

Carney Cougar

Dates to Remember...

- Nov 3** Professional Day Schools closed for Students
- Nov 4** General Election Day Schools & Offices Closed
- Nov 5** BFR Fundraiser Kickoff
- Nov 17** Report Cards distributed
- Nov 21-17** American Education Week
- Nov 21** Grandparents Day
- Nov 24** Conference Day Schools closed for Elementary Students
- Nov 27-28**

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Also Attached:

Emotional Smarts

Math & Science Connection

Cell Phone Drive

Education that is Multicultural

Sept. Citizen of the Month

Healthy Lunch Box

Market Day

American Education Week

Barns and Noble Night and Raffle Winners

From the Principal...

Dear Parents,

November is a special month for two reasons. First, we will be welcoming all parents to visit our school during American Education Week, Nov. 17 to Nov. 21. We look forward to seeing you as you visit your child(ren)'s class during the week. We will end the week with Grandparent's Day on Friday, Nov. 21 at 9:30am.

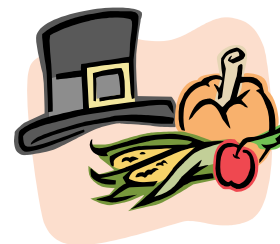
The second reason is Thanksgiving. At Carney we are thankful for many reasons: for our wonderful students and parents, our very talented and dedicated faculty and staff, our great volunteers, and for the members of our community who support us.

Thank you for your hard work in supporting your child(ren) with their

school work and for establishing high expectations for them.

Have a wonderful Thanksgiving!

Mrs. Roberta



Take Charge Of Education with Target

Through Take Charge of Education, families, teachers and members of the community have an easy way to raise money for their school. Target donates up to 1% of every purchase they make with their RED card (Target Visa Credit Card, Target

Credit Card or Target Check Card) to our school. Take Chare of Education will donate to school twice a year. Schools have used the funds for whatever they needed, whether it was books, field trips, new technology or supplies. As part of the September Take

Charge of Education donation, Target is awarding Carney Elementary School with a check. This payout is a direct result of parents, teachers and school supporters who participated in the program, which has earned this school \$4,793.89 since 1977.

CARNEY ELEMENTARY SCHOOL

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Eileen. F. Roberta, Principal (eroberta@bcps.org)
Mary C. Kriebel, Assistant Principal
Sabrina Hauf, PTA President

Parent Reminder

Anyone entering the building MUST use the front door and report to the office to sign in and/or receive a visitor badge.

As a safety precaution, at the end of the school day, parents must wait outside for their child to be dismissed unless they are signing them out early through the office. Thank you for your cooperation.

Active Parenting

This year Active Parenting classes are being offered at Carney Elementary School. The classes meet every Wednesday night from now until November 19th. Denise Bosworth, school counselor and Cathryn Beichley, school psychologist, are leading this interactive program. Participants watch videos each week focusing on specific issues common to parents today. Small group discussions following the videos provide opportunities for parents to share ideas, strategies and insight into the challenges they face daily. If you would like to take part in the Active Parenting Program, or would just like more information, please contact Denise Bosworth.



"Just Feel It"

Writing Contest

If you walked past the nurse's office this month, you may have noticed the bulletin in the hallway featuring a picture of our beloved Mrs. Kriebel looking "scared". Your children were challenged this month to write a story about a time when they were scared. Synonyms and antonyms to assist them in their story writing were provided. At the end of the month, a primary and an intermediate winner will be chosen. The winners for September were Joshua Banner and Brendan Kluver. They did a great job. For more information about this contest, please contact Denise Bosworth.

"Family Needs"

With the holidays fast approaching, we are beginning to dig deep into our pocketbooks to prepare for the upcoming festivities. Amidst all of the celebrations, however, there are many families struggling to provide food and clothing for their family each day. November is not merely about a holiday of abundance, but simply another month in which to survive. Times are hard, but you don't have to go through them alone. If you are a family in need or know of a family who needs some assistance, please contact Denise Bosworth.

Volunteer Update

Thanks to everyone who attended a volunteer training this fall. We had an unbelievable turnout and look forward to a productive school year! Please remember to sign in at the office before going to your volunteer activity. Also, don't forget to put your name in the basket for a chance to win Starbucks Coffee! Our winner for September was Mrs. Venable! Thank you everyone for all you do! Any questions or concerns in reference to volunteers can be directed to Denise Bosworth, school counselor.

HEALTHY LUNCH BOX IDEAS

- Involve your children in making decisions. Ask them what foods they would like to have for lunch, and gently steer them toward healthy options. For example, do your children like salty snacks? Pack nuts or high-fiber, whole-grain crackers.
- Include at least one "fun food" in their lunch bags, which will teach them that healthy food can also be cool. Good fun choices include fresh fruit with natural peanut butter for a dip, reduced-fat cheese sticks, and sugar-free gelatin or pudding cups. Another option for young children is to cut whole-grain sandwiches into fun shapes with cookie cutters. Or give them foods they can assemble themselves, like sliced cheese, lean deli meats, and whole-grain wraps.
- Liven up veggies. Cut up an assortment of colorful, crunchy dippers (think red peppers, carrots, and cucumbers) and pair them with hummus or low-fat salad dressing (packaged in a sealable container).
- Kids love variation and surprise. Try bagels, dinner rolls, or fajita wraps to make healthy sandwiches for lunch. If possible, choose whole grains for a rich source of fiber, vitamins, and antioxidants.
- Try preparing healthy trail mix as a snack. Mix nuts, crunchy whole grain cereals, and dried fruits such as raisins, apricots and prunes. Just make sure to control portion size!
- Water and milk are the best beverage choices for kids. If you pack a juice box on occasion, make sure to use 100% fruit juice.
- Provide entertainment in the form of notes, stickers, and certificates. This turns an ordinary lunch box into a fast-food-style kid's meal (minus the unhealthy trans and saturated fats and processed carbs), so your child will be more likely to enjoy the rest of the offerings.



Market Day



Look for the Market Day order forms each month! Market Day offers fast, easy to prepare meals that your whole family will enjoy! By purchasing Market Day items, not only will you get delicious food, but you will also help earn money for Carney Elementary. A portion of the money raised through Market Day sales goes back to the school to help support the students. Please consider making a Market Day purchase this month! If you have any questions regarding this fundraiser, please contact Denise Bosworth at 410-887-5228.

