



# Dora Kennedy French Immersion School



We have accomplished a lot during this first quarter. Our 2nd grade classes have successfully completed their DRA testing. 2nd-8th grades have taken the MAP-R and Math Inventory (MI) tests. All grade levels have begun their SLO's. We appreciate the students' commitment and effort that was exhibited during testing.

We were also fortunate to have our 3rd and 5th grade students treated to a performance by the Marine Core Woodwind Quintet. Our kindergarteners and first grade students enjoyed field trips to the Pumpkin Patch, where each student came back with smiles and pumpkins in hand. Fourth grades got to go to the Bladensburg Waterfront Park, where they got to go on a boat trip on the Anacostia River and learned the purpose of water conversation. Even our Middle Schoolers attended a field trip to the Junior Finance Park, where they were exposed to the importance of finance, through mock bank experiences, such as opening an account. They learned the history of the first banking institution.

As we progress through the 2nd quarter, there will be many more accomplishments to celebrate.

Monsieur Awono

## Happy November Friends and Families of DKFI,

It is hard to believe it is November and the end of the first quarter is upon us. As we are moving forward to the end of the first quarter, please review with your child the code of conduct and grading policies. This is the time that students are getting settled and may need some reminders. Please do not forget to set a conference time with your child's teacher. Teacher and parent positive communication reminds students that their teachers and parents are working together for their success.

The students are progressing and it is amazing to see some of the growth taking place. Please continue to read to your child; have them read to you or a sibling, as well as independently. Reading and writing are essential and should be done daily. Let's continue to strive for excellence and harmony.

Thank you for all you do to support the students, staff, and administration of DKFI!

Madame Auguste

## NURSE'S CORNER *Shalon Lockhart, RN — [shalon.lockhart@pgcps.org](mailto:shalon.lockhart@pgcps.org)*

Did you know that November is **National Healthy Skin Month**?

**Do you know** what the largest organ in your body is? Here's a hint: Only a few millimeters thick and waterproof; it wraps around your body and protects us from harmful germs and sunrays.

**Answer:** Yup, it's your SKIN! It is the body's #1 defender against germs and constantly protecting you. Your skin keeps infections out of your body and keeps you from getting sick. When you take care of your skin, you're helping your skin do its job. So remember to eat healthy, keep skin clean (ESPECIALLY YOUR HANDS!) and don't forget the moisturizer this Fall/Winter. Take care of your skin, and your skin will take care of you!

### Parents:

Greetings to all the parents of Dora Kennedy French Immersion School. I have had the pleasure of meeting some of you via phone and also in person, but for those whom I haven't met; my name is Shalon "Nurse Shalon" Lockhart. I will be your school nurse for the remainder of the 2017-2018 school year. I have 7 years of nursing experience, the majority of which have been in the emergency department. This will be my first year as a school nurse and I know I have some big shoes to fill. Nurse Tommie will be greatly missed, but with a little bit of time and patience I look forward to making sure your kids stay healthy and ready to learn.

### October Recaps:

New Nurse on Board! My administrative Hours are: 8:30 to 10am and again from 3:30 to 4:15pm. I will try my best to return any calls/emails at that time.

All medications have been reconciled. Expired medications and those medications without a 2017-2018 doctor's prescription form and/or medications that haven't been picked up over the summer have been destroyed as of 10/31/2017. If your child requires medications while at school, please submit completed form (don't forget to sign!) with medications to me.

### In the month of November,

I will be reviewing student's immunization records. To prevent any interruption in your child's attendance, via exclusion, please be sure your child is up to date on his/her immunizations and all updated immunization records have been turned in to me.

Mobile Dentist visit TBD: Thankfully, Big Smiles will be coming to visit us to promote healthy smiles. Per their website: "Every year, over 51 million school hours are lost due to poor oral health. Big Smiles Dental addresses this national crises by offering in-school dental care...at no cost to your school." I will let you know dates as soon as possible.

### Breadcrumbs ...

\*\* Accidents happen, so parents please be sure to have a change of clothes in your K, 1<sup>st</sup> and 2<sup>nd</sup> grade student bag. Sorry, there are no items for changing in the health suite.

\*\* Flu season is upon us, please continue to practice and encourage good hand hygiene with your kids! Prevention is the BEST medicine!

\*\* Your body uses water for everything, from the tiny cells to our biggest organ (remember what that is??). However, our body also loses water through breathing, sweating and digestions so please remember to stay HYDRATED!



## **NEW! New Payment Process Available starting November 1, 2017**

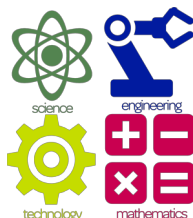
As of that date, payments through "My school bucks" will be the preferred form of payment for:

- 1) Field trips
- 2) School events
- 3) Fundraisers
- 4) Etc.

\*Go to "My School Bucks" at: [Myschoolbucks.com](http://myschoolbucks.com)

*If you do not yet have an account, please make sure to create one prior to November 1st. Money orders will still be accepted. **NO CASH!***

### **Important STEM FAIR Reminder!** *Peter Mills*

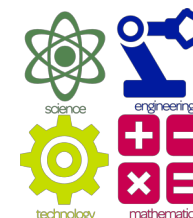


The 2017-2018 STEM FAIR registration is opened! Students and parents! Remember to register to be judged by 12/17/17 @ 11:59 p.m.

**To register your project to be judged, go to: <http://tinyurl.com/regdkstemfair2018>.**

Registration is opened from September 25, 2017, through December 17, 2017.

Before you register, make sure your science teacher has reviewed and approved your question, material list, and statement of procedure.



## **Family Institute Child Safety Workshop & Background Checks for School Volunteers**

Prince George's County Public Schools (PGCPS) Family Institute, in collaboration with the Division of Human Resources, will host the "Keeping Our Children Safe" workshop for parents and guardians. The workshop includes Fingerprint Background Check and Child Protective Services (CPS) Clearance sessions for those interested in volunteering in their neighborhood schools more than once a year.

### **Fingerprint Background Check and CPS Clearance Sessions\* 4-6 p.m.**

The fee is \$56.57. There is no fee for families whose children receive free and reduced-price meals (FARMS). Please bring a copy of your FARMS certification letter.

### **"Keeping Our Children Safe" Family Institute Workshop 5-6 p.m. & 6:15-7:15 p.m.**

Learn how to recognize the often subtle signs of abuse and neglect in children.

**PRE-REGISTRATION REQUIRED:** Visit [www.pgcpsfamily.org](http://www.pgcpsfamily.org)

### **FREE CHILDCARE AVAILABLE**

Prekindergarten through fifth-grade students

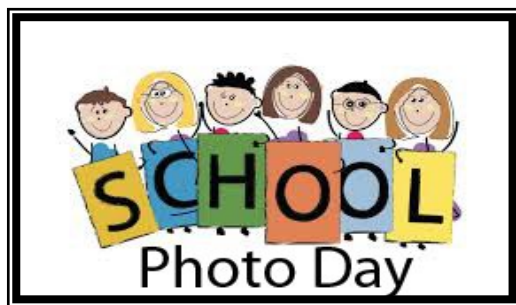
\* Please bring a valid, unexpired government-issued photo identification card, such as a driver's license; state, school or military ID; U.S. passport; permanent resident card or employment authorization card.

Contact the Department of Family and Community Engagement for more info: [301-618-7356](tel:301-618-7356).

### **2017-2018 WORKSHOP DATES & LOCATIONS**

October 26	Bond Mill Elementary
November 9	Gwynn Park High School
November 16	William Beanes Elementary
December 7	Langley Park-McCormick Elementary
January 25	G. James Gholson Middle School
February 8	Benjamin Tasker Middle School
March 1	Greenbelt Elementary
March 15	Dodge Park Elementary
April 12	Potomac High School
April 26	Columbia Park Elementary





**MONDAY, NOVEMBER 27, 2017**

## PTA RESTAURANT FUNDRAISER!

# FRANKLINS

Restaurant • Brewery • General Store

Check out menus and more on: [www.franklinsbrewery.com](http://www.franklinsbrewery.com)

**MONDAY, NOVEMBER 13, 2017**

**11:00 am to 11:00 pm**

**Join us for great food & Great shopping!**

## Sweet Potatoes: Why You Should Make These Healthy Spuds Your Buds - *WebMD*



**Antioxidants Aplenty** Not all sweet potatoes are orange. Their skins and insides can be white, yellow, brown, red, pink, and purple. The range of color brings different nutrients to the table. Purple-fleshed sweet potatoes are thought to contain super-high levels of antioxidant and anti-inflammatory agents. As these substances pass through your system, they balance out free radicals chemicals that harm your cells.

**Vitamin A Victory** Just one medium baked sweet potato can give your body a whopping 400% of the vitamin A it needs to keep your eyes and skin healthy and help hold off illness.

**A Beta-Carotene Boost** Deep-orange sweet potatoes contain beta-carotene, an antioxidant thought to fend off illness. This might include certain cancers as well as eye disease.

**Healthy Prep Is Easy** The way you cook your sweet potatoes can make a big difference in the nutrition you'll get from the dish. One study measured how many carotenoids, like beta-carotene, stayed in the food afterward. The simplest method, oven baking, turned out to be the best.

**Cancer-Fighting Compounds** Scientists found these colorful spuds have a unique protein called a protease inhibitor. When tested against cancer cells, it appeared to halt some growth.

**Vitamins and Minerals** Sweet potatoes are rich in vitamin C, which revs up your immune system. High potassium levels help control blood pressure, while calcium bolsters your bones.

**Better for Blood Sugar** White potatoes, the ones you normally eat baked or as french fries, rank high on the glycemic index, which measures how quickly food affects your blood sugar. Sweet potatoes rate lower. They also have more fiber about 5 grams in a 3/4 cup serving which slows digestion and keeps you feeling fuller longer.

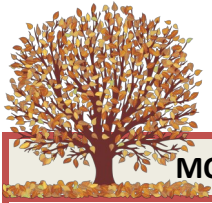
**Fabulous Fiber** If you're trying to trim down, they're stuffed with filling fiber. For a satisfying meal, bake them in the skin. Or serve them on the side, mashed, roasted, or chopped into a savory stew. White potatoes have their assets both tater types are fat-free but the sweet ones have slightly fewer calories and carbs

**Iron Man Worthy** Sweet potatoes a good source of iron. That makes them star material for vegetarians and vegans. Here's why: Meat has heme iron, which your body absorbs more easily than the non-heme type found in fruits, veggies, and nuts. But if you eat foods with lots of vitamin C, like sweet potatoes, your body can absorb the non-heme iron better.

**Sweet History** Sweet potatoes often get confused with other veggies. Most often it's yams. Truth is, they come from a far older family. Sweet potatoes can trace their roots back to prehistoric Ecuador and Peru. Yams, which are native to West Africa and Asia, only date back to 50,000 B.C. They're rare outside those areas, so that dish labeled yams might really be sweet potatoes.



**Year 'Round Goodness** You might link sweet potatoes with holidays like Thanksgiving, when they play a starring role in casseroles and pies. Why limit them to a couple of months when you can enjoy them anytime? Most supermarkets carry raw and canned potatoes all year. You can also find them in newer products like potato chips and frozen fries.





# November 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Band Cluster Concert @ ERHS - 7:00 PM	2	3  <b>2-hr Early Dismissal</b> <b>@1:55 pm</b>
6	7 End of Music Dept. Citrus Fundraiser	8  PTA Meeting @ 7:00 pm	9 <a href="#">End of 1st Quarter</a>	10 PARENT/TEACHER CONFERENCES  <b><u>NO SCHOOL for STUDENTS</u></b>
13 RESTAURANT NIGHT @ FRANKLINS! 11:00 am to 11:00 pm!  <b>2-hr Early Dismissal</b> <b>@ 1:55 pm</b>	14	15	16	17 <u>Grade 4 Classes</u> MD Science Center, Baltimore 9:30 am-3:00 pm
20	21	22 <b>THANKSGIVING BREAK</b>	23 	24 <b>THANKSGIVING BREAK</b>
27 <b>Picture Day</b> <u>Kindergarten Classes</u> Owens Science Center 12:00-2:00 pm  <u>4th Grade Montreal Meeting</u> 6:00-7:00 pm (Media Ctr.)	28 <a href="#">1st Quarter Report</a> <a href="#">Cards Released</a>	29	30  <b>MONDAY, NOVEMBER 27, 2017</b>	