



*Shepherd Elementary School*

# THE MUSTANG

*Home of the Shepherd Mustangs*

*October 9, 2012*

## *A Word from Mrs. Miles!*



Greetings!

By now each of you should have received a copy of your student's progress report. If not, please contact your child's teacher. Progress reports are one way to gauge how well your student is progressing; however, it is not the only way. The best way to learn about your child's progress is to sit and talk with your child's teacher during a parent-teacher conference. This week you will receive a parent-teacher conference sign-up form from your child's teacher. Please take a moment to complete the form and return it to school with your student as soon as possible. The first conference day is scheduled for Monday, Oct. 22, and I am looking forward to 100% parent participation.

### Traffic Safety

Each year, throughout the year, we talk about the importance of student safety during arrival and dismissal time. However, on a daily basis, many of us fail to adhere to the traffic safety rules and procedures. Many of us continue to make poor

choices and put the lives of our own family members at risk. Shepherd family, we must do better! We must adhere to the safety rules and procedures when traveling around the school. These rules and procedures are in place to help keep everyone safe. Please take a moment to review the traffic reminders found in this week's Mustang. Upon review, please reflect and make changes as needed. Let's not wait until something tragic to occur before we take action and do the right thing. Please let us all be principled and responsible (two IB profiles we encourage ours students to exhibit)!

### Sports at Shepherd

Shepherd Elementary is a member of the District of Columbia Athletic Association (DCIAA). DCIAA offers the following sports to students at the elementary level:

- ▶ Cross Country Track (September 1)
- ▶ Girls' and Boys' Basketball (November 1)
- ▶ Girls' and Boys' Indoor Track (November 1)
- ▶ Co-Ed Flag Football (March 1, 2013)
- ▶ Co-Ed Kickball (March 1, 2013)
- ▶ Girls' and Boys' Outdoor Track (March 1, 2013)

(see MILES, p. 11)



- ▶ **Tuesday, Oct. 9:** LSAT meeting, 4 p.m., library
- ▶ **Wednesday, Oct. 10:** "Raising Responsible Kids" parent seminar, 6:30-8 p.m., auditorium
- ▶ **Thursday, Oct. 11:** School Improvement Team meeting, 5:30 p.m., library
- ▶ **Tuesday, Oct. 16:** Family Dinner Night, 5-9 p.m., Outback Steakhouse, PG Plaza
- ▶ **Wednesday, Oct. 17:** PTA meeting, 6:35 p.m., auditorium
- ▶ **Friday, Oct. 19:** Professional development day, no school
- ▶ **Monday, Oct. 22:** Parent-teacher conferences, no classes

Consult the school website, [www.shepherd-elementary.org](http://www.shepherd-elementary.org), for a full array of events and happenings throughout the school year!

JOIN US FOR OUR FIRST PARENT EDUCATIONAL SEMINAR

## "RAISING RESPONSIBLE KIDS"

- Are you frustrated by your school-aged child's lack of personal organization??
- Are jackets going to school but never coming home??
- Are assignments going home, but never making it back to school?

Learn how to teach your child to be motivated to plan ahead and to take responsibility for their belongings.

### *Seminar Provided by: The Parent Encouragement Program (PEP)*

PEP's Goal is the development of stronger, more encouraging families, through systematic education, skill training, and support. Such families are characterized by positive energy and a sense of purpose. These families inspire their members with courage, spirit, and hope, empowering them to contribute to others, to their community, and to the larger society.



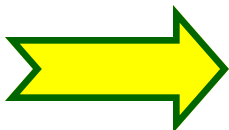
*Educating parents.  
Enriching families.*

**DATE: Wednesday, Oct. 10**

**LOCATION: School Auditorium**

**TIME: 6:30—8 p.m.**

***\*\* Childcare and food provided \*\****



Please register by COB Tuesday, October 9, by emailing

[info@shepherd-elementary.org](mailto:info@shepherd-elementary.org)



## Family Dinner Night Next Week!

Yes, it's the return of Family Dinner Night. This time we'll be making a triumphant return to the Outback Steakhouse in Hyattsville at the Prince George's Plaza on East-West Highway next Tuesday, Oct. 16. Last school year, Shepherd families' participation in Family Dinner Night at Outback helped raise \$313 for the PTA. Not to mention that families were both well-treated and well-fed.



The Outback Steakhouse at PG Plaza is owned by a Shepherd dad, and he's happy to welcome our families to his restaurant. All you have to do is say "I'm With Shepherd" and the PTA gets a 20 percent rebate from your check (before taxes). Such a sweet deal!

And pencil in these fund-raisers for next month:

- **Monday, Nov. 12:** Ledo Pizza on Georgia Avenue, 4-10 p.m.
- **Friday, Nov. 16:** The annual Color Me Mine "Fun-raiser" at their shop at 823 Ellsworth Dr. in Silver Spring, 6-10 p.m.

## La Table Française Is Back!

La Table Française is a table where students and I have lunch once a week in my room from 11:40 a.m. to 12:05 p.m. At this table, students share their regular meal from the cafeteria but, and more importantly, we speak only in French and share a special treat from France or a French-speaking country.

Our first table will on Wednesday, Oct. 17. I invite all the students who want to take a step forward using in practicing their French vocabulary or improving their fluency to participate in "la table française."

A sign-in sheet is in my room and students can sign to reserve a spot.

Any questions, please contact me at [koutouan.gadie@dc.gov](mailto:koutouan.gadie@dc.gov)

Sincerely,

*Madame Gadie*, French teacher



Hello, fellow Mustangs.

This is London Downing, and I am so excited about making the Cross Country Track team that I decided I would like to let you in on some secrets of what we do in Cross Country.

We have to start off with basic aerobic exercises like the warm-up in gym and then we begin the hard work by jogging laps around our lower field for 10-13 minutes. Coach Thornton (Mr. Thornton from after-care) lowers our time for sprinting around the track each practice. So one week we have six minutes to get around the track and the next week we will only have 5 minutes. My teammates are Tony Wilson, Omari Clark, Mia Heyward, Savannah Waymer, Ethan Reece, Lyndon Downing (my brother), Colyar Trimble, Margaret Goletiani, Adam Thomas, Gavin Rasmussen and Anatiya Stewart. (If I named you and misspelled your name, I give you my deepest apologies.)

This weekend my dad plans to take me and my brother on a trail to practice. Our first meet is scheduled for Saturday, Oct. 20. That's all for this week; tune in next week for some information from Colyar. If you have any questions about Cross Country you can ask me or any one of these students listed above.

--London Downing, fourth-grader

## TV Turnoff Club Now in 'Off' Mode!

Thanks to the dedication of Shepherd families, we've got more than two dozen students joining this year's TV/Video Game Turnoff Club. Photographs of Club members were taken Thursday for display to be posted on a bulletin board outside the library.



The rules are pretty simple, and it's on the honor system: Students pledge to limit their "screen time" with television and video games on nights when there's school the next day, and those mornings when they're going to school. The TV is on more than seven hours a day in the typical American household, and parents and children alike are "double-dipping" — using more than one form of media at the same time — to saturate their lives with media.

So how are our TV/VG Turnoff Club members going to spend their time when they're NOT in front of a screen?

*"Play with my sister. Read books."* — Sana Kanta, pre-K

*"Read books, draw a picture, paint, do homework, do laundry."* — Christopher Kennison, pre-K

*"Complete activities in my workbook. Practice sports or study my homework."* — Alex McCants Jr., pre-K

*"Reading, writing and playing outside."* — Elonna Wood, pre-K

*"Doing puzzles, practice soccer, take a nap, read a book, play games, play outside."* — Aaron Curtis, kindergarten

*"Read books, write stories, play board games, arts and crafts."* — Nia Dunham, kindergarten

*"Play board games, read, dance, run."* — Angel-Mateo Flores, kindergarten

*"Homework, reading, board games, cooking dinner with my family."* — Aria Jefferson, kindergarten

*"Reading, racing."* — Joyce Kao, kindergarten

*"Playing with my little brother, reading books."* — Nelson Alston, first grade

*"Play with my sister. Read books."* — Ana Kanta, first grade

*"Read, play dolls and games."* — Emma Laudadio, first grade

*"Reading, board games, soccer and walking."* — Sarah Rice, first grade

*"Play sports, read books, go to the library."* — Aaron Smith, first grade

*"Read, play, eat, sleep, go to school and draw."* — Lillian Beach, second grade

*"Read books, write stories, play board games, arts and crafts."* — Niles Dunham, second grade

*"Homework, reading, board games, cooking dinner with my family."* — Annelise Jefferson, second grade

*"Reading, math, drawing and homework."* — Grace Kao, second grade

*"Reading, sports, play with friends."* — Phillip Omo-hundro, second grade

*"Read a book, do chores, or play with my cat Josie."* — Mia Saunders, second grade

*"Puzzles, read, play board games, play with my siblings."* — Changa Anderson II, third grade

*"Read books, play dolls, or go to sleep."* — London Downing, fourth grade

*"Play with my cats and reading books."* — Cyntia Pattison, fourth grade

## THE SIT-UATION ROOM

Shepherd's School Improvement Team will meet this Thursday, Oct. 11, at 5:30 p.m. in the school library. The School Improvement Team is responsible for preparing the document that will guide the architect and contractor to be assigned by the city's Department of General Services for Shepherd's \$5.3 million in renovations next summer. Room assessments were made over the past few weeks with an eye to including and aligning renovation priorities. To learn more about the work of the School Improvement Team, call team chair Mark Pattison at 202-829-9289.





## STAR ACHIEVERS NEWS FOR PARENTS

Hello from Star Achievers!

Thank you for enrolling your children in the before- and after-care program at Shepherd. We are working to set a schedule for the month of October and will distribute it when ready, as well as let you know our plans for special events taking place on Fridays and around holidays. An official newsletter will keep you up-to-date the first of each month beginning in November.



For now, please note the following important items:

First, please see the invoice sent to each family regarding tuition payment for October. Thank you for your prompt payments.

Second, Star Achievers follows the same disciplinary policy as the school uses during the day: the use of three tiers of violations and consequences such as time-outs, a note home to parents making you aware of the negative behavior and on up to suspension nor expulsion from the program for serious violations. A written policy will be provided to all families ASAP.

Last but not least, Star Achievers keeps safety in mind as the top priority for the program. All parents MUST sign out at the front desk BEFORE they pick up their child/ren. There are no exceptions to this safety policy. If the security guard or Ms. Lester is not available at the desk when you arrive, please wait until we note that you have identified yourself and signed out. We are working on a walkie-talkie system that will let the Star Achievers staff member with your child know you are present, are authorized to take the child out of the program, and ensure you do not walk around the building unable to locate your child quickly.

Thanks again for your patience as we build a safe and enriching program.

--Ms. Claire Riley, Star Achievers coordinator

## Are You Prepared for Days Off?

Everyone enjoyed the Columbus Day holiday on Monday. As a federal holiday, not only does the federal government close, but so does much of D.C. government and governments in the neighboring counties in Maryland and Virginia.

**SCHOOL  
DAYS  
OFF!**

But next week Friday, the 19th, there will be no school for students due to a staff development day. And the Monday after that, the 22nd, there will be no classes for students due to parent-teacher conferences.

Do you know how you will take care of your children that day? On the school website, there is a generous listing of places you can send your children to spend a fulfilling and productive day and not make it seem like they're marking time. Go to <http://www.shepherd-elementary.org/resources/no-school-days-for-kids/> and find the options that appeal most to you and your child.

**Newsletter  
DEADLINE**

Deadline for  
submissions:

**Fri., Oct. 12,  
at 5 p.m.**

**Next Mustang Issue:  
Oct. 15**

Send all contributions to:  
[sesmustang@gmail.com](mailto:sesmustang@gmail.com)

## LSAT Meets Tuesday

Shepherd's Local School Advisory Team will meet this Tuesday, Oct. 9, at 4 p.m. in the school library. Parents are welcome to attend the meetings, but will be asked to leave the room if confidential issues should arise. To see more about the LSAT and its work, plus minutes from previous meetings, go the school website at <http://www.shepherd-elementary.org/parents/school-advisory-board/>.



What a powerful week of teaching and learning at Shepherd Elementary School! We listened to recordings and videos of Paul Robeson and read about his life. Then more than 100 students (first through fifth graders) wrote letters to Pearson, the publisher of our “Making Music” textbooks, urging that Paul Robeson be included in the next music textbook. Robeson is not mentioned anywhere in our music textbooks.

Here are a few quotes from letters by Shepherd Elementary School students:

*“I would like for you to put Paul Robeson in our music textbooks because he is very important. I think he is important because he has tried to set Americans free and stop war. He was a very famous singer/actor. And my class and I would love to find out hidden facts about him and his life.”* — Chandler M., 5th grade

*“I strongly believe that Paul Robeson should be in “Making Music” textbooks. Soon Paul Robeson will not be remembered as he should.”* -- Cyntia P., 4th grade

*“I think Paul Robeson should be in our textbook because he was the first African-American to speak up and demand rights for African-Americans. Paul Robeson got his passport taken away because he spoke up. Paul Robeson got it back after 8 years. He should be in the music textbooks because he is an African-American legend. I think it is mean because he worked very hard, and the postage stamp is not enough.”* -- Mia H., 4th grade

*“I think Paul Robeson should be in our music textbook because he was a good person. He was a civil rights activist. He also said something that offended the government and they took his passport. Then the government said you can’t take his passport and got it back. He got to go around the world and sang*



Did you know that one of our students created their own Insect Repellent that can be eaten? Congratulations to those students from Ms. Goldman, Mrs. Miranda-Mulligan, and Mr. Leonard’s classes who took ‘Action’ during this first Unit of study by investigating, creating and/or bringing in something on their own to share with their classes. You can find out who they are and what they did by checking out our Action Board.

Last week, the “Back to School With the History Makers” program was cancelled because our History Maker, Ms. Lena Williams, was unable to make it. We look forward to the program next year.

#### Program of Inquiry

This week, students in third through fifth grade will do the Paced Interim Assessments for English Language Arts and Math. All grades will reflect on the materials they learned from the first Unit of Inquiry as they conclude. The second unit of study will begin the week of, Oct. 15 and the programs are as follows:

- ▶ Pre Kindergarten: How We Organize Ourselves – Our School
- ▶ Kindergarten: How We Organize Ourselves – Where We Live
- ▶ First Grade: Sharing the Planet – Amazing Animals
- ▶ Second Grade: Who We Are – Now and Then
- ▶ Third Grade: Sharing the Planet – The Living World
- ▶ Fourth Grade: Sharing the Planet – Earth Around Us
- ▶ Fifth Grade: Where We Are in Place and Time – Going West!

(see IB Corner, p. 7)

*great songs and died at the age of 76. That’s why I think Paul Robeson should be in our textbooks.”* -- Kemani T., 4th grade

*“I want Paul Robeson in our textbook because the government took his passport and I want to learn about him. Also he sang about freedom songs. If Paul Robeson is not in our textbooks, how would we learn what Paul Robeson did? That’s why I want Paul in our textbook.”* -- David O., 3rd grade

## IB Corner from p. 6 \_\_\_\_\_

### Hispanic Heritage Month

October's trait is Inquirer. The IB mission statement says, "We aim to develop 'inquiring, knowledgeable and caring young people who help to create a better and more peaceful world through intercultural understanding and respect.'" As we approach the final week of Hispanic Heritage Month, we are continuing the tradition of investigating Hispanic Heritage personalities. Each grade level will conduct research on different Hispanic Heritage personalities of Music, Art, Entertainment, Political Leader, or Scientist & Inventor.

How well do you know your Hispanic American facts?

- ◇ Who is the first Hispanic to have won the Pulitzer Prize?
- ◇ This singer helped popularize folk music and has spent a lifetime promoting nonviolence and humanitarian causes.
- ◇ Luis Walter Alvarez won a Nobel Prize in... ?

### Inquirers

Keep in mind that an Inquirer is someone who is curious about the world around them. They acquire the skills necessary to conduct inquiry and research and show independence in learning. Best of all, they actively enjoy learning and this love of learning is sustained throughout their lives. This month, challenge yourself to be an inquirer IN:

- **Language Arts** -- by inquiring and using language as the main way to learn about language.
- **Mathematics** -- by becoming curious and fascinated about the world of patterns, shape, and number; by using the skills of mathematics to conduct purposeful inquiry.
- **Science & Technology** -- by having a sense of wonder about the physical and the material world. By finding out how things work and using the scientific process to conduct purposeful inquiry.
- **Social Studies** -- by inquiring about society and culture.

What to do at home? Parents:

- Encourage areas of your child's interest by visiting the library to borrow books that explore these topics.

- Develop an understanding of the Internet. Work with your son or daughter when the Internet is being used and try to instill the understanding that some Internet sites are not reputable.
- Model being an inquirer. Admit when you don't know the answer to a problem or a question and seek out answers in front of your child.
- Catch your child being an inquirer. Make sure your child knows he/she has done something good. Expressing your approval is a powerful way to reinforce.

### Hispanic American Facts: Answers

- ◇ Who is the first Hispanic to have won the Pulitzer Prize? *Oscar Hijuelos*
- ◇ This singer helped popularize folk music and has spent a lifetime promoting nonviolence and humanitarian causes. *Joan Baez*
- ◇ Luis Walter Alvarez won a Nobel Prize in? *Physics*

Have a super week!

--*Ms. Sandra Hart*, IB coordinator

## BOYS' BASKETBALL SEASON: SHEPHERD'S GOT GAME!

Dear Shepherd Family,

I am excited to announce that the boys' basketball season is quickly approaching. With this excitement comes a bit of eagerness to prove that Shepherd Basketball is back at its place as one of the top elementary schools in the city. In order to continue this tradition of excellence we think that it is very important to prepare our young men for the task at hand by offering a fundamental skills camp before tryouts begin on Nov. 5. The camp will be every Tuesday and Wednesday after school until tryouts start. It is imperative that every student who has aspirations of playing for the boys' basketball team be in attendance, as we will go over essential skills that are needed to be successful in the game of basketball. However, this camp is NOT mandatory and WILL NOT ensure a spot on the team.



Sincerely,

*Jarrett Burgess*, Head Coach  
*Nick Gilreath*, Assistant Coach



# ART CORNER

Dear Shepherd Parents and Caregivers,

Art activities for the first IB thematic units have drawn to a close and it is time for teachers and students alike to reflect and evaluate how our work turned out. Visual artists like me do a LOT of looking back since our artwork sits and stares back at us. Child artists take fearless joy in looking back. They almost always love their work and that of their peers. The processes and materials make them smile, particularly if the media is messy.

Second graders went to the school's garden in the last weeks to draw the flowering plants. Afterwards they were able to tell me how being there observing plants in person made the drawing exercise a special memory for them, and made part of the "movie in the mind." They happily told me about how they could notice the details of the plants and were better able to "copy" them in their sketches. Isn't that what we all want to do in life, take in the details and decide whether to consider them in our view of the big idea?

The arts teach children that small differences can have large effects, says art educator and philosopher

Elliot Eisner. In the art room second-grade parents will be able to see the big difference that direct observation makes in their children's drawing. I don't know who said this but I believe that "art is a special way of seeing," and it is something everyone can learn. So again this week I ask to you to keep talking to your child about what he or she is seeing in the world. It's in the details. Get out there and explore with your kids. Compare notes on what you see. It'll be fun.

If you're looking for me during parent-teacher conferences, I'll be inside the art room from 1 to 4 p.m.

Remember that you can email me with questions, comments, and concerns anytime at [joele.michaud@dc.gov](mailto:joele.michaud@dc.gov).

Here's to an artful week. Remember, you gotta have art!

--Ms. Joele Michaud, art teacher

P.S.: Homework is important for art practice and for satisfactory grades for students in 3rd, 4th, and 5th. It is vital that kids have a sketchbook to use for these assignments. Homework information can be found at <http://teacherweb.com/DC/Shepherd/Art> and click on Homework.

**FAMILY DINNER NIGHT**

**FAMILY DINNER NIGHT**

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*Shepherd's*  
**FAMILY  
DINNER  
NIGHT**

*It's always fresh  
in the Outback!*



**OUTBACK  
STEAKHOUSE®**

3500 East West Hwy, Hyattsville, MD  
(in front of the Mall at Prince Georges)

**Tuesday, Oct. 16  
4-11 p.m.**

**SAY YOU'RE FROM SHEPHERD**

The PTA gets 20% of your pre-tax tab!

*Best known for grilled steaks, chicken and seafood, Outback also offers a wide variety of crisp salads and freshly made soups and sides.*



**Good for Dine-In and Carryout (PH: 301-853-5959)**



## General Traffic Rules

- ◆ Please arrive early to allow yourself plenty of time to find a parking space if you are walking your student to the gymnasium.
- ◆ Please do not stop and let students out in the crosswalk.
- ◆ Please do not stop in the middle of the street to let your student out of the car.
- ◆ Please use kind words and kind gestures.
- ◆ Please do not lay on your horn or yell out of your window.
- ◆ When exiting the car, students should exit on the curb side only. Students should not be expected to cross in front of your car or behind your car to get into the building.
- ◆ Please refrain from talking and texting during arrival and dismissal.



### Carpool Reminders

#### Arrival

- ◆ Please arrive between 8:20 and 8:40 a.m. to drop off your student.
- ◆ Students should be dropped off on 14th Street in front of the school.
- ◆ Students should quickly proceed inside of the building via the blue gym doors (Jonquil) or the glass doors on 14th Street.
- ◆ Students should have their book bag, lunchboxes and other items gathered before you pull to the curb so that they can quickly exit the car.
- ◆ Parents, please remain in your car at all times. Safety Patrol and staff will assist with opening and closing doors as necessary.

#### Dismissal

- ◆ Parents may begin picking up their student at 3:15 p.m.
- ◆ To avoid traffic congestion, we ask that you do not arrive before 3:10 p.m.
- ◆ Please remain in your car at all times.

- ◆ If you are the first to arrive, please pull all the way up to the No Parking Sign located on 14th Street by the school marquee.
- ◆ Upon arrival, cars should pull directly behind the last car in the carpool line.
- ◆ Please do not leave open spaces in the carpool line. When a car leaves the line, all cars should pull up to close in the space.
- ◆ Please do not double-park or stop in the middle of the street.
- ◆ If there are no spaces along the curb, please circle the block.

## The Handbook Says: Healthy Snacks

Here's the first in an ongoing series of excerpts from the revised school handbook. This excerpt deals with the thorny issue every family tries to deal with: just what makes a "healthy" snack.

### Healthy School Snack Suggestions

#### Fruits

Fruit is naturally sweet, so most kids love it. Fruit can be served whole, sliced, cut in half, cubed, or in wedges.

#### Applesauce (Unsweetened), Fruit Cups, and Canned Fruit

These have a long shelf life and are low-cost, easy, and healthy if canned in juice or light syrup. Examples of unsweetened applesauce include Mott's Natural Style and Mott's Healthy Harvest line. Dole and Del Monte offer a variety of single-serve fruit bowls.



#### Dried Fruit

Try raisins, apricots, apples, cranberries, pineapple, papaya, and others with little or no added sugars.

#### Frozen Fruit

Try freezing grapes or buy frozen blueberries, strawberries, peaches, mangoes, and melon.



(see HEALTHY SNACKS p.10)

## The 180 Fund: Better Than the Rest

*Hey, Shepherd! Want to sell holiday gift wrap – just in time for the holidays?*

*Anybody?*

*Hey, parents? Want to sell more of that World's Finest Chocolate?*

*(crickets chirping)*

*Hey, everybody! How's about sticking a catalogue or two in front of your co-workers' faces, imploring them to order something they don't really need because "it's for my kid's school"?*

*"Bueller? Bueller?"*

*Thought so.*

One reason the 180 Fund was established was to get rid of sales drive after sales drive which generally bring about diminished returns. We've got better things to do with our lives than hawk wares we don't really believe in.

The PTA knows parents don't want to do that kind of thing, but that they'd go through a brick wall for their children's school.

While there will probably always be fundraising, Shepherd's fundraising program focuses on events where families and students can do things together. That's why there's Fall Fest. That's why there's Family Dinner Nights.

But the Big Daddy is the 180 Fund. We as parents take it upon ourselves to contribute to the general good of the whole school. Last year, the PTA pledged to kick in up to \$10,000 in office supplies so that the school could set aside more money for personnel in a year of budget cuts. And the PTA was able to make that pledge thanks to your 180 Fund contributions.

Two years ago, the PTA put up the lion's share of funding for an "Afterschool Academy" to boost the DC-CAS scores of students. As it turned out, D.C. Public Schools got out of the "Saturday Academy" business that year, so Shepherd would've been up

the creek without a paddle were it not for the creative thinking of parents and school officials, and families' contribution to the 180 Fund.

Fill out that back-page 180 Fund form in the Mustang, and return it to the school with your check made payable to "Shepherd Elementary PTA." We are capable of doing great things, but we are capable of doing even greater things together!



## HEALTHY SNACKS from p. 9 \_\_\_\_\_

### Fruit Leathers

Some brands of fruit snacks are more like candy than fruit, and should be avoided due to their high content of added sugars and lack of fruit. Brands to avoid include Fruit Rollups, Farley's Fruit Snacks, Sunkist Fruit Gems, Starburst Fruit Chews, Mamba Fruit Chews, Jolly Rancher Fruit Chews, Original Fruit Skittles, and Amazin' Fruit Gummy Bears. Try Natural Value Fruit Leathers and Stretch Island Fruit Leathers, which come in a variety of flavors and don't have added sugars.



### Fruit Salad

Get kids to help make a fruit salad. Use a variety of colored fruits to add to the appeal.

### Popsicles

Most so-called "fruit" popsicles have added sugars and should be reserved for an occasional treat. Look for popsicles made from 100% fruit juice with no added caloric sweeteners, such as Breyers or Dole "No Sugar Added" fruit bars.



### Smoothies

Blend fruit with juice, yogurt or milk, and ice. Many store-made smoothies have added sugars and are not healthy choices.

### Deliveries

Deliveries of fresh fruit or platters of cut-up fruit are a convenient option offered by some local grocery stores.

## **MILES** from p. 1

Currently, Shepherd Elementary is unable to offer Kickball and Indoor Track because we do not have anyone to coach them. If you or someone you may know is interested in serving as a coach. Please contact Mr. Burgess, our PE teacher and athletic director, at [jarrett.burgess@gmail.com](mailto:jarrett.burgess@gmail.com).

In an effort to improve our communication about our sports program, information such as tryout dates will be published in the Mustang at least one week before the tryouts. In addition, interest meetings are held during the day at school and during these meetings students are provided with the necessary paperwork.

## **Basketball Season is Coming Soon!**

Boys and girls in fourth and fifth grade interested in playing ball for the 2012-13 school year should sign the interest sheet hanging in the main hallway.

## **Lost and Found**

Currently, the school's Lost and Found is located in the main office. At the end of each week, all unclaimed items will be discarded or taken to Goodwill. This year we are only keeping items for one week. The first trip to Goodwill will occur on Friday, Oct. 12, and will continue every Friday. You can help keep the items in our Lost and Found to a minimum by labeling everything (lunchboxes, sweaters, hats, umbrellas, etc.). Most lost items with a name are returned to their owner.

## **Reading: Questioning**

This week we will continue our focus on asking questions. When reading at home, take time to ask your students questions about what they are reading and provide them with opportunities to ask you questions.

## **Student Council**

This past Friday students in third through fifth grades interested in serving as a member of the school's student government organization were invited to a special interest meeting. At this meeting students received an information package along with a calendar of important due dates. Students who did not attend the meeting

but are interested in participating must come by the office on Tuesday morning to pick up an information packet. Parents may not pick the packet up for their students, and packets will not be available after 4 p.m. on Tuesday.

Students in third grade may serve as student council representatives for their class. Each representative will attend monthly government meetings, assist with special projects and events and assist with getting our younger students involved in Student Council. Students in fourth and fifth grade may run for Student Council officers. The executive officer positions open for the 2012-13 school year are: President (fifth grade only), Vice President, Secretary and Treasurer. These individuals will conduct monthly meetings and will work closely with our council advisors to help make Shepherd a better place.

Have a great week !

Warmest regards,

*Jamie B. Miles*  
Principal

## **Shepherd Elementary School Mission:**

At Shepherd, we are committed to the advancement of students' academic, emotional, social and physical well being. We, as a community, will provide students with a safe, supportive, creative, and flexible environment in which children think and learn globally and act compassionately.

## ***Shepherd Elementary School***



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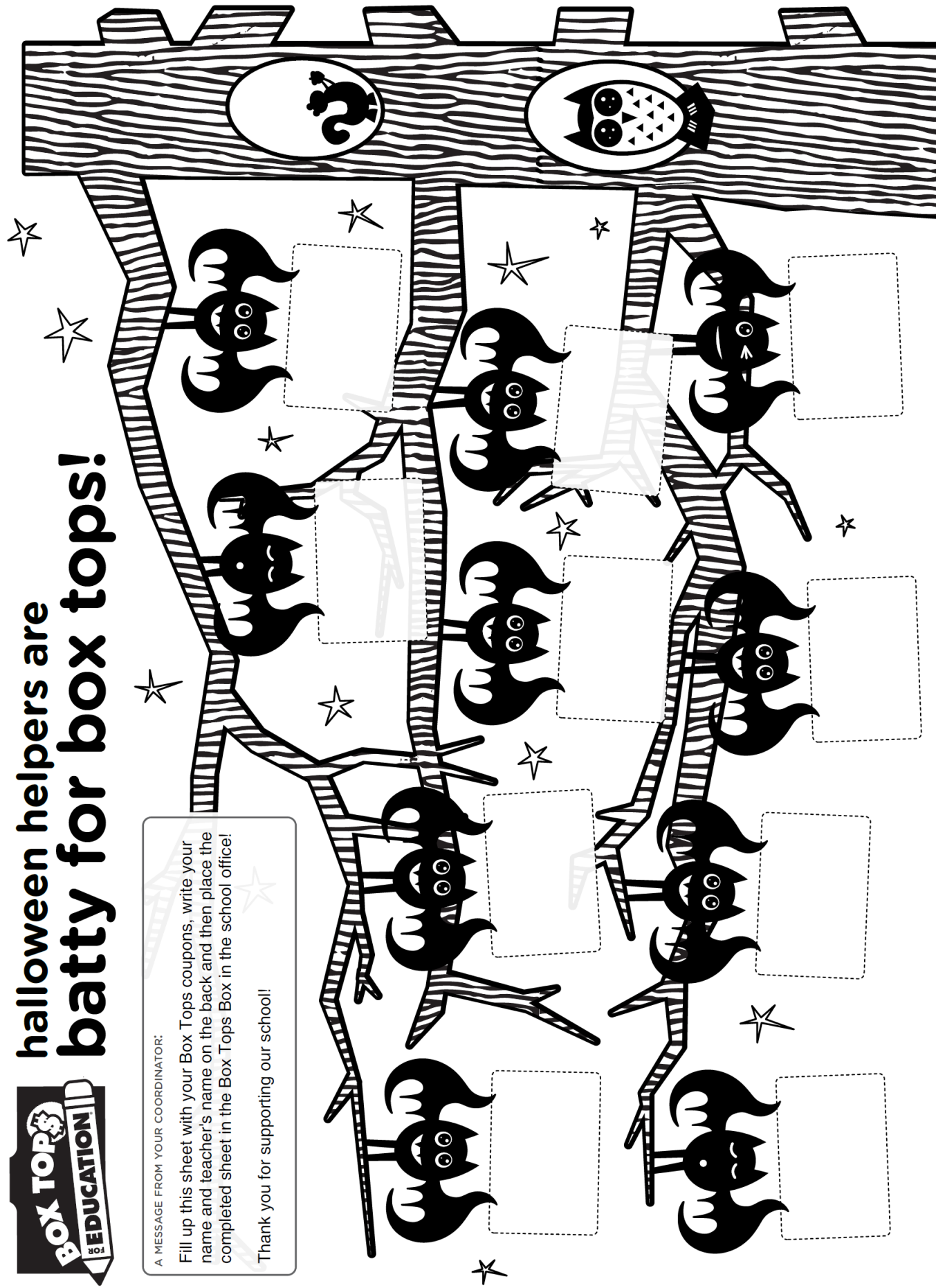


# halloween helpers are batty for box tops!

A MESSAGE FROM YOUR COORDINATOR:

Fill up this sheet with your Box Tops coupons, write your name and teacher's name on the back and then place the completed sheet in the Box Tops Box in the school office!

Thank you for supporting our school!



Attach your Box Tops coupons here - each is worth 10¢ for your school.  
To see more ways to earn cash for your school, go to [btf.com](http://btf.com).

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FOR COORDINATORS ONLY Total # of Box Tops on this sheet:



**Shepherd Elementary School PTA**  
7800 14<sup>th</sup> Street, North West  
Washington, DC 20012-1464  
[www.shepherd-elementary.org](http://www.shepherd-elementary.org)

## PTA Membership/180 Fund/School Directory/Permission Slip/Volunteer Form

For the **2012-13 school year**, EVERY Shepherd parent is in the Parent Teacher Association. If you are at a PTA meeting, you will automatically have a vote and a voice. There are no membership dues, either! If you ever thought of money – or anything – as a barrier to participating in the PTA in particular, or more fully in the life of the school in general, your worries are over! [The Mustang](#), the [Shepherd Elementary website](#), and the [PTA listserv](#) will let you know how you can make Shepherd Elementary – and our children’s educational experience -- better than ever.

### *‘180 Fund’ Finances PTA Activities and School Needs*

In place of PTA membership dues and the old “family enrichment fee,” the PTA established the **180 Fund**. There are 180 instructional days in the school year. Parents, can you afford a dollar per day per child to improve Shepherd Elementary? We think you can, and we hope you’ll contribute to the 180 Fund. There are all sorts of things that Shepherd Principal Jamie Miles and PTA leadership have identified to enhance the educational mission of Shepherd that don’t fit into the school or D.C. Public Schools’ budget. Please complete this form and check the boxes:

### Household #1 (also for School Directory)

Home address \_\_\_\_\_

Zip Code \_\_\_\_\_ Home phone number: \_\_\_\_\_

Parent 1: First and Last Name \_\_\_\_\_

Work number: \_\_\_\_\_ Cell phone number: \_\_\_\_\_

Parent 2: First and Last Name \_\_\_\_\_

Work number: \_\_\_\_\_ Cell phone number: \_\_\_\_\_

### Household #2 (or other important contact, i.e., grandmother, babysitter, etc.; if applicable; also for directory)

Home address \_\_\_\_\_

Zip Code \_\_\_\_\_ Home phone number: \_\_\_\_\_

Parent 1: First and Last Name \_\_\_\_\_

Work number: \_\_\_\_\_ Cell phone number: \_\_\_\_\_

Parent 2: First and Last Name \_\_\_\_\_

Work number: \_\_\_\_\_ Cell phone number: \_\_\_\_\_

† You may use the above information for the annual school directory, except for those portions that are shaded or in parentheses. ( )

Note: All student names will be included in the directory.

**\* My signature here authorizes Shepherd’s PTA to publish the information above in the school directory:**

Your name(s): \_\_\_\_\_  
\_\_\_\_\_

† I am a Shepherd teacher/staff member.

Phone Number(s): \_\_\_\_\_

Child(ren): \_\_\_\_\_

Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_

Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_

Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_

☐ I wish to participate in the 180 Fund. **Enclosed is my lump sum contribution of \$180.**

☐ I wish to participate in the 180 Fund and will make **two semi-annual payments of \$90** each by Sept. 16 and \$90 by Jan. 16.

☐ I wish to participate in the 180 Fund and will make **four quarterly payments of \$45 each** by Sept. 16, Nov. 16, Jan. 16 and Mar. 16.

☐ I wish to participate in the 180 Fund and will be able to pay semi annually \$90 by Sept 16 and \$90 by Jan. 16.

☐ I wish to participate in 180 Fund and I would like to be exempt from Fundraising. **Enclosed is my contribution of \$500.**

(Please return form and check made payable to SES PTA to the PTA mailbox in the Shepherd Elementary School Office. You can also pay via credit card online at [www.shepherd-elementary.org](http://www.shepherd-elementary.org)).

### ***How Can YOU Help? Volunteer in Our Initiatives and Activities!***

Check all that you're interested in or intrigued about.

\_\_\_\_\_ Academic Affairs

\_\_\_\_\_ Health Committee

\_\_\_\_\_ PTA Functions

\_\_\_\_\_ Newsletter

\_\_\_\_\_ Fundraising

\_\_\_\_\_ Special Events

\_\_\_\_\_ Auction

\_\_\_\_\_ Building and Grounds

\_\_\_\_\_ Grant Writing

\_\_\_\_\_ Garden Initiative

\_\_\_\_\_ Fall Fest

\_\_\_\_\_ Fall Flower Bulb Sale

\_\_\_\_\_ Clerical

\_\_\_\_\_ Book Fair

\_\_\_\_\_ School Office

\_\_\_\_\_ Technology/Computers

\_\_\_\_\_ Used Uniform Sales

\_\_\_\_\_ Cafeteria

\_\_\_\_\_ Jazz Night

\_\_\_\_\_ Green Team

\_\_\_\_\_ Family Fun Day

\_\_\_\_\_ As Needed

### ***"Permission Slip"***

During the course of the school year, we will be taking photographs of Shepherd students at various school events for inclusion on the Shepherd website, the Mustang newsletter etc. Names will not be included. Please express your preferences for the use of photos containing your child/children:

☐ I give Shepherd Elementary School permission to use my child/children's photograph on the Shepherd website, Mustang newsletter, etc. I understand that names will not be included.

☐ I do not give Shepherd elementary School permission to use my child's/children's photograph on the Shepherd website, Mustang newsletter, etc.

### **SIGNATURES:**

\_\_\_\_\_ Parent/Guardian/PTA Member signature

\_\_\_\_\_ Parent/Guardian/PTA Member signature

*Join the Shepherd PTA! Let your voice be heard. Be a partner in your child's education.*