



# THE BUGLE

## MT. BETHEL ELEMENTARY SCHOOL

1210 Johnson Ferry Road • Marietta, GA 30068 • 770-578-7248 • <http://mtbethel.blogspot.com>  
Georgia School of Excellence • National School of Excellence • Georgia Platinum Award

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Shawn Lieth  
Lisa Kelly  
PTA Co-Presidents

Jessica Appleyard  
Principal



## CHALLENGER PUBLISHING

The deadline is approaching! We hope your child will participate in the PTA's Challenger Publishing program. Interested students should write a story on a topic of their choosing, fiction or non-fiction, typed and saved to the computer. Please submit your story and registration form by **February 10** to the basket labeled "Challenger Publishing" in the Learning Commons. Don't forget to attach a photo! A Parent Editor will then meet with your child to make the story even better. The final version will be permanently kept in a large hardbound book in the Learning Commons for years to come. Each author will also receive a bound copy of their story to take home. Questions?  
Please email [challengerpublishing@mtbethelpta.org](mailto:challengerpublishing@mtbethelpta.org).



## CULTURAL CELEBRATIONS

We invite all Mt. Bethel families and friends to come join us in exploring Cultures and Celebrations around the world. We provide a venue for our students to explore the global community and discover the distinctive ways in which people celebrate around the world. This unique experience encourages our community and parents to become hands-on participants in our children's education by donating time, expertise and information. This year's event will be held on **February 4, 2016 from 5:30-7:30 p.m. in the cafeteria**. Come see the performances/dances by children and the beautiful displays by the volunteers. Please bring your family, friends, and neighbors to a colorful, fun filled evening.

If you have questions, please contact Ruby Kaur or Neetu Sharma at [culturalcelebrations@mtbethelpta.org](mailto:culturalcelebrations@mtbethelpta.org).

Please click on the signup genius link to volunteer: <http://www.signupgenius.com/go/60b0f4eaeaa2ba46-volunteer2>.



## YEARBOOK

Calling ALL Parents! We want your pictures for the MBES yearbook. Remember that the best pictures are of groups of 2-3 children in good lighting. We need your help to ensure that all of the amazing activities that occur every day at Mt. Bethel are represented. Sending those awesome photos you snapped on your mobile device is easy. Just upload them to following link: <https://images.jostens.com/402663530>. Label the photo with the activity or class that it was taken in and we will do the rest. Please contact [yearbook@mtbethelpta.org](mailto:yearbook@mtbethelpta.org) with questions. Thank you!

### Inside This Issue:

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and distributed by Vicky Rice.

### PARTNERS IN EDUCATION



## FROM THE PRINCIPAL:

Dear Parents,

Teachers and students have completed the first nonfiction unit of study this school year in Reading Workshop. Our entire school focused on how to read, comprehend, interpret text features (captions, headings, bold print, maps, tables of contents, glossaries and more), and to devour nonfiction texts. Students read books, magazines, and online articles, viewed video clips, learned to take notes with bullets and boxes, and have begun to recognize various ways that authors choose to structure nonfiction writing. Many were surprised to discover that they LOVE reading about REAL topics! What some previously considered BORING is now considered ENGAGING!

At nearly all grade levels, students are expected to develop research skills across content areas with a strong focus on nonfiction, including literary nonfiction; essays; biographies and autobiographies; journals and technical manuals; and charts, graphs, and maps. These skills will benefit them through their academic careers as well as beyond school!

Are our students excited about nonfiction? Books about natural disasters, pets, people, and sports have been FLYING off the shelves of the Learning Commons! Our students have even reached out and have had THEIR enthusiasm go viral – writing to give the Atlanta Hawks advice on how to triumph over Lebron James! [Check out the article](http://www.si.com/extra-mustard/2015/11/25/atlanta-hawks-kid-fan-lebron-james-advice) that Sports Illustrated published on social media about a letter one of our second graders wrote! <http://www.si.com/extra-mustard/2015/11/25/atlanta-hawks-kid-fan-lebron-james-advice>. Way to go, Eli!!!!

How can you help and support your child as they navigate the world of reading Nonfiction?

### Tips for Parents in Supporting Children in Reading Nonfiction Books

#### Before Reading:

- ◆ Read the title of the book and look at the cover together.
  - ◆ Discuss what the child already knows about the topic.
  - ◆ Encourage your child to ask questions about the topic.
  - ◆ Do a walk through the book together before reading it.
- ⇒ Discuss the pictures, read the captions together.
- ⇒ Point out and discuss any text features (table of contents, headings, diagrams, tables, glossaries, etc.).
- ⇒ Point out any difficult vocabulary words. Read the sentence that contains the difficult word and discuss its meaning.



#### During Reading:

- ◆ Ask your child to read the text aloud to you. Stop along the way and discuss what the two of you are learning. 2. Continue to ask questions you want to find out and encourage your child to do the same. Point out when the answers are found.

#### After Reading:

- ◆ Discuss the main ideas and key details revealed in the text.
- ◆ If there were unanswered questions, talk about where you could find the answers and then explore finding them together.

#### Optional -Writing Extensions:

- ◆ Readers of nonfiction often want to share what they have learned. This is an excellent opportunity to encourage your child to write about his/her new learning. Perhaps he/she could write a few sentences and draw a picture of a key idea or write a short picture book to share with a younger sibling or friend. This would also be a great opportunity to create a multi-media presentation, a public service announcement, or a presentation!

Thank you for your continued support! We are excited to be providing the gift of reading to our Buccaneers! It is surely a gift that will impact them for the rest of their academic careers!

With much gratitude,

*Jessica Appleyard*

Jessica Appleyard, Principal

*Faith Harmeyer*

Faith Harmeyer, Assistant Principal (3-5)

*Maria Clark*

Maria Clark, Assistant Principal (K-2)

*Jamie Davies*

Jamie Davies, Support and Service Administrator

*Jill Hawes*

Jill Hawes, School Leadership Intern

## FROM THE PTA CO-PRESIDENTS:

Dear Mt. Bethel Families,

Happy New Year! We hope that everyone came back to school from the long winter break rejuvenated and ready to conquer the second half of the school year!

We continue to evaluate the impact of our activities on the students and parents of MBES. Collaboration with our Administration and the Foundation leadership monthly also creates a cohesive environment in the activities and goals that happen in the school. If you have any questions about what is happening or where to search for answers, please email us. Feedback is always welcome and we value your input. Please continue to check the PTA blog at <http://mtbethel.blogs.com/pta> for current events and updates.

As we head into the new year, our PTA continues to focus on advocating for children within our school. Legislative information is continually updated on our PTA Legislative page and also linked on the weekly e-Minder: <http://mtbethel.blogs.com/pta/legislative-news.html/>. PTA Day at the Capitol will be **March 1<sup>st</sup>** this year. Plan to attend to show your state legislators that you value education. Please direct questions to Chana Wade, our Legislative Chair, at [legislative@mtbethelpta.org](mailto:legislative@mtbethelpta.org).

Two writing programs promoted through our PTA this winter are Challenger Publishing and the Honoring Our Heroes essay contest. Although the deadline to submit entries has passed for Honoring Our Heroes, there's still time to submit entries for Challenger Publishing by **February 10<sup>th</sup>**. Encourage your budding writer(s) to get those stories down on paper! More information can be found on the PTA [blog](#). We also have our visiting authors Deborah Wiles and Michelle Nelson-Schmidt visiting on **January 27-29**. Both of these passionate authors will inspire your children and reinforce their love of reading and writing.

Another focus within PTA this year has been to increase family engagement through informative e-Minders, the PTA blog and the Inside Scoop in the *Bugle*. Great things will go on this spring. Fresh fruit will be delivered to Norton Park Elementary, one of our sister schools, as we continue our rewarding Fresh Fruit program this year, and outdoor learning opportunities will increase as we continue to improve the Habitat trail. We continue to encourage our teachers to bring students to the outdoor stage area as a break from inside the school walls for learning. Keep a lookout for announcements about Georgia's Walk to School Day on **March 4<sup>th</sup>**.

It is not too early to think about serving the Mt. Bethel PTA in the 2016-2017 school year. We are beginning to fill our PTA Board positions for next year. Please email [co-presidents@mtbethelpta.org](mailto:co-presidents@mtbethelpta.org) if you are interested in chairing or co-chairing one of our numerous committees. There are a wide variety of time commitments and opportunities available – something to meet the schedule of anyone wanting to serve our children and MBES!

Finally, becoming a PTA member is not only rewarding, but you will be supporting your child's school and child advocacy across the nation. You will also receive [numerous](#) discounts to local supportive businesses! [Click here to see FOUR pages of discounts](#) available to you as a PTA member. If you haven't already, you can join the PTA on the [Toolkit!](#)

Sincerely,




Shawn Lieth & Lisa Kelly  
PTA Co-Presidents



Mt. Bethel Elementary  
**PTA**<sup>®</sup>  
*everychild. one voice.*<sup>®</sup>



## REFLECTIONS

On January 8<sup>th</sup> the Reflections Committee hosted a breakfast reception for all of the participants and winners. We were thrilled to present 40 students with certificates and medals. Congratulations to all of our talented Buccaneers! We are excited to announce that 5 of our students were chosen as winners by the county judges and will advance to the Georgia State PTA Reflections contest. The judging will take place in February.

PTA REFLECTIONS  
40 Years of Achievement in the Arts

**Congratulations and good luck to the following Mt. Bethel students:**

Sophie F., 5th grade, *Visual Arts*  
Elly K., 5th grade, *Literature*  
Cutler E., 1st grade, *Photography*

Eve Z., Kindergarten, *Visual Arts*  
Kirti S., 4th grade, *Musical Composition*





## BUCCANEER BRIEFS

### IDENT-A-KID

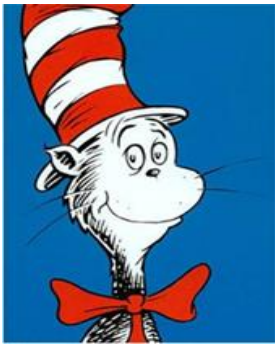
A representative from Ident-A-Kid Child ID Program will be at Mt. Bethel on **February 3**. This program provides parents with an identification card including your child's picture and vital information. The Ident-A-Kid card is designed to provide parents and law enforcement officials with crucial information should your child become lost or missing. The driver's license-like card contains your child's photograph, fingerprint and description. Parents keep the card with them at all times and, in an emergency, can provide law enforcement with it for immediate response. In addition, the United States Government's Social Security Administration recognizes the Ident-A-Kid Card may be usable in supporting either secondary or third level identification, should it be needed. Look for information coming home in your child's backpack soon! To learn more about the program, visit: <http://www.identakid.com/>.



### CLEAN OUT YOUR BOOK SHELVES - BOOK SWAP IS COMING...

The annual Read Across America Book Swap is coming this spring.

How Book Swap works: children will have 3 mornings before the first bell to donate their gently used books. For every 2 books they donate they will receive a ticket. Tickets may be redeemed for "new" gently used books on the Thursday and Friday of that week before the first bell. Any books not selected will be donated to another elementary school in need. Last year we donated over 500 books to our sister schools and their students. This is a fun cause to teach our children about service by recycling their books, helping others and getting 'new' free books at the same time. Stay tuned for more information.



### READ ACROSS AMERICA

Get ready to grab your hat and read with the Cat in the Hat for the 19<sup>th</sup> Annual **Read Across America Day** on **Wednesday, March 2**. The Seussical celebration at Mt. Bethel will inspire our kids to grab a book and read!

Look for our flyer to see what wacky contest we have created for your child to participate in to honor Dr. Seuss. In true Seussical fashion, your kids can wear their craziest hat on Read Across America Day!



### WE NEED YOUR BOX TOPS!!

It's easy to find Box Tops on many products that you know and love. Box Tops can be found on General Mills, Betty Crocker, Ziploc, Green Giant, Hefty, Kleenex and Scott Tissue products. When you see a Box Top on a product, clip it and drop them in the Box Tops collection box located outside of the cafeteria. Each Box Top is worth 10¢ which adds up quickly for \$\$ for our school. Ready, Set, Keep Clipping!

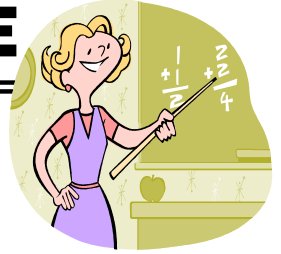
Go to [www.boxtops4education.com](http://www.boxtops4education.com) for more information on participating products, recipes and coupons!

For additional information, please contact Sarah Wilson at [boxtops@mtbethelpta.org](mailto:boxtops@mtbethelpta.org).





# TEACHER FEATURE



## K

**Kindergarten:** Kindergarten had such an exciting month of January. We went bowling on our first field trip of the year. We practiced subtracting from 10 as we knocked down our pins. Also, we just celebrated the 100<sup>th</sup> day of school by participating in special 100<sup>th</sup> day themed rotations throughout the kindergarten classrooms.

## 1

### 1<sup>st</sup> Grade:

We really enjoyed the 100<sup>th</sup> day of school! The kids looked great in their costumes. We did a rotation that covered a lot of math skills and activities based around the number 100. We are looking forward to extending our students' learning to promote higher order thinking in future lessons.

## 2

### 2<sup>nd</sup> Grade:

Watch out parents! Our kids have opinions and they are learning how to share them in writing this quarter! Combine that with new skills in counting money, and you may find yourselves giving in to requests for allowance increases! Our Lucy Calkins Reading Unit is focused on fluency and improving reading voice to aid comprehension. We are also comparing and contrasting literature. The kids are all really enthusiastic about our civil rights movement studies, starring Martin Luther King, Jr. and Jackie Robinson. We've enjoyed observing changes in winter, but look forward to seeing what spring has in store!

## 3

### 3<sup>rd</sup> Grade:

Third grade students have enjoyed the pleasure of Cobb County P.A.R.K.S teaching a lesson on Georgia Habitats. The students participate in hands-on activities to enhance their understanding of Georgia Habitats. It is a great supplement to our unit of study for the third nine weeks. They teach three different lessons and this is the second lesson this school year. We will have our last lesson on February 1st, and it involves Skull Study.

## 4

### 4<sup>th</sup> Grade:

Fourth Grade had a galactic good time in science as we wrapped up our unit on space. Students researched a topic and presented the material on individual "Space Hats." Space Day ended with a stellar snack. Research was the name of the game in Reading Workshop as well, as students completed Unit 2 with Weather Disaster group presentations.

## 5

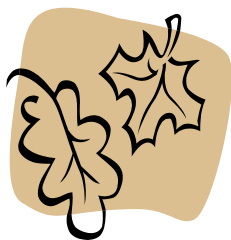
### 5<sup>th</sup> Grade:

The fifth grade has moved into the New Year after celebrating Immigration Day by exploring the journey taken by many immigrants landing on Ellis Island. During this experience, children walked through the shoes of an immigrant visiting different stations and ultimately coming through the golden door to celebrate. Since we have been back from Winter Break, the fifth grade has spent time learning about informational topics through Reader's Workshop and will be moving into creating debates by researching articles and important topics in our world!



## PLEASE CHECK THE LOST AND FOUND!

We continue to collect clothing, especially jackets. Please remember to **LABEL ALL OF YOUR STUDENTS' COATS/WATER BOTTLES/LUNCH BAGS** with their name and teacher's name! Lost and Found will be cleaned out **MONTHLY**. The next Lost and Found Cleanout date is **February 5th**. All unclaimed items will be donated to our sister schools. Lost and Found is located in the Annex Hallway (by the Target classrooms).



## HABITAT CLEAN-UP

April 23, 2016 at 1:00 p.m.

We'll be clearing debris off the trails, clearing some invasive vegetation, and installing some bird boxes for the 2017 nesting season. We expect to work for 2-3 hours and can always use extra hands. Come on out! Look for more details and information coming home soon.



# BUCCANEER



## KID CHESS

Below is the list of school winners from both of our fall sessions.

Congratulations to all Mt. Bethel chess players!

For more information, please visit [kidchess.com](http://kidchess.com).

<i>FRIDAY CLASS</i>		
GRADE	TROPHY TITLE	STUDENT NAME
5th	Class Points Champion	Peter F.
4th	School Co-Champion	Jaime M.
3rd	School Co-Champion	Bristan D.
3rd	3rd Grade Bughouse Champion	Odin G.
3rd	3rd Grade Rookie Bughouse Champion	Caden C
2nd	2nd Grade Tournament Champion	Lorenzo M.
2nd	2nd Grade Blitz Champion	Krishna A.
1st	1st Grade Tournament Champion	Tiki O.
1st	1st Grade Bughouse Champion	Marie Z.
5th	Sportsmanship Award	Peter F.
5th	Points Champion	Sanjana G.
3rd	3rd-5th Grade Tournament Champion	William Z.
3rd	Class Champion	Vivek G.
2nd	2nd Grade Tournament Champion	Mathews L.
2nd	2nd Grade Blitz Champion	Krishna A.
2nd	2nd Grade Bughouse Champion	Corbin H.
1st	1st Grade Tournament Champion	Trey F.
K	Kindergarten Tournament Champion	Kaysan A.
K	Kindergarten Bughouse Champion	Luke B.
3rd	Sportsmanship Award	Vivek G.

<i>TUESDAY CLASS</i>		
GRADE	TROPHY TITLE	STUDENT NAME
1st	Chess Champion	Connor S.
1st	Blitz Champion	Trey F.
2nd	Chess Champion	Chandler C.
2nd	Chess Champion	Trent M.
2nd	Total Points Champion	Brody A.
2rd	Bughouse Champion	Crosby D.
3rd	School Points Champion	Bristan D.
4th-5th	School Champion	Zhikai H.
4th-5th	Blitz Champion	Michael V.
4th-5th	Sportsmanship Award	Vince H.
K	Chess Champion	Jacob W.
K	Blitz Champion	Kellen C.
1st	Chess Champion	Trey F.
2nd-3rd	Blitz Champion	Justin Q.
2nd-3rd	Chess Champion	Jacob S.
2nd-3rd	Bughouse Champion	Caleb C.
4th-5th	Class Champion	Zhikai H.
4th-5th	Blitz Champion	Stefan I.
4th-5th	Bughouse Champion	Benjamin P.
4th-5th	Sportsmanship Award	Zach G.

# BRAVOS !!!!!!!



Thank you to **Gina Laney** who has just wrapped the final Trained Parent Volunteer (TPV) training of the school year. Gina is responsible for creating and maintaining a database for the 400+ parents that trained as well as make sure each and every classroom has two volunteers during monthly staff meetings! Thanks, Gina!!

Thank you to **Ellen Cooper, Jessica Nagle** and **Rachel Printz** for organizing a Cafeteria Staff brunch as well as a Bus Driver and Custodial Staff Appreciation lunch. They did a fabulous job of showing these super important employees how much they are truly appreciated.

Kudos to **Anna Deason** and **Traci Sgrignoli** and their **parent volunteers** for organizing the 5th grade Random Acts of Kindness Day. It was an impactful experience for all who participated!

Many thanks to **Nancy Helfrich** and **Kristen McGaughy** and their **parent volunteers** for a wonderful 5th grade Immigration Day!

Bravos to our hardworking **Yearbook Chairs** and **Committee Members** who are working tirelessly to meet deadlines and prepare for an awesome 2015-2016 yearbook.

Big Buccaneer Bravos to our fantastic **teachers, Staff** and **Administration** for all they do for our students and our school!

Big Bravos to our **PTA Executive Board** and all of our hardworking **Committee Chairs** for being the best volunteers around!



## LEARNING COMMONS:

Last month, our fifth graders performed their EPIC raps! I am incredibly proud of their hard work and their AMAZING emcee abilities! Each group gave it their all, and for many of our 5th graders this was the first time performing or presenting on a stage using a microphone. Their props were thoughtful and clever, and many groups had choreography. The class winners have been picked by their classmates, and we will head to the studio to record their official tracks and use the iPads to create their movies. We will then send the class winners off to Flocabulary and Cobb County District officials to pick the ultimate Mt. Bethel winner! The grand prize winner along with the class winners and category winners will be recognized and honored at the 2<sup>nd</sup> Annual Buckies, time TBA. Great work **5th graders** and **5th grade teams**!

If you'd like see their live performances, click on the links below.

Argo – <https://vimeo.com/channels/1001761>

Creyer – <https://vimeo.com/channels/1002302>

Danner – <https://vimeo.com/channels/1002762>

Haddock – <https://vimeo.com/channels/1001763>

Morris/Williamson – <https://vimeo.com/channels/1002293>

Perry/Miller – <https://vimeo.com/channels/1001762>

**Heather Kindschy, Teacher-Librarian**

*GA Library Media Specialist of the Year 2015*

Mt. Bethel Elementary, TEL: 770.578.7248 ext. 231

<http://www.cobblearning.net/mbmedia/>

Twitter: @MBESLC

*“Because that’s what Hermione does,” said Ron, shrugging.  
“When in doubt, go to the library.”*

— [J.K. Rowling, Harry Potter and the Chamber of Secrets](#)



# Counselor's

## Is your Child at Risk of Having Duck Syndrome?

By: Kellie Oakes

I came to work at Mt. Bethel as a school counselor in 2008. I was thrilled to have the opportunity to come back and work at such an amazing school because I went to Mt. Bethel, Dickerson, and Walton. I was excited to give my own children the opportunity to go to the same great schools. We are very fortunate to live in this community and I am thankful that my children can learn from such amazing teachers. However, as a school counselor I am also able to see the struggles our kids face today in our high achieving society through a different filter.

Many things have changed in the last 20 years since I graduated from Walton. School has become highly competitive, kids are using social media at a young age, and often they are not equipped to deal with the stress and anxiety that they face. I have heard many early elementary kids compare themselves to their classmates. It's sad when the self-esteem of an elementary child is already deflated because she sees her classmates reading at a higher level or solving math problems with ease. I recently read an article by Tim Elmore in which he mentioned "Duck Syndrome." He explained that when we see ducks gliding effortlessly across the water they appear beautiful and calm, but they are actually paddling like crazy under the water just to stay afloat. He compares this to the façade that we see in high schools and colleges all across our country.

With the increased competition in our schools, students feel they need to do it all - advanced classes, extracurricular activities, and clubs all the while making it look effortless, but at what cost? Straight A's on a report card and a strong college resume do not equate to good mental health. For some reason students begin to feel like failures at a young age if they aren't the best of the best or the top of the class. I do not mean to imply that there is something wrong with making good grades and being actively involved in extracurricular activities. However, as parents and teachers we need to be mindful of the messages we are sending to our children and students. We need to be watching for signs of stress and help our children manage their stress in a healthy way. If your child begins to show signs that he or she is stressed, talk to him or her and decide together what can be done to alleviate some of the stress.

I write this article now when our children are in elementary school because I encourage you to read more about Duck Syndrome and learn from the mental health challenges high school and college students face so you can make a difference in your child's life. There are things we can do as adults. Tim Elmore states, "we must model what it looks like to embrace hardship, to work, to fail yet be resilient, and most of all, to not hide our struggle." See more at: <http://growingleaders.com/blog/why-students-need-authentic-leaders/>.

In her article "Are We Stressing Out Our Kids?" Marian Wilde offers the following suggestions for parents:

### Strategies for parents of younger children:

- ◆ Listen and notice any expressions of anxiety.
- ◆ Talk with them about their feelings.
- ◆ Brainstorm with them to find things they can do to feel better.
- ◆ Make sure they are getting enough sleep. The National Sleep Foundation recommends 9-11 hours for children 5-12 years old.
- ◆ Make sure you are not over scheduling them.

### Strategies for parents of older children:

- ◆ Make sure they are not over scheduling themselves.
- ◆ Make sure they are getting enough sleep. The National Sleep Foundation recommends 8.5-9.5 hours a day for adolescents.
- ◆ Look at your assumptions about what constitutes a good college and what you are communicating, perhaps unknowingly, to them.

### Strategies for parents of children of all ages:

- ◆ Look at how you define success and how you communicate that to your children.
- ◆ Limit media time.
- ◆ Increase family time, especially eating meals together as a family.

### Resources:

**Elmore, Tim:** "Why Students Need Authentic Leaders", November 12, 2015, <http://growingleaders.com/blog/why-students-need-authentic-leaders/>

**Wilde, Marian:** "Are We Stressing Out Our Kids?", Stressed out, over-scheduled, hurried:

These words are often used to describe children these days. <http://www.greatschools.org/gk/articles/stressed-out-kids/>





# JUMP ROPE FOR HEART

February 11<sup>th</sup> & 12<sup>th</sup> during P.E. classes

Jump Rope for Heart is an event sponsored by the American Heart Association to promote heart health and a healthy lifestyle through diet and exercise. All classes will jump rope during P.E. Collecting donations is completely optional. Printed information was sent home earlier this month.



For more information and jumping tips, please visit the web site: [www.americanheart.org](http://www.americanheart.org). Happy Jumping!

## MARK YOUR CALENDARS! GEORGIA WALK TO SCHOOL DAY AT MT. BETHEL IS FRIDAY, MARCH 4, 2016

Please visit [www.saferoutesga.org](http://www.saferoutesga.org) for details.



### FOUNDATION UPDATE

[Foundation Annual Meeting & FACT Club Showcase](#)

Please join us at the Foundation's Annual Meeting & FACT Club Showcase on **Thursday, February 25<sup>th</sup> at 6:30 p.m.** in the cafeteria. Hear about the variety of FACT clubs available for your students and learn about summer camp opportunities.

[FACT Clubs – Transportation Change Forms](#)

FACT clubs have started! Please remember to send in the Transportation Change Form for your child for each FACT club they attend during the first week. Forms can be found [here](#) or by going to [https://drive.google.com/file/d/0B8X\\_A4IDMcTpd09aNmhycDINTkU/view?pli=1](https://drive.google.com/file/d/0B8X_A4IDMcTpd09aNmhycDINTkU/view?pli=1)

[Don't Forget to Use Your Patron Card!](#)

Our Patron Card is loaded with dining and retail coupons to enjoy all year long! Simply show your card at the below participating merchants to take advantage of their offer! Visit our Patron Card web page at <http://mtbethel.blogs.com/partners/patron-discount-card.html> for more details.



**THANK YOU TO OUR PATRON PARTNERS!!**

## SPECIALS REPORT:



### PHYSICAL EDUCATION:

Due to the temperatures dropping below 40 degrees, P.E. classes will mostly be indoors. We will be focusing on ways to stay fit in limited spaces with fitness stations, rhythmic activities and jumping activities with and without ropes. Please remember to wear proper footwear and clothes on P.E. days. Monthly calendars can be found on the P.E. [blog](#), which can be accessed through the school web site. Thanks so much for your support!!!

**\*\* SAVE THE DATE:** We will have a P.E. Movie Night on **March 11 from 6:00-9:00 p.m.** in the gym. More information to come home later.

### FROM THE ART ROOM:



Does your child like to draw? Then consider participating in an art contest!

### ECCC PTA "LOVE YOUR HEALTH" ART CONTEST:

"What Does *Love Your Health* Look Like to You?"

Students, we are looking for you to artistically show us your interpretation of what loving your health looks like. This can be answered in terms of physical health, nutritional health, or mental health. It is up to you!

**Rules:** Open to grades Kindergarten - 12th grade. We will only accept 2 dimensional artwork, not to exceed 9"x12." Artwork must be on paper, not canvas. Must be a drawing or painting — no photography or digital artwork. Mediums accepted include pencil, markers, crayon, paint, and pen. Must be dry. Artworks created with chalk, pastel, glue, glitter or other materials with texture will not be accepted. No use of copyrighted slogans, characters or trademarks will be accepted. Students should title their artwork and write an artist statement that reflects on the theme and message of their artwork. Please fill in the title artist statement on the form provided below. Artwork must be neatly matted or mounted. Poster board mount is acceptable.

**DEADLINE:** All artwork must be turned in between **Feb. 1-8, 2016**. Judging will be conducted the week of February 8, 2016, with winners notified by February 22<sup>nd</sup>.

**TURN-IN LOCATION:** Turn in to your art teacher. (5 students per grade will be selected by the art teacher and forwarded to the ECCC PTA for the competition).

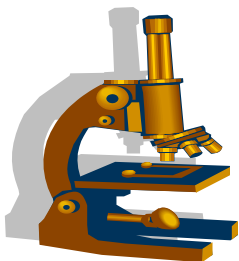
**PRIZES:** \$50 First Prize | \$25 Second Prize (Artwork will be judged and prizes awarded in two categories, K-5 and 6-12.)

All artwork becomes the property of Georgia PTA and will be on display at the Mountain View Regional Library in spring 2016. Entry into this program constitutes entrant's irrevocable permission and consent that PTA may display, copy, reproduce, enhance, print, sublicense, publish, distribute and create derivative works for PTA purposes.

[ENTRY FORM HERE](#)

See the art [blog](#) for more information. As always, please email with any questions: [rachael.astorga@cobbk12.org](mailto:rachael.astorga@cobbk12.org).

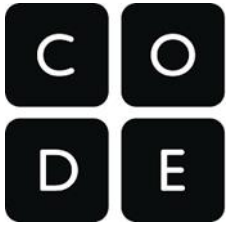
### SCIENCE LAB UPDATE:



Please check the Science Lab [blog](#) to see what's happening with each grade level.



# TECHNOLOGY TIDBITS:



## MBES Students Participated in the Hour of Code 2015!

During December, we had about 840 Mt. Bethel students participate in the worldwide Hour of Code event in the computer lab! The students had fun learning about simple computer programming with Angry Birds, Plants vs. Zombies, and Ice Age on [www.code.org](http://www.code.org). The students can finish the Hour of Code program at home on the computer or iPad.

Click the QR code or visit [www.cobblearning.net/carolyncooper/hour-of-code-2015/](http://www.cobblearning.net/carolyncooper/hour-of-code-2015/) to find the class log-ins on the Technology Tidbits blog. Each student was given their “secret word” or “secret picture” that they will need to log in. Once they have completed the Hour of Code assignment, they can explore other coding games like Minecraft, Star Wars, and Frozen on [www.code.org](http://www.code.org)! Click [HERE](#) for other resources about learning to code. As always, please email [carolyn.cooper@cobbk12.org](mailto:carolyn.cooper@cobbk12.org) if you have any questions about logging in.



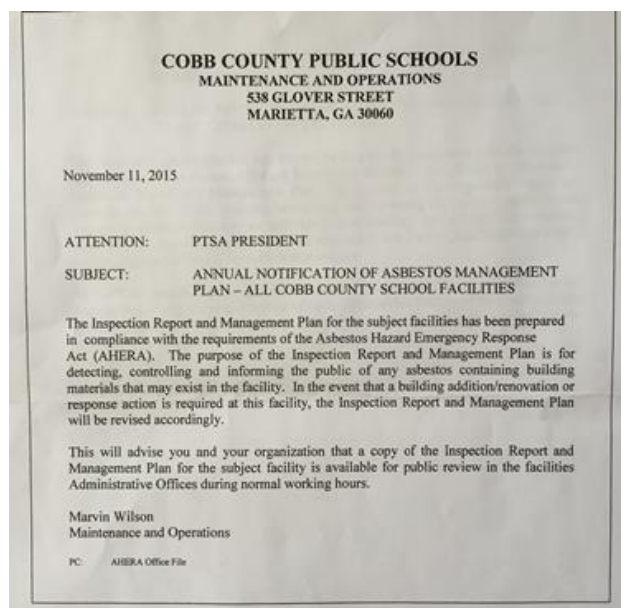
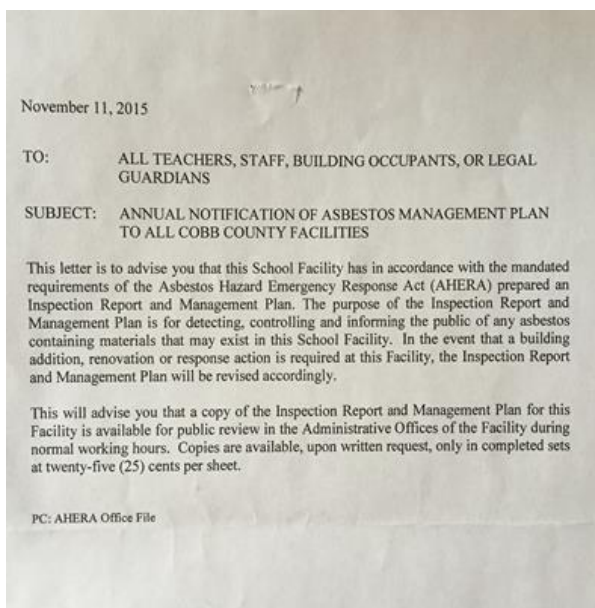
# NOTES FROM THE NURSE:

Please be sure your child does not come to school if they have been running a fever of 101 or higher (must be fever free for 24 hrs); have experienced chronic coughing with no relief from medication; or, if they have nasal discharge and are not capable of containing it by themselves. If your child has seen a doctor and has been treated for ANY condition, please send a note in to his/her teacher advising them of that condition. Please discuss good hand washing habits, covering their coughs and sneezes, as well as the importance of not sharing food and drinks with their friends. Anything we can do to help prevent the spread of germs/illness will make a huge difference.

Once again, please DO NOT send any medications in with your child! If lost, these can pose a huge risk to someone they aren't intended for! Please bring ALL medications into the clinic (with original box or original RX label). These medications must be brought in and signed in by a parent/guardian. I will be happy to dispense the medication when needed to the right student with the right dose. This can be done, even with a medication needed only one time!

Please feel free to call me in the clinic with any questions or concerns about our “sick” policies, or any other concerns. Thank you for your compliance. Our goal is to make Mt. Bethel a “happy & healthy” place.

Keeping Mt. Bethel healthy,  
Cindy Steuer, R.N., B.S.N., 770-578-7248, Ext. 255



# MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>February 1</b> Cheese Stuffed Breadsticks w/ Marinara Sauce *** French Toast Sticks w/ Omelet *** Chicken Caesar or Vegetarian Caesar Salad	<b>February 2</b> Popcorn Chicken w/ Roll *** Baked Potato w/ Toppings *** Popcorn Chicken or Vegetarian Chef Salad	<b>February 3</b> Pizza *** Soup & Sandwich *** Chef or Vegetarian Chef Salad	<b>February 4</b> Grilled Chicken or Chicken Filet Sandwich *** Corn Dog *** Grilled Chicken or Vegetarian Fruit Salad	<b>February 5</b> Tacos *** BBQ Chicken Sandwich or Fish Sandwich *** Taco or Vegetarian Taco Salad
<b>February 8</b> Cheese Stuffed Breadsticks w/ Marinara Sauce *** Asian Chicken w/ Brown Rice *** Chicken Caesar or Vegetarian Caesar Salad	<b>February 9</b> Chicken Nuggets w/ Roll *** Pasta w/ Marinara or Alfredo Sauce *** Popcorn Chicken or Vegetarian Chef Salad	<b>February 10</b> Nachos *** Garlic Bread w/ Marinara Sauce *** Grilled Chicken or Vegetarian Fruit Salad	<b>February 11</b> Pizza *** Sub Sandwich *** Taco or Vegetarian Taco Salad	<b>February 12</b> Hamburger or Cheeseburger *** Mac & Cheese w/ Shrimp *** Chef or Vegetarian Chef Salad
<b>February 15</b> <b>WINTER BREAK NO SCHOOL</b>	<b>February 16</b> <b>SEE YOU ON FEBRUARY 22ND!</b>	<b>February 17</b>	<b>February 18</b>	<b>February 19</b>
<b>February 22</b> Cheese Stuffed Breadsticks w/ Marinara Sauce *** French Toast Sticks w/ Omelet *** Chicken Caesar or Vegetarian Caesar Salad	<b>February 23</b> Popcorn Chicken w/ Roll *** Baked Potato w/ Toppings *** Popcorn Chicken or Vegetarian Chef Salad	<b>February 24</b> Grilled Chicken or Chicken Filet Sandwich *** Corn Dog *** Grilled Chicken or Vegetarian Fruit Salad	<b>February 25</b> Pizza *** Soup & Sandwich *** Chef or Vegetarian Chef Salad	<b>February 26</b> Tacos *** BBQ Chicken Sandwich or Fish Sandwich *** Taco or Vegetarian Taco Salad



## DATES TO REMEMBER:

- Jan. 31:** Patron Drive pledges due
- Feb. 1-5:** Sister School Pantry Drive
- Feb. 4:** Cultural Celebrations, **5:30-7:30 p.m.**
- Feb. 5:** Lost & Found Clean Out Day
- Feb. 9:** Spirit Night, Uncle Maddio's, **5:00-9:00 p.m.**
- Feb. 10:** Challenger Publishing submissions due
- Feb. 15-19:** Winter Break, NO SCHOOL
- Feb. 25:** Foundation meeting & FACT showcase, **6:30 p.m.**
- Mar. 1:** PTA Day at the Capitol, WEAR RED!
- Mar. 2:** Read Across America Day



## BUCCANEER SPIRIT NIGHT AT UNCLE MADDIOS

**February 9, 5:00-9:00 p.m.**  
It's that time again!

Uncle Maddio's Pizza is hosting another Mt. Bethel Spirit Night! Give your oven mitts the night off and head on over to Uncle Maddio's Pizza Joint East Cobb for dinner with family and friends. As always, be sure to mention that you are with Mt. Bethel Elementary and our school will receive a percentage of the profits. Hope to see you there! Remember to check the PTA blog for future Spirit Night dates: [mtbethel.blogs.com/pta](http://mtbethel.blogs.com/pta).