



Shepherd Elementary School

THE MUSTANG

Home of the Shepherd Mustangs

November 1, 2010

Mark Your Calendars!



Nov 1 - Walk for the Homeless

Nov 2 - DC BAS/Early Skills Assessment

Nov 2 - General Election Day, 7 a.m.-8 p.m.,
Precinct 62 (auditorium)

Nov 6 - Daylight savings time ends, set clocks
back one hour

Nov 11 - Veterans Day, No school

Nov 15 - Rescheduled: Picture make-up day

Visit www.shepherd-elementary.org/calendar/ for a
month-by-month list of events.

FROM THE PTA PRESIDENT...

Dear Shepherd Parents,

This column is about tough love.

I was appalled when I heard Mrs. Miles talk about the tardiness problem at Shepherd at last month's PTA meeting. And then I was aghast when I saw the stats she rolled out last week in the Mustang.

Her numbers were based through Oct. 15. That takes in 37 instructional days since the start of school Aug. 23. Based on the assumption that Shepherd had 357 students (we've got even more now), the 962 tardies racked up meant that, every day on average, 26 students were late for school. Put another way, only 86.27 percent of our kids got to school on time every day.

Believe it or not, these numbers are an improvement over the sorry stats of last year, but I'm still appalled -- and you should be, too -- because there are AIRLINES that have better on-time performance

Cont. on pg 4, PT A President

A Word from Mrs. Miles!

Greetings!

Election Day

Tuesday, November 2, 2010 is Election Day and our school's gymnasium is a polling site. Please be prepared for an increased amount of traffic around the school. Please arrive early to allow your child time to get to class. To help with traffic flow, I am encouraging everyone to utilize the Kiss and Ride lane. Instead of trying to locate a parking space and escorting your student to class, please pull to the 14th street curb and someone will be available to help your student(s) get out of the car and into the building. When utilizing this courtesy, please make sure your child is prepared to exit the car quickly. The line backs up and we want to have as little congestion as possible.

DCBAS/Early Skills Assessment

Students in grades 3rd - 5th will participate in their second DCBAS assessment for the school year. Testing will be held this Tuesday and Wednesday and will begin promptly at 9:30. These assessments are indicators used to inform us of how well students have mastered certain skills and concepts taught throughout the advisory. Students in 1st and 2nd grade will be administered the Early Skills assessment. These assessments are administered twice a year, once at the beginning of the year and once at the end of the year. We use the assessment data to measure growth from the beginning of the year to the end of the year. We also use it to identify students' strengths and weaknesses that we need to target. Please make sure your student arrives on time and please make sure they are well rested and well fed.

Calling All Volunteers

We are still seeking parents to read with students in 3rd through 5th grades. Your group would consist of 1, 2, or 3 students from 8:00-8:30 a.m.

Cont. on pg 2, Principal

Cont. from pg 1 , Principal

So far, I have one committed parent who has signed-up for the challenge. Thank you Mrs. Brinkley! I look forward to adding additional names to the list.

Early Dismissal

Our school day begins at 8:45 and ends at 3:15. Please do not arrive early to pick up your student unless you have an appointment you cannot avoid or an emergency. Every second of our school day matters and though you may think 10 minutes a day is minimal, it does add up. Ten minutes a day for 5 days is 50 minutes a week! 50 minutes a week totals a class period.

No student will be released from the office between 3:00-3:15. Please report to the gymnasium or the car-pool line to pick-up your student. Aftercare students will be outside or in the gymnasium if it is raining.

Bullying

Almost 10% of school age children are the victims of a bully. Bullying is most common by the second grade and then supposedly declines by the high school years. Bullying can be either physical or verbal, and can range from mild **teasing** to pushing and **hitting**. (Keep Kids Healthy, LLC)

Bullying at Shepherd most often occurs when students get upset when they cannot join a game, when a game is not played but they want to play the game, or when a student says to another student, "I am going to tell the teacher on you". Though students know right from wrong, often times they may not realize the extent of their actions and that they are being a bully. In order to help combat the issue of bullying we are working with our students to help them understand bullying and what it means to be a bully. You can help by encouraging your students to not join in when a student or students are teasing another student. Talk to them about bullying and help them to understand that it is unacceptable and wrong. Role-play different scenarios with your students to help them understand how to respond in certain situations.

Thanks for all you do and have a great week!

Warmest Regards,

Jamie Miles

Principal, Shepherd Elementary

Shepherd Elementary School Mission:

At Shepherd , we are committed to the advancement of students' academic, emotional, social and physical well being. We, as a community, will provide students with a safe, supportive, creative, and flexible environment in which children think and learn globally and act compassionately.

Flower Bulb Fundraiser!

All order forms are DUE BACK ON MONDAY, NOVEMBER 1. For information, please contact Stephanie Scott-Melnyk (stephaniescotttdc@gmail.com or 202-431-9716), or refer to the brochure your child brought home.

Daylight Savings Time Ends This Weekend!



Under current federal law, Daylight Savings Time ends at 2 a.m. the first Sunday in November. Before you go to bed Saturday, set your clocks BACK one hour. (You and your sleep-deprived family will be glad you did!)

While it will be brighter earlier in the morning when Eastern Standard Time resumes on Nov. 7, it will also get darker earlier. Please be aware of the change as you drive, especially around Shepherd, and particularly during the aftercare hours. We pledge our community to be a safe community. Please do your part to keeping your family and our students safe.

Did You Trick or Treat for UNICEF?

Or your kids, perhaps? If you did, all you need to do is to bring the box back to the school office. Someone will collect the boxes and record the revenue from each box and send the total to UNICEF headquarters in New York. Thanks for participating!

Parent's Corner

Greetings Shepherd Parents! In efforts to support each other, our students, and our school, we are starting a parent's corner section of the newsletter. It will be full of information and advice with a holistic perspective to make our parenting job a bit easier. Our goals in approaching health and wellness are to keep our information positive, relevant, and communal to create long-lasting change. Below are a few tips for talking to your children about being healthy, packing a healthier lunch, and physical activity drawn from the Alliance for a Healthier Generation (www.healthiergeneration.org) and The George Mateljan Foundation (www.whfoods.org):

- **Make it positive:** Getting healthy is something to be excited about—it shouldn't seem like a punishment. Talk about how fun it will be for everyone in the family to get active and try new, healthy foods.

- **Make it a family affair:** Talk about how EVERYONE in the family is going to work together to get healthier. Children should not be the only ones making changes.

- **Make it relevant:** Explain why being healthy is important in a way that kids will understand. Kids don't care that being healthy now will prevent their risk of disease in the future--kids care about the here and now.

- **Take Baby Steps:** Just like kids learn how to walk slowly, that's how they should learn new habits. Don't expect dramatic change instantly.

Nutrition

There has been a huge emphasis during the school lunch time to encourage children to eat healthier or at least eat the healthier items first. However, sometimes we parents need tips to help them (and ourselves) make healthier choices.

The basics for a healthy lunch box:

One serving of vegetables or salad and one serving of fruit (fresh, canned or dried can all count).

- * One serving of a low-fat or fat-free milk or dairy item such as a low-fat cheese stick, a yogurt cup, or some cottage cheese.

- * Good & excellent NONDAIRY sources of calcium include spinach, turnip greens, romaine lettuce, broccoli, and celery. Include a salad, broccoli with dip or celery and peanut butter as healthy lunch treats.

- * One serving of meat, chicken, fish, eggs, peanut butter, beans or another protein source.

- * A healthy drink such as water, low-fat milk, almond milk, soymilk, or 100% juice.

- * Swap traditional fried chips for baked potato or corn chips.

- * Aim to make snack treats occasional rather than everyday items. A small serving of animal crackers are lower in fat and sugar than regular cookies, doughnuts, brownies and other baked goods.

Physical Activity

Children need 60 minutes of physical activity a day but it doesn't have to be done all at once. Helping the children to get moderate and vigorous activity in 10-20 minute increments may be more realistic for our busy schedules.

- * Walk the Walk: Eat dinner as a family, and then go for a walk together.

- * Tackle Chores: Do housework or yard work together.

- * Lesson Up: Check your neighborhood park for free tennis or golf lessons, and sign up as a family.

- * Swap traditional fried chips for baked potato or corn chips.

- * Aim to make snack treats occasional rather than everyday items. A small serving of animal crackers are lower in fat and sugar than regular cookies, doughnuts, brownies and other baked goods.

than we do. Airlines are subject to mechanical, weather, passenger, air traffic and a host of other conditions that could delay flights. For us, the only things keeping from fulfilling our on-time mission are our cars, the morning traffic (20 percent of all morning rush traffic is estimated to be parents dropping off their kids at school) and our will power.

To carry the airline analogy one frustrating step further, there was one day in October when Mrs. Miles started sending students and parents to collect tardy slips at 8:42 a.m. instead of three minutes later. That day's tally tardy: 80! By comparison, only Delta, Jet Blue and Comair had worse on-time performance for the month of August (the last month for which statistics were available online).

Maybe you or I can get away with, or even rationalize, getting to work a few minutes late in the morning. But we should not subject our children to a perpetual game of trying to play catch-up with their classmates. Shepherd did not assemble its staff of top-flight teachers just so they could restart, re-restart, and re-re-restart the day for late-comers while on-time students thirst for new knowledge.

Ms. Booth leads a wonderful hand-clapping exercise at 8:35 a.m. every morning to focus students' attention on the day -- and when she's not there, another teacher steps in for her. Shepherd has before-care every morning, with a free breakfast for all students (and we've dealt with the milk issues already). Mr. Giles's recorder group practices at 8:00 a.m. on Wednesdays. So there are plenty of opportunities and reasons to get your children to school on time every day.

The rest is up to you. Insist on getting that backpack filled up properly before your children go to bed. Get your kids to bed earlier if you have to. Wake them up earlier if need be. Tell them each morning that you're leaving at X o'clock to get to Shepherd, so they'd better be ready to leave when you are -- and say it like you mean it. That is the tough love I was talking about when I began my column. Assert your parental authority. Don't leave your kids behind the educational 8-ball when they don't have to be there in the first place.

Best wishes,
Mark Pattison, PTA president
829-9289, pattison_mark@hotmail.com

Parenting

Parenting is no easy feat and we tend to parent based on what we know. We always joke that our children didn't come with manuals but there are an overwhelming number of parenting books on the market. This section is dedicated to making us healthier individuals so we can be the best parents possible by drawing on these books and practical tips from each other.

The first series of tips included 2 of the 10 keys for Successful Parenting from Positive Parenting (www.positiveparenting.com)

Use Genuine Encounter Moments (GEMS)

Your child's self-esteem is greatly influenced by the quality of time you spend with him-not the amount of time that you spend. With our busy lives, we are often thinking about the next thing that we have to do, instead of putting 100% focused attention on what our child is saying to us. We often pretend to listen or ignore our child's attempts to communicate with us. If we don't give our child GEMS throughout the day, he will often start to misbehave. Negative attention in a child's mind is better than being ignored.

Use Action, Not Words

Statistics say that we give our children over 2000 compliance requests a day! No wonder our children become "parent deaf!" Instead of nagging or yelling, ask yourself, "What action could I take?" For example, if you have nagged your child about unrolling his socks when he takes them off, then only wash socks that are unrolled. Action speaks louder than words.

WE WANT AND NEED TO HEAR FROM YOU

- Do you have a successful way of dealing with misbehavior or getting your child to eat vegetables or drink more water? PLEASE SHARE! We often learn more and are willing to stick with it when we hear that others close to us are going through and trying the same things.

- Did you try a tip and it worked for you or not? Did you have to modify it to fit your family's religious, cultural, or personal beliefs? PLEASE SHARE AND SO WILL WE! Parenting tips don't always include multicultural or religious differences and perspective but we want to meet the needs of all of our families.

- If there is a question/situation you want a fresh perspective on or a topic you want covered, send us an email to amberagolden@gmail.com with the subject 'Shepherd's Parent Corner' and we'll do some research.

Shepherd IB PYP Corner

On Thursday, we had our IB Ceremony Recognition Assembly for those students that really demonstrated the Learner Profile trait of Inquirer throughout the month of October. Thank you to those parents who were able to attend. Congratulations to:

Malchiah Marable	Mia Saunders	Ashford Connor III	Devon Dunn
Gus Wells	Marie-Therece Tata	Camdynn Thigpen	Imani Allen
Ethiopiasset Garvey	Victoria Newson	Spencer Fridie	Alexander Leonard
Tsitsi Shabazz	Shaina Adams	Rachael Romine	Caleb Bush
Cori-Jaiden Langey	Kahlil Slater	Jaden Brazey	Eric Martinez
Kahini Austin	Logan Botvin	Charmaine Stuckey	Tijara Smith
Isaac Layne	Ezinne Ukaegbu	Sophia-Rose Herisse	Theo Biddle
Kayden Tuffour	Tony Wilson	Tolani Smith	Frank Borris
Zoie Walden	Zoe McCullough	Savannah Brinkley	Shakaliah Smalls
Joel Sherman			

During the month of November, the Learner Profile trait is **Thinker**. A Thinker is someone who exercises initiative in critically and creatively applying thinking skills to recognize and approach complex problems, and make reasoned, ethical decisions. At home, please encourage your child to independently think of multiple solutions to problems.

Reflection is a key component to the International Baccalaureate Programme and here at Shepherd, as a candidate school, we are on our way to becoming an IB World School. Parents, we are partners on this journey and we need your help to complete the reflection process for the Month of **September** and **October**. At the end of September, we sent home a Learner Profile reflection sheet for the profile of **Caring**. The reflection sheet is a three way reflection tool for the student, the parent and the teacher. Most of you have completed the reflection sheet on your child as a caring learner and have sent it back and we thank you. In some classrooms, we have quite a few reflection sheets still outstanding and teachers are therefore not able to do their reflection to complete the process. Please help out your teachers by taking some time to complete your portion of the sheet and send it back to school, as soon as possible. The reflection sheet for the profile of **inquirer** will be coming home this week along with a letter. Please look out for it to complete your portion. We ask that you send it back to your teacher by the deadline date.

Cont. on pg 7, IB Corner

Election Day Tuesday

The general election day is this Tuesday, Nov. 2, 2010. Polls are open 7:00 a.m. until 8:00 p.m. throughout the District. If you live in-boundary, it's quite likely that you vote in Precinct 62, with Shepherd Elementary as the polling place. Voting will take place in the school auditorium. In fact, why not bring your child with you to the polls either before or after school and let them see how we in the District exercise the great gift of democracy!

Because of polling, though, there will be no morning gathering in the auditorium. Instead, students are asked to report directly to their classrooms in the A.M.

School Directory to Be Available Via E-Mail

The annual School Directory is nearing completion. However, if you want FIRST DIBS on a copy, you can ask for an electronic copy to be e-mailed to you as an attachment. Because once it's ready for the printer, it's ready for you, too! You save trees, and you can make modifications as you need.

All you have to do is send an e-mail which includes the name(s), grade(s), and teacher(s) of your child(ren), because each family's going to get one directory -- print or e-mail, but not both. (The directory will not be posted on the PTA listserv or on the school website.)

Send your e-mail, with DIRECTORY in the subject line to: sescommcmte@gmail.com. You can send the e-mail now and just sit tight for the reply.

--Mark Pattison

Support Shepherd PTA's

The 180 Fund



Book Fair Report

Shepherd's gross sales was about \$5,500 from this fall's Scholastic Book Fair. Additionally, Ms. Scinto, our librarian, bought \$999.10 using "Scholastic dollars" from last year. Our thanks to Ms. Scinto, Ms. Confer, and to all of the parent volunteers who helped at the book fair.



Cell Phone Roundup

Another 10 unwanted cell phones have been contributed into that bright purple box in the school office, and already a check has been sent to Shepherd's PTA along with thanks for our part in easing the stress on Planet Earth for all the precious metals used in making cell phones.

In this sense, purple = green! Cell phone recycling was a green initiative even before we had a Green Team! Whenever you or someone in your family changes cell phones, recycle the unwanted ones into that purple box. Every time another 10 phones are donated, they'll be shipped for recycling, and we'll get a check for their value. Remember that the PTA gets at least 50 cents for every cell phone you drop off -- and, depending on its technology and components, we can receive \$30 or more!

At Shepherd ES, our aim is to teach students to take action. The Action Cycle is an integral part of the PYP. Students get the opportunity to Choose, to Reflect, and to Act as they engage in the learning process. Students are encouraged to show independent action as a result of the learning that takes place at school. To choose, students get the opportunity to make a choice about what they liked during the unit of inquiry, or make a choice about something they would do differently. To reflect, students reflect on what they learned during the unit and what they learned about themselves as a learner. The action cycle of the PYP can also involve service. Service can be to fellow students, and/or to the community, both in and outside the school.

The action cycle is a very important piece to the Unit of Inquiry and as parents, we are asking you to look out for independent action(s) from your child at home. Please share your observations with your teacher. We look forward to celebrating the action with your child.

Sandra Hart

IB Coordinator

Join the Shepherd TV Turn off Challenge

Some children watch up to 4 hours of TV, computer, or video games a day. Help improve your child's creativity, use of imagination, grades, and test scores by pledging to spend less time or no time watching TV and playing computer games or video games on school nights and mornings (Sunday night through Friday morning).

Gold: Watch NO TV and play NO computer and video games

Silver: Watch TV or play computer or video games for a maximum of 30 minutes TOTAL per day

Bronze: Watch TV or play computer or video games for a maximum of 60 minutes TOTAL per day

Download the pledge form from the school website: <http://www.shepherd-elementary.org/school-life/tv-turnoff/> or pick one up outside the main office.



Shepherd School Pledge

Today is a new day!

I will respect the rights of others.

I will treat all property with respect.

I will take responsibility for my learning.

I will take responsibility for my actions.

I will act in a safe and healthy way.

Today I will be the best me I can be!

Are You Smarter than a Fifth Grader - Shepherd Style

You've seen it on TV! Now witness it live in person! The Shepherd Elementary version of "Are You Smarter Than a Fifth Grader?" • Starring Shepherd's Fifth Graders (and their parents) • Special guest appearances by Shepherd's Fourth Graders (and their parents, too) • ONE NIGHT ONLY: Wednesday, Nov. 10 • Admission: \$7 • More details to come!



Student's Eye View

During this school year, some of Mr. Leonard's, and Ms. Ulba's fifth grade students have been switching math classes. The fifth graders have learned a lot about math. We have improved on our test scores. We have recently studied elapsed time, the customary system (customary length), measurements (fluid measurements), and now the metric system.

When we first start a unit, we sometimes freak out! But at the end it all works out for our good. We like switching classes because we get more information. We also use the key concept of inquiry.

One of Mr. Leonard's students, Ricardo Lindo, scored a 90 % on the customary length test!

To submit news tips, comments, or to contact the Mustang Reporters, send a email to Muta-bear10@gmail.com.

--Sandra Stevenson, 5th grader

The Mustang Round-Up

Join the PTA Listserv Today -

To subscribe, send an email (**include your name, your child's name and his/her teacher/class**) to: [Shepherd Elementary PTA-subscribe@yahoogroups.com](mailto:Shepherd_Elementary_PTA_subscribe@yahoogroups.com).

Once signed up, you will be able to receive listserv updates directly to your email inbox. If you prefer to not receive emails for each listserv posting, simply select "no email" under the message delivery option in your listserv user setup.

Past Issues of The Mustang are Online -

Would you like to read *The Mustang* electronically? Need to refer back to a past issue? Each week, *The Mustang* is uploaded to the files area of the PTA listserv. Join the listserv and click to read.

The Mustang is also available on the Shepherd Elementary School website at www.shepherd-elementary.org.

Deadline Next Week!

The deadline to submit articles for the next Mustang will be Friday by 5p.m. Please send your submissions to sesmustang@gmail.com.

'Great Paper Chase' Winners to Enjoy Pizza Lunch From Ledo's

If you didn't hear the news, the PTA's "Great Paper Chase" contest brought in great bundles of paper to the school. Because of the response, we decided to give not just one classroom a pizza party prize, but two classrooms!

Ms. Johnson's second graders took the prize for having the most students participate. And an additional prize was awarded to Ms. Crockett's first graders for the sheer volume of paper brought to the school. Both classes will be enjoying their Ledo Pizza lunch party on Friday, courtesy of the PTA.



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Send your submissions for the next issue of *The Mustang* to: SESmustang@gmail.com.