

Winfield Elementary School  
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Westminster, MD 21157

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# Winfield Elementary

January 2012



## From the Administrators' Desk

Cynthia Bell  
Principal

Sheri Maring  
Assistant Principal

School Colors:  
Blue & White

School Mascot:  
Wildcat



Dear Winfield Families,

Happy New Year to all our families! Hopefully the break was fun and restful.

Our fifth grade chorus gave a wonderful performance in December and we look forward to equally great entertainment from our fourth and fifth grade instrumental students in January.

We have a Winfield Cool Cats group that will be making the Polar Bear Plunge to support Special Olympics. Please see additional information in this newsletter. We welcome sponsors for our team.

During these winter months, please be aware of our inclement weather policy and procedures. Announcements for late openings and/or early closings are made on the news stations, through Alertnow, and on the CCPS website. Have emergency plans in place for your children for delays and early dismissals due to weather conditions. Last minute changes are confusing for students and staff so having a plan in place that your child knows about is the best way to handle weather closures.

Many students have been coming to school with light weight jackets or without hats or gloves. Classes do go outside for recess whenever possible so please have your child dress appropriately for outside play.

Please remember that our third, fourth and fifth grade students have access to an on-line program called Study Island ([www.studyisland.com](http://www.studyisland.com)). This program is a research-based standards mastery program that provides reinforcement of the state ELA and Math curriculums. If you have home internet access, encourage your student to use this sight to practice their skills. If your child does not know their login information it is available through their teacher or follows the following pattern: ID—FirstLast@win, Password—Winfield

We wish you and your family all the best in health and happiness in the New Year!

Cynthia Bell

Sheri Maring

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**Attendance Information for December** - The Maryland State Department of Education has established 96% as excellent attendance and 94% as satisfactory attendance. Winfield's December rate was 95.59%. Our year-to-date attendance is 95.97%. Health and vacations take a toll on our attendance and can have a negative impact on your child's learning. Make up work can never replace classroom learning opportunities. Please help us to maximize your child's learning and maintain the state expectations by having your child at school every day.

*Mission Statement: "Winfield School is a community of motivated learners working together to achieve each individual's highest potential."*

# Wellness

Mrs. Robertson and Mr. Pennington

## 10 Health Tips for the New Year

1. **Wear a pedometer.** New research suggests that routinely wearing a pedometer encourages people to walk about an extra mile each day, lose weight, and lower their blood pressure. Aim for at least 30 minutes of brisk walking and a total of 10,000 steps per day.
2. **Don't forget strength training,** involving both the upper and lower body. Too many people neglect resistance exercise, particularly women for whom it's crucial for preventing muscle and bone loss with age. Lift weights for at least 20 minutes, two to three times per week.
3. **Eat three different foods at every meal.** Don't eat a scoop of tuna for lunch -- eat tuna on a roll with a salad.
4. **Eat at least two fish meals per week.** The evidence is strong that the oils in darker types of fish, such as salmon, tuna, mackerel and herring, are beneficial for the heart and brain and may even lower risk of cancer.
5. **Talk to your doctor about taking aspirin** for heart protection but don't assume that it's right for you. A recent clinical trial suggested that healthy women younger than age 65 don't get heart protection from aspirin. Women who are the best candidates for long-term aspirin are age 65 or older or have a history of cardiovascular disease or diabetes. And be aware that aspirin has some serious risks, including gastrointestinal bleeding.
6. **Drink water.** No matter where you are, water should always be the first thing you reach for when you're thirsty. Water truly is essential.
7. **Sleep 8 hours a night.** A number of recent studies have confirmed that you really do need at least 8 hours a night. Among the many benefits: Adequate sleep makes you feel better, decreases risk for cardiovascular disease, boosts memory and reduces the likelihood of being in a car accident.
8. **Keep sugar and caffeine -- the "legal evils" -- to a minimum.** It's hard to believe, but decreasing sugar actually increases people's energy, by minimizing the highs and lows that sweet foods triggers. Different people react differently to caffeine, but most of us are probably over stimulated already -- adding a stimulant just adds to things like road rage.
9. **If you smoke, quit.** There is nothing good about it. If you're having trouble quitting, start smoking less today -- smoke only half a cigarette, and skip as many of your usual smokes as you can -- and get help right away. Get some guidance about why it is you smoke to figure out how best to stop doing it. Smoking cessation groups can be extremely helpful and supportive, and medications like a nicotine patch can help decrease the cravings. Acupuncture may also be useful.
- 10 **Don't focus on dieting. Focus on eating.** If you're hungry, you're more likely to overeat, especially in the evening. Instead, of sacrificing all day and gorging later, it's better to eat enough during the day to avoid hunger pangs and uncontrolled eating at night. Eat every four hours or so, and make sure to eat a "second lunch" -- think of it as another meal rather than a snack -- in the mid-afternoon to keep your energy up and make you less hungry in the evening.

## Eating Healthy Ideas!



**Swap out:** Powdered cheese, whole milk, butter

**Swap in:** Butternut squash, fat-free milk, reduced-fat cheddar cheese

**Calorie savings: 118**

### Make it!

Prepare 8 oz whole wheat rotini according to package directions. In medium saucepan, simmer 1/2 c fat-free milk with 1/2 12 oz package frozen butternut squash until combined. Remove from heat and mix with 1 c shredded reduced-fat Cheddar cheese, 1/2 tsp salt, 1/4 tsp dry mustard, and pepper to taste. Pour drained pasta into 8" x 8" baking dish, stir in cheese mixture, and top with 1 Tbsp each Parmesan and bread crumbs. Bake at 375°F for 20 minutes. Serves 4.

### How to cut calories

Subbing in creamy butternut squash adds fiber and flavor, plus antioxidants that fight disease. Using fat-free milk and reduced-fat cheese, we lowered the calories per serving from 412 to 294--and unlike the boxed variety, our version has no artificial flavors. It also provides 45% of the daily recommendation for vision-protecting vitamin A.



**CHORUS NOTES:**

**Mrs. Miller**

To any student who has not been a part of the 5th grade chorus, but would like to be, you may now join us for rehearsals on Wednesday afternoons from 3:05 - 3:40 in the music room starting January 2012. You need to sign the Chorus Contract and have it signed by your parent/guardian. See me for contracts. Our next evening concert, in the spring, is Monday, May 14th. Confirmation will follow in the months to come. Please mark your calendars now to avoid sporting conflicts.

**Health Room News: - Annette Cremens, R.N.**



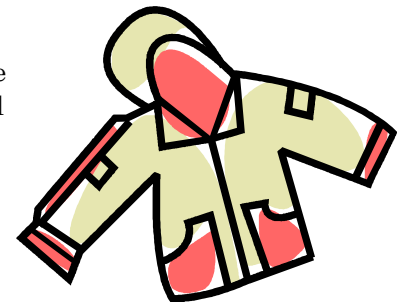
Because this is cough and cold season, we've had an influx of students bringing cough drops to school. Non-medicated cough drops (e.g. Ludens) may be carried by students without violation of the drug/alcohol policy. However, medicated cough drops require a physician's order. Medicated cough drops include any cough drop that require a physician's order. Medicated cough drops include any cough drop which on the label indicate a limited number of dosages per day (e.g. Cepacol, Robitussen with cough syrup, Vitamin C drops). Students may also carry chapstick to school but please remind your child not share with other students.

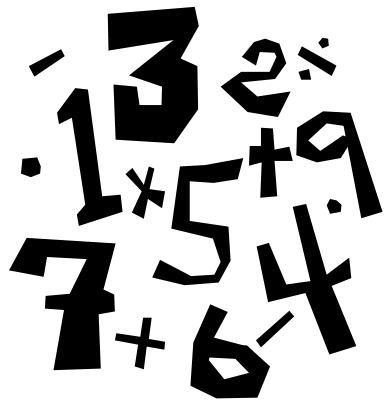
**January Volunteer Training Schedule**

9	Manchester Elementary	6:00 PM	410-751-3410
10	West Middle	6:30 PM	410-751-3661
11	+ Cranberry Station Elem.	6:00 PM	410-386-4440
11	New Windsor Middle	6:30 PM	410-751-3355
12	+ Friendship Valley Elem.	5:45 PM	410-751-3650
12	Oklahoma Road Middle	6:00 PM	410-751-3600
18	Manchester Valley High	3:00 PM	410-386-1673
18	+ Sandymount Elementary	6:30 PM	410-751-3215

**Lost & Found**

Is your child missing an article of clothing? A reminder to parents to please check the "rapidly growing" lost and found rack when you come to the school to volunteer or visit. The rack is located in the lobby area outside the nurse's office. Each year we donate a lot of lost clothing to charity. You can avoid your child's clothing ending up at a charity by clearly marking/labeling each item with his or her name. All lost & found items will be donated to a local charity on **February 1st** - so please have your child (or stop by) to see if you have any items in our lost & found.





# The Key Is Understanding

Mr. Fitzgerald, Math Specialist

The basics of mathematics have not changed. However, as we learn more about the learning behaviors of children the way we teach concepts is changing. When today's adults were in school they learned one way to solve a problem using a math book, paper, and a pencil. There was very little emphasis on understanding why a concept is true. In today's classroom students are working on a more in depth understanding of math concepts. Research supports that understanding why a concept is true supports future knowledge building and provides long term retention. To help children visualize how a concept works manipulatives should be used frequently, especially to introduce a concept. Students should also be given the opportunity to use visuals to provide proof and reasoning. The world is changing rapidly and for our young people to be able to adapt just as quickly they must be able to apply problem solving skills to a variety of situations. Doing so requires a high level of understanding. As students complete homework, especially if they are having difficulty, encourage them to find resources/manipulatives to help them solve the problem.

## Math Vocabulary

**Manipulative** - a tool used in mathematics that provides a visual of how something works.

**Resources** - any tool that can help a student solve a problem. Ex: math book, manipulative, website, etc. (avoid tools that will give an answer, like a calculator)

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## Band and Orchestra News:

4th Grade Band/Orchestra Concert

When: January 23rd

Time: 7:00 P.M.

Where: Winfield Cafeteria

## Mrs. Walker

5th Grade Band/Orchestra Concert

When: January 30th

Time: 7:00 P.M.

Where: Winfield Cafeteria



## NOTICE OF NON-DISCRIMINATION

The Carroll County Public Schools (CCPS) does not discriminate on the basis of race, color, ancestry or national origin, religion, sex, disability, or age in its programs and activities. The CCPS provides nondiscriminatory access to school facilities in accordance with its policies and regulations regarding the community use of schools (including, but not limited to, the Boy Scouts). The following person has been designated to handle inquiries regarding the non-discrimination policies:

Gregory J. Bricca  
 Director of Research and Accountability  
 125 North Court Street  
 Westminster, Maryland 21157  
 410.751.3068

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## Board of Education Meeting - January 11th and January 25th

The Board of Education of Carroll County will hold its' regular monthly Board meeting on January 11th and January 25th at 5:00 p.m. in Room 007 of the Board of Education offices, located at 125 North Court Street, Westminster.  
 The public is encouraged to attend.



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## Asbestos Notice

The Asbestos Hazard Emergency Response Act (AHERA) requires all buildings owned or leased by the Board of Education of Carroll County to prepare and make available all asbestos management plans. The building asbestos management plans are available for review at the individual Carroll County school locations and at the Office of Plant Operations, located at 191 Schaeffer Avenue, Westminster, MD 21157. Asbestos management plans are required by the Environmental Protection Agency (EPA) and depict the location, amount, condition, and response action projected for any asbestos containing materials (ACM), if any are located in the school or building.

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## CARROLL COUNTY PUBLIC SCHOOLS ADA COMPLIANCE STATEMENT

The Carroll County Public Schools (CCPS) does not discriminate on the basis of disability in employment or the provision of services, programs or activities. Persons needing auxiliary aids and services for communication should contact the Office of Community and Media Relations at 410-751-3020 or [publicinfo@carrollk12.org](mailto:publicinfo@carrollk12.org), or write to Carroll County Public Schools, 125 North Court Street, Westminster, Maryland 21157. Persons who are deaf, hard of hearing, or have a speech disability, may use Relay or 7-1-1. Please contact the school system at least one (1) week in advance of the date the special accommodation is needed.

Information concerning the Americans with Disabilities Act is available from the Director of Facilities or the Supervisor of Community and Media Relations.

Raymond Prokop  
 Director of Facilities Relations  
 125 North Court Street  
 Westminster, Maryland 21157  
 (410) 751-3177

Carey Gaddis  
 Supervisor of Community & Media  
 125 North Court Street  
 Westminster, Maryland 21157  
 (410) 751-3020

## 5th Grade Criteria for Presidential Award for Academic Excellence



**Grade 5 students** are eligible in either reading or math based on the following criteria: Grade 4 MSA ADVANCED in reading, 3.5 G.P.A (ELA, math, science, social studies) for all of grade 4 and the first two marking periods of grade 5.

OR

**Grade 4** MSA ADVANCED in mathematics, January grade 4, May grade 4, January grade 5 math benchmarks are 90% or higher, 3.5 G.P.A. (ELA, math, science, social studies) for all of grade 4 and the first two marking periods of grade 5.



## MSA Testing Dates and Information

MSA testing is scheduled to begin in March for grades 3, 4 and 5. MSA Reading will take place on March 14th and March 15th and MSA Math will take place on March 20th and March 21st. Parents can help their children be successful not only on test days but daily in school by:

- Making sure they are in school every day and on time.
- Encouraging them to listen carefully to directions and try even when something seems difficult.
- Making sure they get a good night's sleep and a nourishing breakfast.

We would also like to remind parents to **please try and refrain from scheduling doctor appointments or vacations** for these dates.



2012-2013  
2012-2013

Next year, 2012-2013, Winfield Elementary School's hours will change. Our official school day will be from 9:30 a.m. - 4:00 p.m. Schedules have been adjusted county wide as a result of efficiency studies. An FAQ sheet is available on the CCPS website to answer many questions families may have about changes in school times. The link for is [www.carrollk12.org/Assets/file/CCPS%20News/FinalFAQfornewschooltimes092211.pdf](http://www.carrollk12.org/Assets/file/CCPS%20News/FinalFAQfornewschooltimes092211.pdf).



## INFORMATION FOR SCHOOL NEWSLETTER

### CARROLL COUNTY PUBLIC SCHOOLS OUT-OF-DISTRICT REQUESTS FOR THE 2012 - 2013 SCHOOL YEAR

Board policy states that students who attend Carroll County Public Schools shall attend school in their designated attendance area. However, in very specific and limited circumstances, students may be placed in a school outside their attendance area if an approvable circumstance is deemed to exist.

Parents/legal guardians desiring an out-of-district placement for their child should carefully review the list of approvable circumstances listed on the back of the out-of-district application to determine whether the child meets the criteria for approval. Please review the out-of-district regulations in the Student Services manual for updates. The information can be found in Section I of the Student Services manual at [www.carrollk12.org](http://www.carrollk12.org). The Carroll County Public Schools' out-of-district policy and regulation will be strictly adhered to in making decisions regarding admission of students to schools outside of their assigned attendance area.

It is the parents/legal guardians responsibility to obtain an out-of-district application from the school office or the Student Services Department. These applications will be available on December 5, 2011. Completed out-of-district applications may not be returned to the school office.

The deadline for out-of-district applications for the 2012-2013 school year is **February 1, 2012**. Completed applications must be **postmarked or personally delivered** by the deadline date to:

Carroll County Public Schools  
Student Services Department  
125 North Court Street  
Westminster, Maryland 21157

Applications postmarked/received after the deadline date of **February 1, 2012** will be returned to the sender without consideration.

**QUESTIONS REGARDING OUT-OF-DISTRICT ISSUES MAY BE DIRECTED TO THE SCHOOL'S PUPIL PERSONNEL WORKER AT (INSERT YOUR PPW'S TELEPHONE NUMBER).**



# Winfield Cool Cats



Be a fan of fun - please support our team, *The Winfield Cool Cats*, as we take part in the coolest event around and help raise money for Special Olympics. Please go to the link below to sponsor our team or feel free to send in a check made payable to SPECIAL OLYMPICS OF MD in an envelope marked Winfield Cool Cats. Thanks for your support!

<http://coolschools.kintera.org/faf/search/searchTeamPart.asp?ievent=487253&lis=1&kntae487253=6CA8FD53D5294B0EA9E38F374F3805BC&team=4890524>

~ January 2012 ~

~ January 2012 ~						
1	2	3	4	5	6	7
New Year's Day	<b>Schools And Offices Closed</b>	<b>Schools Open</b>				
8	9	10	11	12	13	14
			Board of Education Meeting @ 5 PM			
15	16	17	18	19	20	21
	<b>Schools And Offices Closed</b>  MLK Jr. Day		Market Day Pickup @ 4 pm  PTA Meeting @ 7 PM			
22	23	24	25	26	27	28
	4th Grade Band/Orchestra Concert @ 7 PM	PTA Spring Fair Meeting @ 7PM	Board of Education Meeting @ 5 PM	PTA Social Group @ 6:30 PM  End of Second Marking Period	<b>Schools Closed for Students</b>	
29	30	31	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p><b>Please mark your calendars with the future two hour &amp; forty-five minute early dismissal days for the 2011-2012 school year: February 10, March 5, May 11 &amp; June 14th.</b></p> </div>			
	Third Marking Period Begins  5th Grade Band/Orchestra Concert @ 7 PM					

~ February 2012 ~

~ February 2012 ~						
			1	2	3	4
			Report Cards Home Today  Volunteer Training @ 6:30 PM	Groundhog Day		
5	6 National School Counseling Week	7	8	9	10  <b>1:00 PM Early Dismissal - Elementary Only</b>  PTA Family Sweetheart Dance @ 7 PM	11
12 Abraham Lincoln's Birthday	13 PTA Spring Fair Meeting @ 7PM	14  Valentine Day	15 PTA Market Day Pickup @ 4 PM  PTA Meeting @ 7:00 PM	16	17 Snow Date for PTA Family Sweetheart Dance @ 7 PM	18
19 National FFA Week	20 <b>Schools And Offices Closed</b>	21 <b>Schools Closed For Students</b>	22 Ash Wednesday	23	24	25
26	27	28 PTA Spring Fair Meeting @ 7PM	<p align="center"><b>Please mark your calendars with the future two hour &amp; forty-five minute early dismissal days for the 2011-2012 school year: February 10th, March 5th, May 11th and June 14th.</b></p>			