

Falcon's Eye View

May 10, 2019



Volume 22, Issue 17

"TOGETHER we EMPOWER our today and tomorrow."

School Website: www.fes.hcpss.org

PTA Website: www.fes.org

Highlights In This Issue...

- Flexible Seating
- Mental Health Awareness Week
- Bully Busters
- Preparing for next School Year
- Mental Health Fitness Calendar

A Message From Mrs. Lewandowski

Today, I want to share with you my plans to retire on June 30, 2019. As I begin to prepare to step away from my principalship, I want to reflect on our accomplishments and thank you – the incredible families, students and educators who have made my work more engaging, meaningful, and joyful. I think of each of you with gratitude. I have been in the Howard County Public School System for 32 wonderful years and faced every morning with excitement. I have strived every day to be of use and service to ensure that children who deserve hope and success get those positive results. My rewards have been indescribable as I have loved watching students and families infuse the excitement of learning at school.

I feel very fortunate to have had the opportunity to work with the amazing staff at Fulton Elementary School who share the same passion that I have about teaching and learning. They are hard-working, dedicated people who care deeply for our children.

I continue to be engaged with the end of the year activities and will help to ensure a smooth transition to the next lucky person taking over as principal of this wonderful school. It has been the greatest honor to serve as your Principal.

Warmly,
Sharon Lewandowski

Important Dates

May	16	Simulated Congressional Hearings Interim Reports Issued
	15	Wear Green! Mental Health Awareness
	17	Early Dismissal at 12:55 p.m.
	20-23	Lego Challenge Display – Media Center
	21	Junior Falcon Day, 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 th Gr. London Town Field Trips
	31	Kdg. Maryland Zoo Baltimore, 9:30 a.m.
June	3	Field Day
	4	Professional Work Day Dismissal at 12:55 p.m.
	6	1 st Gr. Author's Tea, 10:30 a.m. Band Concert, 7:30 p.m.
	7	Field Day Rain Date Nora Film Festival, 6:00 p.m.
	14	5 th Gr. Kickball Game, 9:45 a.m.
	17-20	1 st Gr. Camping
	17	Kindergarten Promotion Ceremony, 10:00a.m. 4 th Gr. Picnic, 2:00 p.m.
	18	5 th Gr. Promotion Ceremony, 10:00 a.m. 3 rd Gr. Picnic. 2:00 p.m.
	19	Professional Day -Dismissal at 12:55 p.m.
	20	Professional Day -Dismissal at 12:55 p.m. 1 st Gr. End of Year Celebration, 9:45 a.m.
	21	Last Student Day- Dismissal at 12:55 p.m.

Staff Appreciation Week

This week was Staff Appreciation Week across Howard County. We would like to express our heartfelt appreciation for the genuinely caring people that work at Fulton Elementary School. They look after your children with a watchful eye and they are concerned for their continued growth. Thank you to our amazing PTA and Mrs. Summerville and Mrs. Emanuel for coordinating a week full of goodies for the staff. The treats, the breakfast, and the luncheon were lovely throughout the week. We are grateful for those of you who support our PTA and for acknowledging our outstanding and dedicated staff. Every card, letter, note, gift and treat was greatly appreciated.

The Administrative Team

Fulton will be celebrating a Mental Health Awareness **SPiRiT WEEK** during the week of May 20th! We are asking students and staff to wear the following:



Monday, May 20th – Vacation Day

Dress up like tourists with tropical prints and cameras for this vacation-themed day! Taking a vacation or a staycation can help you to feel happier and less stressed for a while. Even short vacations help!

Tuesday, May 21st – Animal Lovers Day

Wear some fun animal print, a shirt with a picture of your favorite animal, or an animal accessory. Pet ownership can decrease stress and lower blood pressure!



Wednesday, May 22nd – Wellness Wednesday

Wear some comfy workout clothes or go all out in 80s/90s workout gear! Exercising has stress reducing benefits!

Thursday, May 23rd – Team Spirit Day

Wear your Field Day grade level colors. Strong social support system improves overall outcomes to illness and the ability to bounce back from stress.
(K=yellow, 1st=blue, 2nd=red, 3rd=green, 4th=orange, 5th=purple)



Friday, May 24th – Smile & Shine Friday

Wear clothes that make you smile and laugh- funny, bright, or silly. Laughter boosts the immune system.

Increasing Flexible Seating Options in our Classrooms

Some of our teachers would like to add some flexible seating options to their classrooms.

One wonderful thing about flexible seating is right in the name: it's super flexible! That means there are tons of options for students such as wobble stools, yoga balls, lowered/raised desks, and much more.

Are you in the process of spring cleaning and looking to throw away that old yoga ball, yoga mat or exercise band? If so, we can find a home for it here at FES. Please drop it off in the front office.

Thank you!

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





MAY COUNSELING LESSONS

The kindergarten students listened to a story called “Don’t Squeal Unless It’s a Big Deal” By: Jeanie Franz Ransom. We discussed the difference between tattling and telling. The students were able to discuss the difference when given scenarios. They also completed a follow-up activity on what to do when solving a kid-sized problem. First graders learned about ending the year strong and working on perseverance and having a growth mindset. Second graders learned the difference between put ups and put downs. Put ups are kind words that we say to one another and put downs are unkind words. This concept was demonstrated by crumbling a large red heart and showing how the put downs leave an imprint. Students then listened to *Stephanie’s Ponytail*, which highlights positive self-esteem. Third grade learned conflict resolution skills by TALKing it out. (T= Talk about what happened; A= Act and talk politely; L = Listen to the other person’s side of the story; K= Keep trying to cooperate; S = Share in finding a solution). Fourth graders learned about different career choices. They were able to explore their interests and talents and learn how it ties into jobs that interest them. They completed a career interest survey and learned about Dr. John Holland’s hexagon of 6 types of people. Fifth grade's middle school transition lessons will occur in June after their middle school visits on May 21st!

31-Day Mental Health Fitness Challenge! May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Eat a fruit or vegetable today!	2 Morning stretches during morning mtg!	3 Yoga video and go with the flow!	4 Talk to at least one person about mental health.... →
5 Share on Monday!	6 MINDFULNESS: spend 2 minutes in the here & now.	7 Identify someone in your life you can count on.	8 WALK-TO-SCHOOL Day! (If you can!) if not: read for 10 min!	9 Think of at least TWO ways you can stay mindful at school.	10 No screen time after school today! Relax! Ahhhhh!	11 Help someone stay MINDFUL this weekend! →
12 Helping & teaching others is GREAT! Share on Monday!	13 MINDFULNESS: deep breathing exercises!	14 Use empathy to put yourself in someone else's shoes!	15 MENTAL HEALTH AWARENESS DAY: Wear Green!	16 Share a yoga move with a friend or family member.	17 Write/draw 2-3 things you are grateful for!	18 Practice at least TWO Yoga stretches this weekend! →
19 Namaste! Ahhhhh.	20 MINDFULNESS: 5-4-3-2-1 Activity	21 Practice one self-care technique tonight!	22 Think about 1-2 ways you can stay... ~~~balanced~~~	23 Write/draw two things you do to take care of yourself.	24 Write/draw about a place that makes you feel peaceful.	25 Share at least TWO tips/techniques with someone about →
26 Mental Health!	27 MINDFULNESS: Positive Affirmations	28 Write/draw two ways you can help others!	29 Name one trusted adult that you can come to for help.	30 Ask a friend how they are doing and REALLY listen!	31 Write/draw one goal you'd like to work on in the future!	

MENTAL HEALTH AWARENESS MONTH!



Weekly Themes:

- 4/29-5/5: Learning About Mental Health
- 5/6-5/12: Mindfulness
- 5/13-5/19: Yoga
- 5/20-5/26: Self-Care
- 5/27-5/31: Helping Behaviors & How to Seek Help

Important Dates

- Wed. 5/8: Walk to School Day
- Wed. 5/15: MHA Awareness Day, WEAR GREEN
- Mon. 5/20- Fri. 5/24: Mental Health Spirit Week



1 in 5 children are affected by mental health illnesses.

Cultural Appreciation Committee

Aloha, Happy Asian Pacific American Heritage Month!

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 and 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 17th. Thank you in advance!



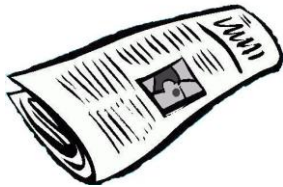
The Kinder Scoop

The Kindergarten Team wants to wish a Happy Mother's Day to all the special women in our students lives! Thank you for everything you do! We had a blast on our field trip to Toby's Theatre last week. We are looking forward to our next field trip to the Baltimore Zoo. If you have not turned in your child's permission slip, please do so as soon as possible!

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 29th
May 6th
May 13th
May 20th
June 3rd



2nd Grade News

Thank you to all of our parents who accompanied us to the Baltimore Zoo last Friday! We could not have done it without our fabulous chaperones. A great time was had by all! We have been busy watching our plants and caterpillars grow. Each day our kiddos can't wait to see the changes and record their observations. Wishing all of our Team Two moms a Happy Mother's Day

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!

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 1st
May 8th
May 15th
May 22nd
May 29th

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

PTA News

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

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/>

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

Preparations for Next Year

As we prepare for the ending of this school year and the beginning of the next school year, many things will take place. Teachers will prepare summer ideas for you and your families to enjoy. School personnel will meet to plan for the organization and placement of all students in classes for next year. Supply lists will be formulated for next year and dates will be set for activities involving the opening of school in September.

On the last day of school, report cards will be mailed home. Supply lists and other information is available on Fulton Elementary's website: <https://fes.hcpss.org/>

Please let us know on or before May 31, 2019 , if your child will **NOT** attend Fulton Elementary School next year. This would be a great help to us in planning class assignments for the fall.

TO: FULTON ELEMENTARY SCHOOL

FROM: _____

MY CHILD, _____, who is presently enrolled in Fulton Elementary in grade _____, in _____ (teacher) class, will NOT be returning for the 2019-2020 school year.

*(Please return this form to the front office on or before **May 31, 2019.***