

Calendar

- 4/16/10—2nd Gr. Field Trip
8:30am-3:00pm
- 4/20/10—Young Author’s Celebration –Gr. 2-7 @ BCHS 10:00am
- 4/20/10—Family Reading Night
6:00pm
- 4/21/10—Millboro Night @ Cucci’s 4:00pm-8:00pm
- 4/26/10—Rising 8th Grader Parent Night @ BCHS 7:00pm
- 4/27/10—Cap and Gown Pictures -preK-K 1:30pm
- 4/27/10—Band Recruitment Parent Night @ BCHS 6:00pm
- 5/2/10—Longerberger Basket Bingo 2:00pm
- 5/4/10—BCPS School Board Meeting 7:00pm
- 5/5/10—Garth Newel Music Program 1:30pm & 2:15pm
- 5/10/10—K & 1st Gr. Field Trip—8:30am-3:00pm
- 5/19/10—Millboro Night @ Cucci’s 4:00pm-8:00pm
- 5/26/10—Substitute/Volunteer Banquet 6:00pm
- 6/1/10—BCPS School Board Meeting 7:00pm
- 6/3/10-6/4/10—Gr. 7 Field Trip to D.C.
- 6/4/10—Accelerated Reader FT 10:00pm-8:00pm
- 6/3/10-6/4/10—Hunter Safety Education Grade 6
- 6/7/10—preK-K Promotion 7:00pm
- 6/14/10—Gr. 7 Promotion 7:00pm
- 6/16/10—Early Release 12:30pm Last Day of School



The Wildcat Mews

SOL Testing Schedule Released

The Standards of Learning Assessments will be administered during the window of May 26th and June 3rd. Parents will find quick and easy tips to help your child achieve success on these tests throughout this newsletter. It is important that your child attend school on these dates so that make-ups can be kept to a minimum. You can be assured that your child’s teacher has prepared him or her to be successful. Questions about the Standards of Learning tests and its process can be directed to either your child’s teacher or you may contact me here at the school.

WEDNESDAY, MAY 26th

- Third Grade Reading
- Fourth Grade Reading
- Fifth Grade Reading
- Sixth Grade Reading

THURSDAY, MAY 27th

- Seventh Grade Reading
- Make-Ups

FRIDAY, MAY 28th

- Third Grade Math
- Fourth Grade Math
- Fifth Grade Math
- Sixth Grade Math

MONDAY, JUNE 1st

- Seventh Grade Math
- Third Grade Science
- Fifth Grade Science

TUESDAY, JUNE 2nd

- Seventh Grade Social Studies
- Sixth Grade Social Studies
- Fifth Grade Social Studies
- Make-Ups

WEDNESDAY, JUNE 3rd

- Third Grade Social Studies
- Fourth Grade Social Studies
- Make-Ups

MONDAY, JUNE 7th

- Make-Ups

Tobacco Use on School Premises Prohibited

From School Board Policy JFCH

TOBACCO-FREE SCHOOL FOR STAFF AND STUDENTS

Smoking, chewing or any other use of any tobacco products by staff, students, and visitors is prohibited on school property.

For purposes of this policy:

“School property” means:

A) All interior portions of any building or other structure used for instruction, administration, support services, maintenance

or storage.

B) Any indoor facility or portion of such facility owned or leased or contracted for and used for the provision of regular or routine health care, day care, or early childhood development (Head Start) services;

C) All vehicles used by the division for transporting students, staff, visitors or other persons.

“Tobacco” includes cigarettes, cigars, pipe tobacco, snuff, chewing tobacco and all other kinds and forms of tobacco

prepared in such manner as to be suitable for chewing, smoking or both. “Tobacco” includes cloves or any other product packaged for smoking.

“Smoking” means the carrying or holding of any lighted pipe, cigar, or cigarette of any kind, or any other lighted smoking equipment, or the lighting, inhaling, or exhaling of smoke from a pipe, cigar, or cigarette of any kind.

This policy shall be published in student handbooks, posted on bulletin boards and announced in meetings.

Coins for a Cure



The Coins for a Cure fundraiser for the American Cancer Society will begin on April 26th. Please begin to save coins for this worthy cause. A container and instruction sheet will be sent home with your child on the 26th. Containers will be collected for future use when this event is over.

Kindergarten

The 3rd nine weeks was certainly wild and crazy with all of the snow. It made it very difficult to start and complete units in Kindergarten. We were finally able to finish our unit on the two great president's Abraham Lincoln and George Washington. We read many books about their life growing up and the great things they did for our country. We also did a venn diagram to show likenesses and differences in the presidents. It was amazing to hear the student's responses on how these men were alike and different.

We also celebrated Day 100 in March. It was a fun day filled with many activities allowing us to count to 100 in many different ways. The students worked together on many projects counting 100 objects. We counted by 1's, 5's and 10's. I am impressed at how hard they worked.

We celebrated St. Patrick's Day on March 17th. The students entered the room that morning to find that the leprechaun had visited leaving a trail of fairy dust and special treats. He returned at different times during the day to play tricks on us by

messing up our room and leaving treats. We made snack that day with magic powder. It somehow disappeared and we went on a scavenger hunt to find it in time for snack. It was a fun day but the students were let in on the secret at the end of the day that leprechauns do not really exist and the treats and mischief was done by Mrs. Black and Ms. Julie. Many thanks to these ladies for making our day adventurous.

Second Grade

The snow has melted and students are so happy to see the nice weather. It's been such a joy to take the students outside. We had many teachable moments outside where we watched clouds to see what our next weather would bring. We talked about temperature, rainfall, severe storms, how we measure wind and air pressure. We understand the importance of learning about Weather and how we can protect ourselves

from it.

In Reading we are learning about how people lived long ago. We read the story Sarah, Plain and Tall. We will start Tall Tales when we get back from break. Students will participate in a mock one-room school house day. They will dress up like the olden days, we will pretend to walk to school, they will carry their lunch in a basket, put their books on a strap and we will eat outside.

We will watch the weather to see when a good day will be. Plan your costume ahead of time. Boys usually wear white shirts with jogging pants rolled up and girls usually wear dresses with bonnets. We play games such as hoop and stick, jump rope, marbles and more. If you have an idea you would like to share with the children let me know.

During Easter the students read Bentley's Egg. They each made a pretend egg that they had to carry with them all day to take care of. They couldn't let it out of their sight or someone could take it. Many of the children will be very good caretakers.

SOL TIP #1

Get a good night's sleep. You will feel more refreshed and awake!



Third Grade

Snow? Ice? Cold Temperatures? We are so glad those winter weather words have been put away!

In Reading we read a book by Beverly Cleary called Muggie Maggie. Maggie was being contrary (ask us what this means) about learning to write in cursive. Luckily, we don't have any contrary children in this room with our cursive reading and writing! We also read One Hen by Katie Smith Milway who will be the Young Author's celebration guest

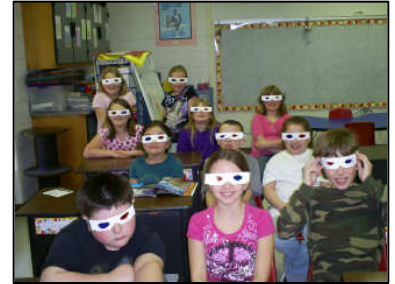
speaker. We have 9 students so far who have earned the 25 points to attend the surprise field trip at the end of the year.

Math time finds us working on many skills with multiplication as a daily activity. Soon we will be going to Mr. Balgavy for the flash card test to earn the 0-5 certificate.

In PE we enjoyed the Winter Olympics. Our country was Austria. We posed for group pictures after the opening ceremonies. We had a great pres-

entation from the VA Museum of Fine Arts on Ancient Greece and Rome.

The Weekly Reader this year has been fun with slide shows, short videos, and interactive maps and charts to go along with the main story in each issue. We even made 3 D glasses. Aren't we cute?



Fourth Grade

WOW! What a short nine weeks we had this time. Since, we spent roughly half of the nine weeks on vacation; everyone read the same book, Ghost Cadet, when we returned to school. That book is a wonderful example of historical fiction. The students generally like the book because it highlights the role the VMI cadets played in the battle of New Market during the Civil War. In math, we started reviewing multiplication and some division. Please keep reviewing the basic multiplication facts at home. They are still not automatic for many of the students. We also worked on geometry. Students should be able to find perimeter and area now. They also should be able to identify different types of shapes. We went over the Civil War and

Reconstruction in Virginia in Virginia Studies. In science, we had to finish up electricity for the first part of the nine weeks. Then we started looking at water and weather. We also planted potatoes in our school garden. I am hoping that we can do more with the garden in the last nine weeks of the school year since the purpose of the garden is for the students to learn not to give me something to do over the summer.

Next nine weeks, we will be working on weather, how the solar system affects the Earth, and motion. We also will be spending time in the garden. If any of the students has an old pair of shoes that could be left at school for them to use in the garden, then I would do that. I

will try to let them know when we are going out but I can't guarantee they will always know. In Virginia studies, we will be studying the nineteen hundreds. We do not go into the world wars. We only look at how the global events affected Virginia. If any of you have family members that like to share stories from when they were young, then please let me know. It's very interesting for students to hear about how things were like fifty years ago. They are always amazed. In math, we still need to cover measurement, probability, and beginning algebra. We will also spend a huge chunk of time reviewing Virginia studies, reading, and math in preparation for the SOL tests in late May and early June.

SOL TIP #2

**Eat a wholesome
breakfast!**

Grades 5-7 Social Studies

Is it really April already? Wow! Time is flying! Despite the slump of winter, fifth grade has been doing wonderfully. Spelling has been going great and they've read some really cool biographies this past nine-weeks. These biographies are leading into a research/presentation project that's just around the corner! Spoiler alert! Fifth-graders will choose a famous person to research and present to the class. I can't wait to see who they choose!

In History, fifth-graders have learned about our "living" Constitution and the dreaded Articles of Confederation that just weren't cuttin' the mustard in our new country. They also learned about what our first

five presidents did for the new nation. Now we're heading into the Civil War!

As always, don't forget to visit my webpage at <http://sharepoint.bath.k12.va.us/mes>. Click on Classroom/Department Websites and find my name. Be sure to click the US History I or Reading tab to see what's happening in fifth grade.

As predicted, sixth-graders have really enjoyed learning about World War II and how our country got involved in 1941. I love their enthusiasm and hope it continues as the pretty weather arrives. We're coming close to a close in US History II with only a couple

units left after WWII. Let's help these guys stay positive!

Economics, not so much civics, has been the focal point in seventh-grade Civics and Economics this time around. They've learned about the various economies around the globe, how they work, and what type they're living in. I think some understanding of how things are going in the world has developed as they've seen how intertwined resources really are. As always, I suggest lots of "taking notebooks home to study" as we finish up the year. The class isn't easy and the SOL isn't going to be any easier. Thanks for all your help and support!

Grades 5-7 Math

I'll not make any mention of any type of inclement weather in this news update as I have in my previous two newsletters. Bad luck and we have had enough of that!!

Despite the many interruptions our school has endured since early January, all upper block grades have kept a good work ethic and are working diligently to complete our required SOL objectives by mid-May, if possible.

Fifth, sixth and seventh graders are all required to master anywhere between 16 and 23 math objectives by the time the test rolls around. In each of the

three upper block classes we have covered well over half of these objectives and we hope to begin to concentrate mightily on reviewing for the big tests in late May or early June.

I will be increasing the homework load somewhat over the next few weeks and, while trying to keep it as light as possible, there will be times when there will be more homework assignments than I normally give over the course of the year. Parents, please ask your children if they have math homework and help them get assignments done in a timely fashion. Your help is of utmost

importance during this critical time of year.

Lastly, give your child a pat on the back for a job well done in becoming a better student in all of his/her subjects.

One more note in closing. The fifth grade really did a great job in preparing for their writing SOL taken in mid-March. I feel very confident that, with the added efforts of Mr. Crawford, *these kids did a super job*. Ask your children what their writing prompt was and what they wrote about. They are to be commended. Good job fifth grade!

SOL TIP #3

**Dress comfortably.
Bring a sweater in
case the room is
cold!**

Counselor's Corner

We have had lots of fun the past nine weeks in guidance. Students continue learning about a variety of topics and developing new life skills. In Kindergarten, we learned about showing kindness and respect to others. First grade addressed the issue of tattling, and learned about appropriate times to seek help from an adult. They also began exploring different careers. Both Kindergarten and first grade learned about good

behaviors and positive interactions with others. Second grade learned about honesty and the value of being trustworthy. They also continued work on manners. Anger management was a focus for third, fourth, and fifth grade. Third grade also learned about friendship, while fourth graders worked to improve their communication skills. Exploring emotional expression was another topic in fifth grade. The focus for sixth grade was pre-

venting bullying, harassment, and violence. They also learned new conflict resolution skills. Seventh grade has been learning about healthy relationships. They have also begun preparation for the transition to the high school. A parent night is planned for April 26 at 7:00 to assist parents in preparing students for high school. This night is open to all parents/guardians of rising 8th graders. I hope to see you there!

SOL TIP #4

Take a deep breath to relax. Anxiety may reduce your confidence and be an obstacle to doing your best!

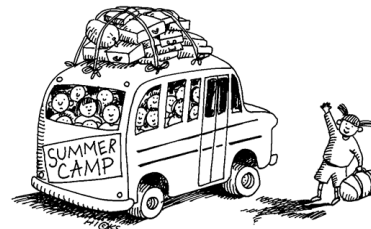
Summer Camp Opportunities in Virginia

Hey Parents,

Looking for a cool summer camp for your child? Millboro has compiled a list of popular day, overnight, and extended camps for your child to participate in over the summer. Visit their websites to find out more!
www.camphiddenmeadows.com
www.gamecamp.com

www.cheerioadventures.com
www.campcarysbrook.com
www.campfriendship.com
www.campglenkirk.org
www.campglensva.com
www.camproanoke.com
www.campvirginia.com
www.easydoesitranch.net
www.ferrum.edu/fcsec

www.foxchasefarm.net
www.makwoods.org
www.virginiaschooner.org
www.eagle-landing.com



Grades 5-7 Science

It has been a somewhat short but very productive quarter for fifth, sixth and seventh grade science students. Even with snow days, we have managed to cover most of the work we needed to. I postponed the Quest Projects, which will start about the second week in April and will be due early in June. Grade 5 has completed both a

study of the oceans and related topics and the science of sound. As always they did a great job, and are ready to begin studying light.

Grade 6 has worked on measuring and has been working recently on pre-chemistry, probably the largest topic we cover.

Grade 7 completed a study of genetics, ecology and has recently completed biomes. They are beginning the study of animal phyla.

Watch for the sheet on Quest projects. These are done as an alternative to the spring research paper, so most students choose to do the projects.

Title I

This spring the flowers aren't the only things blooming! Reading students are really starting to pull their skills together! The kindergarteners know most of their letters, and are working on matching beginning sounds and rhyming words. They are also learning to read simple books and poems as they develop their concept of word. Recently they read a book about a boy getting a new puppy, and they all wrote about their pets. Both first grade groups have been reading short vowel word families, and are watching the punctuation as they read to improve how they sound when they read. You should hear the excitement when they see an exclamation point!! They are also writing about the beginning, middle and end of stories they read. Second graders really STINK lately...they are reading about a boy called Stink (his sister says he's as small as a stink bug), who worries that he isn't growing, but admires James Madison and loves his class pet Newton the newt. They completed a poem about the newt's untimely disappearance down the sink drain, and have learned a lot about James and Dolly Madi-

son. They continue to love spelling sort drills using long vowel pattern words. After completing their digital story-book about animal habitats, third graders switched to reading a fictional story about a girl who is blind during the late 1800's. They have learned about Louis Braille, and have even written their names using his alphabet code. The Civil War has driven the reading assignments for fourth graders recently. We read together Patricia Polacco's newest book called *January's Sparrow*. It is a moving story about a slave family who runs away to safety only to be found years later by their owners. We continued on the Underground Railroad by reading a biography about Harriet Tubman, and writing summaries of the different stages of her life. We have also been looking at the primary sources of information used for the historical fiction novel *Ghost Cadet*, which they have just completed reading in their classroom. We will continue to focus on vocabulary and comprehension skills necessary for the SOL testing this spring.

All of the students have recently enjoyed hearing about

author Jan Brett. Several MES teachers were able to meet her at the state reading conference in March. She talked about her inspiration for her books, and shared her beautiful artwork. Many classes read her newest book, *The Easter Egg*, and enjoyed her dazzling illustrations and touching storyline. You can find follow-up activities on her website- <http://janbrett.com>. Our school will continue to celebrate authors during the month of April as we travel to BCHS to hear author Kate Smith Milway speak about writing her book *One Hen*. It is a true story about a boy's success in beginning his own business. She has a wonderful website with more information about the book and fun games-visit <http://www.onehen.org>. Also, be sure to mark **April 20th** on your calendar for the next family reading night!!



SOL TIP #5

When taking a multiple choice test, eliminate the wrong answers first. There is no penalty for guessing on the SOLs.



St. Jude's Bike-a-thon

The St. Judes Bike-a-thon will be held on April 24 at Millboro Elementary from 9 am to 11 am. Permission sheets were sent out on April 7. If your child has not signed up but would like to participate, please contact Mrs. Madison as soon as possible. Last year the riders raised \$2, 656!

Music

Classes have continued to be busy during the past few weeks. Patriotic Music has been a huge topic in most classes during the third nine weeks. Each class has focused on one Patriotic song. Students are working to learn the words of this song as well as the meaning of these words. The overall plan is for students to know several important Patriotic songs by the end of fifth grade.

Pre-School students have spent most of their music time participating in singing, playing instruments and movement activities. We have so much fun!

Kindergarten students have been learning about the parts of the guitar and the auto-harp. They continue to participate in lots of movement activities as well as classroom singing.

First Graders have been learning about several musical notes and participating in rhythmic activities. They continue to build their repertoire of songs. These students love to sing and play rhythm

instruments! First Grade's patriotic song is This Land is Your Land.

Second grade is currently reviewing the trumpet, flute, violin and bass drum. Students can recognize these instruments by sight and know several characteristics of each. We will be working on recognizing them by sound during the next few weeks. America the Beautiful is the Patriotic song that second grade is learning.

Third Grade is now studying about the Woodwind Family. The Percussion family will be next! Third grade has learned so much about reading music and understanding musical symbols. I am quite proud of them. Third grade is studying the Star Spangled Banner, our national anthem!

Fourth graders are currently learning to play the Recorder. Students have learned five notes and will continue working with the recorder until the sometime in May. The fourth grade has talked about our "old" State song – Carry Me Back to Ole Virginy. We have been introduced to current state

song – Oh, Shenandoah.

Fifth Graders are learning about the Music of the Twentieth Century. We are looking at the important styles of music from each decade. We are introduced to outstanding performers of each decade. Listening devices are an important part of our class discussions as well. The Patriotic song for this group is The Fifty States in Rhyme. Be sure to have a fifth grader sing this for you. We are currently about half way through it! Fun song!

The sixth grade class spent a lot of time learning about Ludwig van Beethoven. We talked about his life and listened to several of his musical compositions. Next we have been talking about our singing voice and the various voice parts.

Seventh grade enjoyed playing the guitar for several weeks. Students learned to play Happy Birthday, Louie, Louie, Smoke on the Water and Iron Man.

Grades 6-7 English

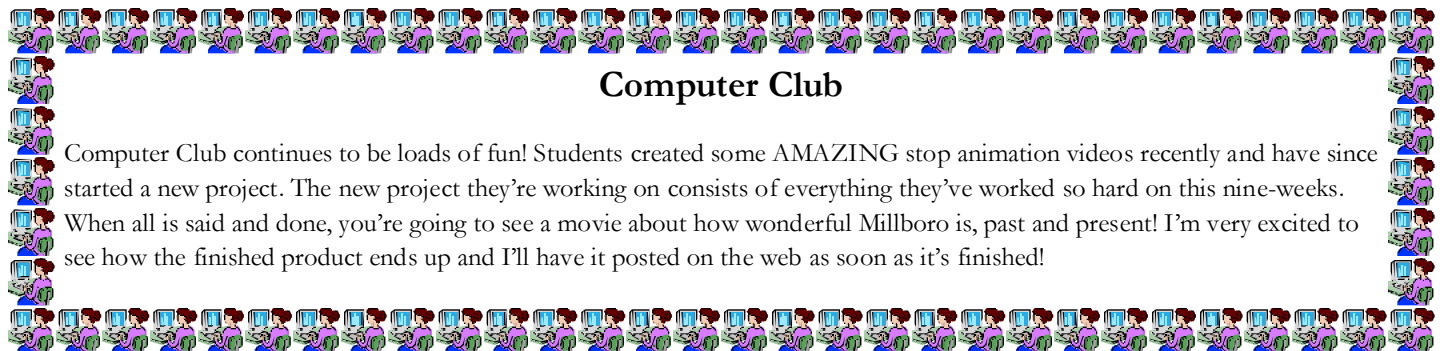
Well, we are in the home-stretch now. It is the last nine weeks and we are gearing up for SOL's. For the last nine weeks, we will go back to the Book Report Bingo. Keep an eye out for the bingo sheets. They will be on pink paper. Both 6th and 7th grade have

finished the novels they were reading, [A Day No Pigs Would Die](#) and [Number the Stars](#). Seventh grade has started the novel [The Outsiders](#), which will take us until the end of the year. Both classes will continue with spelling and the Daily Language Reviews. However,

as we get closer to SOL's, we will not work on the Daily Language Reviews. Make sure that all homework is completed every night and that your child is reading. If you have any questions, please do not hesitate to contact me.

SOL TIP #6

Do not let other test takers distract you—It makes no difference who finishes first!



Computer Club

Computer Club continues to be loads of fun! Students created some AMAZING stop animation videos recently and have since started a new project. The new project they're working on consists of everything they've worked so hard on this nine-weeks. When all is said and done, you're going to see a movie about how wonderful Millboro is, past and present! I'm very excited to see how the finished product ends up and I'll have it posted on the web as soon as it's finished!

Box Tops for Education

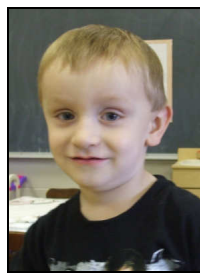
	September	October	November	December	January	February	March	TOTAL
Brunner	1	226	5	16	20	24	21	313
Armstrong	71	112	24	5	49	48	80	389
Whitson	3	98	36	47	85	52	58	379
Hepler	138	117	400	50	95	0	250	1050
Madison	32	120	22	46	98	0	21	339
Manion	65	140	30	114	46	113	130	638
Crawford	132	174	44	55	103	51	117	676
Hardbarger	217	189	43	62	71	9	166	757
Hendrix	116	62	17	271	96	47	71	680
Miller	6	256	6	20	30	6	58	382
TOTAL	781	1494	627	686	693	350	972	5603

Preschool

We are growing! Sure our little bodies are growing, but our class is growing too! We welcomed a new friend to preschool. Nickolas joined preschool in March! He seems to be having a grand old time and is adjusting to routines quickly! If you see him out and about in the school, be sure and welcome him with a "Hi!" Our entire school begins each day with a moment of silence, followed by the Pledge of Allegiance and then we finish by saying our Wildcat Pledge! The last few weeks, the preschool children have said both pledges on the BIG LOUD intercom! Sure wish

you could have heard us! You know we are only 3, 4 and 5 years old and we did our very best! Our latest travels took us to the Goshen Library. We went down to see Daisy the Pot Belly Pig and her friend Farmer Minor! That pig sure loves books and we sure loved meeting Daisy! Mrs. Brunner gave that silly little pig a smooch right on the top of her head! Since we have been talking about Folk Stories on the Farm, Daisy fit right into our theme! Now we are learning about Daily Life in Many Lands. Did you know that children, all over this huge world go to school? Some

walk to school, some ride boats, some stay home and watch school on TV. The amazing thing is we are all the same little people. Our skin may be different colors and sometimes our words are not the same. Our clothes may look funny and we may not even wear shoes. But, inside our hearts and minds we are all the same- we are all growing and learning! We hope that this lesson stays in our hearts for always. Our school days are getting warmer and Mr. Sunshine welcomes us outside to play and learn. We'll have plenty of adventures in the last few weeks of school to share.



First Grade

HOORAY! We finally got to celebrate the 100th day of School on March 4th. After doing many 100 Day activities, kindergarten and first grade made a 100 Day bulletin board. Each student used 100 stickers on their 100th day sign. Now that's a lot of stickers!

First grade has been doing an 'author study' of a well-known author, Jan Brett, (which happens to be one of Mrs. Whitson's favorite authors.) We have read several of her books, which include *Fritz and the Beautiful Horses*, *Armadillo Rodeo*, *Trouble with Trolls*, *The Hat* and others as well. One of the children's favorite stories was *The Mitten*.

To develop a better understanding of story sequence, the children worked on Language Arts SOL's 1.1b (tell and retell stories and events in logical

order) and 1.9g (retell stories and events, using beginning, middle, and end). Each student was responsible for making their own mitten. They also prepared a set of the animal characters to use as story prompts. Then, they retold the story using the characters and their mitten. I hope that they shared the story with you when they brought their story pieces home.

These pictures show the students working hard to make their mitten. First, each child traced and cut out their mitten. Then, they punched holes around the sides of the mitten. Next, they worked together to measure 3 feet of string to use for lacing their mitten. Then, each student laced their mitten. Finally, they illustrated their mitten before the retelling began.

Another book written and illustrated by Jan Brett that the children thoroughly enjoyed was *The Easter Egg*. Mrs. Lancaster came to our classroom to share that story with us. What made this author seem 'real' to the children was the fact that Mrs. Lancaster and I actually got to meet Jan Brett at the Virginia State Reading Association Conference in Virginia Beach in March. Therefore, we were able to share Jan Brett's love for books, animals, and children through pictures and stories that Mrs. Brett shared with us. Included are pictures of (1) Jan Brett's bus painted like the book cover of *The Easter Egg*, (2) Hedge, a character from her books, and (3) Jan Brett holding a copy of her book, *The Easter Egg* after autographing it for Mrs. Whitson's First Graders!



Library

All students in grades **Kindergarten** through **third grade** participated in the Virginia Reader's Choice Contest. Each year, members of the Virginia State Reading Association choose ten top books. Students listen to the ten books and vote which book is their most favorite. Votes are tallied across the state of Virginia and the top book is determined. This year, Millboro students voted *My Chincoague Pony*, by Susan Jeffers as the top book in the primary category.

In addition to the Virginia Reader's Choice contest, **Kindergarten** students began to check out library books. We learned about using shelf markers to help us keep the books in order.

First grade students are discussing authors and illustrators. We watched a video about Patricia Polacco. She showed us how to

decorate a Pysanky egg in the Ukrainian tradition her Grandmother taught her.

Second grade students have practiced alphabetical order, parts of a book. We are exploring the arrangement of easy and fiction section of the library.

The **third grade** is finishing the book *The Autobiography of Bill Peet*. We learned a lot of information about Walt Disney while reading Mr. Peet's book.

Fourth grade students reviewed the use of OPAC, the Dewey Decimal System and locating non-fiction books. We are ready to begin a state research project using print and on-line encyclopedias.

Fifth grade students practiced for their writing SOL test by using their creativity to incorporate a main character, a problem or

plot and a setting into a story. Some of us are very creative! Currently we are preparing for SOL testing by reviewing reference materials.

Sixth and Seventh grade took a look at various women in history. Some of our projects can be seen in the library windows. We also refined our listening skills by reading *CLUE Mysteries*, a book based on the popular game by the same name.

Spring Book Fair will arrive at Millboro during the week of May 3rd. This is a one week, sale priced fair. Books will be, buy one, get one. Look for more information about an after school parent event. The CFE has issued book bucks to students who participated in the school fundraising events.

What's Cookin' in the Clinic?

Spring Sports and an increase in outdoor activities often bring the opportunity for over-exposure to the sun, so be sure your student applies an appropriate SPF sun-screen at regular intervals for the time of sun exposure, especially if he or she must be outside before 3:00 p.m. when the UV rays (ultra-violet) are more intense.

Plenty of fluids are also very important. A rule of thumb that still applies is 8-10 glasses of water each day--not always easy, even if it is "good for us!!" Gator-ade, and other similar sport drinks are a good source of fluid and electrolyte replenishment, and if your student doesn't like "good old H₂O", flavored water is always a great alternative!

With Spring also comes the beauty of flowers, the return of leaves on the trees and green grass in our yards and fields--and oh yes, one can't help but notice that fine layer of "yellow pollen" and how for some who happen to be affected by allergies, we might see an increase in sore throats (especially when first getting up in the morning), itchy, watery eyes, dark circles under the eyes, known as "allergic shiners", sneezing, runny nose, post-nasal drainage, hoarseness, cough and even fatigue. Normally, you won't see a fever with an uncomplicated episode of allergy, but since allergies do affect the immune system, a fever that accompanies a spring allergy should not be ruled out as an allergy symp-

tom. As the parent, if you are uncertain about allergy verses infection, it is always wise to err on the side of caution and consult your Medical Practitioner to assure proper treatment to benefit your child--after all, it's no fun being sick, and allergies left untreated can lead to other complications and make chronic conditions such Asthma and Acid Reflux worse! And don't forget "BEES"! It is very important to be prepared if anyone in your family has a bee sting allergy--do you have a prescription for an "epi-pin"--do we have one for your child's use at school in an emergency??

Head Lice is one topic that most of us dread discussing, but is something that simply is, so please do not be embarrassed if one or more of your school-aged children would ever happen to have head lice. Good hygiene is important, but doesn't make any one of us immune from these highly transmittable little insects!! Late winter and spring can bring an increase in head lice activity, so be aware, and if you are suspicious or know that your child has lice please keep them home and contact the school as soon as possible. The school can provide treatment information and offer advice regarding the child's return to school. Another good resource for the treatment of head lice is our Health Department.

What to look for: Scratching of the head more than usual, and possibly even the complaint that, "It feels as if something is crawling on my head"; when you check the child's head, use good lighting and a pencil or comb to allow you to check close to the scalp. Small, dark insects crawling on strands of hair close to the scalp, or actually on the scalp, and small gray or white eggs (called nits) attached to hair strands--(not to be mistaken for dandruff, which can easily be brushed from hair), These are the tell-tale signs of lice infestation--and remember, at this stage it is highly communicable for anyone who comes in close contact with the person who has lice! In today's world we place great emphasis on "sharing" but it is always timely to speak to our children about the importance of not sharing certain personal care items and clothing, including hair brushes, combs, hats, scarves, headband, hair scrunchies--any item that lice could be transferred from one person to another on!! Thank you for being alert, and hopefully none of will have to be worried by these little pests!!

Last Month was "Brain Injury Awareness Month," but it is always timely to emphasize the importance of "an ounce of prevention"--always buckle your safety belts whenever possible, always use appropriate safety head gear, while bike riding, horse-back riding, skateboarding, or riding, even as a passenger on a 4-wheeler/ATV! Remember: Safety First!!

Physical Education/Health

Physical fitness training and testing will be taking place in physical education classes at MES over the next nine weeks. Students will be coming home with practice test scores from the fall and will have individual goals to work toward.

Testing involves endurance, upper body strength, flexibility and abdominal strength. Students will be taught activi-

ties they can do at home to improve in these areas of individual fitness. Encourage your sons/daughters to be physically active at home.

The MES Olympic Games were a success. Thanks so much for the support at the Opening Ceremony and during the events. The students loved having you there to watch the competitions.

Students in grades 4-7 will be bringing information home concerning classroom Family Life instruction within the next week. Mr. Hardbarger teaches the boys' portion of the class and I teach the girls' portion. Please keep an eye out for this information and return the permission slips. Thanks for all your cooperation and support.

Spring Flowers Search



O F V G C U D B Y L I L
 D S L L E B E U L B C A
 A S V I O L E T S T G D
 F P O P P Y C T T J T Y
 F O R G E T M E N O T S
 O R I N Y X C R O C U S
 D D S U S S I C R A N L
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BLUEBELLS
 BUTTERCUPS
 CROCUS
 DAFFODILS
 FORGET ME NOTS
 HYACINTH
 IRIS

LADY'S SLIPPER
 LILY
 NARCISSUS
 PHLOX
 POPPY
 SNOWDROPS
 TULIPS
 VIOLETS





MILLBORO ELEMENTARY SCHOOL

LONGABERGER BINGO

May 2, 2010 2:00 PM

411 CHURCH STREET

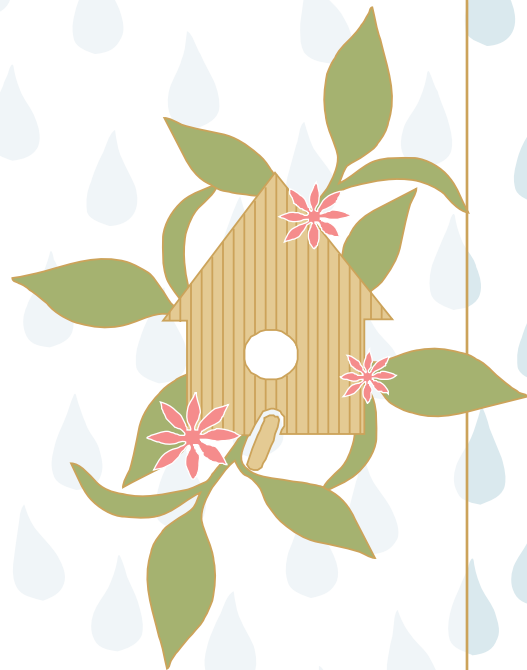
MILLBORO, VIRGINIA 24460

DOORS OPEN AT 1:00 PM

TICKETS:

4 CARDS/\$25.00 IN ADVANCE OR 3 CARDS/\$25.00 OR 1
CARD/\$10.00 AT THE DOOR

Join us at MES for Longaberger Bingo! There will be door prizes, food and drink, and a 50/50 basket raffle! If you have any questions, call the school at (540)997-5452 Evening: (540)969-9655 or (540)292-1325



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