



Shepherd Elementary School

THE MUSTANG

Home of the Shepherd Mustangs

August 29, 2011

Wed, Sept 21:

**Back to
School Night**



Consult the school website, www.shepherd-elementary.org, for a full array of events and happenings throughout the school year!

From the PTA President...

Dear Shepherd Families,

I would like to again welcome you to another wonderful year at Shepherd Elementary School, one of the finest jewels in the District of Columbia.

What an adventurous week this has been. Not only were our students jumping with joy and excitement about seeing old friends, and making new ones, but Mother Nature decided to pay us all a visit with an earthquake, and a potential hurricane touchdown. I am so very glad to report that there were no injuries and everyone was able to return to school safely on Wednesday morning. This act of nature reminds us how very important safety awareness is in our schools and at home. The PTA will be addressing the Safety Standards at Shepherd during Back to School Night on Wednesday, September 21. I encourage everyone to attend and bring any questions or concerns you have for discussion.

Back to School Night will also be a time for parents to volunteer for upcoming events, and hear about all of the great initiatives we have planned for this year. Our first big family gathering is this Friday, (see PTA Pres., page 2)



A Word from Mrs. Miles!

Welcome Back!

Wow!! It is hard to believe school is in session and students have completed their first week of the 2011-2012 school year. We had a great week! Though the summer months are great, nothing is better than hearing children's chatter and laughter throughout the building.



A sincere thank you is extended to every parent/grandparent/aunt/uncle/family member/friend who helped us get off to great start. The energy you exuberate is contagious and I need for you to maintain the same energy and enthusiasm throughout the school year.

Instructional Fees/Supplies/Forms

The instructional fee for all students is \$15.00. Please send a check made payable to Shepherd Elementary for the exact amount. We kindly ask that you pay all fees, send in supplies, complete and return all forms no later than the end of the week.

Welcome New Staff Members

Please join me in welcoming the following new staff members to the Shepherd family: Holly Madiedo (1st Grade Teacher), Mavette James (2nd Grade Teacher) Tyrone Manigan (custodian), Dwayne Conner (Custodian) Mushala Primrose (Adaptive PE teacher), Paula Richards (Occupational Therapist), Cathy Wu (Psychologist) Judy Williams (Audiologist). Welcome to the Shepherd family, we are glad you are a member of our team! We would also like to welcome back Ms. Sharon Moore and Ms. Erika Moss-Smith (two individuals whose positions were eliminated at the end of the year due to budget constraints).

Safety

Parents are not allowed to park and leave their cars (see MILES, page 11)

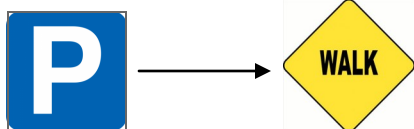
Park and Walk!

This week's parking tip: Don't pull right up to school and drop off your child. Instead, park short of the school and walk with your child to Shepherd.

There are plenty of streets where you can park: Kalmia east of 14th; 14th north of Kalmia and south of Jonquil; Jonquil east of 14th; plus Juniper Street, Locust Road and Morningside Drive.

ALWAYS have your child exit the car from the curb side for safety. When you walk, you reduce traffic congestion, frayed nerves and flaring tempers around the school.

We have also asked two nearby churches for permission to use their parking lots for a park-and-walk site.



Your Time and Your Talents Make Shepherd Successful

Money makes a lot of things better, which is why the PTA has its 180 Fund.

But there are some things that money can't buy.

That's why we need parents to volunteer for some of the PTA's full slate of activities, committees and initiatives.



It was parent power last year that got a Green Team started and recycling established in a meaningful way in every classroom. It was parent power last year that got a salad bar installed in the cafeteria. It was parent power last year that got the beautiful garden and outdoor classroom you see on the northeast corner of the school grounds. And those are just three high-profile examples.

Wherever your interests lie, you may be able to take Shepherd in that direction! You can sign up for one or more of 20-plus volunteer functions at Shepherd at <http://www.shepherd-elementary.org/volunteer-form/> -- or, you can use the all-in-one form in the back of this issue of the Mustang to indicate where your own talents and skills are.

PTA Pres. _____ *cont'd from page 1*

September 2, the Annual Labor Day Picnic. The picnic is pot-luck so we are asking parents to bring in donations. For more information please see Mark Pattison, or email him at pattison_mark@hotmail.com.

I continue to encourage everyone to visit the newly redesigned Shepherd webpage and sign up for the *Stay Informed* and *Volunteer* databases. The webpage will serve as our main focal point for communication, and I don't want you to miss out on anything!!!

I am looking forward to getting to know each family in the Shepherd Elementary Community. I am available via email at bianca.bostic@noaa.gov or via telephone at (202) 821-8076. If I can be of assistance please let me know...the PTA is here to serve!!!

Again, WELCOME, and ask yourself....How am I *Supporting the Vision?*

Best wishes,

Bianca Bostic

2011-12 PTA President
[202-821-8076](tel:202-821-8076)

Deadline for Next Mustang Issue

Fri, Sept 2, at 1 p.m.

Send all contributions to:
sesmustang@gmail.com

Classroom Parents Sought

Every class needs a classroom parent to coordinate parent involvement with other parents in your child's classroom and to be a ready reference for your child's teacher. From snack schedules in pre-K to play dates in second grade to field trips in fifth grade – and everything in between – classroom parents perform a welcome service to their fellow parents and to their teachers. If you want to sign up for 2011-12, send an email to this year's classroom parent liaison, Patsy-Ann Rasmussen, at rasmussens@starpower.net – then start collecting those email addresses!

Beautification Day A Grand Success

When we put out the call for adult and child helpers for the Aug. 20 Beautification Day, you and the community responded! Thanks

to your presence and participation, we were able to get lots of things done, including a fresh coat of paint (some

of it green) in the main hallway and near the library, weeding weeds, trimming hedges, planting flowers, toting textbooks up from the basement, taking care of trash, hanging up flag posters on the playground, and helping teachers organize their classrooms.

The list of names which follows is alphabetical, but it includes 15 volunteers from McLean Bible Church – in what's getting to be an annual event for them – who did much of the painting; four volunteers from Hamilton College, who also assisted in painting; and four men from Community Bridge who came with power hedge-trimmers to make our facilities look sharp. Thanks to all who took part!



Carter Alston
Garrett Alston
Nelson Alston
Alicia Anderson
Angela Anderson
Nia Anderson
Carlos Bell
Mason Berry
Valencia S. Books
Alex Castillo
Drahamare Coulibaly
Eleanor Coulibaly
Frances Coulibaly
Elizabeth Eubanks
Carlos Figueroa
Gina Flores
Anna Forsher
Kevin Graepel
Wayne Green
Renee Hart
Romy Herisse
Sabine Herisse
Sophia-Rose Herisse
Leslie Hindman
Candyce Hughes
Baruti Jahi
Justin Johnson
Miles Johnson

Makayla Kennedy
Christine Kithcart
Jadon Kithcart
Jacob Kleinrock
Rich Liu
Michael London
Asherra Meskheniten
Muai-Aakhu Meskheniten
SaAnkheesa Meskheniten
Judith McCullough
Wei Loon Ooi
Cynthia Pattison
Kesha Pendergrast
Kerri Pritchard
Rey Rodriguez
Daniel Salgado
Austin Simms
Grant Simms
Selma Simms
Alex Singh
Susan Spurlock
Hieu Ting Tsai
Tasha Walters
Kristen Wells
Nicole Wiley
Krystal Williams
Olivia Yancey
Asha Yates
Jordan Yates

SRO Crowd for Welcome Meeting

Last year, when Principal Miles led a Welcome Meeting for parents on the first day of school, we were overwhelmed by the response. The round library tables moved to the auditorium were quickly filled, and parents started pulling out folding chairs to have a place to sit.

So, THIS year, Shepherd moved to a more convention rows-of-chairs format – and still there weren't enough chairs laid out for everyone to have a seat!

Walk with me," Mrs. Miles said time and again, asking parents to share in her vision of what Shepherd is and what it can be. And then she sprang a "Run with me" on parents, "because there is an urgency. ... We cannot let a day go by" in giving short shrift to our children's education.

The PTA's computers were busy, too, as parents signed up for the 180 Fund, let their volunteer interests be known, gave permission for their children's photos to be posted in the Mustang and on the website, and typed in their contact information for the annual Family Directory.

Five days down, 175 to go – and not a single day to waste!

Neither a tropical storm warning nor a Redskins game could keep the Shepherd faithful away from the school year's first

Family Dinner Night, at Olazzo, a kid-friendly yet swanky Italian restaurant in downtown Silver Spring. Families started coming inside the restaurant not long after 5:30 p.m., and the manager offered to keep the kitchen open past its usual closing time if conditions warranted.

We don't have a total yet to report from Olazzo, but we'll report it in the Mustang when it becomes available – along with the second restaurant partner in our series of Family Dinner Nights!

*Now That's
Italian!*

Healthy News from the Phys Ed Teacher

Welcome back to Shepherd for a wonderful school year! I am very excited about all that this year will bring to you as parents, us as educators, and your children as students. I'm especially excited about some of the new things that we will be doing in Health and Physical Education.

Activity Logs

With the arrival of our new SPARK equipment, students will be provided the opportunity to engage in a lot of new and fun activities during their PE time. These activities will provide a knowledge of basic skills as well as an enjoyable experience, but as we know 45 minutes a week is not enough activity for children to remain healthy. For this reason, I am requesting that each student engage in 60 minutes of at home activity, four days per week. Each week I will send home an activity log that will track student's progress throughout the year. This activity log must be returned each week for students to receive credit.



PE Attire

Our students will be participating in Physical Education as well as health classes. There is no set attire during Health Days; however, students must wear sneakers during PE days in order to participate. This is very important because students receive a grade for participation. We want each of our students to be safe while participating in activities and I feel that proper footwear is a must in ensuring safety.

Fitnessgram Assessment

If your child is in grades 3-5, they will be participating in the Fitnessgram Assessment. This test measures each child's level of fitness. There will be a pre- and post-test, and at the end of each test a report will be available upon request (Test reports will only be available for grades 4 and 5).

I am really looking forward to this school year and all that it will bring us as a Shepherd family. I appreciate all of your help in making our Shepherd students as healthy as they can be.

-- **Jarrett Burgess**
Physical Education Teacher



Welcome Back!

A warm welcome is extended to both our new and returning families. We hope that the excitement and promise of a new school year remains high as we get our programs and activities underway. Our staff members are looking forward to a successful and positive school year.

As an IB PYP School, our emphasis is on transdisciplinary learning. Our teachers teach a range of topics that are designed as "Units of Inquiry" also referred to as the "Planners." Through the Planners, teachers integrate as many subjects as possible like Language Arts, Science, Social Studies, Physical and Health Education, Art, Music, some mathematics, French and Spanish. Your child or children will learn how to ask constructive questions, plan investigations, solve problems, and find answers to their questions.

The Key Concept questions are:

- ◆ Form: What is it like?
- ◆ Function: How does it work?
- ◆ Causation: Why is it like it is?
- ◆ Change: How is it changing?
- ◆ Connection: How is it connected to other things?
- ◆ Perspective: What are the points of view?
- ◆ Responsibility: What is our responsibility?
- ◆ Reflection: How do we know?

Our Programme of Inquiry are written, revised, taught and reflected upon yearly. IB students are able to construct meaning from their learning, act and reflect on their experiences. Here at Shepherd, we expect our parents to share in the reflection and in the learning process with their children. Our students reflect on each of the units of inquiry at the end of six weeks to evaluate their learning and they reflect on themselves as internationally minded students monthly on the Learner Profile.

During the month of September, please look out for moments of caring gestures and/or behaviours
(see IB Corner, page 5)

Make Your Family Part of Our Family With Shepherd's Family Directory

We're already at work entering the names of families for this year's Family Directory. We bet it's the phone book you'll consult more than Ma Bell's this year. The directory is more useful when more families submit their contact information.



Use the form in the back of this week's Mustang, or go online to <http://www.shepherd-elementary.org/parents/parent-teacher-association-pta/pta-forms/> and click on "Shepherd Elementary Family Directory" to get your own version.

Give to the 180 Fund

Every year the PTA gives money to Shepherd's teachers to buy classroom supplies and pays for Discovery Communications testing analysis of our students. This year it took on the responsibility of paying for needed office supplies. Last year the PTA paid a majority of the costs associated with the Afterschool Academy, and bought the tarp to protect our new auditorium floor. Two years ago, we bought the computers and monitors that are now in the school's computer lab.

But all of this takes money. We rely on all parents' sense of community and generosity each year to restock the 180 Fund, the economic engine that drives the PTA's efforts to support Shepherd. Can you spare the equivalent of a dollar a day for each day of the school year? We believe you can! Can you do even more? You might as well – all contributions are tax-deductible! Are you unable to afford \$180? Then give what you can to enhance the educational experience of your child, and of all Shepherd students.

Go to <https://www.shepherd-elementary.org/180fund/> to donate online. Or, use the paper form as part of this week's Mustang, fill it out, and enclose it and your check in the PTA box in the school office.



IB Corner _____ from page 4

that your child or children display at home. The Learner Profile reflection sheet will come home at the end of the month for your comments. The reflection sheet is a three-way communication tool between the child, the parent and the teacher. You will be expected to write a reflection about your child/children on the profile for each month. Please remember to send the reflection sheet back to school for the teacher to complete their reflection on your child.

Learner Profile

The aim of the IB Programme is to develop internationally minded young people through the PYP Learner Profile. Throughout the school year, students will learn about, highlight and demonstrate each of the ten profiles. We will start off the 2011–2012 school year with the Learner Profile trait of Caring. Caring people show empathy, compassion and respect towards the needs and feelings of others. They have a personal commitment to service, and act to make a positive difference to the lives of others and to the environment.

Suggested Reading Books (Caring)

- ♦ **The Colour of Home** by Mary Hoffman illustrated by Karin Littlewood
- ♦ **Love You Forever** by Robert Munsch
- ♦ **Wilfrid Gordon McDonald Partridge** by Mem Fox
- ♦ **Thank You Mr. Falker** by Patricia Polacco
- ♦ **Koala Lou** by Mem Fox
- ♦ **The A+ Custodian** by Louise Borden
- ♦ **The Day of Ahmed's Secret** by Florence Parry Heide illus. by Ted Lewin
- ♦ **Oma's Quilt** by Paulette Bourgeois
- ♦ **A Circle of Friends** by Giora Carmi
- ♦ **Miss Rumphius** by Barbara Cooney
- ♦ **Frog and Toad Are Friends** by Arnold Lobel
- ♦ **Rose Blanche** by Roberto Innocenti

Study Habits

Parents, you can help get your child's school year off to a great start by establishing good study habits in the first week. You can set up a well-lit and well-stocked study space, where they can work without interruptions. Help and encourage your

(see STUDY, page 8)

Check Out Our Revamped Website!

Take a tour of the revamped school website,
www.shepherd-elementary.org.

You'll like what you see!

From the **Homepage**, you can sign up for the PTA's new "Stay Informed" list, go to quick links to the PTA's volunteer signup list and our collection of "Shopping for Shepherd" partners, read the latest issue of the Mustang, find a listing of upcoming events, contribute online to the PTA's 180 Fund, link to "What's New", read messages from the principal and the PTA president, access the PTA's budget, and even hook up with two Shepherd Elementary alumni pages on Facebook!

The **"About"** bar gives information on Shepherd's mission, philosophy and history, and supplies helpful links to:



- ◆ Admissions information, with a quick-link to a letter of intent for the current school year
- ◆ A message from Mrs. Miles
- ◆ A listing of school staff

The **"Programs"** bar gives a timely overview of academic offerings at Shepherd, with links to:

- ◆ The International Baccalaureate Primary Years Programme, with sublinks to this school year's Programme of Inquiry, the school's language policy, the International Baccalaureate Organization homepage, and frequently asked questions about how we do IB at Shepherd.
- ◆ A grade-by-grade listing of curriculum activities for kindergarten through fifth grade.
- ◆ An overview of Shepherd's language program with a link to the language policy.
- ◆ A sampling of the music curriculum and musical activities at Shepherd, with a link to a newspaper story and a radio news feature on how one music (see WEBSITE, p. 7)

PTA's Labor Day Weekend Kickoff Cookout Is Sept. 2

Last year's Labor Day Weekend Kickoff Cookout was such a fine time, the PTA is repeating it. We'll hold it Friday, Sept. 2, starting at dismissal at 3:15 p.m. Be sure to pick up your children from school before enjoying a tasty hot dog or burger. As with last year, the cookout is an everybody-brings-something affair. Here are some of the items we can think of to make the cookout a success:

- ◆ Beef hot dogs and buns
- ◆ Chicken/turkey hot dogs and buns
- ◆ Veggie dogs and buns
- ◆ Hamburgers and buns
- ◆ Veggie burgers and buns
- ◆ Ketchup
- ◆ Mustard
- ◆ Relish
- ◆ Outdoor grills and tongs
- ◆ Charcoal
- ◆ Disposable plates and napkins
- ◆ Plastic silverware
- ◆ Desserts
- ◆ Recycling canisters



- ◆ Potato chips and bowl
- ◆ Pretzels and bowl
- ◆ Coke, ice and a cooler
- ◆ Diet Coke, ice and a cooler
- ◆ Pepsi, ice and a cooler
- ◆ Diet Pepsi, ice and a cooler
- ◆ Root beer, ice and a cooler
- ◆ Orange soda pop, ice and a cooler
- ◆ Sprite/Sierra Mist, ice and a cooler
- ◆ Boombox and music
- ◆ Ketchup/mustard/relish
- ◆ Child supervision on playground (half-hour segments)
- ◆ Bottled water/fruit juices
- ◆ Raw veggies and dip



Here's the method to our madness. Last year, parents had to make two emergency trips to the supermarket to get buns because we ran out. This year, if you sign up for dogs or burgers, bring enough buns for the burgers or dogs you've volunteered for. Also, no "all-meat" or mystery-meat franks because of some parents' concerns about unlabeled pork products. By the same token, if you sign up for soft drinks, please bring a cooler and fill the cooler with ice to keep 'em cold!

If you think of something that should be on this list that you don't see, suggest it to picnicker Mark Pattison at pattison_mark@hotmail.com. Also, contact Mark if you can bring items. Use pattison_mark@hotmail.com or 829-9289.

WEBSITE _____ from p 6
class used its collective power to seek changes in DCPS textbooks.

The **“School Life”** bar gives a brief overview of what the Shepherd day and the Shepherd Way are like, with links to:

- ◆ Classroom newsletters, one each for pre-K through fifth grade (still in progress).
- ◆ The Shepherd School Pledge, proclaimed every morning during the PA announcements.
- ◆ A series of “Essential Agreements” worked out last year by staff and students that reflect expected behavior in different areas of the school.
- ◆ News from the PTA’s Green Team on how to recycle the Mustang Way.
- ◆ News on Teacherweb, the Web hosting service for Shepherd’s art, language, physical education and music teachers, with a link to Teacherweb with instructions on how to use it.
- ◆ Details on school menus, with sublinks to DCPS school menu guidelines, plus lunch menus from Shepherd’s school lunch provider.

The **“Parents”** bar is well-stocked with loads of information, including links to:

- ◆ The PTA, with a description of its purpose and activities and sublinks to a message from PTA president Bianca Bostic, a listing of current (and past) PTA officers, the 2011-12 PTA budget, PTA meeting minutes with sublinks to minutes dating back to 2008, the PTA bylaws, and a quartet of PTA forms, sublinking to the 180 Fund, the School Directory, the Photo Permission Slip – all of which allows the user to choose between entering information online or printing a version for filling out by pen and pencil, and an all-in-one 180 Fund/Directory/Volunteering/Permission Slip form you can fill out by hand.
- ◆ A direct link to an electronic volunteer signup sheet.
- ◆ A copy of the 2011-12 school parent/student handbook, full of useful information.
- ◆ Details on the activities of Shepherd’s Local School Advisory Team, with sublinks to LSAT meetings from the past year.

The **“News and Events”** bar gives parents what they need to know about what’s happening in the near (and not-so-near) future, with links to:

- ◆ Upcoming Events – a changing roster based on what’s happening when.

- ◆ A month-by-month calendar that will take you into June 2012, so you can plan ahead.
- ◆ DCPS’ “parents and community” page, with links to its weekly “High Five” newsletter.
- ◆ DCPS’ master calendar for 2011-12.
- ◆ The Mustang, Shepherd’s ever-popular school newsletter, with an archive of back issues dating to 2007!

The **“Resources”** bar gives parents a head’s-up on things that can benefit school, home and family life, with links to:

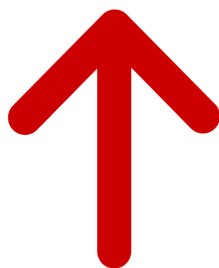
- ◆ A tutoring program offered by Congregation Tifereth Israel, just two blocks from Shepherd.
- ◆ News on Star Achievers, Shepherd’s extended-day program – both before-care and after-care, with sublinks to Star Achievers rates, policies and procedures, roles and responsibilities, discipline and behavior, program information, a registration form, and an activities schedule.
- ◆ Places you can send your child when there’s no school due to staff development or parent-teacher conference days, with phone, information and web links.
- ◆ Summer camp information (it seems it’s never too early!) of camps in D.C. and nearby, complete with descriptions, phone, email and online links.
- ◆ Supplement activities like Boy Scouts and Girl Scouts. Feel free to suggest others!
- ◆ School uniforms and where to get them.

The **“Support Us”** bar has timely details on how you can support the school and the PTA, with homepage links to the 180 Fund, Shopping for Shepherd, and the PTA’s ongoing “Brick by Brick” fundraiser. There are also links to:

- ◆ The annual spring auction, the PTA’s biggest one-day fundraiser, with photos from May’s auction gala.
- ◆ A listing of PTA committees and a sublink to an online volunteer signup list so you can pledge your time to the activities and initiatives that you can help best.
- ◆ The benefits of volunteering at Shepherd, with a sublink to the volunteer signup form.
- ◆ A collection of businesses that help Shepherd year-round, year in and year out by providing direct funding, in-kind funding, and money-back funding from your purchases.

Check it out! www.shepherd-elementary.org

UP!



That's where Shepherd's test scores are heading.

DC-CAS results were announced earlier this month. The percentage of Shepherd students meeting the target in reading was 68.35 percent, **UP** from 63.16 percent last year. The percentage of students meeting the target in math this year was 66.91 percent, **UP** from 63.16 percent in 2010.

What's more, the percentage of students who tested as "proficient" in reading this year was 58.04 percent, which is **UP** from 53.96 percent a year ago. And the percentage of students testing proficient in math was 47.55 percent, **UP** from 45.32 percent last year.

And when you consider advanced in reading, our number was 9.79 percent this year, **UP** from 8.63 percent last year. And the percentage of students proficient in math in 2011 was 18.18 percent, which is **UP** from 16.55 percent last year.

Adding proficient and advanced, Shepherd had 67.83 percent of its students above basic in reading, and 66.43 percent above basic in math.

Where was Shepherd down? In students who were below basic in reading (7.69 percent compared to 10.07 percent the year before) and below basic in math (9.09 percent this year compared to 11.51 percent last year). The percentage of students who tested as basic in both reading and math was also down, 24.48 percent vs. 27.34 percent in reading, and 24.48 percent vs. 26.62 percent in math).

Give credit where credit is due: Our great students ... and our great teachers ... and our great parents ... and the joint PTA- and school-funded Afterschool Academy, which worked diligently to raise test scores!

STUDY _____ from page 5

child to develop good time-management skills so that they can increase their grades and improve their overall school work performance. By learning to complete assignments on time every time, your child will have a better classroom experience.

Have a great week!

Sandra Hart
IB Coordinator

All-in-One Form

You'll find in the back of this week's Mustang our all-in-one form, especially pleasing for paper-pushers who would rather not go online. The form serves as your household's entry for the annual school directory, your contribution form for the PTA's 180 Fund, your volunteer sign-up list, and, finally, a permission slip that allows your kid's likeness to appear in the Mustang and on the school website. The best part of it is that you have to write down your vital information only once. But don't delay – do it today!



LSAT Meeting Rescheduled

Last week's Local School Advisory Team meeting was postponed due to school being closed last Wednesday on account of the earthquake. Barring an aftershock, the LSAT will meet this Thursday, Sept. 1, at 4 p.m. in the school library. Non-LSAT members are welcome to attend, but may be asked to leave should confidential matters arise. Go to <http://www.shepherd-elementary.org/parents/school-advisory-board/> for an overview of the LSAT, plus copies of meeting minutes from the previous year.

Parents Must Sign Permission Slip

Every parent remembers when he or she was a student, and had to get a parent's signature for some activity or another. Well, this time we're bypassing the student entirely and going straight to the source – the parents – for permission.



As you've seen our revamped website, you'll notice there is plenty of room for pictures of happy students and parents. But we need your permission to have your child's photo included on the website, and in the Mustang. Use the all-in-one form included with this issue of the Mustang to give your consent, or you can do so online at <http://www.shepherd-elementary.org/parents/parent-teacher-association-pta/pta-forms/> to print the form, sign it, and return it to the PTA box in the school office.

Healthy School Snack Suggestions

Fruit is naturally sweet, so most kids love it. Fruit can be served whole, sliced, cut in half, cubed, or in wedges.



Applesauce (Unsweetened), Fruit Cups, and Canned Fruit: These have a long shelf life and are low-cost, easy, and healthy if canned in juice or light syrup. Examples of unsweetened applesauce include Mott's Natural Style and Mott's Healthy Harvest line. Dole and Del Monte offer a variety of single-serve fruit bowls.

Dried Fruit: Try raisins, apricots, apples, cranberries, pineapple, papaya, and others with little or no added sugars.

Frozen Fruit: Try freezing grapes or buy frozen blueberries, strawberries, peaches, mangoes, and melon.

Fruit Leathers: Some brands of fruit snacks are more like candy than fruit, and should be avoided due to their high content of added sugars and lack of fruit. Brands to avoid include Fruit Roll-ups, Farley's Fruit Snacks, Sunkist Fruit Gems, Starburst Fruit Chews, Mamba Fruit Chews, Jolly Rancher Fruit Chews, Original Fruit Skittles, and Amazin' Fruit Gummy Bears. Try Natural Value Fruit Leathers and Stretch Island Fruit Leathers, which come in a variety of flavors and don't have added sugars.



Fruit Salad: Get kids to help make a fruit salad. Use a variety of colored fruits to add to the appeal.

Popsicles: Most so-called "fruit" popsicles have added sugars and should be reserved for an occasional treat. Look for popsicles made from 100% fruit juice.



Smoothies: Blend fruit with juice, yogurt or milk, and ice. Many store-made smoothies have added sugars and are not healthy choices.

Deliveries: Deliveries of fresh fruit or platters of cut-up fruit are a convenient option offered by some local grocery stores.

Vegetables can be served raw with dip or salad dressing. Consider broccoli, carrot sticks or baby carrots, cauliflower, celery sticks, cucumber, peppers (green, red, or yellow), snap peas, snow peas, string beans, tomato slices or grape or cherry tomatoes, yellow summer squash slices, and zucchini slices.

Dips: Try low-fat salad dressings, like fat-free Ranch or Thousand Island, store-bought light dips, bean dips, guacamole, hummus (which comes in dozens of flavors), salsa, or peanut butter.



Salad: Make a salad or set out veggies like a salad bar and let the kids build their own salads.

Soy: Edamame (pronounced "eh-dah-MAH-may") are fun to eat and easy to serve. (Heat frozen edamame in the microwave for about 2-3 minutes).

Veggie Pockets: Cut whole wheat pitas in half and let kids add veggies with dressing or hummus.



Ants on a Log: Let kids spread peanut butter on celery (with a plastic knife) and add raisins.

Healthy Grains (bread, crackers, cereals, etc.): Though most kids eat plenty of grain products, too many of those grains are cookies, snack cakes, sugary cereals, Rice Krispies treats, and other refined grains that are high in sugars or fat. Try to serve mostly whole grains, which provide more fiber, vitamins, and minerals than refined grains. In addition, try to keep the added sugars to less than 35% by weight, and the saturated and trans fat low (less than 10% of calories, or about one gram or less per serving). Cookies, snack cakes, and chips should be saved for occasional treats, given their poor nutritional quality.

Whole Wheat English Muffins, Pita, or Tortillas: Stuff them with veggies or dip them in hummus or bean dip.



Breakfast Cereal: Either dry or with low-fat milk, whole grain cereals like Cheerios, Grape-Nuts, Raisin Bran, Frosted Mini Wheats, and Wheaties make good snacks. Look for cereals with no more than 35%

(See *HEALTHY SNACKS*, p. 10)

HEALTHY SNACKS _____ from page 9

added sugars by weight (or roughly 8 grams of sugar per serving).

Crackers: Whole-grain crackers like Triscuits, which come in different flavors or thin crisps (or similar woven wheat crackers), Kalvi Rye crackers, or whole wheat Matzos can be served alone or with toppings, like low-fat cheese, peanut butter, or low-fat, reduced-sodium luncheon meat.

Rice Cakes: Look for rice cakes made from brown (whole grain) rice. They come in many flavors, and can be served with or without toppings.

Popcorn: Look for low-fat popcorn in a bag or microwave popcorn. Or you can air pop the popcorn and season it, e.g., by spraying it with vegetable oil spray and adding parmesan cheese, garlic powder, or other non-salt spices.



Baked Tortilla Chips: Baked tortilla chips are usually low in fat, and taste great with salsa and/or bean dip. Look for brands with less sodium.

Granola and Cereal Bars: Look for whole grain granola bars that are low in fat and sugars, like Barbara's Granola Bars (cinnamon raisin, oats and honey, and carob chip flavors), Nature Valley Crunchy Granola Bars (cinnamon, oats 'n' honey, maple brown sugar, and peanut butter flavors), Nature Valley Chewy Trail Mix Bars (fruit and nut flavor), and Quaker Chewy Granola Bar (peanut butter and chocolate chunk flavor).

Pretzels, Breadsticks, and Flatbreads: These low-fat items can be offered as snacks now and then. However, most of these snacks are not whole grain and most pretzels are high in salt.

Dairy foods are a great source of calcium, which can help to build strong bones. However, dairy products also are the biggest sources of artery-clogging saturated fat in kids' diets. To protect children's bones and hearts, make sure all dairy foods served are low-fat or fat-free.

Yogurt: Look for brands that are low-fat or fat-

free, moderate in sugars (no more than about 30 grams of sugars in a 6-oz. cup), and high in calcium (at least 25% of daily value [DV] for calcium in a 6-oz. cup). Examples include Danimals Drinkable Low-Fat Yogurt, Go-Gurt by Yoplait, or cups of low-fat or non-fat yogurt from Stonyfield Farm, Dannon, Horizon, and similar store brands. Low-fat or non-fat yogurt also can be served with fresh or frozen fruit or low-fat granola.



Low-Fat Cheese: Cheese provides calcium, but often its saturated fat price tag is too high. Cheese is the number two source of heart-damaging saturated fat in children's diets.

Low-Fat Pudding and Frozen Yogurt: Low-fat or fat-free pudding and frozen yogurt should be served only as occasional treats, because they are high in added sugars.



Other Snack Ideas

Nuts: Since nuts are high in calories, it is best to serve them along with another snack such as fruit. A small handful of nuts is a reasonable serving size. Examples include peanuts, pistachios, almonds, walnuts, cashews, or soy nuts. Look for nuts that are unsalted. **WARNING:** A small but growing number of kids have severe peanut and/or tree nut allergies. Before bringing in peanuts, peanut butter, or other nuts as a snack, check to make sure none of the children has an allergy.

Trail Mix: Trail mixes are easy to make and store well in a sealed container.

Luncheon Meat: Choose lower-fat, reduced-sodium brands of turkey, ham, and roast beef and serve with whole-wheat bread, pita, tortillas (as a wrap sandwich), or crackers. Cut sandwiches in half to make snack-sized portions.

Healthy Beverages

Water: Water should be the main drink served to kids at snack times.

Seltzer: Carbonated drinks like seltzer, sparkling water, and club soda are healthy options. They do (see BEVERAGES, p. 12)

MILES _____ *(cont'd from p.1)*

unattended on 14th Street (in front of the school) between the hours of 8:00- 4:30. This area is designated drop off in the a.m., pick up in the p.m. and fire/rescue workers during the day. Please do not block the cross walks. Please do not make U-turns in the middle of the street. Under no circumstances should students be dropped off on the side of the street opposite the school. In other words, please make sure your passenger side door is the side of your vehicle that is closest to the sidewalks that run along the front and side of the school. We do not want students running in between cars and in front drivers who may not be paying attention. It is very busy around the school between the hours of 8-9 a.m. and 3-3:45 p.m. PLEASE plan accordingly and exercise patience. The a.m. and p.m. can be a little hectic. Please do not honk your horn or lay on your horns, yell out the window and/or make obscene gestures.

Arrival

Please do not bring or drop off your student before 8:20 a.m. unless they are in before care or they are planning to eat breakfast beginning at 8 a.m. Students who report for before care or for breakfast should enter the building through the cafeteria door located by the playground. No student will be allowed to enter the main part of the building until 8:20 a.m.

Students in pre-K and K should report directly to their classrooms. All other students should report to the gymnasium. The morning "clap-in" will begin at 8:35 a.m. and the gymnasium doors will close at 8:40. Though the official start of our instructional day is 8:45 a.m. your student will likely be late if they do not arrive to school before the gym doors close. All students who arrive at 8:45 a.m. or later must sign the late arrival book before reporting to class.

Dismissal

Dismissal is at 3:15 p.m. for all students. If you need to pick your students up before afternoon dismissal, please arrive no later than 3 p.m. There will be no "all calls" for students from the main office between 3-3:30 p.m. Between 3-3:30 p.m. aftercare students can be found on the playground on sunny days and in the cafeteria on inclement weather days. Carpool students can be found in the library and all other students will be dismissed from the gymnasium. At 3:30 p.m. any

student who has not been picked up can be found in the main hallway. Please arrive no later than 3:30 p.m. to pick up your student. Beginning Monday, August 29, all students will be dismissed from the gymnasium.

Instructional Time

Our instructional block is from 8:45 to 3:15. Please do not arrive at school expecting to see your child's teacher during this time unless you have a scheduled appointment or if you have arranged to volunteer in and/or observe your child's classroom.

Handbook

The parent/student handbook has been uploaded to the school website. Please review this document with your student so that everyone is clear. If you would like a hard copy, please put your request in writing to the main office and we will provide one for you.

Back to School Night

Back to School Night will be held on Wednesday, September 21, beginning at 6:30 p.m. Mark your calendars NOW for a great evening! Parents will have an opportunity to meet with your child's teacher to learn more about classroom/grade level expectations, there will be an Introduction to the International Baccalaureate program for new parents and an in depth look at the 2010- 2011 DC-CAS test results.

Our Custodial Team

Kudos to Mr. Kelly and contractors who worked endless hours this summer to get our building clean and ready to receive students on the first day of school.

Have a great week!



Warmest regards,

Jamie Miles

Principal

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.

BEVERAGES _____ from page 10 not contain the sugars, calories, and caffeine of sodas. Serve them alone or try making “healthy sodas” by mixing them with equal amounts of 100% fruit juice.

Low-Fat and Fat-Free Milk: Choose these instead of whole milk.

Soy and Rice Drinks: For children who prefer not to drink cow’s milk, calcium-fortified soy and rice drinks are good choices.



Fruit Juice: Try to buy 100% fruit juice and avoid the added sugars of juice drinks, punches, fruit cocktail drinks, or lemonade. Drinks that contain at least 50% juice and no additional caloric sweeteners are also healthful options.

Healthier School Parties

Classroom parties -- like birthday and holiday celebrations -- help kids relax and socialize. And other school events like dances and fairs bring parents, teachers and kids together. These parties can encourage unhealthy eating. There are plenty of ways to plan and organize parties and events that can teach kids healthy habits. It just takes a little creativity.



Fun, not Food: Avoid making refreshments the “main event” at parties. And don’t use food as a reward or prize.

Different Drinks: Serve low-fat (1%) or non-fat milk (plain or flavored), 100% juice and water at parties.

Chip-less: Substitute pretzels, low-fat popcorn, rice cakes, bread sticks, graham crackers or animal crackers.

Healthy Pizza: When the party calls for pizza, try low-fat toppings like vegetables, lean ham or Canadian bacon--or serve pizza dippers with marinara sauce.

Other party options include: muffins, instead of

cupcakes; angel-food cake topped with fresh fruit, instead of standard store cake with sugary icing; fruit kabobs or fruit salad; and berries with low-fat cool whip as a dip or topping (perhaps make berry sundaes).



Additional website resources for healthy school snack ideas:

http://www.cspinet.org/new/pdf/healthy_school_celebrations.pdf

http://www.betterschoolfood.org/downloads/resources/BSF_Healthy_Snack_List.pdf

Fall Fest Moves!

Remember when last year’s Fall Fest was conducted in 95-degree heat? Well, this year, it’ll be more pleasant conditions for everybody. Fall Fest 2011 has been scheduled for Saturday, Oct. 22. And, if we get rain, it will move to the following Saturday, Oct. 29.



Shepherd Elementary School



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Shepherd Elementary School PTA

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PTA Membership/180 Fund/School Directory/Permission Slip/Volunteer Form

For the **2011-12 school year**, EVERY Shepherd parent is in the Parent Teacher Association. If you are at a PTA meeting, you will automatically have a vote and a voice. There are no membership dues, either! If you ever thought of money – or anything – as a barrier to participating in the PTA in particular, or more fully in the life of the school in general, your worries are over! [The Mustang](#), the [Shepherd Elementary website](#), and the [PTA listserv](#) will let you know how you can make Shepherd Elementary – and our children’s educational experience -- better than ever.

‘180 Fund’ Finances PTA Activities and School Needs

In place of PTA membership dues and the old “family enrichment fee,” the PTA established the **180 Fund**. There are 180 instructional days in the school year. Parents, can you afford a dollar per day per child to improve Shepherd Elementary? We think you can, and we hope you’ll contribute to the 180 Fund. There are all sorts of things that Shepherd Principal Jamie Miles and PTA leadership have identified to enhance the educational mission of Shepherd that don’t fit into the school or D.C. Public Schools’ budget. Please complete this form and check the boxes:

Household #1 (also for School Directory)

Home address _____

Zip Code _____ Home phone number: _____

Parent 1: First and Last Name _____

Work number: _____ Cell phone number: _____

Parent 2: First and Last Name _____

Work number: _____ Cell phone number: _____

Household #2 (or other important contact, i.e., grandmother, babysitter, etc.; if applicable; also for directory)

Home address _____

Zip Code _____ Home phone number: _____

Parent 1: First and Last Name _____

Work number: _____ Cell phone number: _____

Parent 2: First and Last Name _____

Work number: _____ Cell phone number: _____

☐ You may use the above information for the annual school directory, except for those portions that are shaded or in parentheses. ()

Note: All student names will be included in the directory.

*** My signature here authorizes Shepherd’s PTA to publish the information above in the school directory:**

Your name(s): _____

☐ I am a Shepherd teacher/staff member.

Email address(s): _____

☐ Yes, sign me up for the Shepherd PTA Yahoo Group!

Phone Number(s): _____

Child(ren): _____ Grade: _____ Teacher: _____
_____ Grade: _____ Teacher: _____
_____ Grade: _____ Teacher: _____

- ☐ I wish to participate in the 180 Fund. **Enclosed is my lump sum contribution of \$180.**
- ☐ I wish to participate in the 180 Fund and will make **two semi-annual payments of \$90** each by Sept 16 and \$90 by January 16th 2012
- ☐ I wish to participate in the 180 Fund and will make **four quarterly payments of \$45 each** by Sept. 16, Nov. 16, Jan. 16 and March 16.
- ☐ I wish to participate in the 180 Fund and will be able to pay semi annually \$90 by Sept 16 and \$90 by January 16th 2012
- ☐ I wish to participate in 180 Fund and I would like to be exempt from Fundraising. **Enclosed is my contribution of \$500.**

(Please return form and check made payable to SES PTA to the PTA mailbox in the Shepherd Elementary School Office. You can also pay via credit card online at www.shepherd-elementary.org)

How Can YOU Help? Volunteer in Our Initiatives and Activities!

Check all that you're interested in or intrigued about.

- | | |
|--------------------------|-----------------------------|
| _____ Academic Affairs | _____ Health Committee |
| _____ PTA Functions | _____ Newsletter |
| _____ Fundraising | _____ Special Events |
| _____ Auction | _____ Building and Grounds |
| _____ Grant Writing | _____ Garden Initiative |
| _____ Fall Fest | _____ Fall Flower Bulb Sale |
| _____ Clerical | _____ Book Fair |
| _____ School Office | _____ Technology/Computers |
| _____ Used Uniform Sales | _____ Cafeteria |
| _____ Jazz Night | _____ Green Team |
| _____ Family Fun Day | _____ As Needed |

"Permission Slip"

During the course of the school year, we will be taking photographs of Shepherd students at various school events for inclusion on the Shepherd website, the Mustang newsletter etc. Names will not be included. Please express your preferences for the use of photos containing your child/children:

☐ I give Shepherd Elementary School permission to use my child/children's photograph on the Shepherd website, Mustang newsletter, etc. I understand that names will not be included.

☐ I do not give Shepherd elementary School permission to use my child's/children's photograph on the Shepherd website, Mustang newsletter, etc.

SIGNATURES:

_____ Parent/Guardian/PTA Member signature

_____ Parent/Guardian/PTA Member signature

Join the Shepherd PTA! Let your voice be heard. Be a partner in your child's education.