

**Green Woods Charter School**

THE WORLD IN OUR HANDS

## WEDNESDAY BULLETIN

**Wednesday, September 23, 2009**

**Belated Thanks** - to the parents who came out at the end of summer to help out for our annual "Clean Up Day". As always, we couldn't do it without you!

**Back to School Night:** Green Woods annual "Back to School Night" is scheduled for Wednesday, September 30, 2009. The schedule of events is as follows:

### **Grades 5-8**

6:00p.m. – 6:30p.m. – Classroom visitation  
6:30p.m. – 7:15p.m. – Middle School presentation in the auditorium

### **Grades K-4**

7:30p.m. – 8:10p.m. – Lower School presentation in the auditorium  
8:15p.m. – 8:45p.m. – Classroom visitation

**Band:** The deadline for signing up for band this year has been extended to Friday, September 25, 2009. Mr. Zabrodski (Mr. Z) has already demonstrated how awesome music class is. Band is gearing up to be just as entertaining.

**Absence Procedures:** If your child/ children are going to be absent from school, please be sure to call the office by no later than 9:00 a.m. on the day that they will be absent. You may also leave a message on the answering machine the evening before or in the early morning hours before school opens for the day.

**School Directory Update:** In preparing to distribute the school directory, we are going to include the email addresses that we have on file for each family. It is important, that if you do not want your email address to be published in the directory, that you notify us by no later than Friday, September 25, 2009. Please email [hsc@greenwoodscharter.org](mailto:hsc@greenwoodscharter.org) and let us know that you DO NOT want your email address included. If you would like to have a different email address published, you can let us know and we will make that change. Please remember, you only need to contact us if you do not want your email address included, or would like to change the email address we have listed for you.

**Help GWCS earn \$20,000:** Vote now for our school @ <http://www.care2.com/schoolcontest/4205281>. Share this link with family and friends and ask them to vote for our cool little school in the woods.

**Book Fair:** Our Annual Scholastic Book Fair will be held during the week of October 5th to the 7th. We will be setting up on Saturday, October 3rd at 1:00 p.m. and need volunteers to help that day with the set up as well as during the Book Fair. If you are interested in volunteering, please email the Home and School Committee at [hsc@greenwoodscharter.org](mailto:hsc@greenwoodscharter.org). More information from the HSC will follow. We will also require additional help for recess and lunch since the kids will be eating in their classrooms.

**PIZZA DAY:** Pizza day for the month of October will be held on Friday, October 16, 2009. For those of you who are new to GWCS, pizza day is a monthly event that the children truly enjoy. Attached to this week's bulletin is the order form for pizza day. All completed order forms along with payments (cash or check made payable to GWCS) are due by no later than Wednesday, October 7, 2009 in a sealed envelope clearly marked "Pizza Day". Unfortunately, we cannot accept orders after that date. Please remember that if you choose not to participate in pizza day that your child/ children should pack a lunch on that day.

**Calendar Change:** The half day Staff Professional Development Day listed on our school calendar for November 13, 2009 has been changed from a half day to a full day off for students.

**Health Room:** If your child's physician suspects or confirms that your child has the H1N1 strain, please call our school nurse @215-482-1613 to confidentially report the diagnosis.

**Middle School Parents and Students:** ALL PRISMACOLOR colored pencil sets should be brought back to school! We will be using them in 8<sup>th</sup> grade beginning (Thursday, September 24, 2009). If you no longer have your set please get in touch with Ms. Mail ASAP. For those who never owned a Prismacolor set, if you have not already done so, please send in your \$40 payment for new sets immediately. Call or e-mail Ms. Mail with any questions or concerns. [bmail@greenwoodscharter.org](mailto:bmail@greenwoodscharter.org)

**Calling All Parents:** Ms. Mail is looking for art room volunteers! If you are interested in doing your volunteer hours in the Art room, please call the school and leave a message for Ms. Mail or e-mail her a [bmail@greenwoodscharter.org](mailto:bmail@greenwoodscharter.org).

**Volunteers:** As we ease into the new school year, we would like to remind our families that many wonderful volunteer opportunities are available to them. We love to have parents and caregivers come out and help out with recess and lunch and the kids love to see you too!! We would also like to remind you that volunteering in the classroom is an opportunity that must be scheduled in advance with the teacher. If you wish to volunteer in your child's classroom or need to meet with your child's teacher, you must make arrangements with the teacher in advance. If you are unable to attend an appointment or volunteer on a specific date please be sure to call the front desk as soon as possible. We appreciate your cooperation in this matter.

**Visit our website -** to view the results from this past springs School District of Philadelphia Family Survey. Click on "Forms and Documents" on the front page of our website @ [greenwoodscharter.org](http://greenwoodscharter.org).

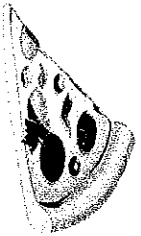
**Upcoming Events:**

- Board Meeting – Wednesday, September 23, 2009 – 7:00 p.m.
- Back to School Night – Wednesday, September 30, 2009 – 6:00 – 8:45
- Back to School BBQ – Friday, October 2, 2009
- Book Fair – October 5, 2009 through October 7, 2009
- **NO SCHOOL** – Friday, October 9, 2009 – Staff Professional Development
- **NO SCHOOL** – Monday, October 12, 2009 – Columbus Day Observance

**Attachments:**

- Pizza Day order form
- "Sick Day Guidelines"
- Cub Scout Information
- "Nutrition Nuggets"
- "Middle Years"
- Carline letter

**Green Woods Charter School  
PIZZA DAY**



**October 16, 2009**

Please make your selections below and return the order form by Wednesday, October 7, 2009. We will not accept orders for pizza day after this date. **NO EXCEPTIONS!**

<u>Item</u>	<u>Cost</u>	<u>Quantity</u>	<u>Total</u>
Slice of Pizza	\$2.00	_____	_____
Motts Applesauce (plain)	\$0.50	_____	_____
Motts Applesauce (cinnamon)	\$0.50	_____	_____
Capri Sun 100%		_____	_____
Juice Box	\$0.50	_____	_____

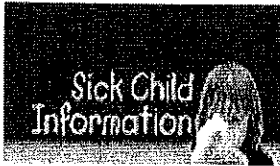
**Total Amount**  
**Enclosed:** \_\_\_\_\_

**Student Name:** \_\_\_\_\_

**Grade:** \_\_\_\_\_

Please be sure to print the students name clearly, so that he or she can easily identify their slip on Pizza Day!

## Sick Day Guidelines



The following guidelines are used to determine dismissals and may be helpful for parents to determine appropriate attendance. **Keep your child home and contact their physician for a diagnosis.** A note from the doctor indicating the diagnosis and permission for the student to return to school is advised.

- ✓ has been vomiting during the night
- ✓ has a cold with sneezing or persistent coughing or runny nose
- ✓ has diarrhea
- ✓ has an oral temperature of 100.6 or higher
- ✓ has a red ulcerated sore throat
- ✓ does not eat breakfast because of a stomach ache
- ✓ has red encrusted eyes
- ✓ has an undiagnosed rash
- ✓ has just begun antibiotics.
- ✓ any child with a contagious condition, such as strep throat, must be taking the medication for 24 hours before returning to school
- ✓ has lice or nits. A child must be checked by the school nurse before returning to the classroom to be sure that he/she is nit free following lice treatment.

Please report all communicable diseases (chickenpox, strep throat, scarlet fever, pink eye, impetigo, fifth's disease, head lice, scabies, ring worm, whooping cough, measles, mumps, etc.) to the School Health office. Keep your child home for a period of 24 hours of medication treatment if indicated, or until after the contagious period for the illness is over. This time frame may be longer for more serious communicable diseases.

Student's may return to school after they are fever free (without the use of fever reducing medications) for 24 hours, vomiting and/or diarrhea free for 24 hours.

Student's absent 3 days require a note from the physician indicating diagnosis and ability of the student to return to school.

Should it be necessary for an ill child to leave school at any time during the school day, the student will be released only to their parent, guardian, or adult authorized by the parent.

**Important Note:** We request that you pick up your child within 1 hour of the initial phone call from the School Nurse, not only for the consideration of other students who may become ill but for your child's comfort. Thank you in advance for your cooperation to this matter.

**Cub Scouting is a home and neighborhood centered program designed to support and encourage quality family involvement for boys in 1<sup>st</sup> to 5<sup>th</sup> grades (ages 6-10).**

**4 Cub Scout units in the 19128 Zip code :**

For other Scout units (for either older boys or another area) please go to [www.beascout.org](http://www.beascout.org)

**Cub Scout Pack 114**

Roxborough Baptist Church  
6035 Ridge Ave.

Contact Persons: Rick & Vickie Clugston  
215-482-0975

[Vickie.clugston@verizon.net](mailto:Vickie.clugston@verizon.net)

Meeting Nights and Times: Current meeting night will be Monday's @ 7:00 PM  
(This is subject to change depending on what night fits best for parents & boys)

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**Cub Scout Pack 334**

Leverington Presbyterian Church  
6301 Ridge Ave.

Contact Person: Jeff Wong  
215-482-7306

[Jeffrey.K.Wong@L-3Com.com](mailto:Jeffrey.K.Wong@L-3Com.com)

Meeting Night is Friday @ 7:00

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**Cub Scout Pack 792**

St. John the Baptist  
5822-24 Ridge Ave.

Contact Person: Kelly Friel  
215-482-8278

[Scoutmom792@aol.com](mailto:Scoutmom792@aol.com)

Meeting Night is Wednesday.

Den meetings held @ Kendrick @ 7:00 PM

Pack meetings held at St. Johns, First Wednesday of the Month @ 7:00 PM



**Cub Scout Pack 999**

Ridge Avenue United Methodist  
7085 Ridge Ave.

Contact Person: Danielle Glickman  
215-487-1283

[Cubscoutpack999@Verizon.net](mailto:Cubscoutpack999@Verizon.net)

Meeting night is Friday @7:00 PM

# Nutrition Nuggets

Food and Fitness for a Healthy Child

Green Woods Charter School

Jean Wallace, Academic Director / Chief Executive Officer

**BEST BITES**



## Know their BMI

Find out your child's Body Mass Index. That's the number that measures height against weight and lets you know if your youngster is at a healthy weight. You can use the parent-friendly

online tool at <http://apps.nccd.cdc.gov/dnpabmi/Calculator.aspx>, or ask your pediatrician to figure it out at your child's next visit.



## No obstacle

For some fun exercise, help your youngster build an obstacle course. Use empty cereal boxes to scoot around, a table to crawl under, a large cardboard box to wiggle through, and a pile of pillows to dive into. The key? Create obstacles for your child to go over, under, through, and around.

## Single servings

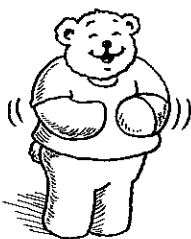
Keep portable snacks handy—and hold your food budget down—by buying items in bulk and making your own single-serve bags. Check portion sizes on nutrition labels of cereal, baked crackers, or nuts, and fill zipper bags with one serving each. Then, your child can grab a nutritious snack quickly.



## Just for fun

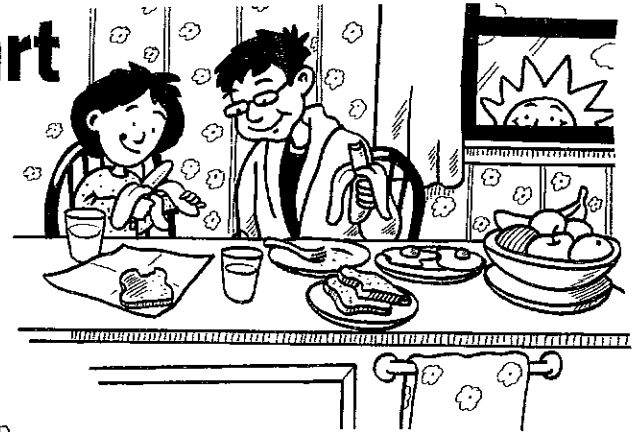
**Q:** What did the teddy bear say when he was offered dessert?

**A:** No, thanks. I'm stuffed!



## A good start

Did you know that breakfast is the most important meal of your child's day? It provides the nutrients and energy he needs to concentrate in school. Research even shows that kids who eat breakfast get better grades, pay more attention in class, and behave better. Help your youngster begin his day on the right foot.



## Make time

Set the alarm to allow 10–15 unhurried minutes for breakfast. Suggest several healthy breakfast items, and let your child choose. *Tip:* If your youngster doesn't like to make decisions first thing in the morning, give him breakfast choices the night before.

## Make it healthy

Give your child a mix of protein (such as milk, eggs, cheese, or meat) and carbohydrates (whole-grain cereal, fruit, or whole-wheat bread). The carbohydrates boost energy and help your child jump-start his day, while the protein keeps his body going strong until lunchtime.

## Make it kid-friendly

These quick breakfasts are sure to bring an early-morning smile to your youngster's face:

● **Egg in a Basket:** Cover a frying pan with no-fat cooking spray. Tear a hole out of a slice of whole-wheat bread, put the slice in the pan, and

crack an egg into the hole. Cook two minutes, flip, and cook until the egg is set and lightly browned.

● **Waffle Wonder:** Toast a whole-grain frozen waffle. Put sliced strawberries around the edge and fill with a handful of blueberries. Serve with a side of low-fat flavored cottage cheese or yogurt. ●

## Family meals

Do your kids rush through dinner and bolt from the table? Try these ideas to build quality family time into your dinner hour.

● **Keep the conversation light.** Focus on the events of the day or fun weekend plans ahead. Of course, praising your children for a job well done at school or home is always welcome!

● **Take turns.** Ask each person to tell one interesting thing he or she learned during the day. That includes you, too. You might mention something you read in the newspaper or learned about at work.

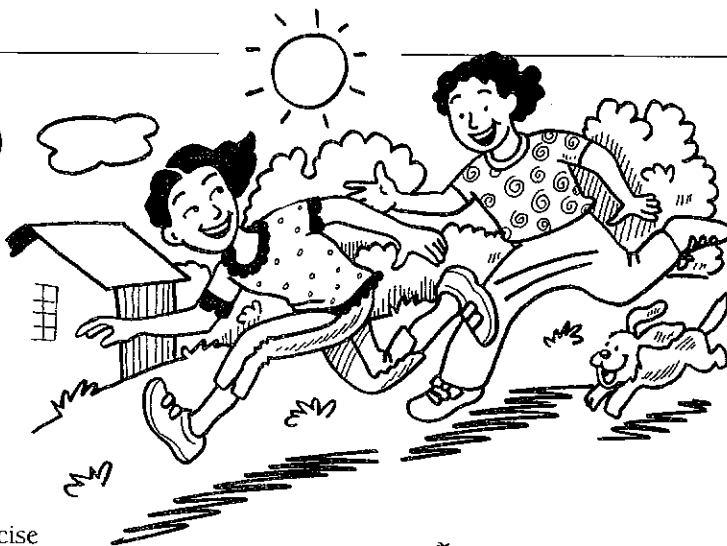
● **Play a game.** Try the "name game." Start with the name of someone famous (George Washington). Go around the table, taking turns calling out another well-known person or character with the same first or last name (Curious George, George Washington Carver). ●



# It all adds up

Exercise doesn't have to be done all at once. Encourage your youngster to be active throughout the day—small amounts of time will add up! In general, school-age children should get at least an hour of physical activity each day. Here are some ways to put more exercise into your child's routine:

- Have her invite friends over for a backyard game of tag or capture the flag.



- Suggest that she jump rope for 10 minutes.
- Put on some music, and dance to it.
- Bike together to the library or a friend's house. *Note:* For safety, use sidewalks and wear helmets.
- When you do errands together, park far from the store to encourage more walking time.
- Take the steps rather than the elevator when you're shopping or at the dentist.

*Remember:* Regular exercise will not only make your child healthier—it will help her sleep better at night and be in better shape to learn and play all day.



## ACTIVITY CORNER

### A walk a day

A daily family walk is a great way to get your child—and you—moving. Some families take a walk after dinner. Others plan a morning walk on the weekends. For parents who are home after school, that's often a great time to walk.

Figure out the best time for your family's schedule, and use the time to walk and talk—you'll be helping everyone get healthier, and you'll be spending special time together. Make the walk more fun by mixing it up: walk one block and skip for the next, or alternate walking fast and slow.

You can even sneak in some learning time on your walk. For example, have your child count how many trees you pass or read the signs along the way.



## IN THE KITCHEN

### Smoothie time

Here's a sure-fire way to get kids excited about eating healthfully. Toss fruit, a few ice cubes, yogurt, and juice into a blender, and mix until thick. With your supervision, your youngsters can even do it themselves! Try these combinations.

**Red & White**—4 strawberries, 1 banana, 1 container low-fat vanilla yogurt, 1 cup orange juice

**Cool Blue**—1½ cups fresh or frozen blueberries, 1 container low-fat blueberry yogurt, 1 cup 100% grape juice

**Just Peachy**—1 cut-up peach or 1 cup frozen peaches, 1 container low-fat peach yogurt, ¾ cup orange juice

*Tip:* Add a teaspoon of wheat bran (available at your grocery or health food store) to put fiber into your youngsters' treats.



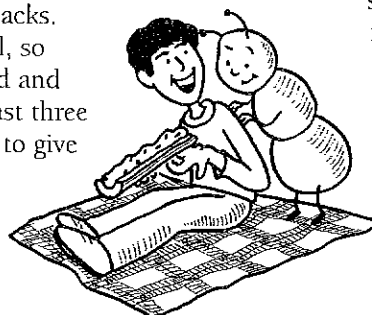
## Q & A Too many snacks

**Q:** When my child comes home from school, he snacks all afternoon and then isn't hungry for dinner. How can I get him to change this habit?

**A:** You may be surprised to know that children actually need snacks. Their stomachs are small, so they can't get all the food and nutrients they need in just three meals a day. The trick is to give your youngster a snack that's both healthy and filling so he will be able to wait until dinnertime to eat again.

Try giving your child a choice of snacks when he comes home. Offer foods like microwave low-fat popcorn, string cheese and fruit, or "ants on a log" (peanut butter spread on celery stalks and covered with raisins).

*Tip:* If your youngster is in day care after school, find out when they serve the last snack of the day. Ask that your child not have one too close to your dinnertime.



**OUR PURPOSE**  
 To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.  
 Resources for Educators,  
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# Middle Years

Working together for school success

## Short Stops



### Listening and learning

At the library, choose a book on tape or DVD to listen to with your middle grader. Then, when you're in the car together (going to practice, picking up dinner), pop in the next installment. Talking about what you've heard will build your child's listening and conversation skills—and you'll enjoy the time together.

### Recognize respect

When your child shows respect, let her know you appreciate it. For example, if she speaks politely to you even though she disagrees with what you say, you might tell her, "Thank you for talking to me with respect." You'll encourage more of the same.

### Smoking stinks

Does your middle grader want bad breath or yellow teeth? Probably not. Tell him that's what he'll get from smoking, and you'll give him two big reasons for saying no to cigarettes. While parents worry about future health issues, middle graders may be more afraid of what can happen right now.

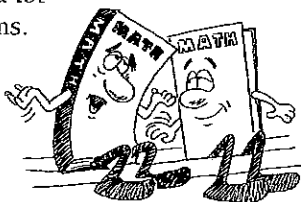
### Worth quoting

"The time is always right to do what is right." *Martin Luther King Jr.*

### Just for fun

**Q:** What did one math book say to the other?

**A:** I have a lot of problems.



## Hooray for homework!

Amy has her evening planned. She'll do her math homework before dinner, then follow up dessert with English and science. Afterward, she can unwind from a busy day.

Sound impossible? It's not. Help your child make homework go like clockwork with these strategies.

### Think it through

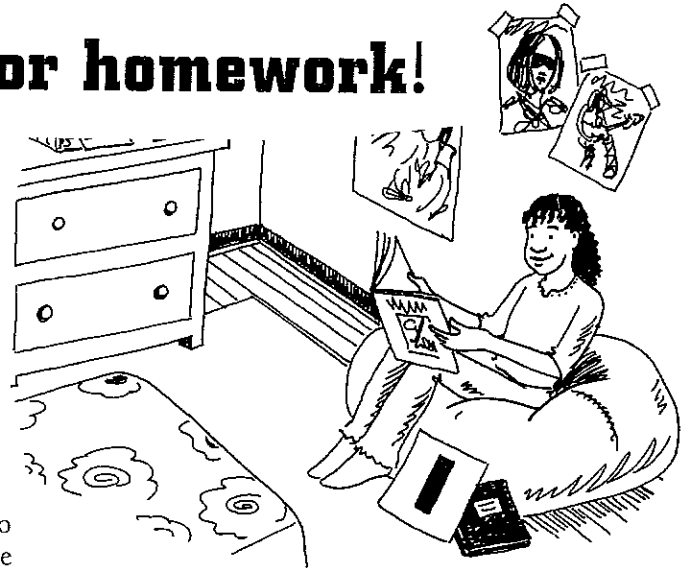
Before your youngster begins, have her make a to-do list. *Example:* write a poem, read a history chapter, solve 10 math problems.

Then, suggest that she number the tasks, from toughest to easiest, and start with the hard stuff. This "save the easiest for last" strategy will help her finish on a high note, perhaps inspiring her to get in some extra studying.

### Think about time

Ask your child to consider different time slots she can use to get work done. For instance, maybe she could set aside a weekend morning or Sunday night.

Also, many middle graders have time during study period or after lunch to tackle homework. Encourage your child to complete one assignment at school each day. The more she does then, the more time she'll have for fun later.



### Think positive

Help your middle grader see homework as a chance to prove her independence by getting her work done on time and by herself. Boost her confidence by telling her, "Homework gives you a chance to show all that you know." And give her a thumbs-up when she does just that. 👍

## Keys to success

You can set your middle grader up for success this school year with some basic pointers. Suggest that he try to follow this checklist, and you'll help him get off on the right foot:

- I attend school every day unless I'm sick, and I get there on time.
- I get 8–10 hours of sleep each night.
- I eat a healthy breakfast in the morning.
- I pay attention in class.
- I write down my assignments for each subject.
- I start my projects when I get them.
- I complete my homework on time.
- I read for pleasure each day. 👍

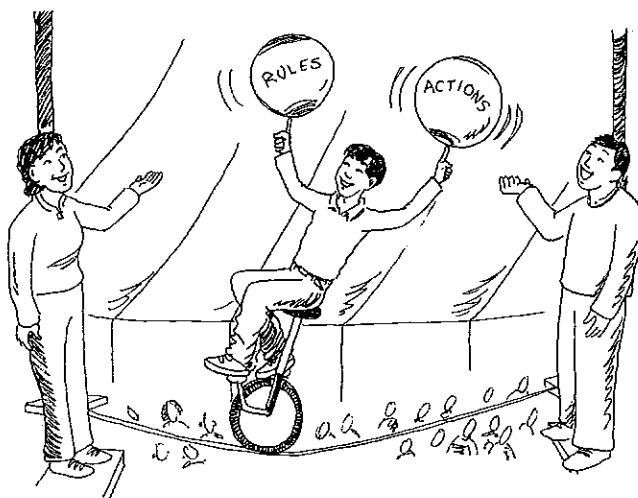


# Deciding on discipline

Disciplining middle graders can be difficult. Try these strategies to set rules that work—and help your child learn right from wrong.

● **Be clear.** Explain the rules and the consequences for breaking them in advance. *Example:* “Your curfew is at 10:00. If you come in late, it will be 9:00 for a month.”

This system lets your middle grader know that he’s in charge of his behavior.



● **Be fair.** Link the consequence to the action. For instance, if your child abuses his time on the family computer, he loses his privileges for a day. This makes more sense to your middle grader than, say, taking away his allowance.

● **Be direct.** Limit your comments to the situation at hand. Try not to bring up things your child did last week

or to use negative labels (“lazy,” “forgetful”). Staying focused will keep arguments from flaring. Plus, being calm and direct sends the message that you still love him, no matter what. 👍

# Stay involved

Your child may act like she wishes you would disappear sometimes. But when it comes to school success, middle graders still need their parents around.

## Why?

When parents get involved in learning, student achievement soars. Middle graders score higher on tests, turn

in better projects, and participate more in class if they know their parents care.



## When?

You can be involved in your child’s learning at any time of day. Talk about homework while you’re making dinner. Watch a documentary together at night. Visit a museum on the weekend. You’ll show your child that you think learning is important.

## Where?

Teachers will welcome your commitment, whether you help in the classroom, volunteer at evening events, or simply support your own child at home. Call or e-mail your middle grader’s teachers to see what you can do—in or out of school—to help. 👍

**OUR PURPOSE**

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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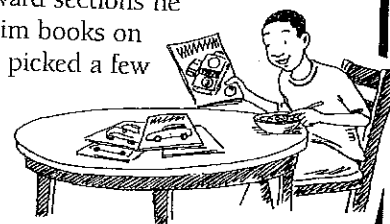
# Parent to Parent A reading habit

The older my son Jonathan got, the less he read. I was concerned, so I asked the school librarian for ideas.

First, Mrs. Cruz said we should leave lots of reading material—books, magazines, newspapers, even comic books—all around the house. “If they’re lying there, he’ll pick them up,” she advised.

Second, she suggested that I stop at the library to return books when we’re out together. Once inside, she said, steer him toward sections he might like. Since Jonathan loves cars, I showed him books on NASCAR races and drivers. I was happy when he picked a few to check out.

Finally, Mrs. Cruz told me to discuss the books I’m reading with Jonathan. That will give him a chance to talk about what he has read that day—and give us a reading habit to share! 👍



# Q & A Cyberbullying

**Q** I’m worried about cyberbullying. How can I protect my middle grader from this new kind of bullying?

**A** Cyberbullying occurs when someone sends hurtful messages online or by cell phone. It can take many forms, such as writing rude comments, spreading rumors, and posting embarrassing pictures.

Your child can discourage cyberbullying by giving personal information (name, e-mail address, cell

phone number) only to friends. If she receives nasty e-mails or text messages, she should not respond. Explain that replying just gives the person the satisfaction of having upset her. A good thing to do is simply to log off the computer or turn off the cell phone.

Let your youngster know she should tell an adult if she experiences cyberbullying. You can report problems to your Internet provider, school authorities, or even the police. 👍



Dear Car Line Families:

Starting Monday, September 21<sup>st</sup>, our morning gathering of our community to say the Pledge of Allegiance will begin promptly at 8:10AM. The start of the school day will begin immediately after with students entering the building as a class promptly at 8:15. Those students arriving to school during the Pledge of Allegiance will need to remain in the car out of respect for this important morning gathering.

Promptly at 8:15 - the chain will be pulled across the blacktop, cones will be placed in the driveway and car doors will no longer be opened. Students who have not arrived in time to join their class before entering the building will be considered late. Parents will need to park the car and walk their child into the building.

Students arriving late disrupt the morning routine for other students in their class and their teachers. We have tried many ways to communicate the reasons for students to arrive to school on time.

Starting Monday, if you see that the cones are in place and the chain is up, this will be the way that we communicate to car line parents that a student is late. Parents will be asked to park their car and walk their child into the building.

We recognize that the morning routine can sometimes be stressful - but it is equally important that we minimize the disruption to the morning routine of the students arriving on time.