



**Waters Landing**  
ELEMENTARY SCHOOL

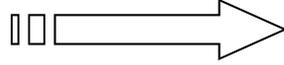
# The Dolphin News

Volume 5, Issue 1 January 31, 2014

A Publication of the Waters Landing Elementary School PTA

Tina Shrewsbury, Principal  
13100 Waters Landing Drive  
Germantown, MD 20874  
Phone (301) 353-0915

## 2013-2014 PTA Contact Information



President  
Allyson Parr  
Allyson.parr@verizon.net  
Vice President  
Brooke Levey  
markandbrooke1@verizon.net

Treasurer  
Jill Bennis  
jillbennis@gmail.com  
Secretary  
Alysha Omar  
esha454@yahoo.com

Stacey M. Brown  
Assistant Principal

Dear Waters Landing Families:

As we begin the third marking period, the start of a new quarter is always a good time to review with your child how things are going in school. Please know that at any time you can make an appointment to meet with your child's teacher to discuss his/her progress in school.

The cold weather and snow have made for many indoor recess days. If you happen to have any games that you would like to donate to our recess staff, they would certainly be appreciated. Drop them off in our main office.

The MCPS Winter Parent Academy is offering a wide variety of free parent classes. We will be hosting the February 13<sup>th</sup> session on "Breaking the Bullying Cycle". To sign up for this and other informative sessions, go to: <http://montgomeryschoolsmd.org/departments/parentacademy/>.

Thank you to all of the parents who have been volunteering their time. Helping out in the classroom or doing things to help instruction at home certainly has made a difference in our school.

Thank you for your ongoing support of your child's education.

Sincerely,

Mrs. Tina W. Shrewsbury, Principal

Mrs. Stacey M. Brown, Assistant Principal

### COUNSELORS CORNER: Ms. Laureno

The Montgomery County Child Care Subsidy Programs has funding available to serve eligible families on both the County and State subsidy programs. This is good news for families needing assistance with the high cost of child care!

The Working Parents Assistance program (WPA) is a County funded program serving families working and or attending school for a total of 30 hours per week. The State funded Child Care Subsidy Program (SCCSP), formerly known as Purchase of Care or POC presently does not have a minimum work or school participation requirement. Both programs have income guidelines.

Eligibility is based on the gross household income, family composition, the ages and number of children in care and the parent/s participation hours. Other factors may apply, but please encourage potentially eligible families to submit an application, especially if their income is within the following guidelines:

Household Size	Income less than
2	\$32,000
3	\$52,000
4	& up \$58,000

For more information, please call the Child Care Subsidy Information Line at 240-777-1155 or 240-777-1177 and ask for the Worker of the Day.



### 2014 WLES Winter Dance

Brr...it's cold out! Come warm up at the WLES Winter Dance!

Friday, February 7th, 7:00 PM - 8:30 PM  
DJ Jared will be spinning the tunes

### January Box Top Winners

Noah Chu  
Andrew Tucker



Keep collecting Box Tops, winners will be announced every month.

### Visit our website

[www.waterslandingpta.com](http://www.waterslandingpta.com)  
Like us on Facebook  
Waters Landing (WLES) PTA  
Follow us on twitter  
Twitter at @WatersLanding

## From the PTA President ...

Hello, Waters Landing Families –

Welcome to winter! I hope everyone has been keeping toasty warm.

We have many fun activities this month. The book fair kicks off on February 3<sup>rd</sup>, continues all week, and ends with a bang on Friday with the winter dance. The dance is a great activity for the kids to burn off some energy during this cold month.

At the end of the month is our Science Fair! This is a wonderful opportunity for our children to learn about the scientific method, and to design their own experiments. Please encourage your child to participate. Even if your child chooses not to enter the fair, come out on the 25<sup>th</sup> and prepare to be dazzled by the finest scientific minds of Waters Landing.

Our excellent teachers at WLES need more tools to help our children. Specifically, they could use more computers. Our new PTA initiative is to raise enough money to buy a cart loaded with laptops for the school. More information will be coming home soon. Please support your children by supporting this effort.

**Our next PTA meeting is on Feb. 4<sup>th</sup> at 7PM.** Everyone is welcome to attend.

Allyson Parr, WLES PTA President



### **Spirit Night at Milano's Pizza and Pasta (13320 Wisteria Dr Germantown) on February 26**

Too cold to venture out for the PTA's monthly Spirit Night this month? Order in!

On Tuesday, Feb. 26, place an order from Milano's Pizza and Pasta for carry out or delivery, and a portion of the sale will go to the PTA. No flyer is needed, but **you MUST mention that you are supporting the Waters Landing Elementary PTA fundraiser when ordering!**

Check out their menu online - <http://www.milanospizzapasta.com/index.php>

### **CONGRATULATIONS to our PEACEMAKERS AND BYSTANDERS-TO-THE-RESCUE!**

Each month we recognize students in every class who are selected by their peers for their kindness and consideration. These boys and girls have demonstrated good manners, excellent citizenship and a desire to help others in times of need. We announce their awards at the Monthly Town Hall Meetings.

Additionally photographs of these honorees are posted in the main hallway.

The following students are our January 2014 recipients of these awards:

**Kindergarten:** Selea Cooper, Sebastian Botera, Hunter Preston, Kenyise Newby, Sarah Nova, Tyrell Reisinger, Michael Cassidy, Miley Bolivar Velez, MacKenna Denyer, Isaac Macauley, Roxane Andrianarisandy, Zen Ezekiel, Lucy Garcia, Martin Roa-Hoyos, Kevin Hernandez, Rachel Gordon, Kayla Sanchez, Nick Reyes, Lina Horta, Keira Allen, Jocelyn Ceron-Romero, Sarah Nova, Tyrell Reisinger, Michael Cassidy, Miley Bolivar Velez.

**First Grade:** Ari Wigglesworth, Angie Hernandez, Thomas Bangura, Michelle Espinoza, Angie Rubio-Argueta, Trayvon Mobley, Kell Maglo, Katherine Vasquez, Isabella Hovhannisyan, Anthony Barahona, Breonna Jules, Rick Bartley, Ava Foster, Arnold Alvarez, Kate Del Mar, Tristan Enaholo, Valerie Badger, Dominic Terry, Jermaine Hoes, Angelique Roberts, Ashley Neupane, Leandro Correia Santana, Makayla Whitfield, Max Young, Amara Bailey, Kenny Ramirez-Ceron, Lali Rivera Alicia, Miguel Rodriguez

**Second Grade:** Samantha Hernandez, Sam Gray, Jude Hassan, Maddie Beltran, Ariana Bailey, Andrew Bjork, Marialicia Arboledo, Joonas Veimer, Gavin Shea, Neha Sharma, Zaid Ramirez, DaShawn Williams-Bey, Laila Graves, Sam Humpert, Ashlyn MacLean, Nariah Goldman, David Feliciano, Yuka Ohtaki, Elijah Frazier, Rocio Coreas, Donald Davies, Ariana Bailey, Andrew Bjork, Mason Pitts, Camille Hines, Red Valenzuel, Mason Pitts, Camille Hines.

**Third Grade:** Erin McCeney, Owen Dean, Karla Saavedra-Romero, Zain Syed, Anna Lazzari, Samuel Laume, Lucas Eymann, Oscar Tereul, Kedar Bostic, Natalie Caceres, Caleb Umphrey, Aya Bouchti, Christian Frederick, James Martinez, Amaya Johnson-McNeil, Edwin Alfaro, Sarai Garcia-Vasquez

**Fourth Grade:** Ashley Avila, Okan Ulug, Nilesh Niraula, Diana Kiger, Taevon Sipes, Hermine Smith, Achim Albert, Erica Sell, Kira Dancik, David Abdalla, David King, Emme Grace McCeney, Tre Phillips, Cindy Elias Reyes

**Fifth Grade:** Cameron Alexander, Natalie Wright, Ian Ackerman, Luisa Bolanos, Vanessa Bien-Aime, Connor Winingham, Raquel Rodriguez-Boza, Llewellyn Spurgeon, Jaime Lai, Joshua Bonhomme, Kaci Shults, Ethan Karanja

**WE SALUTE THESE OUTSTANDING STUDENTS! YOU ARE ROLE MODELS FOR ALL OF US!**

## **GETTING TO KNOW YOU, MR. BRADLEY MUTTON – P.E. Teacher working with Ms. June Miller**

Interviewed by Sierra Schenck Davis and Sofia Moreira, fourth grade students in Mrs. Bokhari's class.

1. What motivated you to become what you are today? I wanted to help kids learn how to exercise and do other healthy, different activities.
2. How long and what grades have you been teaching? This is my fourth year teaching. I have taught pre-kindergarten through sixth grade physical education.
3. What college did you attend? I graduated from Greenville College in Illinois, majoring in physical education.
4. What do you most like to do when you are not working? I like being outside playing sports with family and friends. I also like music and playing the guitar.
5. Where are you from? I was born in Buffalo, New York. My ancestors are from Sweden.
6. Do you have a family? Yes, I am married to my wife, Katie, and we have a daughter, Avery.
7. If you could go back in time and redo something in your life, what would it be? I once threw a baseball through my Mom's window when I was in seventh grade.
8. If you could create the world, what would it be like? It would be a peaceful world.
9. What is one secret that you are willing to share with us? I split my head open three times!
10. If you had one super power what would it be? I would be able to fly to get to places really quickly and cheaply. That way I could see more places.
11. What is your favorite season and why? I like the Fall because I like the weather and the trees changing colors. It is relaxing.
12. If you could pass a law in Congress, what would it be? I would make P.E. mandatory every day.
13. What are you most proud of? My wife and daughter.
14. What is one thing you would like to improve upon? I would like to be a better guitar player.
15. What were your favorite subjects in elementary school? P.E.!
16. Do you celebrate a different tradition from your culture that is not typical of America? Yes, we have a German tradition to hide a pickle and the first one to find it wins.
17. If you had one dream, what would it be? I would like to be a daredevil in the circus.
18. Where in the world would you most like to visit? New Zealand.
19. What do you like most about teaching at WLES? Getting to work with Ms. Miller! She is really awesome!
20. What is your favorite food? Very spicy chicken wings; your favorite color? green; Your favorite book? The Hardy Boys; Your favorite actor? Jim Carrey; Your favorite vacation? The mountains in Switzerland; Your favorite holiday? celebrating my birthday; Your favorite movie: "The Sword in the Stone." (the original Disney version)
21. If you had one message to teach your students, what would it be? To respect everyone, including themselves.

## **GETTING TO KNOW YOU, JAMIN MORDEN, OUR NEW PART-TIME MUSIC TEACHER 2013-2014**

Interviewed by Sierra Schenck-Davis and Sofia Moreira, fourth graders in Ms. Bokhari's class

1. How long and what subjects have you been teaching? This is my first year teaching after graduating from Northwestern University in Evanston, Illinois, but I have taught instrumental music to private students for 10 years.
2. Do you have a family? I have a Mom, Dad, Stepmom and Stepbrother.
3. Where were you born? I was born in Pennsylvania. My ancestors were from Germany and England.
4. What are your hobbies? In my free time I like to play and write music. I also enjoy reading.
5. What is your favorite season and why? I like winter because the snow is beautiful, everything is still and tranquil. Music is more inspired by winter than any other season. It is more interesting. Holiday songs are great
6. When you were in elementary school, what were your favorite subjects? I liked music, reading and science.
7. If you were a superhero, what super power would you want to have? The ability to read minds!
8. What do you like best about teaching at WLES? Everyone on staff gets along very well, no one has been mean or rude.
9. If you had one dream come true, what would it be? I would like to play with the Pittsburgh Symphony.
10. Where in the world would you like to visit? Japan.
11. What is one thing you would like to improve in? I would like to have more confidence in what I do, playing and teaching music.
12. If you could pass a new law in Congress, what would it be? To limit and or regulate campaign spending.
13. Please tell us about your favorites: Food: Sushi; Color: Green; Book: "Lord of the Rings" Trilogy; Vacation: Hawaii; Holiday: Halloween
14. If you had one message, what would you most like to teach your students? Learn to work hard independently because it may not be taught to you.

## COUNSELORS CORNER: Ms. Lauren

Each month we focus on a character building theme which aligns naturally with our calendar. With the start of the new year, in January we have been working on **goal setting**. It is critical for elementary students to master the art of goal-setting. When it comes to setting goals, a useful acronym we are teaching your children to remember is **S.M.A.R.T.**

**S = Specific:** A specific goal has a much greater chance of being accomplished than a general goal.

To set a specific goal, we ask ourselves six "W" questions: Who, \*What, \*Where, \*When Which and Why  
Specific means understanding the reasons for and the benefits of accomplishing the goal.

Example: A general goal might be "I want to lose some weight." A specific goal would be, "I want to lose 10 pounds in 2 months. I will eat properly and exercise at least 3 days a week to accomplish my goal."

**M= Measureable:** Establish criteria for measuring progress toward the attainment of each goal you set. Keep track and measure your target dates.

**A= Attainable:** When you identify the goal, write it out and make a plan. What actions and resources do you need to accomplish the goal? Who can help you and support you through the process? What could get in your way? How can you overcome these obstacles?

**R=Realistic:** A goal must represent an objective you are WILLING and ABLE to make. Set a reasonable goal, not one so lofty it really is a dream, not a goal.

**T= Timelines:** Set a date to accomplish your goal. Know what needs to be done and by when. Take the necessary steps to meet these timelines. Hold yourself accountable by creating a sense of urgency using self-talk to motivate yourself. "I can do this!"

The following motivational quotes help inspire us to achieve the success we desire.

Ben Franklin: "By failing to prepare, you are preparing to fail."

General George S. Patton: "Take calculated risks. That is quite different from being rash."

Wayne Gretzky: (famous hockey player) "You miss 100% of the shots you don't take."

Walt Disney: "If you can dream it, you can do it."

Dale Carnegie: "If you want to conquer fear, don't sit home and think about it. Go out and get busy."

Winston Churchill: "Success is not final, failure is not fatal: It is the courage to continue that counts."

Please take the time to talk about goal-setting with your children as outlined above. - This worksheet may help you.

### Basic Goal Setting:

Immediate Goals: \_\_\_\_\_

5 year goals \_\_\_\_\_

Long term goals \_\_\_\_\_

### Prioritize:

List the three most important goals. Ask yourself, "Am I willing and able to achieve these? Are they realistic?"

What actions and resources will I need to meet my goals?

How will I measure my success along the way?

What obstacles could get in my Way? How can I overcome them?

Who can help me achieve my goals? Who is there to support me and cheer me on?

When do I start? What is my time frame for achieving my goals? What is my end date?

If I can't reach my goal, how will I readjust and create a new plan of action?

A new year brings new opportunities and new challenges. Set your goals high enough to inspire you and low enough to encourage you.

## Media Announcement

### Student Transfer Application Season Scheduled from February 3 through April 1, 2014

Montgomery County parents/guardians who wish to request a Change of School Assignment (COSA) for their children may begin the process during the upcoming transfer season, which starts on February 3. All COSA requests must be submitted no later than April 1, 2014. The transfer process begins in the home school, where parents/guardians may request the *Change of School Assignment Information Booklet* that contains the COSA form, describes the process and provides useful information. Beginning the first week of February, the COSA booklet will be available in schools and [online](#). The booklet will be available in English and Spanish.

### La Temporada Para la Aplicación Para Transferencia de Estudiantes Inicia el 3 de Febrero

Los padres y guardianes del Condado de Montgomery que deseen solicitar un cambio de asignación de escuela (COSA) para sus hijos, pueden comenzar el proceso durante la temporada de transferencia, que inicia el 3 de febrero. Todas las solicitudes de COSA deben presentarse antes del 1ro. de abril de 2014. El proceso de transferencia se inicia en la escuela local, donde padres y guardianes pueden obtener una copia del folleto de información que contiene el formulario de COSA, describe el proceso, y provee información útil. A partir de la primera semana de febrero, el folleto COSA estará disponible en las escuelas y [en línea](#). El folleto estará disponible en Inglés y Español.



WLES PTA is proud to announce our first Scholastic Book Fair of 2014! The Fair begins Monday, Feb 3rd and runs through Friday, Feb 7<sup>th</sup>, from 9am - 4pm daily. **Grandparents' Night will be held on Wednesday, Feb 5<sup>th</sup> from 5-7pm and Family Night will be held on Thursday, Feb 6<sup>th</sup> from 5-8pm.**

Your children's classes will visit the Book Fair during the school day and create a "wish list" to bring home for you to review together. Please note that some items on their lists will sell out more quickly than others and may **not** be available for purchase, but we will do our best to restock these books quickly. Students will be allowed to purchase books during the day, but we strongly encourage you to shop together at our Grandparents' and Family Nights!

**Reminder: ALL PURCHASES ARE FINAL. NO REFUNDS. NO RETURNS. THANK YOU!**

Teachers will also create wish lists for books to add to their classroom libraries. This is an AWESOME way to give a gift to our special WLES teachers!!

We are currently seeking volunteers to help kids fill out their wish lists and shop, as well as pack up the Book Fair at the end of the week. If you would like to be a part of this fantastic Book Fair Crew, please contact Samantha Heitzmann at [msheitzmann@comcast.net](mailto:msheitzmann@comcast.net) or Heather Kiger at [kigerkrewe@me.com](mailto:kigerkrewe@me.com). You can also sign up online! It's quick and easy!

The link is <http://www.signupgenius.com/go/10C0C4CABA92DA13-book4/8880128>.

**Thank you in advance for making our Book Fair amazing! We can't wait to see you all there!**

### **Winter Weather: Stay in Touch with Montgomery County Public Schools (MCPS)**

Winter weather is here. MCPS offers numerous ways for parents to learn about school closures, delayed openings and early dismissals during inclement weather.

**AlertMCPS** - Receive text messages or emails from MCPS during weather-related emergencies and other major events that impact school system operations. Parents can also sign up to receive alerts specific to their child's school. - [Subscribe to AlertMCPS](#)

**MCPS homepage** - <http://www.montgomeryschoolsmd.org/>

**MCPS QuickNotes email news service** - Subscribe at <http://bulletin.montgomeryschoolsmd.org/quicknotes-home/>

**MCPS cable channels** - Comcast 34, Verizon 36 or RCN 89 Recorded information - 301-279-3673

**Ask MCPS - 301-309-6277.** Staff take calls from 7:30 a.m. to 5:30 p.m., Mondays - Fridays, in English and Spanish.

**Twitter** - <https://twitter.com/mcps>

**Local radio and TV stations** - Please make sure emergency contact information on file at the school is up to date. Visit <http://montgomeryschoolsmd.org/emergency/>.

### **Clima Invernal: Manténgase en Contacto con Montgomery County Public Schools (MCPS)**

El clima invernal ya está aquí. MCPS ofrece muchas formas para que los padres se enteren sobre los cierres de escuelas, demoras en el comienzo de la jornada escolar, o cuando los estudiantes se deben retirar de la escuela antes del horario habitual durante tiempo inclemente.

**AlertMCPS** - Reciba mensajes de texto o correo electrónico de MCPS durante emergencias relacionadas con tiempo inclemente y otros sucesos importantes que afectan las operaciones del sistema escolar. Los padres pueden anotarse también para recibir alertas que tienen que ver específicamente con la escuela de sus hijos.

[Suscríbese a AlertMCPS](#)

Portal de MCPS - <http://www.montgomeryschoolsmd.org/>

**Servicio electrónico de noticias MCPS QuickNotes** -

Suscríbese en <http://bulletin.montgomeryschoolsmd.org/quicknote-home/>

**Canales de MCPS por cable** - Comcast 34, Verizon 36, o RCN 89 **Información grabada** - 301-279-3673

**Pregunte a MCPS (Ask MCPS)** - 301-309-6277. El personal recibe llamadas en inglés y en español, de lunes a viernes, de 7:30 a.m. a 5:30 p.m.

**Twitter** - <https://twitter.com/mcps>

**Emisoras locales de radio y televisión**—Por favor asegúrese que la información de contacto para casos de emergencia que mantiene la escuela esté actualizada. Visite <http://montgomeryschoolsmd.org/emergency/>.

**A POSITIVE RESPONSE BULLYING - March 1 at 6:30PM at Montgomery County Methodist Church, 28325 Kemptown Rd. Damascus. PROGRAM INCLUDES:**

Viewing the film "Bully" [rated PG13]

Presentations: "School Climate: A proactive approach to addressing bullying behaviors" - Presented by: **Janet Shipman, Coordinator, School Counseling and Student Support - Frederick County Public Schools**

"Cyber Bullying" - Presented by: **Cathie Deadrick | Court Appointed Special Advocates for Children Mental Health Association of Frederick County**

Question and Answer Session: **Beth Santa Maria | Director of Family Support Services Mental Health Association of Frederick County**

Signing of the Anti Bully Pledge { The Bully Project }

### **Nominations Open for 17th Annual Distinguished Service to Public Education Awards**

Do you know any individuals, (including students), groups, and organizations that have made outstanding contributions to public education in Montgomery County? If so, consider nominating them for a Distinguished Service to Public Education Award! Now in its 17th year, the Montgomery County Board of Education established the awards to recognize and show appreciation for exemplary contributions to public education and to MCPS. Completed nomination forms are due by 5 PM on February 11, 2014. Nomination forms can be found at <http://www.montgomeryschoolsmd.org/boe/community/awards/>.

### **Se Abren las Nominaciones Para los Decimoséptimos Premios Anuales Por Servicio Ilustre a la Enseñanza Pública**

¿Conoce a alguna persona (incluyendo a estudiantes), grupos, y organizaciones que hayan hecho contribuciones ejemplares a la enseñanza pública en el Condado de Montgomery? Si la respuesta es sí, ¡considere nominarlos para un Premio Por Servicio Ilustre a la Enseñanza Pública (Award for Distinguished Service to Public Education)! Ahora en su decimoséptimo año, Montgomery County Board of Education (el Consejo de Educación) estableció los premios con el fin de reconocer y demostrar agradecimiento por contribuciones ejemplares en favor de la enseñanza pública y de MCPS. Puede conseguir los formularios de nominación en <http://www.montgomeryschoolsmd.org/boe/community/awards/>. Los formularios de nominación completados deben ser presentados a más tardar a las 5:00 p.m., del 11 de febrero, 2014.

### **Winter 2014 Parent Academy**

The MCPS Parent Academy is back in session this winter with an exciting lineup of free workshops for parents! The 2014 winter session begins on Monday, January 13. The Parent Academy helps equip parents with the tips and tools they need to help their children succeed. A wide array of topics will be covered during the winter session including college and career planning, active parenting, and cybersafety and social media. All of the workshops are free and are held at schools and locations throughout Montgomery County. Childcare and interpretation services are provided at all classes. The schedule of workshops is available at <http://montgomeryschoolsmd.org/departments/parentacademy/>.

### **Sesión de Invierno 2014 de la Academia Para Padres**

¡La Academia Para Padres de MCPS regresa este invierno con una interesante serie de talleres gratuitos para los padres! La sesión de invierno 2014 comienza el lunes, 13 de enero. La Academia Para Padres ayuda a equipar a los padres con los consejos prácticos y las herramientas que necesitan para ayudar a sus hijos a triunfar. Durante la sesión de invierno se abarcará una amplia variedad de temas, incluyendo planificación universitaria y profesional, crianza activa, y ciberseguridad y medios sociales. Todos los talleres son gratis y se ofrecen en escuelas y otros lugares en todo el Condado de Montgomery. Se proveerá servicios de cuidado infantil e interpretación de idiomas en todas las clases. El horario de los talleres se encuentra disponible ingresando a <http://montgomeryschoolsmd.org/departments/parentacademy/>.

### **Plan Ahead for the Next School Year**

The Board of Education has set the calendar for 2014-2015 school year. Classes will begin on Monday, August 25, 2014 and are scheduled to end on Friday, June 12, 2015. The calendar is available in seven languages –Amharic, Chinese, English, French, Korean, Spanish and Vietnamese—and can be printed or downloaded to a computer or mobile device. Visit <http://www.montgomeryschoolsmd.org/info/calendars/future/> to see the calendar.

### **Planee Por Anticipado Para el Próximo Ciclo Escolar**

El Consejo de Educación ha establecido el calendario para el ciclo escolar 2014-2015. Las clases comenzarán el lunes, 25 de agosto, 2014, y están programadas para terminar el viernes, 12 de junio, 2015. El calendario se encuentra disponible en siete idiomas—amárigo, chino, coreano, español, francés, inglés, y vietnamita y puede imprimirse o descargarse a una computadora o dispositivo móvil. Visite <http://www.montgomeryschoolsmd.org/info/calendars/future/> para ver el calendario.

### **Automated Cameras on MCPS School Buses**

Beginning Thursday, Jan 2, 2014, several MCPS school buses will be equipped with automated cameras that will capture images of vehicles that pass stopped school buses. MCPS is working with the Montgomery County Police Department in the effort to reduce the number of vehicles that violate the law by passing school buses that are stopped to pick-up or discharge students. When a violation is detected by the camera, and verified by the police, a \$125 ticket will be issued to the owner of the vehicle. The cameras are being placed on buses that serve every part of the county. Please help spread the word. Together, we can ensure the safety of all children that ride our school buses.

### **Cámaras Automatizadas en los Autobuses Escolares de MCPS**

A partir del jueves, 2 de enero, 2014, varios autobuses escolares de MCPS estarán equipados con cámaras automatizadas que capturarán las imágenes de aquellos vehículos que pasen a autobuses parados. MCPS está trabajando con el Departamento de Policía del Condado de Montgomery en un esfuerzo por reducir el número de vehículos que violan la ley al pasar a autobuses que se encuentran parados para recoger o dejar bajar a estudiantes. Cuando la cámara detecte una infracción y la misma sea verificada por la policía, se emitirá una multa de \$125 al dueño del vehículo. Las cámaras se están colocando en autobuses que prestan servicios en cada sector del condado. Por favor ayude a correr la voz. Juntos, podemos asegurar la seguridad de todos los niños que viajan en nuestros autobuses escolares.

## COUNSELORS CORNER: Ms. Lauren

DON'T BE AFRAID OF THE UNKNOWN! SET NEW GOALS AND TRY NEW WAYS TO REACH THEM. AND IF THINGS DON'T WORK OUT, TRY, TRY AGAIN! - *Taming Fear, the Little Word with a Big Voice*

Fear talks to people. And when they listen, this is what can happen:

Sheila loved to dance but she wouldn't go out on the dance floor with her fiancé because she thought she'd look clumsy and ridiculous.

Arnie knew he deserved a raise, but he was so nervous about approaching his boss, he never asked for one.

Delia's fear of bears was so great that she wouldn't go on a camping trip with her friends. And their campsite wasn't even in bear territory.

Fear is that nattering voice inside our heads that says, *you can't, you shouldn't, what if...* Fear keeps us from taking risks that might enrich our life or holds us back from doing some things we need to do. Experience new and exciting vistas? Accomplish something really great? Fear says, "Not on your life." This isn't to say that fear is all bad. At its best it's an instinctive, natural ability to help us survive. Without fear we might attempt to stroll across freeways or scratch behind a lion's ears. But given the upper hand, fear can dominate our life and make even the innocuous—taking a walk or answering the phone—a daunting experience. Ninety-nine percent of what we worry about never happens, according to Susan Jeffers, Ph.D., psychologist and author of *Feel the Fear and Do It Anyway*. "There's a voice inside our heads that's always heralding doom and disaster even before we get started on something," she says. On its own, fear won't disappear. Following are some strategies to help you deal with fears that might be holding you back from something you want or need to do.

**Get information.** In an information void, fear clicks in to do what it thinks is its job. But when you find out about what scares you, you replace fear with knowledge.

**Learn how to do it.** If there's something you'd like to do, but you're afraid to try, take lessons. We're not born knowing how to ride horses or make pottery.

**Find models.** Let someone who's not afraid model courage for you. Just as fearful behavior breeds the jitters, courageous behavior invites confidence.

**Talk about your fears.** Keeping your fears bottled up inside magnifies them. Taking them out into the light can shrink them. Find a good listener who won't pooh-pooh your fears or make judgments.

**Talk to yourself.** Self-talk filled with positive messages can change fear energy into positive energy. Eliminate the *can'ts*, *shouldn'ts* and *ought-tos* from your self-talk vocabulary.

**Use your imagination.** Before you arrive at the party, imagine the other guests are as frightened as you are. Or see your audience as people who really want the information you have. Visualize yourself doing what you are afraid to do; see yourself as graceful, strong and capable.

**Focus on the little things.** Keep your mind on the details, not the Big Picture. Complete the report word by word, pay the bills one by one, see the group individual by individual.

**Expand your comfort zone.** Take a small risk each day. Make one phone call, ask for one thing you want, go to one new place. Little by little your confidence will expand, too.

**Relax and breathe.** Sometimes the physical response to fear creates even more fear. Physically relax your body and breathe in and out to release tension.

**Ask for help.** If your fears are pervasive or severe, you may be suffering from an anxiety disorder, in which case you should definitely seek help. If your fears are not debilitating, but still get in the way of doing what you need or want to do, asking for help can make all the difference.

## Hang Up or Hands Free Safety Campaign

As of Oct 1, 2013, officers throughout the state of Maryland are ticketing for the sole offense of driving while using a handheld cell phone without a hands-free device. The fine for the first offense is \$83 and increases for subsequent violations. Montgomery County Public Schools is working with the Montgomery County Police Department to get the word out about this new law. Please help spread the word and share this information with teenage driver in your home. Together, we can help make our roadways safer by keeping hands on the wheel, not on a phone. Visit [http://montgomerycountymd.gov/OPI/hang-up\\_hands-free.html](http://montgomerycountymd.gov/OPI/hang-up_hands-free.html)

## Campaña de Seguridad "A Colgar o Sin Manos"

A partir del 1ro. de octubre, 2013, oficiales de policía de todo el estado de Maryland están emitiendo multas por la sola ofensa de conducir un vehículo mientras se habla por teléfono celular sin usar un dispositivo de manos libres. La multa por la primera ofensa es \$83 y aumenta con violaciones posteriores. Montgomery County Public Schools está trabajando con el Departamento de Policía del Condado de Montgomery para hacer correr la voz sobre esta nueva ley. Por favor ayude a correr la voz y comparta esta información con cualquier conductor adolescente en su hogar. Juntos, podemos hacer que nuestras calles sean más seguras, manteniendo las manos sobre el volante, y no sobre un teléfono.

Visite [http://montgomerycountymd.gov/OPI/hang-up\\_hands-free.html](http://montgomerycountymd.gov/OPI/hang-up_hands-free.html).



# 2014 WLES Feria de Ciencias

## Martes, Febrero 25 en el Gimnasio

*únete a la diversión y regístrate!*



### Horario

6:30pm Participantes preparan sus presentaciones en las areas indicadas (en el Gimnasio)

7:00pm Bienvenida, deliveración/calificación por los jueces, y últimas observaciones

8:30pm Participantes guardan sus presentaciones

### Divisiones

#### Familiar

Esta división es de estudiantes y sus familias en los grados de Kindergarten, Primero y Segundo Primaria.

#### Super Científicos

Esta división es para los estudiantes de tercero, cuarto y quinto primaria. Estudiantes pueden participar individualmente o por parejas.

#### Proyecto de Clase

Esta división es para maestros que les gustaria demostrar algun proyecto de ciencias hecho en clase con sus estudiantes.

### Clases de preparación para la Feria de Ciencias

Estudiantes aprenderan el Proceso Científico, cómo preparar un experimento, y cómo registrarse para la Feria de Ciencias durante horario de escuela con Mrs. Zygmunt en el centro de recursos.

#### Detalles Adicionales

- *Temas e ideas de presentaciones científicas pueden ser encontradas en los siguientes sitios web: [www.sciencebuddies.org](http://www.sciencebuddies.org), [www.cool-science-projects.com](http://www.cool-science-projects.com), [www.super-science-fair-projects.com](http://www.super-science-fair-projects.com), [www.sciencemadesimple.com](http://www.sciencemadesimple.com), [www.education.com/science-fair/elementary-school/](http://www.education.com/science-fair/elementary-school/)*
- *Ya que han llenado y registrado su forma, los estudiantes pueden recojer su "Guía para la Feria de Ciencias" en el centro de recursos de WLES con Mrs. Zygmunt.*
- *Tableros de exhibición trípticos estarán disponibles por \$4.00 (solo efectivo) en el centro de recursos con Mrs. Zygmunt (cantidad es limitada). Porfavor traer el cambio exacto.*
- *Formulario de inscripción y la Guía para la Feria de Ciencias estarán disponibles para su descarga desde el sitio web WLES.*

### Formulario de Inscripción

Porfavor llenar y regresar no mas tarde de Febrero 18 a WLES en un sobre, titulado "PTA Science Fair".

\_\_\_\_\_ División Familiar (K-2<sup>do</sup> grados)      \_\_\_\_\_ Super Científicos (3<sup>ro</sup> -5<sup>to</sup> grados)

Nombre del Estudiante (Nombre /Apellido) \_\_\_\_\_ Grado \_\_\_\_\_ Maestro (a) \_\_\_\_\_

Nombre del Padre/Tutor \_\_\_\_\_ Correo Electrónico \_\_\_\_\_ Telefono \_\_\_\_\_

Firma del Padre/Tutor que dara el apoyo para el proyecto científico \_\_\_\_\_

Titulo del Proyecto: \_\_\_\_\_

Si se trabaja con un compañero, porfavor escriba su nombre/grado/maestro(a) (compañeros tambien deben de llenar un formulario de inscripción): \_\_\_\_\_

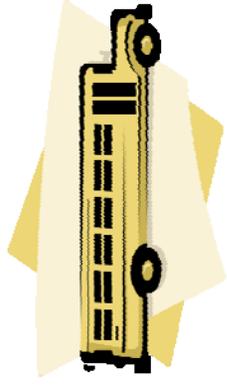
**\*\* División de Clase** \_\_\_\_\_ **Nombre del Maestro, Grado, Email** \_\_\_\_\_

\_\_\_\_\_ **Titulo de proyecto** \_\_\_\_\_

Necesita electricidad su proyecto? \_\_\_\_\_ Otra especificación especial? \_\_\_\_\_

Preguntas?, porfavor contacte a Brooke Levey por correo electrónico a: [markandbrooke1@verizon.net](mailto:markandbrooke1@verizon.net).





# February 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 PTA Meeting 7:00 PM BOOKFAIR	4 BOOKFAIR	5 BOOKFAIR Grandparents Night 5-7PM	6 BOOKFAIR Family Night 5-8PM	7 BOOKFAIR Winter Dance 7:00 PM - 8:30 PM	8
9	10	11	12	13	14 Happy Valentines Day	15
16	17 President's Day No School	18	19	20	21	22
23	24	25 WLES Science Fair 6:30-8:30 PM	26 WLES 27 Spirit Night Milano's Pizza Order In	27	28 Student Dismissed at Lunch	