



TUCKAWAY TELEGRAM

Newsletter for TUCKAWAY-BARONY



Sept 2010

TUCKAWAY'S 2nd ANNUAL

"DIVE-IN MOVIE NIGHT"

... RE-RE-RESCHEDULED!



One storm cloud came over just as we were about to show our movie. At the request of those that came out, and to give those that couldn't

attend last week another chance, we will be holding our "Dive-In" at Tuckaway-Barony, Wednesday, September 1st at 7:00pm. The movie will begin around 7:30pm.



If you have "Back To School" night at your elementary school, come on out afterwards! Bring your family, friends along with a float or chair, and enjoy "Madagascar: Escape 2 Africa" under the stars!

HOWILL'S EXCELLENT ADVENTURE CONTEST COMES TO AN END

During August, Howill met pirates, rock stars, a chef, a puppeteer and he is currently with master storytellers. Here are August's winners:

- Week 7: Pirates usually have a parrot on their shoulder, but this week Blackbeard had Howill! Although the Caribbean is thought of having pirates, Blackbeard spent most of his time off the coast of North Carolina. Sam M. of Tuckaway-Barony's Cardinals class guessed correctly that his ship was named the "Concord"
- Week 8: The Beatles had many hit records and albums, but Howill wanted to be a part of "Sgt. Pepper's Lonely Hearts Club Band"! Kara V. of Tuckaway-Barony's Eagles class guessed correctly... unfortunately, Howill was not able to find his way on the cover of the album.
- Week 9: Howill loves food, but usually the kind that scurries on the ground, so meeting Julia Child was a real treat. Sophi R. of Tuckaway-Barony's Falcon class guessed correctly that she wrote "Mastering The Art Of French Cooking". Howill was relieved that he wasn't on the menu.
- Week 10: Howill visited Jim Henson, creator of The Muppets. No one has correctly guessed correctly about what Howill learned, so check out his page and you may win movie tickets for your family!
- Week 11: Howill is currently visiting Brothers Grimm and hearing a lot of good stories. Check out his clues at his page to win!

These smart students won "Family 4 Packs" to Bow Tie Cinemas for correct answers.

Next week, Howill will pull a name out of his hat for the last summer winner. If you've guessed correctly, but haven't won, you're name is in the running!

TIPS FOR A TERRIFIC SCHOOL YEAR

by Shonnie Carroll

Starting a new school year is an exciting time, but it is also normal to be a bit nervous. Although we work hard to prepare the children for this transition it can still be an emotional time, even if it is just moving up a grade. There are a lot of new and unpredictable events about to occur. There are a few things we have done and can do to make the transition go smoothly and make the first few weeks of school less stressful.

- **Sparrow Transitions:** Most recently, we invited our soon-to-be Sparrows to Barony 2, once each week during August for a special activity. This helped them feel comfortable and familiar with the environment as well as more confident. They Birds came to B2 to see the "Talent Show, eat lunch and read a story, watch Ty-Rone the Ventriloquist and watch the Sparrow present Fairy Tale Readers Theatre and enjoying a piggy pop yogurt treats made just for them. The children also rode the Tuckaway bus to their new school and back to Tuckaway so they can learn the way around the bus and school year. These preparations will help make the first few weeks of the new year go more smoothly. They will learn how to be independent and confident during from this time of transition.
- **Highlight the Positive-**It is important to have on going conversations with your children about what they should anticipate in the coming week. It is helpful to review the things that have the same and what will change. During these conversations you can uncover any concerns and note the things that are important to them. During in the weeks leading up to September 7th remind your children of the fun they will have to look forward to each day. Become familiar with their school schedule so you can highlight the classes, subjects and friends they most enjoy. Assure them that you know they are capable of making these changes. They have made transitions before and they can do it again!
- **Predictable Schedule-** A helpful strategy in transitioning from summer is to make the beginning weeks as predictable as possible. Set a specific bedtime and stick to it, eat dinner at the same time, prepare for more academics a review of their agenda, reading notes from the school and a reading time prior to bedtime.
- **Keep Life Simple-**Clean out the closet, separate school clothes from play clothes and donate clothes that no longer fit. Make sure their backpack has the supplies needed as many teachers add or change supplies after the year begins. Get a list of favorite snacks or healthy breakfast items for the September shopping list and don't forget to stock up on water or fill their water bottles each night. Keeping hydrated is difficult during the school day and essential to healthy minds and bodies.

By planning well we can look forward to the smooth start to the new school year.

THINGS TO REMEMBER:

These things help us keep your child safe. Please assist us with this process:

- Parents call prior to 1:30pm if your child is not at school or has a change in schedule for pick up.
- Verify your emergency card and add new numbers or authorized pick ups for this school year.
- Please keep your child with you and in your supervision at time of pick up.
- Notify the front desk if you are requesting a non parent pick up.
- Notify Administration if your child is diagnosed with a communicable disease.
- Sign out EACH DAY on the clip board in your child's designated room.
- No Cell Phones please when entering the building. Please be available to your child and your child's teacher.
- Please tell your child's teacher of your expectation for homework.

A WHOLE NEW WORLD

Many of the children are moving in new classrooms, leaving caregivers that they (and you!) have been attached to for the past year. For some this transition can be easy and without problem, for others, it may take a little longer to get adjusted. Please review the following tips that may help with the anxiety that you both may be feeling as you get adjusted in to your new environment.

Talk about the new experience. Listen carefully to your child and what he/she says.

Share your feelings. When it is time to separate, allow your child to express any feelings that they may have.

Always say good-bye. Give closure at your departure, and reinforce trust with your child by letting him or her see you leave.

Develop a routine. Departure routines help reassure each child who is feeling stressed. Involve your child in developing a "secret" routine that you create. This may include a goodbye song, a special hug or words.

As with all big steps in life, there may be moments of uncertainty. Keep your hugs and smiles ready, and you both will do fine!

Great books about separation anxiety:

The kissing hand By Audrey Penn

Will you come back for me? By Ann Tompert

Even if I spill my milk? By Anna Grossnickle

Will I have a friend? By Miriam Cohen

IMMUNIZATION UPDATES

Taking your child to the doctor for a checkup? Don't forget about us! Please be reminded that we are required by the state of Virginia to have a copy of your child's most current immunizations on file.

YELLOW BIRD FIELD TRIP NEWS

For many of the Yellowbirds, this will be their first experience leaving Tuckaway for field Trips. This is such a fun experience for both the children and the staff. To make the trips the best that they can be, please review the following:

Please check the calendars monthly for trip times-please be on time, or call us if you are running late. We will make every effort to wait for you.

Please have your child dress appropriately for trips. It is best to send children in tennis shoes for ALL trips.

We always encourage parent participation- let us know in advance if you would like to at

A SPECIAL THANKS!

The Yellowbird children would like to thank Cory Bider from A Plus music who brought her drama camp to perform songs from the Wizard of Oz. The children heard "Somewhere Over The Rainbow", "Ding, dong The Wicked Witch Is Dead", "Welcome to The Lollipop Guild" and several more. The children from the camp came in costume and sounded beautiful.

MET LIFE CHILD I.D. PROGRAM

Mr. Murchison, Jackson's dad for the chickadees will bring his team from Met Life to do a Child I.D. card and C.D. for all families interested the week of September 13-17. The children are fingerprinted and photographed and ID cards are given to the parents. In case of emergency the parents have, an easy to find kit, the child's photo, fingerprints, voice recognition and other pertinent information provided by the police. This service is being provided free for all the families interested. Please look out for more information as the date comes closer and also to fill out an information form for each child. We have all the information at the front desk if you have any questions regarding the program.

HOMEWORK: TO BE OR NOT TO BE

Whether you agree with homework or not, it is important that your children see a positive attitude toward homework from you, the parent. The question that most parents ask, "What benefits does homework give my child?" Homework can have many benefits for elementary students. It helps children with managing their time and communicating with their parents. It teaches organization and responsibility. It improves memory and increases understanding. It also develops study skills that will be used during their school years and college years. Here at Tuckaway, we include hands-on classroom activities that incorporate the grade level SOLs to support learning for each grade. We also have a supervised homework room. Here are some common homework tips for parents:



- Find a quiet place that does not have the television on or other electronic distractions.
- Have materials available such as paper, pencil, eraser or dictionary.
- Establish a set time for homework. Using an egg timer can help with time management by setting the minutes they need to complete an assignment.
- When your child has reading assignments, this can be a time that you can read.
- Do the more difficult homework first. After the difficult homework is completed, tiredness might set in and easy homework would be the best at this time.
- To break up the monotony, do homework at the library or a café such as Barnes and Nobles on a specific day. The library also has computers that you can use if you have a library card.
- If the homework is consistently taking longer than expected for the grade level, contact the teacher with your concerns. Frustration is homework's demise.

AUGUST FUN AT BARONY 2

Although the season was hot, Barony 2 thrived on "cool" activities and fun summer days. During our Wet and Wacky Week Barony 2 dominated in each age group for the swim and water relay events. Each age group met at a different Tuckaway location and put in their best swim and water relay effort along with many silly water games. Barony hosted a super fun inflatable water slide and treasure hunt.

Everyone felt "groovy" during Beatles Music week. Thanks to M. Tikia, who brought in all the lights and sound system for a Dance Party which Ellwood. We finished the week up with an entertaining Talent Show and wild Tye Dye. The dancers and performers all practiced and worked hard to put on there best of show.

"Bon Appetite" to all the classes and the variety of cooking projects we had coming out of the classrooms this week. Worms and bugs in dirt, confetti cup cakes, make your own bag of ice cream, ice cream shakes, frozen yogurt on a stick, floating bugs, slimy-gooley and many other delectable concoctions. The teacher all participated in an IRON CHEF cook-off, the final winners were: Ms. Naquita for "most delicious" Macaroni and Cheese Surprise, Ms. Ellen for "Best Presentation" with a macaroni Funny Face, and Ms. Tikia "most creative" with a Macaroni BBQ and marshmallow jubilee. Yes, the secret ingredient was Macaroni!

We finished off the summer with 2 great literacy-rich weeks. We celebrated Jim Henson and the Muppets with the world of puppets and puppet theatre presentations. The students re-wrote some familiar fairy tales and made a mixed up Brothers Grimm. We had the Eagles work with the Sparrows to present a Readers Theatre for the Yellow Birds, a mixed-up Fairy Tale theatre presentation, and lots of opportunities for writing, and creating drama!

CHEF'S CORNER

Apple Fritters- These easy donuts are guaranteed winners with the entire family!



- 1 cup white flour
- 1 ¾ teaspoons baking powder
- ½ teaspoon nutmeg
- 2 eggs
- 1/3 cup milk
- 2 tablespoons apple juice concentrates
- 1 teaspoon vegetable oil
- ½ cup diced apple bits
- Oil for frying

*Combine dry ingredients; mix and set aside. Beat together the eggs, milk, juice concentrate, and teaspoon vegetable oil. Stir in dry ingredients mixture. Fold in apple bits. In hot oil, drop batter by the teaspoonful and fry until golden brown. Drain on paper towels and cool to safe temperature before serving. Enjoy!

LOOK AT WHAT WE DID TODAY...



HAPPY SEPTEMBER BIRTHDAYS:

Andrew Baish
Hunter Green
Lauren Hagin
Julia Martin
Mia Rodriguez
Lillie Rounds
Sophie Rounds
Maeve Summers
Michael Travis

HAPPY TUCKAWAY ANNIVERSARY:

JoJo Jernigan: 3 years

Thank you for your continued dedication

WE WOULD LIKE TO WELCOME THESE NEW FAMILIES TO TUCKAWAY-BARONY:

The Grey Family
The Belcher Family
The Cooper Family
The Gammon Family
The Dickinson Family
The Dunham Family
The Gammon Family
The Grey Family
The Jennings Family
The Metzger Family
The Onusconick
The Perdue Family
The Street Family
The Stromberg-Brooks Family
The Williams Family

TUCKAWAY-BARONY - SEPTEMBER 2010