



Home of the Shepherd Mustangs

December 19, 2011



- **Mon., Dec. 19:** Look for an Evergreen Day; Oatmeal Muffin Day
 - **Tues., Dec. 20:** Girls' basketball, home game, 4 p.m.; Go Caroling Day; First day of Hanukkah (begins at sunset)
 - **Wed., Dec. 21:** Last day of school for 2011 (full day); Forefathers' Day; Humbug Day; National Flashlight Day; Look on the Bright Side Day
 - **Thurs., Dec. 22:** First day of winter; Winter Break begins; National Unity Day (Zimbabwe)
 - **Fri., Dec. 23:** Festivus; National Date Nut Bread Day; Roots Day
 - **Sat., Dec. 24:** Christmas Eve; Holy Night (Liechtenstein); National Egg Nog Day
 - **Sun., Dec. 25:** Christmas; Birthday Anniversary of Quaid-a-Azam (Pakistan); National Pumpkin Pie Day
 - **Mon., Dec. 26:** First day of Kwanzaa (Umoja – unity); Christmas (federal holiday); St. Stephen's Day (Ireland, Italy, Luxembourg, Andorra); Boxing Day (many nations); Day of Goodwill (South Africa); Independence Day (Slovenia); National Candy Cane Day
 - **Tues., Dec. 27:** Second day of Kwanzaa (Kujichagulia -- Self-Determination); Make Cut-Out Snowflakes Day; National Fruitcake Day
 - **Wed., Dec. 28:** Last day of Hanukkah; Third day of Kwanzaa (Ujima - collective work and responsibility); National Chocolate Day; Card Playing Day
 - **Thurs., Dec. 29:** Fourth day of Kwanzaa (Ujamaa – collective economics); Pepper Pot Day
 - **Fri. Dec. 30:** Fifth day of Kwanzaa (Nia – purpose); Jose Rizal Day (Philippines); National Bicarbonate of Soda Day
 - **Sat., Dec. 31:** New Year's Eve; Sixth day of Kwanzaa (Kuumba – creativity); Solidarity Day of the Azeri People (Azerbaijan); Bank Holiday (Japan, El Salvador); Make Up Your Mind Day; Unlucky Day
 - **Sun., Jan. 1:** New Year's Day; Seventh day of Kwanzaa (Imani – faith)
 - **Mon., Jan. 2:** New Year's Day (federal holiday); last day of Winter Break
 - **Tues, Jan. 3:** Back to school!
- (Go to <http://www.holidayinsights.com/moreholidays/december.htm> for more on some of these lesser-known holidays!)

A Word from Mrs. Miles!

Greetings Shepherd Family,



It is hard to believe the first part of the school year is coming to a close. However, on Wednesday we will wish our students a “Happy Holidays” and send them off to you for the next 12 days.

In the midst of the holiday busyness, I thought now is the time to remind you of our school mission: *At Alexander R. Shepherd Elementary, 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.*

During the break please find ways to help students live out our school mission at home. Some examples:

- Provide them with a time to give back to others
- Talk about how different people from different cultures and or different parts of the world celebrate the holidays (for more, see the IB PYP Corner column in the Mustang)
- Keep them on a bedtime schedule
- Encourage them to turn off the TV and go outside and play
- Insist that your student logs into Study Island and complete assignments (3rd-5th)
- Build in time each day for your student to complete their holiday calendar/work packet (Pre-K-2), and
- Allow time for your student to help you prepare healthy holiday snacks and meals.

You get the idea. Structure your student's time away from school in a way that will help make the transition back to school in January a smooth one!

(see MILES, p. 8)



Dear Fellow Mustangs,

We are in the middle of the basketball season at Shepherd Elementary. Our boys' basketball team members are Lyndon Downing, Jamal Dean, Quinton Anderson, Jarad Nolen, Colin Powell, Jaden Iniss, Christian Watkins, Devon Dunn, Jordan Johnson, and Alex Leonard. Our team already played against Key Elementary and Whittier Education Campus. I am excited that we won against Lowell School 45 to 14! Wow -- our team is good!

This is the last Student's Scoop of the year 2011. I would like to wish all my fellow Mustangs and their family a happy and safe holiday! See you in January 2012!

I encourage you to share cool news tips and comments with me. Please contact me at snherisse@yahoo.com for news tips or comments.

--Sophia-Rose Herisse, 4th grader

Snider's Receipts Help the School

For every Snider's Super Foods receipt you give to Shepherd, the school gets 1 percent of your total purchase when we bring them back to Snider's. Snider's is on Seminary Road just west of Georgia Avenue in Silver Spring; if you go beyond the Beltway, you've gone too far. Please bring in any Snider's receipts you've got from this year to the school before Winter Break begins so that the school can get what's coming to it!



Deck the Halls Gets New Words!

This reworking of the traditional Christmas carol got its debut Dec. 7 at the Winter Concert. It retains all of the merri-ness of the melody, but at the same time speaks volumes about the school we love. No lyricist was credited in the program, so ask Mr. Giles, the music teacher, about the new words!



Fill__ Shepherd's halls with spirit

Fa la la la la, la la la la

Student pride, the teachers love it

Fa la la la la, la la la la

Reading, writing is a start

Fa la la, la la la, la la la

We're a school with lots of heart

Fa la la la la, la la la la

Fill__ Shepherd's halls with song

Fa la la la la, la la la la

Let each one know they belong

Fa la la la la, la la la la

We are strong because we see

Fa la la, la la la, la la la

Power in diversity

Fa la la la la, la la la la!

HE'S THE KING

Mr. Steven King, one of Shepherd's third-grade teachers, was one of three finalists for D.C. Public Schools' Teacher of the Year Award. He was not the winner, but given how many thousands of teachers there are in the DCPS system, being thought of as one of the three best puts him in something like the 99.99th percentile. Our congratulations to Mr. King!



News From the TV-VG Turn-Off Club

So how much TV and video games will you want your child to engage in over the holidays?

School-age children are also at risk from excessive screen time.

In a survey of youth ages 8-18, nearly 1 in 4 said they felt "addicted" to video games.



- Including multitasking, children ages 8-18 spend average of 4 ½ hours per day watching television, 1½ hours using computers, and more than an hour playing video games.
- Black and Hispanic youth spend even more time with screen media than their white peers.
- Time spent with screens is associated with:
 - ⇒ childhood obesity
 - ⇒ sleep disturbances
 - ⇒ attention-span issues
- Children with two or more hours of daily screen time are more likely to have increased psychological difficulties, including hyperactivity, emotional and conduct problems, as well as difficulties with peers.
- Adolescents who watch three or more hours of television daily are at especially high risk for poor homework completion, negative attitudes toward school, poor grades, and long-term academic failure.
- Adolescents with a television in their bedroom spend more time watching TV and report less physical activity, less healthy dietary habits, worse school performance, and fewer family meals.
- Children with a television in their bedroom are more likely to be overweight.
- Especially high rates of bedroom televisions (70-74%) have been seen among racial/ethnic minority children ages 2-13.

Research shows the benefits of reduced screen time.

- Reducing screen time can help prevent childhood obesity.
- Children who spend less time watching television in early years tend to do better in school, have a healthier diet, be more physically active, and are

Still thinking about last minute holiday gifts? Don't know what to get the grandparents for the holidays? Tired of seeing your gift selections go unused?



DONATE BOOKS to the Shepherd Elementary Library in the recipient's name! It's a win-win-win proposition. You leave an educational legacy the grand/parents will be proud of, the library gets needed books, and, it is a charitable donation before the end of the year for taxes!

Here's how:

1. Go to www.amazon.com
2. In the upper right of the screen, click on the WISH LIST tab.
3. Type in the name "SHEPHERD PTA," to find the wish list called "FOR THE LIBRARY."
4. Select as many books as you like, and add them to your shopping cart.
5. During checkout, indicate the name of the person you wish to honor by each book, as a free GIFT MESSAGE. For example "In Honor of John H. Smith" or "In Memory of Jane Doe" or "Thank you to my Teacher, Mrs. Gibbs."
6. Make up your own certificate to give the recipient, and bask in their appreciation that you did not get them another salt cellar, tie, or tin of popcorn.

Thank you, and happy holidays to all!

—Stephanie Scott

better able to engage in schoolwork in later elementary school.

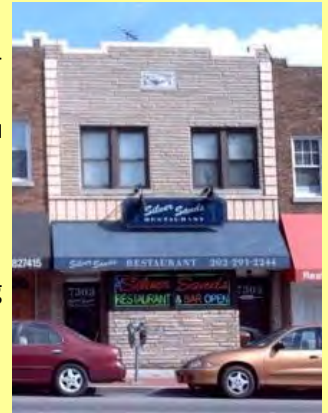
- Television viewing at a young age is associated with later behavioral problems, but not if heavy viewing is discontinued before age 6.
- Limiting exposure to television during the first four years of life may decrease children's interest in it in later years.

Latest Family Dinner Night a Big Success!



From the looks of things on Dec. 6 at the Fire Station 1 in Silver Spring, it looked like a scene out of Occupy Restaurant! From before 6 p.m., until well past 7 p.m., there were nothing but Shepherd families on the second floor of the restaurant. And, when diners through with their meals came back down the stairs, they found plenty of tables on the ground floor taken by Shepherd families because there was nowhere else to put them! Parents were generally good about bringing the necessary flyer to qualify the PTA for the 15 percent rebate, but there were a couple of families who brought extras in case people forgot – and the restaurant wait staff even volunteered to photocopy flyers so everyone would have enough to go around. We're waiting for a tabulation from the restaurant as to how much the PTA will receive, and we'll report it to you when we get the number (and the check!)

Our next Family Dinner Night will be really close to Shepherd. It's the Silver Sands restaurant at 7303 Georgia Avenue right here in D.C. It's Mexican food with a bit of a Nicaraguan twist. It'll be held Thursday, Jan. 19 — the day after next month's PTA meeting — and it'll run from 3:30 p.m. (so you can pick up something anytime on your way home from school) until the restaurant closes at 11 p.m. Best of all, you won't need a flyer!



Greetings, everyone from the Art Room.

I hope everyone liked the decorative panels in the auditorium for the Winter Holiday Concert. Students in grades 1 through 5 enjoyed painting them. To continue in that theme, first graders have had fun drawing traditional decorative designs for gingerbread cookies. Meanwhile, second graders have made some seasonal winter paintings symbolic to holidays or showing snow landscapes. Third graders are exploring the nature of creativity by critiquing sculpture by Martin Puryear. Fourth graders are comparing homes of 17th-century colonials with colonial-style houses in Shepherd Park. Fifth graders are investigating social action and art by analyzing graffiti in terms of the elements of art.

There is drawing homework for grades 3,4, and 5 that asks for a sketch of the most meaningful, winter-break object for each student. This is designed to give art practice and have students focus on the important values of the season.

A safe and happy holiday season to all!

--Ms. Joelle Michaud, Art Teacher

If you don't recall seeing that sweater or that hoodie in your kid's closet or in the laundry basket, take the time to go

through the Lost and Found in the auditorium vestibule. But do it SOON! Anything that goes unclaimed will be donated to charity once Winter Break begins.



Newsletter
DEADLINE

Deadline for Next
Mustang Issue

**Fri, Dec 30,
at 5 p.m.**

Send all contributions to:
sesmustang@gmail.com

Parlons de Culture: Greetings and Farewells in France

Greetings between friends and relatives vary from region to region in France. In Southern France, three kisses are given on alternate cheeks. In Northern France, four kisses are given and in Paris, simply two kisses from one cheek to another. These kisses are used as ways of parting as well. One does not offer a hug along with the kisses.



When a younger person greets an elder, a handshake is appropriate as well as the formal use of the second person. When meeting for business, a handshake is appropriate.

Remember, at least two kisses from one cheek to another when greeting in France.

--Mme Koukouan Gadie, French teacher

DCPS 2012-13 Calendar: Your Chance to Weigh In

Please note the D.C. Public Schools' proposed 2012-2013 school calendar is open for your review and feedback.



Some parents have already noted the following:

- The proposed spring break is April 1-5, which is after Good Friday (March 29), Easter (March 31) and most of Passover (March 25-April 1), which is a departure from the traditional DCPS break time.
- School is set to start Aug. 27, 2012 -- a week later than previous years.
- Christmas break is back to two weeks.

After looking at the calendar, there is a form to submit feedback. To look at the calendar and submit your own feedback, go to:

<http://dcps.dc.gov/DCPS/About+DCPS/Calendars/Proposed+DCPS+Calendar+for+School+Year+2012-2013>

Stars in the Making?

Shepherd Basketball Drives for the Hoop!

Shepherd's boys' and girls' basketball teams have started their season strong, and now they want YOU to come to the games and cheer them on. Be it at home or on the road, you will be entertained by some exciting roundball action!

Here is the boys' schedule so far. The coach, Mr. Burgess, is trying to schedule a couple of games with the nearby Lowell School. All games tend to start between 3:45 and 4 p.m., once players from both teams have assembled and gone through some warm-ups:

- ♦ **Thursday, Jan. 5: Shepherd at Janney, 4130 Albemarle St. NW.**
- ♦ **Thursday, Jan. 12: Shepherd at LaSalle, 501 Riggs Rd. NE.**
- ♦ **Thursday, Jan. 19: Shepherd at Murch, 4810 36th St. NW.**
- ♦ **Thursday, Jan. 26: Whittier at Shepherd.**
- ♦ **Thursday, Feb. 2: Brightwood at Shepherd.**
- ♦ **Friday, Feb. 3: Shepherd at Lafayette, 5701 Broad Branch Rd. NW.**

The girls' team, coached by Ms. Christenberry and Ms. Moorefield, also promises a season of exciting action. Their games also start 4-ish, but come early so you don't miss a single moment!

- ♦ **Tuesday, Dec. 20: Home game, opponent TBA.**
- ♦ **Wednesday, Jan. 4: Shepherd at Raymond, 915 Spring Rd. NW.**
- ♦ **Tuesday, Jan. 10: Home game, opponent TBA.**
- ♦ **Friday, Jan. 13: Shepherd at Oyster-Adams, 2801 Calvert St. NW.**
- ♦ **Wednesday, Jan. 18: Shepherd at Key, 5001 Dana Pl. NW.**
- ♦ **Tuesday, Jan. 24: Shepherd at H.D. Cooke, 2525 17th St. NW.**
- ♦ **Friday, Jan. 27: Shepherd at Marie Reed, 2201 18th St. NW.**
- ♦ **Tuesday, Jan. 31: Home game, opponent TBA.**

Go Mustangs!



Shepherd IB PYP Corner

The winter holidays are approaching fast. Over the last two weeks, we have been thinking and learning about celebrations that take place around the world at this time of year. So far, we learned about Eid, Diwali, Kwanzaa and Hanukah. This week, we will conclude our study with a look at Christmas. Here is a glimpse of what we've learned:

Eid

There are two Eid celebrations observed by Muslims that take place around the world, Eid ul-Fitr and Eid al-Adha.

Eid ul-Fitr is the first Muslim holiday that marks the end of Ramadan. During the month of Ramadan, Muslims observe a strict fast and participate in religious activities such as charitable giving and peace-making. Charitable giving is a donation to the poor. This donation is of food like rice, barley, and dates, to ensure that the needy can have a holiday meal and participate in the celebration. Eid is an Arabic word meaning "festivity," while Fitr means "breaking the fast". The holiday celebrates the conclusion of the 29 or 30 days of fasting during the entire month of Ramadan. This celebration occurred on August 30.

Eid al-Adha is the second Muslim Eid holiday. It is the most important religious holiday celebrated by Muslims worldwide. It marks the end of the pilgrimage to Mecca. This Eid represents a "feast of sacrifice" or a "Festival of Sacrifice". Eid al-Adha is celebrated annually 70 days (2 months & 10 days) after the end of the month of Ramadan. This second celebration occurred on November 6.



Diwali

Diwali is a Hindu festival popularly known as the "festival of lights". It is observed for five days. The celebration kicks off in late October and concludes in early November according to the Hindu calendar. Each day of the festival is associated with six different principal stories. In North India, worshipping of Lord Ganesha and Lakshmi, the goddess of wealth, is an important part of the Diwali festival because the Lord and the



goddess signify welcoming of prosperity and wealth.

The word Diwali is a contraction for "Deepavali" which means rows of lighted lamps. Diwali is known as the festival of lights because houses, shops and public places are decorated with diyas—which are small earthenware oil lamps. Spectacular lights, firecrackers, irresistible traditional sweets and sending of gifts to loved ones and family members mark the celebration of Diwali or Deepavali. This year, Diwali began on October 26 and ended on October 31.

Kwanzaa

Kwanzaa is a weeklong celebration held to honor African-American heritage and culture. It is observed from December 26 to January 1 each year. Kwanzaa features activities such as lighting a candle holder called the Kwanzaa holding seven candles. It is celebrated with a feast and gift giving. Kwanzaa was created by Maulana Karenga in 1966. The Seven Principles of Kwanzaa are: Unity, Self-Determination, Collective Work and Responsibility, Cooperative Economics, Purpose, Creativity and Faith.



Hanukkah

Hanukkah is a Jewish holiday celebrated for eight days and nights. It starts in late November or late December depending on the secular calendar. In Hebrew, the word "Hanukkah" means "dedication." The name reminds us that this holiday celebrates the re-dedication of the holy Temple in Jerusalem. Every year, Jews light a special candle holder known as a menorah during Hanukkah for eight days. One candle is lit on the first night of Hanukkah, two on the second, and so on, until all eight candles are lit. This year, Hanukkah will begin on December 21st.



Happy Hanukkah

Christmas

Christmas is an annual celebration of the birth of Jesus Christ for Christians. It is celebrated on December 25th each year as a religious and cultural holiday by billions of people around the world. It closes the Advent season and initiates the twelve days of Christmastide.



Happy Holidays!

Sandra Hart, IB Coordinator

Family Oriented Things to Do Over the Holidays

Here's an alphabetized list of things you can do, with all but the first listing in D.C. or Maryland, with your children during Winter Break. It's hardly an exhaustive list, but all of the things found here sure sound like fun for all. All of these activities have admission charges except where noted.

"Christmas Town: A Busch Gardens Celebration." Busch Gardens, Williamsburg, Va.

Features the "Sesame Street Christmas" live show. Performances through Dec. 31.

800-343-7946, www.christmastown.com.



"Dr. Doolittle," Imagination Stage, 4908 Auburn Ave., Bethesda.

A new take on Eddie Murphy and Rex Harrison's portrayals, with new music, too. Performances through Jan. 8. 301-280-1660,

www.imagination-stage.org.



Edible Ornaments for Wildlife, 1:30-2:30 p.m. Dec. 22, Meadowside Nature Center, Rock Creek Regional Park, 5100 Meadowside Ln., Rockville.

For ages 3-5. Make fun ornaments to hang on a tree outside your home. Registration required.

www.parkpass.org.

Gaithersburg Winter Lights Festival, Seneca Creek State Park, 11950 Clopper Rd., Gaithersburg.

A 3.5-mile drive featuring 380 illuminated and 65 animated displays. Through Dec. 31 (closed Dec. 25-26). 301-258-6350,

www.gaithersburgmd.gov/winterlights/11_main.html.



Garden in Lights, Annmarie Sculpture garden and Arts Center, 13480 Dowell Rd., Dowell.

6-9 p.m. daily through Jan. 1 (closed Dec. 25). Billed as "a spectacular world of twinkling lights and light sculptures." 410-326-4640,

www.annmariegarden.org.

Hanukkah Candle Lighting, D.C. Jewish Community Center, 1529 16th St. NW. 5:30 p.m. daily Dec. 20-28. Refreshments served. Free! 202-777-3268, www.washingtondcicc.org/kids-and-parents.

"Ice! Featuring Dream-Works' Merry Madagascar." Gaylord National Hotel, 201 Waterfront St., National Harbor.

Two million pounds of ice carved into sculptures. Performances through Jan. 8. www.gaylordhotels.com.



Kwanzaa Family Day, 1-5 p.m. Dec. 28, Baltimore Museum of Art, 10 Art Museum Dr., Baltimore. Celebrate community and family with performances by the Keur Khaleyi African Dance Company and Baltimore actress-storyteller maria Broom. It's free! www.artbma.org.

"Messiah" Sing-Along, 8 p.m. Dec. 23, Kennedy Center, 2700 F. St. NW. A 200-voice choir will boost your own voices. It's free! 800-444-1324, www.kennedy-center.org.

New Year's Noisemakers, 10:30-11:30 a.m. Dec. 28, Black Hill Visitor Center, 20926 Lake Ridge Dr., Boyds.

Recycle stuff from home to make New Year's Noisemakers.

www.blackhillsnature.org.



Portrait Story Days: Gertrude Stein, 1-4 p.m. Dec. 24, National Portrait Gallery, 801 F St. NW.

Learn about writer poet and art collector Stein through stories and a craft. It's free! www.npg.si.edu.

The Garden of Lights, Brookside Gardens, 1800 Glenallan Ave., Wheaton.

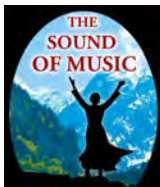
5:30-9 p.m. weekdays, 5:30-10 p.m. weekends through Jan. 8 (closed Dec. 24-25 and Jan. 2-5). Nearly a million twinkling lights in wintry designs. 301-962-1453, www.brooksidegardens.org.



(see THINGS TO DO, p. 8)

THINGS TO DO, from p. 7 _____

"The Sound of Music," Olney Theatre Center, 2001 Olney-Sandy Spring Rd., Olney. Performances through Jan. 1. 301-924-3400, www.olney-theatre.org.



"'Twas the Night Before Christmas," 10:30 a.m. Tuesdays-Fridays, 11 a.m. and 2 p.m. Saturdays-Sundays, Adventure Theatre, 7300 MacArthur Blvd., Glen Echo. For ages 4-up. Performances through Jan. 2. www.adventuretheatre.org.



Winter Gaming Day, 10 a.m.-noon Dec. 28, Dumbarton House, 2715 Q St. NW.

Play some of the games that fascinated the District's founders centuries ago. Cookies and warm drinks, too.



www.dumbartonhouse.org.

Winter Nature Fun, 9 a.m.-3 p.m. Dec. 30, Croydon Creek Nature Center, 852 Avery Rd., Rockville.

For ages 7-12. Learn about animal tracks, hiking and enjoying a campfire. Dress for the weather and bring a lunch. Dec. 22 registration deadline.

www.rockvillemd.gov/croydoncreek.

Zoolights, The National Zoo, 3001 Connecticut Ave., NW. 5 p.m.-9 p.m. daily through Jan. 1 (closed Dec. 24, 25, and 31). Light displays featuring many of the Zoo's most popular animals, plus fun activities and live entertainment.

Free! Cost for some activities.

www.nationalzoo.si.edu/ActivitiesAndEvents/Celebrations/ZooLights/.



MILES, from p. 1 _____

Thank you for sharing your children with us and letting us witness the change that occurs day by day with them!

Happy Holidays and I look forward to seeing you in 2012!



Warmest regards,
Jamie Miles
Principal

Shepherd School Pledge



Today is a new day!

I will respect the rights of others.

I will treat all property with respect.

I will take responsibility for my learning.

I will take responsibility for my actions.

I will act in a safe and healthy way.

Today I will be the best me I can be!

Shepherd Elementary School



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