

# Falcon's Eye View

April 26, 2019



Volume 22, Issue 16

**"TOGETHER we EMPOWER our today and tomorrow."**

School Website: [www.fes.hcpss.org](http://www.fes.hcpss.org)

PTA Website: [www.fes.org](http://www.fes.org)

## Highlights In This Issue...

- Staff Appreciation Week
- Mental Health Awareness Month
- Health Room News
- Buddy Bench Rules

## 2<sup>nd</sup> Grade News

Spring has sprung in Team Two! In honor of Earth Day and Ecology Week, we planted seeds. We can't wait to see what happens to them as we learn about the life cycle of a plant. Here's hoping you all had a wonderful break and many opportunities to sharpen the saw. #familytime #seeds #savetheearth

## 5<sup>th</sup> Grade News

The end of the school year is an especially busy time for 5th grade. Our End-of-Year and SCH committee chairs are working hard to organize and setup important dates and volunteer/donation opportunities. We will be sharing those dates in the upcoming weeks, so please keep an eye out for those emails. Please be sure to update your email address in your child's family file (click on HCPSS CONNECT at [hcpss.org](http://hcpss.org)).

## Cultural Appreciation Committee

Privet! This is our greeting for the month of April. It means "hello" in Russian. Feel free to use it with your child at home. The Cultural Appreciation Committee is looking for some help with celebrating Asian Pacific American Heritage Month during May. If you are interested in having your child share some information on the morning announcements about your family's Asian Pacific American culture, please send a blurb to Mrs. Niederhauser and Mrs. Wasilewski at [kathleen\\_niederhauser@hcpss.org](mailto:kathleen_niederhauser@hcpss.org)

and [alisa\\_wasilewski@hcpss.org](mailto:alisa_wasilewski@hcpss.org).

Blurbs should take no longer than one minute for your child to independently read. Please submit all blurbs by Friday, May 3rd. Thank you in advance!

**Mark your calendar...Fulton Finery is coming! Thursday, May 23<sup>rd</sup> from 6:30 to 8:00 p.m. Please come check see all the work students have completed this year!**

## Important Dates

April		
	29	5 <sup>th</sup> Gr. Simulated Congressional Hearing Kick Off, 2:30 p.m.
May	3	2 <sup>nd</sup> Gr. Maryland Zoo in Baltimore, 9:30 a.m. Kindergarten Toby's Theater, 10:00 a.m.
	6-10	Staff Appreciation Week
	16	Simulated Congressional Hearings
	17	Early Dismissal at 12:55 p.m.
	21	Kindergarten Orientation, 2:15 p.m.
	22	Chick Fil A Spirit Day PTA Meeting, 7:00 p.m., Media Center
	23	Fulton Finery, 6:30 p.m.
	27	Memorial Day, Schools Closed
	28 - 29	4 <sup>th</sup> Gr. London Town Field Trips
	31	Kdg. Maryland Zoo Baltimore, 9:30 a.m.



## The Kinder Scoop

The Kindergarten Team hopes that everyone had a safe and enjoyable Spring Break! The students returned this week excited to celebrate Earth Day. Did you know that respectful, responsible, and ready are not the only 3R's we know here at FES? Ask your child about the 3R's of helping our planet!

## May is Mental Health Awareness Month

Hello Fulton! During the month of May, Fulton will be celebrating **Mental Health Awareness Month**. Each week, we will have a different theme regarding mental health. There is also a Mental Health Fitness Challenge that students and staff are encouraged to participate in! Each student will be receiving a calendar with the daily challenges. Students are encouraged to get a signature if they complete the challenge for a chance to win a prize at the end of the month! A few important dates to remember in May:

- *Wednesday, May 8th*: Walk-To-School Day! (if your kiddo(s) are able to.)
- *Wednesday, May 15th*: Mental Health Awareness Day! WEAR **GREEN** to support!

## From the Health Room:

**SPRING ALLERGIES** have started. Does your child suffer from spring allergies? The following are some things you can do to help your child during the allergy season:

- 1) Regularly give allergy medication as prescribed by the doctor.
- 2) When your child comes in from outdoors, the following may help alleviate symptoms:
  - a) wash hands with soap and water,
  - b) wash off face, including glasses, with a wash cloth or splash water on face,
  - c) wipe down from head to toe with the wet cloth, and
  - d) change clothing, if not going back outside.
- 3) Try not to allow your child to go into the bedroom with the clothing worn outside. This will prevent the pollen from falling on the bed.

## INJURIES

If your child is injured and will have restrictions of PE or physical activities, please provide a note from the doctor with length of time for the restriction. There is a policy that the PE teachers need to have doctor notes regarding these restrictions and the school nurse needs to write up an emergency evacuation plan for any student that needs an assistive device (crutches, walker, cane, or wheelchair). The evacuation plan is for all of our drills and actual implementation of the plans.

If you have any questions, please do not hesitate to contact the health room at 410-880-5966 or [laura\\_ruiz@hcpss.org](mailto:laura_ruiz@hcpss.org).

## Ecology Week News

Ecology Week was a success! This week, students in every grade participated in a variety of hands-on activities that related to the environment. We would like to thank Burpee for donating seeds to the school for plantings and the PTA for purchasing items that the grade levels needed.



## Lego Challenge

Is your student interested in building with Legos? Then maybe your student would like to participate in the Lego Challenge. Information went home before Spring Break, if you would like another information slip, please email Mrs. Ciliberti at [amy\\_ciliberti@hcpss.org](mailto:amy_ciliberti@hcpss.org). All permission slips for the Lego Challenge need to be returned to Mrs. Ciliberti by Friday, May 3. We look forward to seeing what the students build. All structures will be on display for the Fulton Finery, which is Thursday, May 23 from 6:30 to 8:00 p.m.

## Environmental Club

Students who signed up for the Environment Club will meet Mrs. Ciliberti before school on the following Wednesdays at 8:45am in the front hallway:

May 1<sup>st</sup>  
May 8<sup>th</sup>  
May 15<sup>th</sup>  
May 22<sup>nd</sup>  
May 29<sup>th</sup>

We will be working outside in the rain and vegetable gardens, so if possible please wear closed toe shoes and bring gardening gloves. If you don't have gardening gloves, a pair will be provided.

## The Falcon Gazette

Students who signed up for The Falcon Gazette will meet Mrs. Ciliberti before school on the following Mondays at 8:45 am in the front hallway:

April 29<sup>th</sup>  
May 6<sup>th</sup>  
May 13<sup>th</sup>  
May 20<sup>th</sup>  
June 3<sup>rd</sup>



## Buddy Bench Rules



If you're sitting on the bench, play with the first classmate who invites you.



While you're sitting on the bench, look around for a game you can join.



Two friends sitting on the bench can turn to each other and invite each other to play.



The bench isn't for socializing. Only sit there if you can't find anyone to play with.



When you see someone on the bench, ask that person to play with you.



Keep playing with your new friends!

## Staff Appreciation Week

June 6 – June 10

Let's make it amazing!

Please help the PTA show our staff how much we appreciate all that they do for our children!

Please look for the Staff Appreciation Gift Card Envelopes and Teacher Note Requests in the Friday Folder on April 26. Kindly return the notes to the box in front of the office labeled "Notes from Home". The sealed Gift Card envelopes can be handed in to teachers or in the front office. See the links below for opportunities to donate and/or volunteer.

**Volunteers:**

<https://www.signupgenius.com/go/8050c4da5aa2aa7fb6-volunteers>

**Donations:**

<https://www.signupgenius.com/go/8050C4DA5AA2AA7FB6-donations>

All assistance is greatly appreciated! Please contact us at [staffappreciation@fespta.org](mailto:staffappreciation@fespta.org)

### A Career Day Thank You From Beth Shields and Jessica Wilson, School Counselors

Thank you to all of our Career Day presenters for taking the time to prepare and share their knowledge about their careers to our students. We had a variety of occupations represented from a diverse set of community members, including fireman who brought an engine, ambulance, and tanker. All presentations were engaging, informative, and motivating and the students absolutely loved them! We are proud of our Fulton Community and thank everyone who gave their time. We look forward to continuing this event in the future!

**Luke Amato** Staffing Coordinator at Minutes 4 Moms

**Dr. Nia Leak** OB/GYN

**Kelly Anderson** Financial Analyst & Budget Manager

**Dr. Stacy Lee** Orthodontist

**Annamarie Bilger** Certified Financial Planner

**Megan Lucinski** Organizational Consultant

**Kristin Bramell** Fundraising & Non-Profits

**Greta Luhar** Acupuncturist

**Makenna Burns** Entrepreneur

**Danny McCoy** DC Fire Department Battalion Chief

**David Coaxum** Lawyer

**Rachael Mull** Restaurant Owner

**Stanley Crump** Entrepreneur

**John Nataro** Attorney at FBI

**Nirali Desai** Civil Engineer

**Josh Nipper** Biomedical Engineer at FDA

**Jami Dunbar** Product Development

**Niya Parham** Photographer

**Bobbi English** VP US Television Sesame Street

**Jose Ramirez** Camp Outrageous Owner

**Derek Fort** Business Owner/Program Director

**Dr. Alisha Rovner** Nutrition Scientist

**Angela Han** Personal Trainer & Lawyer

**Denise Smith** Pump it Up-Business Owner

**Dr. Jennifer Hopp** Neurologist

**Winston Timp** Scientist/Professor

**Chip Jones** Glass making

**Keith Turner** Computer Scientist

**Jill Kavalsky** Sales IT

**Rick Twigg** Photographer

**Sharon Kaye** Occupational Therapist

**Justin Wood** Police Officer

**Erika Kim** Scientist/Cancer Genetics Researcher & Manager

**John Zimmerman et. al** Firefighters

**Dr. Robert Zohlman** Nephrologist (kidney doctor)

# Waste Free Wednesdays

On average a person produces **4.4** pounds of waste each day. That's **1606** pounds a year!

Source: <https://archive.epa.gov/epawaste/nonhaz/municipal/web/html/>

Let's reduce that waste by trying to go "waste free" on Wednesdays at lunch. On Wednesdays, try to pack a lunch with as little items to throw away as possible.

Instead of using plastic bags use plastic containers that can be recycled or reused.



Instead of a paper napkin bring a cloth napkin.

Instead of a brown bag bring a lunch box.

IMAGE FROM PIXABAY.COM



### ***Reservoir High School Sports Camp***

*Looking for a fun and active camp this summer for your son and/or daughter?*

*Come out to Reservoir High School for Rankers Sports camp with Lime Kiln teachers Phil Ranker (Physical Education), Erika Lupo (Physical Education) and Tom Dougherty (Math).*

*We play many different sports throughout the week including: capture the football, soccer, basketball, volleyball, tsegball, tag games, scooter games, and many, many more.*

*If your child likes PE class, they will absolutely LOVE this camp. Two weeks available July 7-5 (no camp on July 4-prorated cost) and July 15-19. Half day and full day options are available.*

*Please email [phillip\\_ranker@hcpss.org](mailto:phillip_ranker@hcpss.org) or visit [www.rankerssportscamp.weebly.com](http://www.rankerssportscamp.weebly.com) for any questions.*

### ***PTA News***

*Check out the latest PTA newsletter at:*  
<http://www.fespta.org/>

### **Art Camp with Mrs. Wasilewski**

Come out and enjoy a week of painting. This camp is designed to enhance the skill levels of each individual. Explore and learn about different painting mediums, techniques and color theory.

Campers should bring an art smock each day.

Register at: River Hill Boosters Camps

Where: **River Hill High School**

12101 Clarksville Pike, Clarksville, MD 21029

This camp runs the week of **July 8-12** and is open for anyone ages 8 -13.

Register at: Reservoir Boosters Camps

Where: **Reservoir High School**

11550 Scaggsville Rd, Fulton, MD 20759

The camp runs the week of **July 15-19** and is open for anyone ages 8 -13.



### **Community News and Programs**

Please follow this link to see what's going on in your neighborhood. Visit the HCPSS website for announcements of upcoming events and programs sponsored by non-profit organizations or follow this link <http://www.hcpss.org/community-news-and-programs/>