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|  **March 2023**  |
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Fort Garrison Elementary School

**Principal: Hope Baier**

**Assistant Principal: Sara Solter**

www.fortgarrisones.bcps.org

www.fortgarrisonpta.com

**Fort Garrison Vision**

*Fort Garrison students will be life-long learners and innovators who will shape the world as positive, responsible citizens.*



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| **March 6-9****Book Fair****Tuesday In-person PTA/Book Fair 6:30pm****Wednesday, March 8****BCPS Job Fair 3:30-7:00pm****Tuesday, March 14****PI Day****Friday, March 17****Schools and Offices close 3 hours early****Friday, March 24****Marking period ends. Schools close 3 hours early for students.****Friday, March 31****Spring break begins at the end of the school day****Tuesday, April 11****School reopens for student and staff** |

*3310 Woodvalley Drive*

*Baltimore, MD 21208*

*443-809-1203*

*443-809-1204 fax*

***Message from Dr. Baier***

Greetings Fort Garrison Families,

We certainly have had a mild winter. Could a very warm spring be on the way? Please be advised that if BCPS does not use any snow days this year, the last day of school will be June 13th. More specific information will come from BCPS regarding the last days in the coming months.

A few reminders;

* Please remember to send in a note whenever your child is absent, being picked up early, or attending an afterschool club.
* Students are not able to ride home on any other bus but their own. If your child has a playdate with another child, a parent will need to pick up. You can send in a note with your child noting who they will be released to.
* Please do not park in the faculty parking lots during school hours.
* Dogs are not permitted on school property during school hours. If parents chose to walk their pets when taking or picking up children, please remain on the edge of the school property and have your child meet you.

If your child will be attending a different school for the 2023-2024 school year, please contact Mrs. Sevy in the office, 443-809-1203 as soon as possible. This information will assist us as we plan for next year and help to ensure a smooth transition with student records for your child.

As always, thank you for supporting your child and Fort Garrison.

Hope Baier

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| C:\Users\Ewertz\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\ZEOYP5VL\MP900404926[1].jpg***FORT GARRISON FOX BRANCH – BANKING***Our last scheduled banking day of the year will be ***Friday, March 10, 2023***. Thank you to all who have been participating this year and we look forward to helping more students learn about the importance of saving next year. If your child has an account, please have them bring their money to the lobby first thing in the morning next Friday. |

 ***A BUNCH of important “notes” from the Music Teacher***

**It is time to start thinking about the final concerts of the year!**

* **Students in Fourth and Fifth Grade** will present a musical entitled, A Kid’s Life on Wednesday, May 10th at 7:00PM. More information will be coming in emails soon!
* **Fifth Grade** students participating in the Instrumental Music Program will present their culminating concert on Wednesday, May 31st at 7:00 PM. **Third Grade** will present recorder selections they have been learning on the same evening. Be watching for final information in next month’s newsletter.
* On Wednesday evening, June 7th, students in **Kindergarten** will sing for their parents and families. Look for more information on this in later issues of the newsletter.

BCPS is offering students in Fifth Grade or higher the opportunity to attending camps for the performing and visual arts. Information is available on the website and on posters handing across from Mrs. Case’s room.

The music department continues to receive information about music camps and local performing ensembles including Peabody Children’s Chorus, the Children’s Chorus of Maryland and the Maryland State Boychoir. Much of it is posted in the library hallway. Feel free to contact Mrs. Case with questions about these opportunities.

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Hello, Fort Garrison Families

Yay! Spring is right around the corner! The unusual weather and temperatures that we’ve been experiencing lately makes it hard to believe that winter will soon be a distant memory. As we transition into a new season, your family can “spring” into new opportunities to develop SEL (social emotional learning) skills. SEL is not just something that should be practiced and taught at school. SEL skills are life skills! These include skills like empathy, self-control, and decision-making. It is important to mention that you do not have to be an expert with social emotional skills to teach and practice them with your children. Even small activities, like reading books and playing games, can strengthen social skills and teach children important skills along the way.

When a new SEL activity is introduced, tell your child know what skills they are working on so that every activity becomes purposeful and targeted. For example, if you are playing board games, briefly remind your child that they are working on important social skills like taking turns and showing fairness. This can lead to a good conversation about what those skills mean and why they matter.



**TRY IT AT HOME:** (credit: The Pathway 2 Success)



**Empathy in Action**

**Skills targeted:**Empathy, Perspective-Taking

**How to try it:**Spend some time watching a show or movie. At any given time, pause and discuss how the characters are feeling. You might ask: “How are they feeling?” and “How would you feel if that happened to you?” Use this conversation to build on considering how others feel, discussing social cues, and caring about their emotions.

**Mindful Breathing**

**Skills targeted:** Mindfulness, Coping Skills, Managing Emotions

**How to try it:** Let your child know that they will be practicing mindful breathing. Explain that mindful breathing is just focusing on breathing in and out to help calm our minds and bodies. A simple yet effective technique is “Cool off the pizza.” In this activity, have your child pretend they have a hot slice of pizza in front of them. Slowly breathe in to smell the pizza and breathe out to cool it down. Repeat five times. Another helpful exercise is bubble breathing. If you have bubbles on hand, it is even better, but you can also pretend! Practice breathing in and out as you blow bubbles. Repeat five times.

In partnership,

Shelly Borucki

School Counselor

***Health Suite Thoughts***

I am writing to share with you that our wonderful school nurse, Ms. Cathy Evason has accepted a position at Johns Hopkins Hospital.  Ms. Evason's expertise and compassion will be dearly missed at Fort Garrison. The Office of Health Services will be providing coverage for the Health Suite until a new school nurse is hired. Ms. Evason's last day was Friday, March 3rd.





 **We will miss you Nurse Evason**

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