

Dora Kennedy French Immersion School

December 2016

A Few Words From Our Principal,

As we approach the Winter Break, I would like to first take this opportunity to wish each of you a most happy and healthy holiday season!

I hope that you will have a chance to relax and enjoy some special times with your family and friends. I am proud of how hard your children have been working each and every day to maintain our goal of excellence! Most of all Thank You for your support and cooperation, as we work together to ensure the safety and academic growth of our students.

To all, a Happy and Healthy New Year!

Parfait Awono

From the Desk of Madame Auguste, Assistant Principal,

Dear Staff, Students, Parents, and Friends,


It is hard to believe we are coming to the end of 2016 and have completed four months of school. Truly, time flies when you are having fun! Despite some challenges, things are turning around and it is good to see and hear some laughter in the building. Change is never easy and it takes time. However, the DKFI staff and students have been resilient and should be commended for all they have done together to continue building the “Blue Ribbon” image.

One of the things I am grateful for this season is the opportunity to assist in leading the staff of DKFI because they are some of the most REMARKABLE people I have met in Maryland. Despite the challenges that are placed before the DKFI staff, they continue to push forward and reach higher levels. These professional leaders are teaching the common core information provided AND TRANSLATING it into French to ensure the students are immersed. I don’t know too many teachers that would be willing to get paid a teacher’s salary and still do triple the work. Being a teacher is hard enough with all of its daily demands, but to add translating the information WOW!! Please be sure to send a warm wish to a teacher, custodial, counselor or staff member because they deserve a hug, a kind note, and all the sweetness that you can give.

As the year comes to an end, let us reflect on some of the positive and great things that have happened and are happening at Dora Kennedy French Immersion. I will be the first to share because I am grateful for each and everyone in the building from the custodial to the principal for:

- Teachers sacrificing their family and personal time to make sure they have their lessons ready for the different student levels.
- Custodial, Teachers, Security, Nurse, Counselors, Cafeteria and Office staff for going above and beyond even when no one says “Thank you” -- Thank you ☺ for all you do!
- Teachers keeping a smile on their faces even when someone criticizes all they have done.
- Custodial staff cleaning and picking up after students when really the students should know to pick up after themselves and not purposely make a mess in the restrooms or classrooms.
- Nurse Schoendorf seeing and catering to over 65 students a day with no help while still trying to contact parents and get her other medical duties completed.
- The office staff for keeping a smile on their face even after they have been yelled at or treated rudely by others.
- Mr. Awono for leading the school in a positive direction.
- The PTA working closely with administration.
- The students adjusting to all of the policies and procedures and decreasing in the number of issues.

As I close, I want to leave you with this food for thought: Never forget, it is a teacher that taught the college professors, CEOs, astronauts, doctors, lawyers, and leaders of the world. Without the teachers.... Who would teach and prepare the leaders of the world?

Mme Auguste 



A Note from the Guidance Office! Attention Parents!
 All recommendation/transcript requests must be accompanied by a pre-addressed, stamped envelopes for your request to be fulfilled.




DKFI PTA BOOK FAIR

Saturday, December 10, 2016


@ Barnes & Noble Bowie Town Center
 15455 Emerald Way Bowie, MD 20716
 301-809-1552

DON'T MISS IT !!!



VOLUNTEERS NEEDED!

Each year, the PTA hosts a book fair and does gift wrapping at the Barnes & Noble in Bowie to raise money for the DKFI PTA. The gift wrapping dates are spread out between November 24 and December 24, 2016. No matter your schedule, we have a slot for you! Day, evening, or weekend. So, please come and help us! Sign in at: <http://signup.com/go/P5chP3>



WINTER CONCERTS!


ELEMENTARY CONCERT

Thursday, December 1st, 2016
 6:00 to 9:00 pm

MIDDLE SCHOOL CONCERT

Thursday, December 8, 2016
 6:00 to 9:00 pm






November 28 to December 20, 2016

Provide gifts to less fortunate children in the community

AFTER SCHOOL ACTIVITIES <i>(Times/dates subject to change)</i>					
DAYS	ACTIVITY	GR.	ROOM	LEADER	TIME
TUESDAY	"Le Petites Voix"	3,4,5	103	Mr. Cunningham	8:00-9:00 am
	Boys Basketball Practice	6,7,8	GYM	Mr. Price	4:30-8:00 pm
	Girls Basketball Practice	6,7,8	GYM	Mr. Price	4:30-8:00 pm
NEW!	Yearbook Club	7,8	Media	Mr. Held	4:30-5:30 pm
WEDNESDAY	Boys Basketball Practice	6,7,8	GYM	Mr. Price	4:30-8:00 pm
	Girls Basketball Practice	6,7,8	GYM	Mr. Price	4:30-8:00 pm
THURSDAY	Girls Basketball Practice	6,7,8	GYM	Mr. Price	4:30-8:00 pm
FRIDAYS	Boys Basketball Practice	6,7,8	GYM	Mr. Price	4:30-8:00 pm
ONE FRIDAY/MONTH	E.S.WAT	2,4,6,8	102b	Mrs Wutoh-Baylor	4:15-6:30 pm



Citrus Delivery

TENTATIVE DATE

Friday, December 2, 2016

Winterize Your Diet *By Kathleen M. Zelman, MPH, RD, LD*

Vitamin D is key in the cooler months

Temperatures are dropping, and the days are getting shorter. And shorter days give us less time outdoors to get a healthy dose of sunshine and vitamin D. So in addition to pulling out the wool sweaters, we need to winterize our diets to make sure we get the vitamin D we need this season.

The Role of Vitamin D

This vitamin controls a variety of body functions. One of its fundamental roles is to help absorb calcium into our bones and teeth. Both calcium and vitamin D are important for bone health and muscle strength. As we age, our ability to produce vitamin D from the sun's ultraviolet (UV) rays becomes less efficient. Vitamin D deficiency can lead to weak bones and aches and pains.

The Sunshine Vitamin

Vitamin D has a unique quality: Sunshine is one of our best sources for it. When our skin is exposed to UV rays, this stimulates a metabolic pathway that produces vitamin D. Depending on what part of the country you're in, you may not be able to rely on the sun to provide you with an adequate dose of vitamin D during the winter. If you live below the imaginary line that runs from Los Angeles to Atlanta, the sun's UV rays are strong enough all year long to help your skin make vitamin D. But north of this line, the UV light is too weak during the fall and early spring to stimulate your skin to make an adequate supply of the sunshine vitamin.

Food Sources of Vitamin D

Basking in the sunshine is certainly one of the most enjoyable (and best) ways to meet your vitamin D requirements. But you can also get vitamin D from some fortified foods. Some good sources of vitamin D include fatty fish oils and fish such as salmon, sardines, and tuna, as well as fortified foods such as soy milks, margarines, cereal, eggs, and orange juice.

To make sure you are getting plenty of vitamin D this winter:

- Enjoy the natural sunlight. A brisk walk outside can lift your mood, even if it does not significantly boost your production of vitamin D.
- Eat plenty of fish.
- Enjoy vitamin D-fortified foods such as low-fat milk, cereal, and orange juice.

Winter Warmers *By Elaine Magee, MPH, RD*



Lighten your favorite winter soups, stews, and casseroles

Winter has arrived, along with our cravings for warm, wonderful soups, stews, and casseroles. I don't know what we love more -- the fact that they are warm and satisfying or that we throw them into one pot or dish for a convenient meal. Either way, it's a "win, win."


Some of our favorite winter recipes can be naturally light in calories and fat, like minestrone or chicken noodle soup. Other favorites though, can tip the scales in the calorie and fat departments, like tuna noodle casserole or chili. There is a way to keep some of our favorite winter warmers by making a few ingredient adjustments.

Tips to Lighten Favorite Winter Soups, Stews, & Casseroles

- Add vegetables every chance you get to soups, stews, and casseroles. Try adding the longer-cooking, sturdy vegetables (carrots, parsnips, cabbage, mushrooms, celery, sweet potatoes, potatoes, corn, etc.) that won't go mushy on you when you bake or stew them for an hour.
- Start with lean meat when making meat-containing casseroles and stews, and remember to take off the skin and any other visible fat before using it.
- You can also turn down the meat in your dish and turn up the vegetables by using less meat than the recipe calls for and adding in a vegetable or two. Sausage and bacon can be replaced with lighter renditions.
- Oftentimes, you don't have to add the butter or oil that many recipes call for. The slow cooking or baking of stews and casseroles really help keep the dish moist and bring out the natural flavors in the ingredients.
- Cut the cream in soups and casseroles by adding fat free half and half, evaporated skim, or whole milk instead of regular half and half or liquid whipping cream. Low-fat milk can be used as a substitute too, but you may need to stir a little fat-free or light sour cream into the milk before you add it to keep it creamy as it cooks.
- If a condensed canned cream soup is called for in a casserole, you can choose the 98% fat free options now available. If you do use the regular cream soups, just be sure to cut the fat and calories in the other ingredients in the dish.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Mr. Adjallah's class trip to the Owens Science Center 11:30 am-1:30 pm Elementary Winter Concert 6:00-9:00 pm Last 8th grade Math Club	2 3
4	5	6 Middle Sch. Cheerleading Try-outs 4:30—6:30 pm	7 Professional Development 2 hrs. Early Dismissal (1:55 pm)	8 Middle School Winter Concert 6:00-9:00 pm 8th Grade Specialty Entrance Program Exam Middle Sch. Cheerleading Try-outs 4:30—6:30 pm	9	10 DKFI Book Fair @ Barnes & Noble Bowie Town Center
11	12	13	14 K Classes trip to Owens Science Center 10:30-11:45 am PTA Meeting @ 7:00 pm	15 Grade 4 Classes trip to the Madame Tussauds Museum 9:30 am -12:30 pm	16	17
18	19	20	21 2nd Quarter Progress Report Released	22	23	24
Winter Break December 23, 2016 through January 2, 2017						
25	26	27	28	29	30	31

JANUARY 2017 (A quick peek at January)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2	3 CLASSES RESUME	4	5	6	7
8	9	10	11 STEM Fair Judging PTA Meeting @ 7:00 pm	12	13 Movie Night @ 7:00 pm	14
15	16	17	18 Grade 2 trip to Baltimore Aquarium (TBA)	19	20	21
22	23	24	25	26	27 Solo/Ensemble Concert (Details TBA)	28
29	30	31				