

Calendar Notes

Monday

- ◇ No School-Professional Day for Teachers (Grading and Planning)

Tuesday

- ◇ 9:15– MAP-P (Karamalikis)
- ◇ 3:15– After School Clubs

Wednesday

- ◇ 9:15– MAP-P (Grotzky)
- ◇ 3:30– School Improvement Committee Meeting (media center)
- ◇ 7:00– Instrumental Music Concert

Thursday

- ◇ 9:15–MAP-P (Matta)
- ◇ 3:15– After School Clubs
- ◇ 7:00– Traffic Control Study Community Meeting (media center)

Friday

- ◇ All remaining lost and found items donated today
- ◇ Yearbook photos
- ◇ 9:15–MAP-P (Whyte)

Dates to Remember

- ◇ **Saturday, January 28th, Woodlin Dance**
- ◇ **Tuesday, 1/31 and Wednesday, 2/1**
MSA Simulation #2
(Grades 3, 4, and 5)
- ◇ **Wed., 2/1– Report Card Distribution**
- ◇ **Thurs., 2/2– 1st grade field trip to Imagination Stage**

Our Vision

We believe in a safe, nurturing environment which promotes high achievement and success for students through an integrated and culturally inclusive approach to learning. Students, parents, school staff, and community work together to create an atmosphere of mutual respect where each child can fully develop his or her potential.

Wizard World

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Principally Speaking: A Message from Mrs. Sirgo

Winter is often a time where outdoor activities decrease and all of us find ourselves less active. Spending one or two days with kids who are stuck indoors reminds us all about the important mental and physical benefits of exercise and activity. Recently, a Dutch review of prior research reveals that the more physically active school-aged children are, the better they fare in the classroom. Most of the studies in the review had been conducted in the United States, while one came out of Canada and the other out of South Africa.

The findings are published in the January issue of the *Archives of Pediatrics & Adolescent Medicine*. "We found strong evidence of a significant positive relationship between physical activity and academic performance," the researchers, led by Amika Singh of the Vrije Universiteit University Medical Center at the EMGO Institute for Health and Care Research in Amsterdam, the Netherlands, said in a journal news release.

"The findings of one high-quality intervention study and one high-quality observational study suggest that being more physically active is positively related to improved academic performance in children," the authors noted. Fourteen studies were analyzed; they ranged in size from about 50 participants to as many as 12,000 and involved children between the ages of 6 and 18. The investigators noted that increases in blood and oxygen flow to the brain that accompanies exercise may play a role in improving classroom performance. The suggestion is that the dynamic prompts an increase in levels of hormones responsible for curtailing stress and boosting mood, while at the same time prompting the establishment of new nerve cells and synapse flexibility. The Dutch team cautioned, however, that more rigorous work is needed to confirm the connection.

Regardless, this data is compelling evidence to highlight the importance of getting our kids and ourselves actively engaged during these cold months. Whether it be a set of jumping jacks in between homework problems, a "race" to clean up the toy room the fastest, or building a snowman and sledding, let's all help our kids get physical and get engaged!

In the Know: Woodlin Traffic Update

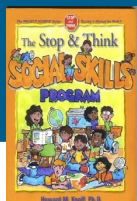
The Montgomery County Department of Transportation (MCDOT) received a request from Montgomery County Public Schools (MCPS) to evaluate traffic safety on Luzerne Avenue, between Second Avenue and Louis Avenue. The challenge is getting buses safely to Woodlin Elementary School when vehicles are parked on both sides of Luzerne Avenue.

MCDOT has conducted a traffic safety study which found that safe traffic operations are negatively impacted on Luzerne Avenue, between Second Avenue and Louis Avenue, during school arrival and dismissal times. Therefore, in order to effectively improve traffic operations, it has been determined that a parking restriction should be installed along the south side of these two blocks of Luzerne Avenue during school hours (i.e., 8AM to 4PM).

The purpose of this letter is to advise you of this proposed change and invite you to attend a **meeting at Woodlin Elementary School Media Center on Thursday, January 26, 2012, at 7PM**, to answer questions you may have about the proposed change. Ms. Sirgo, Principal, Woodlin Elementary School, and a representative of MCPS Transportation will participate in the meeting as well.

We look forward to seeing you on January 26th.

Jean E. Gries, Planning Specialist
Traffic Engineering and Operations



Stop and Think: Social Skills Lesson Topics

Window	Kindergarten & First Grades	Second & Third Grades	Fourth & Fifth Grades
Jan. 17- Jan. 27	Dealing w/ Teasing	Dealing w/ Losing	Dealing w/ Anger