

NOVEMBER 2008

Website: <http://www.carrollk12.org/ces/>

Carrolltowne Elementary
6542 Ridge Road
Sykesville, MD 21784

Main Line: 410-751-3530
Absence Hotline: 410-795-5673
Fax Line: 410-751-3534
www.carrollk12.org/ces/



Mission Statement
The mission of Carrolltowne Elementary School is to support and motivate students to become confident and responsible learners.

Carrolltowne Cardinal News

Principal's Corner

The Board of Education, on Wednesday, October 22nd, approved that all Carrolltowne Elementary School students will not be attending school on Friday, November 21st so that teachers may complete the transition into the new classrooms and be ready for instructional delivery after the Thanksgiving break. During the week of Thanksgiving, the contractor will begin Phase 2 demolition. This will allow most of the "noisy" work to be completed while students are not in the building. During my absence, if you have questions or concerns, please contact Mrs. Showers, Acting Principal or Curt

Schnorr, Director of Elementary Education.

I am pleased to announce that Carrolltowne Elementary has received on behalf of the ExxonMobil Educational Alliance Program, a check for \$500.00. The money will be used to supplement classroom libraries so that all students may benefit from the support of the program. Chris Caven from the Liberty ExxonMobil station has been instrumental in facilitating our partnership and affording us this opportunity. We extend our sincerest thanks to Mr. Cavey for his assistance.

In addition, I would like to welcome Ruth Ready to Carrolltowne. Ruth will be teaching music along with our very own Mrs. Saxton. In closing, I look forward to my return.

Theresa L. Ball
Principal

PICTURE RETAKE DAY.....

Thursday, November 13th

If your child was absent on picture day, please submit your picture order form with your child on Thursday, November 13th. If you should need a new form, they are available in the school office.

If you are sending your child to have picture retakes, please return your picture packet with your child on Thursday, November 13th. Retakes will not be taken without the picture packet being returned.



AMERICAN EDUCATION WEEK NOVEMBER 17TH THROUGH NOVEMBER 21ST

Tuesday November 18th, Wednesday November 19th, and Thursday November 20th HAVE BEEN DESIGNATED AS PARENT VISITATION DAYS at Carrolltowne Elementary. Due to the impending transition move for first and fifth grades, visitation days for grades 1 and 5 will be on **Tuesday only** unless you would like to visit during the author visit program for fifth grade on Thursday afternoon. Parents are asked to arrive between 10 a.m. and 3 p.m. This allows teachers and students to begin and end the day with routines.

Tuesday, November 18th—1st and 5th Grade Parents, Grandparents

Wednesday, November 19th—2nd, 3rd, and 4th Grade Parents, Grandparents

Thursday, November 20th—Pre-kindergarten/ Kindergarten Parents and Grandchildren

DATES TO REMEMBER

- ☺ Nov 3—Second Marking Period begins
- ☺ Nov 3—5th Grade Fieldtrip to BIZTOWN
- ☺ Nov 3—Teacher requested Parent Conference Night
- ☺ **Nov 4—SCHOOLS/OFFICES CLOSED FOR ELECTION DAY**
- ☺ Nov 6—PTA Meeting, 7PM, Media
- ☺ Nov 7—PTA Bingo Night, 7PM Cafeteria
- ☺ Nov 7—Spirit Day, Bingo/ Number Day
- ☺ **Nov 10—2 HOUR AND 45 MIN EARLY DISMISSAL, SYSTEM WIDE**
- ☺ Nov 13—Picture Retake Day
- ☺ Nov 14—School Wide PBIS Assembly
- ☺ Nov 17—21 American Education Week
- ☺ **Nov 21— CLOSED FOR CARROLLTOWNE STUDENTS - CLASSROOM MOVES**
- ☺ **NOV 24-25—SCHOOLS CLOSED FOR STUDENTS**
- ☺ **NOV 26-28—SCHOOLS AND OFFICES CLOSED**
- ☺ **DEC 4—2 HOUR AND 45 MIN EARLY DISMISSAL FOR ELEMENTARY**
- ☺ DEC 4—PTA Meeting, 7PM, Media

Reading News

Our focus this month is on independent reading. What is it and where does it happen? Fountas and Pinnell believe that "A literate life is carefully constructed from early experiences in settings that have certain characteristics." In their book, Teaching for Comprehension and Fluency, they share these ideas.

People whom children respect and care about provide powerful models of reading behavior and show an interest and love for reading.

1. Reading is a productive and valued activity in places where chil-

- dren live and work. It is an expectation to spend time reading.
2. People around children talk with one another about reading. They even have special authors and love to read all their books.
3. Books of all types are available.
4. People often recommend their favorite books to others.
5. People own and treasure books that can be read over and over.

The Voluntary State Curriculum and the county benchmarks suggest that children in grades 1 through 5 listen to, read and discuss a minimum of 25

books in the course of a year. By reading a variety of genres, students can gain new vocabulary, improve their fluency and practice all the reading strategies taught in school. Reading fictional and informational selections will increase students' knowledge base, increase their interest in a variety of topics and expose them to a number of wonderful authors.

Continued on page 5

Independent reading allows children the opportunity to self-select books on their reading level. Teachers and

Nurse's Notes

Cold and flu season are approaching. The CDC is now recommending the FLU VACCINE for all children, not just those with chronic illnesses.

There should not be a shortage of vaccine this year as there has been some years. **Your should contact your child's Physician in regard to flu vaccination for your child.**

Please remember that children may not attend school if their temperature is 100 degrees or more. If you believe your child is truly ill they should not come to school.

Reminder: Students who have a temperature of 100.0 or above may NOT attend school, and should remain home until fever free for 24 hours. Also a student who has been vomiting (with or without a fever) should not be sent back to school until the vomiting has subsided for 24 hours. A reminder that when your child comes to the Health Room, fever is just one factor that is considered during the assessment to determine whether they are too ill to remain in school for the rest of the school day. Many times students are sent home that do not have a fever.

Student absence and late arrivals can be phoned in each day on the absence line 410-795-5673. This line is available from 4:00PM until 8:00AM. After 8:00AM you may call the main school line to report an absence/late arrival. Include your child's full name, grade/teacher, date of absence, and reason for

the absence. When your child returns to school, please follow up with a Carrolltowne Absence form for explanation of absence. This form is available on the school website.

You may also now report your child's absence via e-mail! (This e-mail is for absence only, not for any sort of dismissal notifications.) Again, please include your child's full name, grade/teacher, date of absence, and reason for the absence.

Please report any communicable disease, or serious illness (Strep Throat, Impetigo, Chicken Pox, Pneumonia, etc.) in a timely fashion. Your communication with us is the best means for controlling any type of communicable disease. If your child is ill and requires medication for a period of time, please confer with the Physician to see if the medication can be given at home before and after school. If the medication **must** be given during the school day remember to follow the guidelines in the medication policy outlined on the CCPS website.

One of the most effective practices to control infection is also the most basic - **WASH YOUR HANDS!** Wash your hands after coughing or sneezing to minimize the spread of germs to others. Dur-

ing cold season, it is also a good idea to remember to periodically clean phones, door handles and surfaces that are being used by multiple people, to minimize the germs you are putting yourself in direct contact with. We wish to thank all students and their families for their cooperation with our handwashing program. Keep up the good work at home and at school!



You may now report your child's absence via email to: CESAttendance@k12.carr.org

To report a CHANGE IN DISMISSAL, visit the school website: <http://www.carrollk12.org/ces/> and use the CHANGE OF DISMISSAL link provided on the home page or visit the Parent Handbook link where you will find the form available to print off and submit to your child's teacher as well as the link to report a CHANGE IN DISMISSAL. *Please remember that a change to dismissal must be made in writing prior to 3:30 pm.*

Fine Arts Team

Physical Education— November is the last month that we will spend time outside in Physical Education class. We will be in the gym until late March.

As the weather changes, please make sure that your children dress appropriately to be outside for Physical Education classes.

During this time your child will get to know Mr. Jeff Entwistle. Mr. Entwistle is a student teacher from McDaniel College. He will be working with Mr. Brecker's classes.

In November, the students in all Grades will be completing two different units. Students in Grades K-3 have already begun "Striking and Tracking Activities" or "Soccer Skills." They will finish that unit and do the other one later in the month. In Grades 4-5 the students have started either "Volleyball Skills" or "Soccer Skills" and will be switching units.

The Physical Education Department wishes all families a Happy and Relaxing Thanksgiving Holiday.

Art—As we move through the fall and into the holidays, your children will continue to enjoy many new art activities that will challenge their creativity and problem solving skills. 5th grade will begin their ceramics unit, 4th stained glass windows, 3rd color, 2nd grade Lino-Saurs, 1st grade various artists, and K artists and musuems.

Now that we will have the entire week of Thanksgiving off with no worries about conference obligations, take the opportunity to bring your child to an art museum! We are very lucky to be living in an area rich in arts experiences. The BMA and Walters in B-more, and the Smithsonian, National Gallery, and smaller museums in DC. If you're planning a trip out of town, check out some of the local museums. Check web sites ahead of time for special exhibitions and special programs for kids and families!

(My daughter and some of her friends had a great time on a scavenger hunt through the Smithsonian American Art Museum in DC.)

Media News— We now have doors! The Media Center has new ambiance. Please stop in and see us sometime. They look great, the kids love them and it's nice and quiet.

I would like to start off by saying thank you to those who've helped set up, take down and run the Media Book Fair. As always it was a great success. Special thanks to PTA President, MaryEllen O'Neill, Debra Hoffen, Jennifer Harrison, Rolanda Kugler, Jo Vratarich, Carol Wright and Nancy Kaufman for helping me set up the book fair. I couldn't have done it without all of you.

As you all know the book fair is an event that not only promotes reading but also helps underprivileged families. The scholastic "One for Books" program receives books via donations of "gently" used books and or funds for the purchasing of books. The Carrolltowne family has always been generous to help others in need. Thanks to all who participated.

Well, unfortunately due to so much planning for the bookfair I missed the opportunity to inform parents and friends what our students were working on in our October newsletter. Here is a little bit of information to bring you up to speed. Kindergarten, 2nd, 3rd, 4th, and Fifth grade were working on computer skills, usage, terms and the Online Public Access Catalog. First grade has been focusing on "How a book is made". Students are surrounded by books, read and enjoy them but do they really understand how it all comes together? It has been a great experience to see how they now understand how it all comes together. What topped it all off, we finished our unit just as the book fair

arrived and they were able to see what publishing companies do to promote and sell the books.

November will be an interesting month for all grade levels. Kindergarten will now be applying the technology skills they have learned in conjunction with literature units. First grade will begin their computer unit of terms, usage and application. Second grade will be practicing book location, call numbers, ABC order and numerical order. These skills will allow them to locate books and information they are looking for when using the visual opac (online public access catalog). Using literature based text I will be introducing 3, 4, and 5th grade students to reference resources. The students will be starting with maps, then lead into encyclopedias, dictionaries and online versions of the previous mentioned resources. The online databases will reinforce their computer skills learned last month.

Vocal Music— Carrolltowne students said goodbye to Mrs. Hillock at the end of October. Mrs. Hillock accepted a general music position at Mt. Airy Elementary School. We wish her the best as she begins her new position and thank her for all she did for our students.

We welcome Mrs. Ready to our Carrolltowne Music Department. Mrs. Ready recently moved to Carroll County and has taught music in Anne Arundel County.

All Carrolltowne music students continue to sharpen their music listening, reading, and performance skills. In addition to singing songs of the season, grade level topics of study include: Kindergarten - performing steady beat in movement and on rhythm instruments, use of 4 voice functions, and loud/soft. Grade 1 - reading and playing quarter and

NOVEMBER'S VOLUNTEER TRAINING DATES

[http://www.carrollk12.org/assets/File/CMR/PDF/volunteer08-09\(1\).pdf](http://www.carrollk12.org/assets/File/CMR/PDF/volunteer08-09(1).pdf)

DATE	SCHOOL	TIME	CONTACT
	+ precedes a school event/activity * follows a school event/activity # part of a school event/activity		Please call the number provided to confirm the scheduled training session
November 5	Spring Garden Elementary	9:30 AM	410-751-3433
November 6	Mechanicsville Elementary	7:00 PM	410-751-3510
November 11	Piney Ridge Elementary	6:15 PM	410-751-3535
November 11	+Mt. Airy Middle School	6:30 PM	410-751-3554 301-829-1314
November 11	South Carroll High	6:30 PM	410-751-3575
November 11	Mechanicsville Elementary	7:00 PM	410-751-3510
November 11	Oklahoma Road Middle	7:00 PM	410-751-3600
November 12	Eldersburg Elementary	9:30 AM	410-751-3520
November 12	Shiloh Middle	10:30 AM	410-386-4570
November 12	+Cranberry Station Elem.	6:30 PM	410-386-4440
November 12	Eldersburg Elementary	7:00 PM	410-751-3520
November 13	*Manchester Elementary	5:00 PM	410-751-3410
November 13	Sykesville Middle	7:00 PM	410-751-3545
November 13	Winfield Elementary	7:00 PM	410-751-3242
November 13	West Middle	7:30 PM	410-751-3661
November 17	New Windsor Middle	7:00 PM	410-751-3355
November 19	+Mt. Airy Elementary	6:30 PM	410-751-3540 301-829-1515
November 20	#Francis Scott Key High	5:00 PM	410-751-3220
November 24	Freedom Elementary	9:00 AM	410-751-3525
November 24	Freedom Elementary	6:00 PM	410-751-3525
November 24	Liberty High	9:00 AM	410-751-3560
November 24	Freedom Elementary	6:00 PM	410-751-3525

Reading News

(continued from page 2)

media specialists help students choose 'just right' books by modeling strategies that facilitate this process. During the day, time is built into the schedule to promote independent reading to develop confident readers. Independent reading is different from free reading or sustained silent reading because it is surrounded by a strong instructional framework. Teachers want children to transfer the strategic reading behaviors taught in whole group or small guided reading groups.

At home, parents can continue to support the VSC and county benchmarks by encouraging their children to develop the habit of reading. Taking time in the evening to have Family Reading Time, taking books on vacations and visiting the public library will present many opportunities to share everyone's favorite books.

The Carrolltowne Community of Learners wants to send a clear message that reading is critical and developing life-long readers is a priority.



Carrolltowne Elementary School participates in the Funding Factory Recycling program. Please send your used ink jet and laser printer cartridges (sorry we cannot accept toner cartridges) and old cell phones to the school. A collection box is located in the school office.



Funds generated from this recycling program will be used to purchase items to benefit Carrolltowne Elementary Students!

Fine Arts Team

Vocal Music (continued from pg 3)— eighth note rhythms and responding to tempo change

Grade 2 - reading song words and music directions and symbols in a music book, reading half notes and performing them in rhythm ostinati, and responding to duple and triple meter

Grade 3 - some classes will study a composition by "Papa" Franz Joseph Haydn, will respond to dynamic changes, and will learn about whole notes. Other classes will be working with sixteenth notes and will compose their own ostinati

Grade 4 - all students will be working with new eighth note/sixteenth note combination rhythms. Some classes have been singing a variety of harmonies with songs, and others have explored cumulative songs

Grade 5 - some classes have been studying how tone color, tempo, and dynamic changes can bring a story to life in symphonic tone poems. Other classes have created musical menus for fictional restaurants. Each menu item was presented to the "customers" with rhythms the fifth graders had learned.

We invite you and your family to attend our December Music Concert. This program will take place on Wednesday, December 10, 2008, in the school cafeteria. Carrolltowne's beginning and advanced strings, beginning and advanced bands, and 4th & 5th grade chorus will perform. The concert begins at 7:00 p.m. All performers in the concert will be asked to report at 6:15 p.m. We hope you can join us!

Mark your calendar now for the Winter Concert on Wednesday, December 10th at 7:00 p.m.



Not My Child “Help and Hope for Carroll County’s Youth”

“It’s not what you say, it’s what you do.”

November 2008

“ENERGY DRINKS – A RISK OF CAFFEINE OVERDOSE?”

Energy drinks are canned or bottled beverages sold in convenience stores, grocery stores, and bars and nightclubs (in mixed drinks). Most energy drinks are carbonated and contain large amounts of caffeine and sugar with additional ingredients, such as B vitamins, amino acids (e.g. taurine), and herbal stimulants such as guarana, a South American herbal stimulant that is an additional source of caffeine. The amount of caffeine in an energy drink isn’t always indicated on the label, so it is difficult to gauge how much one is consuming.

Energy drinks are marketed primarily to consumers between the ages of 18 and 30 as a stimulant, which is why energy drinks have names that convey strength, power, speed, and sexuality, such as:

- Red Bull Energy Drink
- Monster Energy Drink
- Full Throttle Energy Drink
- Amp Energy Drink
- XS Energy Drink
- Redline Energy Drink
- Rock Star Energy Drink
- Spark Energy Drink



Although sales of energy drinks in the United States were \$3.5 billion in 2005 according to Beverage Digest, the category was only recently created with the launch of the Red Bull Energy Drink. Red Bull, one of the most popular energy drinks, contains nearly 80 mg. of caffeine per can, about the same amount of caffeine as a cup of brewed coffee and twice the caffeine as a cup of tea. Other energy drinks contain several times this amount. Unlike hot coffee or tea, which is sipped slowly, energy drinks are typically consumed quickly.

http://altmedicine.about.com/od/completeazindex/a/energy_drinks.htm

Red Bull and vodka has become a popular mixed drink at bars because it has a reputation for reducing the depressant effects of alcohol (e.g. fatigue) while enhancing the “feel good” buzz. But while drinkers may not feel impaired and may tend to consume larger amounts of alcohol, their blood alcohol concentration is still high. The caffeine in energy drinks is also dehydrating and may slow the body’s ability to metabolize alcohol. According to a study published online in [Drug and Alcohol Dependence](#), “The combined use of caffeine and alcohol is increasing sharply, and studies suggest that such combined use may increase the rate of alcohol-related injury. Several studies suggest that energy drinks may serve as a gateway to other forms of drug dependence.”


“A Johns Hopkins researcher says that young people can overdose on caffeinated energy drinks and is calling for mandatory health warnings for such drinks similar to those required for caffeine pills,” [The Guardian](#) reported on September 24, 2008. There are increasing reports of caffeine intoxication from energy drinks, and it seems likely that problems with caffeine dependence and withdrawal will also increase. Griffiths recently surveyed caffeine levels in various energy drinks available in the U.S. and found that some had 14 times the caffeine normally found in a can of soda. Warning labels should describe the risks associated with excessive caffeine use, such as anxiety attacks, rapid heartbeat, irritability, difficulty sleeping, and indigestion, said Roland Griffiths, a researcher at Johns Hopkins University. <http://www.iointogether.org/news/headlines/inthenews/2008/researchers-call-for-stronger.html>

Energy drinks should not be confused with sports drinks such as Gatorade, which are consumed to help people stay hydrated during exercise. Sports drinks also provide carbohydrates in the form of sugar and electrolytes that may be lost through perspiration. Used during exercise, an energy drink acts as a diuretic and promotes, rather than alleviates, dehydration. Parents are encouraged to research the specific energy drinks their child may be consuming and be aware of the ingredients and their effects.

If students are worried about a personal drug or alcohol problem or are concerned about a friend, they are encouraged to make a phone call that could save a life! This toll-free, anonymous phone number is printed on all CCPS student ID cards.

1-866-367-0968

24/7 live coverage, Toll-Free & ANONYMOUS





2 HOUR AND 45 MINUTE

EARLY DISMISSAL DAYS:

(ECSN students do not attend classes on these days)

November 10—System Wide
December 4—Elementary Only
December 23— System Wide
January 23— System Wide
February 6— Elementary Only
March 18—System Wide
April 8—System Wide
May 12—Elementary Only
June 15 and June 16—System Wide

Dismissal begins at 1:00 PM

Morning bell rings at 9:15 AM
Dismissal bell rings at 3:45 PM



REPORT YOUR CHILD'S ABSENCE VIA EMAIL

You may now report your child's absence via email! This email address is only for absences, not any form of dismissal notifications. Include your child's full name, grade/teacher, date of absence(s) and reason for the absence to:

CESAttendance@K12.carr.org

This form of reporting will also act as your written document.



Regular Day Lunch Schedule

2nd Grade— 11:20-11:50
5th Grade—11:45—12:15
Kindergarten—12:20—12:50
3rd Grade—12:05—12:35
1st Grade—12:40—1:10
4th Grade—1:00—1:30

Revised 11.03.08

2 Hr. 45 Min Early Dismissal Day Lunch Schedule

Kindergarten—10:30—11:00
4th Grade—10:45 -11:15
1st Grade—11:05—11:35
5th Grade—11:20-11:50
2nd Grade— 11:40—12:10
3rd Grade—11:55- 12:25



INCLEMENT WEATHER INFORMATION

Please remember to check school closings and delays with your local news stations, radio stations, email alerts



(schoolnewsletter or local news stations), or Comcast Channel 21 for any CCPS announcements regarding school closings and delays.

For a complete listing of channels and stations, please refer to page 20 of the CCPS Information Calendar that you received in the beginning of the school year. You can also check the CCPS website at: <http://www.carrollk12.org/default.asp>

Parents are urged not to call the Board of Education or their child's school to inquire about school closings and delays.

Sign up NOW for Eschoolnewsletter.com

To receive important information on school closings, policies, announcements, etc. please sign up to receive notices via email by registering with Eschoolnewsletter.com.

eSchoolnewsletter is NOW offering eCellAlert

eCellAlert, is a state-of-the-art text messaging system. eCellAlert was created by eSchool Systems and will be used exclusively by eSchoolnewsletter and its users for all Emergency Notifications. eSchoolnewsletter will continue to deliver important school related information to you via email at no cost. However, once eCellAlert is operational, you will also have the option to receive Emergency Notifications directly to your cell phone at a nominal fee of only \$1.66 per month.

Our initial goal was to bring this leading edge technology to our customers at no-cost or low-cost. After testing and analyzing the hardware requirements, eSchool Systems has concluded that several new servers must be implemented to ensure timely delivery of important information. Our goal of providing an efficient Emergency Notification System at a low-cost fee to our membership has been met. Simply go to www.eschoolnewsletter.com and sign up today!