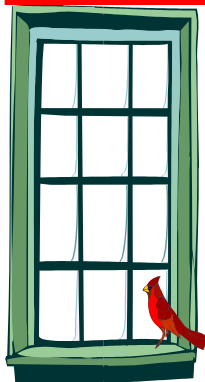


June
2012



MATOAKA ELEMENTARY SCHOOL

Bird's Eye View

From Our PTA President, Erin Otis

A final thank you for your amazing contributions to our Matoaka PTA! So many parents, siblings, grandparents and other friends and family helped make this a spectacular year. Through countless hours of volunteer time, financial donations and dedication we were able to provide so many wonderful programs, educational tools and fun for our kids. Families had a fantastic time at our Harvest Festival, Spirit Nights and Walk-A-Thon. These events along with Merchandise, Grocery Receipts and Enrichment fund the programs we are able to provide.

The PTA funds programs like Cultural Arts who brought in Theatre IV to present The Oliver Hill Story and Jack and the Beanstalk. The VA Opera and The Amidons also performed at our school. Our Hospitality committee provided a beautiful Veterans Day reception, teacher and staff gifts and organized a terrific Teacher Appreciation Week. We hosted two Family Fun Nights, the Science Fair dinner, Fine Arts night reception and

Reflections. Our Matoaka Dads program started this year and is a great benefit to our kids. Our nationally recognized Healthy Lifestyles committee has worked very hard this year and among the many things they do, incorporated locally grown produce into the cafeteria!

In addition to the many programs you have helped succeed this year, your generosity has enabled us to help with fields trips, music productions, authors in residence, field day, guided readers, computer subscriptions, The Living Wedge, and school garden. To top it all off, the PTA has purchased a new sound system for the gymnasium! You can look forward to hearing it in the fall. Your continued support has made the Matoaka PTA a superb organization to be a part of. Please join us again next year.

Thank you!
Erin Otis
Matoaka PTA President

Calendar of Events

June

5 Field Day and 5th Anniversary of Matoaka



Officers:

President	Tatia Granger	matoakaptapres@aol.com
VP Programs	Anna Hughes	annamh26@yahoo.com
VP Fundraising	Beth Robles	bethnjose@hotmail.com
Recording Secretary	Brandy Centolanza	bcentolanza@cox.net
Treasurer	Karen Quinlan	karenbq3@gmail.com

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Box Tops	Debbie Wright	dwright103@cox.net
Grocery Programs	Lane McCann	rlrcva@gmail.com
Harvest Festival	Erin Otis	otisfam@verizon.net
	Stacey Pietruszynski	staceypetro@yahoo.com
	Ginney Tenney	ginntenn@gmail.com
Merchandise	Amanda Gada;	adgada@cox.net
Spirit Nights	Nicole Galindo	fernicole@cox.net
Walk-a-Thon	Christine Tirone	ctirone@yahoo.com

Program Committees:

<u>Council Rep</u>	<u>Rotating Officers</u>	
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Family Fun Nights	Wilma Allen	wilma-allen@hotmail.com
Fine Arts Night	Christine Koenig	ckoenig11@cox.net
Healthy Lifestyles	Michelle Alexander	alexanderm@tncc.edu
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	Christian Dunn	dunncleigh@yahoo.com
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Science Fair Dinner	Leanne Conrad	elconrads@aol.com
	Sue Bornschein	skysharkJB@aol.com
Veterans Day	Marbury Abella	mabella201@yahoo.com
	Sue Bornschein	skysharkJB@aol.com

Communication Committees:

Volunteer Coordinator	Wendy Cochran	wendyrcochran@gmail.com
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Room Mom Coordinator	Karen Talley	ketalley4@gmail.com
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REMINDER:

Farm Fresh receipts need to be submitted NO LATER THAN June 8th.

June's
Character Trait of the Month:
Integrity

Integrity means making choice that help you be the best person you can be.

Integrity is doing what is right even when it is difficult.

When I work at being the best I can be, I show integrity.

An exciting opportunity awaits you! The PTA will be supporting a new program in the fall called **Helping Hands.**



Each month we will collect items to donate to kids at Matoaka who need a little help. The item(s) needed each month will vary with the needs of the children. For instance, in September we may collect shoes. Or, in November the need may be coats or toiletries. An email will be sent each month to those who sign-up. You will be able to indicate if you are able to contribute that month or not and drop the item off at school. Look for the sign-up at Open House in August and Back to School Night in September.

We are also looking for another co-chair. If you are interested in joining this committee please contact Erin Otis, otisfam@verizon.net.



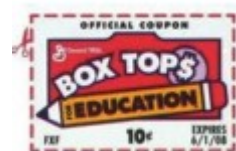
An 8 year old brother was giving his sister, who was about to enter Kindergarten, advice: "Don't learn how to spell car, because if you do, the words just keep getting harder and harder."

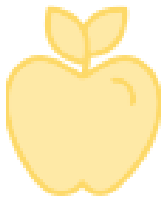
Box Top News

Great job collecting Box Tops this year! Our total checks for this year came to \$ 3268.40.

We are counting up the Box Tops from the final deadline, and will announce the water party winners soon.

Don't forget to keep collecting Box Tops over the summer to get your class off to a strong start in September!





Healthy Lifestyles: Spring 2012 **Golden Apple Awards**

Congratulations to the following individuals/teams for winning a GOLDEN APPLE for supporting healthy lifestyles at Matoaka:

Ms. Candice Braxton, Autism Learning Specialist, for her support of healthy choices in the classroom.

Ms. Nora Cho, Kindergarten Teacher and Member of the Wellness Council, for her help with the healthy snack contest, Cardinals on the Move Fun Run, and the creation of a healthy snack bulletin board.

Ms. Dawn Forgit, Kindergarten Teacher, for hosting a Heart Healthy Valentine's celebration for her class.

Ms. Dawn Hess, Fourth Grade Teacher, for her continued promotion of healthy parties and events in her classroom.

Ms. Maureen McFarland, Computer Teacher, for incorporating healthy messages into her teaching activities.

The Kindergarten Team for their support of the Matoaka Garden. All of their classes participated in growing vegetables last Fall and this Spring and their kids were able to learn lessons pertaining to where your food comes from and the importance of growing and eating fresh produce. In May, the teachers picked Swiss chard, sugar snap peas and lettuce from the garden and made it into a healthy salad for their students to try!

Ms. Erwin's 4th Grade class enjoy their fruit and veggie party. They won this party because they had the highest percentage of participation in the Cardinals on the Move Fun Run last fall.



Golden Summer Squash & Corn Soup

Source: Eating Well (July/August 2009) http://www.eatingwell.com/recipes/golden_summer_squash_corn_soup.html

Pureed summer squash makes a delicious base for this summery squash and corn soup.

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 medium shallot, chopped
- 2 medium summer squash, (about 1 pound), diced
- 3 teaspoons chopped fresh herbs, such as thyme or oregano, divided
- 1 14-ounce can reduced-sodium chicken broth, or vegetable broth
- 1/4 teaspoon salt
- 1 cup fresh corn kernels, (from 1 large ear; see Tip)
- 1 teaspoon lemon juice
- 1/4 cup crumbled feta cheese



Preparation

1. Heat oil in a large saucepan over medium heat. Add shallot and cook, stirring, 1 minute. Add squash and 1 teaspoon herbs and cook, stirring occasionally, until the squash starts to soften, 3 to 5 minutes.
2. Add broth and salt; bring to a boil. Reduce heat to a simmer and cook until the squash is soft and mostly translucent, about 5 minutes more. Transfer to a blender and puree until smooth. (Use caution when pureeing hot liquids.) Return the soup to the pan and stir in corn. Bring to a simmer over medium heat and cook, stirring occasionally, until the corn is tender, 3 to 5 minutes more. Remove from the heat; stir in lemon juice. Serve garnished with the remaining 2 teaspoons herbs and feta.

Nutrition Facts

Makes 4 servings. Per serving : 111 Calories; 6 g Fat; 2 g Sat; 3 g Mono; 6 mg Cholesterol; 13 g Carbohydrates; 5 g Protein; 2 g Fiber; 462 mg Sodium; 497 mg Potassium

Matoaka Garden



Our K - 2 students have been working in the garden this Spring. Kindergartners just finished harvesting peas, lettuce, Swiss chard and strawberries that they planted in early March. The First and Second Graders have been working in the school garden to sow flower seeds and plant warm season vegetables. They just finished planting cucumbers, tomatoes, green beans, edamame, melons, peppers, eggplant, carrots, okra, gourds, sunflowers and zinnias.



Thank you to Kelrae Farms for donating tons of tomato and pepper plants to our school garden.

Matoaka families will be taking care of the garden this Summer. For more information on the garden, contact Leanne Conrad, elconrads@aol.com.

Redeem this coupon for:

1 family bike ride



Redeem this coupon for:

1 car wash



Redeem this coupon for:

15 minute back scratch or rub



Redeem this coupon for:

1 quiet car ride



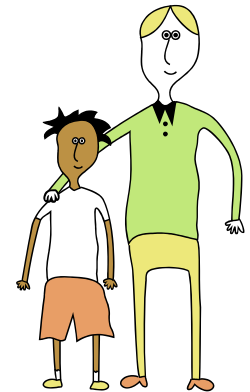
Redeem this coupon for:



Redeem this coupon for:



Father's Day is approaching! Just so there aren't any last minute gift scrambles, print these coupons out for Dad and offer them up with a big hug!



How Boys Learn by Patti Ghezzi

On the playground, it seems so obvious. Girls huddle and chat, often using vocabulary that makes their parents shake their heads and ask "Where did my 4th grader pick up the word 'ebullient'?"

And boys...well, they're less likely to use words like "ebullient" and to have in-depth conversations with their pals on the playground. They're too busy proving they can climb the fastest, jump the farthest, and holler the loudest.

"Girls and boys," says one parent who has a couple of each, "they're just so different."

Researchers have long been fascinated by gender differences and how they play out in social situations, in the classroom, and in adulthood. Teachers and parents often struggle with the challenge of having such different kids assigned the same term paper or math test.

But do boys really learn differently than girls? Some experts say they don't. "There is no difference in the nature and quality of how they learn," says Judith Preissle, an education professor at the University of Georgia who has studied gender and education. "We're not different species."

But that doesn't mean boys and girls are the same.

There is evidence that boys differ from girls in some key ways: They mature at a slightly slower pace, and they are better at spatial visualization. That's not to say many girls aren't good at reading maps or constructing elaborate three-dimensional projects. But on average, boys have the edge in these areas.

Another key difference is that boys need to move around more. Girls are often able to sit still longer and to stay more focused during a traditional lesson, a possible explanation for why girls are enjoying more academic success than boys. Boys are more likely to fidget in class and need frequent stretch breaks. Boys don't just enjoy recess, they crave it. "If you want to help your boys, give them lots of opportunity to run around," Preissle says.

Penmanship is also an area of contrast. "Boys just struggle with pencils," Preissle says.

Their fine motor skills will eventually catch up, but until that happens it can be difficult for boys to write neatly. Messy handwriting is often mistaken for laziness or carelessness.

Generally speaking, boys crave competition and the possibility of winning whereas girls are better at cooperation. Preissle recommends exposing both girls and boys to opportunities to compete and cooperate. That way, kids get to do what they enjoy and also have a chance to improve in areas that don't come naturally.

Many experts, including Preissle, warn against putting too much stock in gender differences for fear parents and teachers will inadvertently reinforce stereotypes.

"Kids rise to our expectations," says Lise Eliot, an associate professor of neuroscience at the Rosalind Franklin University of Medicine and Science in Chicago. Eliot is working on a book about gender differences, and she urges parents and teachers to be sensitive to individual differences without letting the expectation that boys will struggle in a traditional classroom become a self-fulfilling prophecy.

Experts disagree over whether differences between boys and girls are biological or taught. Eliot notes that while little boys gravitate to balls and little girls reach for dolls, as girls get older they grow comfortable with trucks and action figures. Boys, however, don't usually outgrow their aversion to girl-themed toys, leading Eliot to suspect nurture over nature.

In her years of research, the only biological difference she has seen between boys' and girls' brains is their average size. Boys tend to have bigger brains, but they also tend to have bigger kidneys and other organs, she notes. They're just bigger kids. "I don't get too excited about bigger brains," Eliot says, adding that girls' brains grow faster.

For parents, the possible reasons for gender differences aren't as important as how they respond to those differences. Eliot recommends exposing all children, regardless of gender, to toys and activities that encourage literacy and math. "Expect boys to read," she says.

Many parents and educators are concerned about boys sliding down the educational achievement ladder while girls leapfrog over them. As girls make gains in society, does it have to be at the cost of boys' academic achievement? Eliot suggests paying attention to boys' need to release energy on a playground, at the ball field, or in the backyard. She also advises exposing boys to musical instruments, fine arts, foreign languages, and other interests more often associated with girls.

Perhaps easiest of all, parents can help boys by exposing them to girls. "Boys who hang around with girls are better able to read emotions," explains Eliot, adding that girls can learn from boys how to stand up for themselves and embrace competition. "The two genders have much to learn from each other." That gives both boys and girls reason to be ebullient.

—schoolfamily.com

Family Fun Ideas

Write some secret messages to one another using dandelion "ink":

—naturedetectives.org.uk

Dandelion secrets

Find an area where many dandelions are growing and pick one. Look at the stem – a white liquid or sap will be oozing out.



You can use this white sap as an invisible ink! Just draw on a piece of paper using the stem sap. It will be very difficult to read. Leave to dry and your picture or message will then be clear to see!

Summer Scavenger Hunt

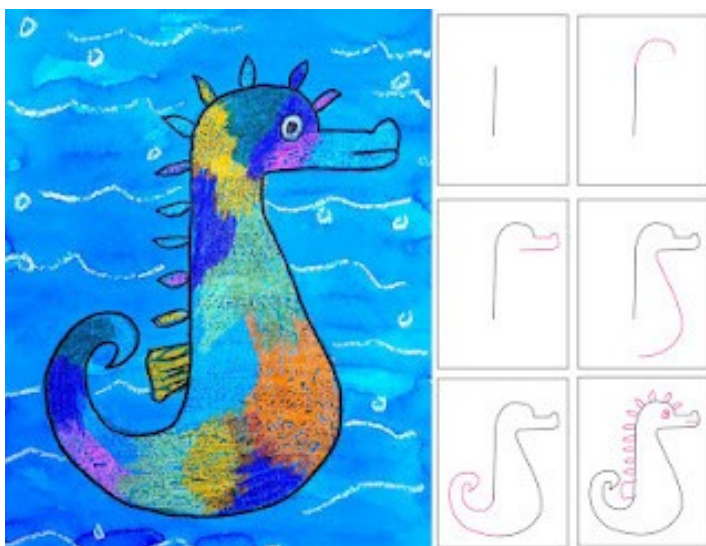
Go for a walk on a local nature trail, park or wooded area. Take along some paper and a pencil and look for:

- **Frog** (describe/draw & note location)
- **Toad** (note location)
- **Blackberries** (note location)
- **red winged black bird** (note location)
- **ferns** (describe/draw & note location)
- **earthworm**
- **a blade of grass longer than your index finger**
- **an acorn cap** (on ground)
- **a leaf** (on ground—describe/draw)
- **a pine cone** (on ground)
- **a few pine needles** (on ground)
- **a twig longer than your thumb** (on ground)
- **moss** (describe/draw & note location)
- **fungi** (describe/draw & note location)
- **spider** (describe/draw & note location)
- **ant hill** (describe/draw & note location)
- **two different kinds of seeds** (describe/draw)

Crafty Kids

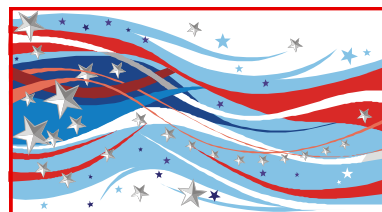


Going to the beach? Comb it for driftwood and paint it with fish, octopus, clams...whatever you think the shape can contain!



Draw a seahorse in pencil as shown in the diagram above. Trace the drawing with a black permanent marker. Color the seahorse in with crayons; the more colors the better. White crayons may be used to add wave lines in the background. Brush blue watercolor paint over the entire paper.

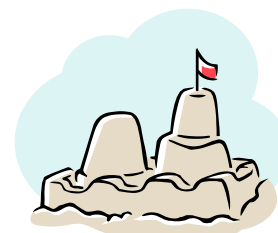
— www.artprojectsforkids.org



Draw a lot of stars on red, white and blue paper OR draw a lot of blue and red stars on white paper. Cut them out, paste them on top of one another over a cardboard circle. You have a ready-made wreath or centerpiece for a fourth of July celebration!



Bring home a little beach sand to make sand candles or mix some sand with plaster of Paris to sculpt it or dig archeological finds from it. Use it to sprinkle over a picture you've sketched out in glue. Mix it with ground chalk to give it color and layer different colors in a pretty bottle or jar. Sand rocks! (Pun intended.)



Earth Corner: Give the Earth a Gift

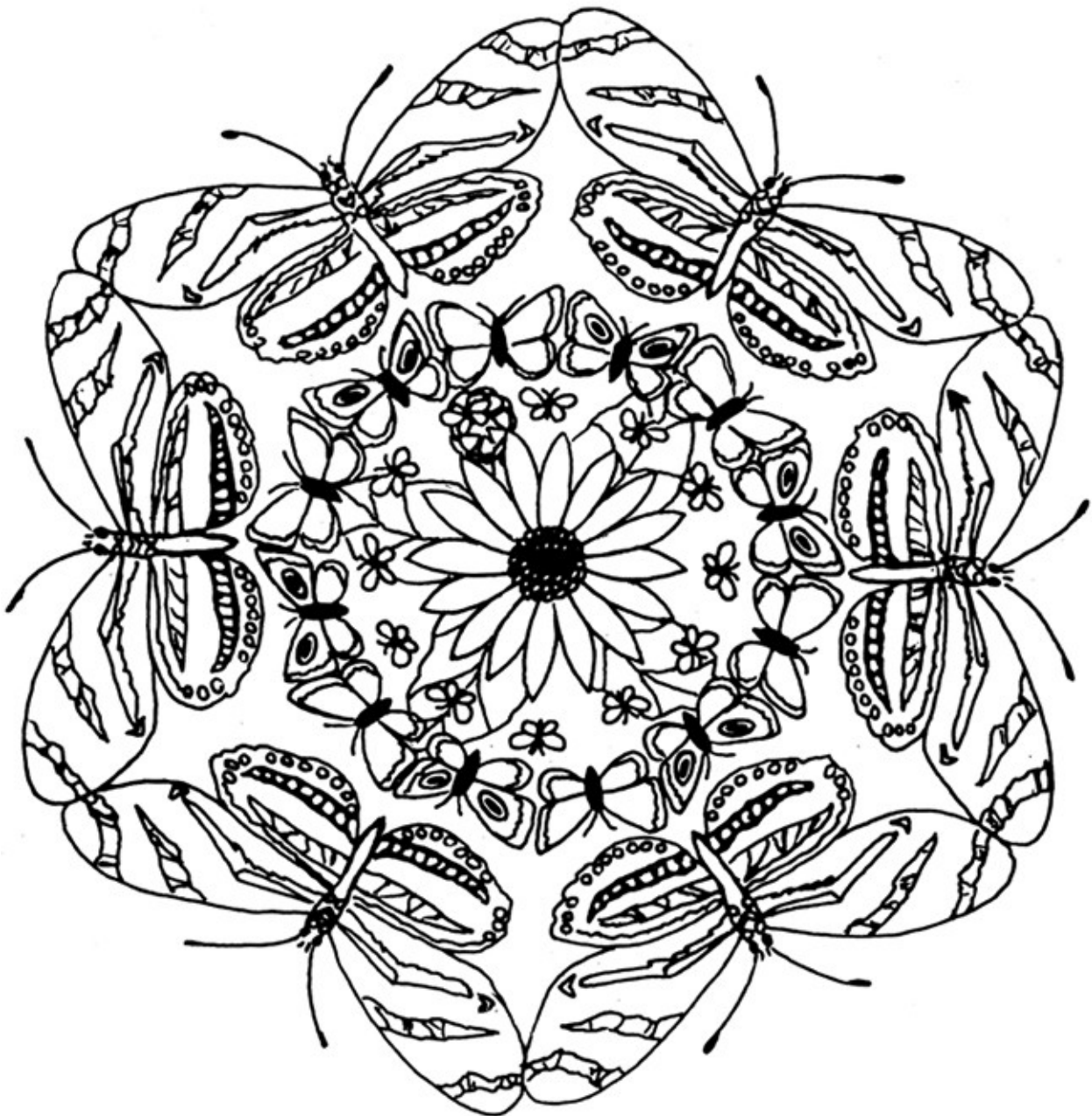
1. Turn off lights when no one's in the room.
2. Unplug your television when you're not watching it.
3. Turn off the water while you brush your teeth.
4. Wash your clothes in cool water.
5. Turn your thermostat down by one degree.
6. Reuse paper bags or use cloth bags when you shop.
7. Switch to re-useable containers instead of plastic bags.
8. Recycle bottles, cans and paper.
9. Replace a regular light bulb with a compact florescent bulb.
10. Choose sports, games or reading instead of TV.
11. Choose games and toys that don't use batteries.
12. Walk, ride a bike or take a bus instead of driving.
13. Donate old clothes, shoes, books and toys to thrift stores.
14. Plant gardens at home and school.
15. Learn about the Earth. Share what you know with others.



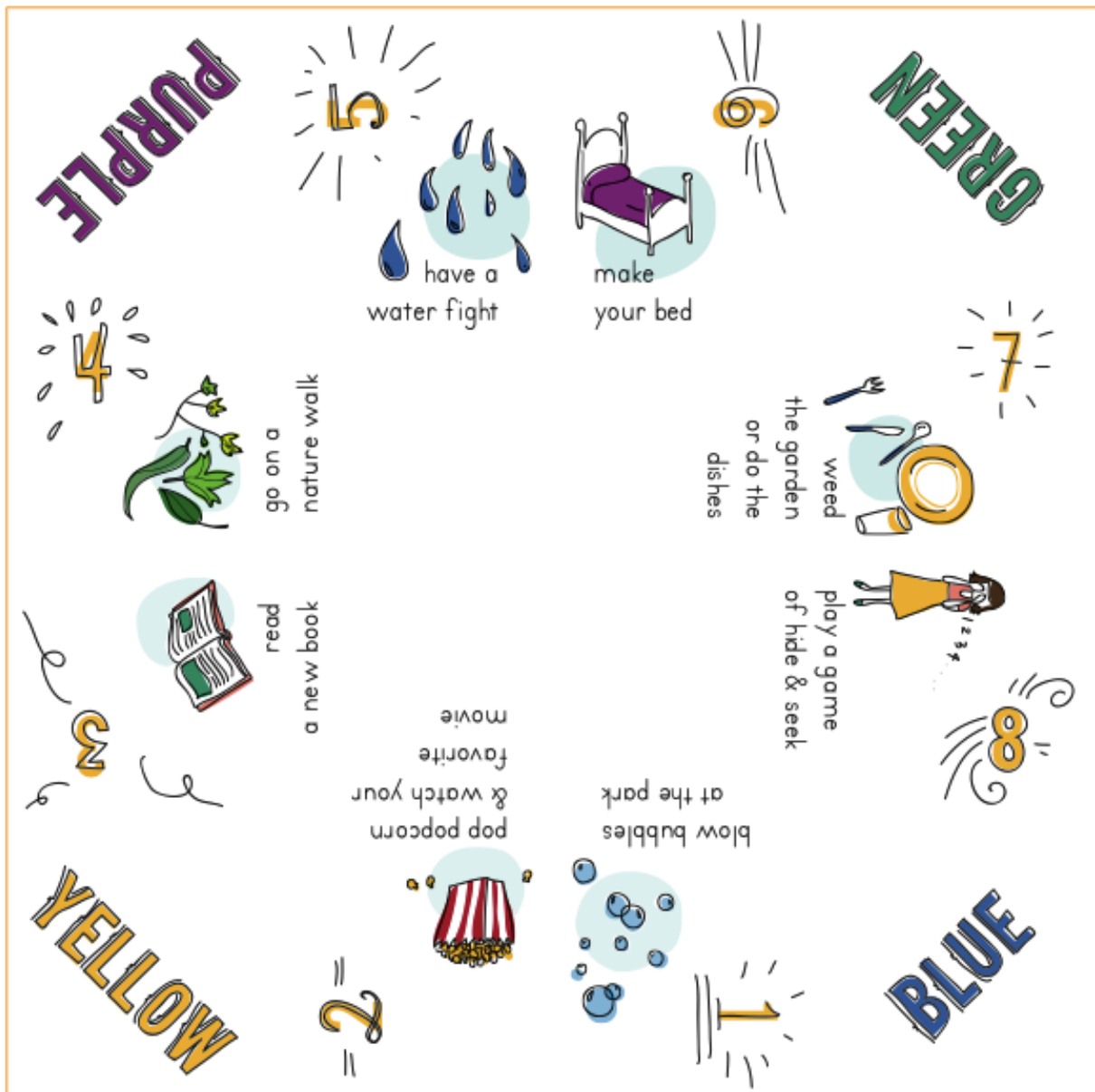
“...the care of the earth is our most ancient and most worthy and, after all, our most pleasing responsibility. To cherish what remains of it, and to foster its renewal, is our only legitimate hope.”

— Wendell Berry, *The Art of the Commonplace: The Agrarian Essays*

**We hope you enjoy your summer:
celebrate the butterflies and flowers, swim long and hard,
roast many marshmallows, catch lots of fireflies,
sleep out in tents and fish in ponds and rivers!**



Make a Fun Summer Cootie Catcher !

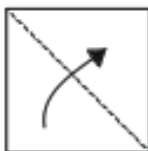


And in case you've forgotten how to make a cootie catcher...

instructions



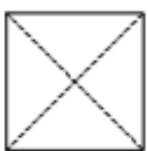
with the back side up, fold from corner to corner, making a triangle



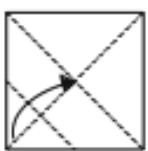
open up the paper (back facing up again) and fold from corner to corner in the opposite direction.



unfold your paper; you'll have a giant X creased into your paper.



fold one corner to the center of the square, where the two diagonals meet.



repeat this with the other three corners.



this is what your paper will look like. Your square should be getting smaller.



turn your paper over.



fold the corner to the center of the square, where the two diagonals meet.



repeat this with the rest of the corners. Your square will be smaller.



fold and unfold the square in half horizontally.



fold and unfold the square in half vertically.



you'll have creases that look like this:



turn over & slide your fingers under the flaps and push the outer corners to the middle.

