

Wildcat News

Millboro Elementary School

DATES TO REMEMBER IN JANUARY:

CHILDREN'S ART NETWORK K & 1 30

SCHOOL SPELLING BEE 30

DATES TO REMEMBER IN FEBRUARY:

CFE MEETING; 3:30 PM COINS FOR A CURE BEGINS 4

BOOKMOBILE VISITS; 3-4 PM 7

NO SCHOOL—PUPIL HOLIDAY; PARENT CONFERENCE DAY 1-4 PM & 4:30-7 PM 18

DIVISION-WIDE SPELLING BEE; 7 PM AT MES 20

READ ACROSS AMERICA WEEK 25-MAR 1

CHILDREN'S ART NETWORK 2 & 3 27

COINS FOR A CURE ENDS 28

DATES TO REMEMBER IN MARCH:

CFE MEETING; 3:30 PM 4

BOOKMOBILE VISITS; 3-4 PM 7

KINDERGARTEN REGISTRATION TBA

DAYLIGHT SAVINGS TIME BEGINS; SPRING FORWARD 1 HOUR 10

CHILDREN'S ART NETWORK GR. 5 20

PRINCIPAL'S DESK-MRS. HICKLIN

Welcome back!

I hope everyone had a wonderful holiday break and took time to enjoy your family and friends and the traditions you hold important.

We had an excellent first semester and it was wonderful to see the students and staff successfully accomplish so much. As I move throughout the building and the classrooms, the excitement and learning taking place is very evident. It has been amazing to witness the students learning and growing over the last the semester. I look back to where I was in August, just getting to know everyone and learning about the MES lifestyle, and I realize that I have been learning and

growing right along with the students. I've said it before and I will say it again, I am very lucky and proud to be a part of the MES community.

As second semester begins, we still have many things to accomplish. I have every confidence in our students and staff that second semester will be just as successful as first semester. Parents, please continue to support your children and communicate with your child's teacher as we transition into the second half of school. Also, please know that I am available anytime you have a concern or question. I believe that through collaboration of all those involved, every student can be successful.

Just as a reminder, one of my main objectives is to ensure the staff and students have a safe environment in which to teach and learn. Please help me keep the school environment safe by always checking into the main office upon entering the building.

Thank you for your support. I am looking forward to an awesome second semester!

"What can you do to promote world peace? Go home and love your family."
— [Mother Teresa](#)

BEHAVIOR SPECIALIST-MS. NOTERMANN

Is Your Tween/Teen Tired?

What You Can Do To Promote Better Sleep

I see a lot of sleepy faces in school these days, and it isn't just the winter doldrums. "Tween" and teens in particular like to stay up late and can be difficult to awaken in the morning. This behavior pattern has a physical cause.

Everyone has an internal clock that influences sleep cycles. Before adolescence, these "circadian rhythms" direct most children to naturally fall asleep around 8 or 9 pm. But puberty changes an adolescent's internal clock, delaying the time he or she starts feeling sleepy—often until 11 pm or later. Most teens need about nine hours of sleep a night, and sometimes more, to stay alert at school.

Sleep deprivation can have serious consequences. Tired students can find it difficult to concentrate and learn, or even stay awake in class. Too little sleep contributes to mood swings and behavioral problems.

To help your child develop better sleep habits:

- **Adjust the lighting.** As bedtime approaches, dim the lights. For sleep, it's the darker, the better.
- **Stick to a schedule.** Encourage your child to go to bed and get up at the same time every day—even on weekends.
- **Curb the caffeine.** It's in many soft drinks and chocolate, as well as in

coffee and tea. It is active for four to five hours after consumption, and stays in the body for ten hours.

- **Keep it calm.** Prioritize evening activities; sleep is always the most important. Encourage your teen to wind down at night with a warm shower, a book, or other relaxing activities. Exercise, loud music, and electronics (including TV) should come to an end an hour or two before bedtime.

Here's wishing you and yours sweet dreams, less grumpiness, and better grades!

KINDERGARTEN-MRS. ARMSTRONG

The students have returned from the winter break rested and ready to work. They were full of excitement about their Christmas presents and the chance to play in the snow over the break. We hope there will be more snow during these winter months.

During the month of January, we will study winter weather and animals in winter. We will learn of ways animals prepare to survive the long winter months and of those who need to hibernate during the winter. We will be reading the story The After Christmas Tree to learn how a family had a party and made food to place on their Christmas tree in order to help the ani-



mals at their home. The Kindergarten



students will also be helping the animals survive the cold by making bird feeders to take home as well. The bird feeders will be made out of paper rolls covered in peanut butter and birdseed. They will also string Cheerios to take home for the animals. We learned that if you once put out seeds for the birds they will return hoping to find more food. We discussed how important it is to try and continue to feed them until the weather gets warm. The students will have a chance to make snowmen out of marshmallows, raisins and toothpicks. They will eat their snowman with a cup of hot chocolate.

The students will also study Dr. Martin Luther King, Jr. I have many factual books about Dr. King which brings lots of good information to the classroom about his life and his work in bringing peace and equality for everyone.

The month of February is a short month full of many important days in history. The students will learn about President's Day and the two famous Americans that helped our country gain freedom. We will study George Washington and Abraham Lincoln and learn about their lives and their importance in history. We will also celebrate Day 100 during the early part of February. We will count to 100 many ways by jumping, counting the number line, clapping and lots of other ways. The students will also count to 100 by dividing items in piles of 10 and then counting to 100 by 10's. It is a fun day loaded with many adventures helping the children with counting to 100.

RESPONSIBILITY

Giving your child responsibility is a great way to teach them to take it on themselves.

Try these simple chores.

- *Making sure a family pet's bowl is always full of clean water or that the plants are watered.*
- *Hanging up their jacket and backpack immediately after they get home.*
- *Keeping track of their schedule and what they need for school each day, like sneakers on gym days or his instrument for band practice.*
- *Deciding whether they want to practice the piano or do homework before or after dinner-and following through with their choice.*

GUIDANCE-MRS. DEBOE

We have been very busy the past nine weeks in guidance. Students have been learning about a variety of topics and improving their skills. In Kindergarten and first grade, we talked about the importance of kindness and honesty. We worked on recognizing and respecting differences. We also learned about the negative consequences of being bossy. Second grade worked on im-

proving manners. We also learned new conflict resolution skills. Showing respect for ourselves and others was a focus for third and fourth grades. We worked on having good thoughts, words, and deeds. They also explored ways to make and keep friends. In fifth and sixth grade, we have been working on developing conflict resolutions skills. They have also focused on recognizing

anger triggers and cues, and utilizing anger management techniques. Seventh grade has explored the transition to the high school. They have participated in drug and alcohol preventions. They have also learned to identify and develop healthy relationships. As you can see, our students have been very busy. Let's keep up the good work!

FIRST GRADE-MRS. WHITSON

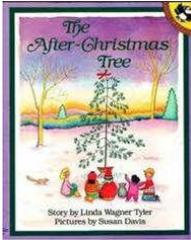


In November, the Christmas Mother, Kim Brown, invited our class to help her with a project. Mrs. Brown asked that our class help decorate thank you envelopes that she would be sending out to those who had been so gracious in helping her. The children absolutely loved 'trimming' the envelopes for her. As you can see, the children took their job very seriously and were proud to show their artwork.



During the latter part of January, kindergarten and first grade classes had an 'after Christmas party.' First, the students listened to the story, *The After-*

Christmas Tree by Linda Wagner Tyler. This book is about what to do with a Christmas tree after all the decorations have been taken down. The children in this story keep the giving spirit of the tree alive by decorating it with items to feed the birds and other animals that live outdoors. Subsequent to the reading, all kindergartners and first graders made two different types of feeders to take home for the birds and other animals around their homes. Each student made a Cheerio feeder and two peanut butter birdseed feeders. To wrap up the party, the students designed an edible snowman using different sizes of marshmallows, raisins, and other items. I sure hope



the animals are enjoying their treats as much as we enjoyed making them.

Accelerated Reader is in full swing in first grade now. Can you believe that, not only are our first grade children thrilled to be able to read books, but they are also eager in taking 'tests' on these books as well? It's true! Here Nevaeh and



Lindsay are relaxing as they read copies of their books. Nevaeh is reading *Henry and Mudge in Puddle Trouble*, and Lindsay is enjoying the book, *The Carrot Seed*.



COMING SOON: STUDENT TALENT SHOW

Please look for information concerning the student talent show that will be coming up in March. This program is in lieu of the Dinner Theater and will serve as a fundraiser for the Seventh grade trip. Students in grades 4-7, who wish to participate, will be performing.

SECOND GRADE-MRS. HEPLER

Second Grade has really been on the fast track for learning.

We started our adventure learning about Christopher Columbus, moved on to the Pilgrims and now we are finishing up our Indian Unit. The children really enjoyed their Thanksgiving feast. Thanks to all parents who made such a wonderful meal. It was delightful. Students ate with shells, ate standing and did not talk to re-live Pilgrim times. We



then resumed our meal in present day time. We started our unit on Indians. The students have enjoyed reading Magic Tree House books Buffalo at Breakfast, and Thanksgiving on Thursday. The students enjoyed other Indian books such as Mud Pony and The Sacred Dog.

We also did a play for our parents called I Give Thanks.



Math has been combined with the holiday themes. We made fraction cookies and made stockings and candy sticks in patterns. Time and money was also a big unit of study because we all need more of each. Please let your child practice counting money at the store and telling time on your home clocks. We will be studying fact families, more subtraction and shapes soon. Math should be enforced daily.

In Science we enjoyed learning about physical and chemical changes. We made jigglers and watched other things change like water to steam and to ice.

We made a Crystal Christmas tree. We are still studying weather and will move on to animals next.

Language Arts we have worked on researching ocean animals, and people. We created a big mural with animal facts and pictures. We are presently writing to our Grandparents. We will be looking for return mail to our school. The children beam when their letter comes and Grandma or Grandpa praises them. We will work on prefix and suffix.

Make-up work is always on your students' desk to be put in their homework folder. Please check your child's folder and make sure it is completed. Everything we work on is important toward your child's education. Please make an extra effort and get on board to better your child's education. I really hate taking recess to complete work that is sent home. Your child works very hard here and I am proud of them.

THIRD GRADE-MRS. MADISON

What a talented class we have! After reading The Talent Show From the Black Lagoon, we presented a talent show to the Kindergarten – 2nd Grade as well as parents, grandparents, and siblings.



The Ruritans, from several locations, gave each of us a dictionary. Mrs. Linda Eaton, Sarah's grandmother, from the Millboro Ruritan Club presented each of us with a new dictionary. We also were given a book mark.



We made Christmas cards for the Meals on Wheels recipients. We are busy reading and earning Book It certificates. Our AR points are getting higher and closer to the end of the year goal.

We wrote letters to our families this nine weeks. We wrote thank you notes to the Ruritans for our dictionary. We also wrote a letter to our teacher.

We had a trip to Valley to listen to the Brass 5. We enjoyed their music.

We now have 14 students. Juliet Misiak joined us in Nov. and Allison MacEwen in Dec.



The third nine weeks will be busy as well. In math we will be working on multiplication, fractions, and geometrical figures. In Science we will be working on simple machines, the water cycle, and the weather. Economics is the main topic in Social Studies. We will be reading more chapter books in class and at home. We will continue to work in the hand-writing books and begin writing in cursive all the time by the end of the 9 weeks we hope.

FOURTH GRADE-MS. MANION

Fourth grade had an exciting second nine weeks. Kaitlin Arnold and Carson Stephens advanced to the school-wide National Geography Bee where they did a good job trying to answer hard geography questions.

In addition, a 4-H extension agent came and led science experiments with the class once a month. They worked on understanding how cold and warm water affects ocean currents as well as working on identifying trees. Furthermore, a vernal pool was constructed beside the nature pool with help from Donald Kennedy, Mike Hayslett, and the Millboro Ruritan Club including Arne Peterson and Mr. Eaton. It is holding water and we are waiting impatiently, at times, for more precipitation so the pool will fill up. Also, a group of gentleman came from MeadWestvaco to talk about what they do and allow the kids to "make paper." Mrs. Reed from Mountain Soil and Water led science experiments on energy. They conducted an experiment to see how the mass of a vehicle impacted the distance it traveled. They conducted electricity experiments with her. The students have been building their own circuits. They built a circuit and determined whether objects were insulators or conductors. In science during the second nine weeks, we have studied water and energy. We've talked a little about the resources around Virginia as well. We did talk about what a watershed is and where they live in a watershed. I do not know the names of all the creeks around. We talked about whether we were in the Cowpasture or Calf Pasture watershed as well as the James or Maury and the Chesapeake Bay Watershed. We continue to have guests come in and lead science experiments. We will also be studying

weather and the solar system over the next nine weeks.

We spent the second nine weeks in the time period of colonial Virginia. We reviewed geography by discussing where the various immigrant groups moved when they arrived in Virginia. We also discussed the continued displacement of Virginia Indians as the colony grew. We talked a lot about the economics of colonial Virginia. We have also started talking about where the labor came from to grow the very labor intensive crop of tobacco. That means we talked about indentured servants and the beginning of slavery. We've also been talking about how the culture of Virginia reflected the different groups. For example, Roanoke is an Indian word that means wampum. That was the Virginia Indian version of money. We have been building very slowly towards the American Revolution. We will cover the American Revolution as it pertains to Virginia and the creation of the United States government. Again, the focus will primarily be on Virginia. Depending on how much time is missed over the next few weeks, we might be able to start leading into the events that cause the Civil War.

In math, we continue to review place value, subtraction, and addition. We worked on multiplication and division during the second nine weeks. We are still working on identifying multiples of numbers as well as factors of numbers. We are still working on division. We haven't quite finished it. We will be working on fractions, geometry, and measurement during the third nine weeks. We will continue to work on word problems and critical thinking. During the second nine weeks, we also worked on place value with decimals through the thousandths. We still need to

work on place value more. We also rounded and compared decimals.

In reading, we worked on predictions, cause and effect, making inferences, supporting an idea with details from the text, and context clues. All of this is working on comprehension. Everyone needs to continue reading at home. Beginning with the third nine weeks, they will start making book recommendations based on what they read on their own. They can either recommend a book or say they would not recommend it. Some of the class did get to read all of Blood on the River. The rest of them started it and then we ran out of time. It is historical fiction about Jamestown. We are currently almost finished with Red Thunder which is a book about the battle of Yorktown during the American Revolution. We also read The Janitor's Boy, Zoobreak, The Grand Escape, Shiloh, and The Last Holiday Concert. I'm sure I have missed one or more books that we read at school. We are currently reading The School Story by Andrew Clements. We will be working on harder comprehension questions during the third nine weeks.

We worked on comparing and contrasting things in writing during the second nine weeks. We also worked more on nouns and verbs. We started talking about adjectives and adverbs, but we have more work to do on them. We will be writing reports during the third nine weeks. They are working on learning how to give credit to someone else and putting things in their own words. Currently, they just started working on PowerPoint. They are going to create a PowerPoint on the five regions of Virginia. It will be review of material while using a new skill.

ART-MS. HORNER

Our students have been busy this year at Millboro Elementary School.

First through fifth grade worked on a poster for the Smokey the Bear Contest



sponsored by our local Garden Club. Students had a choice of Smokey the Bear or Woodsy Owl poster for this assignment. Students' posters had to do the following; have the correct character with the correct phrase, drawing that communicated the correct phrase, and do the above in a creative way. Students were able to use tempera paint, colored pencils, and/or markers. Students learned that some artists have to work with a theme and guidelines when creating their art, such as graphic artist. I would like to thank all students who submitted artwork for the poster contest.

Kindergarten worked on creating trees by ripping paper and gluing it on tree shaped paper. Students focused on the size of the paper and the correct amount of glue stick to use.

TITLE I READING-MRS. LANCASTER

Winter is the perfect time for warm blankets, hot chocolate and good books! Title I students have been enjoying many different types of books this season.



Kindergartners have been learning letter names and sounds, and are having fun sorting pictures, reading poems, and reading and writing books. Before Christmas, they read a booklet about Rudolph while working on the letter Rr. They are pictured wearing reindeer antlers as they danced the Reindeer Pokey. They just finished reading and retelling *The Gingerbread Baby* as they enjoyed tasting their

Kindergarten through second grade is currently creating cardinal drawings. Students had pictures of cardinals to look at while drawing. Students learned to look at the cardinal when drawing using line and shape to make it easier. Students then went over their pencil marks with black crayon. Students then focused on painting sections of their picture at a time for example the sky and then the bird. Students learned how to change color by mixing.

Third and fourth grade just learned about mosaics this week, and will be creating their own mosaics. Students will be cutting pieces of paper with scissors and gluing paper to create a paper mosaic. Students are focusing on their pieces having straight edges and using the correct amount of glue.

Fifth grade just learned about Native Americans and the coil pot method they used. Students will be building coil pots that will take several classes to build. After the pots dry students will paint their coil pots.

Sixth and seventh grade has been busy the second nine weeks. They worked on scratch art. Students chose their subject matter for the scratch art. Students then created patterns and textures on the scratch art paper by scratching a wooden stick on the black paper to reveal brilliant color. Students

learned that the more they repeated the pattern the more color was revealed and the less the darker the area would be. Students were encouraged to use many different patterns and textures.



Currently, sixth and seventh grade is working on containers that look like food such as ice cream, french fries, sundaes, and more. Students saw example projects online and in the classroom. Students sketched out ideas on paper. They learned techniques to build these containers and then were allowed to build their own. After air drying clay students will be painting their containers during the third nine weeks.

Donations of the following would be appreciated; plastic containers, grocery bags, and newspapers.

I have enjoyed watching your children craft these awesome projects.

own gingerbread men! First graders read a book about where animals live, and learned about which animals live in the ground, in trees, and in ponds. They read and then compared books with the same main characters-Kitty Cat/Fat Cat, and Little Chimp. As second graders studied about Native American tribes, one group enjoyed *Red Fox and His Canoe*, and the other read 2 books about a young Indian named Young Wolf to learn more about their customs and way of life. Third graders performed their reader's theater about Christopher Columbus, and are pictured below in Bartholomew and Christopher's Map Shop. They have recently chosen a habitat to read and write about, and will narrate their piece to create a digital story to share with their classmates. Fourth graders completed the book about the life of Pocahontas, and learned many new

vocabulary words, and how to summarize chapters. Currently they are reading *Shiloh* as they work on character development and visualization.

Millboro Elementary continues to encourage literacy activities for our students. Upcoming reading events will include Read Across America Day in March, and our Spring Family Reading Night. Enjoy snuggling up with some good books this winter!!!



HISTORY & COMPUTER CLUB-MR. CRAWFORD

HISTORY

Fifth

The forecast is in and this year shows no sign of slowing down! Despite how fast the year is going, fifth grade is getting a lot done! I think (or at least hope) things have gotten more interesting for everyone. We've moved out of exploration and into colonization and finished up the Revolutionary War. We've been learning about the Constitution and first five presidents, too. I can't wait to take them to D.C. when they're in 7th grade and they can actually see the document that changed this country and world forever, the Declaration of Independence. They'll also get to see the US Constitution!

Please don't forget to visit my webpage at www.mistercrawford.com. Be sure to click the US History I tab to see what's happening in fifth grade.

Sixth

US History II has been equally as exciting! The sixth-graders really seem to be enjoying learning about the not-so-distant past (maybe as much as I enjoy teaching it). They learned about the "Captains of Industry" who helped shape this nation as well as the Spanish-American War and World War I. Wow! I didn't realize how much we'd covered since my last newsletter. We also learned about the "Roaring 20s" and are heading into the Great Depression. We're on a roll and the time shows no signs of stopping!

Seventh

Seventh graders in Civics and Economics have really impressed me lately! I love their interest in our laws and how government works. If some of that enthusiasm could be shared with all the content they have to know, we'd be golden! After learn-

ing about the three branches, we moved right along into how those branches share power and how checks and balances work. We learned how laws are made and talked about that crazy Electoral College, which was perfect for the election season! They've learned about state and local government, too. Next up is a project on Bath County's government. We're moving right along and will be on our trip before we know it! Until next time...

COMPUTER CLUB

We've done a lot of cool stuff in Computer Club. After some amazing animations created in Pivot we started creating some actual video games that could be played online! The imaginations these students have just blows me away! We're about to begin my personal favorite, stop animation. I'm excited to see what Clubbers create. We'll even put the videos on YouTube so everyone can see them!

DO YOU WANT TO KEEP A NEWSPAPER CLIPPING?

Mix together one 32 oz. bottle of club soda and 1/2 cup of Milk of Magnesia. Soak clipping for 20 minutes. Remove from mixture, lay flat to dry.

SCIENCE 5, 6, 7-MR. HALTERMAN

We have had a great second nine weeks in Science. Students have done very well in their studies, while preparing several "mini-projects" to augment their learning.

Grade 5 completed their Life-Science goals, and have been studying rocks and minerals for a few weeks. They have completed theories on Plate Tectonics and Continental Drift, and have learned about characteristics of the earth and its rocks and minerals. They have also completed some very fine presentations on space and NASA.

Grade 6 have made incredible progress on their goals. They have covered atmosphere and weather, water, Ecology principles and practical information, and are beginning a unit on Astronomy, complete with presentations. These guys are amazing, and work incredibly well on whatever challenge they are given.

Grade 7 Life Science has studied Cell Anatomy and Physiology, Organization of Living things, Cell Division, and are currently studying Principles of Heredity. Some of these concepts are quite difficult, and I applaud their efforts. We are also presenting presentations on different types of diseases, which helps us learn more about cells, classification and many other science concepts.

As we go through that season where energy levels aren't always high it is important to remind your child how important it is not to slack off on the work. Third nine-weeks is famous for this, and we don't want it to happen this year. Emphasizing a bit more exercise, a good diet and an hour per night doing homework will help avoid the "blahs" that often occur.

As a teacher at MES, I have had a wonderful year so far, largely due to our fearless leader, Mrs. Hicklin. She has made us feel professional and safe here at MES, and she deserves a great deal of praise. The very few discipline problems we have had this year gives our students more time to learn in a much better atmosphere. She deserves more than a pat on the back, and we are lucky and grateful to have her as our Principal!

Also, Mrs. Campagna also deserves our thanks. She is the memory for many of us, she reminds us of what we need to do, she types up forms, keeps the "books", greets visitors, nurses children and several other jobs, all while maintaining her poise and professionalism. If anyone ever deserved sainthood, it is she.

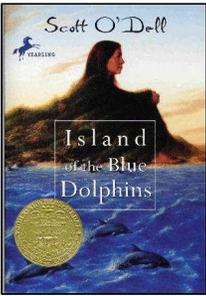
PHYS. EDUCATION-MS. FORSYTH

It is hard to believe we are halfway through January in 2013. The "Too Good For Drugs Program" started with grades 3-7 with Mary Adderton. Mrs. A meets with classes on Friday in grades 3, 5, 6, and 7. I teach the program to the 4th grade on Fridays. Fitness testing began the first Monday we were back in school from the holidays-students in grades 4-7 have been tested on flexibility and abdominal strength.

Next week, they will be tested on upper body strength and aerobic endurance. Test scores were down on flexibility from the fall. Students need to work on the components of the fitness tests at home and stay physically active. Physical education class alone is not enough to boost test scores.

Grades K-3 are working on power walking techniques and overall gross and fine motor skills. The students are always very eager to participate and try new things in class.

5/6 READING & LANGUAGE ARTS/5 MATH-MS. LEE



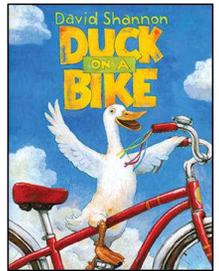
How many years could you survive on an island without human contact? We have been reading about the day-to-day adventures of Karana, the main character of Scott O'Dell's Island of the Blue Dolphins. At a young age she was left on the island and had to survive on her own. Through the novel we will work on comprehension, context clues, elements of the plot and vocabulary. As we near the completion of the novel study we will explore and create cave art similar to the art that Karana found on the island. We will research

the Pacific storms that became her enemy and the animals that became her companions.

Speaking of companions, the students worked with their classroom companions to dissect the lyrics of popular songs. We listened to the poetry of the music to discover figurative language. In her music, Katie Perry enjoys using metaphors (Baby you're a firework), similes (Do you ever feel like a plastic bag?) and onomatopoeias (Boom, boom, boom). Students also brought in their favorite songs to be analyzed. We had a great time discovering the themes, finding the figurative language and obnoxiously singing along.

The students also wrote their own ver-

sion of Duck on a Bike, a wonderfully silly book written and illustrated by David Shannon. We paid close attention to providing details to our descriptions, using grade level vocabulary, and correctly placing quotation marks. The narratives are delightfully creative. Justin wrote about a deer in a Toyota Tacoma, Taylor's donkey was on ice-skates, and Hannah's featured Chinese Fleas with a steam roller adventure. Einstein said, "Imagination is more important than knowledge." Our students have awesome imaginations!



SEVENTH GRADE-MR. HARDBARGER

It's cliché, but where did the first semester go? It seems only a few weeks ago I was writing about events and accomplishments of the first nine-weeks and now the second one is also history. But, the seventh graders have worked very hard and kept their noses to the grindstone.

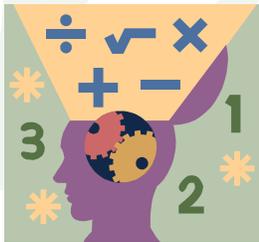
This group of seventh graders has one of the best work ethics I've seen in quite some time. They have tackled a pretty hard novel in reading and also worked diligently on their math.



We finished the book October Sky just prior to Christmas break and got to see the movie version. We took a poll and most of the class agreed that although they liked October Sky,

they much preferred the Outsiders.

I am extremely proud of the hard work these folks have shown in math for the past nine-weeks. We have tackled one and two step equations and graphing inequalities. Over 80% of our equations involve fractions, decimals and negative numbers and some are pretty difficult. We have solved problems containing negative decimals and fractions. I feel it's quite an accomplishment for this class and again admire their willingness to try, try, and try until they reach a solution.



Mrs. Hicklin stopped by to talk to us our

first day back from Christmas break and reminded the seventh grade that this is their last semester at MES and to do their best. She also reminded these children they are representatives of Millboro Elementary School and that all of us expect each student to do their best, both academically and socially.

REMINDER

Please DO NOT have Valentine's Day flowers, balloons, and/or candy delivered to the school. Deliveries to the classroom disrupt instruction and it's a distraction to bus drivers as they try to bring your child home safely. Thank you!

COMMUNITY SERVICE FUNDRAISERS COMING UP

- February -Coins for a Cure (American Cancer Society) - Start saving your coins.
- March-Hoops for Heart (American Heart Association)
- April-St. Jude's Bike-a-Thon (St. Jude's Research Hospital)

25 HEALTHIER SNACK IDEAS FOR KIDS



It's a new year and each year brings new resolutions. How about healthier snacking for the whole family? Instead of chips or cookies, try

one of the ideas below.

1. **whole wheat crackers & toppings**-try sliced cheese, cream cheese, egg salad, tuna salad, peanut*/nut butter & jelly, or pepperoni.

2. **celery and/or carrots with dip**-popular dips include hummus, bean dip, cream cheese & other soft cheeses. Try other vegetables too, like cucumbers, zucchini, & green pepper slices.

3. **fresh fruit**-different varieties of melon cut into chunks, whole strawberries, & pineapple wedges are fun & colorful. Add a dollop of fat free whipped topping.

4. **apple slices & dip**-use an apple slicer or cut into slices with a knife & sprinkle with a little lemon juice to keep them from turning brown. Serve with peanut*/nut butter, yogurt, or other fruit dips.

5. **tortilla roll ups**-spread with peanut*/nut butter and/or jelly, roll up then slice into 1" pieces to make pinwheels. Use a layer of cream cheese and a slice or two of turkey or ham, or layer with spreadable cheese and various vegetables, roll up & eat.

6. **trail mix**-make your own by mixing together peanuts*, raisins, dark chocolate chips, mini pretzels, granola & other sweet & salty ingredients. Keep the high sugar sweets to a minimum.

7. **granola & yogurt**-granola makes a great snack on its own, but it's also very tasty when you stir it into a container of yogurt.

8. **cheese sticks**-string cheese is very popular with kids. You can also find Colby and cheddar sticks at the store. You can also cut your own from any of your favorite cheeses.

9. **pretzel sticks & cheese**-cut your child's favorite cheese(s) into cubes & give him pretzel sticks to pick them up with. You can also try dipping pretzels in bean dip.

10. **popcorn**-make the light butter or unbuttered kind and sprinkle with parmesan cheese while it's still hot. Try season salt, cinnamon sugar, and anything else you can think of to spice it up.

11. **cheese quesadillas**-spread tomato paste or spaghetti sauce on a toasted English muffin, sprinkle with shredded mozzarella cheese and any other toppings you like, try some veggies. Heat in the broiler for a minute or two until the cheese is bubbly.

12. **quick breads & muffins**-best when made from scratch, these are wonderful when popped into the microwave for a few seconds & dotted with a little butter. Muffins & quick breads are easy to make & there are many varieties including zucchini, banana, blueberry, etc.

13. **smoothies**-a great way to sneak in extra dairy & fruit. Pour 1 cup of milk into a blender, add enough frozen fruit to reach top of milk, add an 8 oz. container of yogurt, add a tablespoon of a nut butter, blend until smooth. You can try pineapple & vanilla yogurt, frozen strawberries & banana yogurt, frozen cherries & cherry yogurt.

14. **bagels & English muffins**-spread bagels with different flavored cream cheese & cut into bite sized wedges. Toast an English muffin & spread with peanut* butter & jelly or layer with a slice of cheese.

15. **yogurt**-keep a variety of flavored yogurts, on hand. Choose yogurts with live cultures in it.

16. **bananas & peanut*/nut butter**-slice a banana lengthwise down the middle. Spread each slice with peanut*/nut butter. Cut into bite size pieces & serve with round toothpicks or pretzels.

17. **parfaits**-layer fresh cut up fruit with yogurt and a little granola.

18. **rice cakes**-serve plain or spread with peanut*/nut butter, Nutella, or hummus.

19. **pita wedges & hummus**-cut a pita pocket into small wedges, warm in the microwave and spread with cream cheese or hummus.

20. **graham crackers**-graham crackers are a tasty substitution for cookies. They are perfect for spreading peanut*/nut butter or dipping into applesauce.

21. **tortilla chips & salsa**-serve unsalted tortilla chips with homemade salsa. Mix together chopped tomato, chopped green onion, a little garlic salt and chopped fresh cilantro.

22. **animal crackers**-another great substitution for cookies.

23. **dried fruit**-everyone knows about raisins, but don't forget all the other wonderful dried fruits available. Dried cranberries, plums, mangoes, and other tropical fruits are sweet. Due to their natural sugar content they should be served in moderation but definitely in place of candy.

24. **applesauce**-you'd be surprised at the different flavors, but try to stick to unsweetened varieties. You will find that they are naturally sweet and don't need additional sugar.

25. **pita pocket stuffers**-fill pita pockets with cheese & ham, turkey & lettuce, or even bananas & peanut*/nut butter.

*Peanuts are a legume, not a nut.

MUSIC-MRS. LINDSAY

I can hardly believe that we are half way through another school year! Many exciting things have been happening in our music classes. I can hardly wait to see what the rest of the year has to offer.

During the last nine weeks, we really focused on seasonal music. We explored the music of Fall, Halloween, Thanksgiving and Christmas. Of course, the highlight of the Christmas season was the Annual Christmas Program. The students did a fantastic job. I was so proud of them. I would like to thank the parents and community for your support. It is so exciting for the students to perform for such large audiences.

During the next nine weeks, all of our students will be working on Patriotic Music. Each class will focus on mastering one patriotic song. Time will be spent understanding

the meaning of the song in addition to being able to sing it. Each class will also continue working on age appropriate musical signs and symbols. Kindergarten students will be learning terms such as vocal, instrumental, and introduction. They will also continue to working on fast and slow, loud and soft, and long and short. Students will also work on keeping the beat of music using movement and rhythm instruments. First Grade students will be working on understanding of musical terms such as accompanied and unaccompanied. Students will continue working to understand about musical beat, rhythm and melody. Second graders will be working on learning how to follow the words of songs as well as recognizing and understanding about the music staff, treble clef, double bar line and repeat sign. Musical words such as *piano* and *forte* will also

be explored. Third grade students will be learning about the Woodwind Family in the orchestra. The fourth graders will continue preparing to play the recorders. Their focus will be on learning about the time signature and recognizing different kinds of notes and their values. Fifth graders are exploring the music of the Twentieth Century. Students will be looking at each decade during the 1900s and talking about the musical styles that were popular, what economic factors influenced the music of the decade, as well as the listening devices that were used. Sixth graders are exploring the history of music. Students will look at each period of music and talk about musical styles, composers, instruments and other things that impacted the music of the day. Seventh grade students will begin playing guitars. This is always a fun time!



BAND-MRS. HOOKER



The Bath County Elementary Bands performed beautifully on the December 13th concert! Thanks to the students for their hard work and to all the parents, family members and friends that attended! We had well over 900 people! What a great experience for our students!

We are already at work on repertoire for future performances! Fifth grade students just received their first sheet music and both the sixth and seventh graders have new pieces as well. They are working on scale fundamentals as well as tuning and playing "in time." We have experimented with metronomes and tuners and know how each of our instruments gets tuned and how to read metronome and style markings! Please remind students that band days are Monday and Thursday and they need folders and instruments on those days!

Several students auditioned in the fall and were accepted into All Area Band! Mary Dressler will be participating from MES on clarinet! BCHS is hosting the event this year! It will be held on February 15th and 16th. The concert is at 4 p.m. in the BCHS auditorium on Saturday, February 16th.

Word Search

Cupid has misplaced 16 words below. Help him find them by looking up, down, backwards, and diagonal.

AL	KG	JB	ES	T	F	R	I	E	N	D	S	D	F	L	K	J	E	W	R				
AL	K	G	J	L	W	V	J	R	E	I	O	U	P	B	O	I	U	V	X	C	I	S	
F	A	L	S	D	F	J	A	A	L	D	F	J	L	N	B	I	X	P	U	O	H	U	
B	E	M	I	N	E	O	V	D	L	I	X	B	O	B	U	O	P	O	X	I	O	V	K
L	K	J	A	L	K	J	N	B	O	E	U	C	V	P	E	Q	O	I	E	B	C	O	L
S	W	E	E	T	H	E	A	R	T	A	N	A	E	O	I	L	U	L	Y	U	O	B	R
A	S	L	D	K	J	L	K	J	O	P	I	T	B	O	I	Q	O	O	P	O	L	B	M
L	P	Z	T	U	R	I	E	O	K	B	J	K	I	C	I	U	B	V	O	X	A	U	
L	K	A	A	L	K	J	N	B	O	I	U	C	R	N	B	Q	O	E	E	B	T	O	K
A	F	I	R	Y	C	A	N	D	Y	O	I	A	D	O	E	F	U	Y	G	D	E	R	O
C	S	L	D	R	J	L	K	J	O	P	I	U	S	O	I	S	U	O	P	O	S	B	S
U	A	Z	O	U	O	I	E	O	K	B	J	K	S	C	I	U	B	U	O	X	I	U	E
P	K	N	A	W	K	W	N	B	O	I	R	C	U	P	H	Q	O	K	E	B	T	O	C
I	L	I	D	Y	E	A	S	B	P	O	O	A	U	O	I	E	U	P	O	R	I	G	R
I	S	L	D	K	J	R	K	J	O	P	S	U	P	O	I	Q	A	E	P	O	I	B	E
L	P	Z	T	U	R	I	S	O	K	B	E	K	L	C	I	U	B	R	O	X	I	U	T
L	K	J	A	L	K	J	N	B	O	I	S	C	U	P	B	Q	O	K	T	B	T	O	K
A	L	I	C	U	P	I	D	B	P	O	I	A	D	M	I	R	E	R	L	I	G	H	O

CUPID	BE MINE	SWEETHEART	BEST FRIENDS
ROSES	CANDY	ARROWS	VALENTINES
SECRET	LOVE BIRDS	I LOVE YOU	CHOCOLATES
HEART	ADMIRER	FLOWERS	BELOVED

Sweet Little Scrambler

Care to take a peek at our candy cart? Unscramble the words below to see what you'll find!

1. LIOLPLOP _____
2. RILCEOCI _____
3. MUGMY RASBE _____
4. BLEBUB MUG _____
5. RAWKSARJEBE _____
6. LUGMLASB _____
7. TONOCY NAYDC _____
8. MEPPINSERTP _____
9. LATM SLABL _____
10. OAHOTCELC _____
11. SPORUDMG _____
12. FAYFT _____

ANSWERS: 1. Lollipop 2. Licorice 3. Gummi Bears 4. Bubble Gum
5. Marshmallows 6. Gumdrops 7. Jawbreakers 8. Gummy Worms 9. Hard Seltz 10. Chocolate 11. Gumdrops 12. Fairy

FLU?

As many of you are aware, we are in the midst of flu season. Just a reminder, please DO NOT send your children to school if they have fever, aches, vomiting, diarrhea, etc. Children must be fever free for 24 hours, without medication, before returning to school. While caring for your child, here are a few tips to help prevent the spread of flu germs: wash your hands frequently, wipe surfaces that are frequently touched by others, teach your child to cough into their sleeve, do not touch your eyes, nose and mouth, & drink out of paper cups to prevent spreading flu germs.