



Waters Landing
ELEMENTARY SCHOOL

The Dolphin News

March 2017 Issue

www.waterslandingpta.com

A Publication of the Waters Landing Elementary School PTA
<https://www.facebook.com/WLESPTA/?fref=ts>

Srelyne Harris, **Principal**

Christine Troffkin, **Assistant Principal**

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**2016-2017
PTA Contact
Information**

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Dear Waters Landing Families:

Happy Almost Spring! Thank you to all of the families who attended the Valentine's Parties, Science Fair, and the Winter Chorus Concert. It was great to see so many families at our school. Our students really enjoyed these events!

Please ensure students attend school daily and arrive to school on time. When students have chronic absences or arrive to school late, there is a great impact on learning. Each month administration reviews student attendance. If there is a concern, we will contact you via phone and/or letter to inform you of your child's current absence/tardy rate and determine how we can support your family to increase attendance. Our goal is to ensure student success and this begins with attendance.

Interims for the 3rd Quarter will be sent home on Friday, March 10th. Please take time to review this with your child. If you have any questions, please make certain you email or call your child's teacher. You are an important part of your child's educational team. We want to make certain that your child is making progress and learning.

Thank you for your ongoing support of your child's education.

Sincerely,

Ms. Srelyne A. Harris, *Principal*

Mrs. Chris Troffkin, *Assistant Principal*

From the PTA President,

Dear WLES Families,

We greatly appreciate all of the students who participated in our Science Fair- it was a huge hit!



We have some really exciting events happening in March! Our book fair will run March 6-10 in the school library. We will have family nights on Tuesday, March 6 and Thursday, March 8. We will need volunteers for the entire week. We will also host Muffins with moms on Friday, March 10 from 8:45-9:10. A flyer will be coming home soon so that you can RSVP for this event.

We will begin our Whoos Reading Read-A-Thon fundraiser in April. Stay tuned for more details!

Our next PTA meeting will be **Tuesday, March 14 at 7:00 PM** in the school library. If you have any questions or would like to share some of your ideas and thoughts, please feel free to contact me.

Sheri Schully

Waters Landing Elementary School PTA President, 2016-2017

Proud mother of Madeleine (3rd grade), and Corinne (Kindergarten)

sherischully@gmail.com

**BOOK
FAIR**
COMING SOON!

The Scholastic Spring Book Fair is back at Waters Landing in March!

See attached Flyer for detailed information. **Volunteers are needed, please sign up on the link below.** Volunteers who volunteer 4 hours will receive \$5 towards a book fair purchase and those who volunteer 5 or more will receive \$10 towards a book fair purchase.

<http://www.signupgenius.com/go/70a094aa4a828a57-volunteer>

BOX TOP NEWS



Thank you to all of those who participated in our Box Tops Collection Raffle. We will be announcing the winners at the end of this week. Soon we will also be announcing our last collection contest for the school year so make sure to keep collecting. Remember, Box Tops are on the packaging of hundreds of products that you use everyday and are each worth 10 cents that quickly add up to real cash for our school. Every little bit helps. For more information visit www.BTFE.com

Order your 2016-2017 Waters Landing Yearbook now!

Lifetouch is excited to offer a convenient way for families to order their student's yearbook. Simply copy and past the link below to order Yearbooks for 2016-2017 (\$22.00) and can be ordered online now. **WLES Year book ID code is 12291217**



<https://ybpay.lifetouch.com/Order/SelectStudent?isAdvertisementOnly=False&jobnumber=12291217>

From the Media Center

Hello Parents and Students! Each student in our school received a library card for use at Montgomery County Public Libraries. These cards are already activated and ready for all online services and resources 24/7. You can: Read e-books and e-magazines, download music, learn languages, take online courses, use public computers at branches, access WiFi at branches, do research and borrow up to 7 items at one time. You can visit any of our 21 branches to convert your e-card to a card that allows you to borrow up to 100 books, DVDs, and other materials at a time. This card will expire in one year unless it has been converted. Parents, when visiting the library with your child, you are welcome to apply for a library card. No picture identification is required. We hope you will take advantage of the free resources provided by Montgomery County Public Libraries. Happy Reading, Writing, Discovering and Learning! **Save the Date!** On April 6 from 7:00 – 8:00 PM, WLES will be hosting a READING NIGHT. Parents will have the opportunity to attend one of three information and practice sessions with your child. Spanish interpreters will be on hand to help and the sessions will be led by volunteer teachers.

- 1 Pre-reading skills and questioning techniques
- 2 Choosing the perfect “JUST RIGHT” book and questioning techniques
- 3 Shared writing using online tools. You can publish a book online with your child using a Chromebook. More information and RSVP forms will be sent during the month of March. We hope to have many families participate.

Mary Zygmunt Media Specialist



GETTING TO KNOW YOU: Our school secretary, Mrs. Theresa Chamberlain

Interviewed by Jackson Kaminski and Gavin Shea.

- ◆ How long have you been working at Waters Landing Elementary School: *I have been here since 1989, twenty eight years.*
- ◆ What changes have you seen over the years? *In 1989 we had over a thousand students. We had many portable classrooms.*
- ◆ Tell us about your family. *I have a husband, two children and a granddaughter.*
- ◆ Where were you born and what is your background? *I was born in Washington D.C. on December 7th. My parents came from Ireland. I am of Irish and Scottish descent.*
- ◆ Did you go to college? *I studied elementary education at Montgomery College.*
- ◆ What holidays do you enjoy? *I like celebrating Christmas with my family.*
- ◆ What place have you visited that you really loved? *I enjoyed Hawaii. I would like to go to Greece because it is so beautiful.*
- ◆ What kind of music do you like? *I like popular music and the “Oldies.”*
- ◆ Do you have any pets? *I have a Boxer dog. She is named Maisy. She is 14, which is quite old in dog years.*
- ◆ What is your favorite thing to do when you are not in school? *I like shopping, walking and reading fiction.*
- ◆ If you had one wish, what would it be? *I would wish for world peace.*

There are many ways to stay up to date with what is happening with WLES and the PTA.

- ◆ Like and Follow us on Facebook - <https://www.facebook.com/WLESPTA/?fref=ts>
- ◆ Follow us on Twitter - [@WatersLanding](#)
- ◆ Visit our website - www.waterslandingpta.com
- ◆ Contact us on our **Contact Us** tab on our website

WLES Family Spirit Night

Thank you to all families that came out Wednesday, February 22 to support our family spirit night. The next spirit night will be at Tortacos in Germantown on Middlebrook Road. Look out for more details in the next couple weeks.

COUNSELOR'S CORNER – MS. LAURENO

WAYS TO REDUCE YOUR CHILD'S STRESS AND ANXIETY

Anxiety symptoms are common in children and adolescents. There are ways to reduce your child's stress and anxiety. The symptoms manifest themselves in different ways.

If your child is chronically worrying, restless, easily tired, has difficulty concentrating, displays irritability, experiences muscle tension, or shows sleeping or eating disturbances, they may have an anxiety disorder. This is a medical issue and should be discussed with your pediatrician. If you think your child seems to feel more nervous or worried than usual, ask them "Are you afraid of something?" Children may be too scared to talk about their worst fears. By opening the door to a conversation, you are giving your child the opportunity to share with you and a life-long lesson that they can talk about their feelings and get needed help.

Tips:

1. Encourage your child to talk about their fears.
2. Tell your child that it is okay to be imperfect. They don't have to get the highest grades. They just have to try their very best.
3. Focus on the positives. Many times anxious and stressed children can get lost in negative thoughts and self-criticism. Teach them to think positively, to look at the things they can do well, and help them plan specific strategies to improve,
4. Schedule relaxing activities; Children need time to relax and have fun. Overscheduling them with activities or participating in all competitive sports can be stressful.
5. Model assertive behavior, self-care and positive thinking. Your child will see what you do. If you avoid anxiety provoking situations, so will your child. If you face your fears, so will your child. If you take good care of yourself and schedule time for your own needs, your child will learn that self-care is an important part of life. If you look for the positive in situations, so will your child. If you are anxious, your child will pick up on that anxiety and experience an increase in his/her own anxiety. You must manage your own anxiety. This may mean deliberately slowing down your own speech, taking a few deep breaths to relax, and working to ensure that your facial expression conveys that you are calm.
6. Reward your child's behaviors when they face their fears. Be specific about praising the positive behavior they just demonstrated.
7. Encourage good sleep and set a regular bed time and routine.
8. Practice relaxation exercises with your child. Deep breathing and mindfulness help alleviate anxiety. Listening to calming music is helpful. Using imagery to transport your mind to a calm, serene environment soothes the nervous system.
9. Have your child keep a diary or journal where they can write and draw about their feelings. Your child can share this with you, which will give you a window on to their feelings.
10. Never give up! Anxiety and stress can be a chronic struggle. Often the source of anxiety can change over time and, as a parent, it feels as though you are putting out fires. But it is important that you are always your child's greatest support and advocate. You sons and daughters will establish a bond of trust with you that will well serve you both throughout life's journey.

DID YOU KNOW

Germantown Help: Provides delivered emergency food, prescription assistance, and holiday help to residents of Germantown at zip codes 20874 and 20876? Help is provided through programs, referral to other resources and the relationships established in the community. For more information: <http://www.gtownhelp.org/>



The Sidney Kramer Up-county Regional Services Center @ 12900 Middlebrook Rd in Germantown co-ordinates service delivery that focuses on particular needs of Up-county residents. Services include: English classes at Gilchrist Center for Cultural Diversity, Volunteer Center, Housing Assistance, Peppertree Child Care, DHHS with emergency services and many, many more supports. To learn more please go to: <http://www.montgomerycountymd.gov/upcounty/services.html>

Manna's mission of ending hunger in Montgomery County through food distribution, education and advocacy is the guiding force of all we do. The weekly distribution in our area is: Thursday from 2 – 4 pm, Salvation Army Center 20021 Aircraft Drive, Germantown, MD 20874 ([Get directions](#)) For additional info: <http://www.mannafood.org/how-to-receive-food-from-manna/>

We started Germantown Coalition in 2014 with a simple premise in mind; what if local residents band together to help our neighbors in need? Germantown Help was formed to support the needs of local charities, philanthropies, schools, and organizations right here in our own region. To contact us to help or get help, email us at questions@germantowncoalition.org.

Dear Waters Landing Elementary School Families,

Pennies for Patients has been extended to the end of the month to accommodate Jump Rope for Heart for fundraising.

We are excited to be partnering again this year with the Leukemia & Lymphoma Society (LLS) on the **Pennies for Patients** project. LLS has a mission of *a world without blood cancer*. We want the students to know that it only takes a few coins to “make change” happen in fighting blood cancer. Leukemia is one of the leading cancer diagnoses in children under 19 and a cure is within reach. We can be an important part of finding that cure for local families. Please support the Pennies for Patients project and help fund groundbreaking research.

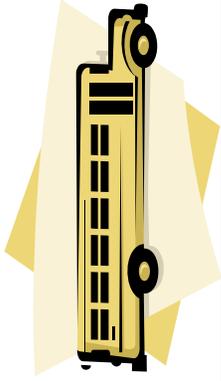
WHEN: 2/1/2017 to 2/28/2017

HOW: Students received an *individual collection box* and they are encouraged to fill it with coins/bills that they have and/or that they earn by doing extra work around the house. Parents and friends can support their student's effort by contributing money or a check (made out to LLS) to the student's box or they can contribute online through the school's giving page (<http://events.lls.org/pages/nca/WatersLandingElementarySchool-2017>).

Waters Landing Elementary School PTA Membership

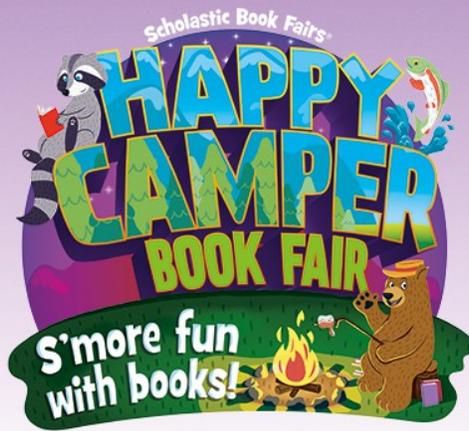
A few good reasons to Join the PTA

- ◆ **Your child benefits.** Research shows children whose parents are involved get better grades, do better on tests, and have fewer discipline problems at school.
- ◆ **We make a difference.** Our mission is to help create a school where teachers, parents, and administrators come together to help all WLES children. We provide support for teachers in and out of the classroom and help create growth opportunities for all WLES children.
- ◆ **We pledge to honor your time constraints.** People are often reluctant to participate because they are afraid they will get pulled into a black hole of never-ending time commitment. We will not push you to commit more than you want to or are able to. An hour or two a semester really makes a difference.
- ◆ **We have fun.** We accomplish a lot, and not everything we do is easy. We do not take ourselves too seriously, and we try to enjoy ourselves.
- ◆ **Meet nice people who share your concerns.** We all have a common bond- we care about creating the best possible educational experience for our children. Many friendships have developed as a result of those connections.



March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Early Release School Day	4
5	6 WLES Book Fair 9:30am-3:30pm	7 WLES Book Fair :30am-3:30pm Family Night 6pm-8pm	8 WLES Book Fair :30am-3:30pm	9 WLES Book Fair :30am-3:30pm Family Night/ International Night 6pm-8pm	10 Muffins with Mom 8:45am-9:10am WLES Book Fair 9:10am-4pm	11
12	13	14 WLES PTA meeting Media Center 7:00pm	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



WATERS LANDING PTA BOOK FAIR MARCH 6 – 10, 2017

Monday, March 6:	9:30AM – 3:30PM	- Classes visit for wish list/shop
Tuesday, March 7:	9:30AM – 3:30PM 6:00PM – 8:00PM	- Classes visit for wish list/shop - <i>FAMILY NIGHT</i>
Wednesday, March 8:	9:30AM – 3:30PM	- Classes visit for wish list/shop
Thursday, March 9:	9:10AM – 4:00PM 6:00PM – 8:00PM	- Students may shop! - <i>FAMILY NIGHT and INTERNATIONAL NIGHT</i>
Friday, March 10:	8:45AM – 9:10AM 9:10AM – 4:00PM	- <i>MUFFINS WITH MOM</i> - Last day to shop!

NO TAX on Book Fair purchases. Sorry, we **DO NOT** accept checks.
We accept Visa/Mastercard/Discover/American Express.

You can donate a book to your child's classroom!
Check out the Teacher Wish List Board!

SHOP our **ONLINE** Book Fair:

<http://www.scholastic.com/bf/waterslandingelemsch1>

Books will be shipped **free** to the school and given to your student.

VOLUNTEER at the Book Fair! Volunteer 4 hours receive \$5 toward Book Fair purchase or volunteer 5 hours or more receive \$10 toward Book Fair purchase.

One per person, per book fair for adult volunteers only.

Sign Up Genius link:

<http://www.signupgenius.com/go/70a094aa4a828a57-volunteer>

or email Kathy McDonald: ksmcdonald10@yahoo.com