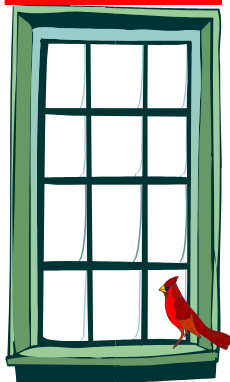


June
2011



MATOAKA ELEMENTARY SCHOOL

Bird's Eye View

From Our Principal, Andy Jacobs

Dear Matoaka Families,

Wow, time flies when you are having fun!!! It's hard to believe that June is here and the end of Matoaka Elementary's 4th school year is upon us!!! It has truly been a remarkable school year for us at Matoaka! This year's PTA has done an **UNBELIEVABLE** job supporting our staff and families and initiating many fun and successful activities throughout the year. The Matoaka PTA has made HUGE strides with our organization, planning and fundraising and a great deal of the credit goes to the Executive Board and particularly the leadership provided by the year's President Leanne Conrad.

I am very pleased to share that early indications are that our 3rd, 4th and 5th grade students have performed extremely well on our annual Standards of Learning Assessments. This is, of course, only one measure of success for our school year. We are confident that our students have worked hard within all of our classrooms and grade levels and are ready to "move on up" to the next grade level. Parents of 3rd, 4th and 5th graders will receive individual student scores with the final report card that comes home in backpacks the last day of school.

The summer months will be busy here at Matoaka, as we are a host site (one of two) for Summer School. Students from James River, Matthew Whaley, Rawls Byrd, Clara Byrd Baker and Matoaka will be here from July 5th – August 4th. JCC Parks & Recreation Department will also be using our building as a site for their summer camp program. Somewhere within all this activity we will be hard at work readying for next school year too!

I hope that everyone is looking forward to the summer months. Travel, relaxation, fun in the sun, lazy days around the pool or beach are certainly in order for everyone! I cannot say "thank you" enough for ALL that you, as parents, do for us at Matoaka. I truly believe we are a community that will come together to do whatever is needed to provide our students, teachers and families with the very best resources and support. As Principal of Matoaka Elementary School, I wish everyone the VERY best and a safe and enjoyable summer!

Please do not hesitate to contact me if I can be of any service to you!

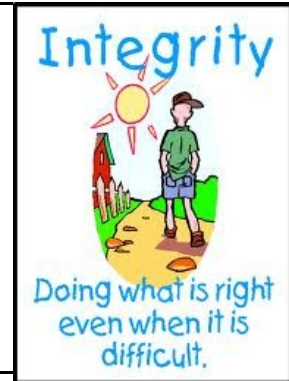
Fondly,
Andy Jacobs, Principal

Calendar of Events

June	1	Bruster's Ice Cream Spirit Night
	9	PTA Meeting, 7 pm
	16	Hospitality, End of Year Teacher Gathering

Character Trait of the Month: Integrity

Integrity means making choices
that help you be the best person you can be.
When I work at being the best I can be,
I show integrity.



The PTA Cafeteria Task Force would like to thank all of those families who returned our survey regarding cafeteria food. The task force and survey were formed in response to the high number of parents' comments the PTA receives about cafeteria food offerings. We had 307 surveys returned, which is an impressive return rate of 55%. The task force is compiling and interpreting the data so that positive suggestions can be made to the school division. The information provided on the survey helps shape the focus of the task force, and ensures that we accurately represent our parents and students. The work of the task force will continue into the next school and we will continue to provide updates about our work. To see the survey results, visit the PTA website at www.Matoaka-PTA.org and follow the link marked Cafeteria Task Force Survey.

THE HARVEST FEST NEEDS YOU!

The PTA had so much fun at last year's Harvest Fest that we decided to do it all again next Fall! Plans are currently underway and your help is needed to make it all better than ever. Help is needed with food concessions, the silent auction, set-up and more. If you have some time to give or an auction prize to donate to our Harvest Fest please contact Wendy Cochran, wendyrcochran@gmail.com or Beth Robles, bethnjose@hotmail.com, or send a note to "PTA Harvest Fest" via your child's backpack. See you next Fall!

Looking for something to do with your family this Summer?

Sign up to help in the school garden with your family for one week during the Summer! Principal Jacobs and a James City County Master Gardener will be on hand to help your family water, weed and harvest a variety of herbs and vegetables. Any vegetables that you pick are yours to take home! The Master Gardeners will be available to meet around your work schedules. The Matoaka students have planted tomatoes, eggplant, sweet peppers, edamame, squash, green beans, cucumbers and more! Contact Leanne Conrad at 258-5817 or elconrads@aol.com if you would like to sign up for a week of gardening at Matoaka. The following weeks are available:

June 18th - June 24th
June 25th - July 1st
July 2nd - July 8th
July 9th - July 15th
July 16th - July 22nd
July 23rd - July 29th

July 30th - August 5th
August 6th - August 12th
August 13th - August 19th
August 20th - August 26th
August 27th - September 2nd

First come, first serve!

Would you or someone you know like to make a huge difference in another adult's life?

Join us at **Literacy for Life** in tutoring adult learners from our community. For 36 years, we have taught adults to read, to speak English, to do math, to receive their GEDs—to make real and important improvements in their lives and those of their families.

Literacy for Life is looking for adult volunteers to tutor on a one-to-one basis. We will train you, provide you with materials, give you a place to meet with your learner, and support you every step of the way. No need for previous teaching experience! We are located at W&M's new School of Education on Monticello Ave. Check us out at our website, www.literacyforlife.org, or call us at 221-3325 for more information.

Harvest Fest T-shirt Design Contest

Are you creative? Do you like to draw? Then **create a design for the 2011 Harvest Fest and win a FREE Harvest Fest t-shirt.** In an effort to get a jump on preparations for the 2011 Harvest Fest, the PTA is holding a logo design contest for this annual event.

The winning student design will be used not only on the event t-shirt but also on all promotional materials. Designs should be drawn in pen or pencil on a white 8 ½" X 11" piece of paper. Please DO NOT use any color on your design.

All entries should include the student's name, telephone number and current teacher on the back and be returned to Miss Henderson in the Art Room by Wednesday, June 15th.

Entries will be judged and the winner notified over the summer. All entries will be displayed at school next fall. For more information check the PTA webpage, www.matoaka-pta.org.



2011 Slide-A-Thon

to benefit Big Brothers Big Sisters




12 hours to slide into summer and bring the community together for fun in the sun.



Participation Levels for Your Company

Pack Leader Level - \$ 5,000 Paw Partner Level - \$2,500 Cub Contributor Level- \$1,000

Recognition and Employee Benefits

-  Name and/or logo on Great Wolf and BBBS websites and on event promotions
-  Tickets to the 12 hour event to include combo meals and a company tent or cabana
-  Great Wolf weekend packages and future access to Great Wolf's conference facilities

(For details on complete packages, please contact BBBS at 757-253-0676)

Unlimited \$20 raffle tickets for anyone for these GREAT prizes:

1st prize: 2 night stay at the Great Wolf Lodge, Williamsburg for 6 people - includes 6 water park passes, dinner for 6, in-room amenity, \$40 in arcade tokens, cabana rental during stay, 1 spa service, 6 rounds of mini-golf, VIP access to Gr8space, AND 6 day passes to Busch Gardens Williamsburg

2nd Prize: Weekend stay at the famous and historic Marriott Ranch to include horse trail rides, breakfast, and dinner in Northern VA, a gas card, and 6 Great Wolf Lodge Williamsburg water park passes

3rd prize: a 42" Plasma screen TV and 6 Great Wolf Lodge Williamsburg water park passes

50 Additional winners will receive 6 Great Wolf Lodge Williamsburg single day water park passes valid September, 2011 - May, 2012

(details on all raffle prizes will be printed on actual tickets and on www.bbbsgw.org)

To purchase company packages, raffle tickets, or for more information contact Jennifer Stout @ 757-253-0676 or jennifer.stout@bbbsgw.org

Saturday June 11, 2011
Great Wolf Lodge, Williamsburg VA

All-Summer-Long Activities

(excerpted from school.familyeducation.com)

Have a family book club. Read the same book at the same time. Schedule club meetings at two-week intervals to discuss the books, maybe over dinner. Which characters did you like best? Did the story keep you interested? What was effective about the author's style? When pressed for time, select shorter books to give everyone time to complete them before the next club meeting. The frequency and quality of the book discussion is almost as



important as the book selections. This activity helps kids learn to critique story elements and authors' styles—exactly what elementary through high-schoolers need for writing book reports at school.

Start a family newsletter. Put kids of all ages in charge of keeping in touch with family and friends by e-mail this summer. Younger kids can focus on individual e-mail messages. Older ones can put together family newsletters and distribute them by e-mail. Most word processing software gives computer-savvy or more ambitious kids the option to lay out the newsletters and insert images. This reinforces more sophisticated computer skills. At the least, this activity strengthens keyboarding, composition, grammar, and spelling skills.

Make a family history. Designate a child the family historian. Put younger ones in charge of maintaining folders or scrapbooks of summer events like movies, museum trips, family parties, or vacations. Paste photos, postcards, movie stubs, museum brochures, party invitations,

travel itineraries, and receipts for favorite new toys in this permanent family record. These scrapbooks make for excellent sharing when your child returns to school. Younger kids can also practice handwriting and creative skills by writing a narrative for each set of items. Older students can sort family photos by person, date, or event. Put a scanner in your child's hand and have him scan the photos and move them into page layouts. These two steps alone could take all summer. Ask him to collate his pages to add to his younger brother's family history scrapbooks. Frame and send individual pages as gifts for the entire coming year.

Teach cooking. Find math in measuring and determining portions and nutrient contents. Find science behind



why yeast makes bread rise and why sparkling water bubbles. Find history in family recipes, art and design in food presentation, and cultural awareness in preparing ethnic meals. Planning meals, budgeting, buying food, preparing, and serving also demand organizing and that most important skill of all, cleaning up the mess. Cooking can even instill responsibility. Those who learn to cook over the summer can make a weekly dinner for the family during the school year. Note that microwave ovens are prime opportunities for younger, computer-reluctant kids to learn to operate a simple computer program. Computers and microwave ovens have lots in common. They both have computer chips and preloaded software and controls so a child can tell the device what to do. The microwave, however, is simpler because it has only a few controls like a timer and a clock.

Learn a foreign language. Summer is the perfect time for learning a second language together. Access the many computer programs available free online. Select trips, television programs, ethnic grocery stores, museum exhibits, local festivals, and events that highlight the language of your choice. Be on the lookout for words in your chosen foreign language in newspapers, books, and magazines. Borrow or buy books in two languages, and then read the dialogue aloud in both languages to learn grammar, sentence structure, and vocabulary. Incorporate foreign expressions in your daily conversations and cook meals from regions that speak your new language. Bring all your efforts together by having a family book club discussion about your Chinese book selection while eating your child's interpretation of chow mien.

Build endurance. Involve kids in exercises that build strength, stamina, and lung capacity. Go hiking, tree climbing, rock climbing, bicycling, running, jogging, skipping, jumping rope, playing hopscotch, and swimming with kids of all ages. Get a younger child a mini-trampoline or set up a badminton court in the backyard and have family tournaments. He can perfect his body control and movement strategies merely by learning to avoid the azalea bushes when he lunges for the birdie. These full-body, high-movement exercises are also excellent outlets for kids with attention disorders. Older kids might learn fencing over the summer, which builds strength, stamina, balance, and eye-hand coordination.

Form a visiting artist collective. Ask the parents of four or five of your child's friends to join you in inviting artists to



teach a small group of kids this summer. The artist doesn't have to be a professional. It can be one of the parents in your neighborhood, or a friend or family member who is interested in graphics arts, interior design, jewelry making, beading, weaving, knitting, sewing, quilting, gardening, house or wall painting, pet grooming, bicycle repair, carpentry, wood carving, or picture framing. Classes can meet for an hour once or twice a week. Parents can take turns chaperoning and learn a new art along with the kids.

Organize collections. Whether children collects stuffed teddy bears or CDs of their favorite rap groups, organizing, sorting, cataloguing, and storing collections is a great summertime activity. Make it a writing exercise by having him maintain a collection notebook in print or on the computer. This should include notes, comments, and/or opinions about individual items. This could take all summer.

Plant a vegetable or flower garden together. There are many life lessons in gardening that kids of all ages can harvest. Nature is never short of surprising revelations. Gardening also teaches design, spatial and visual planning, sequencing, scheduling and long-term planning, and follow-through-the same skills middle and high school kids need to complete a long-term report. The plant selection process puts kids in touch with weather conditions and soil quality as well as care and maintenance schedules. If it is a vegetable garden, it will also show him where vegetables come from. It's not surprising that some kids think green beans come from cans in a supermarket. This would be also a fine time



to teach him how to safeguard his health and preserve the environment by investigating and using natural fertilizers and nontoxic pest-killing methods. As a finishing touch, he can prepare his harvested vegetables as part of his weekly cooking performance.

Introduce your child to traditional crafts.

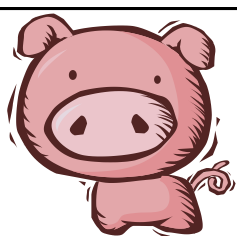
Cross-cultural experiences will expand awareness, spark his creativity and teach him tolerance. Seek out local or large festivals and events that highlight the crafts of another culture. Because traditional artists learn their crafts within their own communities, they provide a personal insight into the culture, too. Check for festivals, events, celebrations, or parades in your local newspaper or on community bulletin boards. This idea dovetails nicely many of the others above. From the Hispanic cultural festival, he can



learn the recipe for a dish he can cook using vegetables from his garden project and serve it on Tuesdays in

the fall when he cooks dinner for the family as they discuss a book everyone just read about El Salvador.

Redesign his bedroom. This is a superb lesson in how to sustain his skills during a long-term project, a skill he needs if he's in grade four or above. Designing and planning a bedroom also anticipates the increased homework load for kids transitioning into middle or high school. Have the junior contractor, prepare a design proposal that includes a color palette, floor plan, window treatments, and floor cover. He should make a budget based on his predictions about supplies and outside contractor needs. His proposal should include a time line for completing each phase, which portions he can do on his own, and those requiring assistance from others. Instead of budgeting for new furniture, challenge him to explore what he can accomplish with simple materials like boards, cinder blocks, and boxes, or by refinishing or repainting his old dresser.



What did the pig say at the beach on a hot summer's day?

I'm bacon!

Which letter is the coolest? Iced t.

What does the sun drink out of?

Sunglasses.

What dance was very popular in 1776?

Indepen-dance!

Knock, knock.

Who's there?

Woo.

Woo, who?

Don't get so excited, it's just a joke.

Knock, Knock.

Who's there?

Police.

Police who?

Police stop telling these awful knock, knock jokes!



My Summer Wish List

At the start of your vacation, write down all the fun things you'd like to do this summer. When your vacation's over, check off everything you did!



This Summer I'd like to...	I did it!
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©familyfun.com

Feeding Ourselves, Feeding the Earth



Have you heard the term “sustainable agriculture?” What about “sustainable home cooking?” “Meatless Mondays?” If you have, great! If you haven’t, now you have. *Okay, you’re thinking, sustainable means a method of harvesting or using a resource so that the resource is not depleted or permanently damaged—but how does that relate to home cooking?* A great question, I assure you, and the whole focus of this short article. With help from sustainabletable.org I hope to make everything clear and appealing: sustainable agriculture involves food production methods that are healthy, do not harm the environment, respect workers, are humane to animals, provide fair wages to farmers, and support farming communities. Eating locally and in season IS sustainable home cooking. Eating less meat is as well. Like almost everything in life, it isn’t about denying ourselves, it is about choices. Diversity in our diets, like diversity in nature, is a wholly good factor.

Looking into sustainable home cooking may interest you and your family because it’s economical; safer (you know who is making your food and what is going into the meal); it’s healthier; it tastes better; it is a gift to your children on an immediate level and for the future as well; and it is satisfying on an economical, personal and community level.

Let’s assume from my previous articles, you’ve thought about eating locally, in season, and having waste-free picnics. Now think about eating less meat—even eliminating meat from one meal a week can make a world of difference to your pocketbook, health & the planet. It doesn’t matter when or how you do it. For example, beans and grains are much less expensive than meats, are flavorful and have a lot of protein and health benefits. You could try eating more of these. If you aren’t sure how to get started, I’ve included a list of suggestions; you can also take a meal you usually make and transform it (beef tacos or meat lasagna can become black bean tacos or vegetable lasagna).

If you’d like to learn more, I’d recommend slowfood.com along with sustainabletable.org. I hope this summer brings you some family time shopping at a farmer’s market, planning meals together and sharing conversations in the kitchen. Happy Cooking!

—Loralee Clark

American

Baked beans
Baked potato (built your own with salsa, veggies, low-fat cheese & sour cream)
Chickenless Caesar salad wrap
Cottage cheese with fruit
Eggplant or zucchini casserole
Garden burgers
Grilled vegetable panini
Stuffed tomatoes or bell peppers
Three bean salad
Portobello stuffed with wild rice
Vegetable wraps
Vegetarian chili

Mediterranean

Falafel in a pita
Greek salad
Lentil soup
Sandwiches with hummus & sprouts
Spanikopita (Greek spinach pie)
Stuffed grape leaves

Indian

Curries to accompany rice & vegetables
Dal (lentils served with rice & vegetables)
Pulao (rice pilaf) with vegetable broth
Suji/ savory vegetable pancakes

Italian

Eggplant parmesan
Panzanella (tomato salad with white beans on Italian bread)
Pasta primavera
Ravioli stuffed with sweet potato, butternut squash, mushroom, pumpkin or spinach
Risotto
Spaghetti with marinara
Spinach tortellini
Stuffed shells with spinach & low-fat ricotta or tofu
Vegetable lasagna
Veggie meatball or eggplant subs with low-fat mozzarella

Asian

Pad Thai
Sesame noodles
Szechuan tofu
Tofu & vegetable stir-fry
Vegetable fried rice (low oil)
Vegetable spring rolls (low oil)

Latin & Mexican

Bean & vegetable burritos
Black or red beans with rice
Grilled tofu & veggie fajitas (build your own)
Vegetable quesadillas
Vegetarian tacos

Earth Corner: Summer Heat



Make your home a smart household! It makes much better use of the natural environment for heating and cooling while being conscious of its energy consumption. The same principles apply whether people live in a hot or cold climate, a house or an apartment.

Did you know...

...that good quality living is possible while **reducing up to 50% of your energy consumption** by integrating smart design, selecting appropriate materials and maximizing innovative technologies in your home?

Simple acts:

☒ **Don't heat more than necessary.**

18 – 20 degrees Celsius is normally enough for a healthy environment in living rooms – and temperature can be significantly lower in bedrooms, hallways and rooms not regularly used. Never leave the heating turned up when you are not at home. Install programmable thermostats that regulate room temperature automatically, for example, higher during the day and lower at night.

☒ **Insulate your home's roof and windows.**

Thermal insulation and proper design will prevent heat from escaping or entering your home through the roof and windows. During the warm months, it will keep the inside of your home cool and reduce energy consumption from air conditioning. In the cold season, it will trap the heat inside. Check with local building contractors what kind of thermal insulation is best for your area.

☒ **Plant trees around your home.**

Trees can shield your home against wind during cold months. During summer it provides additional shade and can lower the temperature of your surroundings up to 3 degrees Celsius.

☒ **Use solar thermal energy collectors.**

Solar thermal energy harnesses the power of the sun to generate heat. By installing solar thermal energy collectors, you can save up to 15% of your fuel consumption for heating water.

☒ **Switch to a green energy provider.**

There are utility companies that provide electricity from renewable energy sources. Check if yours do and if it doesn't, then make a switch to a green and climate-friendly one. If none of your local utility companies source their electricity from renewable energy, then maybe it's time to get mobilize your community and get them to do it!

Get more toolkits at greenpeace.org/er-ship

Crafty Kids!

Find a picture you really like—instead of coloring it in regularly, use Pointillism: fill the spaces with points of color. Use paint and Q-tips, marker tips, or colored pencil tips.



Driftwood? Rocks? Paint and draw on them!

Draw a Peacock

- Starting with a horizontal watercolor paper, draw half a circle at the bottom. A head with neck is added, and a beak and eye.
- Oval feathers with lines are drawn at 9, 12, and 3 o'clock. More feathers are added at 10, 11, 1 and 2 o'clock. One more feather is added between each already drawn.
- A black permanent marker is used to trace all the pencil lines. Crayon lines are added to the feathers. When complete, watercolor paint is used to color the peacock body and the background.

www.artprojectsforkids.org



Bird's Eye View

Make echo-line drawings: draw what pleases you; it doesn't have to be flowers. Then draw echoes of the same shape lines around the picture. Color it in with alternating colors—choose 3 or 4 colors to make the picture visually interesting.



Have a crafty Summer!

*Questions to ponder (or write about) at the beach or the pool
on a lazy summer day!*

Would You Rather...			
1	take a one week trip to the foreign country of your choice	or	take a four week trip around your own country
2	play on a baseball team that always wins but always has to play in the rain	or	play on a baseball team that always plays in sunny weather, but also always loses.
3	be the best player on a team that always loses	or	be the worst player on a team that always wins
4	be banned from all computer use for a year	or	not be allowed to eat any desserts or sweets for a year
5	be able to control the weather	or	be able to talk to animals
6	live in Narnia	or	attend school at Hogwarts
7	be given \$1,000 right now	or	be given \$50 a month for the rest of your life
8	be a famous actor	or	discover the cure for cancer
9	be incredibly wealthy, but never fall in love or get married.	or	have a happy marriage but be poor
10	have many friends, but no close friends	or	have just one or two close friends
11	have bright blue teeth	or	have bright blue hair
12	lose one arm	or	lose one leg
13	be able to fly	or	be able to turn invisible
14	get to take a shower every day, but you have to take a cold shower	or	only get to shower once a week, but you get to take a hot shower
15	Not be allowed to eat your five favorite foods for an entire year	or	Be allowed to eat only your five favorite foods for an entire year.
16	have a very strict teacher, but learn a lot	or	have a really nice teacher but not learn much
17	have a friend that was really fun to be with but not very nice	or	have a friend who is kind of boring but also very kind
18	have a job that you hate, but that pays you millions of dollars a year	or	have a job that you love that pays you just enough to get by
19	have one eye in the middle of your head like a Cyclops	or	have two noses
20	be given a \$1,000 dollars	or	have the charity of your choice be given \$10,000 dollars

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