

Buena Vista Elementary School

Tiger Times

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

Mark the Dates!

February	
5	Basketball Game at Bristol – 3:15 pm
10	PTA Meeting – 6pm; Library
12	Basketball Game, BV Gym – 3:15 pm
16	President’s Day – No School
19	Basketball Game at Lincoln – 3:15 pm
20	Movie Night – 6:30 pm
23	Family Skate Night at Skate City – 6-8 pm
26	Basketball Game, BV Gym – 3:15 pm
March	
10	PTA Meeting – 6pm, Library
13	No Students, Professional Development Day
20	Movie Night – 6:30 pm
23-27	No Students, Spring Break
31	Family Skate Night at Skate City – 6-8 pm

BV Parent Handbook

The newly revised parent handbook is available on the BV website at www.d11.org/buenavista. If you have any questions regarding policies and procedures, please refer to this. If you have further questions, please call the office at 328-4100.

“Arrange” Your Kids’ Snacks

Kids are always looking for snacks. Instead of sugary sweets or chips, make it easier for them to have a healthy snack time. The keys are to make healthful snacks in your house visible, convenient and effortless.

- ? Keep fresh fruit on the counter where kids can see it.
- ? Wash and cut up vegetables ahead of time, so they’re ready to eat.
- ? Store them in see-through containers or clear plastic bags so kids can see what’s inside.
- ? Put nutrient-rich foods where they can be easily reached, like on lower shelves in the refrigerator, pantry or cabinet.
- ? Keep cookies and chips in cabinets on higher shelves where they will be less convenient to reach and out of sight.

A little kitchen “arranging” will encourage kids to eat a nutritious snack and they will think it was their idea.

Notes from Mr. Brilliant:

To begin this month, I just wanted to say thank you to all of you who are attending the school utilization meetings and addressing the needs of the district as a whole. It is a daunting task, to say the least, but I appreciate the effort and input that our parents, staff and community members are putting into the process.

As we start the second semester of the 08/09 school year, there are several dates and activities that I need to remind you of that will be coming up quickly:

February 17-23 – CSAP 3rd grade Reading

March 9-23 – CSAP 3rd-5th grade

Oftentimes, this is a very intense part of the year for everyone. Please ensure your child gets plenty of rest at night and on the weekends, eats healthy meals and snacks, and drinks plenty of healthy beverages like milk and water.

While we all realize that CSAP is not the “end all, be all” and that testing is just one part of education, I think it’s important that we simply remind ourselves and our children that CSAP is also an opportunity...an opportunity for them to show what they truly know and are able to do...and do it in a way that they know they are supported and cared for by their teachers and parents.

As I mentioned in last month’s article, one of the questions I’ve been pondering is what should Montessori look like in the 21st Century? A recommendation was made to the BAAC and Capital Projects Committee to purchase mobile computer labs so that students can work with programs like iPhoto and iMovie to actually begin doing authentic work with technology tools...creating presentations, videos, and podcasts of projects. Based on the feedback I’ve gotten from these groups, it looks like we will move forward with this idea soon.

Keep in mind that this is just one small part of a larger vision for our students at Buena Vista as 21st Century graduates, but it is a significant step forward for our school. Please continue to share your thoughts and ideas with me along these lines so we can build it into the fabric of our school. This is also part of our goal to expand the program for our students and to reach ahead into their future.

Program News

Gifted and Talented, MaryAnn Davidson

Now that all fifth, fourth, and third grade select students have been tested through the gifted and talented department, the screening for the second graders will begin. The window for testing is February 17 – March 2. This will include all second graders. There will be a letter of explanation sent home along with the practice test they were given. If you should have any questions or concerns about the testing procedure or the test itself, please don't hesitate to let me know.

Also, the fourth and fifth grade GT math students have some WONDERFUL projects hanging on the walls in their schools. If possible, please stop by and take a look. I think you will be amazed at the creativity and effort put into them.

Thanks again.

Music Matters, Ms. Darpino

January has been a month of getting back to school, learning Music Theory, working more on reading and writing Music symbols, rhythms and then writing words to the rhythm. It's the beginning of song writing, and goodness knows we need more good song writers in our world. Along that path, we're keeping with steady beat, practicing working as an ensemble while we keep the beat steady, at Levels I, II, III and IV. If you see your kiddos patting their lap, elbows, clapping or tapping their feet (or using both feet), etc. to find the steady beat in a song. – GOOD! That means they listened and are doing "homework listening" to get even better.

Our dance unit will begin in the gym during the month of February. A nice, fun and logical progression, now that we have steady beat down. The classes will combine with Ms. Carrie and I, and later will culminate the unit with a special invitation to all of you to come and join us – look for that in their Friday folders.

The 4th and 5th grades will be working on their Spring Program scheduled for April 16th. Please keep it on your calendars. More information will be coming home later. We keep practicing our rhythm patterns as well, assessments are always a part of that, but we hope to move to writing our own songs soon. In the meantime we continue learning songs that other people have written, both secular and sacred music. The subject of love is prominent at this time with Valentine's Day coming up. Please know it's nothing serious and all done in good fun and with American folk songs children should know. So with that, we wish you a Happy Valentine's Day! Happy February!



Cafeteria News, Andrea Hanes

This January we had Kumquats which you eat whole and have a sour and sweet taste. Our next special idea for February is Avocados and, in celebration of Valentine's Day, we're planning a special frozen treat on Friday, February 13.

Library News, Laura Dohrmann

Hip-hip-hooray! February is here and we have so much to celebrate in the library!!!

Our students have been busy reading the Colorado Children's Choice Award books all year and most of us have reached the minimum required (3 titles) to participate in the vote and party. We will host the voting February 16th -20th during library classes and the party for those participants will be held on the afternoon of Friday, February 20th! That day just happens to be my birthday, so in addition to the promised ice cream treats, I will provide birthday cupcakes as well. If you haven't read at least 3 of the books from this list...get busy...there is still time.

I am reading the minimum aloud to the K-2nd graders, but the 3rd – 5th graders need to get this done on their own time. Votes will be submitted to CCIRA by March 1st. Nominations for next year's selections are to be submitted at this time as well if you have a suggestion. Rules for nominations can be found at: <http://www.ccira.org>

On another note, we are having a fundraiser for the library February 9th – 13th which is sponsored by "Computers in Education" The company gives the library, teachers and students money and prizes just for sharing the addresses of friends and relatives who may want to purchase magazines. They DO NOT share your addresses with anyone else. They simply send the form that you have made out, which includes a note from you, to your friend/relative asking if they need any magazines, along with an order selection sheet. You and your teacher get prizes just for filling these out. If your friend or relative wants to order, they can send the form in with money to get the magazines. If they do not want to order, they can just throw it out and nothing more will happen. You do not have to participate if you do not want to. If you do participate you will get prizes. It is just that simple. If you have any questions about it, you may call me in the library at (719) 328-4124.

Students on Permit

If your child is attending BV on permit, please submit a new 09/10 form to the office as soon as possible. You can pick one up in the front office or download it from the District 11 website at www.d11.org.



North IBMYP Applications Available

The International Baccalaureate Middle Years Programme (IBMYP) is an honors level program that gives motivated students the chance to become engaged, well-rounded learners, solidly prepared to move on to college preparatory work. The course of study involves English, Foreign Language, Humanities, Math, Science, PE, Technology and The Arts. Instruction is designed to lead to increased academic involvement and includes an emphasis on higher level thinking.

North's IBMYP Honors Program presents material at an accelerated pace with minimal repetition, requiring students to regularly work beyond grade level. It has been developed specifically for the middle school age child. Learning skills such as organization, time management, note taking and stress management are covered. The aim is to develop an academically and socially engaged individual, so participation in music, art and sports are encouraged. A community service component helps the student begin to appreciate the interconnectedness of our complex modern society.

The IBMYP is a five-year program, 6th – 10th grades, distinct from the IB Diploma Programme for 11th and 12th grade. Enrollment in the program is by application and a space available basis at each level. Come to one of the Information Nights listed below at North Middle School or call 328-2427 for more details!

January 8, 2009, 7:00pm

February 4, 2009, 7:00pm

There is also an opportunity to shadow an IB student for a day from January 19th - February 13th. Call 328-2427 to schedule a time. Please check first with your 5th grade teacher to avoid CSAPs, tests, projects and field trips!

**Skate Night at Skate City**

We'll try again on Monday, February 23 from 6-8pm!! This evening offers an opportunity for families to spend quality time together doing something active. Buena Vista Elementary receives \$1.50 per paid skater in addition to the \$5 "Parent's Night Out" fee... all these funds go toward funding Field Day and recess equipment purchases/repairs. In order to take advantage of this, we need a minimum of 50 paid skaters so come join the fun!! Call Ms. Delius at 328-4125 with any questions.

Plan on joining us at Skate City, 1920 N Academy Blvd. Cost is \$5/person (Family Skate Night) or \$10/child ("Parent's Night Out"). Skates can be rented for \$1 for regular skates and \$3.50 for inline skates. A free shuttle provided by Skate City leaves Buena Vista at 5:30pm sharp! Additional information will be sent home in your Friday folder.

Cup Stacking Competition

Are you a fan of Sport Stacking? Do you want to compete before Worlds in April? Here is your chance!

School District 11 is hosting the 1st Annual Colorado Springs Sport Stacking Tournament. The competition begins with check in at 7:30 am on Saturday, March 7th at Wasson High School. There will be Individual and Doubles competition beginning at 8am with several age and competition categories available. Awards will be presented at the end of all



competition. Cost is \$10 if registered before February 27th or \$15.00 at the door. If you are interested, please contact Ms. D for additional information.

Classroom News**Ms. Carpenter's 3rd and 4th grade**

The 3/4 combo class is back in full swing as authors, mathematicians, scientists and explorers.

One of our many highlights this month was when Mister JR came to our class and read *Henry's Freedom Box* by Ellen Levine. This is a powerful, true story of the struggle to be free and what one man was willing to risk for that freedom. The children were spellbound as Mister JR wove the story and later told us about his own life. Thank you Mister JR for making history come alive for us!!

We are in a great new place in our nation's history! Martin Luther King Jr. helped to pave the way for the inauguration we watched on the Big Screen on the 20th. We have come a long way and your children are the people that will lead us into an even brighter future!

**Lower EI News!**

Welcome to the Montessori Lower Elementary News!

Miss Natalie and Miss Marge's class are doing research on Asia. The 3rd graders have been learning about different paragraphs, the 2nd graders began Albanesi Math and the 1st graders learned about greater or less than. Miss Marge helps Miss Natalie check work that students do in the class.

Miss Clarice and Miss Merry's class are studying animals in Africa. They found out there is a large desert in Africa and they are also studying mollusks.

Miss Carole and Mr. Frank's class are studying geometry and sentences. All the classes have 1st, 2nd and 3rd graders.

This has been your Lower Elementary Montessori news, brought to you by Joel and Sam. Join us next month to see what the students are doing in class.

Student Work

The Inauguration, by Jensen-Ms. Clarice's class

Obama is the new president. He got sworn in and thanked President Bush for running America during his speech. He also said that all our problems would be met. Obama talked about making America grow again and the mistreatment of the black people. The main idea of the speech was hope and change. "Your people will judge you by what you can build, not what you can destroy," said Obama. God bless me and God bless America.



Obama, by Allyson – Ms. Leigh's Class

I hope he makes the world a better place because the world is having a lot of trouble.

Mysteries, by Mallory – Ms. Natalie's Class

Roses are red
Mysteries are clues,
One person solves mysteries
And you do too.

Swimming, by Autumn – Ms. Leigh's Class

Bubbles everywhere floating to the surface after I jump in.



Fish swim around me
tickling my chin with their
fins,
Wide open sky's pretty
blue waves
And dolphins swimming
and playing.

Winter, by Allyson – Ms. Leigh's Class

Icicles on bare trees
Snowflakes floating as sweet little blossoms
just like leaves in the air
the sweetness comes and goes everywhere.



Loving, by Gabby – Ms. Leigh's Class

Loving each other
On
Valentine's Day
Everyone having fun
Valentine's Day is a day to love, a
day to hug and a day to get valentines.

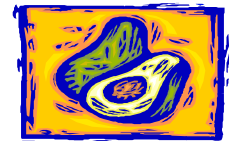


Valentine's Day, by Erin – Ms. Leigh's Class

Valentine's Day is a day for caring, for sharing for love. A day for spending time with your friends and family. The perfect day to care for them and tell them your faults. I'm sure they'll forgive you on Valentine's Day.

Guacamole

- ? 2 medium avocados, peeled, pitted and mashed
- ? 2 Tbsp finely chopped onion
- ? 2 limes, juiced
- ? 1/4 tsp oregano leaves
- ? 1/8 tsp salt
- ? corn tortillas



Mix all ingredients until well blended. Warm corn tortillas, and spread a tablespoon of guacamole onto a warmed corn tortilla. Enjoy!

Recipe By: Dora Roeca, Dietetic Intern

Talking with Family and Friends about Secondhand Smoke

Secondhand smoke (SHS) is the mix of smoke given off by a cigarette and the smoke exhaled by a smoker. SHS contains more than 4,000 chemical compounds, over 60 of which are known to cause cancer. If relatives or friends are smokers, reduce your exposure to the dangers of secondhand smoke by:

- ✍ Express your concern about the harmful effects of secondhand smoke on your family. Health risks include asthma attacks, bronchitis, pneumonia, wheezing and coughing spells and, if exposed over a long period of time, cancer.
- ✍ Gently asking them if they would smoke outside.
- ✍ Place ashtrays outside with a table and chairs to make it easy to smoke outside.
- ✍ Have gum, mints and healthy snacks on hand.
- ✍ Offer to go for a walk with them during their craving for tobacco.
- ✍ Ask them if they have thought about quitting and that it would be a gift to the whole family.

Suggest using the free Colorado Quitline or QuitNet, two services to help people quit smoking. 1-800-639-QUIT (7848) or www.co.quitnet.com