

Falcon's Eye View

May 24, 2019



Volume 22, Issue 18

"TOGETHER we EMPOWER our today and tomorrow."

School Website: www.fes.hcpss.org

PTA Website: www.fes.org

Highlights In This Issue...

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From the Media Center . . .

It's time to look for those missing library books! All FES media books are **due by Friday, June 7th** so we can complete our inventory and ensure that everything is in the proper place for next year. Rest assured we continue to hold media classes and provide materials to support instruction. We will also have a visit from our local public librarians to gear up for summer reading.

Not sure where to look for missing books? Try . . .

- In the toy box
- Under the bed
- In the bed
- In the car
- On a bookshelf
- In the closet
- In your brother's or sister's room
- Wherever you put your things when you clean your room
- At a grandparent's house
- In your book bin, desk or classroom library

Thank you for your support from home to keep our library collection in great shape!



Important Dates

May	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. Orchestra Concert, 6:30 p.m. Band Concert, 7:30 p.m.
	7	Field Day Rain Date Nora Film Festival, 6:00 p.m.
	12	Howard County Library Visit
	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.

5th Grade Flag Competition

Our 5th grade students are participating in a "Falcon Flag" competition. Our students rehearse the "Falcon Pledge" each morning and would like a flag to go along with it. We have encouraged the 5th grade class to compete for creating the best flag! The contest was announced to 5th graders on May 17th. Flags must be submitted by **May 24th** and will be voted on by students. Students are allowed to work individually or as a group. The winner's flag will be created and posted in ALL CLASSROOMS by the end of the school year! Best of luck to our 5th graders!

Field Day Is Coming!!

The PE Department is excited to host our 22nd annual Field Day on **Monday, June 3rd**!

Please note: Rain Date is Friday, June 7th

The focus of Field Day is to have FUN and get FIT. We are asking each student to wear a shirt matching the color of their grade:

5th = Purple

4th = Orange

3rd = Green

2nd = Red

1st = Blue

Kdg = Yellow



Sneakers: Every student must wear sneakers or athletic shoes for Field Day. This is a safety concern; if a student does not have sneakers they will not be able to participate in the activities.

Water Bottles: Each student will be given their own Fulton Elementary School Field Day water bottle, which they can use throughout the day!

Lunch: There will be a regular lunch menu on Field Day. Students who normally buy lunch can still buy their lunch, students that normally bring lunch can still bring their lunch. Students will eat lunch in the cafeteria, but at a different time of day (see the schedule below)

Sunscreen: Please consider applying sunscreen at home. You can send sunscreen in with your student to reapply at school, but this will need to be done independently. Thank you!

Schedule: New this year, students will participate in Field Day activities for half of the school day, versus a full day of Field Day activities. Half of the school day the students will be outside at Field Day stations having fun and getting fit!

Due to the large number of students at our school and the limited outdoor space, we had to make changes to this special event based on the safety of our students. The other half of the day students will be in their classrooms learning and having fun.

Safety: Please remember to sign-in at the front of the school and get a visitor's sticker before attending any Field Day stations.

Field Day 2019 Schedule

	KINDER.	1st GRADE	2nd GRADE
9:45 - 10:15	Mash-Up	Monster Run	Radical Relay
10:20 - 10:50	Monster Run	Tug of Fun	Mash-Up
10:55 - 11:25	Tug of Fun	Radical Relay	Monster Run
11:30 - 12:00	Radical Relay	Mash-Up	Tug of Fun
RECESS	12:30 – 1:00	1:00 – 1:30	12:00 – 12:30
LUNCH	1:00 – 1:30	1:30 – 2:00	12:30 – 1:00

	3rd GRADE	4th GRADE	5th GRADE
RECESS	11:00 – 11:30	11:30 – 12:00	10:30 – 11:00
LUNCH	11:30 – 12:00	12:00 – 12:30	11:00 – 11:30
1:00-1:30	Mash-Up	Monster Run	Radical Relay
1:35-2:05	Monster Run	Tug of Fun	Mash-Up
2:10-2:40	Tug of Fun	Radical Relay	Monster Run
2:45-3:15	Radical Relay	Mash-Up	Tug of Fun

Volunteers are needed!

If you are interested in volunteering for the full day or part of the day, please sign-up using Fulton's Sign-Up Genius page: <https://www.signupgenius.com/go/10C0E4AA9AB2BA6FD0-field4>

Equipment needed!! We are in need of 4-6 sunshades. Please use the sign-up link above if you have one that we can borrow.

If you have any questions, please email Katie Howell kaitlin_howell@hcpss.org

Thank you for supporting Field Day and the PE department!





Fulton has been participating in a Mental Health Awareness Month. Each week, students learned about different themes. Students were encouraged to complete a daily challenge and receive signatures on the monthly calendar. Next week, students can start turning in the signed challenges to the box outside of Mrs. Shields and Ms. Wilson's office. Make sure the student's name is on it and only turn it in if there are signatures for each and every challenge! Winners and prizes will be picked!

- 4/29-5/5: Learning about mental health
- 5/6-5/12: Mindfulness
- 5/13-5/19: Yoga
- 5/20-5/26: Self-Care (Spirit Week)
- 5/27-5/31: Helping behaviors and how to seek help

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

DID YOU KNOW?

1 in 5 children are affected by mental health illnesses.

Cultural Appreciation Committee

Aloha!

Happy Asian Pacific American Heritage Month! Did you know that more than 60% of the world lives in Asia? Or that the Hawaiian alphabet has 13 letters? Ask your child what other fun facts they have been learning during the month!



The Kinder Scoop

Kindergarten friends were hard at work this week creating wonderful habitats for STEAM Night. We hope you were able to join us at the fun event last night. Thank you to all the parents who donated and wrapped shoeboxes!

The Falcon Gazette

Students who signed up for The Falcon Gazette will meet Mrs. Ciliberti before school on the following Monday at 8:45 am in the front hallway on June 3, 2019.

2nd Grade News

Wow! Our campus field trips to the Fire Safety House were fabulous! Each class had the opportunity to learn about how to stay safe and get out quickly in case of a fire. A big shout out to Firefighter Tim for sharing his expertise with us. The students did a great job making and playing their math games while other classes were visiting the Fire Safety House. The Fulton Finery was amazing! Each student on team two had their animal research project on display for all to see. Nothing better than sharing great work and letting off a little “steam” during each of the STEAM activities offered at STEAM NIGHT at the Fulton Finery! #firesafetypros #gamedesigners #researchexperts

Environmental Club

Students who signed up for the Environment Club will meet Mrs. Ciliberti before school on the following Wednesday at 8:45am in the front hallway May 29, 2019.

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.

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/>

PTA News

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

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!

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

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.



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, tag games, scooter games, and many, many more.

If your child likes PE class, they will absolutely LOVE this camp!

Two weeks available July 1-5 (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 or visit www.rankerssportscamp.weebly.com for any questions.

Preparations for Next Year

As we prepare for the end 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**.*