



Shepherd Elementary School

THE MUSTANG

Home of the Shepherd Mustangs

October 15, 2012

Wednesday!

**Come one, come all,
to the PTA meeting!**



When: Wednesday, Oct. 17

Time: 6:35 p.m.

Place: Cafeteria

- ▶ Hear the latest from the principal and the PTA president, plus important news on school and parent initiatives.
- ▶ ALL parents are in the PTA; there are no membership dues – that's what we have the 180 Fund for!

***School starts on time...
...so do PTA meetings!***

- Childcare in the cafeteria
- Food for students and parents



- ▶ **Tuesday, Oct. 16:** Family Dinner Night, Outback Steakhouse, 5-9 p.m.
- ▶ **Wednesday, Oct. 17:** PTA meeting, cafeteria, 6:35 p.m.
- ▶ **Friday, Oct. 19:** Professional Development Day, no classes
- ▶ **Monday, Oct. 22:** Parent-teacher conferences, no classes
- ▶ **Tuesday, Oct. 30:** Family Literacy Night, auditorium, 6:30 p.m.

Consult the school website, www.shepherd-elementary.org, for a full array of events and happenings throughout the school year!

A Word from Mrs. Miles!

Greetings!

Get Caught Reading Initiative

This year in almost every one of my columns, **READING** has been the topic of conversation. Why? Because it is our goal that:



- 90% of our Kindergarten through second-grade students will be reading at or above grade level by the end of the year as measured by our Text and Reading Comprehension Assessment.
- 90% of our third through fifth grade students will score advanced or proficient on the District of Columbia Comprehensive Assessment (DC-CAS).
- At least 22% of our third through fifth grade students will score advanced on the DC-CAS.

These are ambitious goals but not impossible goals, and we believe that with parents and our community support we can make it happen. On Tuesday, Oct. 30, we will have our first Literacy Night of several for the 2012-13 school year.

Every parent is encouraged to attend to learn more about the initiative and their role. In the meantime, each week I will continue to share with you things parents must do and things we are doing -- and will be doing -- to reach our goals.

⇒ **Tip# 1:** Read with your student every night. Listen as your student reads to you. Before, after and during reading have your student to make predictions and inferences, make connections and ask questions. Each of these reading strategies has been introduced here in previous editions of

(see MILES, p. 8)



Hello. This is Colyar Trimble. Next week is family dinner night at Outback Steakhouse! Also, student council has started. Right now we're just making posters and choosing what we will be running for. November 6 is the actual election (right around the presidential election).

Have you noticed students in belts at crosswalks helping you cross or kids helping out with car-pool? That's the safety patrol. Their job is to help students cross safely. But safety patrol needs your help, to make their jobs easier. When they have their arms stretched out like telling you to stop, stop. When they step aside, feel free to cross.

If you have anything you want me to add in my next article contact me at trimbledc@gmail.com.

--Colyar Trimble, fifth-grader

The Phone's for You!

DID YOU PREORDER THE IPHONE 5?

YOUR old phone = cash for Shepherd!

If you are upgrading your phone, smartphone or iPhone, please donate your old device to Shepherd PTA.

It will be recycled in an environmentally friendly manner AND Shepherd will earn money from the phones. Just put them in the PTA box in the main office. Ask your friends and relatives to donate their used phones to Shepherd too!



School Spirit Days Start Next Week

There's so much spirit at Shepherd you can't confine all of it to just one week on the calendar. That's why we've got a spillover into the following week. Here are the special themes for the upcoming Spirit Days:



- ♦ **Tuesday, Oct. 23** - Crazy Hat or Hair Day
- ♦ **Wednesday, Oct. 24** - Wear Your Pajamas to School Day
- ♦ **Thursday, Oct. 25** - Crazy Socks and Backwards Day
- ♦ **Friday, Oct. 26** - Sport Your Favorite Team or School Spirit Wear
- ♦ **Monday, Oct. 29** - Wear Something Pink for Cancer Awareness Month



Family Dinner Night Tuesday At Outback Steakhouse

Get ready for one of the most fun evenings you can have with your family outside of Shepherd Elementary: Family Dinner Night. It'll be this Tuesday, Oct. 16, at the Outback Steakhouse at Prince George's Plaza on East-West Highway in Hyattsville. If you're unfamiliar with the area, you'll be able to see the restaurant close to the road, with a traffic light enabling you to turn off East-West and into the Outback parking lot.



Outback is owned by a Shepherd parent, and for the second straight year he's opening his doors to help us raise money in a fun way. All you have to do is tell your server, "I'm with Shepherd!" and Outback will rebate 20 percent of your pre-tax tab to the PTA. Last year, we raised more than \$300 thanks to our participation at Outback.

Speaking of \$300, that's exactly what we raised from our first Family Dinner Night at Olazzo in Silver Spring. Can we top that figure at Outback? Bring your family and friends and give it a try!

TV Turnoff Club Grows

The number of students who want to turn off the tube continues to grow. Since pictures were taken of the first 25 club members earlier in the month, still more have joined the TV/Video Game Turnoff Club. With every Club application, we ask them what they plan to do instead of having their face stuck in front of the TV or a video game:



"Read, play piano, Lego." – Nivel Africa, first grade

"Read, write in my journal, play games, help at the house." – Makayla Kennedy, second grade

"Reading books and drawing sketches." – Zora Pauk, second grade

"Read, play with my dolls and dollhouses, play games with my family." – Zoie Walden, second grade

"Skateboarding, reading, drawing, and spend time with family." – Moise Elijah Pringle, third grade

"Read, draw, play piano." – Raphael Afrika, third grade

"Read books and play with my little brothers." – Fahari Dominique, third grade

"Swimming lessons, playground and cook with my mom." – Samuel Bush, third grade

"Read, color, do art work, play with my dog, do homework, sing, play Scrabble." – Shaina Adams, third grade

"Reading, studying the solar system, and math." – Jamary Calhoun, fourth grade

"Reading a book, do my homework, and play outside." – Catherine Serrano, fourth grade

"Play after school, build and play with my Lego, draw and read." – Zoe McCullough, fourth grade

Did you notice the one thing all of these students had in common – and the top priority listed by all but one of them? READING! Way to go, Club members!

How to Help Your Child Learn a Second Language

How may you help your child with the second language?



It is important to keep in mind that each child is unique and has different learning strengths and weaknesses.

Some children will find second language learning easy and fun. Others will struggle for everything they learn. Especially for those who struggle, parental encouragement is needed during each step of the process. In addition, a child quickly identifies and adopts his/her parents' attitudes toward the language. If your attitude is positive, it will make your child learning process much more manageable and enjoyable.

Research indicates that learning a second language is a good thing for children's intellectual development and it opens up career opportunities for them that would otherwise not exist. To have the chance to learn a second language is a gift you give to your children — a gift for their childhood years and their adult years.

Madame Sadie, French teacher

4-Day Weekend Looms for Students

There won't be any classes for students this Friday, Oct. 19, as Shepherd staff has a professional development day. And there

**No class
this Friday
or next
Monday**

won't be any classes next Monday, Oct. 22, as school is open for parent-teacher conferences.

Remember to go to <http://www.shepherd-elementary.org/resources/no-school-days-for-kids/> if you need to find a day camp or activity for one or both days.

The Handbook Says: Healthy Eating (cont'd.)

Because parents are often in a quandary about the right kinds of foods to offer their children, the Shepherd Elementary handbook included a substantial appendix on healthy choices. We continue the excerpt on healthy eating begun in last week's issue.

Vegetables

Vegetables can be served raw with dip or salad dressing:



- Broccoli
- Carrot sticks or Baby Carrots
- Cauliflower
- Celery Sticks
- Cucumber
- Peppers (green, red, or yellow)
- Snap Peas
- Snow Peas
- String Beans
- Tomato slices or grape or cherry tomatoes
- Yellow Summer Squash slices
- Zucchini slices

Dips

Try low-fat salad dressings, like fat-free Ranch or Thousand Island, store-bought light dips, bean dips, guacamole, hummus (which comes in dozens of flavors), salsa, or peanut butter. If your child is in a nut-free classroom, consider soy butter as an alternative to peanut butter.

Salad

Make a salad or set out veggies like a salad bar and let the kids build their own salads.

Soy

Edamame (pronounced "eh-dah-MAH-may") are fun to eat and easy to serve. (Heat frozen edamame in the microwave for about 2-3 minutes).



Veggie Pockets

Cut whole wheat pitas in half and let kids add veggies with dressing or hummus.

Ants on a Log

Let kids spread peanut butter (or soy butter) on celery (with a plastic knife) and add raisins.

Healthy Grains (bread, crackers, cereals, etc.)

Though most kids eat plenty of grain products, too many of those grains are cookies, snack cakes, sugary cereals, Rice Krispies treats, and other refined grains that are high in sugars or fat. Try to serve mostly whole grains, which provide more fiber, vitamins, and minerals than refined grains. In addition, try to keep the added sugars to less than 35% by weight and the saturated and trans fat low (i.e., less than 10% of calories, or about one gram or less per serving). Note: Cookies, snack cakes, and chips should be saved for occasional treats, given their poor nutritional quality.



Whole Wheat English Muffins, Pita, or Tortillas

Stuff them with veggies or dip them in hummus or bean dip.

Breakfast Cereal

Either dry or with low-fat milk, whole grain cereals like Cheerios, Grape-Nuts, Raisin Bran, Frosted Mini Wheats, and Wheaties make good snacks. Look for cereals with no more than 35% added sugars by weight (or roughly 8 grams of sugar per serving).



Crackers

Whole-grain crackers like Triscuits, which come in different flavors or thin crisps (or similar woven wheat crackers), Kalvi Rye crackers, or whole wheat Matzos can be served alone or with toppings, like low-fat cheese, peanut butter, or low-fat, reduced-sodium luncheon meat.

Rice Cakes

Look for rice cakes made from brown (whole grain) rice. They come in many flavors, and can be served with or without toppings.

Popcorn

Look for low-fat popcorn in a bag or microwave popcorn. Or you can air pop the popcorn and season it, e.g., by spraying it with vegetable oil spray and adding parmesan cheese, garlic powder, or other non-salt spices.

Baked Tortilla Chips

Baked tortilla chips are usually low in fat, and taste great with salsa and/or bean dip. Look for brands with less sodium.

Granola and Cereal Bars

Look for whole grain granola bars that are low in fat and sugars, like Barbara's Granola Bars (cinnamon raisin, oats and honey, and carob chip flavors), Nature Valley (see **HEALTHY**, p. 5)

Halloween Happenings in the Community

Halloween this year is on a Wednesday. Here are a few things parents should know:

There will be a Halloween Parade starting at 6 p.m. sharp on Halloween – Wednesday, Oct. 31 – at Shepherd Field next to the school. Students in aftercare must be gotten by their parents to participate in the parade. Children will walk one lap around the blue oval, and there may even be treats and glow sticks for children along the way.



There will also be a trick-or-treat house list distributed before, during and after the parade, as long as there are enough copies to distribute. Organizers in the neighborhood want Halloween to be safe for all young trick-or-treaters, and the house list is one way to keep focus on trick-or-treating.

Next week, Shepherd students will get a Trick or Treat for UNICEF collection box. You can return the boxes to the school office, and all money raised will go straight to UNICEF.

Trick or Treat for UNICEF marks the beginning of the “giving season” at Shepherd. Very soon you’ll hear information about Shepherd’s annual participation in the Walk for the Homeless, slated for Friday, Nov. 2. The following week, starting Nov. 5, the annual Loose Change Collection starts, with some of the proceeds going to help Shepherd families having a tough time in a tough economy – just in time to celebrate Thanksgiving.

**TRICK-OR-TREAT
FOR UNICEF**

**NewsLetter
DEADLine**

Next Mustang

**Issue:
Oct. 23**

Even though there's no school Friday, that's still our deadline day for copy for next week's Mustang. Please get your items in by

**5 p.m. Friday, Oct. 19, to
sesmustang@gmail.com**

Highlights From the Parenting Seminar

A parenting seminar on the subject of "Raising Responsible Children" was held in the auditorium on Oct. 10. The PTA sponsored seminar was conducted by Linda Keely, an instructor with the non-profit Parenting Encouragement Program based in Kensington, Md.

Ms. Keely provided helpful tips and tools including distinguishing between responsibility and obedience, setting appropriate expectations and using natural or logical consequences to educate our children. About 20 parents attended, taking advantage of the free food and childcare provided by the PTA.

Attendees asked about practical day-to-day situations and were able to use ideas provided in the seminar to come up with additional tools for how to better guide our children - and ourselves. Part of the benefit of attending the seminar, at least for some attendees, was the renewed realization that the issues and problems were very similar from family to family.

The PTA plans to sponsor another PEP parenting seminar next semester.

--Sandhya Mehta

HEALTHY from p. 4

Crunchy Granola Bars (cinnamon, oats 'n honey, maple brown sugar, and peanut butter flavors), Nature Valley Chewy Trail Mix Bars (fruit and nut flavor), and Quaker Chewy Granola Bar (peanut butter and chocolate chunk flavor).



Pretzels, Breadsticks, and Flatbreads

These low-fat items can be offered as snacks now and then. However, most of these snacks are not whole grain and most pretzels are high in salt.

Low-Fat Dairy Foods

Dairy foods are a great source of calcium, which can help to build strong bones. However, dairy products also are the biggest sources of artery-clogging saturated fat in kids' diets. To protect children's bones and hearts, make sure all dairy foods served are low-fat or fat-free.
(see LOW-FAT, p. 7)

ART CORNER

I usually write about what kids are doing here in the Art Corner but this week I want to let you know about my blog at teacherweb.com. Every week I urge parents of third-, fourth and fifth graders to go to <http://teacherweb.com/DC/Shepherd/Art> for homework assignments but I have ignored the rest of you. I'd like to let you in on a secret. This blog, <http://teacherweb.com/DC/Shepherd/Art>, has LOTS of information on it besides art homework. There are photos on the Gallery and the Take A Peek pages. There's my bio (boring) and answers to FAQ (frequently asked questions.)

My favorite page is the Links page. Here you'll find a list of web links to activities for families with kids. Click on any of the blue lines of type to get connected to great activities. Many revolve around art but many do not. There is a link to the fabulous interactive website where kids can make their own art, the National Gallery's Kids Art Zone. At Kids.gov, you can go to the all the Smithsonian's, the National Zoo, National Geographic or other interesting sites. The "Top 10 Things To Do With Kids in Washington" has a variety of links on it, including one to one of my favorite galleries, The Museum of American Art. Finally, there's even a link to the National Theater's Saturday morning performances for kids.

On a recent visit from Los Angeles, my daughter commented on how lucky we Washingtonians are to have so many cultural activities available here that are free. Like many other cities, virtually every museum (and the zoo) in L.A. charges admission. So take the time to get out occasionally with your kids to a cultural venue. They will get so much out of it and so will you.

Am I in the PTA?

With the 180 Fund,
The Answer's **YES!**



It used to be at Shepherd that it cost \$50 to join the PTA. That led to some confusion and bad feelings.

When important issues were discussed at PTA meetings and votes were taken, only dues-paying PTA members could vote ... and that led to having to look up the PTA membership rolls and figure out which parents at the meeting were PTA members and which ones weren't.

But when the 180 Fund was established, the PTA did away with dues. EVERY parent is a PTA member and has the right to voice and vote at PTA meetings. That helps unite parents to a common cause, without money (or lack of it) getting in the way of things.

So, fellow parents – and fellow PTA members – join the 180 Fund. It helps fund no end of items and activities. And the more parents who contribute, the more we can do together.

Thanks to you, it works for all of us: The 180 Fund.

Let the information on my blog help you plan exactly what you want to do. Let me know what you did and how you liked it by leaving me a message on the email page of the site. Or, just email me at joele.michaud@dc.gov. Happy trails.

Remember you gotta have art!

--Ms. Joele Michaud, art teacher

LOW-FAT from p. 5

Yogurt

Look for brands that are low-fat or fat-free, moderate in sugars (no more than about 30 grams of sugars in a 6-ounce cup), and high in calcium (at least 25% of daily value [DV] for calcium in a 6-ounce cup). Examples include Danimals Drinkable Low-Fat Yogurt, Go-Gurt by Yoplait, or cups of low-fat or non-fat yogurt from Stonyfield Farm, Dannon, Horizon, and similar store brands. Low-fat or non-fat yogurt also can be served with fresh or frozen fruit or low-fat granola.



Low-Fat Cheese

Cheese provides calcium, but often its saturated fat price tag is too high. Cheese is the number two source of heart-damaging saturated fat in children's diets.

Low-Fat Pudding and Frozen Yogurt

Low-fat or fat-free pudding and frozen yogurt should be served only as occasional treats, because they are high in added sugars.

OTHER SNACK IDEAS

Nuts

Since nuts are high in calories, it is best to serve them

along with another snack such as fruit. A small handful of nuts is a reasonable serving size. Examples include peanuts, pistachios, almonds, walnuts, cashews, or soy nuts. Look for nuts that are unsalted. **WARNING:** A small but growing number of kids have severe peanut and/or tree nut allergies. Before bringing in peanuts, peanut butter, or other nuts as a snack, check to make sure none of the children has an allergy.

Trail Mix

Trail mixes are easy to make and store well in a sealed container.

Luncheon Meat

Choose lower-fat, reduced-sodium brands of turkey, ham, and roast beef and serve with whole wheat bread, pita, tortillas (as a wrap sandwich), or crackers. Cut sandwiches in half to make snack-sized portions.

HEALTHY BEVERAGES

Water

Note: Water should be the main drink served to kids at snack times.



Seltzer

Carbonated drinks like seltzer, sparkling water, and (see SNACKS, p. 8)

FAMILY DINNER NIGHT FAMILY DINNER NIGHT FAMILY D

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.

This Tuesday!

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

SNACKS from p. 7 _____

club soda are healthy options. They do not contain the sugars, calories, and caffeine of sodas.

Serve them alone or try making “healthy sodas” by mixing them with equal amounts of 100% fruit juice.

**Low-Fat and Fat-Free Milk****Soy and Rice Drinks**

For children who prefer not to drink cow's milk, calcium-fortified soy and rice drinks are good choices.

Fruit Juice

Try to buy 100% fruit juice and avoid the added sugars of juice drinks, punches, fruit cocktail drinks, or lemonade. Drinks that contain at least 50% juice and no additional caloric sweeteners are also healthful options.

**Healthier School Parties**

Classroom parties--like birthday and holiday celebrations--help kids relax and socialize. And other school events like dances and fairs bring parents, teachers and kids together. These parties can encourage unhealthy eating. There are plenty of ways to plan and organize parties and events that can teach kids healthy habits. It just takes a little creativity.

Fun, Not Food: Avoid making refreshments the “main event” at parties. And don't use food as a reward or prize.

Different Drinks: Serve low-fat (1%) or non-fat milk (plain or flavored), 100% juice and water at parties.

Chip-Less: Substitute pretzels, low-fat popcorn, rice cakes, bread sticks, graham crackers or animal crackers.

Healthy Pizza: When the party calls for pizza, try low-fat toppings like vegetables, lean ham or Canadian bacon--or serve pizza dippers with marinara sauce.

Other Party Options include:

- ▶ Muffins, instead of cupcakes
- ▶ Angel food cake topped fruit fresh fruit, instead of standard store cake with sugary icing
- ▶ Fruit Kabobs or fruit salad
- ▶ Berries with low-fat cool whip as a dip or topping (perhaps make berry sundaes)



Additional website resources for healthy school snack ideas:

http://www.cspinet.org/new/pdf/healthy_school_celebrations.pdf

http://www.betterschoolfood.org/downloads/resources/BSF_Healthy_Snack_List.pdf

MILES from p. 1 _____

the Mustang and will continue to be highlighted.

⇒**Tip # 2:** Find out your student's current reading level and where they are expected to be by the end of the school year.

⇒**Tip# 3:** Make sure your student has a book in their backpack at all times. We want them reading when they are not engaged in other teacher-directed instructional tasks.

Have a great week, everyone, and KEEP READING!

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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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).

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.