



# BIRD'S EYE VIEW

October 2013

From Our PTA President, Michelle Alexander

Dear Matoaka Families,  
 Happy Fall! It is hard to believe that it is already October. Your Matoaka PTA has been very busy and the new school year is off to a great start! Thank you to all who attended our two events the first week of school, Boo-Hoo-Yahoo Breakfast and our Ice Cream Social/General Membership Meeting. It was wonderful to see everyone, especially all of our NEW Matoaka families. Thanks to our members, we adopted our annual budget and audit at the Ice Cream Social. You can find copies of both of these documents on our website.

October is shaping up to be a busy and exciting month! To kick it off, we have our first Family Fun Night, Dancing with the Matoaka Stars, on Friday, October 4<sup>th</sup>, at 7PM. We hope you all can join us for a fun evening of dancing!

On Friday, October 11<sup>th</sup>, we welcome all of our Matoaka Dads to attend the annual "Morning with Dad" which will be held from 8:30-9:15AM. Bring your students and join us for a light breakfast and learn about all the opportunities we have for Dads to get involved in our school.

October 18<sup>th</sup> is our Walk-A-Thon! This year's theme is "The Wild West" and it is definitely shaping up to be a WILD time! Our goal this year is to raise

\$12,000 and we need everyone's help to do this. All pledges, big and small, help us reach our goal and every dollar that is raised goes directly back to Matoaka PTA. This enables us to fund things like computer programs for the school, the school garden, the Chesapeake Experience field trips, and much more!

Also this month, the Healthy Lifestyles Committee is hosting the first Local Produce Day, "Pepperpolooza"! Be sure to ask your children which pepper WON and if they tasted all of them!

Finally, we will wrap up October with a Cultural Arts Program from Rags to Riches, featuring an evening performance for families on October 24<sup>th</sup>. Don't forget, the deadline for all Reflections Program entries is also at the end of October.

Our membership drive is still in full swing and we are well on our way to our goal of 450 members. There is still a chance to join – look inside the newsletter for the membership form!

To learn more about all of these programs, keep reading or visit our website: [matoaka-pta.org](http://matoaka-pta.org). Thank you for your continued support!

Sincerely,

Michelle Alexander  
 PTA President

## Calendar of Events

October	
4	Family Fun Night
9	National Unity Day—wear orange
11	Morning with Dads Breakfast
18	7th Annual Walk-A-Thon
24	Rags to Riches Cultural Arts Performance
25	Class Photos
28	Deadline for Reflections Submissions

# The 7th Annual Matoaka Walk-A-Thon

SAVE THE DATE:  
FRIDAY, OCTOBER 18TH!!

The 7th annual Matoaka Walk-a-Thon is right around the corner and this year's theme is "A WALK IN THE WILD WEST", so save Friday, October 18th to come cheer on your favorite Matoaka walker!

The Walk-a-thon is the PTA's largest annual fundraiser that helps support all of the programs and activities we bring to the school! Our students collect pledges from friends and family in support of walking 20 minutes on October 18th during the school day. With a fundraising goal of \$12,000 we hope to also increase the overall participation of our students and their families.

Our top prizes, for the students who help raise the most money, are an ipad mini, ipod touch, and nook! The top class room prize will be a bowling party! There will also be a top grade level prize. Pledge sheets will be sent home soon.

Volunteers are needed to help with advertising, prop/costume design & day-of-event support – bubble blowers, lap tickers, etc.

For more information contact  
Christine Tirone, Walk-a-Thon Chair,  
at [ctirone@yahoo.com](mailto:ctirone@yahoo.com)



## Capture A Memory!



Please help the 2013-2014 yearbook staff fill the yearbook with memories! If you enjoy taking photos and would like to take or submit photos from your child's class, please contact Dana Kailian at [danakailian@yahoo.com](mailto:danakailian@yahoo.com).

(No camera phone photos please, unless they are high resolution.)

# How Will My Membership Help Matoaka?

Your purchase of a PTA Membership allows the Matoaka PTA to fund a large number of programs, events, and experiences that are beneficial to students, teachers, and the entire Matoaka community. Here is just a partial list of your membership dues at work!

Cultural Arts Programs bring a wide range of professional musicians and theatrical performances to Matoaka for in-school and evening events at no cost to the students and families. These programs make the performing arts accessible to every student.

Chesapeake Experience offers environmental education programs for Matoaka students, providing unique enhancements and reinforcement to classroom discussions, Standards of Learning criteria, and other classroom activities. Classroom experiences are provided to the younger students, while the upper grades have field experiences that include kayaking and exploration of the local ecosystems. These experiences are funded entirely by the PTA.

The Hospitality Committee provides warm, welcoming experiences to very important members of our Matoaka family. On the first day of school, the Boo-Hoo!/Yahoo! Breakfast welcomes parents of new students and kindergarteners into the community. The Veteran's Day Luncheon is a heart-warming event that allows students to invite and express appreciation to our veterans for the services they perform for our country. During Teacher Appreciation Week and throughout the year, our teachers and staff are left with no doubt that they are very much appreciated!

The Locally Grown Food initiative is a partnership between Matoaka, the PTA, SHIP and Child Nutrition Resources to bring more locally grown fruits and vegetables in to the cafeteria. Fresh local food will be brought in to the cafeteria twice a month this year for our students. The PTA is funding the initiative.

The Healthy Lifestyles committee works with the school to provide programs and support to help kids learn what's healthy and what's not. Last year the Healthy Lifestyles Committee held a Healthy Lifestyles Week in November at school. The children were given healthy snacks, participated in a chef demonstration using locally grown sweet potatoes, and ended the week with the Matoaka Cardinal Fun Run. Another series of great events are in store for this year!



**Join the PTA today!**

**Forms are available in the front office and on the Matoaka PTA web site ([matoaka-pta.org](http://matoaka-pta.org)). You can send the form and payment to school with your child. Your teacher will forward the form to us and you will receive your membership card within about two weeks.**

**Thank you for your support!**

OCTOBER

# HEALTHY IDEAS

*from Matoaka's Healthy Lifestyles Program*



PEPPER & CELERY STOP LIGHTS  
FUN & HEALTHY SNACK IDEA

FROM SUPERHEALTHYKIDS.COM

Bell Peppers are in season this time of year.  
Here's a great way to get your kids to try them!

## Stop Lights

### Ingredients



- Red Pepper
- Green Pepper
- Yellow Pepper
- Celery
- Cream Cheese

### Directions

Cut circles in peppers using mini cookie cutters.

Cut celery into approximately 3 inch pieces.

Spread cream cheese on celery then place a red, yellow and green pepper circle on top.

Hummus or spinach dip instead of cream cheese would work well too!

### Healthy Lifestyles

The PTA sponsored Healthy Lifestyle Program at Matoaka is committed to advocating health and wellness throughout our school. We offer programs and events that promote, educate and encourage good nutrition, physical activity and healthy behavior. We encourage you to get involved! Contact Tryna Fitzpatrick [tfitz@hotmail.com](mailto:tfitz@hotmail.com)

### UPDATES FROM HEALTHY LIFESTYLES...

**Nominations Needed:** Do you know a Matoaka teacher, staff member, or parent who supports healthy lifestyles in some way?

Nominate them for a -

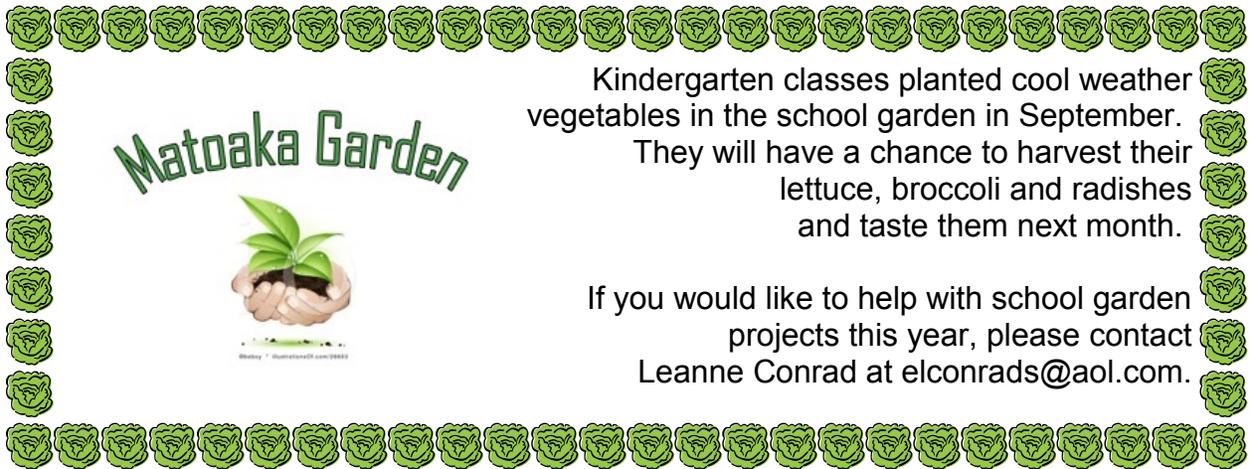
#### **GOLDEN APPLE AWARD**

We are looking for those who have gone above and beyond to support healthy initiatives (such as offering healthy treats for classroom celebrations instead of cupcakes, or supporting fitness/wellness through classroom policies, programs and activities, etc.)

Winners will be given a Golden Apple Award (gift bag & visit from the school mascot!) Submit nomination online [matoaka-pta.org](http://matoaka-pta.org) or send email [tfitz@hotmail.com](mailto:tfitz@hotmail.com)

**Pepperpalooza:** Our first Local Produce Day will be held the first week of October. We will be serving, fresh, locally grown green, red and yellow peppers from Kelrae Farm. Samples will be offered and children will be encouraged to vote for their favorite. Fun surprises are planned, including Team Green, Team Red and Team Yellow spirit representatives!

**Healthy Lifestyles Week will be held Nov. 4th - 8th:** Activities include Apple Day, chef demonstrations, and much more. Watch for more details coming soon - including information about the Cardinal 5k and Fun Run.



## Matoaka Garden



Kindergarten classes planted cool weather vegetables in the school garden in September.

They will have a chance to harvest their lettuce, broccoli and radishes and taste them next month.

If you would like to help with school garden projects this year, please contact Leanne Conrad at [elconrads@aol.com](mailto:elconrads@aol.com).



## Family Fun Night

Friday, October 4, 2013  
7:00—8:30 p.m., Matoaka Elementary



Matoaka Elementary PTA presents our first Family Fun Night:  
DANCING with the Matoaka Cardinals!

Join the MES PTA and professionals from 7 Cities Ballroom for a fun evening of music & movement. Put on your dancing shoes and come out to learn some fun line dances with your family!



## Silly Puns (www.childhoodbeckons.com)

**Why did the chicken cross the playground?**

-To get to the other slide.

**What do you call a pig that knows karate?**

- A pork chop!

**Why do bees have sticky hair?**

-Because they use honeycombs.

**What's black and white, black and white, black and white?**

-A penguin rolling down a hill!



# The Matoaka Dad's Club

Studies show students perform better when mothers and fathers are both involved in the education of their children. Men and women think differently and bring different perspectives and skills to school and PTA activities. School communities and PTAs thrive when both men and women participate. (pta.org)

If you are interested in becoming (more) involved in your child's education, The Matoaka Dad's Club **"Morning With Dad" will be Friday, October 11th.** A light breakfast will be served. For more information, see last year's event at <http://www.matoaka-pta.org/2012/10/morningwithdad/>



For more information, contact either Dan Fitzpatrick, at [dcfitz@gmail.com](mailto:dcfitz@gmail.com) or Ben Thacker-Gwaltney at [bthackergwaltney@gmail.com](mailto:bthackergwaltney@gmail.com)

Matoaka Elementary School



## 2013 Reflections Program: Believe. Dream. Inspire.

Feel like showing off your creative side?

The Reflections Program would love to see what you can do! Show us what this year's theme means to you with an original creation submitted by **Monday, October 28.**

With categories in Dance

Choreography, Film Production, Literature, Music Composition, Photography and Visual Arts, if you can create it, you can enter it. There's also a Special Artist Division. You can enter as many creations as you like, but make sure the work is all yours—group projects aren't eligible. Look for rules and entry forms on the Matoaka PTA website (<http://www.matoaka-pta.org/2013/09/reflections/> ). Send questions to Tricia Royle ([mesreflections@gmail.com](mailto:mesreflections@gmail.com) ).

# Health Matters

Mrs. Chandler, BSN, RN, NCSN  
School Nurse

Welcome back to school year 2013-14. It's hard to believe that October is here. The kids are back sharing stories and other things as well... viruses, strep throat, colds, and head lice, oh my! Some things we do to help prevent the spread of germs are:

- We teach children to blow their nose, cover cough in elbow, and perform frequent hand washing. While colds are contagious, we encourage school attendance (without fever) as this a frequent childhood occurrence.
- Keep children home for 24 hours after fever, diarrhea, vomiting, treatment with antibiotics.
- If your child has an injury that involves return to school with any limitations, (use of crutches, a cast, etc ...) please let me know in addition to the class room teacher so we can ensure they are safe at school.
- Head lice incidence increases during periods that children are at home such as the summer and extended school breaks. We have a research based protocol that can be found on the Matoaka website under "School then Clinic". I encourage you to check this out this information. Please let me know if your child gets head lice so we can help you treat effectively and monitor the situation.
- Lastly, if your child needs any medication at school, it is required for safety and legal purposes that the parent obtain a doctor's order for any medication (including over the counter-even cough drops). An adult or the parent must bring the medication to school. Please do not send the medication in the child's backpack. Medication protocol and forms can be found on the Matoaka website (School, clinic).

Feel free to call me anytime directly at 564-4006 or leave a voice message if you have any questions or health concerns. Have a happy and healthy year.

# COUNSELORS' CORNER

We've had a great start to the school year and are enjoying working with students through counseling and guidance lessons. We want to welcome you, offer support, and inform you of our school-wide initiatives.

We're kicking off our bully-proofing program this month in awareness of National Bullying Prevention Month! All students have had a guidance lesson where they signed the Unity Pledge promising to follow Matoaka's "No Bullying Allowed Rules." Our rules are:

- #1—I will not bully others.
- #2—I will report bullying to an adult.
- #3—I will use the bully-proofing strategies to stand up for myself and others.
- #4—I will welcome others who are left out.

The pledge slips are connected as a paper chain and displayed in the cafeteria to show that everyone is a "link" in our "chain" of unity. To show that we are united as a caring community, working together for a bullying-free school, students and staff will wear orange on National Unity Day coming up on Wednesday, October 9th.

We are also kicking off our Cardinals with Character program that acknowledges students who consistently demonstrate the character trait-of-the-month. Teachers choose two students each month who are honored at an awards ceremony on the last Friday of each month. They will enjoy cookies and lemonade as they get their pictures and taken and receive a certificate and Matoaka pencil. Their pictures and names will be displayed in the hallway just past the office. September's trait was responsibility, and October's trait is self-discipline. We'll keep you informed of each month's trait in the monthly newsletters.

Please feel free to contact one of us by calling the office should you have any concerns regarding your child that we can be of support. Lisa Fisher works with students in grades 1 and 3, and Jen Smith works with students in grades K, 2, 4, and 5. We thoroughly enjoy what we do, and look forward to a wonderful year working with your children!

## Self Discipline



Self-discipline is the correction or regulation of oneself for the sake of improvement.

Help your child learn decision-making skills by having him or her stop, think about the choices, and consider the consequences for each one.

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



## Indoors

Cook chili together.

Mail some of our autumn to a far-away friend.



Make candied apples.  
Bake apples.  
Drink warm cider on a nature walk.  
Make applesauce.  
Make apple butter.

## Outdoors

Have an outdoor photo session.  
Have a bonfire.  
Lay back and watch the sky for bats.



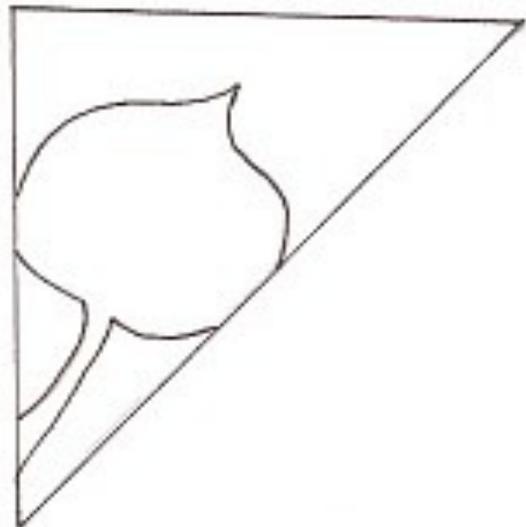
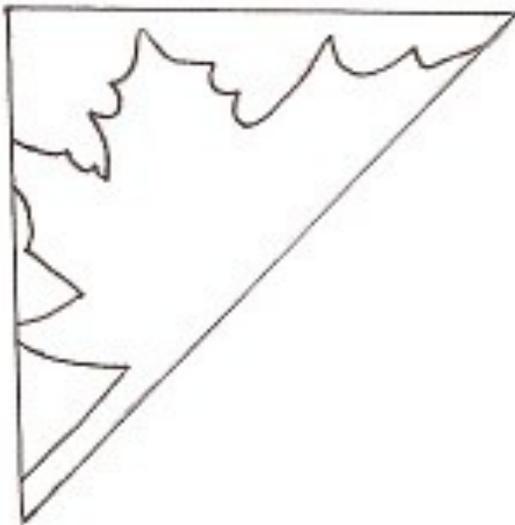
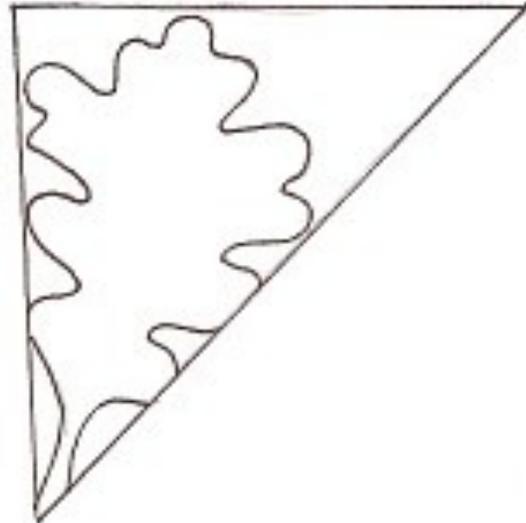
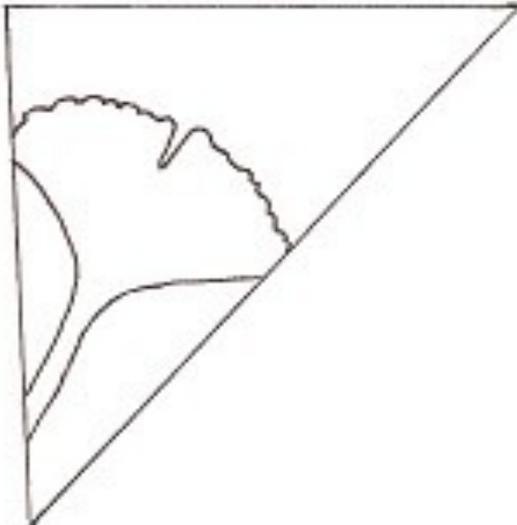
Go to a pumpkin patch.  
Make pumpkin muffins.  
Roast pumpkin seeds.  
Do a painted pumpkin seeds craft.  
Make pumpkin pancakes.



Play in a huge pile of newly raked leaves.  
Go on a leaf nature walk.  
Paint on leaves.  
Create a leaf press and press leaves.  
Do leaf rubbings.  
Make a maze in fallen leaves.

—Ideas gleaned from [childhoodbeckons.com](http://childhoodbeckons.com)

# Crafty Kids: Leaf Garlands



Ginkgo, Oak, Maple, and Beech leaves for you to trace onto paper, fold in triangles twice, then cut and color.

Remember not to cut the edge that is part of the leaf! (Otherwise you'll have a lot of individual leaves—which might not be so terrible...)



# Backyard Bats

Shy, night mammals, bats are fascinating to watch and provide us with a valuable service...

one bat eats 2,000 to 6,000 insects each night!

How can you get them to hunt down your pests?

### Plant a night garden!

Planting afternoon-blooming and/or night-scented flowers will attract moths and other insects for those voracious bats.

Flowers such as evening primrose, phlox, night-flowering catchfly, flea-bane, goldenrod, four o'clock, salvia, nicotiana and moonflower are all good choices.

—Yes! Magazine, Summer 2012

Moon Flower



Bird's Eye View



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October 2013

Negotiating a new class, new teacher, new grade and new routine  
can sometimes feel like you are stuck in a maze.  
See if you can help this girl escape her maze while you get used to all of your  
new mazes!



**The Gem of the Serpent.** An evil wizard once cast a spell upon a dreadful serpent so that it would live forever and guard an enormous diamond he had hidden. The serpent grew to a great size and terrorized the countryside, but always returned to the maze surrounding the crypt where the gem was hidden. It came to pass that a young girl entered the maze and found the diamond. But just as she was trying to find her way back out, the serpent returned.

Help the girl find the exit, but beware the serpent's coils.