

April 2007

CARDEROCKET



Carderock Springs Elementary School
PTA Newsletter

www.CSESPTA.org

Inside this issue:

<i>President's Letter</i>	1
<i>Committee News</i>	2-4
<i>PTA Board Looking for Members</i>	4
<i>CSES Dog Sign</i>	4
<i>Book Drive</i>	4
<i>Principal</i> Susan D. Thompson	
<i>PTA President</i> Kristy Keteltas kristy.keteltas@verizon.net	
<i>Newsletter Editor</i> Marlee Margulies margulies@mindspring.com	
<i>CSES PTA Board</i> Lynn Gertzog, VP Sheryl Golub, VP Lois Kramer, VP Karen Hutchinson, Secretary Lucy Winkler, Secretary Yong Sun, Treasurer Deb Lang, Whitman Cluster Rep Maxine Schnitzer, MCCPTA Rep	

Letter from the PTA President

Kristy Keteltas

Dear Parents:

Welcome back. Once break is over, we really start moving! We all have a lot to do these next few months, but we can look forward to International Night, Arts and Literacy Night, and Spring Fling, among other things, thanks to the hard work of PTA volunteers. Hope to pass you in the halls at one of those!

As chaotic as this time of year gets, it is really difficult to be new at school while everyone else is in the swim. We welcome new families who have come recently! And we **thank Hayes Reisenfeld, our Welcome Committee Chair**, for ensuring that those families get a packet of information about school, including information about joining the PTA and getting that golden directory! Thank you, Hayes, for filling that role all year.

Another job which is nearing its end for the year is **Box Tops for Education**. There are a fair amount of box top clippers out there, and thanks to you, and to the counting and packaging efforts of **Karen Hutchinson**, our school will get a check in May for the principal to spend at her discretion. Thank you Karen, for making that effort for us.

Other efforts that are made all year to keep the community informed, aware and connected are often unrecognized. We thank **Becky Spicer**, our **Special Needs Chair**, and **Nicki Silverman**, our **Gifted and Talented Chair**, for keeping us posted on initiatives and opportunities that benefit our children. Thank you both for your work this year.

As you may have heard, the County has begun to meet with Ms. Thompson, and representatives from the PTA and parent community, to begin the **renovation process**. You will be hearing more from Ms. Thompson this spring, and county school planning meetings with the community will be publicized. Parent representatives who expressed interest at the three community meetings last month will be part of the Facilities Action Committee. The PTA will represent parents in smaller meetings as well. If you were unable to come to the evening meetings last month, but would like to communicate some opinions about the school, please feel free to contact me. Look for more information about the process as it begins to unfold.

I was glad to hear that so many people attended the Foundation's auction last month. We will need to present the County with a check in October 2008, and many Carderock parents have a wonderful vision for upgrading our new school. **Your support of the Foundation in these next few years could make all the difference for generations of children, and this community.** Thanks for your support!

-Kristy Gersten Keteltas

**Our Next
PTA Meeting**

Tuesday, April 17

MARK YOUR CALENDARS!! This year's Arts and Literacy Night is scheduled for Wednesday April 25th. This night is the opportunity to celebrate the efforts and accomplishments of our children by displaying carefully selected pieces of their art as well as samples of their writing. This fun social event brings us together as a community to honor the many talents of our children.

Volunteers will be needed to help prepare and decorate the school with our children's art work. Please look for future volunteer requests in upcoming Job Market flyers. If you have any questions, suggestions or ideas to make this an even more exciting night please contact us

Building & Grounds

Anne Carlson & Alison Lepard

EARTH DAY at Carderock

This April 20th Carderock will once again celebrate Earth Day with a variety of hands on events. Classes will venture out onto the school grounds for natural treasure hunts, will write about how we can better care for our planet, including, perhaps, letters to elected officials and will participate in the construction of an outdoor sculpture with found and recycled materials. Watch for notices to come home!

We will need volunteers to help make this happen. If interested or if you have other questions, contact:

Alison Lepard at AL_st@yahoo.com or 301-365-6141

Box Tops for Education

Karen Hutchinson

Hello from Box Tops Central! We had our best February submission for Box Tops on record here at CSES. We will be receiving a check for \$78.90 this month as a result of many dedicated savers and snippers out there.



Thank you to all of the parents who participated in the program and have diligently clipped and saved the official Box Tops coupons located on many brands of food and household products. Did you know that Ziploc brand bags now carry the Box Tops coupons, along with the old stand-bys like Cheerios cereal?

Please continue to collect the coupons all summer long. Our next submission date will be in October 2007. Let's try to beat last year's collection of \$128.80. Thank you for your support!

Community Service

Amy Bernhard, Holli Goral, Diane Hemmersbaugh & Karen Schwartzman

Our caring Carderock community has a generous heart!

Carderock's kind kids collected lots and lots of new and gently used blankets, food, towels, toys, and more, benefitting The Montgomery County Humane Society in Rockville.

Thank you to all who donated. No doubt the furry, along with the flying appreciate everything:~!

~ This project, initiated by Carderock alum, Pyle seventh grader Jane Bernhard was sponsored by the Carderock Springs Community Service Committee.

International Night Brings the World to CSES on April 12!

Don't miss this chance to showcase your family's favorite traditional dish at the International Cafe on Thursday, April 12 - from 6:00pm to 8:30pm!

Last year families shared delicious samples of food from all over the world. Your dish does not have to be homemade, and you can bring just as much as you are comfortable with. Let us know in advance what you are bringing by email to carolynfinney@hotmail.com.

Bring your dish to the APR Thursday, April 12, anytime after 3 pm, or whenever you arrive for International Night. Please bring an index card listing the name of the dish, the country of origin, and the ingredients. Bring disposable platters if possible and dishes that don't require heating or refrigeration before serving.

International Night is a wonderful opportunity for others to try a taste of foods that are new, exciting, and delicious. We can't wait to see what you will bring!

Parent Education

Christine Fruehwirth

The final Parent Education presentation for the school year will be held on the evening of April 17th at Carderock immediately following the PTA meeting. Ms. VerPlanck and I will be co-facilitating the workshop involving stress management for our children and for our families as a whole. Here are the topics we are going to discuss:

"Stress and Anxiety in Children" (Clayton VerPlanck, Carderock Counselor)

- * How to help our children identify what their stress triggers are
- * How to help them develop strategies to reduce stress
- * How to help them plan their time better and avoid procrastination
- * How to empower them to make their own choices involving activities

"Time Management for Busy Families" (Christine Fruehwirth, Carderock parent and Career/Life Coach)

- * How to slow down the fast pace of today's family life and find more "quality" family time
- * How to establish family priorities and make choices to reduce demands on your time and potential conflicts
- * How to set positive limits on your own commitments and your children's activities/social lives to avoid overscheduling
- * How to balance our desire, as parents, to provide the best opportunities for our kids with their individual ability to handle stress

Please note that this discussion will not involve stress relating to schoolwork/homework or social situations as both are considered separate topics needing their own sessions, the latter discussed during the "Healthy Friendships" workshop in February.

While it is not necessary to RSVP, we would like to get a general idea of the number of people coming so we have enough materials and refreshments. Please let me know if you are likely to attend or if you have any questions about the discussion. Hope to see you there!

Congratulations to the **one hundred talented students** who participated in the annual Carderock Variety Show last month! The stars were shining bright at Walt Whitman High School as the audience was treated to an evening of dancing, singing, acting, music, gymnastics and double Dutch. It was definitely a unique show that only Carderock students could deliver. Many thanks to the parents of the performers for allowing them to participate, and also to the parent volunteers who helped the show run smoothly. We appreciate your efforts in making our show the best it can be. Until next year, keep practicing and dreaming of stardom!



Looking for a Few Good Parents!

If you would consider serving on your PTA Board, please let us know. Having a leadership role at school is a unique opportunity to influence the school's climate and culture by supporting the excellent work of our staff. The Board meets monthly, and supervises committee work, supporting volunteers as necessary. And look for a list of committee openings next month- we rely on parents to organize all the wonderful things your kids enjoy participating in! If you see a good fit for your skills, we would love to have you. Please contact Nominating Chair, Sharon Keegan, or a PTA Board Member to explore the idea!

Dog Sign

Many thanks to Leslie and her mom Theresa Barton for making us a new sign to indicate the dog staging area across from the flag pole. It looks great!

**Carderock Springs in Having a Book Drive During our Arts & Literacy Celebration
April 23-27, 20087**

PLEASE SEND US ALL NEW OR GENTLY USED BOOKS
YOUR DONATIONS WILL BENEFIT
"BOOKS FOR AMERICA"

WHAT TO DONATE:

- Children's books are urgently needed!
- Other books are needed, too: hard and soft cover books of all types. (fiction, novels, self-help, biographies, art, photo, how-to's, history, gardening, cookbooks, religion, politics, etc.)
- Movies - DVD and VHS
- CD's - music, instructional, video games, etc.
- Audio books on CD or cassette

WHAT WE DO NOT NEED

- Textbooks
- Outdated books
- Magazines
- Damaged books

PLEASE DROP THEM IN THE LABELED BOX AT SCHOOL