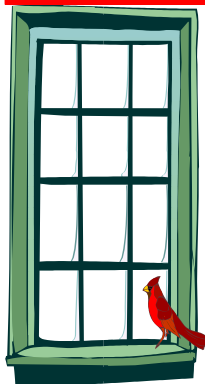


May  
2012



MATOAKA ELEMENTARY SCHOOL

# Bird's Eye View

## From Our PTA President, Erin Otis

April proved to be a busy, yet rewarding month! We worked into the middle of the month to finalize next year's officer nominations. Our nominees are: Tatia Granger – president, Anna Hughes – VP of Programs, Beth Robles – VP of Fundraising, Brandy Centolanza – Recording Secretary and Karen Quinlan – Treasurer. Later in the month we had our hugely successful walk-a-thon. Our goal was to raise \$10,000. We surpassed that by almost \$2,000! Thank you Tatia Granger, Betty Brittain, Christian Dunn and the many volunteers for a job well done. We ended the month with a performance of Jack and the Beanstalk by Theatre IV for the entire school!

May 7<sup>th</sup> – 11<sup>th</sup> is Teacher Appreciation week. Our hospitality committee and Matoaka room moms have a fun week planned. Thank you to our dedicated teachers and staff.

As the end of the school year nears, I would like to thank the many wonderful volunteers who have made all of our events successful, volunteers who were lead by fantastic committee chairs. Without all of you and my fellow officers this PTA would not be the amazing organization that it is. It has been a true pleasure to serve in this position with parents like you. Please join us at our May 8<sup>th</sup> meeting where we will elect next year's PTA board. Looking forward to another great year with our Matoaka PTA!

Thank you!  
Erin Otis  
Matoaka PTA President

## Calendar of Events

### May

|        |   |
|--------|---|
| 7 – 11 | Hospitality, Teacher Appreciation Week  |
| 8      | PTA Meeting, 6:30 pm                    |
| 22     | Deadline for Bird's Eye View Newsletter |

# Cardinal of Oz Matoaka Walkathon

Go Cardinals!!! Our Cardinal of Oz Matoaka Walkathon was a huge success and we want to thank all of our Matoaka families for making it happen. Our goal was to raise \$10,000 for programs, activities and school purchases and we reached over \$11,600! We had a great day and lots of fun!

The grand prize winners for collecting the most pledge money are as follows (in order): Rhyen Granger, Mika Kenney, Parker Dunn, Sophia Liu, and Katherine Quinlan.

The class bowling party goes to Mrs. Knaul's class for collecting the most pledge money, and the Matoaka Movie Night goes to Mrs. Ferrara's and Mrs. Penny Smith's classes, who tied for having the highest percentage of students who participated.

We gave away a lot of other great prizes and each student received a coupon for a free game of bowling.

The following classes will also have a "Popsicle Party" for being the top class earners in their grade following the grand prize classes: Mrs. Forgit, Mrs. Smethurst, Mrs. Harmon, Mrs. Turner, Mrs. Erwin, Mrs. Freeland.

Thank-you for your support of this wonderful fundraiser!



# Healthy Lifestyles

## Local Produce Returns

Spring is here! Time to gear up for more LOCALLY GROWN produce at Matoaka from Kelrae Farms. A few weeks ago, students enjoyed Kale Chips in the cafeteria. Next, we will feature Asparagus. There are lots of great health benefits of this spring vegetable. It is loaded with fiber, foliate, vitamins A, C, E and K, as well as antioxidants. Why not try it at home with this simple, tasty recipe?

### Simple, Zesty Asparagus

#### Ingredients

- 1 bunch of medium sized asparagus, about 1 lb
- 2 Tbsp of the most exquisite extra virgin olive oil
- 2 Tbsp freshly grated Parmesan cheese
- 1 teaspoon lemon zest - freshly grated lemon rind
- Salt and freshly ground black pepper

#### Method

1. Prepare the asparagus by rinsing them thoroughly, break off any tough, white bottoms and discard. Cut into 1 to 2 inch sections, slicing the asparagus at a slight diagonal.
2. Fill a medium sized saucepan half way with water, bring to a boil. Add the asparagus and reduce heat slightly to a simmer. Parboil the asparagus for exactly 2 minutes. Drain the hot water. While the asparagus are still hot, toss them in a bowl with the olive oil, Parmesan, and lemon rind. Salt and pepper to taste. Serve warm or room temperature.

**Yield:** Serves 4.

## Matoaka Yearbooks

Orders are still being accepted for the Matoaka Yearbook. Cost is \$25, cash or check made out to Matoaka PTA. Thank you. If you have any questions, please contact yearbook co-chairs Allison Williams at [allison@iceequipment.com](mailto:allison@iceequipment.com) or Brandy Centolanza at [bcentolanza@cox.net](mailto:bcentolanza@cox.net).



# Box Top News

Congratulations to Mrs. Knaul's 5th grade class for collecting the most Box Tops in our March competition!

The results were:

1st place: Mrs. Knaul's class with 678

2nd place: Mrs. Walls class with 476

3rd place: Mrs. Ammarati's class with 466

Find all the class results at <http://matoaka-pta.org/wp-content/uploads/2011/09/2012-Box-Top-Counts.pdf>

**Our last contest will end on May 21. The three classes that have collected the most total Box Tops for the entire year will win a water party, so keep collecting!**

## Seeking Nominations for the Golden Apple Award



The Healthy Lifestyles Committee needs your help! We would like to award another round of Golden Apple Awards in May, but we need nominations. Do you know of a MES teacher, staff member, or parent that has supported healthy lifestyles this year in some way? Examples include: encouraging/providing healthy snacks for celebrations or birthdays, supporting fitness and wellness at school through programs and events, and role modeling healthy lifestyle choices for our students.

If you have someone you would like to nominate, please send the following information by Friday, May 17th, to Michelle Alexander, [chele.alexander@gmail.com](mailto:chele.alexander@gmail.com):

- Name of nominee
- Role at Matoaka (i.e. teacher, administrator, parent, etc.)
- Brief description of how this person has supported Healthy Lifestyles

Please do not send student names, as this award is for staff and parents only.

**Thank you for your support!**

## May's Character Trait of the Month:

### Trustworthiness

Trustworthiness means other people can count on you to do the right thing.

I show trustworthiness when others count on me to do what I say I will do.

I show trustworthiness by always returning items I have borrowed.





## In Good Health...From Your School Nurse, Mrs. Chandler, RN

With the warm weather here, we have many unwanted guests... bees, mosquitoes, ticks and head lice, oh my!

### Ticks

Be on the look out for an increase in ticks this year. There has also been an increase in Lyme's disease. Check your child for ticks after each outdoor episode.

See your doctor if:

The tick may have been on the skin for more than 24 hours

Part of the tick remains in the skin after attempted removal

Develops a rash of any kind (especially a red-ringed bull's eye rash)

Increasing redness, warmth, swelling, pain at the site

Symptoms of fever, headache, chills, fatigue, stiff neck, backache or joint aches (especially the knees)

### Head Lice

The most common time to see an increase in head lice at school is about 3-4 weeks after extended school breaks such as Winter, Spring and Summer. Always pay attention to any complaints of head itching. Only treat if you see live lice. Call me if you have any questions or your child gets head lice. More information is on the school web site under School/Clinic.

### Medications

Please make sure the **parent or another adult (not the child)** brings in any medications that are needed during the school day with a doctor's order. The medication must be in the original container. This procedure is for the safety of your child and other students. More information on the medication procedure is in your school folder and on the Matoaka web site under School/Clinic.

**Clinic clothes closet is in need of any donations for pants, socks and underwear. They can be gently used in good condition or new.**

### Tdap for Rising 6<sup>th</sup> graders

Tdap is the required vaccine for entry to 6<sup>th</sup> grade. The Health Dept will offer give the vaccine free of charge here at Matoaka On May 31 at 2:00pm. Detailed information will be sent home. If your child has already received this, please send me the updated immunization so I can put it in the record.

Thank you and call me anytime you have concerns or questions.

*Debby Chandler, BSN, RN, NCSN*  
Matoaka Elementary  
School Nurse  
564-4006

# Matoaka Summer Garden Program



Looking for something to do together as a family this Summer? Why not be a part of the Summer Garden Program at Matoaka!

Each week this Summer a Matoaka family will have the opportunity to take care of the school garden. W/JCC Master Gardeners will be available to help, so no gardening experience is necessary. We will be watering, weeding and pruning each week. In addition, you may take home any vegetables and herbs that are ready to be picked during your week.

Please check off your 1st, 2nd and 3rd preference for a week that you are available and we will try to accommodate your request. You will be notified before the end of school as to which week you have been selected to fill. During the Summer a Master Gardener will contact you before your week to work out the days/times to meet. Should all the weeks get filled up, a waiting list will be created and you will be contacted if a week opens up during the Summer.

(Cut on the dotted line and return to your teacher.)

---

## **Matoaka Summer Garden Program**

*Pick 1st, 2nd and 3rd preference below:*

\_\_\_\_ June 16 - June 22

\_\_\_\_ July 28 - Aug. 3

\_\_\_\_ June 23 - June 29

\_\_\_\_ Aug. 4 - Aug. 10

\_\_\_\_ June 30 - July 6

\_\_\_\_ Aug. 11 - Aug. 17

\_\_\_\_ July 7 - July 13

\_\_\_\_ Aug. 18 - Aug. 24

\_\_\_\_ July 14 - July 20

\_\_\_\_ Aug. 25 - Aug. 31

\_\_\_\_ July 21 - July 27

\_\_\_\_ Sept. 1 - Sept. 3

Adult First & Last Name(s): \_\_\_\_\_

Student Name(s): \_\_\_\_\_

Ages of Children: \_\_\_\_\_ Teacher(s): \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Thank you for supporting the school garden! If you have any questions, please contact Leanne Conrad at [elconrads@aol.com](mailto:elconrads@aol.com).

# F a m i l y F u n I d e a s



## Movie Marathon Night

- Create a theme. Is it Western flicks, spy movies, Alfred Hitchcock thrillers, classic musicals or family favorites? Create your tickets -- and a ticket booth -- to fit your theme.
- Build a concession stand. A few pieces of cardboard, a handful of Monopoly money and you're ready to start the night right. "Sell" -- with the game dollars -- popcorn, boxed candy and sodas to your family members (many party supply stores now offer movie theater-style popcorn bags for just a few cents each).
- Have a quick trivia game or history lesson about some aspects of the movie you'll be seeing. Superhero knowledge, facts about special effects, sketches of your favorite characters, these can all make for a fun intro to the flick that include a bit of education, too.
- Play along. Have everyone chose a character and dress like he or she does in the film.

## Formal Night

Nice restaurants are expensive, but you can still enjoy a special night "out" by recreating a restaurant environment at home.

Prepare (or buy) a special meal.

Set the table with a cloth, nice dishes, candles and a centerpiece.

Have everyone dress up.

Play some celebratory music.

Formal nights are fun and exciting. Plus, they're a painless way to teach and practice good social manners and etiquette. Be sure to keep the rest of the schedule clear on formal night; this isn't just a meal. Take the time to linger over the food and the atmosphere and enjoy conversations that engage the whole family. Before the evening ends, give each person a chance to share an accomplishment or goal, and raise a toast to everyone's health and good fortune.

—tlc.howstuffworks.com

## How Girls Learn by Patti Ghezzi

Diane Lore learned to appreciate how different boys and girls can be after her third child—her first daughter—came along.

“Emmie could color at 2 [years old], literally for an hour. At 4, she’s Miss Perfect Student,” the Atlanta mom says. “She sits in her seat, loves to color, and writes her name. It is so vastly different from the boys, it’s stunning. And, of course, the teachers adore her.”

Parents with both boys and girls are often struck by how girls seem to be a more natural fit for the classroom. On average, they make pleasing their teachers a higher priority than boys do. They like to collaborate with other students on projects. They are proud of their neat penmanship. And while they might long for recess, they are able to sit still and march their way through a math worksheet. Boys, on the other hand, are more likely to rebel against the structured classroom environment. They generally need to jump around and release energy in a way that girls do not.

The trends are compelling, but parents shouldn’t be too surprised if their daughters don’t fit the pattern, says Nancy Knapp, an associate professor of educational psychology at the University of Georgia who has observed gender differences in the classroom. “You can’t predict any one kid based on gender,” she says, noting that up to one-third of kids break the pattern.

Still, understanding how boys and girls often differ can help parents and teachers make sure their daughters don’t fall victim to gender stereotypes. “We need to make sure we have room and space for both genders in schools,” Knapp says. Girls usually start talking earlier and use more complex sentences than boys do. As they get older, girls continue to outpace boys in speech fluency, reading, and writing. Their SAT scores on the verbal portion tend to be higher.

But such impressive vocabularies can have a cost. Compared to their verbal skills, girls’ perceived weakness in spatial visualization—where boys tend to be strong—can put them at a disadvantage for math and science.

As girls hit middle school, their self-esteem often declines. Feeling that they aren’t as good at math and science as boys, they may stop trying, focusing instead on more girl-oriented skills like reading, writing, foreign languages, and the arts. “Even girls who once thought of themselves as good at math and science may start doubting themselves,” Knapp says.

Parents can help their daughters find the academic path that’s right for them by exposing them to math and science as much as possible and encouraging them if their daughters show signs of self-doubt.

Girls get used to being praised for their compliance, but they also need praise for being independent thinkers. “Boys are more often praised for originality of thought,” Knapp says. “Girls need to be allowed to have original thoughts and opinions.”

Relationships become even more important for girls in middle schools. They tend to need their teachers to like them, and friendships are paramount. They often become interested in the opposite sex earlier than boys. Instead of cringing at a girl’s tendency toward melodrama and worrying about its interference with schoolwork, parents and teachers should recognize that it’s a normal part of development. Even though girls are usually able to sit still longer than boys, they also benefit from exercise during the school day, says Lise Eliot, an associate professor of neuroscience at the Rosalind Franklin University of Medicine and Science in Chicago. “Moving around is good for all kids,” she says.

Some girls will need more of a nudge toward physical activity. Parents can make it easier by exposing their daughters to a range of opportunities beyond competitive sports, which will not interest all kids.

Like Knapp, Eliot worries that parents and teachers will inadvertently go overboard when addressing gender differences, pushing kids into the areas where they are comfortable instead of challenging them to take on subjects and skills associated with the other gender.

Girls do just as well as boys on arithmetic and computation in elementary school, Eliot says,



but when their coursework shifts into advanced math, they often falter. She recommends exposing girls early on to spatial skills that will help with geometry and calculus. Puzzles and building blocks make good toys for preschool-age girls as well as boys.

Young kids don't need a lot of toys, Eliot notes. Instead, parents should focus on having the right mix of toys to give their daughters the early-learning skills they'll need to sidestep gender stereotypes. As they get older, girls can learn about fractions,

ratios, and percentages through everyday life, such as slicing a pizza into eighths or calculating how much gas will be required for a family vacation. Overall, the news is good for girls, who are excelling in the classroom at a pace that often has educators wondering where they went wrong with boys. The key is to make sure that in the effort to help boys achieve, girls continue to get the attention and encouragement they need.

—www.schoolfamily.com

## Fitness and Your 6- to 12-Year-Old

Kids this age need physical activity to build strength, coordination, confidence, and to lay the groundwork for a healthy lifestyle. They're also gaining more control over how active they are.

School-age kids should have many opportunities to participate in a variety of activities, sports, and games that fit for their personality, ability, age, and interests. Brainstorm with your kids on activities that feel right. Most kids won't mind a daily dose of fitness as long as it's fun.

The National Association for Sports and Physical Education recommends that school-age kids: get 1 hour or more of moderate and vigorous physical activity on most or all days; participate in several bouts of physical activity of 15 minutes or more each day; avoid periods of inactivity of 2 hours or more.

**Fitness at Home:** Many parents and kids think of organized sports when they think of fitness. Though there are many advantages to signing a child up for a team, practice and games once or twice a week will not be enough to reach activity goals. In addition, parents can no longer rely on physical education in schools to provide enough physical activity for kids.

Here are some ways to keep your kids moving at home:

Incorporate physical activity into the daily routine. From household chores to an after-dinner walk, keep your family active every day.

Allow enough time for free play. Kids can burn more calories and have more fun when left to their own devices. Playing tag, riding bikes around the neighborhood, and building snowmen are fun and healthy.

Keep a variety of games and sports equipment on hand. It doesn't have to be expensive — an assortment of balls, hula-hoops, and jump ropes can keep kids busy for hours.

Be active together. It'll get you moving and kids love to play with their parents.

Limit time spent in sedentary activities, such as watching TV, going online, and playing video games.

When you have exhausted the possibilities at home, take advantage of local playgrounds and athletic fields. Make family fitness outings part of your regular routine. Let family members choose an activity—go hiking, ice skating, or try out the rock-climbing gym. Anything goes, as long as everyone can participate.

You can help show your kids that exercise is important by regularly exercising yourself.

— excerpted from [www.education.com](http://www.education.com)

# Crafty Kids

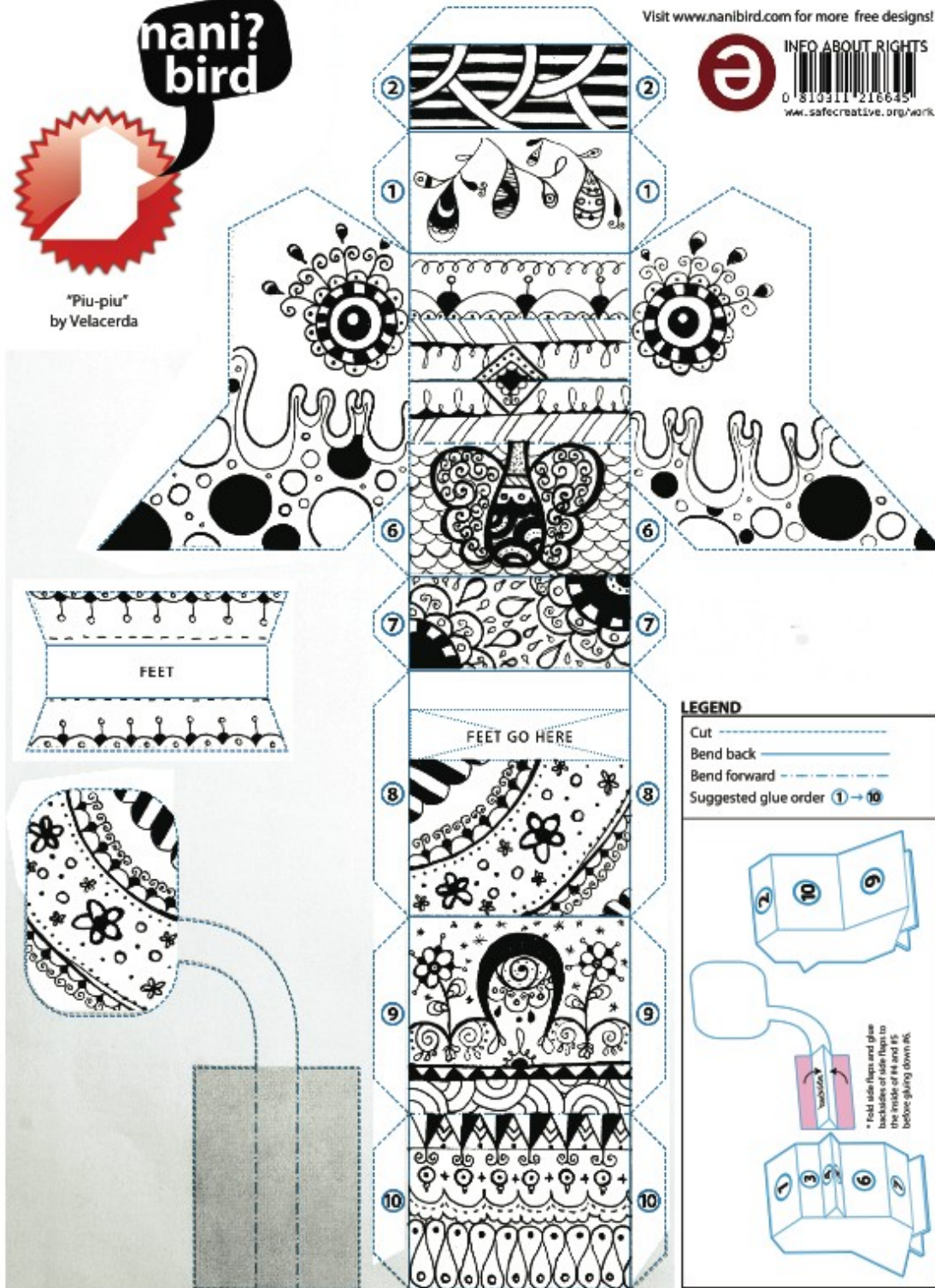
Make your own spring bird!



Visit [www.nanibird.com](http://www.nanibird.com) for more free designs!



INFO ABOUT RIGHTS  
0 810311 216645  
[www.safecreative.org/work](http://www.safecreative.org/work)





# Earth Corner: Flower Hunting

## Spring flowers

Woodland Trust  
naturedetectives



Bramble



Dog rose



Colt's-foot



Bluebell



Cuckooflower



Rowan



Lesser celandine



Oxeye daisy



Horse chestnut



Elder



Primrose



Hawthorn



Snowdrop



Hazel



Blackthorn



Purple lilac



Garlic mustard



Wood anemone



naturedetectives.org.uk

Please may not share this for personal and extended use - there's only more stuff to download on our website  
© made in 2007 by Shona Noun in the naming team at the Woodland Trust (registered charity no 28494)  
naturedetectives.org.uk phone 0800 705 900 email info@naturedetectives.org.uk



# DOODLES!

Draw a doodle incorporating the pre-existing lines into your doodle. (You'll end up with 4 doodles.)

There is no right or wrong, good or bad, just allow yourself to be creative.

Don't look for an easy way out—force your mind to explore other possibilities. Any orientation will work—vertical, horizontal, upside down, sideways.

Have Fun!

