



Shepherd Elementary School

THE MUSTANG

Home of the Shepherd Mustangs

March 28, 2011

Mark Your Calendars!



- April 1: DC-CAS Kickoff Rally, 2 p.m.
- April 4-7: DC-CAS Testing
- Apr 11-14: DC-CAS Testing
- Apr 15: DC Emancipation Day, No School
- Apr 18-25: Spring Break, No School
- April 30: Gardening Work Day, Time TBA
- May 6: Auction!

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 Families,

Shepherd has been on the receiving end of some good news since our last issue. A lot of it has to do with grants and gifts coming our way.

Where to begin?

Let's start with the salad bar. We got a grant to install a salad bar in the cafeteria. There will be a little training on how to stock it and maintain it, but we should be able to put it to use with at least one of our lunch periods before the school year is over. This is great news both for students who will have added food choices and for parents who want to support first lady Michele Obama's "Let's Move" campaign to fight childhood obesity.

Let's move next to the City Blossoms garden grant. A few of the parents who are most responsible for this grant spent productive time last week tying up some of the loose ends to qualify Shepherd for the funding. Since I've got your attention, save Saturday, April 30, for an outdoor work day.

(see **PTA President**, page 3)

A Word from Mrs. Miles!

Greetings!

Playground Update

Have you visited our school's playground lately? If so, you may have noticed the yellow caution tape and the fence around the area. First, the bad news: our playground has been labeled unsafe and students are prohibited from playing on the equipment. Now, the good news: we will be receiving beautiful new playground equipment and a new play surface. If things go as planned, students will be able to enjoy the new equipment soon after they return from spring break.



Mentors for New Families to Shepherd

In last week's edition of the Mustang, I welcomed new families to the Shepherd family. As parents return their intent forms and confirm they will be enrolling their student at Shepherd for the 2011-2012 school year, I would like to pair them with current parents who can serve as mentors. Last year I could not recruit enough parents to make this vision a reality; however, this year, I will be moving forward even if I am only able to recruit one mentor. As a mentor, the only thing you have to do is reach out to a new family, welcome them to Shepherd and be available to answer any questions they may have about Shepherd. If you would like to be a volunteer, please send a message to emailshepherd elementary@gmail.com. Beware....if no one volunteers, I will be personally reaching out to some of you!

Salad Bar

This year one of our big initiatives is to make healthier eating choices and be more health conscious as a

(see **MILES**, page 6)



“World Wish Day” is coming to Shepherd!

World Wish Day is a global celebration of granting children’s wishes. World Wish Day celebrates the day that the first wish of a child with a life-threatening medical condition was granted. It sparked a global wish granting movement and has enabled more than 250, 000 children around the world to have their heartfelt wishes granted by the Make-A-Wish Foundation. Every 40 minutes, the Make-A-Wish Foundation grants the wish of a child with a life-threatening medical condition somewhere in the world. Locally, the Make-A-Wish Foundation of the Mid-Atlantic has granted more than 6,500 wishes since 1983.

We can all support World Wish Day and participate in a global effort by making a local impact. Monies raised will help to make Mid-Atlantic area children’s wishes come true.

All you have to do is donate \$5, receive your participant button, and wear your favorite pair of denim jeans on **Friday, April 29th**. More details to come in the upcoming weeks.

IB Program of Inquiry

We are currently in our fifth Unit of Inquiry. The Inquiry for each grade level is as follows:

Kindergarten – How We Organize Ourselves – **Where we Live**

First Grade – Sharing the Planet – **Resources for All**

Second Grade – How the World Works – **Adapt or Disappear**

Third Grade – Who We Are – **This Land is Our Land**

Fourth Grade – How We Organize Ourselves – **New Beginnings**

Fifth Grade – How the World Works – **Let’s Get Physical**

Our Pre-Kindergarten students will be learning about physical science, primarily properties of objects. This unit will continue until April 1st.

As you know, the month of March is dedicated to the Learner Profile of *Balanced*. **How can parents help to develop balanced children?**

- Make sure that your child is participating in a variety of structured activities as well as activities outside of school.
- Encourage your child to exercise or do sports, especially if you notice your child spending a lot of time watching TV or playing video games.
- Discuss the importance of healthy eating habits. Balance meals with your child and encourage him/her to choose food from the four food groups.
- Model balanced behavior by participating in a variety of activities as a family.
- Provide positive feedback when your child is demonstrating a balanced behavior.

Students, how can you show balanced characteristics at the library?

- Use a variety of resources to gather information.
- Feel comfortable using library resources and technology.
- Borrow books from different sections of the library.
- Spend time in different activities (requesting materials, asking questions, using the Internet).
- Listen to different points of view.

Have a great week!

Sandra Hart, IB Coordinator

PTA President, from page 1

On a related topic, the City Blossoms organization has a deal with a public charter high school to bring some students to help build raised flower beds that are part of the grant. Their efforts will count toward their required community service hours. Further, we got an unsolicited offer from the men's ministry at St. Mary's Baptist Church on Eastern Avenue at 13th Street to lend their assistance for Shepherd projects – including April 30. Now, I've been to too many union rallies where people from outside the rally target outnumber people who work at the rally target (one of those rallies is one too many). So when April 30 rolls around, I want to see even more of us than teenagers and Baptist men!

The last bit of good news came from the PTA meeting: Not only will Shepherd get some assistance from Greater D.C. Cares to improve our playground... but the D.C. government is going to put together a new playground for Shepherd! We have been angling for this since well before I became PTA president. In fact, it harks back a couple of years when word first came that Shepherd Field would be renovated, and we made the pitch that it would be cost-effective to have the same crew fix up both at the same time. Don't ask me how it happened, because I don't know. And I may not believe it until I see it. But don't be surprised if you see me using my surgically reconstructed ankle to work my way up a new climbing structure!

Now for the next bit of good news. It's the kind we make together. That's the annual auction. You'll see a few articles in this issue of the Mustang on the Auction, which is by far the school's biggest fundraiser. Get your tickets at the office. Treat those baby-sitting grandparents and neighbors to the auction experience May 6. Donate some auction items. Be a sponsor. Buy an ad. Do your part before the auction to make it our biggest fundraiser ever, and then enjoy the heck out of yourself on Auction Evening!

Best wishes,

Mark Pattison

PTA President
829-9289, pattison_mark@hotmail.com

Brick-By-Brick Campaign – Building Shepherd's Future!

It's almost time to hit the bricks! We want the first edition of Shepherd's Brick-By-Brick fundraising bricks to be laid for all to see and enjoy before the school year ends. So get your brick orders in NOW. Go to the school website, www.shepherd-elementary.org and choose how you'd like to order: Either a printable form and check made payable to the Shepherd Elementary PTA that can be deposited in the PTA box in the school office, or entirely online (including brick inscriptions) with a credit card. Don't miss out on this choice chance to be true to our school!



Health & Wellness

**Encourage
Kids to Live a
More Active
Lifestyle**

Unlike their parents, today's kids often forgo sandlot baseball or games of tag for much more sedentary fare like video games or surfing the Internet. While video games and Internet access aren't lacking in value, many parents would prefer their kids be more active.

Though it can be difficult to get kids off the couch, there are ways parents can help their kids live and embrace a more active lifestyle, which can have benefits both now and down the road.

Make it a team effort. Parents who are concerned their kids aren't getting enough daily exercise should ask themselves if they're getting enough exercise themselves. Kids aren't the only ones who need daily exercise. A good way to encourage kids is to join them.



Make daily physical activity a team effort. Kids don't have to join Mom and Dad at the gym. Instead, go for a nightly walk after dinner, or make time to play catch in the yard. Kids often take cues from their parents even if their parents aren't aware. Parents who exercise every day are much more likely to have kids who exercise every day as well. Set a positive example for kids and include them in your own fitness routine whenever the opportunity arises.

Minimize television time. The American Academy of Pediatrics recommends older kids watch no more than two hours of television per day. But as any parent knows, most kids average much more than two hours of television per day. To decrease that tube time, parents can take televisions out of their kids' bedrooms, instead putting televisions only in the common rooms which will also allow parents to more closely monitor what their kids are watching.

Encourage extracurricular activities. While parents might find it hard to believe, today's kids, even with all the video games and additional gadgets, still get bored. Boredom might be contributing to sedentary lifestyles. To combat boredom, parents should encourage extracurricular activities that get kids off the couch. Whether it's participating in team sports, joining the local or school theater program or even getting a job, parents should encourage kids to do

(see HEALTH, p. 5)

AUCTION TICKETS ON SALE!

The PTA's seventh annual Auction is all set for Friday, May 6, from 7 to 11 p.m., just a block away from Shepherd, at the Washington Ethical Society, 7750 16th St. at Kalmia Rd.

And we've held the line on ticket prices: \$40 for one, or two for \$70.

Even better, this year you can buy tickets at the school office. Exact change is preferred, or feel free to write a check made out to the Shepherd Elementary PTA.

And, if you're brimming with Shepherd Elementary school spirit, there's more you can do to enhance everyone's auction experience, including yours.

One thing you could do is donate an auction item or two. It could be merchandise, tickets, gift cards or certificates, or services. You just never know what will drive up the bidding at an auction, so be creative!

**"A Taste of D.C.:
Shepherd's Recipe
for Success"**

Another thing you can do is to work with your child's teacher and the other parents in your child's classroom to come up with a top-notch classroom donation. These auction items – many of which feature the creativity of the students in that classroom – not only spur on some of the most spirited bidding on auction night, but they also fetch the highest sums of any auction item. (You can see how a fundraiser such as an auction might benefit from this!) If your teacher is distracted from participating in classroom donations due to the upcoming DC-CAS tests, then work jointly with your classroom parent and your other parents from the homeroom to chip in on a terrific prize. The sky's the limit when it comes to your imagination.

A third way is to buy an ad in the auction program. Rates are highly attractive, from \$25 for a quarter-page black and white ad to \$125 for a full-page color ad. Promote your business, your sideline, offer a testimonial to the school, or congratulate your child, his or her teacher, or the whole class. Look elsewhere in the Mustang for more details.

You can even include yourself and your spouse and/or your family as auction sponsors. You can be a sponsor of the auction for as little as \$500 – or, if you're feeling particularly generous, you can step it up to \$750 or \$1,000. See a separate Mustang article in this issue about the perks you get when you sponsor the auction.

This year's theme is "A Taste of D.C.: Shepherd's Recipe for Success." And YOU are an essential ingredient.

To learn more about the auction, reach Auction Chair Bianca Bostic at 821-8076 or Bianca.bostic@noaa.gov.

Be an Auction Sponsor!



Did you know that sponsorships help raise critical funds for the Auction? It's true! Every sponsorship, regardless of the level, not only brings proceeds into the PTA treasury but it also brings more people to the auction itself, where they can bid on a wide range of ultra-cool things.

You can be a **Mustang Sponsor** for just \$500. Here's what you get:

- Two tickets to the Auction
- Signage applauding your sponsorship at the Auction
- A half-page ad in the auction program booklet
- A live shout-out acknowledgment of your sponsorship at the Auction
- Recognition of your sponsorship on the Shepherd Elementary website

You can also be a **Silver Sponsor** for \$750. Take a look at these perks:

- A reserved table at the Auction (trust me, you'll be glad you've got one!)
- Signage at the Auction
- A FULL-page ad in the auction program booklet
- Recognition of your donation during the Auction itself
- Your company's logo on the school website as an auction sponsor

Or, shoot the works and become a **Gold Sponsor** for \$1,000. Get a load of what Gold Sponsors get:

- A reserved table at the Auction (naturally!)
- Premier signage at the Auction
- A presentation of a check during the Auction representing your contribution
- A FULL-page ad in the Auction program booklet
- Your company's logo on the school website as an auction sponsor
- And YOU being listed as a Gold Sponsor in various Shepherd Elementary materials over the next year!

So why wait? Sign up for a sponsorship TODAY. Call Auction Chair Bianca Bostic at 821-8076 or e-mail her at Bianca.bostic@noaa.gov.

HEALTH, from p. 3

more after school than come home and turn on the television or play video games.

Emphasize activity instead of exercise. Many adults associate exercise with going to the gym or running on the treadmill, both of which are tough to get excited about. Kids might be equally indifferent and less enthusiastic about exercise. Instead of emphasizing exercise, encourage kids to be active. Being active doesn't have to entail playing a sport or doing any calisthenics. Instead, an active lifestyle is one that's not spent idling the hours away lounging. Encourage kids to get outdoors and pursue interests other than video games or television shows.



Express interest in kids' activities. Parents should express interest in their kids' activities. If kids like to fish, ask how they fared after their most recent trip to the neighborhood fishing hole. When parents express an interest in their kids' activities, kids are more likely to embrace those activities, something that's especially beneficial if the activities in question are ones that get kids off the couch.

(This article appeared in several online & print media. No author credits were noted.)

Submitted by Amber Golden, Health and Wellness Committee, amberagolden@gmail.com.

Spring Classes at

CREATE
Arts Center



Spring classes are enrolling at CREATE! Express yourself through a variety of mediums taught by professional artists. Classes are offered for diverse age ranges and experience levels. Build artistic skills, explore your imagination and become part of our creative community!

Can't take Drawing & Painting on Mondays? Want to try an art class that's not on our current class list? You can now "Create It Your Way"! Just gather at least five students of similar age, interest, and availability, and we'll work with you to design your personalized class. Email us for more details. Don't miss the fun! Also, don't forget about our exciting **Spring Break Camp** coming up April 18-22!

For more information, contact Jessica Lewis, Program Manager.

CREATE Arts Center
816 Thayer Avenue
Silver Spring, MD 20910
301-588-2787
www.createartscenter.org
jessica@createartscenter.org

Sunday Studio

Family Pottery I

Family Pottery II

Drawing & Painting I

Drawing & Painting II

Stone Carving

Portfolio Development

Kids Pottery

Adult Pottery

Homeschool Art

Art of Nature

Beyond Creativity

Cartooning, Storytelling and Bookmaking

Saturday Studio I

Saturday Studio II

Be an Auction Advertiser!

The auction program booklet is not only thick with descriptions of items up for auction, but it also ought to be thick with advertisements from businesses and parents alike. It's not too early to reserve your space in the booklet. Take a look at how you can advertise:



- ◆ \$25 for a black-and-white quarter-page ad
- ◆ \$50 for a color quarter-page ad
- ◆ \$50 for a black-and-white half-page ad
- ◆ \$75 for a color half-page ad
- ◆ \$100 for a black-and-white full-page ad
- ◆ \$125 for a color full-page ad

And inquire about the availability of premium "real estate" in the booklet, such as the back cover, the inside front cover, the inside back cover, or a center spread. Call Auction Chair, Bianca Bostic, at 821-8076 or e-mail her at Bianca.bostic@noaa.gov to place your ad.

MILES, from page 1 _____

school. As part of this initiative, we applied for the Salad Bar grant and were a recipient of the award! As a Salad Bar school, students in grades 2nd -5th will have an opportunity to prepare a fresh salad to go with their regular school meal. As it stands, we are not planning to include PK-1st graders in the first phase of implementation; however, they may be included in the future. We are looking and learning as we go -- some of the challenges of having younger students go through the salad bar line are height and young students' inability to fully adhere to the safety regulations (i.e. using a spoon instead of fingers, and measuring the correct amount of food...)

The cost of a fresh salad is minimal: if your student pays for lunch and/or receives free or reduced lunch, the salad will be provided at no additional cost. If your student brings lunch from home, they can purchase a salad for \$1.00. We are excited about this initiative and look forward to sharing more information with you in the upcoming weeks.

Countdown to DC-CAS

We have 5 school days remaining until the big day!! Students and teachers in 3rd – 5th grade have worked hard and are ready to show everyone that they are highly proficient and advanced!

On Friday, April 1, 2011, we will have our annual Pep Rally. The Pep Rally will begin with a spirit competition, followed by words of encouragement from Shepherd staff members and parents, and will end with our DC-CAS train. Students and teachers in 3rd -5th grade will link themselves together and travel through the hallways and around the perimeter of the building. Students, teachers and parents will stand along the sidelines and cheer students on. The Rally will begin at 2:00 p.m. and end no later than 3 p.m. Every Shepherd family member is encouraged to attend. Our students and staff need to know we believe in them and that they will be successful!!

Have a great week!

Warmest regards,

Jamie Miles

Principal, Shepherd Elementary



Auction Committee Meets Tuesday

The Auction Committee will meet this Tuesday, March 29, at 6:30 p.m. in the school library. Since there are just five weeks until the auction, there will be lots of things to finalize, But never fear: There will be

pizza and drinks provided for this longer meeting. And, for anyone interested in learning how to work the Ready Set Auction software, there will be a tutorial after the meeting. See you there! If you need more details about the meeting, get in touch with Auction Chair Bianca Bostic at 821-8076 or Bianca.bostic@noaa.gov.

Deadline for Next Mustang:

Fri., Apr. 8 at 5 p.m.

Send all contributions to:
sesmustang@gmail.com

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 Elementary School

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