

Bird's Eye View

April 30, 2014 Issue 34



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 tomorrow, May 1st!

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

Dates to Remember:

04/30- Parent PE Day,05/02 Cosmic Bowling

05/02 May Spirit Friday

05/02- TCAP

05/09

05/07 Bike to School Day

05/09- Glenview Spring Clothing

05/14 Drive

05/12- International Week

05/16

05/14 International Day

05/16 Field Day

Nutrition Nuggets Tip:

(WCS CSH Newsletter)

Snacking between meals is actually important for growing children. Try these tips for fitting snacks into a healthy diet:

- Have regular snack times.
- Keep snacks small enough that he's not too full for lunch or dinner.
- Avoid "liquid calories" by not serving soda, sports drinks, or fruit drinks with snacks.
- Encourage snacks that combine at least two food groups.

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

PARENT TEST SUPPORT STRATEGĪES

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 you 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.









(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, May2nd
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			
3rd12:50-1:35	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			

International WEEK (May 12-16) at Kenrose! All KES parents are invited!

Dear Parents:

We are fortunate at Kenrose Elementary School to be well represented by families from around the world. For the past twelve years, we have been celebrating our school's diversity. This year, we will have an **International Week** with a school-wide celebration on **Wednesday, May 14th**. International Week (May 12 – May 16) will feature displays of continents throughout the Kenrose hallways. We would like to include *all parents* who would enjoy helping set up hallway themes with gateways and decorations. This is for everyone, not just families of ESL students.

The May 14th International Day itself showcases the cultures of **all** families who come from other countries and now reside in the United States. Displays of traditional clothing, games, music, photos, maps and performances are set up for viewing. Throughout the day, all Kenrose students "travel" to the countries and take part in the activities. Students have the opportunity to learn so much about the cultures represented among their classmates' families.

If you would like to take part in this special learning experience at Kenrose, please fill out the lower part of this page and return it to the ESL Department, or email the information.

If you have any questions or comments, please ask. Thank you.

Anne Marie Peterson and Dawn Drugeot ESL Specialist Kenrose Elementary School 472-4631, ext. 7029

anne.peterson@wcs.edu, dawn.drugeot@wcs.edu

Please return to:	Anne Marie Peterso	on or Dawn Drugeot
I am interested in	receiving information	about International Day

My name:	1-1	
My phone:	email:	
My child/children at Kenrose:		
Homeroom grade and teacher(s):		
Country of representation or interest: _		



Field Day 2014

FIELD DAY VOLUNTEERS

Dear Parents,

Our Field Day will be on **FRIDAY**, **MAY 16**. We want to have as many parent volunteers as possible to work the 25 activity stations. If you are able to help, you will need to fill-out the information sheet below and return it to your child's classroom teacher as soon as possible.

As a Field Day volunteer, you are invited to "The Volunteer Breakfast" starting at 7:30 am in the Kenrose Café.

All Field Day volunteers will need to report to the gym @ 8:30 am for instructions and assignments.

The stations will be open from 9:00 am until 12:00 pm.

There is **NO RAIN DATE**.

Please email leev@wcs.edu with any questions.

Thanks for volunteering!!!

Lee Vaughn and Anna Sellers

I WILL BE ABLE TO HELP FOR FIELD DAY

PARENT'S NAME:		
CHILD'S NAME:		

GRADE TEACHER'S NAME: ___

PLEASE REMEMBER TO FILL-OUT THE VOLUNTEER APPLICATION IF THIS HAS NOT PREVIOUSLY BEEN COMPLETED. THE FORM IS AVAILABLE AT THE SCHOOL, OR THE WCS.EDU WEBSITE. THANK YOU.

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

Registration is open! Click on <u>NASHVILLEKIDSTRIATHLON.ORG</u> 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 Righter 373-9622), MFY (contact: Eric Hager 373-2900), and Franklin Y (contact: Jenny Beadle 591-0322). 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.aerotriclub.com/clinics/

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

Monday Tueso	day Wednesday	Thursday 1	Friday	Saturday	Sunday
		*	2	3	4
5	7	8	9	10	11
12 13	14	15	16	17	18
19 20	21	22 ½ day for	23 Administrative	24	25
Λ.		students - No specials!	Day		
26 27	28	29	30	31	

PTO News & Events



Thank you to our outgoing Executive PTO Board members for the 2013/2014 school year. We really appreciate your hard work and dedication to Kenrose.

Christy Geuther - President Kris Helou-Secretary Johnna Miller - Parliamentarian Jane McGrath- Member at Large

Thanks from your Kenrose Family!

Charity Selection Guidelines for the PTO Executive Board (revised June 2, 2010)

- 1. Existing charities will be re-evaluated every year at budget time- June/July.
- ring of money to 2. New Charities seeking consideration must notify the PTO Executive Board (PTO EB) by the end of the school year in May for consideration for the following budget year which is planned in the summer.
- 3. Charity must be a passive* fundraiser.
- 4. Dr. Webb will need to approve any new charities prior to taking a PTO EB vote.
- 5. The PTO EB will consider and vote on all charity programs each summer when finalizing the budget.
- 6. WCS approval of all charities is required after PTO EB approval. (Submit form)
- *A passive fundraiser does not involve removing students from instructional time. An active fundraiser involves students participating during class instructional time.

APRIL BOX TOP CONTEST

During the month of April, we will be having a Double Dose of Box Tops! If your child turns in



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arity on. (pl. -ies)

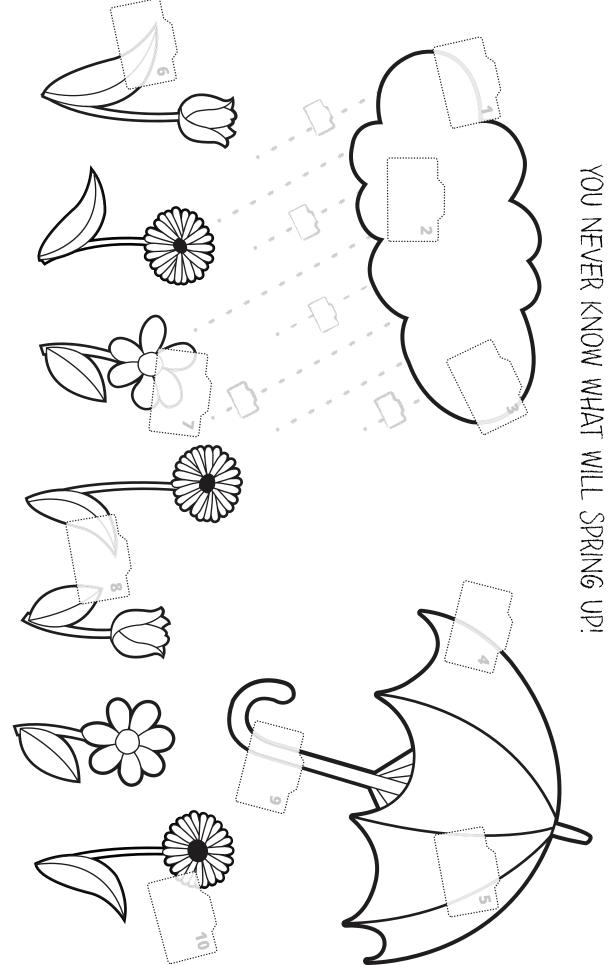
olp and raise mon

others.

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 Friday, May 2nd. 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



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. Every Box Top you collect is worth 10¢ for your school; just fill in the collection sheet



All spirit days are the first Friday of the month Next Date: Friday, May 2nd

- Show Your School Spirit By Wearing Your Kenrose Spirit Apparel!!!
 - The Class winner in each grade will receive a special treat
 - Bring in your box tops!

Please send in your Box Tops, Tyson A+ and Campbell Soup Labels on Spirit Days. Remember to put your neatly clipped tops in a Ziploc bag with your TEACHER'S name on it. This way we can track how many TOPS that each class collects.

Visit www.BoxTops4Education.com and register your email address to earn extra Box Tops for our school. The website offers great coupons, recipe ideas, and promotions. Support Kenrose and register today!

If you shop online, we can earn even more Box Tops for our school! Please register on the website today and visit the Box Top marketplace. Stores like Target, Gap and Best Buy offer Box Tops when you shop! This is another easy way to earn extra money for our school!

Every Box Top counts!

Collect, submit and show your support

on Spirit Days!

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

Mark your calendar: Spring Glenview Clothing Drive

Please save gently used summer clothes and shoes for the clothing drive (Greatest need: new shoes, and boys and girls clothing in size 6-8)

Collections: May 9-May 14 - Parent and student volunteers collect and sort donations in the morning carpool line



Distribution: May 15 - Parent and student volunteers $(3^{rd} - 5^{th})$ grade) who have worked 2 mornings of collections may attend distribution.

If you are interested in helping with the clothing drive or have any questions, please contact Robin Severance (sevy20@comcast.net).





Kenrose School Supplies

****DEADLINE May 30****

Yippee!!! It is now 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 for the upcoming school year. It is not by design a fundraiser.

Please note, all items that are requested from your teacher will be included in the kit price and delivered to school. We anticipate distributing school supply packs to families/class rooms at the Back to School Bash but details on that are being worked out. So stay tuned....

All orders will now be placed on-line directly with SchoolKidz. It is very easy and secure to order on line. p

Go to www.shopttkits.com and Enter account #7800.

You may place your order by using SchoolKidz On-line Store from Thursday, May 1 thru Friday, May 30.

To view the full list of supplies that are required by each grade, go to www.wcs.edu/kes.

If you have any questions, please contact Robin Wilson at wjohnrobin@bellsouth.net or at 945-2637.





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

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 Sunday from 4-5pm. 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
FORMon 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

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



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"

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PLACE: Franklin H.S. Main Gym



Tel: 504-920-2517

Middle Tennessee Youth Wrestling Camp for Champs <u>AGREEMENT AND MEDICAL</u> <u>CONSENT</u>.

In consideration of your acceptance of my

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 par-

WRESTLER'S SIGNATURE: (below)

ents) or guardian (s).

entry for this wrestling camp

PARENT/GUARDIAN SIGNATURES:

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 SINGATURE:

DATE: ____/1

**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 Grade Next year Email Address (print legibly): Parents'/Guardians' Names Address: City State Zip Phone # (Wrestler's Weight Wrestler's School 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 Sate. 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.

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 ELIGBILITY

- \$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: <u>Campers must meet the range on the</u> front of this fliver 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

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
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	
Camp fee with-out USA or AAU wrestling card	
Subtotal:	
Total:	
Name	
Name	
Address	
Phone	
Method of Payment	

Middle Tennessee Youth Wrestling Camp for Champs

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

^{*}Disclaimer: All/any clinicians are subject to change with out notice

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



REGISTER ONLINE AT: www.ravenwoodfootball.com



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 Jacqueline Cartailler at kerrosePTO@yahoo.com to update your information. If you have any questions, please contact us at kerrosePTO@yahoo.com to update your information. If you have any questions, please contact us at kerrosePTO@yahoo.com to update your information. If you have any questions, please contact us at kerrosePTO@yahoo.com to update your information. If you have any questions, please contact us at kerrosePTO@yahoo.com to update your information. If you have any questions, please contact us at kerrosePTO@yahoo.com to update your information. If you have any questions, please contact us at kerrosePTO@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 <u>kenrosepto@yahoo.com</u>.
- 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 marilynw@wcs.edu, Allison Hayes,
 PTO President, at allisonlhayes.aol.com, and Jacqueline Cartailler at kenrosepto@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.