

# The Rainbow April/May 2010

A Publication of the Rosemary Hills Primary School PTA

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## From the PTA Co-Presidents

**W**e're off to a wonderful spring! The PTA has sponsored two fun-filled events in the past month and more are coming. Thanks to so many families for coming out and making them a success!

First was the **RHPS Silent Auction** on March 20 where families, teachers and staff all came together at Glenview Mansion to bid on some amazing items, all to support our children and their school. The slogan "Now More Than Ever" is certainly true in these tight budgetary times; thanks to everyone who turned out and bid to help our school. The auction raised nearly \$23,000, which will help fund PTA programming such as cultural arts activities, including the artist-in-residence programs, after-school enrichment programs and staff grants to teachers. Many thanks to all the volunteers who made this event happen, but a special thanks to the auction committee — Ann Jablon, Amanda Laforge and Lisa Barclay — for their tremendous work on behalf of our school.

The most recent PTA event was **International Cultures Night** on April 10, which was a true celebration of the many cultures that make up our school. After being cancelled twice by snow, this time the evening was perfect! The Parade of Nations was awe-inspiring, with more countries represented than ever, the family displays were unique and educational, but the FOOD was a sight to behold. So many delicious dishes from all around the globe made for a wonderful celebration. Thanks to all the families who participated — you made the event a huge success. A big thank you to the planning committee for persevering throughout this hard winter and putting on such a fun-filled night: Sue Choi, Karen Jacob, Maria Chirikov, Johnna Story, Dawn Goldstein, Maliha Ilias, and Janna Sandmeyer.

Our next event is **Green Week, April 19 - 23**. Each day the classes will be involved in some activity to raise awareness of our earth and actions we can take to make a difference. Libby Nealis is heading up this event for us.

*(continued on p. 6)*

## Calendar

**Earth Week/TV Turnoff Week,**  
April 19–23

**TerraNova-2 testing for 2nd graders,** week of April 26

**Kindergarten Orientation,** May 5-6. NO CLASSES FOR CURRENT KINDERGARTEN STUDENTS

**Staff Appreciation Week,** May 10-14

**PTA Meeting, "What To Expect for Next Year;" PTA elections**  
Mon, May 17, 7 pm

**Volunteer Tea,** May 20

**Memorial Day Holiday,** Monday, May 31

## Welcome to Earth Week: April 17th-25th!

**R**osemary Hills continues its commitment to our Green School designation with a variety of activities and projects in a month-long celebration of Earth Week and Earth Day. The RHPS PTA Green Committee began the month of April with its **Spring Eco Challenge: Promise Trees**. Each student was given the opportunity to make an environmentally conscious "promise" to the Earth (e.g. "I promise to turn off lights when I am leaving a room.") and write or illustrate this promise on a decorated leaf. We are decorating the multiple "Promise Trees" around the school with the leaves. Children will walk past these trees as reminders of the promises they have made. You may have also seen one of these leaves come home. Please help your child continue in this spirit and keep their promise. You might even come up with some you can do together as a family.



phillipmartin.info

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## From the Principal – Ralph Viggiano

**I**t appears that it is safe to proclaim that spring has sprung! Now that warm weather has arrived, please remember to dress your children in layers to accommodate the changes in temperature. Sturdy shoes — not flip-flops — are a must

for safety on the playground.

We are so fortunate to have such a supportive and involved parent community, as was evident at International Night. It was a tremendous success. After a couple of weather delays, the event happened without a flaw. Congrats to all the parents who were involved and assisted in this well-attended, important event for our school and community.

**Kindergarten Orientation** will be held on May 5 and 6, and we have 190 students and their parents scheduled to attend. If you have a prospective kindergartener, please call the office to schedule a time to attend the orientation. **Please remember that classes for current kindergarten students will be canceled on these two days.**

April will conclude with the administration of the **TerraNova-2** standardized assessment to our second graders during the week of April 26.

MCPS Regional **Summer School** will be available again this year at Bethesda Elementary School. An informational pamphlet about Regional Elementary Summer School programs and the Summer School application, with a cover page, will go home in the next few weeks. This is a wonderful opportunity and we hope that many of our K-2 students will participate in Summer School!

**Field Day** is back! Field Day will take place on **Friday, June 4**. After a morning of outside activities, students will return to their classrooms for an afternoon of fun! Children should dress in shorts, wear appropriate shoes, and bring sunscreen and water. Please contact your child's teacher or Room Parent to volunteer to help with this event.

**Wednesday, June 16** is the **last day of school** for students. Please note that it is an early release day and school will be dismissed at 1:00 p.m.

### Upcoming Events

**May 20:** Volunteer Tea

**June 4:** Field Day

**June 8:** 2nd graders visit feeder schools

**June 16:** Last day of school for students (1:00 p.m. dismissal for students)

**June 23:** Report Cards Mailed

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**A**l parecer, ya es seguro anunciar que la primavera ha llegado! Ahora que la temperatura sube, por favor recuerden vestir a sus niños adecuadamente para las variaciones del clima. Zapatos cerrados — no flip-flops — son indispensables para su seguridad en el patio de recreo.

Somos muy afortunados en contar con una comunidad de padres involucrada y que nos brinda su apoyo como lo demostró la Noche Internacional. Fue un gran éxito. Después de posponerse en dos ocasiones, el evento sucedió sin falla alguna. Mis felicitaciones a todos los padres que estuvieron involucrados y asistieron a este importante evento para nuestra escuela y nuestra comunidad, el cual registró una alta asistencia.

**La Orientación para Kindergarden** se llevará a cabo el 5 y 6 de mayo y tenemos 190 niños y padres programados para asistir. Si usted tiene un futuro estudiante de kindergarden, por favor llame a la oficina para establecer una cita para asistir a esta orientación. **Por favor recuerden que los estudiantes que actualmente están en kindergarden no tendrán clases en esos dos días.**

Abril finalizará con la aplicación de las evaluaciones estandarizadas **TerraNova-2** a los estudiantes de segundo grado durante la semana del 26 de abril.

**La Escuela de Verano** de MCPS (MCPS Regional Summer School) se llevará a cabo nuevamente este año en Bethesda Elementary School. El folleto informativo sobre los programas y la solicitud de inscripción, con la página inicial, será enviada a sus casas en las próximas semanas. Esta es una maravillosa oportunidad y esperamos que muchos de nuestros estudiantes de K-2 participen en la Escuela de Verano!

**Field Day** está de regreso! Se llevará a cabo el **viernes 4 de junio**. Después de una mañana de actividades al exterior, los estudiantes regresarán a sus salones de clase para una tarde de diversión! Los niños deberán vestir pantalón corto (shorts), usar calzado apropiado, bloqueador solar y traer agua. Por favor contacte al maestro de su hijo o al padre/madre representante de su clase para ser voluntario y apoyar en este evento.

**El miércoles 16 de junio** será el **último día de clases** para los estudiantes. Por favor recuerde que ese día saldrán temprano, las clases terminarán a la 1.00 p.m.

### Eventos futuros

**Mayo 20:** Té para voluntarios

**Junio 4:** Field Day

**Junio 8:** Los estudiantes de 2 grado visitarán sus futuras escuelas

*(continúa en la página 6)*

## Cultural Arts Celebrates Earth Week!

It's Earth Week at RHPS, and the Cultural Arts Committee is excited to be contributing to the festivities. Throughout the year, we have incorporated a "green" theme into the cultural arts offerings for all students, from assemblies such as educational performer Billy B's "Recyclemania" to collaborative workshop visits from visual and musical artists. Each grade has had the opportunity to participate in an artist-in-residence program, and now that Earth Week is here, the students are ready to celebrate, perform, and unveil their prior residency work for the whole school.

Back in December, the second-graders worked with artist Molly Ross who engaged them in the creation of a series of Magic Lantern Shows utilizing the technique of overhead projector shadow puppetry. Each class made its own short video entitled "Green Dreams" to be viewed this week.

In March, the kindergarteners were given the opportunity to collaborate with performing songwriter Sue Trainor, who led them in an exploration of original music to communicate the theme of how to be "green." Working closely with her to study the

musical aspects of language and lyrics and to experiment with rhythm and melody, each class composed an original song about recycling/reuse, energy conservation, trees, or water conservation. The kindergarteners are



thrilled to be able to share their compositions with the rest of the school this week.

And last week our first-graders were treated to the chance to work with visual artist Karen O. Brown to "recycle" ordinary classroom chairs into something very special. Focusing on themes from nature, the stu-

dents teamed up with the artist to transform the existing chairs into beautifully and colorfully collaged works of art. Chairs were vibrantly painted; illustrations were cut and recycled from deaccessioned (out of circulation) library books, arranged into themed collages, and glued onto the chairs; and a protective sealant was applied to ready the chairs for use again. Two chairs were temporarily borrowed from all of the school's classrooms to be returned to them in their new creatively "recycled" state.

The focus of all of these projects' on "green" themes imaginatively expresses RHPS's pride in being named a Maryland Green School and contributes to a greater understanding of the importance of taking care of the world around us.

Thank you to the PTA for funding these exciting programs and to all the RHPS teachers, staff, and, of course, parents, who helped to make these projects a success. Your efforts, interest and enthusiasm in celebrating the arts at Rosemary Hills is greatly appreciated!

Sincerely,

Green Committee members

Libby Nealis and Karen Scharff

## Kindergarten Orientation Coming May 5 and 6

Rosemary Hills will host more than 180 students for Kindergarten Orientation on Wednesday, May 5, and Thursday, May 6. The Orientation will provide a great opportunity for students who will be entering Kindergarten in the fall of 2010 to see the school.

The future RHPS students will have the chance to meet RHPS's wonderful Kindergarten teachers and para-educators, as well as some of the other children who will enter Kindergarten this fall. So that they can become more familiar with the school, the children will also have the chance to spend time in a Kindergarten classroom, participate in some structured activities, and play with classroom toys.

In the meantime, parents will meet with the helpful

office staff to complete and submit their paperwork. Over the years, we have heard from many families how helpful and well-run they thought the orientation was – and we look forward to another good orientation this year!

Families who will have children entering Kindergarten this fall should contact the RHPS office to sign up for Orientation and to be added to the school's mailing list for entering Kindergarten students – families should call even if they have older children already enrolled at RHPS.

If you are interested in volunteering to help welcome new students and families during Kindergarten Orientation, please contact Anne Lieberman at [annejacobslierman@yahoo.com](mailto:annejacobslierman@yahoo.com).

## Fitness Stars at RHPS!

**T**hank you to the many parents and families who volunteered and participated in Fitness Stars. The program ran for approximately seven weeks from February 8 – March 25. Participants earned a certificate, a small foot for every five hours of physical activity, and a big foot for averaging an hour a day or 46+ hours during the program.

Congratulations to all our participants for a living a healthy life!

The Top Classes by Grade were: Mrs. Skolnick for Kindergarten; Ms. Constantinos for First Grade; and, Mrs. Blakley for Second Grade.

The Overall Top Ten Participants were:

Name	Teacher	Total Hours
1. Emily Pangaro	Mckay	163.5
2. Nicholas Pangaro	Cartin	162.5
3. Matthew Mueller	Skolnick	91
4. Daniel Zhou	Mckay	76
5. Noah Bowers	Tust	75
6. Dylan Davidson	Blakley	70.5
7. Sophie Bowers	Blakley	67
8. Lane Lieberman	Bartlow	66.33
9. Quinn Renaghan	Reeder	65
10. Emma Sonneveldt	Blakley	64.83

Keep up the great work!

### From the Principal *(continued. from p. 2)*

The main office will be open for summer registration of students for the 2010-2011 school year on Tuesdays, Wednesdays and Thursdays between 9 a.m. and 3 p.m.

As always, thank you for your continued support and commitment to our school community!

Sincerely,  
Ralph Viggiano, Principal

• **Junio 16:** Ultimo día de clases para los estudiantes ( Los estudiantes se irán a casa a la 1.00 pm)

• **Junio 23:** Las boletas de calificaciones se envían por correo

Las oficinas estarán abiertas para inscripciones de estudiantes para el periodo escolar 2010-2011 los martes, miércoles y jueves de las 9 am a las 3 pm.

Como siempre, gracias por su apoyo y compromiso con nuestra comunidad escolar.

Atentamente, Ralph Viggiano, Director

### Earth Week *(continued. from front page)*

To kick off Earth Week, the PTA hosted the annual **Science Courtyard Clean-up** on Saturday, April 17.

Thank you to the volunteers who came out that day! Your hard work pulling weeds and making room for flowers will allow the students and staff to enjoy this wonderful outdoor classroom. We also prepared raised beds in the Media Courtyard for school-wide student planting projects. Come see the beautiful courtyards next time you are at the school!

The Green Committee will also

be informing students and parents about **TV Turnoff Week**, which conveniently coincides with Earth Week. Did you know that the average child watches TV 1,500 hours per year, compared to only 900 hours in school per year?! Additionally, the average child sees 20,000 30-second commercials each year. What can you do to help? Encourage your kids to turn off their TVs, computers, and video games and to replace their screen time with other activities — maybe even enjoy the Earth outside!

See the RHPS PTA website's **Green Page** (<http://www.rhpspta.org/content/greenspace.html>) for more information and ideas about TV Turnoff Week, other Earth Week activities, and the ongoing efforts to keep RHPS Green and further develop our students' and community's environmentally friendly habits!

**Thank you for doing your part in celebrating Earth Week and promoting a healthy, sustainable environment!**

—RHPS PTA Green Committee

# Helping Discouraged Students "Grow Their Courage"

By Emory Luce Baldwin, LGCMFT

**M**elanie Keller sagged against the kitchen counter and fought back tears. She could hear 8-year-old Amy's angst from the room next door: "I hate school! I can't do this homework, and you can't make me! I'm stupid, I'm stupid!" Melanie and her husband Carl had arranged to alternate nights helping Amy with homework. Tonight was his night, and Melanie could hear Carl's soothing voice, "It's okay, sweetie. Let's try again." Melanie heard Amy scream, "I said I can't do it!" and the sound of books and papers crashing onto the floor.

"How did we ever sink so low?" Melanie wondered to herself. "Whatever happened to my bright little girl, the one who woke up before dawn all dressed and ready for her first day of kindergarten? She even packed her own lunchbox! Now, Amy hates school and homework. She says she wants to quit school, and she hasn't even finished the third grade!"

There are many children who, like Amy, are struggling in school. For these children and their families, homework can be a painful ordeal, accompanied by the familiar soundtrack of cajoling, arguing and crying. While many parents make efforts to inspire their children to just do their best, they may continue to see their children sink further into a well of despair. Some children become so discouraged they eventually conclude that they would rather quit school than continue to suffer.

Why do some children struggle? For some, their school problems may be the result of a learning disability, vision or hearing problems, dyslexia, AD/HD, sensory processing disorders or their brain's inability to make sense of what they see and hear.

Additionally, there are children who have no physical impairments but are discouraged because they want to be a "perfect" student. For instance, Amy's friend Andrew falls apart whenever he makes a mistake adding numbers or spells a word incorrectly. For perfectionists, every mistake can be a crushing reminder that they are not perfect. Other perfectionists avoid even the slightest risk of failure by quitting early. Jonah, another classmate of Amy's, found that it's safer to do less than he is capable of, thereby finding safety in low expectations and lowering the risk of disappointment and embarrassment.

No matter what the reasons are for why a child is struggling in school—biological, emotional or some combination of the two—all children benefit when they learn how to overcome discouragement by "growing their courage bigger." Almost all discouraged students struggle because they don't feel good enough. Yet, when these children have the opportunity to grow their courage a bit bigger, they also

gain the self-confidence that they are good enough as they are—not perfect, not disabled—but as little people who are capable of learning, growing and improving.

One way to help children grow their courage is to give them plenty of opportunities to be successful outside of school. No child can be successful at everything, but every child needs to experience success in something. Children gain the most courage from learning skills that enable them to be useful and valuable to others. They may not realize it, but practicing such skills as navigating a family trip on the map, making brownies for dessert keep-

## Helping a Child Grow Her Courage

- Explore new skills, tasks and hobbies where your child can experience success.
- Give your child many opportunities to learn and practice useful skills outside of the classroom.
- Teach your child things that make her (and maybe you, too!) a little nervous so that she stretches herself to tackle difficult tasks.
- Make your home a "mistake friendly" environment — where mistakes are welcomed as interesting learning experiences.
- Value and appreciate hard work — not just high scores.
- Provide your child with many opportunities to learn new information with enjoyment.
- Consider creating regular short "time out from school" safety zones, with no conversation about school.

ing track of family expenses at the amusement park are all educational experiences.

Home is one of the ideal settings for lessons in growing courage because there are no quizzes, tests or grades. Instead, children can experience the joy of learning and the ability to "make friends with mistakes" when things don't turn out as expected. It is possible that wrong directions on a family trip may lead the family astray — but the detour may reveal a new scenic treasure along the way. And fortunately, as many of us have found, we can make mistakes when baking brownies and yet they still taste pretty good! The more a child learns and practices new skills successfully, the greater a child's courage will grow. The more a

*(continued on p.6)*

## Helping Students “Grow Courage” (continued. from page 5)

child learns not to fear mistakes, but to view them as opportunities to learn, the more the child’s confidence will grow. Courageous and confident children are less likely to melt under the pressure of memorizing spelling words or multiplication tables. Children with more courage and confidence discover that they have what it takes to face the challenges that lie in their path — and that includes school.

*Emory Luce Baldwin, LGMFT, is a family therapist and certified parent educator with the Parent Encouragement Program (PEP). PEP offers classes and workshops for parents and caregivers of kids of all ages throughout the year. To view PEP's complete fall schedule, visit PEPparent.org. This article was originally published in the September 2009 issue of Washington Parent.*

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

Following that is **Staff Appreciation Week**, which will be **May 10 –14**. This week will be filled with different ways to show the staff at RHPS how much you and your child appreciate the efforts of the various teachers and staff at our school. Look for more information from Lauren Itzkowitz on the RHPS listserv as the dates get closer.

As we enter this last part of the school year, the PTA will be having its **final meeting of the year on Monday, May 19, at 7 p.m.** The topic is “**What To Expect for Next Year.**” It will be a chance to meet with teachers for the next grade, including 3rd grade teachers from Chevy Chase and North Chevy Chase Elementary Schools. We will also be electing PTA officers for next year and would like to have as many of you turn out as possible. Mark your calendars now to join us! Babysitting will be provided.

Enjoy the wonderful warm weather!

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

## PTA Elections to be Held May 17

**A**s the school year begins to wind down, it's time to start looking ahead to next year. The PTA will be holding elections at the last PTA meeting of the year, Monday, May 17, at 7 p.m. The main topic of the evening will be “What to Expect for Next Year,” where you have a chance to meet with teachers for the next grade, including 3rd grade teachers from Chevy Chase and North Chevy Chase Elementary Schools.

The PTA will take a few minutes at the beginning of the meeting to introduce people who are interested in serving on the PTA Board for next year. Then we will have the election of officers.

**We are always looking for new people to take leadership roles with the PTA.** If you would like to learn more, please contact Holly Gross (holly66@yahoo.com) or Emily Mazzella (emily\_m@verizon.net) to let us know what role you would like to fill.

## 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** (11:30-12:30): Marion Levy, [writersml@yahoo.com](mailto:writersml@yahoo.com)

**1st grade** (12:05-1:05): Julie Tewksbury, [julietewksbury@rcn.com](mailto:julietewksbury@rcn.com), and Lynn Cantwell, [lynnhcantwell@comcast.net](mailto:lynnhcantwell@comcast.net)

**2nd grade** (12:40-1:40): Amy Blair, [amy\\_blair@comcast.net](mailto:amy_blair@comcast.net)

## 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  
[hollygross66@yahoo.com](mailto:hollygross66@yahoo.com)

Emily Mazzella  
301-922-1718  
[Emily\\_m@verizon.net](mailto:Emily_m@verizon.net)

Newsletter Editor: Andrea Taylor, [andrea\\_and\\_charlie@msn.com](mailto:andrea_and_charlie@msn.com)  
Assistant Editor: Hadley Rakowski, [hadleyrakowski@gmail.com](mailto:hadleyrakowski@gmail.com)  
Layout: Maria Cecil, [mcecilhome@earthlink.net](mailto:mcecilhome@earthlink.net)

## Calendar — April/May 2010

SUN	MON	TUE	WED	THU	FRI	SAT
APRIL 18	19 EARTH WEEK/TV TURNOFF WEEK	20	21	22	23	24
25	26 TerraNova-2 testing for 2nd graders	27	28	29	30	MAY 1
2	3	4	5 <b>Kindergarten Orientation: NO CLASSES</b> for current kindergarteners	6 <b>Kindergarten Orientation: NO CLASSES</b> for current kindergarteners	7	8
9	10 Staff Appreciation Week	11	12	13	14	15
16	17 PTA meeting, “What To Expect for Next Year,” PTA Elections 7 pm	18	19	20 Volunteer Tea	21	22
23	24	25	26	27	28	29
30	31 <b>MEMORIAL DAY HOLIDAY</b>	JUNE 1	2	3	4 Field Day	