



EBB VALLEY EAGLE'S OCTOBER NEWSLETTER 2010



Principal: Robert Mitchell
Asst. Principal: Pat Reed
3100 Swiper Rd
Manchester, MD 21102
410-386-1550
Fax: 410-386-1555

Notes from the Office

Friday, October 1st will be our third annual Ebb Valley Fun Run featuring the Ebb Valley 750. The new format was a great success last year; students jogged or walked laps around the bus loop. Pledges were sought from family and friends with 40% of the income from the Fun Run going to the Leukemia and Lymphoma Society and the remainder going to the PTA. Our students' goal is to reach 750 miles, not only did we reach our goal last year, we nearly doubled it. Our students logged 940 miles in the Ebb Valley 500. Six laps around the bus loop equals one mile and our students logged 5,640 laps. Some students completed as many as 20 laps in the 30 minute period.

Of course we could not such a successful event without the tremendous planning efforts of Mr. Walter, Mr. Vaughn and the rest of the Fine Arts and Fitness team who helped supervise the event. In addition, we need plenty of parent volunteers in the pits that helped log laps, provide water for the students and distribute popsicles that will be provided by the PTA.

Parents are welcome to visit during your child's time slot and cheer them on, or why not join the walk. Many thanks to everyone who supports this event. Please remember to send in your pledges.

Morning Arrival Reminders...

Parents, please do **NOT** pull into the bus loop during morning arrival and afternoon dismissal times. If you are dropping your child off in the mornings, please pull your car all the way forward to the cafeteria doors before letting your child out. Please instruct your child to walk along the sidewalk to the main entrance to enter the school building. If you are picking your child up in the afternoon, please park and enter the cafeteria after 3:10PM. Remember to drive slowly. The speed limit on school property is **5 mph or less. Remember walkers in the crosswalk have the right of way. Please stop to let walkers cross when approaching the crosswalks.**

SIGN UP TODAY FOR PARENT TEACHER CONFERENCES

Parent Teacher Conferences will be held from 3:45 – 7:15PM on the following days:

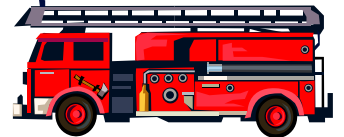
October 19, 2010

October 27, 2010

November 3, 2010

Please call the school office at 410-386-1550 to schedule a conference with your child's teacher.

FIRE PREVENTION WEEK OCTOBER 4 - 8



The Manchester Volunteer Fire Department will be here on Wednesday, October 6th with their fire truck to discuss fire prevention and safety with children in Grades K -2.



NATIONAL SCHOOL LUNCH WEEK OCTOBER 11 -15

Purchase a school breakfast and/or school lunch from the Ebb Valley Café. Ms. Treasa offers a variety of nutritional meals for everyone.

Give-a-ways each day!!



NATIONAL SCHOOL BUS SAFETY WEEK OCTOBER 18 -22

October 19th is School Bus Driver Recognition Day. Be sure to let your bus driver know how much they are appreciated.



NESAP FOOD DRIVE OCTOBER 25 - NOVEMBER 19

Bring your canned goods and non-perishable items to school. Collection boxes have been set up in each classroom. Mrs. Carl's class will collect and organize the food drive.

Notes from the cafeteria...

If your child needs to borrow lunch money, please remember to pay it back the next day!

When packing lunch, please remember to provide napkins, straws and spoons.

National School Lunch Week is October 11 - 15. There will be Giveaways each day.

Everyone can purchase breakfast and/or lunch tickets in advance. You can prepay for as few or as many meals as needed. Just multiply the number of lunches you would like to purchase by \$2.00 each and the number of breakfasts you are purchasing by \$1.25 each. Please make all checks payable to Ebb Valley Cafeteria. Below is a chart to help calculate the cost of prepaid lunch and breakfast.

Prepaid Lunch Chart

1 ticket = \$2.00	10 tickets = \$20.00
3 tickets = \$6.00	15 tickets = \$30.00
5 tickets = \$10.00	20 tickets = \$40.00

Prepaid Breakfast Chart

1 ticket = \$1.25	10 tickets = \$12.50
3 tickets = \$3.75	15 tickets = \$18.75
5 tickets = \$6.25	20 tickets = \$25.00

Any student buying lunches at a reduced cost can also prepay for those breakfasts and/or lunches. Just multiply the number of lunches you would like by 40 cents and the number of breakfasts by 30 cents. Below is a chart to help calculate the cost of reduced prepaid lunch and breakfast tickets.

Reduced Prepaid Lunch Chart

1 ticket = \$.40	10 tickets = \$4.00
3 tickets = \$1.20	15 tickets = \$6.00
5 tickets = \$2.00	20 tickets = \$8.00

Reduced Prepaid Breakfast Chart

1 ticket = \$.30	10 tickets = \$3.00
3 tickets = \$.90	15 tickets = \$4.50
5 tickets = \$1.50	20 tickets = \$6.00

Just a reminder that parents are welcome to come eat lunch with your child. We ask that you do not bring outside food (restaurant/fast food) to the cafeteria when you come. Adults can purchase a lunch from the cafeteria for \$3.25. Please call in advance to order.

Ebb Valley Fine Arts & Fitness News



Welcome to the Art Room

The Ebb Valley Art program has gotten off to a great start. All grades are having fun working with new and interesting materials and learning new art techniques!

In the month of October students in Kindergarten will continue to learn about the art elements of line and shape.

First grade students will be learning about Paul Klee and abstraction in art as well as the art element of texture. They will learn about the printing process and use Fall leaves as a theme for their work.

In Second grade students will be incorporating the facts that they are learning in science class as they create mixed media insects and study the work of M.C. Escher. Did you know that September 15th to October 15th is Hispanic Appreciation Month? To celebrate and recognize this time Third grade will be learning about the contributions of Hispanic native art known as Huichol (pronounced Wee-chol). This is commonly known as yarn painting and students will have the opportunity to make their own Huichol compositions. Fourth grade students are busily learning more about the art element of color as they create Monochromatic paintings and our Fifth grade students are studying the art element of Form as they create Creek Indian inspired bowls that will be used later this school year as fundraiser items.

As you can see we will be busy learning with interesting materials and new techniques. Please encourage your child to talk about what they are making in the Art classroom. Your conversations are sure to be colorful and filled with imagination!

Mrs. Duvall

Ps. Special thanks to all EVE families who are sending in Styrofoam egg cartons and small plastic containers with lids. Your contributions are appreciated!"

////////////////////
PROJECT ACES

Oct. 4th until Oct.11th Ebb Valley Elementary students will be participating in Project ACES so be ready to see those purple journals coming home with your child.

Red Ribbon Week

Oct.25th until Oct 29th Ebb Valley will be participating in Red Ribbon week declaring a drug free environment. Students will be able to dress up that week to declare their spirit.

Oct. 25th Monday -Wear Red

Oct. 26th Tuesday- MisMatch Day

Oct. 27th Wednesday- PJ's Day

Oct. 28th Thursday- Wear School Colors

Oct. 29th Friday- Favorite Team colors

Phys Ed Happenings for October

October is a busy month in our gymnasium and out on our fields. PE classes are being held outside weather permitting until the end of October. Please encourage your student to wear a sweatshirt or jacket on those chiller mornings so they can have them for PE class. It is usually breezy up on our fields which can make the temperature seem even cooler. Our student teacher Ms. Persing is working on football skills- running technique, throwing, catching and punting.

FUN RUN is October 1st. This is a major fund raiser for our PTA and it is a fun way for us all to pull together as a community to accomplish a goal. Our students are hoping to cover 750 miles as a school by walking or jogging around our bus loop. Our financial target is \$12,000 with a portion of the proceeds being donated to the Leukemia / Lymphoma Society. Last year Ebb Valley was one of the top fund raisers in the state.....can we make it to #1 this year?

Below you will find each class color and schedule of when each grade will be doing their FUN RUN.

Grade	RED	BLUE	GREEN	YELLOW
K	Demidenko	Leckron	Martin	Gardner
1	Adams	Elsen	Etzal	Baldi
2	Miller	King	Lazzelle	Patrick
3	Downey	Granger	Yingling	McDonough
4	Carl	Watts	Mersinger	
5	Anderson	DeStefano	Spickler	Wilkinson

Fun Run 2010 Schedule

8:40-9:10	Grade 4
9:10-9:40	Grade 5
9:40-10:10	Grade 3
10:10-10:40	Kindergarten
10:40-11:10	Grade 2
11:10-11:40	Grade 1

There are many prizes for students to earn from T-shirts to Wal-Mart gift cards. Additionally, every home room that has 100% is eligible for a drawing for a pizza party for their entire class. Thanks for all of your support for Ebb Valley.

Music News and Announcements

Save the Date 4th and 5th Graders

Important upcoming dates:

5th Grade Chorus Concert: Thursday, December 16th 7:00 P.M.

4th Grade Chorus Concert: Tuesday, May 17th 7:00 P.M.

Please be sure to mark your calendars as we need all of the 5th graders present in the winter program and all 4th graders present in the spring program. It is a tradition at Ebb Valley that ALL students participate in one choral setting a year. This provides a greater number of students involved in a performance setting, as well as avoids pull outs from other academic areas. More information will be provided to parents/guardians in the form of a letter sent home with students closer to these events.

The music department has a website and we encourage students and parents to visit this site on a regular basis as it contains all of the important dates, materials for general music and band/strings, student resources etc... You can find the website through Ebb Valley's Homepage by clicking Music on the left navigation bar, or type in the following URL in your web browser: <http://www.carrollk12.org/eve/music/default.asp>

Instrumental Music Notes - Mrs. Rees

4th & 5th grade lessons are well underway here at Ebb Valley! After only a few lessons, our beginners have learned how to assemble and hold their instruments, how to make a good sound, and are experimenting with a few new notes. Percussionists are learning various drum techniques as well as note-reading skills with the bells. String students are using the "pizzicato" style of playing as they become familiar with each of the four open strings. Please encourage them to show you how to do the things they are learning - teaching someone else is a good way to help reinforce these skills. Our 5th grade students are already building upon the skills they learned last year. It is important for them to establish a regular practice routine at home so that we can continue to move forward, both in our individual and ensemble playing.

We look forward to seeing you at our planned performances for this year! Please be sure to mark your calendars with the following performance dates:

- Thursday, December 16 - 5th Grade Winter Concert (Chorus, Band, Orchestra)
- Monday, February 7 - Beginner Concert
- Tuesday, May 17 - Spring Chorus & Strings Concert (4th Grade Chorus, 4th & 5th Grade Orchestras)
- Wednesday, May 25 - Spring Band Concert (4th & 5th Grade Bands)

Ebb Valley Media Center
"One School, One Book"



Carroll County Public Schools purchases several Internet Databases for the students to use from home. Try these Databases when doing research, working on homework, or just browsing. Several of them include games and quizzes for fun and one is a great way to practice reading skills. The User Names and Passwords of these Databases will be sent home to you on a bookmark in the near future. Keep checking your child's book bag. Stop by the Media Center on October 19 (Parent/Teacher Conference Night) to see them in action or ask questions.



Working on homework? Need an encyclopedia?

Use World Book Online.

This gives you access to a full encyclopedia including current events and an atlas without taking up space on your shelf. Take advantage of this when your child has a project to complete or needs information to finish a report. To use World Book Online, go to:

<http://www.worldbookonline.com>

SIRS Discoverer

This Database includes magazine articles, an encyclopedia, almanac, current events, and web sites for kids. Go to:

<http://discoverer.sirs.com>

Tumblebooks

Looking for a new book to read? Do you have a computer? Use this collection of animated, talking picture books. Go to:

<http://www.tumblebooklibrary.com>

Culture Grams

Look here for information about states or countries including flags, famous people, recipes, and interviews. Use this Database for those state and country reports and projects. Go to:

<http://online.culturegrams.com>



Book Fair

The Book Fair will be in the Media Center the week of Monday, October 4. Parent night will be Tuesday, October 5 from 6-8.

Keep Reading!

Helga Anderson
Media Specialist

This Just In!

From Mrs. Spera, School Counselor

Current Classroom Guidance lesson topics:

Kindergarten and First Grade students are acquiring self-knowledge and interpersonal skills in the following ways: developing their "feelings vocabulary", building empathy (imagining how someone else might feel), and learning how to "fill buckets" with good thoughts and feelings (ask your child what it means to "fill a bucket"). Also, first graders are learning to use "I" statements to communicate assertively ("I feel _____ when you _____. Next time, please _____).

Second Grade students are developing their self-knowledge, self-concept, and personal awareness. Students will recognize that our names are special and begin to define us. We will identify some ideas/characteristics that we want people to think of when they say our names. We will also work with "Bucketfilling" as a way to help us to build the positive reputations that we all seek! See www.bucketfillers101.com for more information or resources on this topic.

Third Grade students will build self-knowledge and then take steps to apply that knowledge with regard to effective decision-making. Students will be identifying their own decision-making styles and categorizing decisions as I (something the student is responsible for), You (a student must wait for an adult to decide), or We (the student as part of a group decides) decisions.

Fourth Grade students will be developing self-knowledge and effective learning practices by differentiating "responsibility vs. respect". Students will also be identifying passive, assertive, and aggressive verbal and non-verbal communication. Fourth graders will also be working to understand that all behavior has some type of consequence.

Fifth Grade students will be developing self knowledge/concept as they identify the power of positive attitude, and learn effective ways to manage friendships.



PBIS News!

On Tuesday, August 31st, we kicked off our Ebb Valley PBIS program with a schoolwide assembly to re-introduce the Ebb Valley Eagle Flight Plan to students. The "Flight Plan" is made up of four basic expectations (responsibility, respect, safety, and preparedness) for behavior in all areas of the school. These expectations are being taught and recognized in all settings throughout the school. You can find out more about PBIS in the EVE Student Handbook, or from Mrs. Spera.

Highlighted Character Trait : Quarter 1

**** Respect ****

Kindness~Manners~Voice Tone~Body Language

Homework Tips:



Now that the school year is in full swing, keeping with a routine (especially on school days) will be important to your child's school success. Here are some tips that may come in handy.

1. Establish a "study space" for your child where he/she does homework each evening. A great study space should:

- be well lit
- be a quiet place (but allow for frequent adult "check-ins")
- have all necessary supplies on hand (sharp pencils, crayons, ruler, etc.)

2. Helping your child to be successful with homework might include:

- reading directions together
- doing a sample question together
- checking the agenda book together
- periodic check-ins during homework time (ask your child to explain the step that he/she is on, or to "think aloud" when you are closeby)
- a "quality-check" after the assignment is complete



Safety Patrol News: The EVE Fifth Grade patrollers are officially "on duty" keeping EVE's hallways, stairwells, and walkways safe! Fourth grade safety applications will be distributed sometime in January, 2011.

"Coffee with the Counselor" Series 2010-2011- I am in the process of creating an online parent survey to get a sense of this year's needs, so please be on the lookout for that. CWC will look a little bit differently than it did last year: "drop-in" sessions will be held during parent conference evenings this school year. Information and resources will be set up in a display area during all parent conference times. I will be available to talk informally and provide general resources. As always, if there is a private matter, please schedule a conference timeslot with me through the main office. Thanks!!

Get Ready for the.....

EVE-NESAP Food Drive: October 25th-November 19th, 2010

****Please look out for a paper flier coming home in mid-October****

October 2010 is National Bullying Prevention Month

You can find some great information at:

<http://www.pacerkidsagainstbullying.org>

Morning Parent Drop-off Reminders

Now that the first month of school is behind us, we are all getting used to the routines that will make the morning drop off run more smoothly. With that in mind, we would like to pass along a few reminders that will help us keep the drop off smooth and safe for our students and adults alike.

**Please pull up as close as possible to the cafeteria entrance to drop off your student. This will enable us to have the maximum number of cars out of bus traffic.*

**Know that we are doing everything we can to move the line along. Please DO NOT pass anyone. We have students who exit cars on the left side and try to provide a safe environment for them to do so.*

**In order to keep the line moving, we ask that you have your child ready to drop off when in the line. If you need to sign papers, give them lunch money, etc. please park in the parking lot and either walk your child to the sidewalk via the crosswalk, or circle back into the drop off line again.*

Thank you for your help in making our morning drop-off a safe and efficient process for all.

The Yearbook Committee Needs Your Help!!!!

The yearbook committee cannot be at every function to take pictures for the 2010-2011 yearbook. If you have pictures throughout the year that you can send in for us to use in the yearbook, that would be great!!! The pictures can be from any school function, field trip, in school, bus stop, breakfasts, holidays, concerts, etc. We want to be able to include as many kids in the yearbook as possible and we can only do that if we have many different sources of the pictures. Please send in your pictures to the office (you will not get them back) attention: yearbook committee. You can also email pictures or questions to Colleen Jones @ c.jones@mcdaniel.edu. Thank you for your help in making our yearbook a success!



Nurse Notes:

We have had a great start to the new school year. The dates for flu mist are posted. Day 1 is October 14th and day 2 is November 12th. Day 2 is only for those students that need a second dose. The forms were due on September 27th and no late forms were accepted.

Please remember to send in notes with your child regarding physical limitations to PE participation. These doctor's notes are required to be on file for injuries. A parent note is only sufficient for 3 days then a medical doctor is needed for further excuse from PE.

Ebb Valley has had a few cases of lice since the start of the school year. CCPS no longer has a no nit policy. If your child shows signs of lice infestation, the parent/guardian will be called to pick up their child. In order for the student to return to school, proof of treatment is necessary. You must bring in the empty box or container to the nurse's office. If the student still has nits, they may stay in school. Please know that these treatments do not kill all eggs/nits; so picking the nits out is extremely important. The nurse will also re check their head in 10-14 days, and they should be retreated as well. Please call the school if you find lice in your child's head, so that close contacts will be examined also.

Please remember parents to bring in medication for your child with the signed medication form. **STUDENTS ARE NOT ALLOWED TO TRANSPORT MEDICATION OF ANY KIND.**

If there have been any changes to your child's health status, please inform me of these changes. This aids in caring for your child at school.

Just a few reminders to all parents:

- **Students sent home with a fever greater than 100 degrees **MAY NOT** return to school until **FEVER** free for at least 24 hours without medication.**
- **Acetaminophen and Ibuprofen** are the only drugs permitted with parent signature. However, any dosing above the recommended dose for weight and age will need a physician order. Forms are available in the Health Room, and on the CCPS website.
- All other **Over-the-Counter** or **Prescription** medicines will need a physician order, **No exceptions.**
- Students are **NOT PERMITTED** to transport any medications, ointments etc. to or from school.
- Parents must bring in the medicine in the **original container** with the student's name on the outside. Please make sure that all **prescription medications** are properly labeled from the pharmacy with the student's name, medication, dosage, physician's name and expiration date.
- **Reminder to all Kindergarten parents:** Please consider sending in a change of clothes for your child. The clothing will remain at school and used if needed.
- The following items may come to school with your student: Chapstick/lip balms, saline eye solution, hand lotion, sunscreen, and waterless hand cleansers. Non-medicated cough-drops are also permitted. (Halls, Luden's or Ricola, for example). Medicated cough-drops have a daily dosage and a limit for a 24 hour period; these would need a physician order and be transported by an adult.

Thank you for your continued cooperation, and let's hope for a healthy school year. As always, feel free to contact me with any questions. Nurse Kerrie

Fifth Grade News- October 2010

Just a friendly reminder- Agendas must be signed nightly by a parent or guardian.

In ILA, students are currently working with nonfiction and fiction texts. During the first few weeks of school, students have reviewed text features and how they help the reader understand the text. Currently, we are working on making predictions based on the text details and prior knowledge/experiences. To prepare for reading a book, we've reviewed the 5 P's: Preview, Prior Knowledge, Predictions, Purpose, and Plan.




Every night, students should be reading 20 minutes and recording their time in their agenda. Weekly, 100 minutes of reading is the goal. Students earn \$20 in their checkbooks by reaching their 100 minute goal. Other reading comprehension homework has started to come home too and we are checking this together in class.

Our first writing piece this year was a Classmate Interview. Daily, writing has been done in the Writer's Notebook. Word Study using "Words Their Way" has started with groups meeting weekly. Mrs. Spickler's ILA classes used nonsense words to review phonics (vowels, blends, syllables).

In Math, students are currently working on place value in Cluster 1. At home, students should be practicing their math facts for speed and accuracy.

In Science, students are continuing the environmental unit called "Unless".

REMINDERS * DON'T FORGET **** REMINDERS **** HELP US OUT!!**

<p>Giant A+ Bonus Bucks - Log in to www.giantfood.com/aplus . Click on register your card. Designate Ebb Valley as your desired school to benefit from the program. Giant will donate 1% of your BONUSCARD purchases to Ebb Valley.</p> 	<p><u>Campbell's Labels for Education Program</u></p>  <p>Clip and save all Campbell soup, spaghettios, Pepperidge Farm and other participating labels.</p> <p>Labels are used to purchase recess equipment for Ebb Valley students</p>
<p><u>Box Tops for Education</u></p> <p>Clip Box Tops from hundreds of your favorite General Mills products and we will receive \$.10 for every box top turned in.</p>  <p><u>See the next page for a special Box Tops contest.</u></p>	<p><u>Coke Reward Points</u></p> <p>Coke Reward points are located under the cap of coke bottles as well as inside the box of cans. You can register at mycoke.com and enter the codes yourself (make sure you designate Ebb Valley School) or you can send your caps and codes to school and we will do it for you.</p>

Ebb Valley is registered with Giant Foods in the A+ Bonus Bucks Program. All you have to do is log on to www.giantfood.com/aplus to "Register your Card". Select Ebb Valley Elementary and our school will receive a percentage of all purchases you make at Giant.

Ebb Valley is also registered with Target. Our school receives 1 percentage of all purchases made on your Target REDcard. Just log on to Target.com/tcoe to designate Ebb Valley Elementary. **We would like to thank Target and everyone who selected our school for the 2009-10 school year. In September, Target gave our school a check for \$328.46.** Please remember to register your REDcard to Ebb Valley Elementary for this 2010-11 school year.

We will continue to collect Campbell's Soup Labels, Box Tops for Education, and Coke Reward Points.

Dear Ebb Valley Students and Families,



The Ebb Valley PTA will be holding a Box Tops contest!! The contest will run from this Monday, September 20, 2010 until Friday October 22, 2010. During this period, the individual class that collects the most Box Tops will be treated to a fun and exciting class party! Ask your friends, family and neighbors to collect for your child as well. All of the money earned goes directly to Mr. Mitchell and our school. Last year Box Tops earned close to \$1500 for our school. Let's try to double it this year!

What: Box Tops Contest

When: September 20th-October 22nd

Why: To raise money for our school and a class party for the winners!

How: Clip Box Tops from participating products, closely trim and send to school

Question: email to moaversa@gmail.com

Results will be posted on Tuesday of the Following week. Please ask your child how their class is doing!

Thank You for supporting this contest and our school.

The Box Top Committee



Market Day Update

We would like to thank everyone who made a purchase to Market Day in August. Our school receives either 10% or 15% of all purchases depending on the total sales. **We just received our first check for the 2010-11 school year in the amount of \$167.05 for the Market Day sale in August.** A special thanks is extended to everyone participating in the program. Flyers for Market Day will come home the first week of each month. You can send your order in to school or place it online.

Reminders for October...

- October 1 - Fun Run
2 hr 45 minute Early Dismissal (12:25PM dismissal)
- October 3 - 9 Fire Prevention Week
- October 4 - 8 Book Fair Week
- October 4 - 11 Project Aces
- October 5 - Evening Book Fair 6:00 -8:00PM in Media Center
- October 6 - Fire Department To Visit (Grades K, 1 2)
PTA Monthly Board Meeting 6:30PM in Media Center
- October 7 - Grade 2 Insect Walk to Pine Valley Nature Center 9:00-12:00PM
- October 11 -15 National School Lunch Week
- October 14 - Flu Mist (First Dose)
Summer Reading Breakfast 8:50 - 9:50AM in cafeteria
- October 15 - Schools Closed for Students
- October 18 - 22 National School Bus Safety Week
- October 18 - Grade 3 field trip to National Aquarium in Baltimore
- October 19 - Parent Teacher Conferences 3:45 - 7:15PM
Bus Driver and Bus Assistant Recognition Day
- October 20 - Grade 5 Science Classes to walk to Pine Valley Nature Center
- October 25 - Nov 19 - NESAP Food Drive

October 25 - October 29 Red Ribbon Week

October 25 - Wear Red Day

October 26 - Mismatch Day

Market Day Pick Up in Cafeteria 6:30 - 7:00 PM

October 27 - Wear PJ's Day

Parent/ Teacher Conferences 3:45 - 7:15PM

October 28 - Wear School Colors Day

October 29 - Wear Favorite Team Colors Day

Breakfast - \$1.25

EBB VALLEY ELEMENTARY

October

BREAKFAST

2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cereal & Toast Fruit or Juice Milk
4 Waffle Sticks w/syrup or Cereal & Toast Fruit or Juice Milk	5 Breakfast Sausage Pizza or Cereal & Toast Fruit or Juice Milk	6 (2)Cinnamon Toast or Cereal & Toast Fruit or Juice Milk	7 Choice of Donut or Cereal & Toast Fruit or Juice Milk	8 Scrambled Eggs & Toast or Cereal & Toast Fruit or Juice Milk
11 Pancakes w/ Syrup or Cereal & Toast Fruit or Juice Milk	12 Breakfast Pocket (Egg, Sausage & Cheese) or Cereal & Toast Fruit or Juice Milk	13 (3) French Toast Sticks or Cereal & Toast Fruit or Juice Milk	14 (2) Cinnamon Toast or Cereal & Toast Fruit or Juice Milk	15 SCHOOLS CLOSED
18 Waffle sticks w/syrup or Cereal & Toast Fruit or Juice Milk	19 Bagel w/ Toppings or Cereal & Toast Fruit or Juice Milk	20 Breakfast Sausage Pizza or Cereal & Toast Fruit or Juice Milk	21 Choice of Donut or Cereal & Toast Fruit or Juice Milk	22 Egg & Cheese on Muffin or Cereal & Toast Fruit or Juice Milk
25 Pancakes w/ Syrup or Cereal & Toast Fruit or Juice Milk	26 Sausage on Roll or Cereal & Toast Fruit or Juice Milk	27 Breakfast Pocket (Egg, Sausage & Cheese) or Cereal & Toast Fruit or Juice Milk	28 (2) Cinnamon Toast or Cereal & Toast Fruit or Juice Milk	29 Scrambled Eggs & Toast or Cereal & Toast Fruit or Juice Milk

Lunch - \$2.00 Ice Cream - 75 cents Milk - 50 cents

Lunch Choices also include: Tuna on Roll, Cheese Sandwich, or a Tossed Salad

EBB VALLEY ELEMENTARY



OCTOBER

LUNCH

2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cheese Pizza Tossed Salad Hot Vegetable Fruit Early Dismissal Day
4 Chicken Tenders Tator Tots Fruit	5 Oven Baked Cheesesticks w/ Dipping Sauce Hot Vegetable Fruit	6 Grilled Cheese Tomato Soup Veggies w/ dip Fruit	7 Pizza Casserole Hot Vegetable Fruit	8 Pizza Vegetable Fruit
11 Chicken Patty Cheesy Mashed Potatoes Hot Vegetable Fruit	12 Hamburger or Cheeseburger on roll French Fries Veggies w/ dip Fruit NATIONAL SCHOOL	13 Mexicana Beef Wrap (Soft Taco) Carrots & Celery Sticks Pasta w/ Vegetables Fruit LUNCH WEEK	14 Pizza or Hot Dog Vegetable Fruit	15 SCHOOLS CLOSED
18 Popcorn Chicken Mashed Potatoes w/ Gravy Corn Fruit	19 Oven Baked Cheesesticks w/Dipping Sauce Green Beans Fruit	20 Hot Ham & Cheese Or Cold Cut Sub Tator Tots Fruit	21 Meat Sauce & Breadsticks Tossed Salad Vegetable Fruit	22 Pizza or Pizzata Vegetable Fruit
25 Chicken Nuggets Confetti Rice Roll Fruit	26 Soft or Hard Shell Taco w/ cheese Corn Fruit	27 Hamburger or Cheeseburger on roll Baked Beans Fruit	28 Shephards Pie Baked Dinner Roll Broccoli Fruit	29 Pizza or Hot Dog Vegetable Fruit

DEADLINE: January 3 2011
Nominations received after 5:00 PM will not be accepted.

Nomination forms must be received in the Carroll County Chamber of Commerce office (not just postmarked).

Mail Nomination forms to:

Carroll County Chamber of Commerce
Attn. OTA
P.O. Box 871 ♦ Westminster, MD 21158

FAX: 410-876-1023

Online Nominations Form available

www.carrollcountychamber.org

Nominations

Eligibility: Any **full-time** teacher in the Carroll County Public School System may be nominated.

Criteria: Nominations will be judged on the degree to which the candidates exhibit qualities of excellence. When answering the three questions, be sure to **include specific examples** of the nominee's impact on students.

After being nominated, each teacher will be required to complete a biographical form as part of the nomination process. Any teacher not completing the biographical form will not be considered for an award.

Required Questions

On a separate piece of paper please respond to the following three questions. 75 words or less per question. Your response to the questions is used by the judges to determine the winners. Please print or type.

1. **Give specific examples** of how this teacher inspires students to learn.
2. **Give specific examples** of how this teacher builds confidence and self esteem.
3. **Give specific examples** of the ways that this teacher helps students apply what they have learned to real world situations.

Please feel free to make additional comments.

2011 Carroll County Chamber of Commerce



Outstanding Teacher Awards Nomination Form

Teacher Information (Please print clearly) (* Required field: incomplete forms will not be accepted)

*Teacher's Name: _____
First MI Last

*Nominee is a **FULL TIME TEACHER**: Elementary School Middle School High School
Career & Technology Special Education Counselor Media Specialist

*Teacher's School: _____

*School Address: _____

City: _____ State: _____ Zip: _____

Nominator Information (Please print clearly) (* Required field: incomplete forms will not be accepted)

*Nominator Name: _____
First MI Last

*Nominator is: Parent of a student Student Teacher School Administrator

*Nominator's Mailing Address: _____

*City: _____ State: _____ Zip: _____

*Phone #: _____ Email: _____

***A RESPONSE TO THE THREE QUESTIONS ON THE LEFT IS REQUIRED.
AND USED BY THE JUDGES TO DETERMINE THE AWARD WINNERS**

To submit nominations online

Visit the Chamber website at www.carrollcountychamber.org
Homepage - News You Need to Know ♦ Outstanding Teacher Awards.

Nominations close on Jan. 3, 2011 at 5:00 PM



Five Successful Ways to Reduce Screen Time

Kids who spend less time in front of a screen, (TV, video games, or computers), do better in school, read more, sleep better, tend to eat healthier foods and weigh less. The American Academy of Pediatrics recommends that children under age 2 have no screen time, and that those older than 2 watch no more than 1 to 2 hours a day of quality programming. Here are some ideas on limiting screen time:

Make the commitment

Spend time talking with your family about the benefits of reducing the amount of screen time for everyone. Focus on the fact that these changes will give you more time to spend doing fun and creative things together. Some families find it helpful to sign a 'pledge' together. "Turnoff Week" sponsored by The Center for SCREEN-TIME Awareness, is scheduled for September 19 – 25, 2010 and would be a great time to start.

Have a plan and stick to it.

Figure out how much screen time you spend now and decide how to gradually reduce it. Some families choose specific times (like 4 to 6 PM) as screen-free. Other ideas: put the TV in a place where it isn't the center of attention; take TV's out of bedrooms; turn it off during mealtime and do not have it on as background noise; try not to use screen time as a babysitter.

Be patient.

Reducing the amount of time that your family spends plugged into screens is a major change. Make this change in small steps rather than in giant leaps. Many children will hardly notice if you gradually decrease their TV or video game time in 15-minute increments.

Be creative.

Here are some ways to spend screen free hours:

- | | |
|---------------------|------------------------------------|
| Walk the dog | Play a musical instrument |
| Cook | Play a game |
| Dance | Draw |
| Ride a bike | Build a fort with pillows or boxes |
| Read | Throw a ball |
| Have a conversation | Sing |
| Toss a balloon | Put on a show |
| Play Frisbee | |

Treasure your time together.

The really good news about screen-free time is that it gives families more opportunities to really be together. You'll get more time to enjoy each other's company while developing habits that will promote good health.

Seasonal Flu

What you need to know



The CDC recommends a yearly seasonal flu vaccine as an important step in protecting yourself from influenza. The 2010 -2011 flu vaccine will protect against influenza A virus, influenza B virus and the 2009 H1N1 virus. The vaccine is available as a “flu shot” or as a nasal spray. Flu can cause severe complications including pneumonia, bronchitis, and sinus and ear infections. The flu can also make chronic health problems worse. Each year, on average, more than 200,000 people are hospitalized and 36,000 people die from seasonal flu complications in the United States. The best time to get your vaccine is October or November, but getting vaccinated later in the year can still be beneficial. Flu is a serious contagious disease.

The CDC recommends the following individuals receive seasonal flu immunizations yearly:

- Children 6 months to 19 years
- Pregnant women
- Adults 50 years and up
- Individuals with chronic medical conditions
- Residents of long term care centers or assisted living centers
- People who live with individuals of high risk category
- Health care workers
- Caregivers of children less than 5 years of age

It is not recommended for anyone who:

- Is allergic to chicken eggs
- Has had severe reaction to influenza vaccine in past
- Has a history of Guillain-Barre' Syndrome
- Is a child less than 6 months
- Has a moderate to severe illness with fever
(you should wait until symptoms are gone)

Flu Shot Side Effects: Are mild and can include soreness, swelling or redness of arm, and fever. Side effects are usually gone in 1-2 days.

Nasal Vaccine Side Effects: Are runny nose, wheezing, headache, vomiting, sore throat, cough, aches, and fever. Side effects are usually gone in 1-2 days.

You can receive your influenza vaccination at flu clinics held throughout the County or from your primary care provider. If unable to leave home due to a medical condition, contact a home health care agency such as Carroll Home Care (410-871-8000) and arrange for a home visit.

The Elder Health Leadership Team welcomes the opportunity to include this seasonal flu page in the Healthy Carroll Families distribution. Please visit www.HealthyCarroll.org for more information.

Stay Well during Flu Season

5 Smart Habits

- 1. Keep your hands clean.** One of the best ways to stay healthy is to wash your hands properly and frequently. Washing your hands well will help protect you from all germs, including seasonal flu and the H1N1 virus. Wash hands for 15 to 20 seconds using soap and warm water. When soap and water are not available, use alcohol-based hand wipes or gel sanitizers.
- 2. Eat plenty of fruits and vegetables.** Produce is packed with the nutrients that your immune system needs to fight viruses and bacteria of all types. Go for all types of brightly color fruits and veggies. They will have more of the disease-fighting antioxidants, like vitamin C and beta-carotene. Varieties of produce that are available and can offer health benefits include fresh, frozen, dried, canned (in juice), and 100% juice can all offer health benefits.
- 3. Drink plenty of fluids.** Water is always a refreshing choice. Tea, especially antioxidant-rich green tea, can be a nice way to warm up and stay hydrated anytime. 100% orange or other juice is also good, but don't overdo it: A small glass a day is plenty. Drinking enough fluids (6 to 8 cups a day) will help keep your mucous membranes moist and able to fight off germs.
- 4. Choose nutrient-rich snacks.** During flu season, your body needs every drop of nutrition it can get, so don't waste your calories on 'empty' snacks. Skip the chips, cookies, and colas. Feed your body well with a variety of tasty nutrient-rich items. In addition to fruits and veggies, go for sunflower seeds, nuts (almonds, walnuts, cashews, etc.), low-fat yogurt, and beef jerky.
- 5. Consider a multi-vitamin/mineral supplement.** This is the right time of year for a little extra nutrition insurance, a basic vitamin/mineral pill with 100% of the Daily Value (DV) for most nutrients. Although super-expensive supplements with mega-doses are mostly a waste of your money, you may want to look for a supplement with 1000 IUs of vitamin D. While the DV is still 400 IUs, many experts are recommending an increase for optimal health and well-being.

Trail mix

Try the following recipes or use your imagination and make your own snack mixes - combine dry cereals, nuts, dried fruit and once in a while something sweet like mini chocolate chips or yogurt covered raisins. Kids can help decide what to use.

Popcorn trail mix (Makes 14-1 cup servings)

6 cups unbuttered popcorn
2 cups chocolate cereal
2 cups toasted oat cereal
2 cups small pretzel twists
2 cups shredded wheat squares
Optional – 1 cup peanuts

Combine all ingredients in a large bowl or bag. To control portions, divide into servings and place in individual bags or air tight containers.

One cup serving: 95 calories, .8 g fat, .1 g sat fat, 0 mg cholesterol, 178 mg sodium, 20 g carbohydrate, 2 g fiber, 2.3 g protein.

Prepared by Jan Temple, CFCS, Nutrition Field Specialist, Iowa State University Extension www.extension.iastate.edu/food

Pumpkin party mix (Makes 2 cups)

This is an autumn variation of the more traditional Holiday Party Mix.

1 ½ cups crispy corn and rice square cereal
½ cup toasted oat cereal
¼ cup small pretzels
4 teaspoons tub margarine
½ teaspoon pumpkin pie spice
2 teaspoons honey
2 tablespoons raisins

In a 1 ½ quart casserole combine cereals and pretzels.
In a 1 cup measure combine honey, spice, and margarine. Microwave, uncovered, on high until margarine is melted. Pour mixture over cereal; toss to mix.
Microwave mixture, uncovered, on full power for 2 ½ minutes.
Stir in raisins. Mix gets crisp as it cools.

Each 1/2 cup serving: 125 calories, 4 g fat, .7 g saturated fat, 0 g trans fat, 0 mg cholesterol, 210 mg sodium, 21 g carbohydrate, 1 g protein, 1 g fiber.

Adapted from: Better Homes & Gardens After-School Cooking by Iowa State University Extension www.extension.iastate.edu/food