
January 2019

Fort Garrison Elementary School

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MESSAGE FROM DR. BAIER

Dear Fort Garrison Families,

Welcome back to school! I hope everyone had a wonderful Winter Break spending time with family and friends. We are excited to begin the second half of the school year continuing to focus on literacy to support student achievement in the areas of reading, writing, and problem solving.

In the month of December our students participated in several enrichment activities which enhanced learning and community. Our third, fourth, and fifth grade students visited the Baltimore Symphony Orchestra. All students participated in our STEAM Day focusing on Food, Waste and Sustainability through our partnership with Hot Spots and the Education Foundation where they grew and harvested hydroponic microgreens. Our annual Winter Concert on Tuesday, December 11th was also a big success.

The end of the second marking period is Friday, January, 25th. Student comments will be included in the second and third marking periods. All students in grades 1-5 will receive their report cards on Thursday, February 7th.

I sincerely hope that 2019 brings all Fort Garrison families good health and much happiness.

We Are **TEAM** Fort
Garrison!

Technology

Environment

Accessing

Tomorrow

Motivated students
& teachers



Upcoming Events

- Jan 2** - Schools Reopened
- Jan 4** - STEAM Assembly
- Jan 8** - 5th Grade American Revolution Wax Museum
- Jan 10** - Team BCPS Day Wear Blue
- Jan 10** - Coffee w/the Counselor at 9:15 a.m.
- Jan 21** - Dr. Martin Luther King, Jr Birthday – Schools & Offices Closed
- Jan 25** - 2nd Marking Period Ends School Close 3 Hrs. Early
- Jan 28** - PTA Meeting – 6:30 p.m.



COUNSELOR'S CORNER – Notes from Mrs. Lepley

Welcome back! This month we will be focusing on developing the character traits necessary to be a successful student. Kindergarten and first grade students will be learning about whole body listening skills. Second grade will be practicing personal space skills and how to avoid being a space invader. Third grade students will read a book in order to develop courage to be an inspiration to others. Fourth grade will be talking about how to avoid gossip and rumors and fifth grade will be discussing what it takes to build a positive reputation.

Coffee with the Counselor:

I would love to invite you to a special Coffee with the Counselor event on **Thursday, January 10, at 9:15 in room 22**. You will need to sign in at the main office before joining me. We will be discussing the school counseling curriculum and ways to help your child gain resilience and grit in an era of helicopter parenting. We will talk about useful strategies and also common parenting concerns.

As a working parent, I realize that this time slot may not work for all parents. I will be hosting more opportunities for Coffee with the Counselor and will be sure to host an after school event for the next one.

Looking forward to seeing you there!! Please see the attached Flyer.

Kate Lepley
School Counselor

Notes from Green Team Committee

Green School News



In November, our Recycling Team went on a field trip to tour the Baltimore County Recycling Plant in Cockeysville. They quickly learned about what happens to all our 'things' we put in the recycling bin. The students were amazed to watch the journey that paper, plastic, glass and metal take once it is picked up by the recycling truck! They also learned what can be recycled in Baltimore County, as well as where all the trash goes!

The Green Team has worked hard to learn about creating a healthy classroom. During our meetings, they have started cutting and growing plants to help clean the air in the classrooms. Additionally, they mixed nontoxic cleaners for teachers to use in the classrooms.

Next month, several teachers will attend the MAEOE (Maryland Association for Environmental and Outdoor Education) conference in Towson. This is a yearly conference where teachers and environmentalists from all over the state gather to share new research and learning opportunities.

All these activities will go toward our recertification as a Maryland Green School this spring

MUSIC NOTES – Mrs. Case & Mr. Stojak



Important “Notes” from the Music teachers!

Students in first and second grade will perform a musical entitled, “Swamped!” on February 6th, at 7:00 p.m. Report time is between 6:30 and 6:45. Speaking parts and solos have been assigned to many students in 2nd grade. They should be practicing them at home several times per week to commit them to memory.

Students in third grade who purchased recorders through the school received them this week. These AND the children who are using a recorder they already owned MUST bring their recorders to Vocal Music class every week, including on rotating Mondays. I ask that students keep their recorders **in their backpack** so that they can be used in class and at home for practice. Thanks!

Students participating in the Recorder Ensemble have rehearsals every Monday and Wednesday morning at 8:25 beginning Monday, January 7th.

Instrumental music students are back to work on their next levels of instruction and preparation for the spring concert. Please help your child(ren) to remember their instrument and check with them to see which day of the week (Wednesday or Friday) their lesson will occur.

The Music Department,
Stephanie Case
Brian Stojak

NEWS FROM BETH GRAPES – Physical Ed

Banking News

Our banking program is in full swing this year. We are always looking to open new accounts so please see Mrs. Grapes at any time at bgrapes@bcps.org. The upcoming banking dates are:

Jan. 4th

Feb. 1st

March 1st

PE News

Students in all grades have been learning about the fitness component muscular strength and endurance. Our focus has been on upper body and core muscles most recently. The 4th and 5th graders are completing their curl-up and push-up tests for Fitnessgram. These tests are completed to give the students an idea of their current fitness levels so that they can maintain or improve areas of need. They are learning that if they do not get scores in the healthy fitness zone, later in life they may develop health issues like diabetes, cardiovascular disease and high blood pressure just to name a few. Establishing good eating and movement practices now will set them up for a healthy future!

Fuel Up To Play 60 Program

In October, our school participated in the PLAY60 challenge, which is part of the Fuel Up to Play 60 program. This is just a small part of the complete program and I want our school to become more involved and become a touchdown school. As stated on the www.fueluptoplay60.com website, "Fuel Up to Play 60 is an in-school nutrition and physical activity program launched by the National Dairy Council and NFL, in collaboration with the USDA, to help encourage today's youth to lead healthier lives. The key to Fuel Up to Play 60's success is having a strong student foundation, a team of committed educators and community engagement. Together we can continue to build a healthy, high-achieving generation of youth!" I'm asking that you take some time and review the above website and have your student create an account and set up their dashboard. There are so many resources on this page to engage students in activity and learning about nutrition. They are given challenges and earn points, so they can possibly earn prizes. A sample of what the student dashboard looks like will be sent home the first week in January. I'm looking forward to working with our lead student ambassador Adina B. and will be recruiting other students to help spread the word about good nutrition and movement importance the remainder of the year. If you have any questions and/or would like your student to help with the program, please email me at bgrapes@bcps.org. Thanks!

FROM THE HEALTH SUITE – Nurse Caulk

WINTER THOUGHTS FROM THE HEALTH SUITE

Get your flu shot	WASH HANDS!	Drink at least 8 glasses of fluids per day.	Eat vegetables and fruit.	Get at least 8 hours of sleep . Teach your children to cover their nose and mouth when coughing and sneezing.
Make sure your child is Healthy for School	Breakfast Eaten; Adequate sleep	No fever , vomiting or diarrhea for 24 hrs.	No evidence of Pink Eye; Eyes checked, glasses updated	*Send a change of clothes for your student's locker, in case of cafeteria spill, bloody nose, mud at recess, or bathroom accident; Skin issues clean and treated
Check your child's hair for head lice at least once a week	Live lice are sesame seed size, brown	Eggs or nits are mostly white tiny glue like oval drops stuck to hair.	Head lice don't carry disease; can be treated with pediculicide shampoo.	Get treatment checklist from the nurse: wash bedclothes and clothes with hot water; boil combs for 15 min. – don't share, vacuum floors, carpets, upholstery. Bag and seal anything you can't wash for 2 weeks.
Build character	Teach your children to work hard and keep commitments.	To persist through discomforts, such as a cold	To help other children in need	To respond to disappointment and failure with grace, making a new plan
Ask for help when needed	Teach children to talk to their parents about their feelings; Be available	Talk to adults at school whom they trust, like their teacher	Talk to the school counselor or nurse about private matters.	Give children what they need; not always what they want. Provide children with what they need intellectually, physically, and emotionally to succeed.

***PLEASE be sure to send in a change of clothes for your child to keep in his/her locker. Spills, mud and other things happen even to our "big" kids! Thank you.**

Catherine Caulk, RN, BSN
School Nurse

FROM THE FORT GARRISON PTA

Happy New Year from the PTA!

We want to give a HUGE thank you to Michelle Tepper and Jana Block for an amazing holiday shop this year! I know they appreciated all the help they got. Thank you also to everyone who came out to help "shop" with the kids. It was our biggest profit yet and we hope everyone is loving their new gifts!

Please remember to keep sending in your box tops! Our second contest will continue until the end of January. We will be rewarding the class with the most box tops earned with a small prize and extra recess or fun time in the classroom. The classes in first place so far are, Ms. Protzko, Mrs. Thompson and Ms. Nolan!

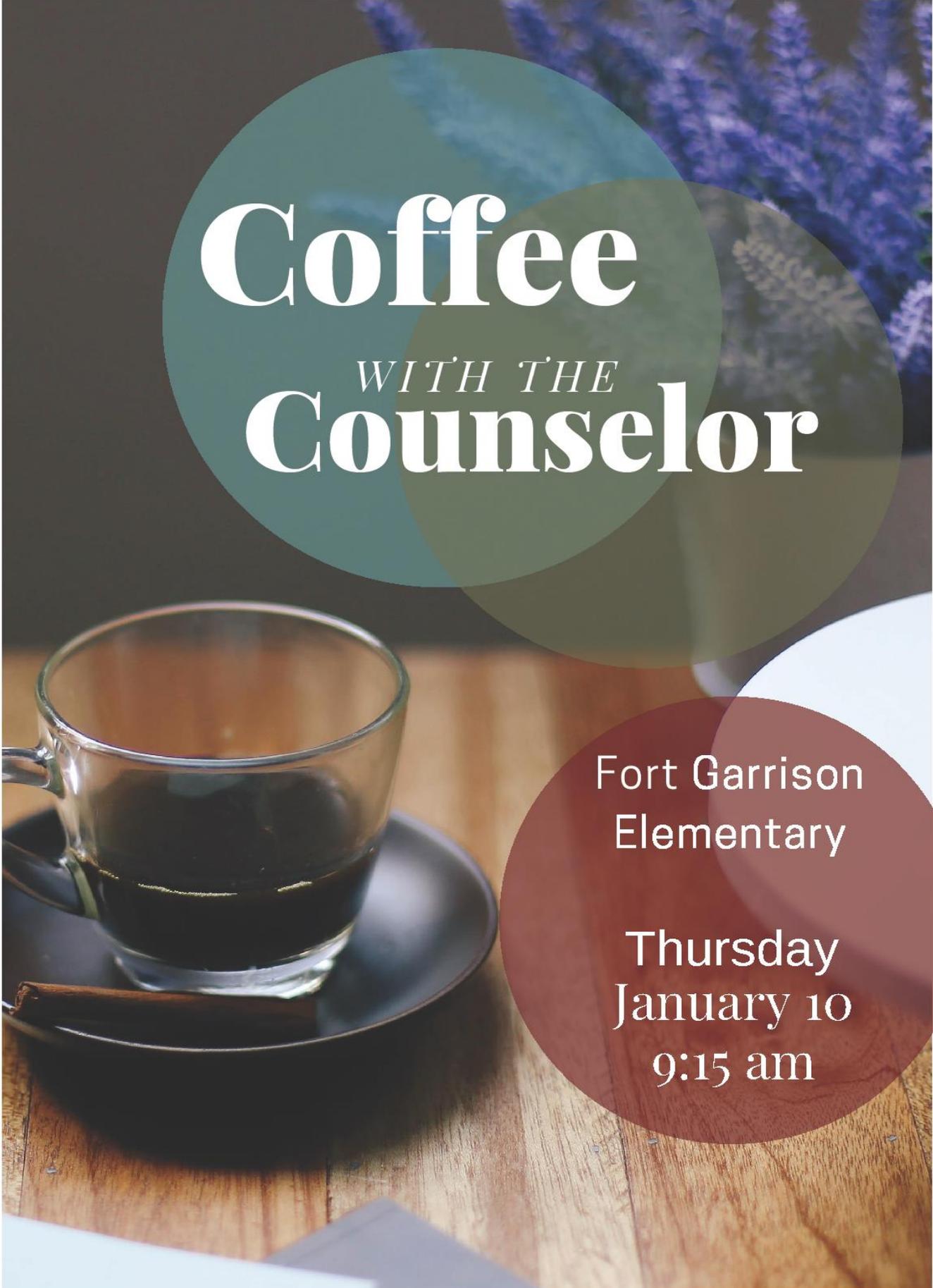
Please join us for our next **PTA meeting on February 25th at 6:30**. We would really love to fill our open positions for next year. If you are on a committee and do not plan to keep that position next year please let us know.

Here are the positions that are currently available for next year:

President
Vice- President
Communications
Directory
Box Tops
Fifth Grade Chairs

It's a great opportunity to get more involved in your child's education! Don't miss out!

See you at the FORT!
Amanda and Ashley
www.fortgarrisonpta.com



Coffee

WITH THE

Counselor

Fort Garrison
Elementary

Thursday
January 10
9:15 am