



COUGAR CLIPPINGS



Volume 20 Issue 5

Kingston Elementary School

January 14, 2010

A Message from our Principal

Dear Parents,

I'd like to begin by wishing everyone a happy new year. I hope everyone had an enjoyable holiday. My daughters always refer to the end of vacation as the return of the daily grind, but I view the beginning of January in school very differently. This is often the time of year when students really begin to make significant academic gains. Watching student reading levels jump and seeing the rise in quarterly assessment scores is part of the geeky fun that makes being a school principal a great job.

At Kingston, one of our goals is to remember that, like our students, we are always learning and growing in what we do. You may have your children come home and tell you that they had a lot of adults in the classroom on a given day. This year teachers will be taking "learning walks," which is a fancy way of saying that teachers will be encouraged to visit a number of different classrooms with the other teachers in their grade level so they can see firsthand the type of instruction that is taking place throughout the building. So far the third and fourth grade teams have completed walks. Principals from Lynnhaven Middle School and First Colonial High School will join me this month at Kingston to conduct a learning walk so they can experience what goes on in the elementary school and hopefully take some ideas away from the experience. I am looking forward to visiting their schools in return.

You can help us help your child to continue to grow by making sure they are here on time and ready for school each day. Instruction begins promptly at the beginning of the day, so it is important for children to be in class ready to learn. Ask your child about school each day. When you provide a quiet time and place for homework, you communicate the priority and importance of learning. I want to thank you now for being a wonderful role model for your child; they will thank you later.

Sincerely,

Greg Furlich
Principal



AlertNow Update

If you receive a message via the *AlertNow* system and are unable to hear the message in its entirety, you can now retrieve the message by following these steps:

- 1) Go to vbschools.com.
- 2) Select the link *AlertNow* link found in the upper right-hand corner of the home page.
- 3) On the *AlertNow* page, select the link Check My Recent *AlertNow* Phone Messages or Emails.
- 4) Enter a phone number or email address to hear or read the message.

Kingston Children's Thrift Shop

Are your closets overflowing? Need to get rid of all the old "stuff" to make room for all the new "stuff" you got for the Holidays? Then consider consigning your gently used children's furniture, clothes, toys, books, games, electronics, bikes, and sporting goods at the annual **Kingston Children's Thrift Shop Saturday, March 6, 2010**. Also please consider volunteering for this very important event. We need the help of many, many volunteers to make this a successful event!

To VOLUNTEER, contact Marti Fall,
4falls@cox.net / 486-6910

For TAGS, contact Beth Royle, bethroyle@aol.com /
961-8007

For General Information, contact Toni Goad,
tonigoad@cox.net / 486-1891 or

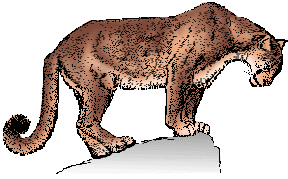
Kim Urch, urches@yahoo.com / 631-4777

Kingston's Fitness Fair

Mark your calendars for Kingston's Fitness Fair scheduled for Tuesday, February 9th at 6:30 PM. This Kingston PTA program will include an interactive presentation by Premier Martial Arts. Local high school athletes will assist Kingston's Physical Education staff to run fitness demonstrations for students and parents. **Please come dressed to participate.**



Gifted Cougar Tales



Why do some students always have good report cards while others, who may have just as much potential do not? Research shows that successful people have developed certain habits of thinking and behavior that helps them deal with questions and issues in their lives. It means knowing how to behave intelligently in any circumstance.

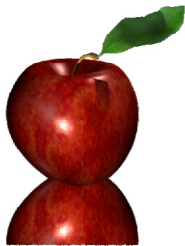
One fun way to help children develop the 16 habits of mind that researchers Art Costa and Bena Kallik have identified is to read children's books (or watch movies) that teach these habits. Below are a just a few of the Habits of Mind and supporting fun books to read and talk about with your child.

Persisting – sticking to the task: *Curious George* by H.A. Rey, *Don't Fidget a Feather* by Erica Silverman, *The Bears on Hemlock Mountain* by Alice Dalgliesh, *Brave Irene* by William Steig, and *Chato's Kitchen* by Gary Soto

Managing impulsivity – take your time and think it through before acting: Any of the *Berenstein Bears* books by Stanley Berenstein, *The Boy Who Drew Cats* by Arthur Levine, *Charlie and the Chocolate Factory* by Roald Dahl, and *The Mouse and the Motorcycle* by Beverly Cleary

Thinking about thinking – being aware of your thoughts and feelings, knowing how your actions will effect others: *Ramona* series by Beverly Cleary, *Mike Mulligan and His Steam Shovel* by Virginia Lee, *Kenny's Window* by Maurice Sendack, and *Amelia Bedelia* by Peggy Parrish

Striving for Accuracy – setting high standards & finding ways to improve: *Amelia Bedelia* by Peggy Parrish, *The Toll Bridge Troll* by Patricia Rae Wolff, and *The Velveteen Rabbit* by Margery Williams



Little Green Tidbits!

Cougars are learning to
**REDUCE – REUSE —
RECYCLE!**



Here's how you can help:

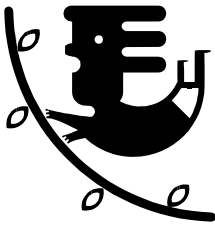
1. Turn it off! Lights, water, and your car! If every driver avoided idling for five minutes a day, we could keep over one million tons of carbon dioxide from going into the air. We would also save half a million gallons of gas.
2. Cell phones in landfills put toxic chemicals such as arsenic, beryllium, copper, lead, cadmium, nickel, and zinc into the land and water. Send all old cell phones (working or not) to Ms. Whitney in room 29. Money earned through the Cell Phone recycling program will help fund *Growing Green Team* Projects
3. Enough plastic wrap is used every year in the US to cover the entire state of Texas – use reusable containers with lids instead!

Girl Scouts Need Our Help

In an effort to support non-profit organizations like Seton Youth Shelters through community service, Girl Scout Troop 995 is asking for your help in collecting much-needed household items. Starting Friday, January 15th through Friday, February 26th, there will be a collection box in the lobby for any donated items such as paper towels, toilet paper, 55 gallon trash bags, laundry detergent, etc. Questions? Call Monica Lombardi at 340-1930 or Jennifer Gordon at 631-1264. Your help is very much appreciated!



Read-A-Thon



A school wide read-a-thon is planned for Thursday, January 28th, 2010. You and your child are invited to help support the American Cancer Society find a cure for Cancer. Each year we see many Kingston families affected by this devastating disease. Help us help our community.

It's easy to participate. Just ask family and friends to sponsor readers by donating an amount of money for every minute read during reading the read-a-thon. Donations may be made online or mailed to the American Cancer Society. This week's Kingston folder will have additional information. Please note that participation is voluntary, and door to door solicitation is strictly prohibited.

If you would like additional information or have questions, you may email elizabeth.haste@vbschools.com.

Join the Caring Cougars and READ FOR A CURE!!



January is DOUBLE points Month at Farm Fresh

Thank you for your past Farm Fresh receipts. During the month of January, you can help KES twice as much by shopping at Farm Fresh and turning in your receipts. Please clip the bottom of your Farm Fresh receipts and send them to school with your student.

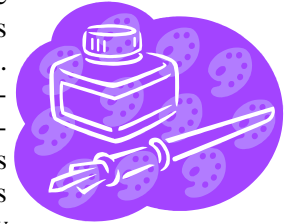
Box Tops for Education

Keep collecting your Box Tops for Education. We had a great response after sending home the collection sheet last month. Additional collection sheets can be found on the Box Tops for Education website at <http://www.boxtops4education.com/earn/clip/Projects.aspx>. Both Farm Fresh receipts and Box Tops can be turned into your child's teacher or to Ms. Barnes outside the Office. Thanks for your continued support. If you have any questions about either of these programs, please check the Kingston PTA website or contact Beth McOsker bmcosker@hotmail.com or Julie Perry julieperry@cox.net with any questions.



Learning Japanese Art with Kingston's Artist in Residence

During the week of January 11th, Kingston's art department has the pleasure of welcoming local artist Noreen Spencer. Mrs. Spencer is teaching the students the Japanese art of Sumi-e. This art is based on the brush strokes of calligraphy. It originated in ancient China and then spread to Japan and throughout Asia. Students will be using "The Four Treasures" of a brush, an ink stick, an ink stone and paper to create such art as goldfish, panda bears, and bamboo floral designs. Mrs. Proffitt will continue working with the students on this theme for the next couple weeks. The art the students create will eventually be hung in the hallways on display. Our artist Mrs. Spencer has been doing Sumi-e since 1990 and has a studio at Artistic Creations Gallery at Pembroke Mall. She also uses her experience to teach classes. If you are interested in learning more about the Japanese art of Sumi-e, please contact her at nsspencer@verizon.net or stop by her studio, and she would be happy to answer any questions. Artist in Residence is a PTA sponsored program and Mrs. Proffitt appreciates their support in bringing new art concepts to Kingston.



Next Cougar Clippings

The next *Cougar Clippings* will be distributed on Thursday, February 4th. The deadline for articles to be submitted is Monday, February 1st, at 3:00 P.M.

Alternative formats of this publication, which may include taped, Braille, or large print materials are available upon request for individuals with disabilities. Call or write Mr. Greg Furlich, Principal, 3532 Kings Grant Rd, Virginia Beach, VA 23452, phone 648-2840, for further assistance.



JANUARY/ FEBRUARY 2010



| JANUARY 18 | JANUARY 19 | JANUARY 20 | JANUARY 21 | JANUARY 22 |
|---|---|---|---|--|
| <p>SCHOOL CLOSED MARTIN LUTHER KING DAY</p> | <p>3-5:30 Variety Show Practice in Café/Stage 3:30-5:30 Math Game Day Lib, Conf. Rm, MPR</p> | <p>8:15 Mini Bank 8:40-9:25 Chorus in Café 8:40-9:25 Strings in MPR 3-4 DI in MPR 3-4:15 Read 180 3-4:30 Boy's Chorus in Café/Stage 6-7 PTA Committee Mtg in MPR 7-8 PTA Board Mtg in MPR</p> | <p>All Day GR 2 Pueblo Presentation in MPR 3-5:30 Variety Show Practice in Café /Stage 3-4 DI in MPR 3-4:15 Read 180 3:15 PAC Mtg in MPR 3:30-5:30 Math Game Day Lib, Conf. Rm, MPR</p> | <p>STORY TELLER on stage all day 8:40-9:25 Strings in MPR 3-4 GS in MPR PTA Movie Night in Café</p> |
| JANUARY 25 | JANUARY 26 | JANUARY 27 | JANUARY 28 | JANUARY 29 |
| <p>ODC DAY 3-4:15 Read 180</p> | | <p>8:15 Mini Bank 8:40-9:25 Chorus in Café 8:40-9:25 Strings in MPR 3-4:15 Read 180 3-4:30 Boy's Chorus in Café/Stage 3:30-6:30 PDP GR 2 Everyday Math in MPR</p> | <p>ADJUSTED DISMISSAL</p> | <p>ADJUSTED DISMISSAL SCA COLLEGE DAY</p> |
| FEBRUARY 1 | FEBRUARY 2 | FEBRUARY 3 | FEBRUARY 4 | FEBRUARY 5 |
| <p>ADJUSTED DISMISSAL ODC DAY</p> | <p>ADJUSTED DISMISSAL END OF GRADING PERIOD 1ST GRADE GIFTED SCREENING 12:30-3 Variety Show Practice in Café/Stage</p> | <p>8:15 Mini Bank 8:40-9:25 Chorus in Café 8:40-9:25 Strings in MPR 3-4:15 Read 180 3-4:30 Boy's Chorus in Café/Stage</p> | <p>9-9:45 PTA Cultural Arts PK, K, 1 & 2 in Café 3-4:15 Read 180 3-5:30 Variety Show Practice in Café /Stage</p> | <p>REPORT CARDS GO HOME 8:40-9:25 Strings in MPR 9:00 Mrs. Williams GR2 on Café/Stage 1:30 Young Audience GR 3-5 in Café 3:30-9:30 Girls Scouts in Café</p> |
| FEBRUARY 8 | FEBRUARY 9 | FEBRUARY 10 | FEBRUARY 11 | FEBRUARY 12 |
| <p>ODC DAY 3-4:15 Read 180</p> | <p>3-4:45 ESP For You in Art Rm 3-5:30 Variety Show Practice Café/Stage 6:30-8 PTA Fitness Night in Gym & Café 6:45-9 Middle Plantation Civic League in Science Lab 7-10 KG/Lynnhaven Rec Assoc. in MPR</p> | <p>8:15 Mini Bank 8:40-9:25 Chorus in Café 8:40-9:25 Strings in MPR 3-4:15 Read 180 3-4:30 Boy's Chorus in Café/Stage</p> | <p>3-4:15 Read 180 3-5:30 Variety Show Practice in Café /Stage 5:15 SCP Mtg in MPR</p> | <p>8:40-9:25 Strings in MPR 3-4 Girls Scouts in MPR</p> |

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