



Shepherd Elementary School

THE MUSTANG



Home of the Shepherd Mustangs

October 31, 2011



- ♦ **Monday, Oct. 31:** Halloween party, 3:15-6 p.m.; \$3 admission, auditorium
Halloween parade, 6 p.m., Shepherd field
- ♦ **Sunday, Nov. 6:** Daylight Savings Time ends

- ♦ **Thursday, Nov. 10:** Loose Change Collection ends
- ♦ **Friday, Nov. 11:** Veteran's Day, no school
- ♦ **Monday, Nov. 14:** Report cards issued
- ♦ **Wednesday, Nov. 16:** PTA meeting, 6:30 p.m., cafeteria

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

FROM THE PTA PRESIDENT

Hello Shepherd Family:

What a **FUND** filled and exciting October this has been. We have had several families commit to the \$500 Enrichment and 180 **FUNDS** and we grossed over \$7,600 at FALL FEST! I would like to **THANK YOU** for all of your hard work and commitment in getting our school year off to a **FUNDtastic** start!!! You all also turned out in record numbers for the October PTA Meeting.

To celebrate and reward your efforts and to **THANK YOU** for your support, in November the PTA will be introducing **PTA BUCKS**. Each class will be issued **30 PTA BUCKS** as a Thank

(see PTA Pres, page 8)



A Word from Mrs. Miles!

Greetings Shepherd Family,

This week has been a busy week at Shepherd as students walked for the homeless and received rewards for their hard work at our end-of-the-advisory award ceremony. Please see the IB section in the newsletter for more information about both of these events.



November is Here!

November is here and Thanksgiving is quickly approaching. We have so much to be thankful for here at Shepherd Elementary.

A big thank you to all the parents who attended their parent-teacher conferences. Through teachers and parents working together, Shepherd was able to achieve a 95 percent contact rate with our parents at conference time. Continued communication is so important to the success of your child.

Thank you to all who attended Math Night. Though the attendance was lower than normal, the parents who were in attendance said they found the evening very informative and helpful. Two parents recommended we repeat the evening again for parents who were unable to attend because they felt the information shared was something all parents need to know.

Thank you so much to all of our students for their **EXCELLENT** attendance during the first advisory. Next week we will announce students with perfect attendance for the first advisory. Perfect attendance means no tardies, and being present at school each day.

Attendance

Attendance is a very important part of our school improvement plan. Please make sure your child is at school every day, on time and not signed out early. If

(see MILES , page 8)

Loose Change Makes for Positive Change

Did you know that half of all the money collected in the school's annual Loose Change drive helps poor families whose children attend Shepherd get a little ahead of the curve? We're doing the collection earlier than in past years so that these families can have a happier Thanksgiving. These families are never identified publicly, but the principal knows who they are and makes arrangements to provide them with the results of your generosity.



The other half goes to the PTA, which identifies projects and initiatives to help the school.

This year's collection ends on Thursday, Nov. 10. A no-uniform day will be the big prize for the class who contributes the most! Students can contribute every day, so pull out that change from your pockets, your purses and that drawer.

Looking for more parent volunteers!

I spend two days each week in the library, waiting to welcome classes to the resources we have. A couple of classes have signed up for regular visits, and some stop in occasionally. Several teachers have told me that it was easier to get their kids to the library when they knew there was a full-time librarian available. So, in the interest of covering five days per week instead of just two, I'm looking for DCPS-approved volunteers to spend a quiet day in the school library. THANKS!

The Shepherd School Library has an online WISH LIST at www.amazon.com, with books that the library doesn't have. Go to Amazon, click on "Wish List" toward the right side of the page, and enter the name "Shepherd PTA" to find us. All donations are tax-deductible, and the list will grow, so check back often. We will recognize donors in the Mustang, as well as at the school. So if you'd like to honor someone with a gift in their name, please do! Any questions? Contact us at info@shepherd-elementary.org.



--Stephanie Scott

Dress-Down Day Friday

Ms. Christenberry's fourth-grade class is sponsoring a dress-down day this coming Friday, Nov. 4. Students who pay \$1 to their classroom teacher before Friday are allowed to report to school on Friday, Nov. 4, out of uniform.

**Pay \$1
before
Friday**

Dinner Theatre Sunday at Northminster Presbyterian



You're invited to the Round Table Dinner Theatre, Sunday, Nov. 6, 4-7 p.m. at Northminster Presbyterian Church, 7720 Alaska Ave, NW (at Kalmia).

All are welcome. Come and enjoy good food and great performances by The Children's Choir, God's Men, The Chancel Choir, plus special performances by Malaika Sims Alvaro, Khalilah Sims McCants, Herb Scott, Steven Herring and the Children's Broadway Review. Also, get your laugh on with Comedienne Simply Shirley.

The donation is \$30 for adults, and \$10 for children 12 and under. For details contact 202-726-4368, 202-670-3222, or roset07@yahoo.com.



This is Leo Saunders filling in this week for Sophia-Rose Herisse, who will be back next week!

On Saturday, Oct. 22, Shepherd had its annual Fall Fest and tons of people came. There were games, rides, food, and the weather was perfect. Some of the fun activities included moon bounces, face painting, pumpkin painting, a bean bag throw, spin art, and you could even make your own candy necklace or bracelet.

There were also plenty of yummy treats like cotton candy, popcorn, and a cupcake you could decorate yourself then eat! We even had music provided by Shepherd's own DJ, Mr. Velez, and kids as well as adults were dancing in the street.

All day long I heard students making comments such as "This is cool" or "Awesome." Well, I hope we made some "awesome" funds for the school. In addition to the Fall Fest, Shepherd also had Family Math Night last Tuesday and Family Dinner Night last Wednesday. There is always something interesting and fun going on at Shepherd and the best way to find out about these activities is to read the newsletter each week.

Happy Halloween!: Halloween activities for today are the Halloween party in the school auditorium starting at 3:15 p.m. until 6 p.m. and the annual Halloween Parade at Shepherd Field next to the school starting at 6 p.m. hosted by the Shepherd Park Citizens Association. Also, in addition to collecting Halloween candy, please remember to take along your UNICEF box to collect change for Shepherd's annual "Trick or Treat for UNICEF" campaign.



I hope everyone has a great, and safe, Halloween.

--Leo Saunders, 5th grader

Lacrosse Clinic at Deal Middle School

WHAT: Fall Lacrosse Clinic

WHO: WINNERS Lacrosse

WHEN: Saturdays in November (5, 12 and 19)

WHERE: Alice Deal Middle School Field, 3615 Fort Dr. NW

FOR: Girls and boys ages 7-15, no experience required



TIME: Girls 9-10:30 a.m., boys 10:30 a.m.-noon

The children will participate in skills training (throwing, catching, shooting, cradling, etc.) using fun drills and games while learning some basics of lacrosse. This opportunity can prepare them for participation during the Spring season with the WINNERS organization. The participants will be broken up by age and skill level and coached by WINNERS executive director Matt Breslin and former players from Duke and Notre Dame.

WINNERS will provide equipment to use but players MUST bring their own mouthpiece. Please notify Star Downing if you are planning to attend to ensure enough equipment is available for all.

Consent and Emergency Treatment forms must be completed for participation. Forms can be found on the school website: <http://alicedeal.org/announcements/>

Any questions, feel free to contact Shepherd parent Star Downing at 202-321-5059 or stardowning@yahoo.com.

(Editor's Note: Every "The Student's Scoop" column appears in the Northwest Current, which serves the Shepherd Elementary neighborhood and northwest D.C. from Takoma to Petworth and points in-between. If you don't get a free copy on your sidewalk each Wednesday, you can pick up a copy at the Shepherd Park Library and Ledo Pizza.)



Shepherd IB PYP Corner

This week, Shepherd students took action as they participated in a community service activity called the Fannie Mae Mini-Walk for the Homeless. For every signed participation form we received from students, Fannie Mae will contribute approximately \$15 to Hope and a Home, an organization that provides housing and family services to single parents and their children. Students also donated food for Shepherd's Table. Congratulations to all of the families that participated, we were able to raise about \$4,500.

Professional Development

Critical thinking is a priceless skill. Junior Great Books is a program that utilizes classical and contemporary literature that brings engaging stories and critical thinking to the classroom. On Oct. 21-22, one teacher from each grade level had the opportunity to take part in Junior Great Books training and these teachers will in turn train each of the other teachers on their team.



The Great Books professional development gives practical skills to teachers to become successful practitioners in the IB framework and helps them to support inquiry-based learning and critical thinking in the classroom. Through this professional development session, teachers learned how to teach and to lead Shared Inquiry in the classroom. This knowledge will allow Shared Inquiry to become a vital part of the everyday environment, allowing students to think and to respond critically.

The Great Books resources will support classroom programming for our Program of Inquiry through language rich and complex selections. The program will enable our students to become knowledgeable, great thinkers, and writers.

Awards Day

October 28 marked the end of our first Academic Advisory for the 2011-12 school year and we held our Awards Assembly. We recognized students for their achievement in math, reading, science, social studies, IB Learner Profile of Caring and Inquirer, Perfect Attendance and Outstanding Achievement on the

Paced Interim Assessments (PIA) of Reading and Mathematics. Congratulations to the following students in their respective categories.

Math: Kai Smith, Maxwell Wright, Amber Williams, Joyce Kao, Sean Reece, Kimiko Queen, Isaiah Mullen, Deja Page, Rashad Biddle, Sarah Sambou, Cyrus Collins, Rene Rodas, Phillip Omohundro, Myra Shalaty, Kahlil Slater, Jean-Pierre Roberts, Fahari Dominique, Keshav Mehta-Harwitz, Kerod Shiferaw, Keyshawn Lee, Adam Thomas, Taye Moss-Suggs, Malik Belmar, Miles Davis, Quentin Anderson-Watson, Margaret Goletiani, Tiffany Misseme, Gregory Jones, Kwaniyah Tuffour, Jovaan McKinney, Colin Powell, and Mayra Bolanos.

Reading: Gyasi Tyus, Batya Sperling-Milner, Payton Jones, Meley Ghermay, Kennedy Harrison, Morgan Jealous, Anthony Hodo, Brianna Royall, Tamiko Stuckey, Kayden Tuffour, Daniel Susse, Sophia Sambou, Lillian Beach, Radha Tanner, Briana Knight, Leela Mehta-Harwitz, Masai Jenkins, Tiara Dupee, Allison Holmes, Camdynn Thigpen, Sydnee Montgomery, Tony Wilson, Cyntia Pattison, Bryan Wilson, Tyler Thomas, Kaitlyn Hunter, Savannah Waymer, Aleisha Hopkins, Jerrod Nolan, Epiphany Miller, and Alexander Leonard.

Science: Micah Charles, Daniel Wallace, Yuma Rudie, Dai'Ahmira Morgan-Fleming, Mia Saunders, Naeem Scott, Marshall Lewis, Natnael Shiferaw, Agyeman Nyanteh, Godloves Tata, Domonique Cherry, Tony Nguyen, Chima Ukaegbu, Nia Carroll, Taylor Parales, Anthony Harrison, Jaden Brazey, Lyndon Downing, Mecca Camille, King Campbell, Devon Dunn, and Christian Watkins.

Social Studies: Olivia Waymer, Sharon Chirambo, Kristian Swanson, Aaron Smith, Truth Woods, Bianca Popa, Niles Dunham, Tyler Campbell, Elias Mack, Layla Brent, Kayla Muir, Weldon Genies, Gabrielle Williams, Clare Harvey, Spencer Friddle, Zoe McCullough, Caleb Schuster, Catherine Serrano, Victoria Carter, Jamarly Calhoun, Toron Wallace, Cecelia Sneed, Luis Bolanos, Charles Ross, and SaAnkheesa Meskeniten.

IB Caring: Malaika Wande, Frances Coulibaly, Keiko Queen, Josie Silverberg, Natasha Dorkin, Sarah Rice, Nelson Alston, Awa Kanta, Nina Sinkford, Romy Herisse, Zoie Walden, Phillip Omohundro, Gabrielle McKinley, Zora Pauk, Nana Sissiko, Carlisse Agee, Kayla Muir, Gabrielle Brown, Agyeman Nyanteh,

(continued on p. 5)

IB Corner, from p. 4

Kurt Peacock, Kayla Boyd, Amirah Willis, Khirah George, Chima Ukaegbu, Nia Carroll, Cyntia Pattison, Julianna Ingram, Chandler Mabry, Tolani Smith, Yewoinhareg Kebede, Caleb Bush, Steven Adams, Goodness Ukaegbu, Damia Basil. Teachers: Ms. LaShahn Booth, Ms. Beverly Johnson, and Ms. Denise Chambliss.

IB Inquirer: Ethan Vandivier, Kai Smith, Etta Shalaty, Payton Jones, Eyan White, Kimiko Queen, Nico Anagnostopoulos, Deja Page, Sean Holmes, Grace Kao, Jared Stevenson, Lillian Beach, Isaac Layne, Lattera Dakka, Peter Chumbris, Victoria Newson, Amanda Glover, Benjamin White, Agyeman Nyanteh, Tiara Dupee, Kayla Boyde, Spencer Friddle, Tony Nguyen, Madison Swanson, Ashford Connor, Camille Jones, Colyar Trimble, Jaden Brazey, Gregory Jones, Aaries Askew, Devon Dunn, John Pollock, Alexander Leonard. Teachers: Ms. Laura Christenberry, Ms. Mary Thomas and Mme. Koutouan Gadie.

Achievement on PIA Reading and Math (* = students that scored in the Advanced range): Kayla Muir, Andy Nguyen, *Benjamin White, Kayla Harris-Diggs, Shaina Adams, Samuel Bush, *Peter Chumbris, *Fahari Dominique, Weldon Genies, *Masai Jenkins, *Leela Mehta-Harwitz, *Jean-Pierre Roberts, Alan Alston-Gary, Changa Anderson, Logan Botvin, *Tiara Dupee, *Keshav Mehta-Harwitz, *Agyeman Nyanteh, *Marie-Therece Tata, *Yao Tyus, Caleb Wilson, Kelci Barnette, *Kerod Shiferaw, Godloves Tata, *Allison Holmes, Kayla Boyde, Keyshawn Lee, Zoe McCullough, Cydni Taylor, Taye Moss-Suggs, Adam Thomas, Caleb Schuster, *Ethan Reece, *London Downing, Malik Belmar, Nia Carroll, *Ashford Connor, Miles Davis, Taylor Paraless, *Cyntia Pattison, Denija Hudgens, Camille Jones, *Quentin Anderson-Watson, Margaret Goletiani, Juliana Ingram, *Colyar Trimble, Tiffany Missembe, Gregory Jones, Goodness Ukaegbu, Jovaan McKinney, Mattie Melnyk, Aleisha Hopkins, Steven Adams, Devon Dunn, Natalia Thomas, Jamal Deane, and Colin Powell.

Students who achieved perfect attendance will be posted in the next issue of the Mustang.

Have a great week!

--Sandra Hart, IB coordinator

'Brick by Brick' Campaign

Show just how much you like Shepherd Elementary through the PTA's 'Brick by Brick' campaign.

You have several options:

- You can get two lines of type on your brick (18-character maximum, including spaces, per line), or you can add a third line for just \$15.
- You can get your brick installed close to the 14th Street sidewalk – or, for \$50 more, you can be designated an "Old School" supporter and have your brick installed close to the entrance of the original school building.



If you don't know how often you'll see your brick at Shepherd, you can also purchase a copy of your brick for \$39.99 for you to keep at home.

And, you can go the school website, www.shepherd-elementary.org, to either download an order form or to place your order online! Look for the "Support Us" bar on the homepage, click on "Brick by Brick," and you're on your way!

Door Corps is Swinging!



Have you signed up yet for Shepherd's Door Corps?

We want parents to help school staff make sure that the auditorium doors are closed and secured at 8:40 a.m. each morning. Nobody has to worry about security if we all do our part. All we need are some parents willing to do a little bit more than their fair share.

If you'd like to join the Door Corps, get in touch with Ed Walden at e.waldenjr@fidofitnessandplay.com, or call him at 202-607-0474.

Make Sam Pay! The 180 Fund Challenge Continues

Shepherd parent Sam Collins, who's got two children at Shepherd, issued a challenge at the October PTA meeting to all Shepherd families: ***If 10 new Shepherd families sign up and contribute to the 180 Fund by November's PTA meeting (that date is Nov. 16), Sam and his wife will contribute another \$180 themselves!*** And, before Sam was done speaking, one mom stood up and waved the check she had just written. So that's one down, and nine to go.

You don't have to make a big display of making a contribution – that is, if you don't want to. But Sam's challenge is right on the money. Shepherd Elementary offers a top-quality education in a top-quality environment. But that kind of thing doesn't happen by itself.



Where does the seed money come from to launch Fall Fest? And the expenses for the Spring Gala? Who fronts the money for those terrific new Shepherd T-shirts? And who pays the freight for stipends for our school's teachers and aides? That's right: Us. The PTA acts for all of us. And while PTA membership is free, the 180 Fund -- so named for the 180 educational days on the school calendar -- provides of the necessities the school cannot.

So make Sam pay! All contributions are tax-deductible. You can go to <https://www.shepherd-elementary.org/180fund/> and make your contribution online. You can also go to <http://www.shepherd-elementary.org/support-us/180-fund/> and click on a copy of the contribution form to print, fill out and return with your check to the PTA box in the school office.

If you want to join with other Shepherd parents in building a solid fundraising foundation, send Sam an email at samhc65@gmail.com.

What's That TV Doing On?

The TV networks are heading into the "November Sweeps." This is the period when the networks trot out all-new episodes, hired the biggest-name guest stars, put on the fanciest specials and lure you with little cliffhangers – all to keep you (and your kids) watching show after show, hour after hour, day after day, week after week.

Don't fall for it! And don't let your children fall for it either. Talk with them about the importance about keeping the TV turned OFF when time is much better spent with family, with homework, with friends, with playing, with books, with imagining.

Then, use the TV Turn-Off sign-up sheet included with this week's Mustang to register your child into Shepherd's growing TV Turn-Off Club. (By the way, this year's TV Turn-Off Club also involves video games.)



Using the computer is OK if learning is the aim. But if getting to the next level of some game is the aim, turn that thing off!

Mustang Publication Schedule to Change

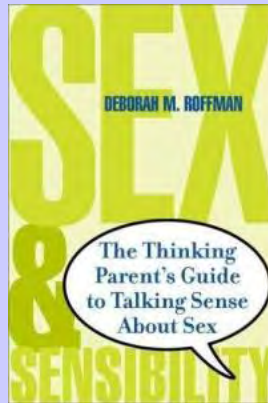
Starting in November, the Mustang will be published every other week. Next week, Nov. 7, will be our last weekly issue. The first week WITHOUT a newsletter will be the week of Nov. 14. Then you'll see a Mustang again on Monday, Nov. 21, just before Thanksgiving. The submission deadline will remain 5 p.m. the Friday before publication. To submit items for the Mustang, send your email to sesmustang@gmail.com. Thank you!



Fifth Graders' Families Invited to Nov. 30 Workshop

The Alice Deal Middle School PTA is sponsoring a parent education workshop for fifth graders' families titled "Talking to Your Kids About Sex." The workshop will be led by Deborah Roffman, the nationally recognized author of "Sex and Sensibility: The Thinking Parent's Guide to Talking Sense About Sex." Roffman has written dozens of articles and commentaries on sex education and appeared in every major national newspaper and national network, including HBO and National Public Radio. Roffman teaches human sexuality education in the D.C.-Maryland region and has presented hundreds of workshops for parents and teachers on how to help young people develop into sexually healthy adults.

The workshop will be held on Wednesday, Nov. 30 at 7p.m. in the Alice Deal Middle School cafeteria. The event is geared towards fifth-grade families focusing on the complex teen and "tween" years.



Families Have Their Fill At Comet Ping Pong

Shepherd families were conspicuous by their presence last Wednesday at Comet Ping Pong, as kids played games and scarfed up pizza, while parents enjoyed a (sometimes) leisurely glass of wine or beer and munched on specialty pizzas and salads.



No totals yet as this issue of the Mustang went to press, but we'll provide you with details when they're available.

We're skipping the month of November when it comes to Family Dinner Nights, but we'll be back in full force on

Tuesday, Dec. 6, with the next Family Dinner Night at the Fire Station 1 restaurant on Georgia Avenue in



downtown Silver Spring. You can't miss it: It actually looks like a fire station – because that's what it used to be. Save the date, circle it on the calendar, then tell 'em, "I'm with Shepherd!"

Daylight Savings Time Ends Sunday

Daylight Savings Time ends the first Sunday of November, so before you go to bed Saturday night, turn your clocks BACK one hour. (Or, if your kid is one of those who just won't wake up in time for school, keep it a secret!) You'll have an extra hour of daylight when you wake up, but it will get dark an hour earlier. That means using even greater care and caution when driving, especially around school.



MILES from p. 1_____

your child has a fever, is vomiting or has a contagious illness, we understand that he/she cannot be here. Thank you for making school a priority for your child.

Inclement Weather

November marks the beginning of winter weather. Winter is knocking on our door and we need to get ready for the cold and possibility of snow! Please make sure your student is dressed properly for the weather. Also, please review the inclement weather policy in your parent handbook (it can be found on the school website, www.shepherd-elementary.org) and listen to the radio or watch the news if the weather is unpleasant. In the event of cancellations, delays or early dismissals, you will also be notified via the ConnectEd messaging system.

Picking Children Up From School

Please remember to send a written note in with your child if you will need to pick him/her up from school early or unscheduled at the end of the day. A separate note for each child's teacher is preferred. This will eliminate any confusion at dismissal time and assure your child's safety. You should also contact the school if there is a change in your students' normal dismissal routine. Thank you for your understanding and cooperation.

Curriculum Matters: Learning Basic Math Facts

Many children struggle with learning basic facts. Teachers spend a great deal of time helping students develop "number sense." This in turn helps students to invent, share and refine strategies in the classroom. Basic facts are useful in estimation and mental math. For example, students can use their knowledge of $8 \times 4 = 32$ to know that a reasonable estimate for 84×41 is $80 \times 40 = 3,200$. So what can you do as parents? Help your child by practicing their basic facts. First, set a reasonable goal: "Let's see if we can learn all the '+1 facts' for the numbers 0 – 9 in one week." Then spend about 10 minutes four times a week helping your child practice the facts. Make flashcards or play a game that helps them learn their facts. Ask them to explain their thinking.

Have a great week!

Warmest regards,

Jamie Miles

Principal

PTA Pres from p. 1_____

You for your participation in FALL FEST. Each PTA BUCK is equal to \$1; and can be traded in at anytime during the year to purchase a class treat – outdoor activity or classroom game, class snacks or pizza party!!! BUCKS will be rewarded throughout the year for different PTA events –

- ◇ Parent Attendance at PTA Meetings
- ◇ Family Participation in Family FUN Activities
- ◇ Classroom Activity at PTA Events
- ◇ Etc....

So, start thinking about how your child's class will spend their PTA BUCKS and what you can do to help your child's class earn more.

Let's keep up the Shepherd Momentum!!!

Best wishes!

P.S. *Don't forget to join the PTA Stay Informed Link on the [Shepherd-Elementary.org](http://www.shepherd-elementary.org) website.*

Bianca Bostic

PTA President

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Deadline for Next
Mustang Issue

**Fri, Nov. 4,
at 5 p.m.**

Send all contributions to:
sesmustang@gmail.com

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Send your submissions for the next issue of *The Mustang* to:
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Shepherd Elementary School

TV-VG Turnoff Club

September 2011- June 2012

Dear Parents:

As parents, public health professionals and members of the LSAT, this year we are promoting a **TV-VG (Video Games) Turnoff Club** initiative at Shepherd Elementary School. The club asks parents and students to think about their willingness to limit the amount of television and video games they watch on school nights. **If you want to participate, fill out the form on the back with your child(ren) and return it to their classroom teacher, main office or the TV-VG Box at the auditorium entrance.**

We recognize that there are many positive and educational programs and games from which children benefit. However, **overwhelming research has shown that watching large amounts of TV or Video Games can have detrimental effects on children's academic and social development and is also linked to physical health problems such as obesity (for kids AND adults!).**

TV-VG Turnoff offers **different levels** from which families can choose, so it is not necessary to totally give up TV or video games. TV-VG Turnoff Club is one tool to help students and families **set goals in this area during the school week**. Participation is completely optional and following the rules is up to students and families.

We will do our best to have outreach to students who sign up during the year. There will be information and articles frequently in The Mustang. Students who sign up will have their picture on the bulletin board next to the library. Outreach may be as simple as students receiving a letter in a fancy envelope or asking members to participate in a drawing activity and having drawings posted on the bulletin board. We are looking into other ideas such as a special activity at recess for members later in the year. We will look for other ways to engage students and welcome suggestions from you that are relatively easy and low in cost to implement!

If you have questions, ideas or concerns, please do not hesitate to contact Jenny Pauk at jpauk@hotmail.com.

Thank you!

Jenny Pauk and Sherilyn Pruitt





Shepherd Elementary SchoolTV-VG Turnoff Club

September 2011- June 2012

Mustangs survive in the wild. They use their determination, imagination and creativity to live. They certainly don't spend their time in front of a screen! How about you? Are you ready to join the TV-VG Turn Off Club? You are challenged to use your determination, imagination and creativity to find things to do with your time that limit or do not involve TV or video games during the school week.

I, _____, want to join the TV-VG Turnoff Club. I am willing to use my determination, imagination and creativity during the school week to use my time in creative ways that limit or do not involve the TV or video games.

I am in _____ grade and my teacher's name is _____.

Some of the things I plan to do INSTEAD of watching TV or playing video games are:

Here's the kind of Mustang I strive to be!

___ **Gold:** *No TV or computer or video games* (Sunday night through Friday morning)

___ **Silver** *No more than 30 minutes a day total* (Sunday night through Friday morning)

___ **Bronze** *No more than 60 minutes a day total* (Sunday night through Friday morning)

Student's signature _____

Parent's signature _____

Please turn in to your teacher, the main office, or the TV-VG Turnoff Box in the auditorium entrance.