

# Knight News



SHAPE American Elementary School



## Important dates:

- Oct. 3: 2nd Cup of Coffee
- Oct. 4: Flu Vaccination Clinic
- Oct. 6-7: PTSA Fall Bazaar
- Oct. 18: 1st Quarter Ends
- Oct 19: Teacher Work Day—no school for students
- Oct 22 2nd Quarter starts
- Oct 23-24: Parent-Teacher Conferences
- Oct 26: School ends at 1300
- Oct 29– Nov 2: All Saints Recess

## Principal's Corner

Dear SHAPE Community,

I would like to welcome you to the new school year at the Blue Ribbon School, SHAPE American Elementary. Our school is a very unique place where many nations are joined together with a common purpose: to educate our children. This spirit of collaboration is present in many ways on campus. I have been most impressed with our students' welcoming attitude towards newcomers. Friendships and bonds are built daily within our school community. Helping us along with this process are our wonderful PTSA and parent volunteers.

As we welcome parents and visitors to our school; we do require that they sign-in at the front of-

fice and obtain a badge, prior to going to a classroom within the school. This is needed for both emergency and safety reasons. If you would like to volunteer in the classroom, stop by the front office or contact your child's teacher.

Parent conferences are scheduled at the end of October (23<sup>rd</sup> and 24<sup>th</sup>). However, if you would like to meet with your child's teacher prior to the designated conference dates, please call for an appointment, send a note, or email the teacher ahead of time. Teachers can then arrange an adequate amount of time to discuss your needs or concerns.

Please know that I am available to discuss any school related

matters, and I look forward to a great year together. 2<sup>nd</sup> Cup of Coffee with the Principal is scheduled every first Wednesday of the month at the Rendez-Vous. The next one takes place on the 3<sup>rd</sup> of October.

Dr. Mario Vanheuckelom

Principal SHAPE American Elementary School

[ShapeES.Principal@eu.dodea.edu](mailto:ShapeES.Principal@eu.dodea.edu)

## What's your number?

It is very important for the school to have your most recent contact information.

We should have at least 2 phone numbers and an email address for your child's sponsor. In addition, one emergency contact minimum (other than the child's parents) should be provided.

We send a lot of information by email. If you have not yet received an email from us, please provide us with a valid email address. We don't want you to miss out on some important information!



## Wanted: Gardeners

To help our student gardeners with planning, planting and caring for our school garden.

Interested? Write to [mia.dellavalle@eu.dodea.edu](mailto:mia.dellavalle@eu.dodea.edu)



## SAES earned it again!



We did it in 2001, and we've done it again in 2012! SHAPE American Elementary School received the prestigious National Blue Ribbon School Award.

The National Blue Ribbon Schools Program honors public and non-public elementary, middle and high schools whose students achieve at very high levels or have made significant progress and helped close gaps in achievement. The program is part of a larger U.S. Department of Edu-

cation effort to identify and disseminate knowledge about best school leadership and teaching practices. The National Blue Ribbon Schools Program sets a standard of excellence for all schools striving for the highest level of achievement. Each year since 1982, the U.S. Department of Education has sought out schools where students attain and maintain high academic goals.

Using standards of excellence evidenced by student achievement measures and the characteristics known from research to exemplify school quality, the Department celebrates outstanding schools from states across the country.

## Health Corner by Ms. Helfenstein

[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)



### Top 10 Reasons to eat MORE fruits & Vegetables

- #10—Color & Texture: Fruits and veggies add color, texture...and appeal...to your plate
- #9—Convenience: Fruits and veggies are nutritious in any form—fresh, frozen, canned, dried, and 100% juice, so they're ready when you are!
- #8—Fiber: Fruits and veggies provide fiber that helps fill you up and keeps your digestive system happy.
- #7—Low in calories: fruits and veggies are naturally low in calories.
- #6—May Reduce Disease Risk: Eating plenty of fruits and veggies may help reduce the risk of many diseases, including heart disease, high blood pressure and some cancers.
- #5—Vitamins and Minerals: Fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized.
- #4—Variety: Fruits and veggies are available in an almost infinite variety.. There's always something new to try!
- #2—Fun to Eat: Some crunch, some squirt, some you peel...some you don't, and some grow right in your own backyard!
- #1—Fruits and Veggies are Nutritious AND Delicious!

## Parent-Teacher Conference by Ms. Miser

Parent/teacher conferences have been scheduled on Oct 23 and Oct. 24, 2012. Scheduling was carefully done so that parents with more than one child can have back-to-back sessions. Invitations will be sent home before mid-October. Parents, please confirm your attendance by signing and returning the bottom portion of the invitation. If you cannot attend the conference

at the scheduled time, please contact the teacher(s) to reschedule as soon as possible. **You are required to attend the conference: report cards will only be issued during the conference sessions.** Thank you for your cooperation and support.

Ms. Marie Miser, Registrar





# KID TALK

BY Stephanie Scott and Judy Lam, School Counselors



## Special Project this Year

**Reach Out and Be Kind**—this is a school wide program whereby the teachers and staff are looking for children who are kind to others in words or actions. When we notice that person we ask them to put their name on a kindness paper chain that we are building around our school between now and Christmas Break. Our goal is for children to see that kindness is important and to recognize that being a part of a team that acts in a caring and kind way is important.

**Character Shines Through**—this is a school wide program whereby we recognize children for doing the right thing. Showing character in the Six Areas of Character: Caring, Respect, Responsibility, Trustworthiness, Fairness, Citizenship, and good Decision Making. When a child is recognized they receive a certificate of acknowledgement that is signed by Principal Vanheuckelom and a duplicate certificate and their picture is put on our Character Shines Through Wall.



## Deployment Group for Children

We realize that deployment makes physical and emotional demands on the service member's, spouse, children, relatives and significant others in their lives. In addition, we understand that deployment also provides a chance for personal growth, as all parties discover new sources of strength and support in themselves and others.

Children are very resilient. However, sometimes they just want to share their thoughts and feelings with someone who isn't directly involved in their family as they don't want to cause undue stress or worry for the remaining parent at home. Also, we have found that students like to participate in activities with other students whose families are sharing the similar situations. Shared discussions and playing games, doing activities and sharing laughter soothe

many an anxious child.

This group is for children whose parents are presently deployed and for children who are going to experience deployment of a parent. Our deployment group will meet twice a month to share, walk, cook, play and talk in an informal light-hearted setting. The children will be eligible to continue in deployment group as a support for other students who find themselves in this situation and as families reintegrate into new routines.

If you have a child who will be experiencing the deployment situation, please feel free to request a permission form from the child's teacher or from the counselors. We welcome their participation. Stephanie Scott and Judy Lam at 065445718.

## What is group counseling at SHAPE American Elementary School?

Group counseling is a fun and exciting educational support activity that provides an opportunity for children to work on additional skills needed for classroom school learning, friendships, social skills and problem-solving, and making responsible solution focused decisions. It is also for children who need a little extra attention or who are shy and slow in making friends or whose family is having a tough time. Children from divorced families and have a parent living far away also benefit from group. It occurs once a week for 30-45 minutes. The children love the group as it is fun and informative and is often project based activities. Teachers, parents and sometimes students themselves request group services. If you have questions please feel free to contact Stephanie Scott, Counselor at 423-6084 or 065446084.

## Physical Activity and Mental Health Habit

Another activity for your children: walking at lunch recess time. Counselor Lam meets students in front of the cafeteria for a 20 minute nature walk/run. The days and times vary because of the complex lunch schedule. The plan is:

Tuesday - grade 2, then 4

Thursday - grade 6, then 3

Friday - grade 1, then 5



Parents are always welcome to join us.

## KIDS CLUB ACTIVITIES

Recess activity where children in 2nd, 4th, and 6<sup>th</sup> grades are allowed to come into Ms. Scott's counseling office for games and activities of their choice. This occurs once a week on a specific time and day. Kids Club allows for social skills practice and just pure fun. We play cards, play pool, air hockey, and games, fuse ball and mess around in the art area. We also have a sand and toy area where they role play a variety of scenes. And we have a puppet theatre which is a huge hit.

## Ask Your Child about Bus Safety

Students at SHAPE American Elementary School know that bus safety is a lifelong issue and your child has been asked to discuss that with you. Tour buses, shuttle buses, city buses, as well as school buses, pose some of the same dangers.

Here are the highlights:

**#1** Walk your child to the door of the bus and meet your child at the door of the bus (not at the corner or across the street).

**#2** Never pick up anything from under or in front of a bus.

**#3** Never cross the street in front of or behind a bus. The driver cannot see you and you cannot see around the bus. Walk far enough away from the bus to be safe before crossing.

**#4** Don't distract the driver.

**#5** Stay 3 giant steps away from the curb.

There are other rules, many related to good manners as well as safety.

Every day is Bus Safety Day; frequent reminders can help keep everyone safe.

Judy Lam, Counselor



## Signing in!

Please remember that it is mandatory to come in through the Main Office (building 703) and sign in before you go into any other SAES Buildings.

All visitors should be wearing a visitor badge and all volunteers should have a volunteer badge. They are both available at the school Front Office.

## Do you want to volunteer?

If you are interested in volunteering in our school (classroom help, lunchtime help, Field Trip chaperones,...) you must fill out the volunteer packet. You can get information and pick a packet up in the front office. The process will take a few days.

## Show your School Spirit

There is a school tradition at SAES. It is to wear the school colors on Fridays! So show your school spirit and wear Gold and Green on the last day of the week!

The advertisement is set against a background of autumn leaves in shades of orange, yellow, and red. It features a white rectangular box containing event details. The text inside the box reads:

*The PTSA Proudly Presents  
The 2012 Fall Bazaar  
Location: SHAPE International Cafeteria  
Dates & Times:  
Saturday, October 6<sup>th</sup> 1100-1800  
Sunday, October 7<sup>th</sup> 1100-1600  
Fall into Fun, Food and Festivities!*