



Where we "Treasure" Learning!

EDITOR: Susan Youmans (newsletter@mycentralpta.org)

February 2012

Gearing Up For The MSA!



By Juli Bello
PTA President

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The MSA (Maryland School Assessment) will be held from March 13 through March 28 for students in grades three through five. Students will be tested on reading and math skills. Science for fifth grade students only. Teachers have been working with the students since the beginning of the school year to prepare them for these tests. In addition to the school work, as a parent you can also help by:

- Making sure your child has an adequate amount of sleep (at least eight full hours.)
- Ensuring your child has a nutritious breakfast every morning.
- Making sure your child stays healthy by practicing good hygiene so they are not absent on test days.

In addition to help prepare for these tests, practice exams and other information can be found at the websites listed at the end of this section. The test includes both selected response (multiple choice) and brief constructed response (BCR) items. MSA scores will show how well Maryland children have learned the reading, mathematics, and science skills specified in the State Curriculum. The test meets the requirements of the Federal No Child Left Behind Act.

<http://www.nea.org/home/noChildLeftBehindAct.html>

<http://www.marylandpublicschools.org/MSDE/testing/msa/>



February

IMPORTANT DATES



February 14

Valentines Day

February 20

**School Closed,
President's Day**



March 1st

Science Fair

Reception 5:00 p.m. - 6:00 p.m.

March 13-14

MSA Reading (Grades 3-5)

March 20-21

MSA Math (Grades 3-5)



Volunteers Needed for PTA Nominating Committee

CES PTA is looking for parents to help with this year's PTA Board Elections. We are looking for parents to be part of the Nominating Committee. This committee will find the candidates for President and Secretary for the 2012-13 and 2013-14 school years (two year terms). The official nominations will be announced in March. If you are interested in being on the Nominating Committee (or if you are interested in running for PTA President or PTA Secretary) please contact Juli Bello at president@mycentralpta.org.

FEBRUARY IS BLACK HISTORY MONTH!

PTA News

Spotlight on Second Grade Teacher Ms. Farrish

By Susan Youmans

Congratulations to CES second grade teacher Ms. Keri Farrish for earning her National Board Certification and for being nominated for Anne Arundel County Teacher of the Year. She is now one of fifteen out of the original fifty being considered. Ms. Farrish was invited to attend the White House Event for National Board Certified Teachers and the Round Table Discussion at the U.S. Department of Education in December to participate in discussions related to education policy. Ms. Farrish earned her Bachelor of Science Degree in Elementary Education at the University of Maryland with an emphasis in social studies and went on to earn her Masters of Education (reading education) at Towson University. She lives in Baltimore with her husband, Dr. Michael Kuklinski a pediatric resident at Sinai Hospital and her beloved dog, Henry. Her interests involve growing her own organic vegetables, canning them for the winter as well as running, yoga and pilates. She is a big Ravens and Orioles fan, and has been active with the Girls on The Run Club at Central. When asked what the students like best about Ms. Farrish, it was unanimous, "EVERYTHING!" **Good luck Ms. Farrish you have our vote for Teacher of the Year!**



Celebrating the Great Things our Students and Teacher's Do

Third Graders Become Published Authors!

By Kathleen Michael

CES 3rd grade students have become published authors! Pictured below, Ben Blanford in Mrs. Rivera's class, displays his published piece about his career choice, a master LEGO builder. Each student wrote an essay on their "treasured profession" along with



class. Congrats students, very impressive.

a colorful illustration, which were sent off to be bound in hardcover. The students then presented the books at a book ceremony in

ART FOR A CAUSE



Artists, Jackson Clark and Alexa D'Angelo, students in Mrs. Morris' 4th grade art class hold up their art work to show how the class sketched their choice of an endangered species, painted it using warm and cold colors and then wrote facts about their species around the edges. The students in the class were so

inspired by their art project that some of them used their lunch and recess time to collect money to benefit the Davidsonville Wildlife Sanctuary, a non-profit organization dedicated to helping a variety of injured or orphaned animals. A total of \$171.00 was raised, great job Artists.



All About Tiger Trot 2012

A Message From Our

Tiger Trot Chair



By Jessica Keeny
Tiger Trot Chair
tigertrot@mycentralpta.org

The Central Elementary 2012 Tiger Trot 5k and 1 Mile Run/Walk will be held on Saturday, April 28; that's less than three months from today! Now is a great time to lace up your shoes and mark your calendar to race or walk with your family and friends. This year we are using Chip technology so participants will be clocked from the time they cross the start line to the time they cross the finish line. Even better, all participants get to keep their chip as a souvenir! The Tiger Trot is our largest annual fundraiser and all of the proceeds are used here at Central Elementary to provide our teachers and students with cutting edge technology. Watch backpack mail and future newsletters for more details on the Tiger Trot t-shirt design contest, class baskets for the silent auction, the pre-race spaghetti dinner, online registration and course updates. This is a fun, family event not to be missed! 🌸

Volunteers and Sponsors Needed

Tiger Trot 2012 sponsors and volunteers are needed. **Now** is the time to be a part of this great event! We are working very hard to make this the best Tiger Trot ever and sponsors and volunteers are such an important part of our success. Information on sponsorship will be available soon and if you are able to help with any part of this important event please email Jessica Keeny at tigertrot@mycentralpta.org.

DESIGN THE TIGER TROT T-SHIRT

Enter to win the 6th annual Tiger Trot T-Shirt Contest. The winner will receive a free t-shirt and art supplies. Look at the past winning designs hanging up in the main hallway of our school. Must be done in pencil only. Be creative. All entries must be turned in to Mrs. Morris by February 24, 2012



🌸 Donations Needed 🌸

Each classroom is asked to create a basket to donate to the Tiger Trot Silent Auction. Classrooms are not limited to one basket. Your classroom can provide a variety of basket items. Here a few that have done well in past years: American theme, nautical, beach/ocean, family game night, art, music, date night, gift card, spa, sports, party, girl/boy, office, car themes. Please be as creative and fun as you like. We can always use bigger items such as: beach house, sports tickets, electronics, and more to build upon some of the auction items received. Remember that alcohol and lottery tickets are prohibited!



PTA Events

Family Wellness Night

By Karen Blonder

PTA Secretary

Fun and fitness were had by all at Central Elementary's second Family Wellness Night held on February 2. Over 100 students and their families participated in the event. Representatives included Yoga, SPARK Fitness, circuit and skillastic stations from Edgewater Fitness, South River Martial Arts, speed and agility exercises from Parisi Speed School, as well as visits from a dentist and doctor. Our own "Taste of the Rainbow" and "Can you guess the fruit or vegetable?" game were hits. Congratulations to Ally Caruso, a third grader who won the "What Being Healthy Means to Me" poster contest. All entries were very creative, and are hanging up on the wall in the gym. Thanks to all who came out for the fun evening. Also thank you to our vendors and helpers with preparation for the event: Drs. Karen and Peter Stengel, Dr. Bonny Mitchell and staff, Edgewater Fitness, Parisi Speed School, South River Martial Arts, Restoration Foods, Robin Countryman, Karen Blonder, Kathleen Michael, Wendy Cronin, Juli Bello, Kierstin Dillahay, Pamela Murray, Joyce Toal, Ms. Talbott, Mr. Gruber, and Mrs. Haberlein, as well as Central Elementary's awesome custodian staff.

- 1 hard boiled egg sliced, 1 slice whole grain toast with margarine and jelly (use sparingly), ½ cup sliced fruit.
- 2 scrambled eggs with 2-3 slices of turkey bacon, 1 slice whole grain toast or ½ whole wheat English muffin.
- Fruit Smoothie- chop assorted berries, bananas, apples and put in blender. Add 6 oz. Dannon Light and Fit Vanilla Yogurt. Blend for 1-2 minutes.

Avoid the pop-tarts and donuts on test mornings as well as pancakes or waffles with syrup. These foods are all extremely high in sugar and often cause a sugar rush followed by a crash that can result in sluggish students. Ask your children the night before what they would like to eat so you can be prepared the following morning. It's also fun to get them involved. Many children love to "cook" and enjoy helping make the pizzas, cracking and/or peeling the eggs, or putting the ingredients in the blender. Bon Appetit!

This article was provided by Karen Blonder. In addition to being CES PTA Secretary, Karen is a certified nutrition consultant with her own business, Nutrition Design- "Your Road Map to Healthy Living," <https://www.nutritionroadmap.com> or karen@nutritionroadmap.com

Brain Food for MSA's

By Karen Blonder

secretary@mycentralpta.org

In addition to being MSA testing time, March is also National Nutrition Month, so I thought I would pass along some nutrition tips! It is important for your children to come to school well rested the days the MSA tests are administered. In addition, many students will perform better on a test when they have had a good breakfast to eat that morning. Here are some healthy breakfast solutions:

- 1 cup Quaker Oatmeal Squares Cereal (come sweetened with a hint of brown sugar) with ½ cup skim or low-fat milk. This tasty cereal contains 46 grams of whole grains per serving, 6 grams of protein, 5 grams of fiber, and is relatively low in sugar. Serve with a banana or ½ cup of sliced melon or berries.
- 1 slice whole grain toast with peanut butter and sliced banana—Delicious!





Central Middle School Open House for Incoming 6th Graders

An upcoming Open House for incoming 6th graders heading to Central Middle School will be held on Feb. 28 for Central students and parents from 7:30 to 8:30 p.m. A walk through of the building, information on course selections and a question and answer session will be held. There will be additional parent information sessions regarding how classes will be leveled and grouped next year. Look for more information to follow on dates and times.



Blanket and Towel Drive for the SPCA

Show your love for animals during the month of February, by donating your old blankets and towels for the homeless pets at the SPCA. The SPCA is a nonprofit organization that survives on the donations they receive. They are always in need of blankets and towels that they use as soft bedding for the pets. If you wish to participate in this drive, please send in your donations to school with your child. Just another wonderful way to show that we are a Green School!



Let's Help Out our Neighbor School

Mayo Elementary PTO is hosting a Longaberger Basket Bingo on Saturday, February 25 at the American Legion Post #226. Doors will open at 12 pm and games will begin at 1pm. Food will be available for sale. Take your chance to win a Baltimore Ravens Longaberger Basket. Bring your family and friends. Tickets are \$15. Contact Andrea McClenahan for more details or to get your tickets, disney72@hotmail.com, 410-798-8154.

Send Us Your Pics!

Memory Maker Needed: It is that time again.... 5th grade Promotion is going to be here before we know it. Each year, Central Elementary provides a DVD/CD for each 5th grade student as a keepsake. We need one parent to put together an approximately 10-15 minute movie/slideshow (with music) to be shown at the 5th grade promotion. Patty Rocker will make copies for each student to get as a keepsake of their years at Central Elementary. We will have 5th grade parents and our teachers send pictures to the volunteer-parent to help assemble the movie. Group shots of students at lunch, recess, field trips, class parties, band/strings/chorus performances from Kindergarten thru 5th is what we need! Please email procker@aacps.org if you are willing to compile the pictures and make our 5th grade promotion DVD.



Yearbook Picture Request: The Yearbook Committee wants to include a new page, "Kids with Animals Page," so if anyone is interested in sending Mrs. Morris a picture of your child with their favorite pet/animal that would be GREAT! Just one picture per student please, you can send them to gmorris@aacps.org by February 29, 2012. Thank You!

Happy Valentines Day!