



# The Roadrunner Reader

Russell Elementary School/Title I/January 2012/Volume 1, Issue 5

## Notes from Dr. D!

Dear Parents,

Welcome back! Last Tuesday I laid out my expectations for the children for the second half of the year. Let me share them with you.

1. I expect them to get smarter every day by reading every night. All the important words and all the important information is found in a book. By reading each night they will be VERY smart by the end of the year.
2. I expect them to know their math facts. By practicing 3 facts that they don't know each night until they know them and then moving on to 3 more, they will know all their facts by the end of the year!
3. I expect them to be respectful and kind to their teachers and to one another.

If they follow my expectations, they will be very SMART and NICE people and Russell will remain a fine, fine school!

Happy New Year!

## Put the "Parent" in Parent Teacher Association!

Russell PTA is excited to announce the opening of nominations for officers for the 2012/2013 school year. If you have been interested in finding out what PTA is all about from the inside out, this is your chance! We will be looking to fill several positions for next year including spaces on the Executive Committee and many committee chairs. PTA sponsors events, underscores our arts, science and outdoor programs, and works to make Russell an amazing community for our children. We would love to have you! Please feel free to contact us at [ptaroadrunners@gmail.com](mailto:ptaroadrunners@gmail.com) to find out more.

## Buy a Brick, Help Celebrate 50 Years!

Russell Elementary is launching a "Buy a Brick Program". A personalized, engraved brick is a great way to commemorate your years at Russell Elementary, honor a child, recognize your family, show your support of a teacher, advertise your business, honor a student's graduation to middle school, or remember a loved one. The funds raised will go toward Russell Elementary outdoor beautification projects. The engraved bricks will become a focal point in our butterfly garden.

This is an opportunity for you, family members, friends, neighbors, and area businesses to support our school and its 50 years of educational excellence. The "Buy a Brick Program" is an excellent way to ensure a permanent memory for years to come.

If you are interested in purchasing a brick, please complete the attached order form and include a check made out to Russell PTA. You may also purchase a brick by using a credit card at [www.bricksrus.com/order/russell](http://www.bricksrus.com/order/russell).



Thursday, February 9th, Ident-A-Kid will be at our school to provide our parents and students with immediate response cards. Ident-A-Kid will weigh, measure, photograph, and fingerprint all participating students. Look for forms in your student's weekly folder in early February. Ident-A-kid has been Providing ID cards for students at Russell Elementary since 2004.



### 5th Grade News

The 5th Grade Committee is always in need of parents to help out with events and planning. Please contact Karen Andrew-Dyett at [andrewdyett@yahoo.com](mailto:andrewdyett@yahoo.com) or phone [770-401-5495](tel:770-401-5495) to get involved!

#### Upcoming events include:

Chic-fil-a biscuit sales - Jan. 25th

Valentine's Dance - Feb. 17th



### What's Happening?

#### Chic-fil-a Biscuits on Sale

Wed., Jan. 25 7:15 AM

Biscuits \$2.50, Juice \$3.00

#### ORDER WINTER SPIRIT WEAR

Hoodies, Sweatshirts, Polos and T-shirts are available for order from now through FEB 1st. Use the attached order form or go to

<http://russellroadrunners.typepad.com/russellpta/russell-spirit-wear/>

#### Writer's Tea/PTA Meeting

Thurs., Feb. 2 6:30 PM

All students are invited to share their writing and refreshments in their classrooms following the PTA meeting in the Cafeteria.

#### Club Picture Day

Mon., Feb 6 Bring or wear your club t-shirt for yearbook pics!

#### Drama Club's Julius Caesar

Thurs., Feb. 10 6:30 PM

Join our 4th and 5th grade performance of Julius Caesar in the Cafeteria.

Snacks are provided.

#### Muffins for Mom

Tues., Feb. 14 7:15 AM

Dad's Club invites all Russell moms to enjoy muffins and juice or coffee in the café from 7:15 - 8:15 AM.

#### Valentine's Dance

Thurs., Feb. 17 6:30 PM

5th Grade sponsors this fun event for all CURRENT Russell Students ONLY.

#### NO SCHOOL

MONDAY, FEB. 20th

PRESIDENT'S DAY

#### Benchmark Testing

Feb. 27 - Mar. 2

For students in 1st - 5th grades

## Academic Coach:

Congratulations to all the students who participated in the 2<sup>nd</sup> quarter Russell Roadrunner Reader Rally! Parents, ask your child which genres they are reading and read books with them from these genres at home. We are also very excited about all of the students that are a part of the 100 Club! A few great websites for fact practice at home are: [www.multiplication.com](http://www.multiplication.com), <http://www.harcourtschool.com> (go to the That's a Fact link), and <http://resources.oswego.org/games/mathmagician/cathymath.html>. A good family activity would be to play with your student to see who can answer the facts the fastest. Have fun, and keep learning!

## Art News:

Plan a visit to the HIGH Museum of to see

### **PICASSO to WARHOL Twelve Modern Masters.**

You can purchase tickets and pay for parking on line @ [www.high.org](http://www.high.org)

The exhibit closes April 29<sup>th</sup> and is awesome!

I am currently looking for items such as empty thread spools, golf tees, springs, old game pieces, bolts, screws, bottle caps, one of a kind items you may have tossed in a drawer and wondered "What's this for?" In other words...I need "junk". Small items only, please. 4<sup>th</sup> grade will be learning about the art of American sculpture, Louise Nevelson and then creating an assemblage in the style of her work. Send items to the art room in a baggie. We also need large wood scraps for the base. Minimum size approximately 4x6. If you have a supply of scrap wood or can saw wood bases for the project, please let me know.

We are also in need of Kleenex tissue and "cheap" white paper plates. We use the plates as paint palettes.

Artfully Yours,

Suzanne Hutsenpiller

## Music Notes:

I would like to say "Bravo" to all the students who performed during the holiday season. We had so many great holiday performances, and really enjoyed our sing-along on the last day of school for 2011.

We've had a great start to 2012 in the music room! Don't forget to collect those BOX TOPS for EDUCATION. We are 42% of the way towards reaching our goal of 1,500 box tops. Time to start clipping!

Now that the holidays are over, 4<sup>th</sup> and 5<sup>th</sup> grade students are working on the soprano recorder and should bring it with them each time they come to music class.

They should all be practicing at home for at least 5 minutes a day. This year I will be giving music "dog tags" to students who earn their black belt in Recorder Karate.

## Science News:

**Kindergarten** is working on motion and how things move. We will also be talking about properties of matter, rocks and soil.

**1st Grade** is finishing up and unit on sound and vibrations and have been making their very own guitars from tissue boxes and paper towel tubes. We will be studying sources of light and shadows in the weeks to come.

**2nd Grade** - We have begun a nine week unit on the celestial bodies. We will be studying the stars, how constellations are formed, the moon phases, shadows, day and night, the seasons, and planets.

**Space Team** Members will be receiving their jobs and we will begin practicing for the mission shortly.

## 3<sup>rd</sup> – 5<sup>th</sup> Grade Science News:

### **3rd Grade- Take a Walk on the Wild Side!**

Get outside and take a walk on the Piedmont. Try to identify as many plants and animals as you can.

### **4th Grade- Patterns in the Sky!**

Go outside at night and try to find Orion, the Hunter or Polaris, the North Star. Learn as many of the 88 constellations as you can.

### **5th Grade- Shocking Science**

See if you can get a balloon to stick on a wall. Experiment with static electric and see what items will attract to a balloon.

Thank You Russell Scientists for sharing your science experiences with me. I really enjoy all of the treasures you have found. Thank you: Rosa Cruz, Janine Cuevas-Abarca, Dayana Sandoval, Arianna Hutton, Jordi Fernandez, Benjamin Antonio, Chaya Chitolie, Zayquan Graham and Madelyn Ortiz

## Media Center News:

**Internet Safety:** During January we will be talking with all of Russell's students about internet safety. Do talk with your child about this important topic and together set rules and guidelines that will keep them safe and help them become responsible users of technology.

**Using Lexiles:** We are teaching your child to search for books in the Media Center by their Lexile range. (Lexile is an assessment that measures the readability and complexity of books and other texts. When our students take the CRCT they are given a Lexile score. On Mrs. Arrington's blog is more information about Lexiles and a Reading Range Chart to help you understand what your child's Lexile range might be based on their Guided Reading performance. See <http://russellroadrunners.typepad.com/mediacenter/>. Also on the blog is a video to help parents: "How to Find a Book Your Child Can Read in Destiny."

**Please Clean Backpacks:** Periodically it's a good idea to encourage your child to clean the backpack so crayons, sharp objects, etc. don't damage their library books.

**Great Books Available Online:** Over 150 fiction and nonfiction books online for your child to read AND each time they read one book the organization will donate a book to a needy child. You'll find great seasonal selections like *Two Bad Pilgrims* by Kathryn Lasky and *Llama Llama Holiday Drama* by Anna Dewdney and old favorites like *Corduroy* by Don Freeman and *The Little Engine That Could* by Watty Piper. The nonfiction offerings are varied too. Check it out at: <http://www.wegivebooks.org/books>

**Web Site to Check Out:** *Journey North* is a free, Internet-based program that explores the interrelated aspects of seasonal change across the globe. Students can track the spring migrations of robins, bald eagles, gray whales, hummingbirds, red-winged black birds, and monarch butterflies. They can map the effect of sunlight on the seasons and so much more. <http://www.learner.org/jnorth/> There are some great activities you can do as a family too!

**Remember Parents are Welcome in the Media Center:** Parents! Grandparents! You are welcome to come set up an account in the Media Center. We are dedicated to helping Russell students become great readers and we know that you are a key factor in making that happen. Come set up and account with us and we'll be happy to help you find books to read to and with your special child/grandchild.

## A Message from the Superintendent:

Cobb County School District is committed to providing quality education for all students. Each school in the district has developed a school strategic plan to identify specific goals and activities that will address the unique needs of its students.

Feedback from staff, parents and community members is important to the school strategic planning process. Your participation in School Improvement Survey will provide feedback about the quality of educational services and programs in our schools.

Your responses to the survey are anonymous. Results will be provided to the principals later in the school year and will be used, along with other information, to identify priorities for the school.

We invite you to take a few minutes, respond to the survey which can be found at this link:

<http://www.cobbk12.org/sisurvey>

The survey will be available until February 10, 2012, and should take about 15 - 20 minutes to complete. Your opinions are vital to the future of our schools and through participation in this survey you become active in helping your child's school principal identify critical issues to be addressed.

If you have any questions concerning the survey, please contact the principal at your child's school.

Respectfully,

Michael Hinojosa, Ed.D.

Superintendent

**CONGRATULATIONS to our  
Spelling Bee Winners!**

**1<sup>st</sup> Place: Aliyah Barnes**

**2<sup>nd</sup> Place: Riley Shea**

**WAY TO GO!**

### Rhyn Park Girls Softball

“FREE pitching lessons for our players”

**REGISTER NOW**

In park registration Saturday Jan. 14<sup>th</sup> and 21<sup>st</sup>

Noon – 2pm

T-ball (4-6) \$55 --- 8U, 10U, & 12U - \$100

For more info see our website, call, text, or email

[www.rhynepark.org](http://www.rhynepark.org)

404-374-0469

[rhynepark.president@gmail.com](mailto:rhynepark.president@gmail.com)



It's time to play ball! Be a part of Little League, the world's premier youth baseball organization.

Register online today at:

[www.milfordlittleleague.org](http://www.milfordlittleleague.org)

Sign up early and save!



	Before February 17	After February 17
Ages 3-4:	\$75	\$100
Ages 5-6:	\$115	\$140
Ages 7-8:	\$135	\$160
Ages 9-12:	\$160	\$185
Ages 13-14:	\$170	\$195

League provides jersey, hat, socks, belt, and insurance

Please inquire about payment plans.

Family discounts available for each additional child.

Direct all questions to [milfordllplayeragent@yahoo.com](mailto:milfordllplayeragent@yahoo.com)  
or call 678-559-2350



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## Family Nutrition Tips

### Meals

- Make a meal together! Cooking healthy meals with your kids teaches them that eating well can be fun.
- Sit down as a family for dinner. Not only will it improve family unity but it has been shown to promote a healthy weight in kids.
- Set healthy family goals such as trying a new vegetable at dinner or bike riding together after meals. Get everyone involved by setting the goals as a family unit.
- Make half of your plate fruits and vegetables to power up with vitamins and antioxidants!
- Check out [www.choosemyplate.gov](http://www.choosemyplate.gov) as a family and then plan a meal that incorporates all five food groups.
- Do you have a picky eater at home? Research shows that it can take as many as 10 to 15 tastes before a child will learn to appreciate a new flavor, so try again and again.
- Breakfast is a great meal for fiber. Serve your kids a bowl of oatmeal and fruit, or whole grain bread and yogurt.
- Teach kids to associate fruits and vegetables with fun experiences. Shop together at farmer's markets or demonstrate to them how much you enjoy salads and healthy options.
- When eating out, set a good example for children by ordering a healthy meal for yourself. Order foods that are steamed, broiled, grilled, roasted, or poached.
- Make mealtime conversation cards with nutrition questions or download them for free from [www.nourishinteractive.com](http://www.nourishinteractive.com)!
- Restaurants serve portions that are too large for one meal. Avoid oversized portions by sharing with a friend, taking half of the meal home, or ordering an appetizer instead of an entrée for your meal.
- It can be tough to get kids to eat breakfast and ready for school, but breakfast makes a big difference in your child's performance! It refuels their bodies after a long night of sleep and gives them the energy they need to be successful in class.

### Snacking

- Short on time and need to grab a snack? Raisins, string cheese, popcorn, applesauce, carrot sticks, or yogurt all make great snacks for kids.
- Keep a bowl of ready-to-eat fruits and vegetables on the counter for easy grabbing. Hide the sugary and fatty snacks so they are out of sight!
- Don't give kids the whole bag of chips. Give single serving portions of foods to kids and they will be less likely to overeat.
- Make a Pink Flamingo! Blend a frozen banana,  $\frac{3}{4}$  cup pineapple juice, and  $\frac{1}{2}$  cup strawberries for dessert or snack.
- Use fruit and/or yogurt to make desserts like baked apples, yogurt and berry parfait, fruit smoothie, or a homemade fruit crisp.

### Beverages

- Drink 3 glasses of fat free or low fat milk a day for strong healthy bones and teeth. Add a little chocolate syrup to make a quick dessert drink packed with Vitamin D!
- A can of soda contains a whopping 10 packets of sugar! Switch out soda for fat free or low fat milk, unsweetened tea, or a glass of ice cold water.
- Think before you drink! Soda adds excess calories and sugar. It is linked to tooth decay, weight gain, and weakening of bones. Choose an ice cold glass of water instead.

### Food Prep

- Grocery shop as a family with a preplanned healthy list. Encourage the kids to help pick out colorful produce.
- Switch regular pasta out for whole-wheat pasta to increase your family's intake of whole grains. Not ready to make a complete switch? Use half whole-wheat pasta and half white pasta.
- Be food safe. Cook your foods to the proper internal temperature to avoid illness. Poultry 165 °F. Ground beef, pork, and egg dishes 160 °F. Fish, steaks, and roasts 145 °F.
- Trim excess fat off meat for an easy way to save on calories and fat intake.
- Use food thermometers! Hamburgers turn brown before they reach the proper internal temperature of 160 °F. Trusting the color and texture is not enough.
- Reduce your intake of unhealthy fats by preparing your foods with olive oil instead of butter.

## Food Labels

- Want to know if that bread you are looking at is a whole grain? Look at the first ingredient. If it says “100% whole wheat flour” or “whole wheat flour” you are in luck!
- Read labels. The Nutrition Facts Panel on packaged foods lists information such as serving size, calories and nutrients per serving. Visit [www.fda.gov](http://www.fda.gov) to learn how.

## Healthy Body

- Hit the sheets early to get at least 8 hours of sleep. Research has shown a link between less than 8 hours of sleep and a higher BMI (Body Mass Index).
- Eat orange foods for the healthy eyes! Foods like carrots, sweet potatoes, and pumpkins are packed with Vitamin A.
- Keep digestion moving along with a cup of beans at dinner. With a wide variety there is a bean for everyone: kidney, black, pinto, lima, navy, garbanzo, and more!
- Want strong bones and teeth? Choose low fat or nonfat dairy products to reduce saturated fat and increase calcium.
- Don't be a member of the clean your plate club. Kids are much more in tune with their hunger/full signals. Let them decide how much to eat.
- Carbohydrates, proteins, fats, vitamins, and minerals are the nutrients we can get by eating from all five food groups. All of these nutrients help kids to grow and learn. Make sure your family's plate has all five: vegetables, fruits, protein, dairy, and grains!
- Provide healthy sources of protein to your family like fish, eggs, nuts and lean meats.
- U.S. children tend to be lacking in four nutrients: calcium, Vitamin D, fiber, and potassium. Visit <http://www.choosemyplate.gov> to learn about how to add these nutrients to your child's diet.
- Ever wonder how much fiber your child needs? Check this out: Kids 4 to 8 years need 25 grams. Boys 9 to 13 years need 31 grams and girls 9 to 13 years need 26 grams. Increase their fiber intake with fruits, vegetables, and whole grains.
- Get fishy. Add salmon to a salad or serve as an entrée to receive health benefits from Omega-3s!
- Exercise has been proven to help kids sleep better and reduce stress. Turn off the TV and head outdoors to play.
- Challenge your kids to jump rope or jumping jack activity. Aerobic activity keeps your heart muscle strong.
- Head to the apple orchard for some family fun! Picking apples adds physical activity to the day not to mention fiber and healthy nutrients!

Provided by CCSD Food and Nutrition Services

“This institution is an equal opportunity provider.”

