

# HAPPY HOLIDAYS!



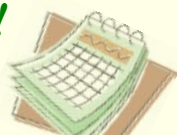
Shepherd Elementary School

## THE MUSTANG

Home of the Shepherd Mustangs

December 13, 2010

### Mark Your Calendars!



- **Dec 15, 2010** - PTA meeting, 6:45 p.m.
- **Dec 20, 2010** - Winter break, no school (Dec. 20-31)
- **Jan 3, 2011** - Return to school
- **Jan 11, 2011** - LSAT meeting, 3:45 p.m.

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,

We're in the money, we're in the money!

Advisory Neighborhood Commission 4A gave the PTA a grant of \$2,500 to get started with our garden project. All we have to do in the month ahead is to settle accounts for a \$1,500 grant the ANC gave us a year ago that allowed us to buy two new violins for the music program and to get the piano in the auditorium tuned.

Meanwhile, we're still waiting on word from City Blossoms on whether we'll get a grant to finish the work on the in-ground garden and a series of raised garden beds in the northeast corner of the school.

And, while you're looking at that parcel of land and imagining the possibilities, also imagine personalized brickwork leading up from the 14th Street sidewalk to the green double doors signifying the main entrance of the "old school." That's a key part of our upcoming Brick by Brick fundraiser, details of which are being unveiled this week at Wednesday's PTA meeting - if not sooner.

(see PTA President, page 3)

### A Word from Mrs. Miles!

Greetings Shepherd Families!

#### Kiwanis Terrific Kids/BUGS Program is Back



On Tuesday, Dec. 14, the Shepherd Park Kiwanis Club will be at our school to help us recognize and celebrate our students.

The primary ceremony (grades PK-2) will begin at 9 a.m. and the intermediate ceremony (grades 3<sup>rd</sup>-5<sup>th</sup>) will begin at 9:30. Parents whose students will be recognized will be contacted by their child's teacher. However, everyone is invited to attend.

#### Native American Storyteller is Coming to Shepherd

This month's highlighted learner's profile is open-minded. Open-minded people respect the views, values and traditions of other individuals and cultures. They look for and are always willing to consider a range of points of view. In connection with our highlighted trait, Native American storyteller Dovie Thompson will visit Shepherd and share with our 3<sup>rd</sup>-5<sup>th</sup> grade students.

Dovie Thomason is an award-winning storyteller, recording artist and author, recognized internationally for her ability to take her listeners back to the "timeless place" that she first "visited" as a child, hearing old Indian stories from her Kiowa Apache and Lakota relatives.

This event will take place on Thursday, Dec. 16 at 9:30 a.m. Please feel free to stop by.

#### Carpool Etiquette

- Do be patient.
- Do pull to the curb when waiting for your child.

(see **MILES**, page 6)



## Student's Eye-View

On Dec. 9, Shepherd Elementary's fifth grade students visited Alice Deale Middle School for Buddy Day. Buddy Day is meant to give students an understanding of what middle school life is like.

On Buddy Day, students pick a sixth grader who already goes to Deale. If you do not know a sixth grader at Deale, then one is chosen for you. We stayed with our Deal Buddy for four class periods. We went to classes like English, world geography and math. Third period was lunch and recess, then we had fourth period. It was fun to stay with our buddy all day and learn what to do and what not to do.

After 4th period, at 12:20 p.m. Shepherd students had to report to the auditorium with all of our belongings. When we were in the auditorium, Mrs. Hernandez, the counselor at Deale, gave us tips on how to start preparing for middle school--from reading a lot to opening our lockers and how to organize lockers.

Also, she told us that the next Deale Open House will be on Tuesday, Dec. 14 from 9 a.m. to 2:30 p.m. Another Deale Open House will be held Saturday, Jan. 8 from 9 a.m. to Noon.

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

—By **Emahni N. Grant,**  
5<sup>th</sup> Grade

## Annual holiday concert earns splendid review

Congratulations to Mr. Giles and the dozens of Shepherd students who entertained us all so well last Wednesday at the annual Winter Concert, Dec. 8. The pupils who played their violins and recorders performed remarkably well, augmented by several former Shepherd students who stay true to their school.

The concert's young vocalists and song introducers also performed with gusto and verve, putting their all into a variety of peace songs celebrating a variety of wintertime

holidays both sacred and secular, and even a no-holiday song. A very nice touch to have John Lennon's "Imagine" on the program on the 30th anniversary of his death. The inclusion of many peace songs, and tunes in different languages, also showed our efforts to become an International Baccalaureate school.

And what can you say about Christylez Bacon, the special guest star? His "It's the beatbox" rap over Pachlabel's Canon in D was a joy to behold, and we're glad he stuck around to perform a couple of extra songs, and even hang around both before and after the concert to talk with students and autograph their programs.

*A variety of  
peace songs  
celebrating a  
variety of  
wintertime  
holidays*

**PTA President** (continued from page 1)

At the PTA meeting, you'll get a chance to grab your own copy of the new school directory as well.

What's more, we've gotten all of the bugs out of making online contributions to the 180 Fund. Just go to [www.shepherd-elementary.org/180fund](http://www.shepherd-elementary.org/180fund) and keystroke it just as you would when ordering anything else online. How do I know it works? I took part in a test, and my credit card statement billed me for it. Frankly, it's some of the best money I've ever spent! If you can give \$180, great. If you can give \$500 and give yourself immunity from future fundraising appeals this year, all the better. Any amount is welcome.

And the Auction Committee has its own special fundraiser, the details of which I am not at liberty to disclose in the pages of this newsletter. But for now, enough talk about money.

We've just concluded one major holiday in our Shepherd family's life in Hanukkah, and during winter break we will celebrate many more, including but hardly limited to Christmas and Kwanzaa. I hope that all of your celebrations during this special time of the year brings your family closer together. I look forward to seeing you at school in the New Year!

Best wishes,

*Mark Pattison*

PTA President  
829-9289

pattison\_mark@hotmail.com

## Join the Shepherd TV Turn Off Challenge

Some children watch up to four hours of TV, computer or video games each 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 or video games on school nights and mornings (Sunday through Friday).



Pledge levels--

**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 per day

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

Download the pledge form from the school website: [www.shepherd-elementary.org/school-life/tv-turnoff/](http://www.shepherd-elementary.org/school-life/tv-turnoff/).



**Wednesday, December 15**

**6:45 p.m. SHARP!**  
**School Auditorium**

### Big news to share on...

- Principal's Report
- Academic Enrichment
- TV Turn-Off
- The Auction!
- Brick by Brick fundraiser
- Green Team
- Garden Initiative
- The 180 Fund
- Treasurer's Report

**Kid-friendly DVD's  
in the auditorium  
for students!**

PIZZA and bottled water for kids and adults!

**School starts on time ..... so do PTA meetings!**



Dear Shepherd Parents and Caregivers:

As I look out my sunny window, I can't believe that we're so near to winter holidays! It has been a busy time.

All of the grade levels have completed significant work in the last few weeks. Third graders finished being mini van Goghs and Charles Burchfields creating Nighttime Skies. Weather murals by fourth graders and Depression Era Working Man murals by the fifth graders are up or will be soon. Pre-K is just beginning the snowy-day collage project. First graders are drawing the Nutcracker soldier in their inimitable style. Second graders are making surprise, artful, holiday gifts from recyclables. By the time this is printed, there will have been decorative panels created for the Winter Holiday Music Concert created by many of our students, including third graders and kindergartners.

REMEMBER <http://teacherweb.com/DC/Shepherd/Art/>, and click on Announcements to see what's happening in art. The sections of it have been rearranged, with two pages yet to be filled: Homework Rubric and Class Schedule. With all the painting and pasting we could use more handiwipes for gooey hands.

GRADES 3, 4, and 5--Art homework continues every week, and your child's grade will reflect his or her active participation in art homework. A number of students still do not have the sketchbook needed to submit art homework. The one I recommend is sold at Plaza Art at Georgia and Silver Spring Avenues in Silver Spring, just blocks away from our school. Its size is 5 1/2 x 8 1/2 inches. If you have a problem securing it, contact me at [joele.michaud@dc.gov](mailto:joele.michaud@dc.gov) or stop by my room and I will be happy to assist.

Now we are in a new advisory and the early assignments have been removed the art room website. New assignments for the second advisory will be listed in the Homework Section of the art website <http://teacherweb.com/DC/Shepherd/Art/>. Don't hesitate to ask any questions you have about art by emailing me. I welcome all inquiries. See FAQ to learn when I am free if you need to see me in person. Please call or e-me to make an appointment so I can allot the time needed for you to express your concern.

Happy Holidays Everyone! Remember, you gotta have ART!

—Ms. Michaud



## Nutrition

**What's In, What's Out?** What should you look for at the grocery store? Try to stick with unprocessed foods, which will keep kids healthy and properly fueled for a full day of school. Jennifer Bevilacqua, a nutritionist who helps families overhaul their kitchens for healthier eating, recommends steering clear of products that contain more than seven ingredients.



"After that, you get into the danger zone, with lots of fillers, additives and artificial dyes," she says. "Parents often don't have a lot of time to read labels thoroughly, but a good rule of thumb is, if a label has unpronounceable ingredients, or if an ingredient looks like it would be on your shampoo bottle, avoid it."

**The Good** If you follow these guidelines when food shopping, you'll be on the right track to packing healthy lunches.

- Try to buy as many organic and all-natural foods as possible.
- For bread and grain products, look for whole grains, whole wheat and flour that hasn't been enriched or bleached.
- Buy pesticide-free fruits and vegetables, and look for dried fruits labeled "unsulphured" and "unsweetened."
- For all dairy products, the best options are low fat and organic.
- In the protein category, choose nitrite-free lunchmeats, low-mercury tuna and soy products that haven't been genetically modified.
- Stick with canola or olive oil for dressings or cooking, and remember that plain low fat yogurt can often be used as a substitute for mayonnaise.



**The Bad** Just as important as what goes into a healthy lunch box is what doesn't. Here are the ingredients to avoid.

- High-fructose corn syrup
- Partially hydrogenated oils
- Trans fats
- Nitrite (an additive often used in lunch meats that becomes a carcinogen in our bodies)
- Artificial sweeteners (often found in products marked "light" or "sugar-free," or you may see aspartame, Splenda, sucralose or saccharin in the ingredients list)



Additionally, you may want to reconsider packing peanuts and tree nuts because of the growing number of children with allergies to both. Check your school's policies on these foods to make sure the lunch you pack doesn't harm another child. Think about switching to soy-nut butter or SunButter, which is made with sunflower seeds. for everyone.

Many lunch boxes also stray in the beverage department. Sodas and fruit drinks (which are often disguised as fruit juices) only offer excess sugar and empty calories. Plain water, lowfat milk and 100% fruit juice (with no sweeteners) are better choices.

--By Kirsten Henri from 'Lunches to Love' in Kiwi Magazine [www.kiwimagonline.com](http://www.kiwimagonline.com)

## Physical Activity

**Can Do.** Go to the kitchen and find two of the heaviest cans your child can hold. Have him/her stand with feet flat on the floor, with the cans in hands and arms at their side. Show them how to lift the cans up to their chest, bending arms at the elbows. Have them hold for two seconds, and then slowly lower their arms. Repeat 10 times.

**Jumping Jack Flash.** Start with a shorter song, and see if your child can do jumping jacks all the way through it. Work your way up to longer songs.



Courtesy of the Alliance for a Healthier Generation [www.healthiergeneration.org](http://www.healthiergeneration.org)

(MILES from page 1)

- Do refrain from going through your child's book bag and asking them questions while in the carpool; this slows down the line.
- Do remain in your car.
- Do pull all the way up in the carpool line.
- Do be courteous and respectful.
- Do display your carpool number on your dashboard.
- Do request a new carpool number if you need one.

### Carpool Volunteer

I am in need of one person or several people to volunteer daily or on a rotating basis Monday through Friday from 2:45-3:15 p.m. Your role would be to place the carpool cones out, remind parents who arrive early to pick up their student to park elsewhere if they will be leaving their vehicle to go inside the building and have parents who arrive early for carpool to pull all the way up in the carpool line versus stopping in front of the carpool door. If interested, email me, call me, approach me in the hallway or just show up.

### Holiday "Funwork"

In addition to any projects or homework your child's teacher may provide, we will be providing students with a holiday homework calendar. The purpose of this calendar is to keep students' wheels turning during the holidays in a fun and interactive way. The calendar will be sent on Thursday.

### Happy Holidays!

I wish all of you a safe, wonderful Holiday Season and much deserved time away from school. I look forward to seeing you in the New Year.

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.**

**Today I will be the best me I can be!**

## **Your child's lost gear could be found - Act now!**

It's amazing how many coats, gloves, scarves, mittens and sweaters got left behind, even during last week's cold snap! Before school lets out for winter break, take inventory of your children's winter outerwear. If you detect that something's missing, go to the Lost and Found in the vestibule of the school auditorium. A dedicated parent was working on separating the left-behind clothing by type. So if you're missing a pair of pink mittens, there should be a box with nothing but mittens and gloves.



Act now, though, because once school's out for winter break, all unclaimed items will head to Goodwill.

# Parenting

The fifth segment in the series of tips on Ten Keys for Successful Parenting from Positive Parenting ([www.positiveparenting.com](http://www.positiveparenting.com))

## Parent with the End in Mind

Most of us parent with the mindset to get the situation under control as soon as possible. We are looking for the expedient solution. This often results in children who feel overpowered. But if we parent in a way that keeps in mind how we want our child to be as an adult, we will be more thoughtful in the way we parent. For example, if we spank our child, they will learn to use acts of aggression to

get what they want as they grow up.

## Be Consistent, Follow Through

If you have made an agreement that your child cannot buy candy when they get to the store, do not give in to pleas, tears, demands or pouting. Your child will learn to respect you more if you mean what you say.

This is the fifth and last set of tips from Ten Keys for Successful Parenting from Positive Parenting ([www.positiveparenting.com](http://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](mailto:amberagolden@gmail.com) with the subject 'Shepherd's Parent Corner' and we'll do some research.

## *BWL Spreads Holiday Cheer*

On Thursday, Dec. 9 Shepherd's BWL band vocalists, led by Mr. Velez, delivered a special performance during the D.C. Retired Educators Association, Inc.'s annual Christmas program. The program took place at 19th Street Baptist Church in Northwest, D.C.

The vocalists consisted of BWL members Jasmine Barrow, Alandra Corbett, Karim Diaite, Timmya Foreman, Jamari Handon, Marley Majette, Autumn Parrish, and Gavin Rasmussen. The band sang three songs and received a standing ovation.

As a result of their great performance, all members received certificates as well as an invitation to return again next year.

Congratulations to Shepherd's BWL vocalists for an outstanding performance. Special thanks go to Mr. Velez for receiving a Certificate of Appreciation from the committee and directing the band. Kudos are also in order for Mrs. Angela Anderson and Mrs. Barbara Diaite for being parent chaperones at the event. [Keep up the good work!]





## From the Language Team...

Dear Parents:

November has gone by very quickly among pumpkins, Halloween and Thanksgiving; it was a busy month, and we hope you had a wonderful time. At school we closed most of the second units, and therefore we are ready to start the third ones.

In Pre-K we will finish our unit: "Discovering Me"; we will focus on how to express our feelings; also we will discuss our traditions related to celebrations. Students will learn similarities and differences among holidays in the world.

In Kindergarten we will discuss traditions in relation with holidays. Within the unit: "Moving and change", students will compare and contrast materials and shapes. The kindergarteners will also learn about traditions related to celebrations.

In first grade within the unit: "Dance, Sing and Paint" students will discuss feelings, and how to express them in the target language. They will also learn how the people around the world express themselves through songs, poems, dances and holiday traditions in the target cultures.

In second grade the new unit is: "Your Land, My Land", and after learning about the world and how to express nationalities, students will learn how to recycle paper. We will also introduce how to express quantities.

In third grade students will start the third unit about how we express ourselves: "Creativity – Pass It On"; they will learn about folktales and traditional stories in the target language. We will introduce verbs about everyday life.

In fourth grade students will discuss needs and wants. They will learn how to express their needs in the target language and they will reflect on how people live around the globe. We will share various ways to help those who are in need.

In the unit: "Know Your Rights" fifth grade students will learn about their own rights as well as the civil rights. Students will discuss important civil rights leaders as César Chávez.

Have a great month of December; Felices Fiestas, Bonne Fête and Happy Holidays!\_\_\_\_\_

*Support Shepherd PTA's*



### Shepherd Elementary School

7800 14th Street, NW,  
Washington, DC 20012  
Office Telephone: 202-576-6140  
Office Fax: 202-576-7578

Mrs. Jamie Miles, Principal – [jamie.miles@dc.gov](mailto:jamie.miles@dc.gov)  
Ms. Robyn Brooks, Admin. Asst – [Robyna.brooks@dc.gov](mailto:Robyna.brooks@dc.gov)  
Mr. Mark Pattison, PTA President – [pattison\\_mark@hotmail.com](mailto:pattison_mark@hotmail.com)

**The Mustang Newsletter Editors:** Laura Lewandowski & Laura Smyth

**Layout/Design:** Yolonda Walden & Rose Dawson

**Production/Distribution:** Angela Anderson

**Student Contributor:** Emanhi Grant

**Communication Committee Chair:** Richard J. McIntire  
Send your submissions for the next issue of *The Mustang* to: [SESmustang@gmail.com](mailto:SESmustang@gmail.com)

***Deadline for Next Mustang:***

**Fri, Dec 31 at 5 p.m.** Send all contributions to:  
[sesmustang@gmail.com](mailto:sesmustang@gmail.com)