

BERRY ELEMENTARY JAGUARS

PRINCIPAL'S MESSAGE

Welcome to October!

Well, we are off and running. The days seem to go by as fast as they come. The weather is changing daily. Please help us by making sure that your child is properly dressed for the changing weather. This is also the time of year when our lost and found area becomes overwhelmed. We already have items to be returned. It would help if your children had their jackets, hats, coats and gloves labeled with their names so that we can easily return them.

Last month we conducted our Annual Open House. We delighted in seeing you that night to hear your child teacher's expectations. The event was well attended and we hope that it was worth your time.

The fund raiser ended September 22, 2008. The final number indicated that we raised about \$10,000 for our school. This is down from last years account but I am thankful for any money we receive. The money earned from the fundraiser will go towards instructional materials teachers need for the classroom. In the past three years, we have been fortunate to be able to provide teachers with what ever they need to make sure that your child is successful.

Our teacher's success could not be made possible without the support of our PTO. When the school has limited resources, we often call on the PTO to support our initiatives. So, taking the time to join (\$5.00 per family) goes a long way. Thanks to the many parents that have joined us to date. Our membership is at about 200 families. I would like to see every join. Lets be the first school ever to have 100% participation in the PTO!

Have a wonderful month and we look forward to talking to you in November.

IMPORTANT NUMBERS & CONTACT INFORMATION

Berry Elementary School
10155 Berry Road
Waldorf, Maryland 20603
301-638-2330 / 301-753-1782
301-638-3659 (fax)

Charles County Public Schools
P.O.Box 2770
La Plata, MD 20646
301-932-6610

When inclement weather strikes, listen to the radio and television, or call:

24-hour information lines:

301-934-7410

301-932-6656

or register to receive email notification at: www.schoolsout.com

HANDICAP PARKING

Please remember the parking spaces in the front of the building are for handicap parking only. Please do not block these spaces when dropping off or picking up students. Your cooperation is greatly appreciated.

GIFTED NEWS

As we move into October, we have a few gifted news and notes. The county Chess Tournament will be held on Saturday, October 11th at Westlake High School. Please see me for an application. We will also be starting our Berry Chess Club later this month. Listen to morning announcements for dates and times. MESA Club will also be starting this month. MESA (Math, Engineering, and Science Achievement) is open to any 4th or 5th grader with an interest in math and science. See Ms. Dyson in the Media Center for more information. Please visit the Charles County Gifted Website for more gifted information, gifted links and upcoming gifted education events at: www.ccboe.com/gifted . For any other questions or concerns, feel free to call or email me: Joe Perriello -- Gifted Resource Teacher -- (301) 638-2330 EXT 2147 --- jperriello@ccboe.com

NURSE'S NOTES



Nursing Station

Brain Injury (BI)

Brain Injury means an acquired injury to the brain that results in partial or total impairment in one or more areas of function. These areas of function include, but are not limited to, cognition; memory; attention; reasoning; abstract thinking; judgment; problem solving; information processing; speech and language; psychosocial behavior; sensory, perceptual, and motor abilities and physical functioning. A brain injury may be caused by any external or internal mechanism of injury, can vary in severity from mild to severe, and may result in short-term or long-term functional impairment. Acquired brain injuries may be associated with trauma, illnesses, anoxia, toxic exposures, or surgical interventions. The term does not include brain dysfunction caused by congenital or degenerative disorders, nor birth trauma.

Examples, Subsets and Synonyms for Brain Injury

- Traumatic Brain Injury
- Brain Injury from Central Nervous System Tumor

Spina Bifida

Spina bifida results from the failure of the spine to close properly during the first month of pregnancy. In severe cases, the spinal cord protrudes through the back and may be covered by skin or a thin membrane. Surgery to close a newborn's back is generally performed within 24 hours after birth to

minimize the risk of infection and to preserve existing function in the spinal cord.

Because of the paralysis resulting from the damage to the spinal cord, people born with Spina Bifida may need surgeries and other extensive medical care. The condition can also cause bowel and bladder complications. A large percentage of children born with Spina Bifida have hydrocephalus, the accumulation of fluid in the brain. Hydrocephalus is controlled by a surgical procedure called "shunting" which relieves the fluid build up in the brain by redirecting it into the abdominal area. Most children born with Spina Bifida live well into adulthood as a result of today's sophisticated medical techniques.

Examples, Subsets and Synonyms for Spina Bifida

- Myelomeningocele
- Meningocele
- Myelodysplasia

For more information regarding Spina Bifida go to: www.kennedykrieger.org

Introduction to Lupus

Lupus is an autoimmune disease that can affect various parts of the body, including the skin, joints, heart, lungs, blood, kidneys and brain. Normally the body's immune system makes proteins called antibodies, to protect the body against viruses, bacteria, and other foreign materials. These foreign materials are called antigens.

In an autoimmune disorder like lupus, the immune system cannot tell the difference between foreign substances and its own cells and tissues. The

immune system then makes antibodies directed against itself. These antibodies -- called "auto-antibodies" (auto means 'self') -- cause inflammation, pain and damage in various parts of the body.

Inflammation is considered the primary feature of lupus. Inflammation, which in Latin means "set on fire," is characterized by pain, heat, redness, swelling and loss of function, either on the inside or on the outside of the body (or both).

For most people, lupus is a mild disease affecting only a few organs. For others, it may cause serious and even life-threatening problems. Although epidemiological data on lupus is limited, studies suggest that more than 16,000 Americans develop lupus each year.

The Lupus Foundation of America (LFA) estimates between 1.5 - 2 million Americans have a form of lupus, but the actual number may be higher. More than 90 percent of people with lupus are women. Symptoms and diagnosis occur most often when women are in their child-bearing years, between the ages of 15 and 45.

In the United States, lupus is more common in African Americans, Latinos, Asians, and Native Americans than in Caucasians.

For more information on Lupus go to: www.lupus.org

Health Observances: October

Brain Injury Awareness Month
National Breast Cancer Awareness Month
National Campaign for Healthier Babies Month
National Celiac Awareness Month

Crime Prevention Month
National Dental Hygiene Month
Domestic Violence Awareness Month
National Family Health Month
National Lupus Awareness Month
National Spina Bifida Awareness Month
National Spinal Health Month

For more Health Observances Information: www.pohly.com

COUNSELOR'S CORNER

Dear Berry Families:

The school year is off to a great start. The Counseling Department has been very busy this past month getting to know all of our new students and families. We have already been into all of the classrooms and have been helping several students and parents with their various concerns.

This month in the primary grades, Ms. Turner will be working on the topic "hands are for loving, not for shoving". We have had several problems in the classroom and office referrals for this problem. Please remind your students that they need to keep their hands to themselves at all times and that using their hands does not help them to solve their problems, it only makes them worse. Look for the handout to come home this month that helps your primary student deal with this problem.

This month in the intermediate grades we will start our year long look at conflict resolution. We will start by discussing the definition of a conflict: a conflict occurs whenever there is a disagreement. This could include so many different situations; also we will

discuss that fact that not all conflicts are bad and end up in a fight. Some conflicts can turn out to be very productive and end in a resolution to a serious community problem. We will end the lesson with a yarn toss activity to illustrate how all conflicts can be interrelated and most have similarities that are inherent to all conflicts. This will also show how one conflict can cause tension and impact conflicts that other people are having.

The Counseling Department has already started several groups this year. Mrs. Conte will be concentrating on several test taking groups to help students in grade 3, 4 and 5 learn relaxation skills and some basic test taking skills. Ms. Turner will be concentrating on social skills groups. She has already started groups in 1st, 2nd, 4th and 5th grade.

We have already put Career Day on our calendar, so please mark your work calendar. Career Day is Friday, March 6th this year. We always love to have a variety of parents from different career fields to come in and talk about how they use reading and math in their jobs. So start thinking about it now and plan to join us in March.

Finally, our hearts are saddened by the recent loss of a Berry parent. Our thoughts and condolences go out to the Mallard family who lost their mother in the tragic helicopter accident this past week. If your family has been affected by this great loss in our community we want you to know that the counselors at Berry are available for counseling for you or your students.

Sincerely,

Jennifer Conte
Van Turner
Professional School Counselors

