

# Buena Vista Elementary School

## Tiger Times

**Vision:** We will create a community where each child is safe to explore and learn.

### Mark the Dates!

#### March

- 3 Skate Night at Skate City
- 4 PTA Meeting, 6pm in Conference Room
- 5 Picture Day – Class and Individual
- 7 No Students – Professional Development Day
- 11 BAAC Meeting, 6pm in Conference Room
- 14 Movie Night, 6:30 pm in Gym
- 24-28 No Students - Spring Break

#### April

- 1 PTA Meeting, 6pm in Gym
- 8 BAAC Meeting, 6pm in Conference Room
- 11 Art and Pie Night, 6pm
- 17 Spring Musical, 4<sup>th</sup> & 5<sup>th</sup> grade, 6:30 pm
- 18 Movie Night, 6:30 pm in Gym
- 25 Kindergarten Registration
- 25 No Students – Assessment Day
- 28 Spring Concert, 1:45pm and 6:30pm

### Tiger News from the Principal:

This month I want to focus on what we can do to help our students do well on the CSAP testing. The 3<sup>rd</sup> graders started their CSAP reading tests in February. During the month of March (10th -21st) all 3<sup>rd</sup>-5<sup>th</sup> graders will take tests in several of the curriculum areas. During February, teachers helped the students understand different strategies to use in completing multiple choice and short answer responses. They also went over the vocabulary typical of instructions given in the tests, and reviewed some of the test questions from other years' tests. Hopefully, this will help the students feel comfortable.

Now I am asking you parents to help as well. We need to support students in feeling confident that they can be totally successful for the tests. Without a doubt, these are "high stake" exams that have a huge impact on our school. The state uses them for grading and classifying our school and progress; the parents use the scores as a measure of the school's success, as well as their own children's progress, and the teachers use the results to help them lesson plan for your children for the upcoming school year. There is not doubt that we must all take these tests very seriously.

But at the same time, we must also be supportive and not nervous. How can you help?

- Talk about the tests so your children understand they are important, but not life threatening!!
- Tell them how important it is to do their best, and to COMPLETE ALL SECTIONS (this is very important), even if it seems too hard.
- If they feel they don't know something, they should skip it and go on to the next questions. They can always go

back to the harder questions when they have finished the section. If they still don't know the answer after eliminating the obvious wrong answers in multiple choices, they should guess and fill in at least one of the two remaining choices. This gives them a 50/50 chance of getting it right, and they will have thought through the process of eliminating the bad choices.

- Tell them it is important to explain their answers to math questions and any others if they are asked to show short responses. Anything that says "Show your work" or "Explain your answer" or anything that looks like "show or explain" require a short response answer. These are the questions that carry 3 to 5 points to them, so it is important they show more than just their computations. Please practice this at home so your children feel comfortable with the process.
- Tell them that they should relax, and not get nervous. It is best to just try to have some fun with the tests by thinking, "Ok, so let's see how well I can do this." Or "Now this is a cool challenge that I can do very well." Words of affirmation and self confidence tend to become true if they think them and say them.
- Be sure you children get a good night's sleep, which means to bed a little bit early and a relaxed morning before they come to school.
- Prepare a healthy breakfast, like bacon and eggs. Lots of protein gives them brain energy. Skip the sugary cereals and prepare whole grains toast and eggs with some form of meat or cheese. This will keep their brains working well.
- Reward them when they get home. Let them relax with good children's videos, or go out and play sports. Take them out yourself if you are home, or take them to a movie that evening, if it is early. Let them know you are proud of their efforts to do well on the CSAP tests, and you want to recognize their efforts with small treats like a favorite meal or playing their favorite game.
- Send them to school with a big hug, kiss and "I KNOW YOU ARE A CHAMPION AND WILL DO YOUR TEST WELL!" kind of peppy departure.

Your attitude toward these tests as parents makes all the difference in the world to your children's success and the eventual outcome.

And then, comes.....Spring Break! Don't forget to tell your children they will have a great rest during our vacation period of March 24-28.

To all of you, I hope and wish you enjoy your family traditions during this time!

Dr. Jade Amick

## **Tiger Bulletin**

### **Music Matters, Ms. Darpino**

The classes are all busy in Music learning music symbols so they can write their own little songs soon. They're doing a good job of reading rhythms, and are beginning to read pitches to go with the rhythms. In many ways, this is the "Math" part of Music, figuring out the rules of writing composition, and making it mathematically add up while sounding aesthetically beautiful. It's not an easy task. We studied the life of Ludwig Von Beethoven and some classes have also studied a bit about Gioacchino Rossini. These two great composers wrote wonderful music, but have passed on long ago. We can still perform and enjoy their Music because they wrote it down for us. Having the knowledge of Music symbols allows us the chance to perform it once again. I'm trying to have the students understand that not all composers are dead but many are still very much alive and write Music everyday. Now they can try their hand at writing a song too.

We're beginning the Spring Program, which centers around the great state of Colorado and ties in with our 4th grade Social Studies unit about our wonderful 38th State. Our performance is scheduled for April 17th, at 6:30 p.m. All are invited to come. Please circle the date on your calendars and make it a priority on that evening, as we need all of the students present on that night. Because it is a school event, I'm asking that it take priority over spring sport, and other activities at this time, for that evening. We need their wonderful voices and help in making our program a successful experience for all classes involved. Please call me at 328-4162 with any emergencies that may arise. Thank you. Happy Spring time coming up...

### **PTA, Lynne Casebeer**

The PTA will be sponsoring a big Spring event on April 11th. Art & Pie Night will highlight our children's accomplishments in the visual and musical arts & Ms. Jessica & Ms. Darpino's wonderful programs. We are excited to sponsor this program and hope that each of you can attend.

We thank everyone who has participated in the PTA activities so far this year. Over the next three months, please make time to volunteer in some way for the benefit of your child, and all of the children at Buena Vista. Remember the Give 3 campaign. You've got 3 months to give 3 hours to make BV better for everyone!! Check with your teacher or Evelyn McCort to help with the All BV Reads campaign.

### **Breakfast Reminder:**

**Students that arrive from 7:30 – 7:50 am will get an open selection. Students that arrive after 7:50 am will get sack breakfast. All students must be in class by 8:00 am.**

**March, 2008**

### **Gifted and Talented, Mary Ann Davidson**

The 2008 Summer Program for Gifted Children will be occurring from June 16 – July 4. For the 27th year, Colorado College will offer a three-week summer program for gifted elementary school students. Children entering grade one through grade six next August are eligible for these courses, which are designed to challenge the children's intellectual and creative abilities. The program brings to the campus, teachers who are experienced and skilled in working with gifted children and who are well educated in their fields. Each teacher has an assistant to help provide the individual attention that gifted children need. Brochures will be sent home. If you don't receive a brochure and are interested in pursuing this program for your child, please let me know.

### **Volunteer Corner, Grace Blea-Nunez**

The music teachers are looking for volunteers for the Band and Orchestra Concerts on April 5th. Please let the music teachers know if you can help with programs, sets, costumes, etc.

Art, Pie, & Silent Auction to benefit the specials (PE, Art & Music) will be on Friday night, April 11. Please pick up letters from the table in the main foyer outside the office to take to businesses you frequent for donations. Also, different forms are available there for any items you would like to donate to the auction. Complete and leave the items on the conference table in the principal's office. Each class will be putting together themed baskets to be raffled off at the auction. Letters will be coming home about your child's theme. Someone is needed to prepare the program for the Silent Auction. Finally, cashiers, table monitors and runners will be needed for the night of the auction. Leave me a message in the Volunteer Coordinator box outside the office if you can commit to any of these jobs.



Backyard Project has ongoing volunteer needs. Contact PTA through their mailbox.

### **BAAC Re-Cap, Suzanne Burkle**

The BAAC meetings are held on the 2<sup>nd</sup> Tuesday at 6 p.m.. February's meeting saw a great turn out with lots of new faces, even parents of pre-schoolers for next year. Questions about the magnet program and process were answered to the best of our ability.

Committee's were assigned and tasks taken up to be looked into and worked on. The proposal will be done hopefully by the end of the month and possibly presented to the school board in March. A show of parent support at that time will be necessary.

## **Tiger Bulletin**

### **Art and Pie Night**

Get ready for Buena Vista's annual *Art and Pie Night* on Friday, April 11<sup>th</sup> at 6pm! Mark your calendars and join us for a fun-filled evening! Art work made by our own BV students will be on display, delicious slices of pie will be for sale, and there will be whole pies to bid on, with one "surprise pie" containing a cash prize that will go to the highest bidder! And that is not all. This year there will be the added bonus of a silent auction! The opportunity to bid on wonderful donated items from area businesses as well as various works of art created by BV's amazingly talented students will be quite exciting! Also, each classroom will be putting together a themed basket which will then be raffled off during the evening. Each child will be able to participate by bringing in an item or items, new or gently used, related to the theme chosen. Then children will be able to purchase raffle tickets during the event as they anticipate winning that special basket, along with other fun prizes! Adults will find themselves enjoying the raffle too! Keep in touch with your teacher/room parent for more information on what your theme will be. Finally everyone will relish the music provided by a selection of BV parents who will be sharing their musical talents with us. The funds raised will be divided for some important supplies between the three specials; Art, Music and PE. Volunteers are still needed to help with setting up and decorating, making homemade pies, soliciting donors, helping with entertainment, and a variety of other necessities. Some jobs are a small commitment of time while others require a little more time. Contact Grace Nunez at [bleanunez@comcast.net](mailto:bleanunez@comcast.net) to find out where you can fit in. There is something for everyone!




### **Pack 24 Cub Scout Activities**

Cub Scout Pack 24 meets every Wednesday at 7pm at Washington Elementary. Interested Buena Vista students in 1<sup>st</sup> through 5<sup>th</sup> grade are invited to come and check out the program. A hiking program is kicking off this month on March 22<sup>nd</sup> with a 2 mile hike at Red Rocks Canyon Park. Please contact Michele Ferrier, 577-4841, or Kathy New, 634-7342, for more information. Kindergartners will be able to join the program starting in June.

### **Magnet School Status**

Please come and support BV when we submit the Montessori magnet school proposal to the board. We will let you know when the proposal is on the school board's agenda. Your presence at that meeting will make a difference!

### **BV Club Schedules**

-  Spanish Club –Thursdays in the staff lounge.
-  Space Club – Monthly on the 3rd Wednesday in the gym.
-  Garden Club –Tuesdays in the west building art room

**March, 2008**

### **Enrollment Window**

It is time to be sure you have let the office know if your children will be attending next year. With or without the magnet status, we need to have an idea of our enrollment in order to request the correct number of teachers, staffing is based strictly on enrollment, so without a confirmation of your children's place, we may not have enough teachers, which might result in overcrowding. We already expect our classes to be completely full next year just with our present enrollment, so it truly is critical you get this information back to us.

Kindergarten parents have until April 25 to enroll their children for next year. If we become a magnet school, and the K spaces become full to capacity during that window, we may have to use a lottery system even for K students for this coming year instead of the following year. So, please remember that Kindergarten enrollment should be occurring now until April 25.

Parents who have students already enrolled and attending Buena Vista need to let the office know if your children are returning, and if there are any younger siblings who will be attending also. This is to guarantee their places. If you do not notify the office, we will assume your children are not coming back and give those spaces to other children.

### **Community Gardens and Children's Garden Club**

The parents and community members working on the BackYard Project, plan on breaking ground and having the raised garden beds created during March. The greenhouse will be built some time after that.

The gardens will be divided into plots and all members of the entire community are welcome to request and reserve a plot. Some will be set aside for classroom projects, but in general, the community may use the garden if they request space.

The children's garden club began in February, and will soon start planting seeds and seedlings in anticipation of the garden itself. There is still room available for students to join the garden club. Request another enrollment form if you have lost the one that went out earlier.

Keep an eye out in the newspapers because BV's community and school garden project will be in the press. Interviews are presently being set up for the articles.

### **Grant Support Needed**

Kathy New has submitted a grant for \$15,000 for the BackYard project. You can help the school win this grant by going on-line at [www.myhometownhelper.com](http://www.myhometownhelper.com) and select find a project. Funding is awarded to projects with community support so the more comments added, the better chance we have.

Beth Roalstad is writing an \$8,000 grant proposal for permanent shading areas over the picnic tables so we can use the tables for lunch and for outdoor classrooms as well as for the community at large.

## Classroom News

### Ms. Garsoe's 5th Grade

By the time you read this, we will have had our Science Fair with all the fizzing Mentos, the comparisons of taste, smell and sight, fruit-powered batteries, and crystals. I hope that you were able to come see all the interesting experiments. We can follow the scientific process in our sleep. February also brought a round of wild basketball games, both here and at other schools. Thank you, Ms. D, for making it all happen. We love playing basketball. With March comes CSAP's, an opportunity for us to show how smart we are. We take twelve tests, three each in reading, writing, math and science. Parents, you can help by making sure that your student gets good rest, good nutrition, and good cheerleading. And then.....the much earned Spring Break.

### 5<sup>th</sup> grade Science Fair Projects:

*Rebecca* – Angle of the Sun

*MiKayla* – Sense of Smell

*Gabby* – Food and Mold

*Genevieve* – Types of Hair Conditioner on Types of Hair

*Caitlin* – Does Sight Affect How You Taste Sodas?

*Saliea* – How Accurate is Your Sense of Taste When You Are Blindfolded?

*Christopher* – What Soil Will Produce the Healthiest Plants?

*Andres* – How Much Water Do Plants Need?

*Manuel* – Fruit Batteries

*Leah* – How Will Sight Affect Your Sense of Smell?

*Jacob* – Weights, Cars and Inclines

*Zane* – Affects of Vinegar on Various Powders

*Chaise* – Which Stain is the One You Want to Avoid?

*Nate* – Mentos: Which Liquid Creates the Most Fizz?

*Christopher* – Crystal Growth and Sugar Solutions

*Chelaine* – Which Brand of Bubble Gum Produces the Biggest Bubble?

*Elissa* – How Does Touch Help Memory?

*Caleb* – Which Brand of Tape Will Hold the Best?

*TJ* – Does the Temperature of Unpopped Corn Affect the Number of Unpopped Kernels?

### ON SALE – BV Tigers Printed Shirts

Order forms for BV Tiger Shirts and Hoodies are available on the table in the foyer of the Main Building. All orders will be processed immediately. Please submit order forms, along with full payment, to the office in an envelope marked PTA - Shirt Order.



### Student Work

*The Streets*, by Marshal and Isaac, Ms. Clarice's Lower El  
The streets of town go up and down  
loud with the bustle of people  
shopping men with their sons of ten  
make the shops look like a steeple  
with lots of cars and lots of trucks,  
millionaires with a million bucks  
and when the streets are dark  
and the cars are parked  
The streets are empty once more.

### Healthy Eating Hints

Did you know that there are seven important steps that you can take for a healthier body?

#### 1. BREAKFAST POWER

A healthy breakfast helps you think better, improves your attitude and keeps you from overeating later on.

#### 2. SKIP THE POP

Drink water with snacks and low-fat milk with meals for strong bones and a healthy weight.



#### 3. LIMIT SCREEN TIME

Get fit, improve sleep and perform better at school or work with the push of a button! Limit TV, computer and video games to less than 2 hours each day.

#### 4. ADD 2000 STEPS

Wear a step counter to keep track of your steps. Try to increase your number by 2000 steps each day until you reach 10,000 steps per day.

#### 5. CHOOSE HALF

Most packaged foods and restaurant portions are large enough for 2 to 3 people! To avoid overeating, choose half.

#### 6. EAT A RAINBOW

All colors of fruits and vegetables help you maintain a healthy weight by filling you up with nutrients and fiber instead of calories.



#### 7. SLEEP IT OFF

Your body doesn't work very well without enough sleep, even when it comes to maintaining weight. Make sure you and your family are getting enough rest.

Source: *CanDo* – Coalition for Activity and Nutrition to Defeat Obesity