



LES MISSION STATEMENT –

"Increasing Reading Comprehension & Expressive Writing Across the Curriculum"

Issue 14

5 December 2008

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Lakenheath Elementary School

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Dates to Remember



10 Dec – Rocky's Café, 1st & 3rd
 11 Dec – Rocky's Café, 2nd & KG
 22 Dec-2 Jan – WINTER BREAK

LUNCH MENU

(Optional choice is for 2nd / 3rd grade)



8 Dec: BBQ Riblet (or Baked Chicken Drumsticks), Broccoli, Applesauce, Fruited Jell-O, Whole Wheat Roll, and Milk

9 Dec: Cheese Pizza (or Cheeseburger on a Bun), Fresh Carrots & Celery with Dip, Chilled Pears, Fruited Jell-O, and Milk

10 Dec: Turkey Sausage (or Cheese Omelet), Blueberry Waffle, Baked Tater Tots, Banana, and Milk

11 Dec: Hamburger on a Bun (or Ham & Cheese), Oven Baked Potato Wedges, Fruit Cup, Fruited Jell-O, Ice Cream, and Milk

12 Dec: Baked Chicken Corn Dog (or Ravioli), Garden Side Salad, Chilled Peaches, Whole Grain Roll, Cinnamon Toast, and Milk

Check out the month's menu at:
<http://odin.aafes.com/nutrition/08/index.html>

The Principal's Column

Charles Yahres, Principal



SEVEN STANDARDS FOR QUALITY SCHOOLS, PART III

The article below is part three of a seven part series on the Seven Standards for Quality Schools. This series of articles will cover the seven standards that the Quality Assurance Review Team, a team of educators from the United States and DoDDS, will review here in April 2009. I'll write a brief overview about each standard in future issues of the Eagle Express describing some of the information we intend to share with the team. If, by the definition provided, you find that you have suggestions or information from your perspective to include concerning the featured standard, please send me an email. We welcome your input and suggestions and value your opinions. My email address is listed below the heading of the Eagle Express. You can obtain back issues of the Eagle Express at our web site to review any of the standard briefs at <http://www.lake-es.eu.dodea.edu/>

During the QAR visit the team will focus on what they call the seven standards for quality schools. The seven standards are:

1. Vision and Purpose
2. Governance and Leadership
3. **Teaching and Learning**
4. Documenting and Using Results
5. Resources and Support Systems
6. Stakeholder Communications and Relationships
7. Commitment to Continuous Improvement

The third standard, **Teaching and Learning**, is briefly described as: A school is successful in meeting this standard when it implements a curriculum based on clear and measurable expectations for student learning that provides opportunities for all students to acquire requisite knowledge, skills, and attitudes. Teachers use proven instructional practices that actively engage students in the learning process, provide opportunities for students to apply their knowledge and skills, and give students feedback to improve their performance.

- The LES faculty, with guidance from the School Improvement Leadership Team (SILT), selected two research-based literacy strategies to facilitate student achievement: Guided Reading and Modeled/Shared/Interactive Writing.
- The entire staff regularly participates in professional development activities related to these selected School Improvement Plan (SIP) strategies. School-wide training during professional development days, as well as in-house after school workshops and programs such as Hot Salsa, Salsa and Scholastic Red support the SIP implementation. Training from the district office using our own staff as co-facilitators focuses on current trends in literacy instruction directly related to our school improvement goals.
- The SIP strategies ensure that assessments used to measure student growth are consistent across grade levels and support our mission statement, goals, and strategies. The assessments are reviewed by teachers, grade level teams, SILT, and the administration to monitor growth and modify instruction.

- System-wide curriculum standards are used for lesson planning and provide continuity within the DoDEA school system. Recommended textbooks and research articles are posted on the DoDEA web “Blackboard” site by staff members to share the latest research-based practices.

- All teachers develop Professional Growth Plans each school year. Teachers implement, evaluate, and refine instructional strategies implemented to enhance student achievement.

- Administrators conduct teacher observations to provide constructive feedback regarding classroom instruction.

- Our Information Center (IC) uses the latest library computer technology to catalogue text, periodicals and multi-media resources. The database is fully accessible to students in all classrooms. The IC also contains a large, up-to-date collection of books to accommodate our primary age students, as well as an assortment of current periodicals, educational videos and CDs.

ROCKY'S CAFÉ

School Home Partnership



Rocky's Café is an opportunity to have lunch with your child other than in the school cafeteria. It is held once a month, usually on the third Wednesday and Thursday of the month. 1st and 3rd grades are on one day and 2nd and Kindergarten on the other. Each month the days are swapped. If Rocky's Café for 1st/3rd Grade is on a Wednesday one month, it will be on a Thursday the following month. The café includes recess and lunch periods, allowing 45 minutes for lunch.

The calendar in the Parent Student Handbook shows the dates of Rocky's Café. They are also announced in the Eagle Express. Times are as follows: 1st Grade – 10:50, 2nd Grade – 11:15, 3rd Grade – 11:40, and Kindergarten 12:10. A note is sent home to the parents the day before as a reminder.

The Parent Center is set up with decorated tables. Music is played and school members serve the guests with

tea and coffee. Parents provide a lunch or purchase lunch from the school cafeteria. Parent's sign-in and wait in the main reception area. The students will be sent down from their classrooms.

The PTSO opens the school store on Rocky's Café days. Parents may purchase sweatshirts, t-shirts and novelty items (e.g. pencils, bracelets, neck wallets). Items range from .25c for a pencil to \$20.00 for an adult hoodie.

Due to the limited space available for Rocky's Café, it is on a reservation basis only. Reservations can be made by telephoning the school on 01638-523721 or 226-3721. We will only accept reservations for that particular month.

CSI, Jr. Club

Debbie Hand, 3rd Grade



The LES after school CSI, Jr. Club is now available to 3rd grade students interested in learning more about reading, writing, and Continuous School Improvement. The class will participate in hands-on activities involving reading and writing across all curricular areas.

See attached permission form for more details.

FROM THE HEALTH OFFICE

Rachel Caverly, School Nurse



The nurse's office is looking for pants, especially boys' sizes 7-10 and sweatpants of any size. Also, new or barely used underwear (especially boys of all sizes). Thank you for your donations and support.

OTITIS MEDIA EAR INFECTIONS

Thomas Lynch, Hearing Impaired Consultant



Ear infections are the most common illnesses in babies and young children. Seventy-five percent of children

experience at least one episode by their third birthday.

What is Otitis Media?

1. An infection or inflammation of the middle ear.
2. One type is called **acute otitis media** (AOM) where the parts of the ear are infected and swollen with fluid and mucus trapped inside.
3. The second type is called **otitis media with effusion** (OME) which means fluid and mucus stay trapped in the ear AFTER the infection is over. This fluid can affect a child's hearing.

Otitis media is usually a result of infections (viral or bacterial) that cause sore throats, colds or other respiratory/breathing problems that spread to the middle ear. Often times it is difficult to detect because most children affected by this disorder do not yet have sufficient speech and language skills to tell someone what is bothering them. Some common signs to look for are:

- Unusual irritability, difficulty sleeping, tugging or pulling at one or both ears
- Fever, fluid draining from the ear, loss of balance, unresponsive to quiet sounds
- Child shows signs of hearing difficulty...sitting too close to the TV or being inattentive

What are the effects of otitis media?

Not only can otitis media cause severe pain, but untreated infections can travel from the middle ear to the nearby parts of the head, including the brain. Although hearing loss caused by otitis media is usually temporary, if left untreated, it may lead to permanent hearing loss. Children who have early hearing impairment from frequent ear infections are likely to have speech and language disabilities.

What to do?

If you strongly suspect chronic issues within the middle ear that just aren't going away on their own, visit an Ear, Nose and Throat (ENT) specialist or pediatrician. Also, be aware that children who live with adults who smoke cigarettes and/or are cared for in child-care settings tend to have more ear infections.

Possible Treatments?

1. If deemed necessary, CAREFUL antibiotic use possibly accompanied with a pain reliever if needed.
2. If the situation persists for longer than 3 months and is associated with loss of hearing, pressure equalization tubes may be surgically implanted into the ear drum.
3. Removal of adenoids for children over age four.

Remember:

Watch and notice any changes in a child's behavior as well as their ability to hear, speak and use language. These may be key signs that something is happening with ears.

When in doubt, check it out!

"HEALTHY WEIGHT ~ IT'S NOT A DIET, IT'S A LIFESTYLE!"

Teri Parkerson, Physical Education



Parents - When thinking about gifts this holiday season, don't forget to keep healthy lifestyle choices in mind! Give a gift that gets them moving!

Need a great stocking stuffer idea for anyone? FitDecks are a great way for children and parents to have fun and exercise together! FitDecks are packs of 56 cards, very easy to use, any time, any place, for anyone! Take a look at the list below to get an idea of the variety available to suit your needs. Please check out the website and take a look at which FitDeck pack would work best for someone you know.

Bodyweight, Prenatal, Postnatal, Pilates, Travel, Kettlebell, Dumbbell, Pull Up, Junior, Senior, Stretch, Navy SEAL, Exercise Ball, Baby Stroller, Yoga, Office, Playground, Firefighter

Check out the brand new website here: www.fitdeck.com. For a limited time, enjoy FREE SHIPPING for orders of \$60 or more in the United States.

THE CHRISTMAS CRACKER FACTORY

Jeni Goldstein, Host Nation



The Christmas cracker factory began processing crackers this week.

Third-grade students have been busy putting together Christmas crackers. They have built over 400 crackers this week alone! The factory will continue processing Christmas crackers next week as well.



Did you know that the Christmas cracker was created over 150 years ago? Tom Smith, a man from London, began selling the Christmas crackers to boost sales at his candy shop. The Christmas crackers are a unique part of Christmas in the UK, and now the third-grade students know how to make these fun treats.

The Christmas crackers will be on sale from December 15-19 in the cafeteria. The cost of the crackers is \$1.00 for large ones and \$0.50 for small ones. All money raised will be donated to the Guide Dogs for the Blind Association. The money is used to help cover the cost of training a guide dog. Lakenheath Elementary School has been able to support several dogs for this wonderful cause and we hope

to be able to continue assisting the Guide Dogs for the Blind.

Please continue to send in small novelty toys and candy. The third graders are doing an amazing job and are having a great time being a part of this activity.

WINTER GRAMS

Summer Elliott, PTSO Seasonal Grams



Winter Grams are **NOW ON SALE!!** Order forms were sent home on Monday, December 1st. Each Winter Gram consists of a reusable penguin shaped bag filled with a snowman craft kit, a gingerbread man ball, a snowman pencil, a mini holiday pinball game, a gingerbread toy, and a candy cane.

There will be a Winter Gram on display in the case in the front lobby of the school. They are \$4 each. We do have limited quantities, so if you are interested please send your order form and money in as soon as possible so you don't miss out. Order deadline is December 12th. A notice will be sent home if we sell out of grams before the deadline. There are extra order forms in the Parent Center, if needed.

Also, Winter Cards will be on sale on Thursday, December 11th and Friday, December 12th in the cafeteria at lunchtime. Each Winter Card includes a snowman bookmark and they are 50¢ each. This is a great chance for the students to purchase their own holiday item. Please send your child to school with money on those days only.

If you have any questions or concerns, please contact me at: jsbellott@yahoo.com



**DODDS LAKENHEATH ELEMENTARY SCHOOL
AFTER SCHOOL CLUB
PERMISSION FORM**



SUBJECT: CSI, Jr. (3rd Grade ONLY for now)

Name of Student: _____

Name of Parent/Guardian: _____

Contact Phone: _____

Alternate Contact: _____

(Name and phone number)

The LES after school CSI, Jr. Club is now available to 3rd grade students interested in learning more about reading, writing, and **C**ontinuous **S**chool **I**mprovement. The class will participate in hands on activities involving reading and writing across all curricular areas.

The club will be offered twice a week on Mondays and Wednesdays from 2:45 – 4:15. The club will start on Monday, December 15th, in room 215 of building 50. We will meet on the following dates: December 15, 17, January 5, 7, 12, 21, 26, and 28. We will not meet on January 14 or 19 due to a Professional Development day and the Martin Luther King, Jr. Holiday. If you are unable to attend most of the meetings, please do not sign up. Each meeting, we will build upon the work done in the previous meeting. Student attendance at the meetings is necessary in order to keep up with the tasks. All 3rd graders who are not already in clubs on Monday or Wednesday will be accepted to the club.

Parents/Guardians please pick up your child promptly at 4:15 in the foyer of building 50. In the event that your child is not picked up on time, I will phone you or your alternate contact to make arrangements for pickup.

Please return this completed form before December 11, 2008.

Thank you for your interest in the CSI, Jr. Club!
Miss Hand

Signature of Parent/Guardian: _____

(Your signature indicates you have read and understood the above information.)

Date: _____