

January 2009

# BERRY ELEMENTARY JAGUARS

## PRINCIPAL'S MESSAGE

Welcome to January!

I'm sure you all know that it is cold outside. Please make sure that your students are dressed appropriately for the weather. Again, it is better to dress in layers. Please make sure that all student articles are labeled with their name.

Be on the look out for the new "County Road Shows". The Road Shows are Cluster Events that bring entertainment, instruction and resources specific to our Westlake Cluster. The Westlake Cluster includes Berry, Barnhart, and Jenifer Elementary schools, Mattawoman Middle School and Westlake High School. All of the Road Shows will be held at Westlake High School. Additional information will be coming home soon.

With MSA right around the corner, we are confident that our students will do their best! Continue to review your student work, assist them with homework and help them practice those basic skills that tend to appear on the MSA test. Some of those skills include basic addition, subtraction, multiplication and division.

We hope that you had a restful break and we look forward to seeing you in our school.

School Administration.

### **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



## GIFTED NEWS

Happy New Year to all! Here are a few dates to keep in mind for the coming months. January 31st is the next County Chess Tournament to be held at Westlake High School. Students can get more information and a registration form from me in the ILT office. On February 3rd there will be an informational meeting for any parent interested in learning about nominating your child for gifted services in elementary and middle school. This meeting will be part of the monthly PTO meeting at Berry Elementary School at 7:00 PM. Please visit the Charles County Gifted Website for more gifted information, gifted links and upcoming Gifted Education events at: [www.ccboe.com/gifted](http://www.ccboe.com/gifted) . Please call or email if you have any gifted questions or concerns. [jperriello@ccboe.com](mailto:jperriello@ccboe.com)

## COUNSELOR'S CORNER

Hello Berry Families:

Happy New Year! We hope that everyone had a restful break and was able to enjoy some quality time with family and friends. As we say good by to 2008 and hello to 2009, the Counseling Department is very excited

about the upcoming events for the rest of the school year.

Career Day is right around the corner. This year Career Day will be held on Friday, March 6<sup>th</sup>, 2009. This is much earlier than in the past years, but we still expect a great turn out. Please fill out the attached interest form and return it to the Counseling Department by no later than Friday, February 13<sup>th</sup>, 2009. We look forward to seeing our old friends and some new faces too.

The end of the second marking period is fast approaching and that means another Berry Bucks Big Event. Encourage your students to save their 100 Berry Bucks and turn them in to attend the next Big Event. It is planned for February 11<sup>th</sup> at 2:30 for grades K-2 and February 12<sup>th</sup> at 2:30 for grades 3-5. There will be more details to come. We are always looking for parent volunteers to help out with their time or donations. Please remember that any student who received an office or bus referral during the second marking period is ineligible to attend the Big Event, regardless of how many Berry Bucks they have.

Monday, February 2<sup>nd</sup>, 2009 is not only Ground Hog Day, but it is also National Job Shadow Day. This is a great day to bring your child to work and show them how important a good education is in obtaining a quality job in adulthood. Forms will be coming home this month, that need to be filled out and turned in, in advance, in order for your child's absence to be excused. February 2<sup>nd</sup> is the only day that your child can receive an excused absence for "Take your child to work day". Also, if your child plans to shadow a teacher, this form must still be filled out prior to

that day and the teacher must give their prior approval. If you have any questions about Job Shadow Day, please contact Mrs. Conte in the Counseling Department.

The week of February 2<sup>nd</sup> – 6<sup>th</sup> is National School Counselor Week. Please help Berry in celebrating its two wonderful full time counselors. Be sure to stop by and let us know how we have made a difference in the lives of your students and families.

With so much coming up in February and March, let us not forget about January. This month in the primary grades, Ms. Turner will be working on the importance of good manners. She will be discussing and practicing phrases such as please, thank you, your welcome, yes ma'am, no sir, excuse me, good morning, hello, I am sorry, and may I. For students who are successful at role playing these good manners, Ms. Turner will award them with a good manners ribbon. At the end of the month the teachers from each classroom will select one male and one female student who have been working exceptionally hard on their good manners to have a VIP lunch with Ms. Turner.

In the intermediate grades, Mrs. Conte will continue to work with students on conflict resolution. This month we will be discussing the importance of recognizing our feelings about both positive and negative situations, understanding and having empathy for other peoples feeling, and having a plan for how we are going to appropriately react to certain situations before they even happen. Along these same lines, Mrs. Conte will discuss the

importance of preventing conflicts before they even start.

If you have questions about any upcoming events, the lessons we have planned, or problems your students are having, please do not hesitate to call or e-mail one of the counselors.

Sincerely,

Jennifer Conte  
Evangeline Turner  
Professional School  
Counselors



### Nursing Station

#### How much physical activity do children need?

Children and adolescents should do 60 minutes (1 Hour) or more of physical activity each day.

This may sound like a lot, but don't worry! Your child may already be meeting the *Physical Activity Guidelines for Americans*. And, you'll soon discover all the easy and enjoyable ways to help your child meet the recommendations. Encourage your child to participate in activities that are age appropriate, enjoyable and offer variety. Just make sure your child or adolescent is doing three types of physical activity: **Aerobic activity, Muscle Strengthening and Bone Strengthening.**

**Aerobic Activity** should make up most of your child's 60 or more minutes of physical activity each day. This can include either moderate-intensity aerobic activity, such as brisk walking, or vigorous-intensity activity, such as running. Be sure to include vigorous-intensity aerobic activity on at least 3 days per week.

Include **Muscle Strengthening** activities, such as gymnastics or push-ups, at least 3 days per week as part of your child's 60 or more minutes.

Include **Bone Strengthening** activities, such as jumping rope or running, at least 3 days per week as part of your child's 60 or more minutes.

### **How do I know if my child's aerobic activity is moderate- or vigorous- intensity?**

Here are two ways to think about moderate- and vigorous-intensity:

1. As a rule of thumb, on a scale of 0 to 10, where sitting is a 1 and the highest level of activity is a 10, moderate-intensity activity is a 5-6. When your child does moderate-intensity activity, their heart will beat faster than normal and they will breathe harder than normal. Vigorous-intensity activity is a level 7 or 8. When your child does vigorous-intensity activity, their heart will even faster and they will breathe much harder.

2. Another way to judge intensity is to think about the activity your child is doing and compare it to the average child. What amount of intensity would the average child use? For example, when your child walks to school or the bus stop each morning, they are probably doing moderate-intensity aerobic activity. But while they are at school, when they are in PE or at recess, when they run or chase others by playing tag they are probably doing vigorous-intensity activity.

### **What do you mean by "age-appropriate" activities?**

Some physical activity is better-suited for children than adolescents. For example, children do not usually need formal muscle-strengthening programs, such as lifting weights. Younger children usually strengthen their muscles when they do gymnastics, play on a jungle gym or climb trees. As children grow older and become adolescents, they may start structured weight programs. For example, they may do these types of programs along with their football or basketball team practice.

### **What can I do to get – and keep – my child active?**

As a parent, you can help shape your child's attitudes and behaviors toward physical activity, and knowing these guidelines is a great place to start. Throughout their lives, encourage young people to be physically active for one hour or more each day, with

activities ranging from informal, active play to organized sports. Here are some ways you can do this:

- Set a positive example by leading an active lifestyle yourself.
- Make physical activity part of your family's daily routine by taking family walks or playing active games together.
- Give your children equipment that encourages physical activity.
- Take young people to places where they can be active, such as public parks, community baseball fields or basketball courts.
- Be positive about the physical activities in which your child participates and encourage them to be interested in new activities.
- Make physical activity fun. Fun activities can be anything your child enjoys, either structured or non-structured. Activities can range from team sports or individual sports to recreational activities such as walking, running, skating, bicycling, swimming, playground activities or free-time play.
- Instead of watching television after dinner, encourage your child to find fun activities to do on their own or with friends and

family, such as walking, playing chase or riding bikes.

- Be safe! Always provide protective equipment such as helmets, wrist pads or knee pads and ensure the activity is age-appropriate.

For more information on Physical Activity go to: [www.cdc.gov](http://www.cdc.gov)

#### Health Observances for January

National Birth Defects Prevention Month  
National Glaucoma Awareness Month  
National Blood Donor Month



