

# Raider Report

DECEMBER, 2011

## Head Raider Reports...

Dear  
Raider Families,

Over the past month I have had the privilege of watching many of our students work on difficult projects...both academic and extra-curricular...and also watching them learn the life lesson of finding success in doing their personal best.

The **Spell Bowl** team set a great example for all Raiders in their competition earlier in November. They came in third place...out of all elementary schools at the competition. The success came from students spelling their best...and several spelling all words correctly in their round. These students worked very diligently for months...they are all "winners"!

I also watched as the **Lego Robotics Team** had its first competition of the year a few Saturdays ago. **They earned a much coveted trophy...2nd place in Teamwork.** They had an enormously difficult challenge...building and programming a machine...and it did not work every time they wanted it to work. But these fantastic Raiders did not give up...they had perseverance!

Additional acts of resilience have not gone unnoticed...**Girls on the Run** are faithfully working out for an upcoming race...working on their personal best times. The Basketball Teams and Cheerleaders are also working to improve their abilities each week.

The key to success we hope all learners take away from each class every day is to do your best...**have perseverance!** Each day, teachers design lessons based on state standards and find the most creative ways to work them into highly engaging sessions. Predictive assessments are used by every grade level to help pinpoint strengths and weaknesses.

So please know that we are working to help all learners understand they have resilience to defeat... they can persevere through difficult homework and challenges...and we expect their personal best. Finally, we do so appreciate your support in this collaboration of seeking excellence. Sincerely,  
Cynthia Frost, Principal



## NOTES FROM MUSIC

Jingle, boom, chime, and rattle...lots of interesting sounds are coming from the Music Room as students prepare for the upcoming holiday programs. Two holiday programs are scheduled to accommodate students, staff, and guests.

I hope you will be able to attend!

Mrs. Turner

*December 22, 2011*

Grades 4-6, Richards Choir,  
Sixth Grade Band, Strings Class  
8:45 a.m. Richards Gym

Grades K-3, Strings Class  
9:45 a.m. Richards Gym



Raiders Know How to **ACT**  
**ALWAYS RESPONSIBLE**  
**CARING TO BE RESPECTFUL**  
**TAKING TIME TO BE SAFE**

## UPCOMING EVENTS:

- ◆ December 6 ... PTO meeting @ 7 p.m. in room 305.
- ◆ December 7, 8, 9 ... Grade 4 to Simmons One-Room Schoolhouse.
- ◆ December 7, 8, 9 ... Santa's Secret Shop during school hours.
- ◆ December 7 ... Santa's Secret Shop open during Basketball game: 5:00—7:45.
- ◆ December 7...PTO Cookie Sale ..
- ◆ December 7 ... Home Basketball game vs. Schmitt. Girls @ 5:30 and Boys @ 6:45.
- ◆ December 12 ... Skating Party at Columbus Skateland from 6—8 p.m.
- ◆ December 19 ... BCSC Bands Winter Concert @ 7 p.m./CNHS
- ◆ December 21 ... Gold Bar Store ... volunteers needed, please call Mrs. Ewert :) 
- ◆ December 22 ... Winter Holiday Music Celebration. Grades 4, 5, 6 @ 8:45  
Grades K, 1, 2, 3 @ 9:45
- ◆ December 22 ... Final student day of Grading Period 3 and Semester One.
  - ◆ December 23—January 3  
Winter Break
- ◆ January 4 .... Student day one of Semester Two

## Beacon Book Drive

**What:** Literacy Book Mobile Book Drive

**When:** Now through December 12

**Where:** Richards Elementary School

**How:** Bring new or gently used books to boxes in front and back lobbies

**Why:** Distributed during Book Mobile stops.

**Backdrop made in Art Class**

Student: Samantha Walker

***Art Room News from Mrs. Larson***

Richards' art students have had a great 1<sup>st</sup> semester! We have studied artists like Picasso, Vasserley, Herbin, the art of Greece, Medieval art, Egyptian, as well as illustration artists. Please don't forget to ask your child what they are doing/learning in art. Thank you to all of the parents who have helped with donations to the art room.

These added supplies are a great benefit to the students.

Thanks especially to the Shadley family for their donation of **card-board** squares!

Thank you also goes to the **Richards PTO** for making possible the addition of a document viewer, an animation program, as well as some supplies that we would not normally be able to get. Our PTO is simply the best!

If you have a question or concern, please don't hesitate to email me at: [larsone@bcsc.k12.in.us](mailto:larsone@bcsc.k12.in.us), or call me at: 376-4311. Ext. 1112

You may also visit my art room on the web: The easiest way is to go to the BCSC home page and navigate from there... here is the URL for my specific site. I hope you'll visit!

<http://www.bcsc.k12.in.us/site/Default.aspx?PageID=6583>

***Richards Elementary Alumni News:***

**Molly Gabbard**, a 2004 graduate of Columbus East High School, recently was awarded a Fulbright Postgraduate Fellowship to Adelaide, Australia, where she will participate in research on endangered native wildlife and the use of animals in Indigenous art.

She will study woodcarving with internationally renowned jeweler Catherine Truman, co-founder and partner at Gray Street Workshop, and plans to create a new body of art jewelry based on her research and studies.

Gabbard, daughter of Mike and Patty Gabbard of Columbus, earned a bachelor's degree in metalsmithing and jewelry design from Indiana University."

Molly attended Richards Elementary School and revisited her art teacher, Mrs. Larson just this year to share the great news.

***A Note from the GYM CLOSET:***

• **5-2-1 Almost None** is a program to promote a healthy lifestyle for students here at Richards. It is a fun way of tracking how well our students are doing with living a healthy lifestyle. The key ingredients of the **5-2-1 Almost None** program are:

- 5= Servings of fruits and vegetables per day
- 2= Less than 2 hours of screen time (TV, video, computer)
- 1= 1 hour of exercise
- Almost None= Little to no sugar sweetened drinks (soda, kool-aid, etc.)

• On Wednesday November 30, the Columbus Diesel (a semi-professional basketball team) came in to meet with our students and promote this healthy lifestyle program. Please ask your student about this special presentation and to tell you 1 or 2 things they learned about living healthy.

• I hope to keep you and your students excited about living a healthy lifestyle and highly encourage all of our students to participate in the **5-2-1 Almost None** program.

• Live Strong .... Live Healthy ... Live Happy!  
• Mr. Martin



**ATTEND Banner WON for October attendance :)  
November Attendance  
Average at 97.72%  
Be at School...We need YOU!**

## Dear Raider Families

With the cold/flu season coming, please remember ...

- that cough drops are not allowed at school as they are a choking hazard.
- medications, prescription and over-the-counter, must be brought to school by an adult.
- children should be kept home if they have a temperature of 100 or more. They should be fever free, without medication, for 24 hours before they can return to school.
- update phone numbers in case we need to contact you about an ill child.



Thank you for the wonderful help from families when contacted from the Clinic !

~ Mrs. Kathy Smith, R.N.~

### 10 tips Nutrition Education Series

## build a healthy meal

### 10 tips for healthy meals



A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains. Think about how you can adjust the portions on your plate to get more of what you need without too many calories. And don't forget dairy—make it the beverage with your meal or add fat-free or low-fat dairy products to your plate.

**1 make half your plate veggies and fruits**  
Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.

**2 add lean protein**  
Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.



**3 include whole grains**  
Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

**4 don't forget the dairy**  
Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don't drink milk? Try soy milk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.



**5 avoid extra fat**  
Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

**6 take your time**  
Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

**7 use a smaller plate**  
Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

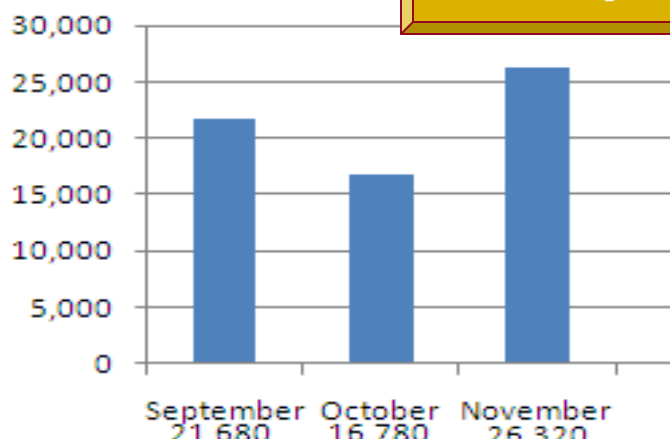
**8 take control of your food**  
Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

**9 try new foods**  
Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.



**10 satisfy your sweet tooth in a healthy way**  
Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

### Gold Bars Spent at Gold Bar Store



### Positive Behavior Instructional Support

The total of **gold bars** spent by students shopping is rising and that is a great thing. The increase in spending means that more students are being positively rewarded for showing the desirable traits of RESPECT, RESPONSIBILITY, AND SAFETY MINDEDNESS.

The entire staff sends a sincere THANK-YOU to Richards' stakeholders who have donated items for the store and for those volunteers who have given some time

## Library Lines

All students in grades 4-5-6 heard book talks on the Young Hoosier Book Award intermediate list. Students have from now until late April to read and take the AR quiz on at least 5 of these titles. Anyone reading 5 in that time period may vote for their favorite Young Hoosier book. Those votes are sent to the state and they will announce the Young Hoosier Book Award winner. Last year's winner was How to Steal a Dog by Barbara O'Connor.

Other rewards for reading these books include: read and quiz on 5 and receive a tootsie roll pop, read and quiz on 12 by the last day of February and be treated to a Dairy Queen Blizzard sometime in March, read and quiz on all 20 by the April voting date and receive a pizza party in May.

**Please encourage your children to read, read, read.**

*Mrs. Hayes and Mrs. Snider*

# Starting With Chapter One

*(A televised storytime for families in Bartholomew County.)*

## December's Story: **A WISH TO BE A CHRISTMAS TREE**

By Colleen Monroe and used

with permission from Sleeping Bear Press

Read by: Charlie Farber, Market President

at Main Source Bank

Parenting Tip by: Lori Erfmeier,

BCSC PreK Parent/Child Specialist



## January's Story:

### **LET'S GO HOME LITTLE BEAR**

By Martin Waddell and used

with permission from Candlewick Press

Read by: Dr. Steve Newton,

From Hope Veterinary Clinic

Parenting Tip by: Lori Erfmeier,

BCSC PreK Parent/Child Specialist

**Airing every day on BCSC's Cable Channel 3 at**

**7:00 a.m., 7:30 a.m., 11:30 a.m., 1:30 p.m.,**

**3:30 p.m., 5:30 p.m., and 7:30 p.m.**

Provided by Bartholomew Consolidated School Corporation's

Title I Program and the TV Production Classes

at Columbus East High School.

## YOUNG HOOSIER BOOK AWARD LIST

**11 Birthdays** by Wendy Mass

**Adventures in Cartooning** by James Strum

**Alec Flint, Super Sleuth: The Nina, the Pinta, and the Vanishing Treasure** by Jill Santopolo

**Any Which Wall** by Laurel Snyder

**Bad News for Outlaws: The remarkable life of Bass Reeves, Deputy U.S. Marshal** by Vaunda Micheaux Nelson

**Boy who invented TV: Story of Philo Farnsworth** by Kathleen Krull

**Calvin Coconut: Trouble magnet** by Graham Salisbury

**Colonial Voices: Hear them speak** by Kay Winters

**Day-Glo Brothers: True Story of Bob and Joe Switzer's Bright Ideas and Brand-New Colors** by Chris Barton

**Faith, Hope and Ivy June** by Phyllis Naylor

**Everything for a Dog** by Ann M. Martin

**Lady Liberty: A Biography** by Doreen Rappaport

**Lost and Found** by Andrew Clements

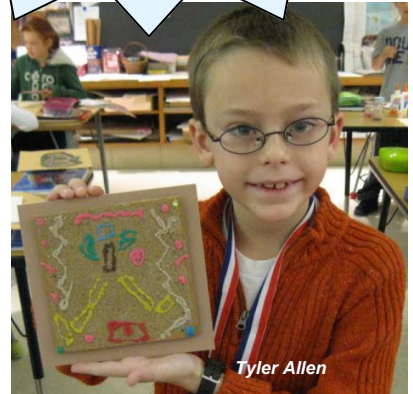
**Magic Thief** by Sarah Prineas

# PTO News

**Congratulations Spell Bowl Team for 3rd Place Finish at Regional Spelling Competition.**

## **SCRIP ORDER**

**Don't forget that Friday, 12/2/2011 a SCRIP order will go in. Go On-line or order from Teresa Moyer. Another SCRIP order will be placed December 16. This would be a great time to get some Christmas shopping out of the way. The PTO will get a % of whatever you spend. Look at the list of businesses that participate by going to [www.scrip.com](http://www.scrip.com).**



Hello Richards' Families -

I have a couple of opportunities where your assistance would be greatly appreciated. Looking to volunteer.... see below!!!

**1. CALLING ALL BAKERS - The PTO is hosting a Holiday Bake Sale on the evening of WED - Dec 7th from 5:30 - 7:30 during the home basketball game at Richards.**

We are looking for some yummy baked goods, packaged in groups of "a dozen". We will accept cookies / holiday candy / breads/ anything you want to share! We are really short on items at this time. If you love to bake or know of someone who is great at it, please let me know. All donations need to be at the school by 3:00 on 12/7.

All proceeds will benefit the staff and students at Richards.

**2. SANTA SHOP --** The PTO sponsors a Santa Shop each year. The purpose of the event is to allow our children to experience the FUN of buying gifts for friends/family and share in the JOY of giving. The kids absolutely love the experience.

It is NOT a fundraising event and NOT required by all children. It's just a fun event available to those who would like to do it. With that being said, it cannot happen without volunteers to run the gift shop.

*The Santa shop will be held on the following days and times:*

- Wednesday -12/7- from 5-8 pm (during the basketball game)
- Thursday 12/8 - from 9am - 2 pm
- Friday 12/9 - from 9am - 2 pm

We only have a couple people at this time to help with the Santa Shop. **If we do not get some more volunteers, we will NOT be able to do it.**

If you would like to offer your time on any of the days/times listed above, please let me know.

Have a great month!

Kelly Harmon, PTO President

**Congratulations Lego Robotics Team for earning the 2nd Place Trophy in Teamwork ! You Rock !**

## Odds “N Ends

- ✧ **Safety Issue...** Please remember that the front drive is where the buses drop off students both before and after school. **Please DO NOT enter the front drive with a car from 7:30—8:10 a.m. and again from 2:30—2:45 p.m.** Page 4 of the Student Handbook explains in more detail the school protocol for drop off and pick up. Please remember to explain these procedures to family or friends that may be picking up or dropping off learners.
- ✧ **Two Hour Delays....**
  - \* There will be no Book Buddies on these late start days.
  - \* Beacon and Minds on Math will be held unless school is cancelled for the day or there is an early dismissal from the school day.
  - \* Start day will be 10:10....doors open at 10:00 for student entrance.
  - \* Choir **WILL** meet in case a two-hour delay occurs on a Wednesday.  
Hours for Rehearsal on two-hour delay Wednesdays...9:25—10:00 a.m.
- ✧ **Outdoor recess policy....**Students are taken outside for a 20 minute recess on all days that the temperature is above 20 degrees and the precipitation is non-evasive. Please dress your learners for the weather and know that the staff expects students to wear their coats at recess.
- ✧ **Holiday Assistance ...** Please contact Mrs. Ewert, 376-4311 for information about community contacts for holiday assistance.
- ✧ **Fall Fundraiser money is due ....** Please collect and return to Mrs. Greene at the front desk ASAP.
- ✧ Raider **RAVE** to all parents who have called school to report ill children....very helpful!!!



## 2012 Edna V. Folger Outstanding Teacher Award

***There is still time to nominate an educator for the above community award!***

### Goal

- To renew awareness of the immeasurable influence teachers have on their students and to recognize the traditional image of the teacher as a community role model.

### Deadline

- Materials must be received by the IUPUC Center for Teaching & Learning, 4555 Central Avenue, Columbus, IN 47203 by **4 p.m. on Monday, December 12, 2011.**
- Please visit [www.columbusctl.com](http://www.columbusctl.com) for complete information and nomination instructions.

Additional information is on the besc website as well.