

## Inside

- ✓ 2nd Grade To Study Opera
- ✓ Save the Date – International Night
- ✓ Lunch/Recess Volunteer Info
- ✓ Thank You to Rainbow Fund Donors – List
- ✓ Grocery Card Reminder
- ✓ Sleep Rx for School Success
- ✓ Calendar

## From the PTA Co-Presidents

**W**ow, what a big-hearted community we have here at Rosemary Hills! We have been so completely astounded by the generosity of families who have contributed to the very first Rainbow Fund. With everyone's efforts, **we have raised over \$60,000 in contributions and matching funds.** This money has allowed us to meet our obligations for programs that the PTA sponsors (such as the upcoming International Night on 3/12), AND purchase technology that the school requested. Four permanent and four mobile Promethean boards, plus eight ELMOS, which are a new type of overhead projector, were purchased using the Rainbow funds. Most of that new equipment is already in the classrooms being used by our children. The remainder should arrive within the next few weeks. The teachers are very pleased with the new equipment and are excited to use it to support our children's learning.

We have seen that families respond generously when 100% of the funds raised go directly to the school for targeted purchases. The PTA plans to continue this type of fundraiser in the coming years. If you have not had a chance to contribute this year, but still wish to do so, you may send a check payable to the "RHPS PTA" through backpack mail to the PTA mailbox.

In other news, at the beginning of February, the PTA will be kicking off the **Heifer International** campaign, which is the charitable activity connected with International Night. Classes will be learning more about Heifer International, and children will be encouraged to bring in coins for the class to purchase farm animals for needy families around the globe. Look for more information as February begins.

Just for fun, the PTA is also sponsoring our first ever **Doughnuts with Dads event on**

*(continued on p. 2)*

## Speak Out For Our Schools!

**I**t is budget season for Maryland and Montgomery County. Both state and county governments are facing budget shortfalls and looking for ways to make cuts in their budgets. **During this time, it is important for our parents to be educated and involved in this issue to ensure that our schools continue to receive the funding that is so important to maintain our children's education.** Superintendent Weast has released his operational budget, and it is before the Board of Education for approval.

Several events will be coming up over the next few weeks where parents will have an opportunity to advocate for continued school funding. County Executive Isiah Leggett will be available to discuss educational funding and other budget issues at a public forum on the FY12 Operating Budget. The forum will be **Monday, January 24, at 7 p.m.** at the Bethesda Chevy Chase Regional Services Center, 4805 Edgemoor Lane, Bethesda, MD. This is an excellent opportunity to speak directly with the County Executive and make your voice heard. For more details about the forum, see page 6.

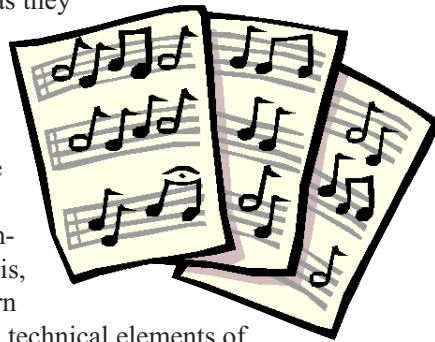
The B-CC cluster testified on 1/19 before the Board of Education regarding the education operations

*(continued on p. 2)*



## 2nd Grade To Study Opera during Cultural Arts Residency

This year's second-graders will have the opportunity to work with vocal artist Yvette Lewis to learn and perform opera. Yes, opera! Beginning on Friday, February 25, and culminating on Thursday, March 3, with a final performance, our students will be engaged in the production of a classic story as told through that musical art form. The second-graders will work together to foster collaboration as they incorporate themes of rhythm and pattern into both musical and accompanying dance explorations. Under the guidance of teaching artist Yvette Lewis, our students will learn about the artistic and technical elements of opera in a way that is fun, appealing and understandable to children. Stay tuned for further information about the final performance!



## Save the Date: International Night

**\*\*Food\*\***

**\*\*Family Displays\*\***

**\*\*Parade of Nations\*\***

March 12, 2011

From 5-7 pm

At RHPS



### Speak Out *(continued. from front page)*

budget. The issues at stake are the funding for 6th grade education at the Chases Elementary schools (this will impact the future of our children's 6th grade education until a new middle school is built) and staff cuts for paraeducators and support personnel.

To read more about the Superintendent's budget, you can find overviews and detailed information on the budget at: <http://www.montgomeryschoolsmd.org/departments/budget/FY2012/superintendent/>

Our cluster has followed the position of the MCCPTA to maintain critical positions in the schools. You may read the MCCPTA Operational Budget Compact at [http://www.mccpta.com/resolutions/2010-2011/OpBudgetCompFY12\\_Approved.pdf](http://www.mccpta.com/resolutions/2010-2011/OpBudgetCompFY12_Approved.pdf)

We will be following this issue closely and will post more information to the listserv or backpack mail as the budget issue develops.

### Lunch/Recess Volunteers

Thanks to staff, coordinators and volunteers for their ongoing help with the lunch/recess hour.

If you are interested in volunteering or have questions/concerns, please contact your grade coordinator:

**Kindergarten:** Catherine Dunn  
([cmdunn@starpower.net](mailto:cmdunn@starpower.net)) and Tammy Shea  
([tammy\\_shea@discovery.com](mailto:tammy_shea@discovery.com))

**1st grade:** Liz Vitchock ([liz\\_vitchock@yahoo.com](mailto:liz_vitchock@yahoo.com))

**2nd grade:** Julie Tewksbury ([julietewksbury@rcn.com](mailto:julietewksbury@rcn.com))

### PTA Co-Presidents *(continued. from front page)*

**Tuesday, February 15, from 8:30-9:00 a.m.** in the cafeteria. It will be an opportunity for dads to come to school and meet other dads, have a doughnut, some coffee or juice and spend some time with their children before school starts. We hope you can join us! (Look for information on the Muffins with Moms event coming in April.)

*Holly Gross & Emily Mazzella,  
PTA Co-Presidents*

## Thank You to Rainbow Fund Donors

**T**hank you again for contributing to the success of our first Rainbow Fund. As mentioned in the PTA letter, this money will be used to fund the many programs that benefit our children throughout each school year. In addition, The Rainbow Fund has provided critical technology upgrades for the school. We have purchased 8 new Promethean Boards for classroom use, as well as other instructional tools. Most of this equipment is already in place, so that Rosemary Hill' teachers now have better resources and our kids are enjoying lessons that are even more fun and successful.

The following is a list of contributors (except those who wished to remain anonymous):

Adler/Wellspeak Family	Dr & Mrs Mathura	Kosta & Desiree Drakakis	Ron Wange & Alice Tome
Afnan Family	Dr Khademi's Injury Centers	Kristin & Emmett O'keefe	Rothstein-Epp Family
Alice Erika Livingston	Edison Zheng	Kristren Williams & John Dorsey	Salim & Natasha Saifee
Alison Carr	Edmonds Family	Lamoussa Gama	Sara Gold & Ori Lev
Allison and Jonathan Stanton	Edward Winstead & Ann Barron	Lauren & Scott Itzkowitz	Sarah & Peter Smith
Amanda and Mark Denbo	Carneal	Lisa & Steven Bleckner	Sarah Henserson
Amar & Hesha Duggirala	Elizabeth Jenkins	Lisa Barclay & Tim Berry	Sarah Mitchell & David Batitto
Amy & Brian Egan	Ellen Moran	Lisa Cohen	Shapiro Family
Amy & Christo Doyle	Emily & Larry Levine	Lisa Single	Sheila Flick Banzon & Ron Banzon
Amy Conroy & Thomas Melia	Era Qerimi	Liz Howard	Stacy murchison
Amy Howe & Tom Goldstein	Esther Schrader and Nick Anderson	Liza & Caleb Burns	Stacy Welch
Andrea and Charlie Taylor	Family of Ryan Beal	Luis M.Marchler	Susan and Christopher Milner
Andrei & Shelley Kirilenko	Family Serrano	Maria Cecil & Evan Hirsche	Susan Bollendorf & Robert
Andrew Doerr	Fans of Margie Sandberg, Diane	Mark Mather & Kim Taylor	Broeksmit
Angela Hart & Brennan Kessner	Wolbert, Jenny Hufnagle, Lisa	Martin Pozesky & Ellen Menaker	Susanna Fischer & Erik Mueller
Ann & Bob Bittman	Harris, & Jessica Galipeau	Matt Olsen & Fern Shepard	Sydney Mintzer & Sue Choi
Ann Smith	Fatima Elsafy	Maureen Greenwood Basken -	Tammy & Andy Shea
Anne Lubenow & Steve Philpott	Ferrall & Michael Dietrich	Paul Basken	Taspinar Family
Anupmuma & Cormac Connor	Francis Yomi Tchakounte	Max & Lori Fainberg	Teagan & Devin Brindle
Arielle & Philippe Gassot	Gedihun, Nahum	Melody & Samuel Soopper	Ted & Sherri Hammerman
Ark Contracting Inc	Ginette Tchaya	Meseret Deressa	Ted & Tracey Patch
Ashley & Brett Kavanaugh	Harry & Rajdai Persaud	Mike & Emily Mazzella	The Blank Family
Audry Yen & Jason Engel	Heather & Steve Giuli	Mona milam/nana	The Connor/Leff Family
Bailingit, Kimberly J	Holley & Michael Meers	Mr & Mrs Jeremy Blank	The Gee Family
Beth Biegelsen & Mary Barton	Holly & Jim Gross	Mr & Mrs Robert Rutsch	The Hammar Family
Bev Denbo	Hsiuchen Tsui	Mr & Mrs Samuel B Sterrett Jr.	The Iturrioz Family
Bob & Holly Donnelly	Huber Hauf Family	Mr & Mrs Sumesh Sood	The Jablon Family
Bob & Ilaya Hopkins	James and Nora Denbo	mr and mrs giacomini	The Jacob Family
Bonnie Washington & Greg White	Janna & Bill Sandmeyer	Nancy & Eric Schnure	The Jarvis Family
Brad & Stephanie Brooker	Jeffrey & Alison Miller	Nelson Family	The Jones Family
Brian and Gilda Zimmet	Jeffrey & Luciana Lin	Olivia Van Bochove	The Maged family
Calles Kolodin Family	Jennifer & Steve Noyes	Opher & Stephanie Shweiki	The Maos
Carol Politi & Bob Wassmann	Jennifer Emmett & Lee Bodner	Ordonez, Yadira	The Mitchell-Neider Family
Carolyn & Steve Bernstein	Jennifer Tomchin & Ben Butler	Pangaro Family	The Molinoff Family
Carolyn Greis & Neil Nott	Jill & John Kolakowski	Parker Margulis	The Parchment Family
Carpenter Family	Jill Gallagher Pugluese	Patrick & Lynn Pendergast	The Renaghan Family
Chad & Leigh Hamilton	Jim & Lisa Hermes	Patty McDermott & Rafe Petersen	The Rosenblum/Simon Family
Chris & Leslie Schrader	Jim & Liz Lawson	Paul & Brett Kluetz	The Shanley Family
Christina & Tim Stayeas	John & Ilana Knab	Paul & Kimberly Archer	The Sherry Marcus Family
Cichy Family	John & Leslie LeBlanc	Paula Bortlik	The Solovy Family
Claire & Ashby Anderson	John Mimikakis & Cindy Owens	Paulina & Alvaro Puig	The Vinik Family
Claire Saxton & Andrew Stivers	Johnny Hernandez Family	Pini and Meredith Evans Kalnite	The Vitchock
Clauss Family	Joholske Family	Preetha Rajaraman	The Ziegelbauer Family
Clint & Balinda Hinds	Jon Wilkins & Elizabeth Cavanagh	Quast Family	Tom & Marianne La Forge
Colleen Mahar-Piersma	Jonathan Filas	Rachael & George Canty	Tracey & Ian Fraser
Constance Kiggins/Peter Jaffe	Joseph Kaster	Rachel and Paxton Baker	Traci Zambotti & Philip Giordano
Craig & Cynthia Hovda	Julie Campbell & Ijaz Ahmad	Ray Hill / Jame Root	Ulrich Family
Daniel & Julie Cannistra	Karen Auerbach	Rebecca Lassman	Valerie Barton & Sean Schofield
Darlison Nabunnya	Katherine & Thomas Carroll	Reina Bolanos	Van Duijnhoven/Grace Family
David Ohrenstein & Wendy Eaton	Katie & Bob Barnard	Renee & Jib Heintz	Wagner-Smith Family
Dawn & Jim Goldstein	Katie & Greg Deye	Riad & Nada Charafeddine	Wan B Kean
Dayaratna/Tiao Family	Keisha Gary & Ray Van Iterson	Richard A Imiroqicz	Ward, Ryan
Delcid Vasquez, Christian	Kelly & Linas Virbickas	Rob & Kellie Burk	William & Brenda Cottle
Delores Colorado	Kerri & Mike Gray	Robert & Leslie Urofsky	Yeages & Manny Cowan
Desha & Ryan Golden	Kim & Tony Brown	Robin & Steve Rice	Zackary & Donna Harmon
Doug & Jennifer Bell	Kitita & Bill Strathmann	Rodney & Maria Ferguson	Zhou, Daniel

## Reminder – You Can Raise Money for RHPS (at No Cost to You) By Registering Your Loyalty and Credit Cards!

With budget cuts affecting every school in MCPS, it is more important than ever to have participation in various loyalty programs. **If you haven't yet registered your cards, make it a belated New Year's resolution!** Just follow these simple steps:

- Register your Bonus Card at Giant (or we can do it for you – see bottom of page). Go to <http://www.giantfood.com/aplus> and simply enter your bonus card number and the last three letters of your last name. **Our school code is 00908.** If you don't know your Bonus Card number, call 1-877-366-2668.

Out of approximately 600 families, we currently only have approximately 85 registrations for RHPS. Even so, these 85 families have raised just under \$1000 for RHPS this fall simply by shopping. You can designate up to 3 schools to benefit from your Bonus Card.

- Register at <http://www.eScrip.com>. eScrip's participating business partners contribute a percentage of your grocery loyalty cards (primarily SAFEWAY in our area), credit card, and debit/ATM card purchases to RHPS. **This program has the potential to earn the school a lot of money since you can register a variety of cards, not just grocery cards.** On average, eScrip members that add credit/debit cards to the program earn 50% more for their school or group than members who only register a grocery loyalty card.

- If you have a Redcard from Target, PLEASE register it for RHPS using school ID 58186. We only have 15 Redcards currently registered for RHPS.

- Send in or drop off Box Tops to the school office. There is a box in the office labeled "Box Tops/Grocery Receipts" where they should be deposited.

- Send in receipts from Chevy Chase Supermarket and Sniders to the office.

If you complete these small steps now, RHPS will benefit all year long. If you have any questions or would like help registering, please contact Andrea Taylor at [Andrea\\_and\\_Charlie@msn.com](mailto:Andrea_and_Charlie@msn.com) or call 301-718-3738. **You can also send your Giant Bonus Card information to the PTA mailbox and we will register you:**

Giant Bonus Card number: \_\_\_\_\_

Last 3 letters of your last name: \_\_\_\_\_

Phone number in case of any problems with registration \_\_\_\_\_



**THANKS SO MUCH FOR YOUR HELP!!**

# Snooze Alarm: Sleep Rx for School Success

By Kim Seidel

It's time for bed," is one of the most important phrases you can say to help your child be more successful, says Mary Sheedy Kurcinka, author of *Sleepless in America* (2006, HarperCollins). "Sound sleep is associated with top performance, sound reasoning, impulse control and more," Kurcinka says.

Take these steps to gain the advantages of a good night's sleep:

## 1. Meet sleep requirements.

The average school-age child requires about 10 hours a night, but kindergartners and first graders may need 11 to 12 hours, Kurcinka says. Make sleeping a top priority for your entire family--your children, you and your spouse, too. "If we protect our own sleep as well as our children's, we will be better parents," Kurcinka says.

## 2. Take a reality check.

While parents want to do what's best, Kurcinka acknowledges the reality that busy children getting 10 hours of sleep each night may be a challenge for many families.

"We're a culture that doesn't value sleep," Kurcinka says. "We feel pressured that our children need to compete, so we enroll them in many activities to prepare them for adulthood."

## 3. Engage in activities earlier.

Many parents juggle school-related activities that often occur in the evening, when a child needs to be winding down for sleeping. Yet as a parent, you can alter your decisions about participating in activities and running errands so sleep takes top priority in your household, Kurcinka says.

For example, rather than enrolling your child in swimming lessons after dinner, consider Saturday morning or after-school lessons instead. Run errands during the day, whenever possible.

"First, parents need to make sure a child will get enough sleep, and

then they can plug activities into their calendars, and not the other way around--scheduling activities and having them sleep around their schedules," Kurcinka says.

## 4. Find support.

Parents may find they cannot honor their children's need for sleep without some support from other families.

"We need to create a message in our communities," Kurcinka says. "Parents can get together and ask important questions, such as, 'Why does basketball practice need to begin at 8 p.m.?' They can let others know that they want their 9-year-olds to play basketball, but not at that time. Parents really can make a difference by speaking out."

## 5. Know health implications.

Though scientists are still learning about the consequences of poor sleeping habits, research has clearly shown sleeping too little inhibits productivity and the ability to remember and consolidate information. Short sleep duration is linked with an increased risk for motor vehicle accidents, obesity, diabetes, heart problems, depression and substance abuse, according to the National Sleep Foundation.

"The repercussions of not getting enough sleep are so widespread," says Val Krage, a parent educator. "The risk factors and consequences are very eye-opening. Once parents understand it, they really react to it."

## 6. Make connections to benefits.

Many times, parents don't connect academic, behavioral and health issues with sleep, Krage says. Sleep directly impacts mental and physical development. School-age children on little sleep can suffer from mood swings and behavioral problems, such as hyperactivity and cognitive difficulties, that impact their ability to

learn in school, she says.

Various studies have pointed to chronically sleep-deprived children performing two grade levels below their peers on standardized tests. "Children are not equipped to learn when they're sleep deprived," Krage says.

## 7. Promote good sleep habits.

Follow these tips from Kurcinka:

- Recognizing a good night's sleep begins in the morning. This means establishing a regular wake-up time and sticking to it.
- Turning off the television and computer in the morning. Instead, pull open the shades to allow natural light to wake up your children. If possible, have your children go outside for even a few minutes to stimulate the body.
- Eating mini meals and snacks that contain protein, carbohydrates, fruits/vegetables and a little fat six times a day. (Think cheese and crackers and yogurt and fruit.)
- Encouraging naps and quiet time during the day for children, ideally after lunch for 45 minutes.
- Serving dinner no later than 5:30 p.m. If a parent isn't home from work at that time, serve the children and then plan to have a bedtime snack with that parent later.
- Banning video, television and rough play after dinner. Start slowing the routine after the meal.
- Moving bath or shower away from the bedtime routine. If a child has trouble falling asleep, change bath or shower time because the body temperature needs to drop again before sleeping.

*Kim Seidel is an award-winning writer and editor and the mother of two daughters. She specializes in parenting, health and wellness and family topics. Reach her at [seidelink.com](http://seidelink.com). This article was first published in the September 2010 issue of Washington Parent magazine, and is reprinted with permission.*

## **URGENT**

The RHPS PTA is urging all families to attend the **Public Forum on FY12 Operating Budget** with **County Executive Isiah Leggett**. It will be **Monday, January 24 at 7 p.m.** at the Bethesda Chevy Chase Regional Services Center located at 4805 Edgemoor Lane, Bethesda.

We really need your help – these forums are to ask tax payers what their priorities are and the **majority do not have a child in MCPS public schools and are advocating hard that the cuts should come from MCPS, as the largest budget cost to the county**. While I don't want to see libraries cut either, if we have fewer books now, when the revenues return, libraries can instantly buy more books. However the same is not true for students and teachers. We cannot repair the damage done to students who do not have the classroom ESOL and Special Education support.

The County Executive needs to hear from parents that they care about this issue. Our children's education is important all the time, not just in good economic times. **We need to have a strong presence to make our case to Mr. Leggett.**

### **Potential Consequences to Our Families:**

- Larger class sizes
- Less one-on-one help for struggling or accelerated students
- Fewer or no after school activities to include (potentially) middle school sports
- Fewer staff and resources to take maintain our schools
- Teachers who don't receive updates, training, and development on changing curriculum that result from adoption of Common Core Standards
- Overall, less assistance to those most at risk resulting in greater stress on other

### **Information and Parking:**

The Bethesda Chevy Chase Regional Service Center is located just off Old Georgetown Road between Wisconsin Avenue and Woodmont Avenue, near the Bethesda Metro Center. There is public parking garage underneath the building that can be accessed from Edgemoor or Woodmont Avenue. If you need a ride, contact Emily or Holly.

**PLEASE COME SUPPORT OUR SCHOOLS!!**

## Calendar — January/February 2011

SUN	MON	TUE	WED	THU	FRI	SAT
JAN 23	24 Teacher Professional Day, No School	25	26	27	28 SPIRIT DAY: Crazy Hair Day	29
30	31	FEB 1	2 Report Cards Distributed 2nd grade Singing Performance, 7pm, BCC Auditorium (snow date Feb 9)	3	4	5
6	7	8	9	10	11	12
13	14 Valentine's Parties	15 Doughnuts with Dads, 8:30-9 am	16	17	18	19
20	21 Presidents' Day, No School	22	23	24	25 SPIRIT DAY: Mismatch Day	26
27	28 PTA Board Meeting, 6:30	MAR 1	2	3 2nd grade Cultural Arts Performance	4 Early Release Day: 1:00 Dismissal	5

### The Rainbow

This newsletter is published by the Parent-Teacher Association of Rosemary Hills Primary School, 2111 Porter Road, Silver Spring, MD 20910; Phone: 301-650-6400; Fax: 301-650-6404

#### PTA Co-Presidents:

Holly Gross  
301-520-3980

Emily Mazzella  
301-922-1718

hollygross66@yahoo.com

Emily\_m@verizon.net

**Newsletter Editor:** Andrea Taylor, andrea\_and\_charlie@msn.com

**Assistant Editor:** Hadley Rakowski, hadleyrakowski@gmail.com

**Layout:** Maria Cecil, mcecilhome@earthlink.net