

Dora Kennedy French Immersion School

May 2018 e.Journal



From the desk of Monsieur Awono

As the year winds down, I take this opportunity to look back at our journey. We have had some amazing academic achievements this year. I will just highlight two of them. Our students performed well on PARCC and PSAT 8/9. Our school continues to rank among the best in Prince George's County Public Schools and in Maryland. Internationally, our students have shined in the DELF (Diplôme d'Etudes en Langue Française) administered by the French Ministry of Education. Our school continues to provide quality education to all of our students.

In May, we will make decisions on class assignments for 2018-2019. It is important for parents to understand the process. We consider the following for class/teacher placement:

- Maximizing academic success (TAG, reading level, etc.)
- Prevention of discipline issues (behavior records of students)
- Class size (equitable number of students per class)
- Socio-demographic balance
- Special needs (504, IEPs, etc.)
- Math level (grades 3 to 5)
- Parent requests

It is important to note that parent requests are only one element among many others that are taken into consideration. When a parent requests a particular teacher, one of two scenarios can happen.

- The request is granted if it concurs with other factors considered.
- The request is not granted.

In middle school, the math level of students determines their placement into the different classes.

A Note from Madame Auguste

It is hard to believe that April is gone and we are now in May! The year has gone by so quickly.

As we come to the end of the year and the weather gets warmer, please continue to partner with your child's teacher on following the school and classroom rules.

It is always an exciting time of the year and we want to continue having a fun, interactive, and rigorous academic rest of the year.

As a result, it is going to require that we all work together to make sure our little scholars get all of the homework, classwork, and projects done in a timely manner.

Let's finish strong and on a positive note.
Count down till June!



DELF test update from the desk of Madame Boukabara

Due to the fact all Prince George's County Schools were closed on March 21, we remind our 4th grade parents that the written part of the DELF exam (A2) has been rescheduled.

The new date is May 11, from 12:30 to 2 pm.

There is **no** make up for the written part.



Sunlight and Your Health: 8 Healing Benefits of Sunlight

When you think of the sun, your first thought might be about the damage it can do and that too much can cause several kinds of serious health issues. But small amounts, especially early in the day before it's at its brightest, can be good for you in some ways.

How Much Is Enough? This answer is different for everyone. It depends on your skin tone, age, health history, diet, and where you live. In general, scientists think 5 to 15 minutes up to 30 if you're dark-skinned is about right to get the most out of it without causing any health problems. You can stay out longer and get the same effect if you use sunscreen.

- 1. Vitamin D:** The sun's UV rays help your body make this nutrient, which is important for your bones, blood cells, and immune system. It also helps you take in and use certain minerals, like calcium and phosphorus.
- 2. Protection Against Certain Conditions:** Too much time outside can raise your chances of skin cancer, but people who live in places that don't get much sunlight may be more likely to have other types of the disease, including breast, colon, prostate, and lung. Their odds of getting other serious conditions, like multiple sclerosis, high blood pressure, diabetes, and heart disease, may be higher, too. Scientists think this might be linked to lower levels of vitamin D.
- 3. Better Sleep:** Your eyes need light to help set your body's internal clock. Early morning sunlight in particular seems to help people get to sleep at night. This may be more important as you age because your eyes are less able to take in light, and you're more likely to have problems going to sleep.
- 4. Weight Loss:** Morning light also seems to help people keep the fat off. You need 20 to 30 minutes between 8 a.m. and noon to make a difference, but the earlier you get it, the better it seems to work. Scientists think the sun's rays may shrink fat cells below your skin's surface. More sunshine means you're probably getting more exercise too, which is good for you in lots of ways, including shedding pounds.
- 5. Emotional Well-Being:** Sunlight helps boost a chemical in your brain called serotonin, and that can give you more energy and help keep you calm, positive, and focused. Doctors sometimes treat seasonal affective disorder (SAD) and other types of depression linked to low levels of serotonin with natural or artificial light.
- 6. Eye Health:** Moderate amounts of sun over your lifetime, especially in your teen and young adult years, might make you less likely to have problems seeing things at a distance (nearsightedness). But too much direct sunlight can hurt your eyes. It can lead to blurred vision and raise your chances of cataracts. So, you'll need sunglasses that block UV light and broad-brimmed hats whenever you're outside for a while. The sun can damage your eyes any time, not just in summer, and the rays can pass right through clouds. (Don't forget that kids need this same protection, too.)
- 7. Your Skin:** Researchers think the three primary types of skin cancer — melanoma, basal cell carcinoma, and squamous cell carcinoma — are mostly caused by too much time in the sun. So it's very important to use sunscreen or cover up if you're going to be outside longer than 15 minutes or so. But regular, small amounts of ultraviolet light may help ease the symptoms of certain skin conditions like eczema, psoriasis, and vitiligo. (An SPF of 15 or higher is best. Look for "broad exposure," which blocks more of the UV light. Put it on 30 minutes before you go outside, and don't forget areas like your lips, ears, and neck. Put more on if you swim or sweat. Try to stay out of the direct sun between 10 a.m. and 4 p.m., when the sun's rays are strongest, and take breaks inside.)
- 8. Sunlight as Treatment:** In addition to some skin issues, filtered sunlight also can be used to treat a condition called jaundice that mostly affects newborns. It happens when there's too much of the chemical bilirubin in the blood, and it makes a baby's skin look slightly yellow. Putting the baby in sunlight behind a window (to filter out the harmful kinds of rays) may help get rid of the bilirubin. Never put a newborn in direct sunlight outside.

Students in the News!



Mme Mbayu wishes to share the news with you!



We won the trophy 1st place

Congratulations to all students who participated at the PGCPs Math Competition on Saturday, April 21, at Greenbelt Middle School.

Dora Kennedy had three teams:

Cardinal 1, Cardinal 2, and Cardinal 3.

The Cardinal 3 team (Algebra 1/Geometry) — *Khalfani Hall, Chloe Anderson, Tomiwa Bello, and Oluwademilade Ogunyemi* — **won first place.**

The trophy will be personalized and given at the next Principals' meeting.

Ms. Wise, Band Director &
Ms. Murray, Orchestra Director



Congrats to all DKFI elementary band and orchestra performers at April 21st's Solo and Ensemble Festival. ALL performers got Superior and Excellent ratings.
We're SO PROUD!

A 🎵 from Mr. Cunningham!

In April, "Le Choeur du Collège" travelled to the Bowie Center for Performing Arts for the PGCPs choral assessments. They received a superior rating in sight reading, and a II (2) overall.

Congratulations!

Health Benefits of Avocados

[Kathleen M. Zelman, MPH, RD, LD](#)

Avocados are popular for good reason. Not only are they delicious, they're packed with vitamins, minerals, and other nutrients that can help keep you healthy.

Better Than a Banana

Your body needs potassium to work normally. For example, the mineral helps keeps your heartbeat steady. Most people think of bananas when they think of this nutrient. But ounce for ounce, avocados have more.

Protect Your Eyes

Avocados have lutein and zeaxanthin, which absorb light waves that can harm your vision. People who eat lots of foods rich in these antioxidants are less likely to have age-related macular degeneration, the leading cause of blindness in older adults. Most of an avocado's antioxidants are found in the darker green flesh that's closest to the peel.

Help You Lose Weight

A half-cup of guacamole has about 6 grams, almost 1/4, of your daily fiber needs. Fiber helps you feel full, so you're less likely to overeat. And although avocados are high in fat, it's mainly healthy monounsaturated fat. Research has found that this type of fat in your diet can help trim your waistline. Instead of chicken salad with mayo, try chickpeas with mashed avocado.

Boost Your Mood

In a cup of avocado slices, you'll get about 118 micrograms of folate, which is almost a third of what most adults need daily. People who don't get enough of this B vitamin could be more prone to depression and less likely to respond well to antidepressants. Folate also plays a role in preventing birth defects, so expectant and new mothers are encouraged to get more.

Power You Up

These green gems are packed with a variety of other B vitamins, too, including thiamine (B1), riboflavin (B2), and niacin (B3). These help your body convert the food you eat into energy. Avocados are especially rich in niacin, which can fight inflammation in the body and protect your arteries by improving cholesterol and triglyceride levels.

Good for Your Heart

Speaking of your blood vessels, the American Heart Association recommends that the majority of the fat you eat be unsaturated, like you'll find in avocados, rather than the saturated fats in foods like red meats and whole-milk dairy foods. Early research now shows that avocados in particular can also help lower "bad" cholesterol, triglycerides, and blood pressure.

Save Your Brain

Avocados give you a good dose of vitamin E, which may help protect against Alzheimer's. It can help fight cell damage caused over time by things like pollution and radiation from the sun.

Strengthen Bones

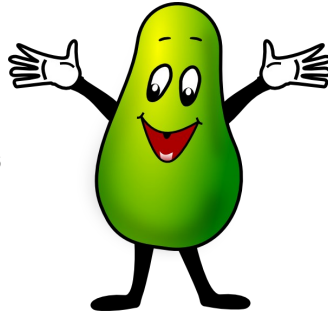
On average, people eat half an avocado at a time. That gives an adult 15% of their daily vitamin K needs. This nutrient may help improve bone density and prevent fractures. Toss avocado pieces into a spinach salad with salmon, tuna, or egg for even more vitamin K along with vitamin D, another nutrient that's essential for bone health.

Healthy Blood Sugar

Because they're low in carbs and sugar and high in healthy fat and fiber, avocados check all the boxes as far as being friendly for someone with diabetes. Eating a plant-based diet (that includes avocados) could drop your chance of developing type 2 diabetes by about 20%, according to a Harvard study that tracked 200,000 people for 20 years.

Skin Care

Whether you eat it or make it into a mask, avocado is great for your skin. Its antioxidants, like vitamin C, can help keep your skin looking youthful by smoothing out wrinkles. And the same nutrients that protect your eyes also protect your skin from UV damage. Avocado paste may help wound healing, so you could slather it on a sunburn.



Fight Cancer

Avocados have oleic acid, a monounsaturated fatty acid that can slash the odds of breast cancer, according to a study of more than 4,000 women. And a compound in avocados called avocatin B can kill leukemia cells, according to a lab study. Scientists are even looking into whether the papery husks that surround avocado pits have anything helpful.

Team Player

Certain nutrients, like vitamins A, D, E, and K, and the antioxidant lycopene, are fat-soluble, which means your body will absorb more of them when you eat them along with some fat. Enter the avocado, which just so happens to taste delicious with tomatoes. Try it with pink grapefruit, watermelon, or cantaloupe, too.

HOW TO PREPARE YOUR AVOCADO



Step 1

Using a large knife, cut the Avocado in half lengthwise around pit.



Step 2

Twist the two halves to separate; the pit will remain in one of the halves.



Step 3

Gently hack the knife blade into the pit; twist and remove pit on the blade.



Step 4

Hold the pitted Avocado half in your hand or place on cutting board and gently cut slice lengthways and then across to create a cube.



Step 5

Spoon the cubes into a bowl for use in your chosen recipe.

OR



Step 4

Peel the skin from the Avocado.



Step 5

Slice for use in your chosen recipe.



Step 6

Squeeze a small amount of lemon juice over the exposed Avocado flesh to prevent it discoloring.

Career Day, Tuesday, May 29, 2018

9:30 am to 1:00 pm



Presenters Needed!

If you are available and interested in presenting for Career Day, please contact
Ms. Donohue at rachele.donohue@pgcps.org or Ms. Chung at sarah.chung@pgcps.org.
A flyer will be soon sent home with students.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Grade 3 Trip to the Dinosaur Park 9:30am-2:00pm (Dr. Mills & Mme. Durand)	2 Grade 3 Trip to the Dinosaur Park 9:30am-2:00pm (M. Adjallah & M. Nguena)	3	4 Music in the Park Trip @ Dorney Park, VA (Middle Sch. Music Students) 6:00am-11:00pm	5
		Grade 4 Trip to Montreal				
6 PTA Savers Fundraiser & Food Drive 12:00—3:00 pm	7	8	9	10	11	12
Teacher & Staff Appreciation Week						
			Orchestra Competition @ Bel Air High Sch. 6:00am-12:00pm PTA Meeting & Elections @ 7:00 pm			
13	14	15	16	17 Middle Sch. Spring Concert @ 7:00 pm	18 Six Flags Music Festival Grade 4 & 5, 9:15am-6:00pm Middle Sch. Dance 7:00 -9:30pm	19
20	21	22	23	24 4th Quarter Progress Report	25	26
		Grade 6 Trip to Quebec				
27	28 memorial DAY	29 Career Day 9:30 am-1:00 pm	30 Elementary Field Day Grades K,1,2 (AM) 9:30-11:30 Grades 3,4,5 (PM) 1:30-3:30	31 Middle School Field Day (AM only) 9:30-11:30		