

The PEN

Pasadena Elementary News, March 2020

Principal's Message

Dear Panther Families,

This month will begin with Read Across America spirit days to promote reading. Please encourage your child to read at home for at least 20 minutes each day. With your support of reading at home, our school staff will contrive to strive for all students to meet or exceed individual reading goals. Our Little Free Library has room for gently used books so please feel free to add any books as this is one more way to keep Pasadena "green" and support reading.



All students in grades 3-5 will participate in MCAP English Language Arts and Math assessments during the testing window (between mid-April and May). Our students will be taking the assessment online using desktops, laptops, and ChromeBooks. Please do your best in getting to school on-time daily, and avoid scheduling medical appointments if possible. These assessments will be administered: **Grade 3:** April 20-23 and May 4-7; **Grades 4 and 5:** April 27-May 1 and May 11-14.

Parents wishing to complete the necessary paperwork for Out-of-Area transfers for the 2020-2021 school year can now obtain information from www.aacps.org/outofarea. An Out-of-Area transfer is necessary for a student to attend a school within the county other than his or her assigned school. The application must be completed and submitted each school year, even for children who already attend a school under an approved Out-of-Area transfer. The continuation is not automatic. Please read the Frequently Asked Questions section of the page before filling out any applications. Submit Out-of-Area requests annually March 1 - May 1.

Our annual Yankee Candle fundraiser is coming! The packets will be coming home with your student later on this month. The fundraiser dates are April 3 -17.

As a convenience to our families, parents can make payments for yearbooks and field trips online. Visit <https://www.aacps.org/Page/4823> and scroll down to select "Online School Payments" on the right side.

Welcome to Peggy Cruz, R.N. We are excited to have an experienced school nurse join our team to support our students. Contact Nurse Peggy: Nurse2182@aacps.org.

Pasadena Elementary School will be closed during Spring Break from April 9 – 13.

Thank you for your support,
Jennifer Quirino, Principal

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MARCH 1	Spirit Week Wear crazy socks 2	Wear your favorite hat 3	Dress as book character; bring book to school Sea Perch Yearbook Club 4	Wear your favorite number 24 Club 5	Dress for Success 6	
8	Interims 9	No school – Parent Teacher Conferences Joe Corbi pick up 1-5pm 10	Sea Perch Yearbook Club PTA Mtg 5:30 11	24 Club 12	13	1
15	16	St. Patrick's Day – wear green! 17	Sea Perch Yearbook Club 18	Mountain Road Library Artist Reception 6pm 24 Club 19	Running Club International Day of Happiness Spring Solstice Party 20	2
22	Pennies for Patients Week: Penny PJ Day 23	Nice & Kind Nickel Day – Wear orange Unity Day activities AACPS 2 Hour Early Dismissal 24	Dazzling Dimes – wear sparkles Sea Perch Yearbook Club 25	Crazy Quarter Day – wear crazy hat, hair, socks 24 Club Gr 4 to Londontowne 26	Team \$ Day – wear favorite team shirt or jersey Running Club Flashlight Friday 27	2
29	Gr 5 MISA Test Gr 3 to Balt. Museum of Industry 30	Gr 5 MISA Test Yearbook order due 31	Gr 5 MISA Test Sea Perch Yearbook Club Kindergarten registration begins International Fair 1	Gr 5 MISA Test Light It Up Blue: wear PES or blue shirt 24 Club Gr 4 to Meyerhoff & Balt. Museum of Art 2	Running Club Yankee Candle Fundraiser starts 3	

Special Thanks to:

Ms. Fortney for helping with Club Pictures & PTA School Store
Ms. Webb for helping with PTA School Store

March Classroom Guidance Topics with Michele Noble, Counselor

- Kindergarten – Erin's Law/Personal Safety
- 1st Grade – Erin's Law/Personal Safety
- 2nd Grade – Internet Safety
- 3rd Grade – Internet Safety
- 4th - Harassment
- 5th Grade – Appropriate Use of Technology

Pennies For Patients

Please help 4th grade with their service learning project ...
All money raised will go to the Leukemia and Lymphoma Society.



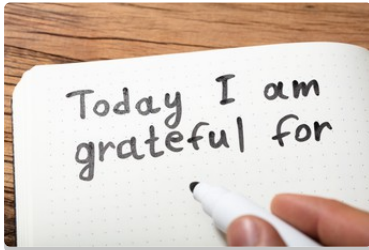
Mon., March 23 – Pajama Penny Day. Wear PJ's.

Tues., March 24 – Nickels Are Nice Day. Wear Orange to Celebrate Unity Day.

Wed., March 25 – Dazzling Dimes Day. Wear something shiny, sparkly or unique.

Thurs., March 26 – Crazy Quarters Day. Wear Crazy Hat, Hair or Socks.

Fri., March 27 – Send in \$1. Team Up for Leukemia and wear your favorite team shirt.



Gratitude Discussions

Use these prompts with your children during dinner time discussions or as part of your bedtime routine.

- I'm grateful for three things I hear:
- I'm grateful for three things I see:
- I'm grateful for three things I smell:
- I'm grateful for three things I touch/feel:
- I'm grateful for these three things I taste:
- I'm grateful for these three (insert color) things:
- I'm grateful for these three animals:
- I'm grateful for these three friends:
- I'm grateful for these three teachers:
- I'm grateful for these three family members:
- I'm grateful for these three things in my home:

Having your child explain why they are grateful helps them to further appreciate the people and things around them.

5K & 1 Mile Fun Run

Saturday, April 25, 2020 7:30 a.m. (Rain or Shine)

Location: Pasadena Elementary School
401 E. Pasadena Rd. Pasadena, MD 21122

Exciting course highlighted by over a mile in Lake Waterford Park. The course in the park includes cross-country trails in the shade. All runners registered by 4/8/20 will receive a t-shirt. There will be a one mile walk/run for students and families starting after the 5K, at approximately 8:45 a.m.

For more information about the 5K, please visit: <https://www.aacps.org/Page/4828>.

From the Health Room, Peggy Cruz, R.N.

Health Room Highlights

March has a reputation for coming in like a lion and out like a lamb. That's debatable, but two things about March are absolutely true: it's National Nutrition Month, and it is a good time to review proper sleep habits for growing children. In honor of these campaigns, please review some basic information: National Nutritional Month is a nutrition education campaign created annually in March by the Academy of American Nutrition and Dietetics. They want us to know that good nutrition is key to good health. They recommend trying a rainbow of fruits and vegetables to complete our diets. Choosing in-season fruits and vegetables in a variety of colors like red, orange, yellow, green, blue, and purple will give a variety of healthy nutrients. Besides choosing carrying colors of fruits and vegetables, remember these healthy tips:

Grains: Make at least half your grains whole. Choose grains like whole wheat bread, brown rice, oatmeal, low fat popcorn.

Protein: Go Lean: Eat lean meat, chicken, turkey and fish. Try more dried beans and peas.

Calcium is important for strong bones: Serve low fat and fat free milk if well-tolerated, and other dairy products like yogurt and cheese. If dairy isn't your thing, you can still get calcium from such healthful items as tofu, edamame, broccoli, cabbage, rhubarb, almonds, and kale.

Fats: Get it from fish, nuts, seeds and vegetable-based oils, particularly olive oil. Try coconut oil too, as it has reemerged as a viable dietary choice since research has shown that it is, in fact, healthy in moderate amounts. It adds a great flavor to your food as an added bonus.

Sugar: Added sugar contributes many empty calories with few nutrients, so limit foods with added sugar. Instead of juice and other sugary drinks, choose water. Your body will thank you for it! Try to go easy on the cakes, cookies, and similar treats, as these are loaded with added sugar.

The National Sleep Foundation chooses March to bring awareness to proper sleep habits for families. During Sleep Awareness Week in particular and throughout our lives in general, they would like us to remember that getting a good night's sleep is important. Too few of us actually make sleep a priority. Stimulants like coffee and energy drinks, alarm clocks, and external lights, such as those from electronic devices, interfere with our natural sleep/wake cycle. How much sleep do we really need, you may wonder? School-aged children should get at least 10 hours each night; teenagers need 9-10 hours per 24-hour period; adults benefit from 7-8 hours per night.

Music Notes

Did you know? *Multiple studies indicate that early music instruction is linked to significant improvements in spatial reasoning.* - *Journal of Aesthetic Education, 2000*

Upcoming events:

Our Spring Concert is scheduled for Thursday, May 21, 2020. This is our opportunity to show off all of the hard work we have put in to our instruments and voices all year long. Stay tuned for more information.

Music In Our Schools Month The month of March is a nationally recognized time to acknowledge how important music is to our schools and communities. How often does your family hear music? What would certain parts of your life be like without music? Why does each member of the family prefer the songs or styles of music that they do? We will also make a note of how much music is in our schools by wearing our **Music t-shirts** each Thursday of the month. Please help your Chorus, Band, or Orchestra student remember to *wear their Musicians' Pride T-shirts each of the Thursdays in March.*

MCAP & Instruments: Instrumental lessons WILL be held during the weeks of MCAP testing. These classes WILL NOT take place during testing times.

Practice: There are several websites that offer instrumental students a way to practice fingerings for their notes and get immediate feedback through a "game" type of interface.

Flutes go to: www.flutetrainer.com

Clarinets try: www.clarinetrainer.com

Saxophones check out: <http://www.saxtrainer.musickramer.com/>

All brass students go to: <http://www.musicracer.com/> Choose "fingerings" from the drop down menu and then choose your instrument. Do NOT enter more than your first name if you win. Good luck!

Strings Check out: <https://tonesavvy.com/music-practice-exercises/>. Scroll 2/3 down the page to "String Instrument Fingerboards." Click on your instrument. Then click on all the notes we have not learned yet to gray them out. Click BEGIN and have fun.

Instrument Storage: We still have some cold weather in store. Please keep in mind that exposure to cold or damp air can damage any instrument. Proper storage will help ensure that your child's instrument remains in good working order.

Extra Credit: Students, are you looking for some practice time extra credit? Try attending some free band or string concerts and bringing back the program. Be able to tell Mrs. Dickinson what your favorite song was and why to get a free practice sticker!

Looking for a concert to attend? There are many opportunities at the local community college. Supporting our High School and Middle School ensembles by attending their events is also great concert experience and can be used for extra credit!

Instrument Karate: The 4th & 5th grade Band/Strings students are also working on a new karate program for their practice credit and greater success on their instruments. Students earn a colored belt for each song that they perform. Ask your child what color they are on and when you are in the building stop by and check out our display in the Band Room!

Fundraisers

Thank you for your participation in the Joe Corbi fundraiser! Plan to pick up your Joe Corbi orders on March 10 from 1:00 - 5:00pm. March 10 is a Parent Teacher Conference Day, and Joe Corbi orders will be available for pick up beginning at 1:00pm.

Yankee Candle fundraiser will be sent home with your student at the end of March. Your help is greatly appreciated as these funds support student, staff, and school activities throughout the school year. Please share the ordering options with relatives, friends, and co-workers! Don't forget to collect payment when an order is placed.

Clothing to Cash Collection Program is on-going. The bin is located in the front parking lot towards Pasadena Road.



Clean Out Your Closet & Help Our School Raise Money!

Clothing To Cash® **Collection Program**

OUR SCHOOL WILL BE PAID FOR EVERY POUND WE COLLECT.

All items will be Re-worn, Repurposed or finally Recycled.

Look for the large white collection bin in the school parking lot.
The goal is to **FILL** our collection bin **WEEKLY** with
as many **PLASTIC BAGS** of clothing, shoes
and other textiles as possible!



**Help Support
Our School &
Save The
Environment
One Bag At A Time.**



WE ACCEPT NEW & GENTLY USED:



Clothing

(Women's, Men's & Children's, Clothing, Coats, Etc.)

Footwear

(Shoes, Sneakers, Boots, Cleats, Etc.)

Textiles

(Bedding, Sheets, Blankets, Towels)

Accessories

(Handbags, Backpacks, Gloves, Scarves, Jewelry, Wallets)

**ACCEPTED ITEMS MUST BE
CLEAN, DRY, IN BAGS and TIED CLOSED**



WE DO NOT ACCEPT

Mattresses, Furniture, Food, Cushions, Plastic / Glass Items, Carpet,
TV's, Electronics, Books, Toys or anything too large to fit inside the bin.