



Bird's Eye View

April 16, 2014
Issue 32



Walk Across Williamson Update:

KENROSE CAME IN 2ND EARNING \$1,500 FOR OUR PE PROGRAM!!

Thank you for your support!!! If you attended on Saturday and took pictures (especially if you won a prize) please forward them to Ms. Anna Sellers, anna.sellers@wcs.edu.

Dates to Remember:

- 04/18** Spring Holiday, No School
- 04/18** Run Club T-shirt Order Deadline
- 04/22** James Remete Meeting, Café, 6:30 pm
- 04/27** ING KIDS ROCK Marathon, LP Field, 2:00 pm
- 05/02** May Spirit Friday
- 05/02-05/09** TCAP
- 05/09-05/14** Glenview Spring Clothing Drive

Nutrition Nuggets Tip: (WCS CSH Newsletter)

Seeds are filled with nutrients. Add them to your child's diet by tossing unsalted sunflower seeds into salads or adding pumpkin seeds to soups and cooked vegetables. Choose sesame seed bagels, or try grinding seeds in a coffee grinder and sprinkling them on oatmeal or cold cereal.

<http://www.wcs.edu/csh/nuggets/>

KENROSE CARDINALS 2014 RUN CLUB

Runners, please wear a Kenrose t-shirt or Run Club t-shirt on marathon day for easy identification. Although Run Club t-shirts are not required for participation in the marathon, they are available for purchase at:

<http://kenrose.deco-apparel.com>

The deadline to order a Run Club t-shirt is Friday, April 18th.

If you have any questions or concerns, please contact Anna Sellers,
anna.sellers@wcs.edu



All interested members of the Kenrose community are invited to a meeting with Mr. James Remete, WCS Food Service Director, on Tuesday, April 22, at 6:30 pm in the Kenrose café. Mr. Remete will speak regarding school lunches and cafe lunch procedures. If parents have specific questions they would like Mr. Remete to address, please email questions to Dr. Webb at marilynw@wcs.edu so they may be shared with Mr. Remete in advance of the meeting. Thank you!

<http://www.wcs.edu/food-services/>



Dear Parents,

As we prepare for our upcoming TCAP testing, we would like to share a few things with you. Your children and their teachers have worked hard and are prepared to **"ROCK THE TEST!"** We have made some special plans that we hope will further motivate and inspire our students to share their knowledge and show what they know! We need your help! ☺

3rd – 5th Grade Parents: We would like for you to help us with motivation as well. Please write a personal **"Good Luck"** letter for your student to open the day that testing begins. You can jot down your inspirational words, fold your letter, and place it in an envelope addressed to your child's **homeroom teacher**. Your teacher will be sure that your student receives this letter. **Please send your letter by Thursday April 17th!**

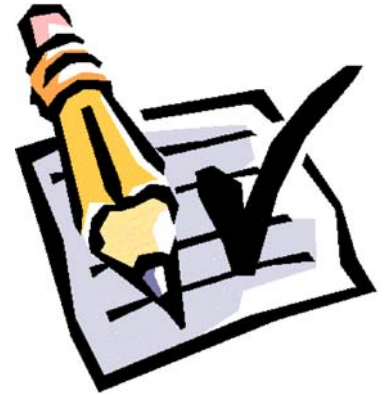
Thanks in advance for making this a special time for our students! We look forward to celebrating their hard work and awesome results!!!!

PARENT TEST SUPPORT STRATEGIES

from your Kenrose Counselors, Rachel Lipsett and Tracy Bernstein and the Counseling Committee

Preparing for Testing

- Note test dates on your home calendar; schedule appointments on non-testing days.
- Encourage your child to take responsibility for homework.
- Help your child learn how to find information independently.
- Praise your child for work done well.
- Encourage your child to ask questions at home and in class.
- Gather available test preparation materials.
- Make sure that your child knows that you value education and hard work.



Testing Day

- See that your child is rested and eats breakfast.
- See that your child arrives at school on time and is relaxed.
- Encourage your child to do the best work possible.
- Do not send your child to school if illness is apparent.
- Do not remove your child from school on test days for appointments.

After Testing

- Examine all test reports sent home.
- Determine areas of strengths and weaknesses.
- Praise your child's testing strengths, and make a plan to address identified weaknesses.
- See your child's principal, counselor, or teacher if additional information is required.

Test Anxiety



Students may experience anxiety about tests and may experience heightened anxiety before a testing situation. A certain degree of test anxiety is normal and may help students prepare more effectively, work more efficiently, and remain focused during testing. Too much anxiety, however, can negatively affect performance.

Parent Strategies for Reducing Test Anxiety

- Discuss the test openly and in a positive way.
- Have realistic expectations of your child's performance while encouraging his/her best efforts.
- Emphasize that the test is only one measure of academic performance.
- Emphasize that test scores do not determine a person's worth.



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(For fun, please click above!)

PARENTS YOU ARE INVITED TO Parents in P.E. for *CYBER BOWLING!*

Please come and join in the fun during your child's PE class!

We will be bowling with laser lights on **Wednesday, April 30th thru Friday, May 2nd.**

Please check the schedule below to see what day and time your child has Physical Education.

***Due to the *busy* end of year schedule, we apologize for Fridays modified schedule due to**

TCAP. Thank you for your support of our program-Mr. Vaughn and Mrs. Sellers

Class Times	Wednesday, April 30th	Thursday, May 1st	*Friday, May 2nd
2 nd 8:45 -9:30	Forsythe/Mahoney	Clayborne/Embry	Janski/McMurry
*12:15-12:45			
K 10:20-11:05	Hedgepath/Lifsey/Whitaker	Snipes/Gunning	Tuck/Spain
*12:45-1:15			
1st 11:40-12:25	Neu/Finch	Kilgore/O'Connor	Heller/Rogers
*1:15-1:45			
3rd 12:50-1:35	Biggs/Boggs	Ivey/Davidson	Craig/Evans
*1:45-2:15			
4 th 1:40-2:25	Griffin/Darvin	Everett/Barnes	Yarger/Kannon
*2:15-2:45			
5 th 2:30-3:15	Hollback/Smith	Lien/Shenoha	Howell/Bradford
*2:45-3:15			

Nashville Kids Triathlon Saturday, June 14th at Centennial Park, Nashville



Registration is open! Click on NASHVILLEKIDSTRIATHLON.ORG for more information

It is limited to 1,000 racers. Kenrose earns \$10 for every student after 10 that are registered!

FREE TRAINING IS AVAILABLE

YMCA : Offers a free 7 week program at Brentwood Y (contact: Josh Richter 373-9622) and MFY (contact: Eric Hager 373-2900). The student must be pre-registered for the triathlon.

AERO clinics: These clinics are at 2 hours long and we will be covering the swim, bike and run all together. They will be at East Park Community Center on Saturday, April 5th and Saturday, May 10th. The clinics are free for kids with a USAT membership, which they need for the kids triathlon anyway. Registration is at the website, <http://www.aerotrclub.com/clinics/>

Contact Anna Sellers at anna.sellers@wcs.edu for more information.

April 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18 Spring Holiday - No School	19	20
21	22	23	24	25	26	27
28	29	30				

PTO News & Events

Over **600 new books** have recently been added to the Kenrose Library. This is in part due to KES families generous support of the Book Fair! Thank you! We also are thankful for Mrs. Feezor and Mrs. Blanz for getting the books cataloged and on the shelves so quickly!



Mrs. Flanagan's class showing off some of the new books!

APRIL BOX TOP CONTEST

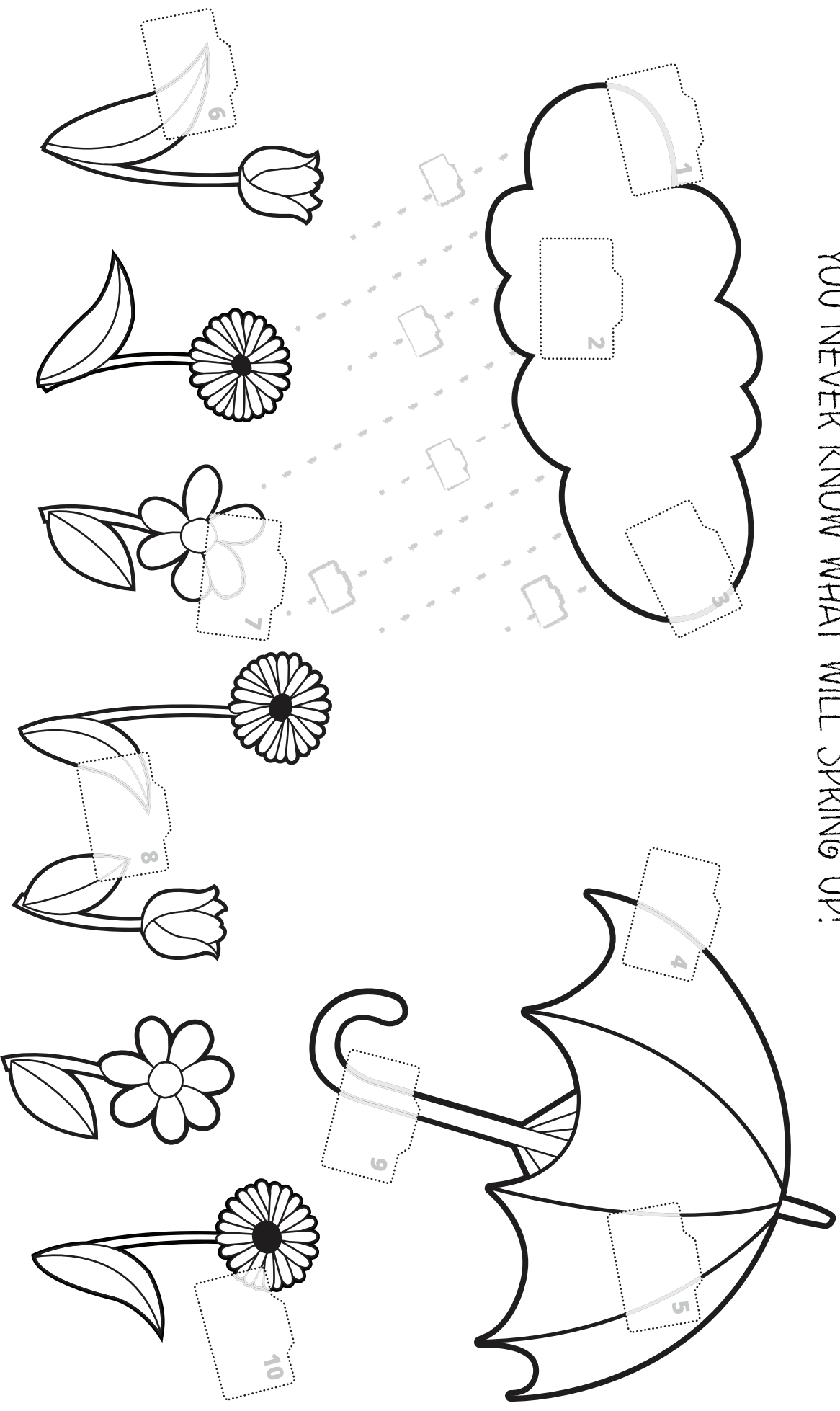
During the month of April, we will be having a Double Dose of Box Tops! If your child turns in a completed Box Top collection sheet, they will be entered into a drawing for some amazing prizes! Just neatly cut your Box Tops and attach them to the collection sheet with tape or glue (no staples please). Remember to put your child's name and teacher's name on each collection sheet. Your child will be automatically entered into our prize drawings for April. There is no limit to the number of collection sheets that a child can submit. Only completed collection sheets will be accepted. The more sheets you turn in, the more entries you receive. The **deadline for the contest is April 30th**. The Box Top committee will also make sure to include these numbers in the overall class participation contest for the year. So you get a double dose of credit for all the box tops you turn in during April! Just print off a collection sheet and start clipping.





SHOWER YOUR SCHOOL WITH BOX TOPS

YOU NEVER KNOW WHAT WILL SPRING UP!



Every Box Top you collect is worth 10¢ for your school; just fill in the collection sheet and send it to school. Please do not staple Box Tops or attach Bonus Box Tops Certificates to any collection sheets. To see more ways to earn cash for your school, go to BTfE.com.

Kenrose School Supplies

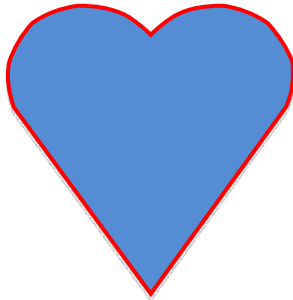
******Sales Runs May 1-30 ******

It is almost time to pre-order your child's school supplies for the 2014-2015 school year!! The school supply program is provided as a service by the PTO to assist Kenrose parents in purchasing the exact supplies that the children will need.

Please note, all items that are requested from your teacher will be included in the kit price and delivered to the school. You will not need to purchase any items separately!

All orders will be placed on-line directly with SchoolKidz (a Staples company). It is very easy and secure to order on line. Directions will be posted with the April 30 Bird's Eye View. Questions: email Robin - wjohnrobin@bellsouth.net.

*Please note this is a service provided for the convenience of our students and teachers by the PTO; this is not a fundraiser.



**KENROSE HAS A HEART FOR
HELPING OTHERS!**

Spring Glenview Clothing Drive

May 9-14th Collections

May 15th Distribution at Glenview

Please save your spring and summer clothing and shoes for the clothing drive.

If you would like to volunteer with your 3rd-5th grader, please contact Robin Severance:
Sevy20@comcast.net.

**PLEASE
HAVE YOUR
CHILD
CHECK
LOST & FOUND!!!!**



There are piles of jackets, sweatshirts, coats, and lunchboxes. Lost & Found is located just past the café, outside the music room.

All Lost & Found items **left after May 2nd** will be donated to the **Glenview Clothing Drive**

PROMOTION



Save the Date 5th Grade Promotion Rescheduled to Monday, May 19th

The Bird's Eye View is sent out every Wednesday during the school year to the email addresses registered with the Kenrose PTO, as well as posted on the Kenrose Elementary website at <http://www.wcs.edu/kes>. If you need to change or add an email address on our distribution list, please contact Johnna Miller at johnna.miller@comcast.net to update your information. If you have any questions, please contact us at KenrosePTO@yahoo.com.

Bird's Eye View Guidelines:

Our Mission is to make the school newsletter as concise as possible while still providing parents all of the important information they need. We would like to avoid lengthy articles, and instead, include links to the article online if parents need/want more information. Thank You!

- 5 pm Monday is the deadline for submittals to kenrosept@yahoo.com.
- Submissions should be in Word format, or in the body of an email. Please send a separate file/email for each submission.
- All submissions must be approved by a board member or Dr. Webb, and copied to Dr. Webb at marilyn@wcs.edu, Christy Geuther, PTO President, at tmqacag@comcast.net, and Jacqueline Cartailier at kenrosept@yahoo.com.
- Please limit 1 picture per article.
- Use limited clip art at your discretion.
- No advertisements allowed. Only WCS camps or activities that our students can participate in. We can post brief descriptions of an event to our feeder schools with a link to the web address for parents to access more information, if needed.

Community Event Invitations Extended to Kenrose Students

RHS Basketball Camp

Ravenwood Basketball is pleased to announce its summer camp lineup. We are hosting our Middle School Camp (Rising 6th-8th Grade, Boys Only) on June 2-3 from 8am-10am. Cost is \$50. We are hosting our Junior Camp (Rising 1st-5th, Boys and Girls) from June 9-12th from 8am-11am. Cost is \$90. We are also hosting Middle School Boys clinics for 6th-8th graders on Sundays from 4-5pm. April 20, 27, May 4. Cost is \$90.

You can download applications at www.ravenwoodbasketball.com or contact Patrick Whitlock at patrickw@wcs.edu for more information.

Patrick Whitlock

Athletic Director/ Boys Basketball Coach/ Social Studies

Ravenwood High School

615.472.4808



2014 VOLLEYBALL TRYOUTS



Place: Woodland Gym

Date: May 14th-16th (Wednesday-Friday)

**Times: 3:00-4:30 (8th and 7th ONLY)
4:30-6:00 (6th)**

(Please make sure you have a [PHYSICAL FORM/PARENTAL CONSENT FORM](#) on file before trying out.)

**Thank you,
Coach Sordelet (V), Coach Wingard (JV), and Coach
Shults (6th)**

If you have any questions please email: Rachels1@wcs.edu

RAVENWOOD HIGH SCHOOL



Middle School VOLLEYBALL CAMP

You are invited to attend the 4th annual RHS Middle School volleyball camp. This camp is designed for current 5th, 6th, 7th and 8th graders trying out for their upcoming middle or high school team. Athletes will be taught the basic fundamentals of volleyball: passing, setting, serving, and hitting by Coach Tracey Berry and present and past players from the Ravenwood volleyball team. This camp will give young players an opportunity to learn and improve on skills before trying out for their middle school team. For 8th graders this is a wonderful opportunity to understand the drills that will be used in the high school try-outs. Physicals must be on file at your school.

When: April 28th and 29th for 5th and 6th graders

When: April 30th and May 1st for 7th and 8th graders

Time: 3:30 - 6:00

Place: Ravenwood High School gym

Cost: \$60.00 per Athlete (make checks payable to Ravenwood High School)

Register: by April 25th

Please fill out the bottom portion and return to Tracey Berry, Ravenwood High School, 1724 Wilson Pike, Brentwood, TN 37027 or email it to coachtraceyb@gmail.com

Player's Name: _____

School: _____ Current Grade: _____ T-shirt size: _____

Parents' Names: _____

Address: _____

Phone: _____ Email: _____

Emergency Contact: _____ Phone: _____

Publix



Give your child the extra advantage next season and...

REGISTER HIM FOR CAMP TODAY!!!



Middle Tennessee Youth Wrestling Camp for Champs

810 Hillsboro Rd.
Franklin, Tn
37064
Phone No. 504-920-2517
Email address: frank.barbrie@wcs.edu



**Middle Tennessee Youth Wrestling
Camp for Champs**

"SUMMER CAMPS MAKE WINTER CHAMPS"

MIDDLE TENNESSEE YOUTH WRESTLING CAMP FOR CHAMPS

Summer Camps Make Winter Champions"

For Wrestlers Entering the 1st Grade
Through...Leaving the 8th Grade

- . Dedicated Staff
- . Personalized Instruction
- . Intense Drills
- . Live Wrestling
- . Motivation/Self-discipline

JUNE 4th TO JUNE 6th, 2014
*Registration will begin from 8:30 am
Wednesday morning @ Franklin High
School. (Main Gymnasium, 810 Hillsboro
Road) Franklin, Tn.*

TIME: 9:00 am—2:45 pm

PLACE: Franklin H.S. Main Gym



Tel: 504-920-2517

Middle Tennessee Youth Wrestling Camp for Champs **AGREEMENT AND MEDICAL CONSENT.**

In consideration of your acceptance of my entry for this wrestling camp
I, _____

will follow the rules set forth by the Camp Directors. I am in good physical condition and understand if I am under (18) eighteen years of age, I am required confirmation of this agreement by my parents) or guardian (s).

WRESTLER'S SIGNATURE: (below)

PARENT/GUARDIAN SIGNATURES:
(below)

EMERGENCY PHONE #: (below)

I/We the undersigned, hereby authorize any first aid, medication, medical treatment or surgery deemed necessary in case of an emergency for

A participant in this wrestling camp. I/We, the undersigned, hereby authorize the attending medical personnel to execute on my/our behalf any permission forms and other appropriate documents and act on my/our behalf if I/We are immediately unavailable to do so. The Middle TN Youth Wrestling Camp for Champs nor host school provide insurance coverage for enrolled wrestlers against expenses of accident, injury, or illness suffered while at camp, enrollment and participation is the sole risk of the enrolled wrestler and his parents or guardian. This agreement will serve as a full release and discharge for the camp and its officials from any and all liability from loss, damage or injury suffered by the child or undersigned. The undersigned will indemnify the camp, host school and its directors and hold them harmless against claims or suits made or brought by anyone on account of such injury, illness or loss. Any photos taken of campers may be used in future camp flyers.

Wrestler's Signature:

Date: ____/____/14
PARENTS SIGNATURE:

DATE: ____/____/14

****Please attach a wallet sized picture of the applicant to this page with a paper clip.**

Middle Tennessee Youth Wrestling Camp for Champs— **APPLICATION FORM - 2014**

Name _____

Grade Next year _____

Email Address (print legibly):

Parents'/Guardians' Names

Address:

City _____
State _____ Zip _____
Phone # (____) _____

Wrestler's Weight _____
Wrestler's
School _____

2nd Contact _____
Phone # (____) _____

3rd Contact _____
Phone # (____) _____

Circle wrestler's shirt size (below):

Shirt Size: YSM YM YL AS AM AL

Agreement of Medical Consent on all pages must be filled out completely and Signed to complete Camp Registration.

Camp Information

CAMP DIRECTOR: FRANK BARBRIE

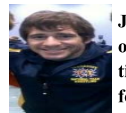
Clinicians



Matt Fisk—Asst. Coach Appalachian State. 2X PA State Champion. Fisk, who previously owned the Pennsylvania high school record for career wins and falls, compiled a 175-9 record with 117 falls and finished as the winningest wrestler in Pennsylvania history following the completion of his senior year. Matt had an outstanding career at Lehigh University of Pa, where he was a three-time team captain and a four-time NCAA qualifier .



Mike Hatcher - Wrestled for legendary Iowa Coach, Dan Gable. Coach Hatcher was an assistant coach for the UTC Mocs and has over 15 years combined, coaching at both the high school and collegiate levels.



Jeremy Welder—University of Nebraska NCAA D-I National Qualifier. Head Coach for the WASBO wrestling club.



*Along with the Franklin H.S. coaching staff and team members.

**Disclaimer: All/any clinicians are subject to change with-out notice.*

CAMP DESIGN AND CURRICULUM

We, the instructional staff, have designed this camp for the Youth Wrestler. Our goal and objective is to teach your child how to win matches using high percentage scoring moves and holds, that will work at the Youth, Jr, high and High School level. For a wrestler to succeed consistently, he must be good from all positions. Many camps are simply thrown together with no real focal point or plan for building a well rounded wrestler. Middle Tennessee Youth Wrestling Camp for Champs has been carefully planned with a sequence of instruction, review sessions, and (muscle memory) drills, that will help the wrestler score from all positions.

Campers will learn a variety of set-up actions that will allow them to constantly pressure their opponent and always maintain good position on their feet. Our staff will show in detail a variety of leg attacks and how to finish the same shot in more than one way. **Top Position**— emphasis will be placed on cradles, bars, tilts and leg wrestling. **Bottom Positions**— the staff will show a variety of ways to score from bottom, but the primary focus will be placed on the stand-up and sit-out series, because they are the safest, quickest, and most effective means of scoring on bottom.

CAMP COST AND ELIGIBILITY

- \$110 for two and half days of instruction, plus entry into the camp tournament on the third day (with USA or AAU wrestling card) \$15 off for siblings.
- \$145 for two and a half days of instruction, plus entry into the camp tournament (without USA or AAU Wrestling card).
- \$50 non-refundable deposit due by May 15th (Checks payable to **FHS Takedown Club**).

- Note: Campers must meet the range on the front of this flyer as well as have a grasp of basic wrestling skills.

CAMP INCLUDES

- * Dedicated Staff
- * 4 hrs. of instruction each day
- * Live wrestling
- * Entry into Camp Tournament
- *Intense Drills
- * Camp T-Shirt

Campers Must Bring

- * Wrestling Shoes
- *Head-Gear
- * Extra T-shirt per session (if needed)
- *Knee pads, Athletic tape, braces (if needed)
- *Sack lunch— **** the camp will have a full concession stand available for campers to buy lunch**

CAMP TOURNAMENT

A camp tournament will be held during the second half of the third day of camp. Medals will be awarded to the top four wrestlers in each weight class, and a trophy will be awarded to the Outstanding Wrestler of the tournament.

Match time periods:

Youth matches will consist of (3) 60 second periods.

Middle School will consist of (1) 60 sec, (2) 90 second periods.

Youth weigh classes (*8 years and under*): 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, Hwt.

Youth weight classes (*9-11 years*): 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, Hwt.

Middle school weight classes (*12-14 years*): 76, 83, 91, 99, 106, 113, 119, 125, 131, 141, 151, 165, 180, 215, (250 Hwt.)

**Disclaimer: The camp director reserves the right to add, delete or combine any weight classes the day of the tournament.*

Middle Tennessee Youth Wrestling Camp for Champs

Sign up for:	Price
<input type="checkbox"/> Camp fee with USA or AAU wrestling card	\$110.00
Sibling discount USA/AAU Wrestling Card # _____	\$ _____
Expiration Date: ____/____/____	
**Please send a copy of the USAW /AAU card with your application and camp fee	
<input type="checkbox"/> Camp fee with-out USA or AAU wrestling card	
Subtotal:	_____
Total:	_____

Name	_____
Address	_____

Phone	_____

Method of Payment

☐ Check

Middle Tennessee Youth Wrestling Camp for Champs

810 Hillsboro Rd. Franklin, Tn 37064	Phone: 504-920-2517 Email: frank.barbrie@wcs.edu
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2014 RAPTOR FOOTBALL CAMP

DATES: JUNE 18-20 **WEDNESDAY-FRIDAY**

TIME: 5:30 - 7:30 p.m.

LOCATION: RHS Stadium

COST: \$60 **INCLUDES OFFICIAL CAMP SHIRT**

AGES: **RISING 1ST -8TH GRADE NO EXPERIENCE REQUIRED**

The Ravenwood Youth Football Camp will feature second-to-none instruction from the Ravenwood Varsity Football Staff. It will be a high-energy, high-excitement, three days of football action. Campers will learn fundamentals and techniques that they will be able to incorporate at any level of football they might play. We encourage the parents to come out as well as we will offer information and facility tours for you while your child is participating in the camp. We look forward to seeing you in June!

Go Raptors,
Coach Will Hester
#G2BARR



RAVENWOOD RAPTORS

REGISTER ONLINE AT: www.ravenwoodfootball.com

