

Dino Tracks

December
2007



A Publication of the Deep Wood Elementary PTA

What's Inside This Edition:

- Food Drive Results
- Letter from PTA president
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The complete newsletter can be accessed on the web: www.deepwoodpta.org

Season of Giving



Congratulations Deep Wood! What an awesome group of parents, students, and teachers we have at our school. We may have a small population, but we rock when it comes to helping others. We beat last year's total of 5715 by **collecting 7907 food items** for the Round Rock Area Serving Center. What a difference a little competition can make. Thanks to all who participated in this worthwhile community service. Mrs. Lena's 2nd grade students enjoyed collecting, recording, and graphing the data daily for the individual classes and their grade levels.

Way to go Deep Wood! Dinos Rock!

Mrs. Lena,
2nd Grade

The holidays are upon us – signs of the season are everywhere: cooler weather, holiday music in the stores, houses decked out in lights.... And 7907 food products delivered to the Round Rock Area Service Center! Mrs. Lena's class issued a challenge for Deep Wood to bring in more food than we did with last year's food drive, and Dinos rose to the occasion impressively! Mrs. Lena's 2nd graders got us started and kept us organized, charting the progress of each class and grade level. And each grade level made substantial contributions to the food drive, but it was Mrs. Coney's 2nd graders who earned a chocolate party, giving 1092 food items.

Marie Gonzales,
Newsletter Chair



Here are our final results for the food drive!

| | |
|-----------------------|------|
| PPCD /Kinder | 1598 |
| 1 st Grade | 695 |
| 2 nd Grade | 1861 |
| 3 rd Grade | 1207 |
| 4 th Grade | 1139 |
| 5 th Grade | 1407 |

Dec 2007



From your PTA president...

I cannot believe the holiday season is upon us! Little voices ringing "I want" and "Can I have that"? Ahhhhh ... Isn't it just music to your ears? I have to send out a huge thank you to everyone that worked so hard and ate so much to make our annual McDonald's night a success. After a rocky start, things turned out great and everyone had a wonderful time! Thanks to all the teachers that provided service with a smile! Another thank you has to go out to Noelle Mercado and Becky Velasco and their crew for doing such a beautiful job on the landscaping. In case you didn't notice all the flowers and the new tree they planted, make it a point to check it out. They worked really hard and it shows!

Don't forget there's going to be a general PTA meeting on December 6 right before the holiday music program. We'll start around 5:45 since the kids need to be dropped off then to warm up their voices. Are you looking for something to do to help out Deep Wood Elementary next year? We've got a lot of new volunteer opportunities that will be available. Whether you have a few minutes or a few hours, we've got plenty for you to do! We're planning the 30th Anniversary Celebration for April 18 and 19 and will need all sorts of help there! And we need someone to help coordinate the PTA school supply program for next year. All this and more!

I hope everyone has a wonderful winter break and a happy and healthy new year. See you in 2008!

Thanks!
Lauri Etheridge
PTA President 2007-2008

Upcoming Events:

- 12/4-12/7 Book Fair
- 12/6 PTA Music Program/Gen Mtg (6:00)
- 12/6 Book Fair (6:00 – 7:30)
- 12/7 5th grade to Region 13
- 12/7 DARE Graduation (1:30)
- 12/10 Principal's Coffee (8:00 AM)
- 12/13 Lamkin 5th Play Kg-2 (1:30)
- 12/14 Lamkin 5th Play 3rd-5th (1:30)
- 12/18 3rd Grade Econ Fair (8:00 – 10:30)
- 12/18 Mrs. T's Retirement Party (5:00)
- 12/19 Holiday Party Day
- 12/20 Christmas Sing Along (8:00)
- 12/21 Winter Break Begins
- 1/8 2nd Semester Begins
- 1/14 Principal's Coffee (8:00)
- 1/21 School holiday
- 1/24-1/25 Science Fair judging
- 1/28 Skate Night

Go Green this Holiday

Soon it will be time to pull the holiday lights from their boxes and plug them in. When you do consider the new LED holiday lights are 90% more efficient than the conventional holiday string lights. They are also cool to the touch and pose less of a fire risk. They cost more upfront but more than pay for themselves over the life of the bulb. Even better you can now buy solar powered holiday lights! Look for them online.



From the Deep Wood
GoGreenCommittee





The Check's In the Mail!

We have \$400 coming to Deep Wood for box tops! Please keep saving them! We are earning lots of points from the labels for the PE department, so keep those coming also. Don't overlook other avenues for earning money, including the Target guest card which applies 1% of your purchases to our school (the Deep Wood ID number is 100826,) inkjet cartridges, and cell phones (bring those in to the school office to be recycled.) All monies go toward programs for your child here at Deep Wood! **The next deadline is 2/20.**

www.boxtops4education.com, www.labelsforeducation.com
www.tyson.com/projectaplus, www.goplaylabels.com
www.target.com

Linda Harriman
Consumer Bonuses Chairperson

Reflections 2007-2008

"I Can Make A Difference By..."

These students made a difference by submitting some very thoughtful entries. Congratulations to all students who participated in this year's Reflections Program.

| | | | |
|------------------|----------------|-----------------|--------------------|
| Abbey Bickers | Abraham Stone | Adam Gallardo | Alexandra Gallardo |
| Andrew Neidig | Annie Dixon | Brittany Norris | Carmen Buford |
| David Neemidge | Devin Stillman | Eden Gordon | Hannah Vasquez |
| Heidi Wilding | Ian Peters | Isaiah Sanchez | Kaya Mangum |
| Leah Gonzales | Maria Molina | Mason Herring | Nicole Kelly |
| Paige Neemidge | Peyton Kutz | Rose Wilding | Sam Dixon |
| Sergio Hernandez | William Chick | | |

Our **Finalists**, who will represent Deep Wood Elementary are as follows:

Primary - (Grades K-2)

Literature

Leah Gonzales, *Resicling*

Music Composition

Heidi Wilding, *I Can...*

Photography

Mason Herring, *...helping my dad plant this tree.*

Visual Arts

Adam Gallardo, *Making the World Cleaner*

David Neemidge, *....adopting pets.*

Mason Herring, *...making others happy*

Mason Herring, *...being a happy guy*

Peyton Kutz, *I'm saving Brooke from drowning*

Intermediate - (Grades 3-5)

Literature

Rose Wilding, *Making a Difference for the World*

Music Composition

Rose Wilding, *Making a Difference*

Photography

Sam Dixon, *Smashed Bottles*

Sam Dixon, *Recycling Oil*

Visual Arts

Nicole Kelly, *Let's Keep It Clean*



Thank you all for participating and making a difference!

Debra Stinson

Reflections Chair 2007-2008



CLOTHES CLOSET

The Round Rock Clothes Closet was created in 1976 with the goal to provide clean, gently used clothing that underprivileged school children would feel proud to wear. Each school PTA sends volunteers to serve at the Clothes Closet – Deep Wood is scheduled for the third Thursday of each month. We need two volunteers to help at the Clothes Closet from 9:30 to 11:30 at Voigt Elementary on the following dates:

December 20th

January 24th (irregular date)

February 21st

Contact Becky Velasco (341-9204, beckyvel@msn.com) if you are able to fulfill this need.

And cooler weather means pulling out your child's winter wardrobe... only to discover pants and long-sleeved shirts that are too small. No problem – donate them to the Clothes Closet! Send any clothing you wish to donate to the nurse's office. Thank you!

Nurses' Corner

What is Acanthosis Nigricans? It is a skin condition that signals high insulin levels in the body. It can manifest as light brown or black velvety, rough, or thickened areas on the neck, hands, and /or armpits. Students in grades 3, 5, and 7 will be screened for this skin condition, as mandated by the State Legislature-HB 2989. This screening can identify students who may have high insulin levels and may be at risk for developing Type 2 diabetes. Once this problem is identified, measures can be taken to lower the risk of developing Type 2 diabetes by dietary changes and exercise. Although these highly pigmented areas are associated with high insulin levels in the blood, they may be an indicator of other medical problems.

School nurses will be screening for this skin condition, not for diabetes, this month. It will not be necessary for the student to remove any clothing nor will blood be collected at school for this screening. For more information about this condition or about the screening, please contact the school nurse.



Go Green this Holiday

Americans generate 25% more waste during the holidays. Reduce your waste by getting creative with wrapping. Use comic strips or old paper bags decorated with stamps or markers. This is a great way to get the kids involved in holiday giving. If you really want to try a fun gift wrap idea check out www.wrapsacks.com. Wrap Sacks sells cloth gift bags with a draw string top. They each come with a code number on them. You can register the code number on their website. When you give a gift encourage the receiver to continue the chain by logging who they give the bag too. You can track this sack like a message in a bottle and know that every time it was passed on some trees were saved.



Counselor's Corner

Elizabeth (Betty) Carbonneau

During the month of November, our **Character Education Program** focused on:

RESPONSIBILITY – "To be reliable and dependable with myself and others in all of my words, actions and choices".

INITIATIVE – "To take the first step, movement or action towards what needs to be done instead of waiting to be told to do it".

At school students learned how to take initiative and responsibility for two things – 1) their own behavior and 2) their own learning.

During the month of December, our **Character Education Program** will focus on: **COMPASSION** – "To show kindness, caring and empathy to others and treat all people with dignity and respect".

EMPATHY – "To understand and share in another person's emotions, thoughts and feelings".

At school students will be learning how to take time to understand the thoughts and feelings of others as well as themselves.

Topics of **Guidance Classes** during the months of November and December:

Kinder

Why It's Important to Follow Rules

Tattling vs. Telling

First

Learning about Conflict

Learning How to Work Out Conflict

Second

Learning About Responsibility

Learning About Compassion

Third

How to Manage Anger

How to Manage Conflict

Fourth

Learning About Managing Conflict

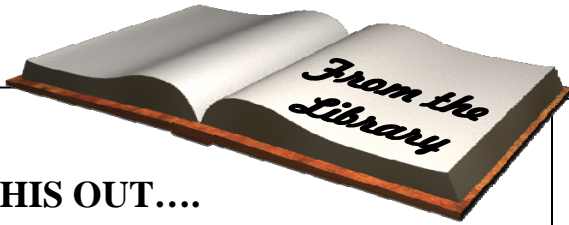
Learning About Mediation

Fifth

Study Skills (Attitude, Organization, Time Management)

Study Skills (Active Listening, Test Taking, Note Taking)





on another note

CHECK THIS OUT....

Book Fair and Author Visit!

Scholastic Book Fair is coming! Mark your calendar for December 3rd-7th with these special notes:

- Monday – Preview Day
- Tuesday and Wednesday – Open for sales 7:30 a.m. – 3:30 p.m.
- Thursday – Open for sales 7:30 a.m. – noon; Closed in the afternoon for author visit. Reopens for sales after PTA program until 8:00 p.m.
- Friday – LAST CHANCE to buy from 7:30 – 12 noon.

Our visiting author, Phil Bildner, will be here Thursday afternoon, December 6th. He is the winner of the 2004 Texas Bluebonnet Award for *Shoeless Joe and Black Betsy*. He is an attorney turned educator turned writer from the New York area. Watch for announcements regarding grade levels and times.

Thank you to all of the veterans and families that came to our Veteran's Day program. It is very meaningful for the students to perform for such a wonderful audience and to have an opportunity to honor and show our appreciation for our veterans.

We also look forward to seeing you in our audience for our December performances. On Thursday, December 6th the *Tyrannochorus Rex*, Deep Wood's after-school choir for fourth and fifth graders, invites you join them on a trip to Broadway in our concert, *The Tyrannochorus Rex Goes to Broadway*. The concert, featuring songs from the musicals *Oliver!*, *Annie*, *The Music Man*, and *Fiddler on the Roof* will begin immediately following the PTA meeting at 5:45 p.m. in the cafeteria.

You are also invited to come and get in the Christmas spirit at our Christmas Sing-Along on Thursday, December 20th at 8:00 a.m. This annual event features performances by all grade levels and the faculty and is a great way to enjoy the holiday fun with our Deep Wood family.

Please remember you can always get more information on my teacher web page, which includes the weekly newsletter telling you what we are learning in class each week.

"Sing-cerely" yours,
Lorinda Choate



DON'T FORGET TO RECYCLE!

We collected **4040** pounds of paper in October! What a great way to kick off our contest! We are two nearly months in now with four to go. I am also happy to announce that we are getting an additional bin out back for collection! If you ever find both bins are full please let Karen Stanfield in the office know so she can schedule a pick up. This is the season of those annoying bulky catalogs. Turn your junk mail into profit for the school! We can take used Christmas cards and other holiday wrappings too as long as they are not foil or shiny.



SOME WINTER REMINDERS FROM THE DEEP WOOD CLINIC:

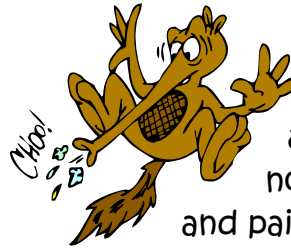


Usually sneezes are a sign that there's something in your nose and your body wants to get rid of it. Without thinking, you take a big breath and blast it through your nose and mouth spraying whatever germs, dust, or other particles tickled your nose in the first place. Sneezing is just one part of your body's defense system—a system that protects you from germs that can make you mildly sick or dangerously ill. But let's say you're already sick with a simple cold or something more serious, the flu virus.

These are spread very easily. When you sneeze, others breathe in the germs that you spray into the air. Did you know that when you sneeze particles leave your mouth and nose at a rate of 93 m.p.h. and travel as far as 30 feet away? If you cough into your hand those germs spread to everything you touch: doorknobs, faucets, the telephone, the computer mouse, a friend's hand. And those germs can survive there for three long hours! Then your family or your best friend comes along and puts their hand on the same surface, then touches their eyes or nose. Now those germs are inside them. So with flu season approaching, please remember when you feel a sneeze or cough coming on, use a tissue then wash your hands. Or, if there's no time, cough or sneeze into your shirt sleeve. Any germs you spray will die there instead of traveling in the air or on your hand to other surfaces to someone else. Help us prevent the spread of colds and viruses this season by talking about prevention and practicing hand-washing with your child.

When a Cold Takes a Hold

You know that feeling. Your head seems heavy, achy and full of fluff. Your throat's sore, especially when you cough, which is all the time. When your nose isn't busy sneezing, it's running. And all you want to do is sleep. Welcome to the world of the common cold. The strange thing is that none of these symptoms are caused by the viruses that are invading you. What makes you feel so crummy is your body trying to fight back. Once the virus gets into your breathing passages, they take over cells there to make copies of themselves. Your body sends more blood to repair the injured cells and battle the viruses. It's that



extra blood that makes your throat and the lining of your nose and sinus swollen and painful. Your body also makes lots more mucus to trap the virus in your nose and sinus to flush them out of your body. That's what gives you the runny nose and stuffed-up head. And since your body's working hard to do all this, it needs tons of extra sleep to keep up, which is why you have about as much energy as a soggy noodle. Fighting a cold can be a nuisance. **Please make sure your child is well rested, well nourished, hydrated, fever-free, and feeling good before coming back to school after having a cold.**





BackPack Safety

Backpacks are overloaded and improperly carried by children. Over 4,000 emergency room visits are a result of injuries related to backpacks. This can lead to long term problems. Watch any child struggling with a heavy load and you quickly realize this takes a toll on the spine. Just estimate conservatively: a child carries a 12 pound backpack, lifts it 10 times a day for 180 days of school, and you start to see the extent of the problem. We need to tell children at an early age it is better to take care of their backs rather than looking cool, dangling it unevenly off one shoulder. Neck, back, and repetitive stress injuries occur more often as we age if we don't take care of our backs early. Bad habits are learned in childhood, good habits could prevent the injuries in the first place.

- **Sturdy Backpacks, size appropriate** - look for smaller child-sized versions for ages 5-10 that have shorter back length and width, so they don't slip around
- **Consider construction** - padded shoulder straps to avoid pressure around arms and shoulders; waist strap to stabilize the load
- **Maximum Weight** - no more than 15% child's body weight. If the child has to bend forward to carry, it is overloaded.
- **Balance contents, prioritize** - avoid unnecessary items
- **Good body mechanics when lifting and positioning** - check the weight of the pack, lifting with your whole body, not just back and arms. Put one shoulder strap on at a time; never sling on one shoulder only.
- **Use both shoulder straps** - should fit snug not tight, use stabilizing strap around waist

According to recent studies hauling a heavy backpack on one shoulder can trigger headaches, neck and back pain, joint pain, and spinal alignment problems. Source: www.backpacksafe.com

Clean Green Bags are HERE! The PTA as part of our Go Green Initiative is now selling green reusable fabric shopping bags. The bags measure 9"x11"x12", about the dimensions of a brown paper bag. They are double stitched, very durable and machine washable with a plastic bottom insert. These bags stand quite well on their own so they are easy to load and are the perfect size for groceries. I have found I can get about a hundred dollars worth of groceries in 4 bags. If you would like to see one there is a bag posted in the Workroom. The Green bags retail for \$2.00 each. The monies earned from the sale go back into the PTA Green Initiative program and will fund things like recycling collection containers, recycling and composting demonstrations and guest speakers for the kids. The average American family discards over 1,000 plastic bags annually. Clean Green Shopping bags are a great alternative! To purchase your bags contact Noelle Mercado at gogreen@deepwoodpta.org





Green 'n Growing

601 W Pecan Street
Pflugerville TX 78660
Mail: PO Box 855
Pflugerville, TX 78691
512.251.3262
F 512.251.3156

You will notice the front of the school has had a mini facelift. Big THANK YOU to **Green 'n Growing Nursery** – they donated ALL of the new plants. A big THANK YOU also goes out to Troop 155 and all of the parents who gave up their Sunday to come and plant. We have also planted some sleeping bulbs so watch for those to show up in the spring. The Mary Glaze Memorial Tree out front has been replaced by a beautiful new magnolia tree donated by the PTA.

I am very excited to share that Austin has a place you can recycle Styrofoam, Cycled Plastics! Styrofoam is some nasty stuff environmentally speaking. It is made up of polystyrene foam, essentially a type of plastic. There are no known microbes that can degrade styrofoam. No one knows for sure how long it takes styrofoam to break down (if it will at all,) but according to lab tests it is estimated around 700 years!! To make matters worse styrofoam gives off petroleum and other chemicals as it sits in a landfill. Think of it... so that we can transport food just a few miles from a restaurant to home we have created a container that will be around for 700 years! A few miles of convenience for generations of pollution! Cycled Plastics turns plastics and styrofoam into raw materials for plastic decking lumber and similar products. So save that holiday packing foam and drop it off at Cycled Plastics. <http://www.cycledplastics.com/>

(Tip: Put a large sport bottle, travel coffee mug, and tupperware in your car. The next time you order a slushie or have restaurant left-overs, put the food in your reusable container for transport. You will save 700 years!)



Vacation Activity Log

Dear Students and Parents:

It is very important for you to stay physically active during your winter vacation, so when we return we will not lose any ground. The Deep Wood P.E. website has a link to an activity log, that you are able to download, with the dates of your vacation, as well as columns to record your activities and have an adult sign it. Please fill in the chart with the activities (Cardiovascular, Flexibility, or Strength) you participate in during vacation. For example: sit-ups, push-ups, jogging, power walking, jumping rope, bike riding, stretching, any sport practices, raking leaves, roller skating, roller-blading, tag games, sweeping, mopping, carrying laundry, carrying groceries, walking the dog, hiking, rock climbing, etc. Cardiovascular exercises should last for at least 20 minutes or longer to be beneficial. If you use the life skill of responsibility, by returning this sheet to us and choosing to exercise 8 days or more, you be able to sign your name on the bulletin board that says "I chose to be active during vacation". Staying active over your vacation will benefit you physically and give you a great feeling of accomplishment. Have a physically active holiday and a healthy new year!

<http://www.teacherweb.com/TX/DeepWood/DeepwoodPE/>

Mrs. Osteen & Mrs. Thompson

Newsletter Submissions

Want to publish information in an upcoming newsletter? Please email your submission to newsletter@deepwoodpta.org. Submissions are due by the 20th of each month and may be edited for length or clarity.

The Round Rock Independent School District is an equal opportunity employer and provides educational services which do not discriminate on the basis of age, national origin, race, sex, color, religion, disability or against any other legally protected group. Complaints should be addressed to the district's legal department.



Kinder

The kindergarten team would like to thank all of the wonderful parent volunteers that have improved the quality of education for our students. Every Tuesday several parents/grandparents have come to help extend our planning time while reading to our students. We also have busy homeroom moms, Monday folder parents, Friday copy parents, community members cutting, pasting, and preparing materials, and many other contributors all to improve the education of our children. We would also like to thank the PTA for the many hours they volunteer doing the numerous tasks that make this an excellent campus for learning and growing. We hope you have a safe and wonderful winter break. Please check our web-sites weekly for the latest classroom news.

Well, it's THAT time again--holidays, and rush, rush! Fifth grade has been busy planning for their bake sale fund raiser, making posters, baking, and selling their products. Still, lots of work has to be done this nine-weeks (reports cards will come out in early January.) We have just finished our division unit and will begin fractions, culminating in a holiday fraction project. We are in the process of learning about the body systems and their functions in science. Social studies still finds us in the colonial era--just in time for learning about The First Thanksgiving with the Pilgrims. We have finished our DARE lessons with Officer Thomason and will soon begin the required essays.

5th grade Reminder: keep reading for the historical fiction book report (due 12/17.)

During the month of December, 4th graders will study area, perimeter, and measurement conversions in math. In science, our focus will be weather and objects in the sky. The students will learn about weather systems, seasonal changes, and the various types of clouds. In our unit on space, our focus will be stars, planets, moons, and comets. Missions and early settlements in Texas will be our topics of study in social studies. In writing, we will focus on the traits of voice and word choice. The students are learning to create detailed pictures in the reader's mind and use specific and accurate words. We will study literary elements in depth in reading. The students will identify parts of the story such as characters, plot, and settings.

4th grade

Grade Level News

year.

Wow! Can you believe the school year is almost 1/2 over? In math we will continue addition, subtraction with regrouping of 2-digit numbers. We will learn the value of coins and review measurement for length. In science, we will finish our unit on natural resources. We will integrate social studies with language arts as we learn about a variety of traditions and customs celebrated during the winter holidays. On Nov. 30th, our PTA invited the Round Rock Repertory Dance Centre to perform an interactive program of the Nutcracker just for our 2nd graders. All of our 2nd graders danced! On Dec. 19th, we will have our class holiday party at 12:30. Dec. 20th is the school-wide sing-a-long. The second grade team wishes all of our Deep Wood parents a very Merry Christmas and a Happy New Year!

Third Grade Economics Sale is Tuesday, 12/18 from 8:00-10:30 in the cafeteria. All third grade students will make 15-20 products to sell. Items will be priced at \$.25, \$.50, and \$.75. We will donate the money to the Texas Baptist Children's Home in Round Rock. Children Helping Children is our theme. PRACTICE, PRACTICE, PRACTICE! Multiplication facts from 0-12 need to be learned. Use flashcards, calculators, games on the computer. Kwanzaa, Hanukkah, and Christmas in various countries will be studied in social studies. In science we will study the planets, the sun, and objects in the sky. Reading continues with a variety of books for Literature Circles, plus those passages and questions. We hope your holidays will be filled with love, joy, families, and friends.

3rd grade

1st grade Although December is a short month, it is still very busy! First grade will sew stockings on Friday, December 7th. Many thanks to all who pre-cut the material, threaded needles, and came to help. First grade holiday party will be Wednesday, December 19th, at 1:45 p.m. We will be studying different Christmas customs from around the world. If you have a family tradition or custom you'd like to share, please contact Ms. Kligora at school. Her email address is Alice.Kligora@roundrockisd.org or her phone number is 464-4430. Don't forget to read over the holiday break! The children have made a lot of progress and we'd like to see it continue into the next

2nd grade