

BERRY ELEMENTARY JAGUARS

PRINCIPAL'S MESSAGE

Welcome to November!

As you can tell by the temperature outside, the weather is changing. This is the time of year to make sure that students are coming to school in layers. This means that there may be days when your child has to wear a sweater, jacket and gloves. Help us by making sure you check the temperature each day. It would also help if you could label your child's gloves, scarves, and coats in case they are misplaced.

November 11th is set aside for Elementary Conference Day. Your child's teacher should have sent home a conference letter to indicate when you would like to come in to discuss his or her performance so far this year. If you have not yet received this information, please contact your child's teacher by calling the school.

During this time of year, we start thinking of those less fortunate than we are. Our school is collecting non-perishable food items to create food baskets for deserving families. We would like to collect enough food to provide 12 families with a nice Thanksgiving Dinner. Any assistance that you can provide is greatly appreciated. We can also take a monetary donation. Checks should be made payable to Berry's PTO.

During the week of November 10th, we celebrate American Freedom Week. On the 10th we have invited members of the military in to visit classrooms and to have lunch with students. We also have a performance planned with Westlake High School's Drill team and Color Guard for our 3rd through 5th graders.

November 17th begins American Education Week. On November 19th, from 10am – 12pm parents are invited to come and see what happening in their child's class.

Finally, Mrs. Courtney and I would like to thank you for supporting the teachers and staff of our school. With over 800 students, we are proud to say the students continue to behave and do well. We are also thankful that when we have had to call, that we have had your full support. Thank you!

Happy Thanksgiving!

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

INCLEMENT WEATHER PROCEDURES

It's the time of year when, on occasion, it may be necessary to dismiss students early, delay the opening of school, or close school for the day because of unpredictable weather conditions. Announcements will be made on all local television and radio stations, on schoolsout.com and placed on the school system's 24-hour information line (301-934-7410 or 301-932-6656).

Delayed Openings:

- 1-hour delay – School starts at 10:20 a.m. Buses will run one hour later than normal.
- 2-hour delay – School starts at 11:20 a.m. Buses will run two hours later than normal. **No AM Pre-Kindergarten.**

Early Dismissal

- 3-hour early dismissal – School will dismiss at 12:50 p.m.
- 2-hour early dismissal – School will dismiss at 1:50 p.m.
- 1-hour early dismissal – School will dismiss at 2:50 p.m.
- Morning pre-kindergarten students will remain at school, will be served lunch and will ride home with the regular students.

Please keep in mind that buses may run late because of road conditions. Also, if schools are dismissed early, all afternoon and evening activities are automatically canceled.

Before and After School Child Care at Berry (AlphaBest)

- 1-hour delay in school opening – Before Care will begin at 7:00 a.m.
- 2-hour delay in school opening - Before Care will begin at 8:00 a.m.
- Early Dismissals – After Care will operate from the time of the early dismissal for three hours.

GIFTED NEWS



Please be informed the Cognitive Ability Test (CogAT) will be administered to all 2nd and 5th graders during the month of November. As well, it will be administered to any 3rd grader new to Charles County this year. The CogAT is used nationally and measures general and specific reasoning abilities. It is one component of the gifted identification process. The CogAT is also instrumental in helping classroom teachers with students and their learning styles. More information will follow for those new students who take the test.

As always, please visit the Charles County Gifted Website for more gifted information, gifted links and upcoming gifted education events at www.ccboc.com/gifted. Feel free to call me at 301-934-2000 ext. 2147 or email me at jperriello@ccboc.com for any questions or concerns.



Nursing Station

Parents, Students, Teachers and Staff:

**'Tis the season for colds & flu;
along with other viruses and
germs too!**

To help everyone enjoy the winter months we are offering these helpful hints in hopes you will enjoy a safe and healthy winter:

1. **Wash, wash and wash.** The best way to prevent the spread of germs is to wash your hands with soap and warm water. We know everyone needs to wash hands after using the restroom. But we also need to wash them after covering our mouth when we cough or sneeze, after blowing or wiping noses and before we handle food or eat. When in a situation where soap and water are not available, hand sanitizer will work until you can get to a place where good hand washing can be done
2. **Get plenty of rest.** Adults need 6-8 hours and children need as much as 12 hours of sleep. This time of year is very busy so **TRY** to limit activities and allow children a time to rest.
3. **Choose more fruits and vegetables, along with beans and whole grains.** These choices help boost the body's germ fighters.
4. **Drink plenty of fluids.** At least 8-eight ounce glasses of clear liquids a day. (WATER is BEST) The fluids flush out the germs. It also helps the skin (which is the first line of defense against germs) stay moist and in tact.
5. **If you or a family member has a temperature of 100+, then STAY home and rest.** Your body needs the time to heal. You also are the most likely to spread whatever BAD germs you have. Children need to be **FEVER FREE** for 24 hours before returning to school. If your child has been

to the doctor and is on an antibiotic s/he also needs to be on the medicine 24 hours before returning to school.

6. ***This time of year consider replacing your hand towels with paper towels.*** They prevent the spread of germs. **DO NOT** share bath towels or wash cloths.
7. ***If someone is or has been ill then get them a new toothbrush*** (or at least run the toothbrush through the dishwasher).
8. ***Be sure your child has a coat, hat, and gloves (or mittens) for school.*** Remind them how important it is to wear them.
9. ***To help your skin system fight off germs,*** we recommend some type of lip and skin moisturizer (like Chapstick and skin lotion). Cover any cuts, scrapes or scratches until they are healed.
10. ***Children don't realize (and sometimes adults forget) that going out in the cold can cause them to need to use the bathroom.*** In order to assist us in returning your child to class as soon as possible, please consider placing a change of clothing (including underwear and socks) in a plastic zip lock bag and placing it in their book bag.

Just a gentle reminder: Charles County Public Schools policy on medications is outlined on page 24 of the school calendar. At **NO** time are children to be sent to school with cough drops, throat lozenges or Vitamin C Drops of any

kind. These are still considered medication and must be brought in by an **Adult.** I am able to administer over-the-counter medications such as these for 3 doses with a parent's note. If more than 3 doses are needed then a doctor's order must be submitted to the Health Room.

Any questions or concerns regarding Health Room issues, please contact Miss Edie in the Health Room during regular school hours.

Relay For Life Questions and Answers?

Q: Why are Berry Staff members wearing jeans on Friday?

A: Berry Staff members wearing jeans on Friday are participating in a Relay For Life fundraiser—Dress Down Fridays. So far we have collected \$1,103.00 for team!!

Q: What is the date and location for Relay For Life 2009?

A: The date is Friday, June 12 and the location is Regency Furniture Stadium (home of the Maryland Blue Crabs).

Q: Is there a website?

A: The website is www.relayforlife.org/charlesco

Q: Do you have any upcoming fundraisers?

A: Yes, on December 16th and 17th there will be a Holiday Marketplace where students can purchase inexpensive items for their families. More information will be available in early December.

COUNSELOR'S **CORNER**

Hello Berry Families,

With the changing of the leaves and the brisk weather it is clear that fall has arrived. During the month of November, the Berry Counseling Department has several programs going on.

In conjunction with PTO, we always provide Thanksgiving baskets to Berry families in need. Please help to support the PTO's efforts and send in canned foods and non-perishable items for our Thanksgiving baskets.

We are also looking forward to celebrating Veterans Day with some of our Berry parents who are either active duty military or retired. We have such a strong military presence in the Berry community, it will be nice to celebrate and honor their service.

In October and continuing into November, the fourth grade has had a series of lessons on bullying, taught by Pat Cunniff, an employee of CCPS. He teaches the BE COOL bullying series, which includes video clips. Each fourth grade class will receive four lessons in the series that will end in November. Ask your fourth grade student what they have learned in their bullying lessons.

Guidance lessons in the primary grades will also focus on bullying this month. Using a book that Ms. Turner wrote herself, she will discuss the definition of verbal bullying, examples of the ways students have experienced verbal bullying, and teach students the "magic" word for dealing with verbal bullying. She will also use role playing to practice using the "magic" word.

Ask your primary grade students to tell you what that "magic" word is.

Guidance lessons in the intermediate grades will continue to focus on conflict resolution. Last month Mrs. Conte discussed in detail what a conflict is and what resolution means. Simply put, conflict resolution means to solve your disagreements with others. This month we will focus on using "I" messages to tell another person how we feel about a disagreement. "I" messages help the student to take ownership of their feelings about the situation with out laying blame on the other person. Ask your intermediate student to role play "I" messages with you.

This year, Mrs. Conte and Ms. Turner have already met and spoken to several students and parents to help them with their problems. If you or your student is experiencing problems either at school or at home, please do not hesitate to contact us.

Don't forget to mark your calendars for March 6th, 2009 for our annual Career Day celebration! Have a happy and warm November.

Sincerely,
Jennifer Conte
Evangeline Turner
Professional School Counselors