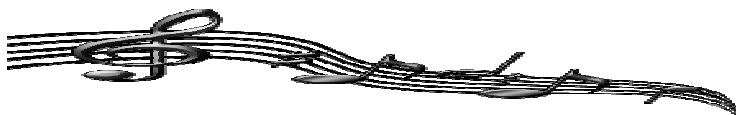


The "Artists of the Month" are Nadia Sagheer from Kindergarten, Joshua Kalai from 1st grade, Jacob Noble from 2nd grade, Corey Gonchar from 3rd grade, Sruthi Ganesh from 4th grade, Aliana Lopez, and Veronica Carbajal from 5th grade.

The artworks are displayed across the art room so please come take a look!

Music News

All of our music students were busy showing off what they learned by taking our county music assessments the last 2 weeks in October. It was great to see all of their musical knowledge! Mark your calendars now for our Winter Concert on December 16th featuring the 4th and 5th grade chorus and our advanced band and advanced orchestra students. 4th and 5th graders, watch for a letter coming home soon about ordering a Sequoyah Music shirt to wear for all of our performances.



Instrumental Music



The instrumental music program at Sequoyah is well under way. For some of our fourth grade and fifth grade students, this may be the first opportunity for them to play their chosen instrument. During this time students will be able to apply their knowledge of quarter, half, and whole notes that they learned in general music class.

I encourage all instrumental music players to routinely practice their instruments. Students who routinely practice are better prepared for class. On another note, it is extremely important for students to take proper care of their instrument.

Andrea Cameron

Math Night: Market Day Math



“Sequoyah held its second annual Math Night for students and their families on Wednesday, October 13th. Math problems were posted along the walls and activities were held in classrooms both upstairs and downstairs. This year PTA provided pizza from Hungry Howies and water.

Our very own Dr. Jasper walked around snapping candid photos of parents, students and teachers hard at work trying to solve various problems. Students and parents were often huddled together solving complicated problems and sometimes the teacher provided manipulative--fruit loops helped. Students definitely became the teachers as they explained processes and organizational strategies to their parents.

Our kindergarten students challenged their parents as they sought help for problems usually reserved for second, third and even fifth graders. Regardless of level, both student and parent led the way to mathematical thinking. Let us continue to foster this attitude in ALL our students!

Math problems focused on estimation, geometry, addition, graphing, subtraction, multiplication and number sense. Teachers from all grade levels put together activities that infused real world skills into problem solving. On the

second floor students used their knowledge of decimals and fractions while using food as a manipulative—these activities were amongst the most popular.

Special thanks to the S.T.E.M committee for all of their hardwork, as well as their team members. A big thank you to PTA for supplying the food and drink. Also thank you to all of the families that attended Math Night.

Testimonials

I wanted to convey to you how wonderful and enjoyable last night's Math night was. I first want to thank you for making this event 2 hrs to allow families with more than one child plenty of time to experience all the age and level appropriate activities.

My feedback comes directly from my daughters. They loved the activities!

These were engaging, thought provoking, attractive to more than one age group and FUN!!! My daughter came home eager to continue to work on "my math homework."

Our family has a great appreciation for learning and we embrace all opportunities that allow our daughters to experience learning in a FUN way. Math night is a success and we already look forward to next year's event. Thank you and all the staff and teachers that made this event possible and accessible to all SES's families.

Thank you PTA for providing dinner for the teachers prior to Math Night.

The Reading Corner

The reason for reading is communication. In order to communicate through reading, the reader must understand, or comprehend what they are reading. This year I would like to share with you some of the comprehension strategies we use to help your child read and understand.

Making Connections

Readers must stay engaged with what they read in order to understand. Making connections helps a reader to connect what they are reading to the reader's personal experiences with their life, what they have read, or things they know about the world. For example, if a reader has a pet dog and is reading a story about a dog who is learning how to shake hands, the reader may be reminded about how they were successful (or not!) in teaching their dog a trick. This makes the story more personal to the reader and helps the reader to understand and be engaged in the book. A text to text connection may be books of similar genres which

would remind the reader of similarities between the two books. (Mysteries, science fiction, fairy tales...) An example of a world connection might be a newspaper article about the Chilean miners who were recently rescued and articles about other difficult rescues.

How you can help at home:

As you listen to your child read, remind him about a time something similar happened in his life. Ask her what the story reminds her about, if anything like that ever happened in her life. Talk about the books or articles you're reading and talk about the connections you may be making with the story or characters in the book or article.

Any questions? Comments? I'd love to hear from you.

Beth Deigan, Reading Specialist @ 301-840-5335
or Elizabeth_M_Deigan@mcpsmd.org



From the Health Room



School Health Services Offers Seasonal FluMist Vaccine at School Clinics

School Health Services and MCPS will conduct nasal spray flu vaccine (FluMist) clinics at Gaithersburg High School and Einstein high School on November 1st for school aged children in Montgomery County. The clinics will run from 9:00 a.m. until 12:00 noon.

To make an appointment for the November 1 clinics go to <http://www.montgomerycountymd.gov/flu> or call 311. The consent form for nasal spray flu vaccine (FluMist) and Vaccine Information Statement have been distributed through student back packs. Additional consent forms may be downloaded from either of the following websites:

<http://www.montgomerycountymd.gov/flu>

<http://www.montgomeryschoolsmd.org/emergency/flu/>

Children must be accompanied by an adult and bring the completed consent form to the clinic. School Health Services will conduct **after school nasal spray flu vaccine (FluMist) clinics in elementary schools** for students enrolled at the school. The clinic at Sequoyah Elementary School will be held on November 12, 2010 from 1:30 p.m. to 3:15 p.m.

A notification letter, consent form, and vaccine information statement have been sent home to parents via student back packs. To sign up for an appointment, please call the health room at 301-840-5335 or email Nancy_C_Ruffner@mcpsmd.org. Children must be accompanied by an adult who will bring the completed consent form to the clinic.

The injectable seasonal flu vaccine and nasal spray seasonal flu vaccine will be available, at no charge, at other DHHS flu clinics at various locations in the county, October through December, or from your health care provider. Visit www.montgomerycountymd.gov/flu or call 311 for county locations.

Positive Behavior In Sequoyah (PBIS)

Parents,

What do you want to know about PBIS?

How well do you really understand what PBIS (Positive Behavior In Sequoyah) is?

How about when and why your child might get a coupon or a referral? What happens next?

Do you want ideas about how to extend PBIS to your home?

What are the special monthly celebrations?

If you have one or more of the questions above or any other questions about PBIS, please let us know at Sequoyah. Just call the school 301-840-5335 or email Ms. McInnis at Kathleen_P_Mcinnis@mcpsmd.org with your suggestions. A great way to find updates about PBIS is attending a future PTA meeting or asking your child if he or she earned a coupon for their positive behavior.

In the meantime, **have you put your bumper sticker on your car?** It's neat to see cars with the stickers showing how proud the parents are of their child's behavior.

We look forward to hearing from you!



Science News: Try it at Home Dust Collectors

Materials

1. An 8" x 10" (205 x 255 millimeters, or mm) piece of shoe-box cardboard or stiff paper from a file folder.
2. Six pieces of sticky stuff. Sticky labels or transparent tape work fine. Each piece should be about 1-1/2" x 3-1/2" (40mm x 90mm).
1. One light string per collector, 12' (300 mm) long.
2. Tape to hang the collector strings.
3. A magnifying glass (if you have one).

Procedures: (Here's what to do)

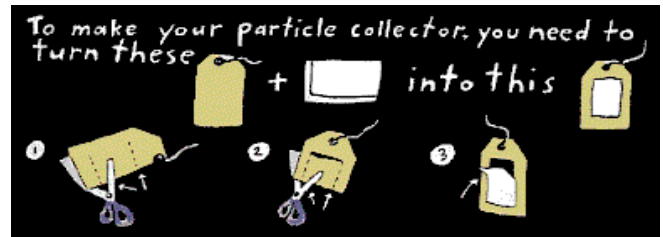
1. Cut out six collectors, using the pattern on this page.
2. Fold each collector and cut out the inside window. Then flatten the collector.
3. Write the location and starting date and time on each collector.
4. Hang the collectors wherever you are curious about the air. Or use these suggested locations:
 - Above your bed, near where you breathe.
 - On the inside or outside of a window.
 - Near a heating vent.
 - Above the cooking stove.
 - On a wall near the floor or ceiling.
 - On your main entry door.
 - Under a tree.
5. Cover the window on the collector with the sticky label or tape. Put the sticky side up or out.
6. Wait a couple of days and take the collectors down. Write the ending time and date on each. Don't touch the sticky stuff!.

Where did you find the most junk?



Did you know?

Dust turns sunsets orange and red. It does other good things, too. But dust can also make you sick—especially if you have allergies or asthma.



Location: Starting date: Time:	Cut out window	Ending date: Time:
Location: Starting date: Time:	Cut out window	Ending date: Time:
Location: Starting date: Time:	Cut out window	Ending date: Time:



Shop at Target, Earn Money For Sequoyah

We've discovered a terrific way to raise funds for Sequoyah. It's super-easy, and all you have to do is use your Target® Visa® or Target® Card. We will receive a percentage of the amount of each purchase in the form of a cash donation to Sequoyah from Target through the Take Charge of Education® program. Target donates 1% of all Target Visa Credit Card and Target Credit Card purchases made at a Target store or at Target.com and 1% of all Target Check Card purchases made at a Target Store. Target donates 1/2% of all Target Visa Credit Card purchases made outside of Target.

It's easy. Just visit target.com/tcoe, or call 1-800-316-6142 to designate Sequoyah as your school. So if you're going to Target anyway, please consider using your Target® Visa® or Target® Card and selecting Sequoyah as the beneficiary. Grandparents, neighbors and friends can take part, too. Any questions, please contact Ellen Rahr at rahr@comcast.net or 301-208-0805

Thanks for your support!

Would you like to be able to donate money to Sequoyah without having to do anything?



Well, you can!

All we need is your Giant Bonus Card number (should be 12 digits), your Safeway Club Card number (11 digits) and your name and address. We'll add you if you're new or renew your participation and make sure a percentage of your purchases from Giant and Escript merchants (i.e. Safeway) supports your student's education. Simply email the information to Ellen Rahr at rahr@comcast.net, or complete this form and return it to school.

Know anyone else that would like to support Sequoyah in this way (grandparents, aunts, uncles)? Give us their card numbers, names, and addresses and we'll do the rest!

This is a great way to help the many programs and services provided by the Sequoyah PTA – and it doesn't cost you any extra! Simply shop at Safeway or Giant as you normally would. Just be sure to use your Club Card or Bonus Card and designate Sequoyah Elementary as your school.

Thank you for your support. If you have any questions, please contact Ellen Rahr at 301-208-0805 or rahr@comcast.net

My Giant Bonus Card # (12 digits): _____

My Safeway Club Card # (11 digits): _____

My Name: _____

My Address: _____