



Tuesday Scoop

Shepherd Elementary School, Washington, DC

<http://www.shepherd-elementary.org>

Editor: Kimberly Brandon

December 18, 2007

From Principal Robinson

Warm greetings to the Shepherd ES staff, students, and their families! I hope your holidays are filled with activities that involve your whole family and giving and sharing with others. Parents, take some extra time for family activities.

- Try skating on the mall rink.
- Take in a good movie.
- Read a book.
- Cook a special meal together.
- Take a walk in Rock Creek Park.

If you are traveling, have a safe journey and find out new information about the place you are visiting. Enjoy!

Keep special thoughts for Mr. Bruce Byers, one of our first grade teachers, and Ms. Nancy Ulba, one of the sixth grade teachers. Both have lost beloved family members this past week and will be traveling to be with their families.

An important component of the IB framework is "internationalism". Many of us receive holiday greetings from friends and family from around the world. We have a way to help people in the third world participate in small projects that may change their lives. When you receive those greetings, please carefully cut around the stamps from the foreign countries, leaving a margin of the envelope all around the stamp. Bring the stamps to the main office. They will be sent to an organization in Maine that sells them and donates the proceeds to support small agricultural and business projects. As you collect the stamps, talk to your children about the cultures of the related countries. Thanks!

See you in 2008!

~Dan Robinson, Principal

From the PTA

Congratulations to everyone for helping to produce a successful **Holiday Gift Bazaar & Bake Sale** on Saturday. It was our first of what we hope will be many annual bazaars to come.

There was a myriad of gift items for anyone on your gift list: books and stationary items, jewelry, perfumes, African artwork, plants, children's games and handcrafted pottery. There were things that could make one feel good on the inside to things that would make one look and smell good on the outside, as well as items that would look great in your home. The concession, baked goods and gift wrap tables were a hit with vendors and shoppers alike.

For an extra treat for the children (especially) and their parents, there was an author's reading of his book. The event overall appeared to be especially convenient for some of the more senior members of the neighborhood who were able to shop for loved ones without having to travel far from home. Visitors snapped up the delicious, home-made cakes and cookies at the bake sale as they waited for their purchases to be beautifully gift-wrapped. School uniforms and t-shirts were also available for purchase thanks to the efforts of Nayada Cowherd. It was indeed a great way to ring in the holiday season. If you missed it you'll want to make sure you come next time!

Many thanks to the numerous parents, friends and neighbors who supported the event and did some shopping with us. Extra special thanks go out to **Jaye Muhammad** (K parent), **Chantale Swanson** (Pre-K and 5th grade parent) and **Marcie Bane** (Pre-K parent) for organizing the bazaar and coordinating a slew of volunteers who donated baked goods, assisted vendors, greeted shoppers and wrapped gifts.

You Are What You Eat

The trend of eating increasing amounts of processed foods has been linked to a dramatic increase in childhood obesity, high blood pressure, and other illnesses. As parents, we are obligated to guarantee good health and safety to our children, which includes teaching them healthy eating habits and how to select foods that energize their minds and bodies. If we can choose to put quality gas in our cars, we can take the time to influence the food choices for our children.

For many of us, school meals are a significant component of our children's daily diet. I urge all parents to visit the school cafeteria and sample the meals that are provided there. **Would you like to see meals with fewer additives and processed foods? Would you like to see more nutritional information about the foods that are served?** Some schools (like Hyde Elementary for example) have redirected school funds and chosen vendors that provide healthier meals. Would you like to know more about the possibilities?

Another way we can improve our children's diet is to introduce snacks that include more fruits, vegetables, and whole grains. Some **healthy options** are Fiber One Bars, dried fruit, nuts, rice cakes, and real chocolate. Energy drinks and fruit juices should be limited, and drinking water should be encouraged.

Changing eating habits can be difficult, but the benefits are indisputable. The following are some resources that I have found very helpful:

<http://teamnnutrition.usda.gov>

<http://preventcancer.com>

<http://www.healthierus.gov>

Book "You Are What You Eat"
by Gillian Keith

With coaching, I became a two time track & field Olympian, and now I am aware of the discipline and thoughts needed to sustain a healthier lifestyle. If you share my concerns and would like to get involved in improving nutrition in our school, please contact me:

~ Robin Bennett, 1st Grade Parent
PTA Health and Nutrition Committee
wizpac3@yahoo.com

NOTE: PTA meeting is
TOMORROW at 6:45pm—the last
of the year. All families are
encouraged to come.

Keep Ms. Hairston in Your Thoughts and Prayers

Many of you know Shepherd's long time security guard, Ms. Hairston. She has greeted many of you at the entrance to the school in the mornings and in the evenings, and sincerely loves keeping watch over our children. Ms. Hairston has been absent from our school for several weeks now due to her recent diagnosis of cancer. She has been hospitalized at Washington Hospital Center for over a month. Her discharge date is not known at this time. Several Shepherd families have visited her and are happy to report she is in good spirits, despite the fact that she is missing being at the school.

She would love to receive phone calls and visitors. Her current phone number is 202-877-4841 (or you can call Patient Information at 202-877-6267 in case she changes rooms). Ms. Hairston is unable to receive fresh flowers or unpeeled fresh fruit in her room, but she can have other treats (but please note, she is diabetic). Cheery notes and cards from the children would be especially welcome. Due to her prolonged medical condition, Ms. Hairston is also in need of your assistance and prayers. A donation box is available in the main office for anyone who can offer financial support. *Give to others as you would have them give to you.* This is the perfect time of year to demonstrate to our children the importance of giving and the various ways we can give the gift of charity.

~ Cara Biddle

IMPORTANT: In order to continue providing hard copies of the Scoop to everyone each week, we need help to defray the cost. If every class donates 4 reams of paper, we will have enough paper to print the Scoop in the main office for the rest of the school year. Donated paper can be delivered directly to Mrs. Brooks in the main office. THANKS!



Get Connected! Join the PTA Listserve!

Though we try to bring you important weekly notices every Tuesday in the Scoop, there is so much more that takes place daily that it is difficult to condense it all into this newsletter. So how do you make sure you have access to the latest information about events at our school? Join the PTA listserv! It is an online message board in which all members of the Shepherd Elementary community can participate. As a member, you have the option to receive email updates and reminders about activities and programs at our school. Plus, you can participate in discussions of issues that are important to our community. There are several ways you can join:

1. Send a blank email message to **Shepherd_Elementary_PTA-subscribe@yahoogroups.com**.
2. Go to **www.yahoo.com** and access "Groups" in the left-hand menu. Find Shepherd Elementary (**http://groups.yahoo.com/group/shepherd_elementary_pta**), and click the button that says "Join this group!" (You will need to register with Yahoo Groups to do this, but registration is free. Having a Yahoo ID will allow you to access the group webpage, download group files, and modify your membership settings.)
3. Write a note with your name and email address (printed clearly!) and put it in the PTA mailbox in the main office.

Members can send messages to the group at **Shepherd_Elementary_PTA@yahoogroups.com**. All communications are moderated by the PTA Board before they are posted. Content must be of interest to the school community as a whole and of course respectful in tone and content.

Choose one of three ways to receive messages: Individual Emails (every posted message comes to you as a separate email), Daily Digest (receive one email per day that contains all the messages posted), or No Email (no messages are sent to you, but you can read them at any time on the group webpage at http://groups.yahoo.com/group/shepherd_elementary_pta/).

If you have problems or questions about joining, email the list owner at Shepherd_Elementary_PTA-owner@yahoogroups.com, drop a note in the PTA mailbox, or call Alexandra Kincannon (541-9440).

Volunteering at Shepherd Requires Application

In an effort to safeguard our children, DCPS now requires anyone who wishes to interact with students—whether it is to read a story, help during recess, or serve as a substitute teacher—must now fill out a Volunteer Application. The application process includes providing references, getting a TB test, and getting fingerprinted by DCPS for a criminal background check. Parents can download the application from the DCPS website at: <http://www.k12.dc.us/offices/ospp/volunteers.htm> or they can get one from Mrs. Brooks in the main office. Downtown, the first stop is Tanya Archie, 9th floor (442-5619). Since we do not yet know how long this process takes, the sooner your form is submitted, the better.

Box Tops for Education Update

As we inch toward winter break, keep collecting and turning in your General Mills box tops for Shepherd's Box Tops for Education initiative. Collection sheets (and updates) can be found in the rack in the main corridor just outside the school office. They're bright green, so you can't miss 'em! Remember to use only tape or glue—not staples, ever—when affixing box tops to the collection sheets.

The program does not accept Betty Crocker points, so don't include them. Likewise, expired box tops and box tops whose dates are cut off are not accepted. (And don't photocopy the box tops, either.) When the sheet is filled in, turn it in to the Box Tops Collection Box at the school office. We are already three-fourths of the way to reaching our goal of \$500. All money earned will be deposited in the SES Student Activity Fund Account. Questions? Contact:

~Laura Noble, TaylorFarm@kddmgroup.com

>> MARK YOUR CALENDAR <<

December 19	LSRT meeting, 3:30 pm; <i>and</i> PTA Meeting, 6:45 pm
December 24	First day of Winter Vacation. Classes resume Monday, January 7

The School Directory

Most parents have a classroom contact sheet to get in touch with other classroom parents to inquire about homework, play dates, and other matters. But how do you find families from other classes? Shepherd's School Directory is a vital catalog of information that we all need to stay in touch with the broader Shepherd family community. After all, it takes a village!

But several Shepherd families are missing some or all of their contact information (*see list below*). Please contact **Charisse Brossard** or your PTA Classroom Representative to ensure your contact information (including cell phone and email) has been properly received—**all information is due by THIS Friday, December 21st** and can be submitted in hardcopy to the PTA Box in the main office, or via email to charisse_brossard@adp.com.

Ms. Gibbs: Haynes, Lam, Nikiema, Scinto, Seye, Smith, Sullivan, Swanson, Taylor; **Ms Holt**, , Easterling, Flores, Garcia, Heyward, Jones, Lewis; **Ms. Kuawogai:** Brazey, Clarke, Dadzie, Hasan, Jenkins, Johnson, Kane, Missembe, Mitchell, Nehema, Nwankwo; **Ms. Miller:** Carvana, Edwards, Guzman Aragon, Lopez, Mabry, McPherson, Trimble; **Mr. Byers:** Askew, Dunn, Miller, Slade , Wilson; **Ms. Kinsler:** Cash-Taylor, Mckinney, Murphy, Silver Rhodes, Stephenson, Touaboy ; **Ms. Johnson:** Bonner-Flagg, Carter, Garnett, Handon, Matthews, Reynolds, Sissoko, Smith, Sockwell Fletcher; **Mr. King:** Anderson, Diaite, Garcia, Gutierrez, Hall , Mekonnen, Parrish, Reynolds, Reed , Escalante –Rodrigues; **Ms. Thomas:** Diaite, Fenwick, Hobson- Powell, Prince-Sydnor, Ross, Williams; **Ms. Crockett:** Garnett, Isacc, Williams, McPherson; **Ms. Valentine Nelson:** Blue, Logan, Lucas Davis, Marshall, Stembridge, Sydnor, Underwood, Wright, , **Ms. Gilmore:** Alfaro Flores, Allen, Early, King, Luswenyou, Lindo, Page, Palmer, Ortiz, Parker, Pingshaw, Preece, Reynolds, Scott, Boris; **Mr. Leonard:** Askew, Corbitt, James, Johnson, Joiner, lewis, Pereira, Sienke, Starnes, Zackery; **Ms. Chambliss:** Moore, Olivia, Swanson, Terrell; **Ms. Ulba:** Austin, Brooks, Franklin, Hodo, Kent, Kumarra, McKinney, Montgomery, Powell, Stone, Touaboy, Underwood; and **Ms. Thurber:** Andrews, Edwards, Epps, Ford, Harvey, Riley- Condit, Niang Seye.

The Annual Holiday Concert

Last Wednesday was an exciting evening of musical entertainment for all! The auditorium was packed with families and friends who came to enjoy (and cheer on) our budding violinists and recorder players as they performed some familiar holiday classics. This was followed by all the students (from all grades) joining together to sing songs in Spanish, French, Yiddish, and English. You've never seen so many proud parents!

There is a selection of pictures from the evening in the hallway next to the main office; but Mr. Giles has a more impressive collection of pictures downstairs outside of his classroom near the cafeteria! Great job, children! *Feliz Navidad!*

Terrific Kids - Correction

In last week's Tuesday Scoop, a student's name was inadvertently spelled incorrectly. **Zaria Wilson** was named for the Terrific Kid in Mr. Byers' class month for the month of December. Congratulations to Zaria and all the first semester Terrific Kids for being exemplary students. *We are proud of you!*

COMMUNITY CORNER

Chantelle's Quality Child Care Center, located at 4221 Seventh St. NW, is taking enrollment now for children ages 2-8. Beforecare and aftercare are available, as is drop-in service. For details call 202-291-0002 or 202-256-9124.

*This is the last Tuesday Scoop for 2007. The next issue is scheduled for January 15. The editor will be **Kimberly Brandon**. Submissions should be emailed by 3:30 pm on Friday, January 11 to **brandonsdc@hotmail.com**, or placed in the Tuesday Scoop mail box in the Parents' lounge across from the main office. On behalf of the PTA Communications Committee, happy holiday and HAPPY NEW YEAR!!*