



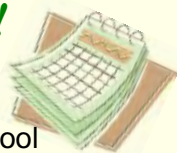
Shepherd Elementary School

THE MUSTANG

Home of the Shepherd Mustangs

November 22, 2010

Mark Your Calendars!



Nov 25—Thanksgiving, no school

Nov 26—Day after Thanksgiving, no school

Nov 29—Loose Change Collection Starts

Dec 3—Second advisory midpoint

Visit <http://www.shepherd-elementary.org/calendar/> for a month-by-month list of events and activities through next June!

From the PTA President...

Dear Shepherd Parents,

How true that Thanksgiving is coming up upon us. I've got to say I am thankful practically every day in some way for the kindness and savvy shown by Shepherd's parents. And I'm going to name only some, not all, of them, because we're trying to keep the Mustang from looking like the phone book!

A big thank you to Tom and Sharon Jackson Bowman, the husband-and-wife team that changes the sign outside the main entrance regularly, faithfully and diligently. They serve everybody well, including community members, when they swap out old event for new ones. I was at one of Cris Johnson's "Go-Green" assemblies last week, and walking to school, I thought to myself, "Oh, I wonder when they're going to change the sign?" And BLAM! They already had!

Another big thank you goes to Communications Committee Chair Richard McIntire and his equally faithful and diligent staff that gives us the Mustang each week.

(see PTA President, page 3)

A Word from Mrs. Miles!

Greetings!

Thanksgiving is around the corner and I wish you a very happy holiday. This is a time when we give thanks for the wonderful things in our lives, and when I count my blessings, I always put my Shepherd School family in the list of what counts as wonderful things. Thank you, parents, for trusting us with your children each and every day.



Mensaje de la Sra. Miles

¡El día de acción de gracias está al voltear de la esquina y quiero desearles un muy feliz día de fiesta! Es esta la época en la que damos las gracias por las cosas maravillosas que existen en nuestras vidas, y cuando yo cuento mis bendiciones, siempre pongo en la lista de lo que cuenta como cosas maravillosas a mi familia de la Escuela Shepherd. Gracias, padres de familia, por confiar a sus hijos en nosotros todo y cada día.

Campus Visitors

ALL visitors must sign in at the front office and receive a Visitor's Pass before visiting classes. When exiting the building, please return to the security desk, turn in your badge, sign out and exit through the main entrance.

Student Safety

Student safety is an ongoing concern for all of us at Shepherd School. Parents please remember the importance of observing safety procedures at school. Also be very careful when picking up or delivering your children. It is important that traffic signs and pick-up and drop-off procedures are followed. All students and parents must cross the streets at the corner crosswalks. It is extremely important that both students and adults obey the directions of the crossing guard. Our students' safety must be a top priority for everyone. Please be

(see **MILES**, page 6)



Student's Eye-View

A New Way of Living—

On Thursday, Nov.18, pre-Kindergarten through fifth graders at Shepherd Elementary went to an afternoon assembly.

The assembly was a magic show about recycling. The magician was Cris Johnson. Mr. Johnson told students a lot about recycling while doing magic tricks. He told us the three R's: reduce, reuse and recycle.

Mr. Johnson showed us how to recycle cans and start a new cycle or way of living differently for our children and our children's children. "Styrofoam is really bad for our planet," said Mr. Johnson. "If you were to drop a piece of Styrofoam on the ground around 10 or 20 years later, it would still be there."

Also the little things count. If we do lots of small things, he explained, that could equal or be more than one big thing. We have to recycle not just for us and our children, but for the animals.

Animals can not talk and say, "Please, do not hurt our homes." We have to speak and do for them by recycling. We owe it to ourselves, our children, the animals and to the planet. Remember, it's "the little things that count."

To submit news tips, comment or contact the Mustang reporter, send an e-mail to: Emahni5@gmail.com.

Musical Notes

By Ken Giles, Music Teacher

Kenneth.Giles@dc.gov

Our annual holiday concert will be Wednesday, December 8, at 6:45 pm. This is a chance to hear our recorder players, violinists, and singers. All students are welcome to sing. A guest musician -- Christylez Bacon -- will perform with our violinists at the beginning of the concert.

We have 15 violinists and 10 recorder students who can play some traditional holiday tunes. Christylez, DC born and raised, Grammy-nominated rapper and beatboxer, will rap with our violinists when they perform Pachelbel's Canon. Several Shepherd School alumnae will join our violinists for this part of the concert.

Then we all sing songs from many cultures in Spanish, French, Hebrew, and English. Several of the songs are peace songs appropriate to the season.

Violinists will have a special rehearsal with Christylez at 5:30 pm on the day of the concert. All other instrumentalists and singers must be in the auditorium by 6:30 pm. We will start at 6:45 sharp. The concert will be over by 8:00 pm. Free admission.

Hardy Middle School Open House Schedule

- November 22, 2010, 9:00 AM
- December 13, 2010, 9:00 AM
- January 24, 2011, 9:00 AM
- February 14, 2011, 9:00 AM
- March 14, 2011, 9:00 AM

Hardy is located at: 1819 35th Street, NW
Phone: 202 729 4350

Web page: www.hardyms.org

See a list of all DCPS open houses at www.dcps.dc.gov under the "Learn about Schools" tab.

Unveiling Ceremony

On Tuesday, November 16th at 9:30am, the Association of the Oldest Inhabitants of DC, hosted a brief unveiling ceremony of a commemorative plaque, in honor of Governor Alexander Robey Shepherd, the gentleman for whom Shepherd Elementary and Shepherd Park Neighborhood was named. In addition to Principal Miles, the unveiling was presented by the various DC Councilmembers. There were two students given the honor to unveil the plaque. They were Nia Anderson and Jovaan McKinney. We are very proud to have a representation of our school and neighborhood available for everyone to see downtown at the John A. Wilson

Building, located at 1350 Pennsylvania Avenue NW. Please take a moment to go and see the statue and plaque dedicated to Governor Alexander Robey Shepherd.



PTA President *(continued from page 1)*

Our layout experts include Yolonda Walden, Rose Dawson and Rich himself, while our editors include Fred Lewis, Laura Lewandowski and Laura Smyth. I'll put our newsletter up against any school's, anywhere, any time.

A huge thank you to our Auction Committee chair, Bianca Bostic, whose appetite for work is nothing short of incredible. A lot of past Auction Committee chairs have said they'll do it for a second year in a row, but Bianca's actually doing it. So when she asks you to do something, say yes and just do it. The auction is the place to be, and Bianca and her crew know how to do it up right. If you've got your 2011 calendars already, circle Friday, May 6, for the time of your life.

Mighty big thanks to Frank Borris, the PTA's Building and Grounds Committee chair. He pulled a disparate group of parents and students together for the Nov. 13 work day outside the school. He and his wife, Jill, must have spaced the births of their children so he could hang around Shepherd as long as he has! It was his persistence about conditions at Shepherd that got Adrian Fenty, then a D.C. councilmember, to sponsor a bill to commit

serious money to renovate school facilities. Add to that all the prep work every Saturday in the summer of 2007 for the "blitz" team that improved the school. And, let's remember the new windows we got two years ago. In my view, these benefits are ours indirectly through Frank's work.

And let's thank the Andersons, Alicia and Angela —not twins, not sisters, not even in-laws — who are taking charge with the school's Green Team and Garden Project, respectively. The efforts they and their fellow parents are doing now are sure to bear much fruit (some of it literally!) in the years to come.

There are others who will get their day in the sun and their name in the newsletter, I promise you. If there's an unsung hero among our parents you'd like to have recognized, by all means call or e-mail me.

Best wishes,

Mark Pattison

PTA President
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The Green and Gold of Shepherd Goes Green!

Remember when the “Three R’s” used to stand for reading, ’riting and ’rithmetic? Now, thanks to Cris Johnson, the Three R’s at Shepherd will now stand for Reduce, Reuse and Recycle!

Cris did two “Go-Green” assemblies last Thursday at Shepherd that combined a little bit of magic and a whole lot of silliness with some down-to-earth lessons about how to be kinder to the planet by wasting less, using less and using things over again. Among his points: Bottled water bad, using a glass for tap water better. Regular batteries bad, rechargeable batteries better. Leaving lights on bad, turning off the light when you leave the room better. Keeping the water on while you brush your teeth bad, turning on the water only when you’re ready to rinse better. Throwing away paper bad, using both sides of the paper to write or color better.

Teachers were asked to reinforce Cris’ environmental message in their classrooms after the assembly was over.

This all is a prelude to the introduction of recycling bins and totes at Shepherd. Each classroom will get a bin for paper and cardboard, and multi-stream recycling containers will be stationed in areas where adults gather. And each floor will get a 32-gallon wheeled tote just like the blue recycling canisters the District gives its residents.



Trick or Treat for UNICEF Tops \$300 Mark!

How much it’s topped \$300, we can’t say yet, because the last six, SIX MORE Trick or Treat for UNICEF boxes were delivered to the school office and were not counted before this issue of the Mustang went to press.

However, the 49 boxes collected earlier this month yielded \$294.89. So we rounded it up to \$300 and sent a check last week to the U.S. Fund for UNICEF.

If you still have a box or two hanging around your house, please bring it to the school office before the Thanksgiving holiday starts so we can give yet another updated tally. And thank you!



Nutrition

Talking Turkey. Choose only the white meat without the skin and drizzle a cranberry sauce or low-fat gravy recipe on your turkey rather than a gravy made from turkey juices and giblets.

Sweet Idea. Eat unsweetened applesauce. You will still get plenty of natural sweetness, but nearly half of the calories of the sweetened ones. Unsweetened applesauce has only 50 calories per half cup while sweetened varieties have about 85 calories per half cup.

Self-Service. Several studies suggest a child's internal cues of hunger and fullness can prevent them from overeating. Allow your children to choose their own portion sizes. Exposure to healthy foods combined with the power of choice, may go a long way in teaching kids to make healthier choices.

As Good as Pie. This holiday season, experiment with using fruit for your dessert instead of pie. You can cut up fresh fruit and layer in a glass or parfait dish using non-fat whipped cream between the layers. Or have fun baking pears, apples, apricots, cherries, and bananas. Slice, sprinkle with cinnamon and bake at 350 degrees until tender. Serve with non-fat whipped cream. Kids will have fun making these!



Physical Activity

Thanksgiving Day Activity. Use the day to create some family fun, not to mention a way to burn calories instead of storing them. Map out a mile or two and go for a turkey trot (brisk walk) and collect some leaves, twigs, or stones along the way that can be used to decorate the dinner table.

After Dinner Fun. Play charades. Divide into two teams and have each team come up with names of books or movies. Write each title on a separate piece of paper and rotate having one team member act out one of the titles from the opposing team. Keep track of time and the team with the least number of minutes "on stage" wins the game.

Weekend Warrior. Stay active over the days following Thanksgiving. Use your time off to start or add even more physical activity into your day. Create family ac-

tivities or get some friends to join you. Make your health and fitness your priority.



Health Tips

Family Connection Time.

At dinner, create conversation by placing a question under each person's plate. You can

ask probing and motivating questions such as, "Who is one of your role models?" or "What is the funniest thing you have ever done?" or "What do you want to be doing in 5 years?" or "What is your favorite childhood memory?" or "What do you like best about yourself?" Everyone can offer their compliments after each person answers their questions. For the finale, place a question under the centerpiece for everyone.

'Tis the Season of Giving.

This time of year reminds us to be thankful for what we have and help those around us that are not as fortunate. Reach out into your community or find a cause that resonates with you. Consider helping your local food pantry. Food pantries are in desperate need of food and help.



The above tips authored by the experts at: www.healthetips.com.

Health & Wellness

(MILES from page 1)

reminded that cars should not be left unattended in front of the school between 8:00 a.m.-3:30 p.m. If you need to exit your vehicle, please find another place to park. For your child's sake, we appreciate your patience and help during student drop off and pick up times.

Student Attendance

If your child is absent from school, you must write a note or call the school office. Please call by 10:00 a.m. If your child arrives at school after the starting time, he/she must check in with the office.

Aftercare

This past Thursday we had an insightful meeting with parents who wanted to have a voice in the future of Shepherd's aftercare program. Parents in attendance were able to share with staff what they like about aftercare as well as things they feel need some improvement. The feedback was generally positive and Ms. Confer, Mr. Huff and the aftercare staff should be commended for their efforts.

During this meeting, I also introduced Dr. Brett Prilik and Dr. Anay Abraham de Naranjo from Springboard Afterschool organization (<http://www.springboardafterschool.com/>). Springboard has been vetted by the District of Columbia Public Schools Out of School Time Office. They currently have after school programs in six states and they are looking to partner with parents and schools in the DC school system. I spoke with them about managing our aftercare program in the future and invited them out to share information about their program with parents. In the next few weeks, select parents will be reaching out to you about Shepherd's aftercare and possibly arranging a visit to an area school to see Springboard in action. If you are a current aftercare parent or if you care about our school's aftercare program, I encourage you to look out for upcoming events and participate.

Tardies

We appreciate that families are working hard to get their children to school on time. However, some of you will be receiving a letter of notification for extensive tardies and/or unexcused absences. It is very

disruptive to our office as well as our school system. Please do everything you can to leave a few minutes earlier to ensure a timely arrival. Thank you for working with us to be sure class begins on time with very few interruptions.

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.

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.

Box Tops for Education

- Go to www.bboxtops4education.com to see list of eligible products and marketplace vendors.
- Put Box Tops into Collection Box in Main Office.
- Shop through the Box Tops Marketplace when doing on-line shopping.



Parenting

The fourth segment in the series of tips on Ten Keys for Successful Parenting from Positive Parenting (www.positiveparenting.com)

Separate the Deed from the Doer

Never tell a child that he is bad. That tears at his self-esteem. Help your child recognize that it isn't that you don't like him, but it is his behavior that you are unwilling to tolerate. In order for a child to have healthy self-esteem, he must know that he is loved unconditionally no matter what he does. Do not motivate your child by withdrawing your love from him. When in doubt, ask yourself, did my discipline build my child's self-esteem?

Be Kind and Firm at the Same Time

Suppose you have told your five-year-old child that if she isn't dressed by the time the timer goes off, you will pick her up and take her to the car. She has been told she can either get dressed in the car or at school. Make sure that you are loving when you pick her up, yet firm by picking her up as soon as the timer goes off without any more nagging. If in doubt, ask yourself, did I motivate through love or fear?

This is the fourth set of tips from Ten Keys for Successful Parenting from Positive Parenting (www.positiveparenting.com)

WE WANT AND NEED TO HEAR FROM YOU!

Is there 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.

Save the Date: Color Me Mine Dec. 3!

Shepherd's third annual fundraiser at Color Me Mine in Silver Spring is next week, on Friday, December 3, from 6 to 9 p.m.

Color Me Mine is located at 823 Ellsworth Dr. in downtown Silver Spring. It stocks more than 200 different items, everything from cups and candleholders to fairies and frogs. Create your masterpiece with special techniques from their design center and a little help from the friendly staff.

From ornaments and cookie plates to menorahs, dreidels and unity cups, you can create a special holiday -- made by hand and from the heart!

All of Color Me Mine's paints and glazes are lead free, 100% friendly to the environment and completely safe for kids and adults.

And here's how it works: Pick a piece of pottery, paint it, and leave it with them to glaze and fire. Your masterpiece is ready in one week - in plenty of time for holiday decorating and gift giving.

Reservations are recommended. You can reserve a table that seats up to four people for \$15. That, and the items you choose to decorate. To reserve a table, call 301-565-5105.

What's better, you don't even have to say you're from Shepherd. EVERYONE who comes through the door December 3 contributes to this fund-raiser, regardless of whether they're associated with Shepherd. And Shepherd gets HALF of the evening's take! So start calling and coloring!

For more info on Color Me Mine, go to <http://www.silverspring.colormemine.com>.





Free or Low Cost Parenting Classes Offered through YMCA

Ten Reasons Children Don't Succeed... and Eleven Things Parents Can Do Come to this parenting skills workshop to discover common pitfalls of parenting that deprive children of the opportunity to succeed with daily tasks of living. Parents will learn strategies for helping kids become more confident, courageous, capable and caring.

Monday, January 10, 7:00 – 9:00 p.m. Free. Donations appreciated. Silver Spring Library, 8901 Colesville Rd., Silver Spring

Helping Kids Deal with Anger Anger is good for identifying problems but not good for solving them. This workshop will address ways parents can help their children recognize early warning signs and develop strategies for dealing with their anger in a positive way.

Thursday, January 27, 7:00 – 9:00 p.m. Free. Donations appreciated. Long Branch Library, 8800 Garland Ave, Silver Spring

Parenting Without Threats and Bribes Parenting tools will be the focus of this how-to workshop. While the use of rewards and threats in disciplining may be effective in controlling behavior in the immediate situation, over time it can decrease mutual respect in the relationship. Come learn alternative approaches.

Monday, January 24, 7:00 – 9:00 p.m. Free. Donations appreciated. White Oak Library, 11701 New Hampshire Ave, Silver Spring

Parenting Children Parents will learn to identify the purposes of a child's misbehavior and develop effective discipline and encouragement strategies for positively redirecting these behaviors. Skills include: Developing effective consequences, structuring choices, and ending power struggles. Required text, available first night: \$20; class fee: \$30.

Tuesdays, Feb 8 – March 15, 7:00 – 8:30 p.m. YMCA Ayrilawn Program Center, 5650 Oakmont Ave., Bethesda

To register and/or for more information:
Call (301) 229-1347 or send an email to
parenting@ymcadc.org (www.ymcadc.org)

Deadline for Next Mustang:

Fri, Nov. 26, at 5 p.m. Send all contributions to:
sesmustang@gmail.com

This week was reflection week for students and the start of our new Unit of Inquiry. The third Units of Inquiry are as follows:

Kindergarten – *How the World Works – Objects Around Us*

1st Grade – *How We Express Ourselves – Dance, Sing, Create*

2nd Grade – *Sharing the Planet – Your Land, My Land*

3rd Grade – *How We Express Ourselves – Creativity-Pass it On*

4th Grade – *Where We Are in Place and Time – Survival is Key*

5th Grade – *Sharing the Planet – Know your Rights*

Parents, you should have received a letter from school asking for your viewpoints on the unit of inquiry that your child has been studying for the last six weeks. Your insights will give teachers a view of the learning that takes place at home so, please send the reflection sheet back to your teacher.

On Thursday November 17th, keynote youth speaker Cris Johnson visited Shepherd and delivered an unforgettable performance on recycling to kick off our school recycling program. With audience participation and through magic, music, humor and fun, he kept the students excited and involved throughout the entire assembly.

Have a safe and Happy Thanksgiving!

—Sandra Hart, IB Coordinator

Shepherd Elementary School



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