



LES MISSION STATEMENT –

"Increasing Reading Comprehension & Expressive Writing Across the Curriculum"

Issue 13

28 November 2008

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Lakenheath Elementary School

Principal – Mr. Charles Yahres
 Asst Principal – Ms. Rhonda Bennett
Charles.Yahres@eu.dodea.edu
 01638-523721 / DSN 226-3721

Isles District, DoDDS-E

Superintendent – Dr. Ronald McIntire
ronald.mcintire@eu.dodea.edu
 01638-527252 / DSN 226-7252

Dates to Remember



10 Dec – Rocky's Café, 1st & 3rd
 11 Dec – Rocky's Café, 2nd & KG

LUNCH MENU

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

1 Dec: Orange Ginger Chicken w/Veggies (or Teriyaki Chicken Dippers), Chicken Rice, Steamed Broccoli & Carrots, Chilled Pineapples, Fruited Jell-O, and Milk

2 Dec: Cheese Pizza (or Baked Chicken Tenders w/Roll), Green Beans, Garden Side Salad, Chilled Peaches, Fruited Jell-O, and Milk

3 Dec: Chicken Parmesan (or Ham & Cheese Spinach Wrap), Cauliflower & Carrots, Chilled Pears, Oatmeal Cookie, Fruited Jell-O, and Milk

4 Dec: Baked Cheese Pizza Dippers (or Yogurt & Grilled Cheese), Fresh Carrot Sticks w/Dip, Apple, Goldfish Pretzels, Fruited Jell-O, and Milk

5 Dec: Student's Choice (or Chef Salad), Garden Side Salad, Fruit Cup, Garlic Toast, Fruited Jell-O, and Milk

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

The Principal's Column

Charles Yahres, Principal



SAFETY FIRST

It has come to my attention that traffic signs posted by the base security forces are being overlooked on our campus. This includes the **Do Not Enter** signs in our parking lots, the taxi-loading zone in front of building 50, and the restricted parking areas often reserved for emergency and fire evacuations. I'm particularly concerned with cars entering the front entrance parking lot, and on occasion, the rear parking lot when clearly marked with **Do Not Enter** signs. The rear parking lot or bus-loading zone can only be entered from Chatham Road via the end of Lord's Walk. The front parking lot is restricted from traffic entering from Bangor Road between the hours of 0700 to 0830, and 1400 to 1500. I have notified security forces for support. **These traffic signs were posted for the safety of our staff and students**, as well as to avoid longer than normal traffic delays during bus departures and arrivals. Not obeying the traffic signs is breaking the law. Your cooperation is sincerely appreciated.

SEVEN STANDARDS FOR QUALITY SCHOOLS. PART II

In the previous edition of the Eagle Express, I wrote part one 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 in April 2009. I will write a brief

article pertaining to 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.

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 second standard, is **Governance and Leadership** and is briefly described as:

A school is successful in meeting this standard when its leaders are advocates for the school's vision and improvement efforts. The leaders provide direction and allocate resources to implement curricular and co-curricular programs that enable students to achieve expectations for their learning. Leaders encourage collaboration and shared

responsibility for school improvement among stakeholders. The school's policies, procedures, and organizational conditions ensure equity of learning opportunities and support for innovation.

Implementing policies and procedures for the effective operation of the school is considered a team effort. The administration meets with the teacher union representative once a month to ensure teachers are a part of the decision-making process that promotes a culture of participation, responsibility, and ownership. Other examples of shared leadership includes monthly Team Leader and School Improvement Leadership Team (SILT), grade level meetings chaired by team leaders and attended by a member of the SILT, quarterly School Advisory Committee (SAC) meetings, monthly Parent Teacher Student Organization (PTSO) meetings with administrator and teacher representation, monthly School's Liaison Officer – Base Commander Meetings, and bi-monthly Lakenheath Complex Administrator meetings. The administration and support staff conducts new parent orientations at the beginning of each semester. The weekly newsletter, Eagle Express, provides updates on programs and policies for the entire school community.

The structure of the shared leadership listed above allows frequent and meaningful dialogue between all stakeholders with school leadership. A general overview of student achievement and progress on the school improvement plan are regularly discussed. The School Improvement Leadership Team and school administration share and review standardized test scores with all stakeholders.

The most obvious support provided to students to ensure equity of learning is the wide array of small and large group resource services offered. This includes Special Education, Gifted, Instructional Support Specialist using Reading Recovery, Read 180 and small group reading instruction, English as a Second Language, Foreign Language in the Elementary

School, and Partial Spanish Immersion at all grade levels, Host Nation, Art, Music, and Physical Education. Our speech language teachers co-teach with classroom teachers using an inclusion model to deliver instruction. A large portion of our teaching staff have regularly participated in professional development activities including school wide training on professional development days, and two after school programs, SALSA (Student Achievement Learning Strategy Academy) and Hot (or advanced) SALSA. This training supported and lead by district office liaisons and our own 'in-house' professionals, focuses on current trends in literacy and reading instruction directly related to our school improvement efforts.

LIBERTY VILLAGE IMPORTANT ANNOUNCEMENT

Jason Flatt, Project Manager



You may be aware that Phase 5b of the Liberty Village will begin shortly. Work will start gradually from Monday, 8 December 2008, and will involve the construction of a newly designed bus route. There will be no immediate impact on the school buses at this time, or the existing Lakenheath Elementary School car parking areas.

However, staff and/or visitors that have been parking in the family housing area of Colchester and Canterbury Close and walking from there to the school will no longer have access to that area. Six blocks of houses adjacent to the school will be fenced off with pedestrian access prohibited.

CHILD FIND

Lezlie Shull, PSCD



Child-Find is a partnership program sponsored by DoDDS and military family support agencies used to find and identify dependent children from birth to 21 years of age who may be eligible for special education services. This includes students who are health impaired, communication impaired,

emotionally impaired, whose academic achievement is significantly below the expected norm, and those needs cannot be met in a regular instructional program. Individual Educational Plans will be developed for those children eligible for services. If you know of any child that may need to be evaluated in any of the above categories, contact our Child Study Committee secretary, Rachel Muniz, at 226-3734.

School Substitute Employees Recognized

Publicity & Communication
Committee



Imagine waking up to a ringing phone at 7:00 am and being asked to report to work with, at the most, an hour's notice. Yes! That is what happens when some of our finest employees are called to fill in for a full-time teacher or one of our educational aides. These substitute teachers are truly the backbone of the emergency support plan at our elementary school. Lakenheath Elementary School (LES) has over one hundred staff members. Things just happen! It may be a requirement to attend training or it may be the fault of the latest virus spreading itself through the school population. LES at any given time maintains a list of 25-30 substitute teachers who are standing by and willing to support and to provide the best education possible for our students.

Last week was the National Education Association's American Education Week. As part of that week, 21 Nov was designated Substitute Educators Day. Our school wanted to do something to show its appreciation for these vital part-time staff members. Homeroom teachers were asked if students in their class could decorate special gift bags for them.



The bags were filled with goodies and presented to each substitute teacher at our school. The substitutes were also invited to our annual Thanksgiving luncheon, provided by our PTSO, to recognize all part-time and regular teaching staff. We appreciate our corps of school substitute teachers. Thank you! We could not do it without you.

THANKSGIVING ART CONTEST

Publicity & Communication Committee



Students at Lakenheath Elementary School (LES) participated in the Thanksgiving Expression competition sponsored by AAFES. The Parent Teacher School Organization (PTSO) also recognized the most creative artwork for each grade level. Our receptionist, Linn Haisty, and registrar, Missy McCurry, organized and collected the contest entries. Children whispered in the hallways with excitement hoping that they would win a turkey this year so Mom and Dad would not need to cook this Thanksgiving. On November 25 the winning names were announced. The children could not wait until dismissal to share the good news with their families. The grand prizewinner received a gift voucher for one of Popeye's Turkeys. The grade level winners each received a turkey from the PTSO. The winners of the art contest were:

GRAND PRIZE

Matthew DaLomba – 3rd Grade, Ms. Palmer

1ST GRADE

Megan Clemons – Ms. Brown-Johnson

2ND GRADE

Mary Kuchera – Ms. E-P

3RD GRADE

Carson Alvarez – Ms. Palmer



Congratulations contest winners!

LES GUIDE DOG IN TRAINING

Anne Marks, Host Nation



Our guide dog puppy Annie, is growing fast. She is now 5 months old. She loves to play and, as you can see, loves to roll in the mud!



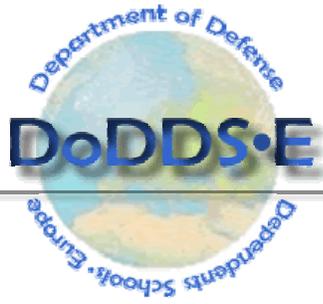
She went to a sleepover at a friend's house to learn to be with others and had a really good time. Annie will be visiting us again in December.

WINTER GRAMS

Summer Elliott, PTSO Seasonal Grams



Winter Gram order forms will be going 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 man 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. Also, be on the look out for more information about the Winter Cards on sale in the cafeteria in December.



Office of the Director, DoDDS-Europe
Diana J. Ohman, Director

Parent Newsletter Article for December 2008

Nutrition is crucial to children's health and is worth keeping in mind as we approach the holiday season and find ourselves tempted to indulge. Breakfast gets children to lunch, lunch gets them home, and dinner nourishes them overnight. Having a good dinner in the evening just isn't enough; children need to make wise food choices throughout the day, but how do we get them to eat right?

It is important to practice what you preach when it comes to nutrition. You are your children's first and most important teacher, even if your children, particularly your preteens and teens, don't always see it that way. If you start your day with a large coffee and bagel in the car, your children may believe that caffeine and sugar are clever breakfast choices and that eating on the go is normal. Here are some ways to be mindful of what you eat as a family:

Shop for groceries together. Read food labels for nutritional content, and choose foods that are low in sugar and fat.

Discuss the school lunch menu with your child in advance to help him or her make wise food choices. If your child takes a lunch from home, have him or her help pack a healthy one.

Encourage your children to cook with you, and allow them to help plan the week's meals. Slowly introduce some new wholesome foods.

Dine together as a family as often as possible. Although you may spend many hours in the car attending multiple activities, the car is not the dinner table. Try to refrain from eating there as it encourages eating fast food on the run. Dining together not only encourages healthy eating habits, it helps bond the family.

Stock your home with low-sugar foods and rid the pantry of refined sugar, i.e., processed white sugar found, for example, in many boxed snacks and cereals.

Avoid fast-food restaurants by planning your meals and snacks before leaving home. Be prepared for meal-time changes and food substitutions if necessary.

Food should not be given as a reward.

You know your child better than anyone and can provide food choices that are healthy and tasty. These examples can help guide you and your family toward healthier food choices. As a result, you and your family will achieve a dietary balance that will reward all of you in many ways throughout life.

DIANA J. OHMAN
Director, DoDDS-Europe