



Waters Landing
ELEMENTARY SCHOOL

The Dolphin News

Mary 2017 Issue

www.waterslandingpta.com

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

<p>Srelyne Harris, Principal Christine Troffkin, Assistant Principal 13100 Waters Landing Drive Germantown, MD 20874 240-740-1020</p>	<p>2016-2017 PTA Contact Information</p>	<p>PTA President Sheri Schully sherischully@gmail.com PTA Vice President Kathy McDonald wlescommunication@gmail.com</p>	<p>PTA Treasurer Chantal Falade wlestreasurer@gmail.com PTA Secretary Diana Hernandez diana.hernandez514@gmail.com</p>
---	---	---	--

Dear Waters Landing Families:

May is a very exciting and busy month here at Waters Landing! This month brings many events such as testing season, Kindergarten Orientation, field trips, patrol picnics, and the popular Drama Club presentation. Please pay attention to our weekly Landing Ledger for all of the important dates.

Our **Kindergarten Orientation will be held on Thursday, May 4th and Friday, May 5th**. If you have a child who will turn 5 years old on or before September 1, 2017, please call Mrs. Chamberlain in our main office to register for Kindergarten Orientation.

Testing Season is here! Students will begin taking the Mclass reading assessment (Reading K-2), MAP-R (Reading 3-5), MAP-M (Math 3-5), and MAP-P (Math K-2).

Students in grades 3, 4, 5 will take the state PARCC assessment (English-Language Arts/Math). It is important that students attend school daily, get a good night's rest, and eat a healthy breakfast in preparation for the test. Testing will occur on the following dates:

<p>May 8, 10, 12 (ELA) Grade 5th – 9:45 a.m. Grade 3rd and 4th – 12:30 p.m.</p>	<p>May 17, 18, 22, 24 (Math) Grade 5th – 9:45 a.m. Grade 3rd and 4th – 12:30 p.m.</p>
---	---

The most important priority is still **INSTRUCTION!** Teachers will continue delivering strong instruction daily. Encourage your child to stay motivated and continue reading, writing, and practicing basic facts. Let's finish the school year strong!

Sincerely,

Ms. Srelyne A. Harris, *Principal*

Mrs. Chris Troffkin, *Assistant Principal*



Staff Appreciation

The PTA will host a Staff Appreciation Luncheon for our wonderful staff at Waters Landing. The luncheon will be catered but desserts will be donated. Please indicate the type of dessert in the comment column. Desserts can be dropped off in the morning at the main office.

<http://www.signupgenius.com/go/70a094aa4a828a57-desserts1>



Kindergarten Orientation - Thursday May 4th and Friday May 5th.

We need volunteers to assist with Kindergarten Orientation. Please sign up on the link below if you're able to help on May 4th and 5th.

<http://www.signupgenius.com/go/70a094aa4a828a57-kindergarten2>

BOX TOP NEWS



Thank you to all who have been sending in Box Tops. We will be announcing our last Box Tops Collection of the school year this week so keep an eye out for the flyer. Box Tops are on the packaging of hundreds of products that you use every day 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

From the PTA President,

Dear WLES Families,

Dolphinmania will be held THIS Saturday, May 6 from 2-4 PM at our school. The event will include the teacher auction, face painting, inflatables, a bake sale, and Kona Ice. We also have some fabulous finds at our silent auction!

Check them out on the flier in this newsletter.

The PTA is sponsored a read-a-thon raised over \$3000.00 for our school. Thank you so much for all who donated and for all of the students who participated.

Our next **PTA meeting will be Tuesday, May 2 at 7:00 PM** in the school library. We are looking forward to another amazing year and hope to get many more of you involved with the PTA and assisting with our mission to enrich and enhance the social and educational opportunities for the children of WLES. If you have any questions or would like to share some of your ideas and thoughts, please feel free to contact me or any of our board members.

Thank you,
Sheri Schully

Waters Landing Elementary School PTA President, 2016-2017
Proud mother of Madeleine (3rd grade), and Corinne (Kindergarten)
sherschully@gmail.com



Summer Resources

Summer youth programs

Montgomery College has several summer programs during the summer. For a list of programs visit their youth program website: <http://cms.montgomerycollege.edu/wdce/youth.html>

Sports programs

Sports International is holding their annual basketball camp with Juan Dixon this summer in Germantown at the Discovery Sports Center. The camp will be this July 31- August 4th and will feature former UMD Terp Juan Dixon and our excellent coaching staff made up of high school and pro players! Visit www.sibasketballcamps.com for more information and to register! We are also receiving a \$40 discount on the camp if you enter the discount code SLAMDUNK17 when you sign up!

For more information contact: Conor Anderson, Camp Director, Sports International Basketball Camps
conor@sibasketballcamps.com; 301-575-9428.

COUNSELOR'S CORNER – Ms. Laureno

The Mental Health Advisory Committee, The Alcohol and Other Drug Abuse Advisory Council , Recovery Partners Montgomery and Peer2Peer Recovery Services, Inc., invite you to attend our Annual Spring Forum

Challenges and Solutions to Mental Health and Substance Abuse

Thursday, May 11, 2017 - 6 to 8 p.m.: Activity Center at Bohrer Park, 506 South Frederick Avenue, Gaithersburg
6:00 to 6:30 p.m. Resource tables and demonstrations- acupuncture, massage, Reiki, yoga
6:30 to 7:15 p.m. Keynote Speaker: Montgomery County State's Attorney John McCarthy- Decriminalization of Mental Health & Substance Abuse

7:15 to 7:30 p.m. Volunteer Recognition

7:30 to 8 p.m. Panel Discussion and Q & A

Panelists: Montgomery County Department of Health and Human Services, Montgomery County Police Dept. Mental Health Court, Alcohol and Other Drug Abuse Advisory Council, Mental Health Advisory Committee, Peer 2 Peer Recovery Services, Inc.

Meeting Accessibility: Montgomery County will provide sign language interpreters and other auxiliary aids or services upon request with as much notice as possible, preferably at least three days before the event.

Contact Diane Lininger at 240-777-3317 or Diane.Lininger@montgomerycountymd.gov.

COUNSELOR'S CORNER – Ms. Laureno

The first week in May has been designated Children's Mental Health Awareness Week in Maryland

More information can be accessed on the web at www.Children'sMentalHealthMatters.org.

Mental health is part of our overall well-being and relates to our ability to enjoy life, maintain fulfilling relationships, and cope with adversity and stress. There may be times, however, when we experience mental health problems which impact our ability to function successfully in parts of our daily lives. Mental health problems can affect anyone, regardless of age, education or social position. Schools have an important role to play in building skills, knowledge and habits that help mental well-being and can reduce the risk of social and emotional problems.

Key things that students learn across the curriculum include:

1. Understanding mind-body connections and the role of physical activity in supporting mental health and well-being.
2. Understanding sources of stress and developing coping skills needed to deal with adversity and stress.
3. Developing self-awareness and recognizing warning signs of emotional difficulty and anger management and understanding how to respond and seek support.
4. Developing communication and social skills and learning how to build healthy relationships.
5. Understanding possible connections between substance abuse, addictions, and mental health and how to get help.
6. Developing empathy and understanding for those who are experiencing mental health problems.

Tips for Talking with Your Children about Mental Health

There may be times when it is particularly important to talk to your child directly about mental health issues. These situations may arise if a child, or someone close to them, is showing signs of mental health problems. Perhaps a traumatic event has happened, e.g. divorce, serious illness, or the death of a significant person (or pet) in their lives. Starting these conversations is not always easy, but the following tips may be helpful:

1. Assist your child in describing their emotions (e.g. "You look like you feel sad. Saying good-bye can be hard. I feel sad, too. Let's talk about how you are feeling.
2. Look for opportunities to talk in a relaxed, private setting.
3. Let the discussion develop gradually over time. Children may need time to become comfortable talking about their concerns. One direct question you may ask, "Is there anything you are afraid of that you haven't told me about?" Many children, if directly asked, will open up to you.
4. If children are uncomfortable talking about their own feelings and experiences, approach the issues indirectly. Talk about imaginary situations or about characters in books or television programs. Read age-appropriate books together on these specific topics.
5. Let your child know that you are there to talk and help, and that their mental health, like their physical health, can change over time.

One technique you may use is comparing life to the weather. Sometimes the weather is very sunny and beautiful, and other days it is raining, windy and stormy. You can use a swimming metaphor. If we are at the beach and a wave crashes over us, we may need the assistance of someone to help us, like a lifeguard. When we experience a difficult time in our life, we may need the assistance of a mental health expert to support us. There is no stigma in asking for help. We all need help at one time another. A wise person seeks help when necessary. Our school provides mental health referrals as well as in-school counseling.

Please contact me or Mrs. Felsher or Mrs. Iuculano should you want this assistance. 240-740-1020

Preventing Youth Suicide: Tips for Parents - Suicide is the second leading cause of death among school age youth. However, suicide is preventable. Youth who are contemplating suicide frequently give warning signs of their distress. Take the following warning signs seriously:

1. Suicidal threats ("I am going to kill myself.") ("I wish I could fall asleep and never wake up again.")
2. Suicide notes and plans (including online postings)
3. Prior suicidal behavior or threats.
4. Making final arrangements (writing good-bye letters, giving away prized possessions)
5. Preoccupation with death
6. Changes in behavior, appearance, thoughts and or feelings. (Isolating themselves, neglecting their appearance and personal hygiene, crying excessively, sleep problems, changes in eating.)

What to Do: When a child gives signs they may be considering suicide, the following actions should be taken: Remain calm. Ask the child if he or she is thinking about suicide directly. Focus on your concern for their well-being and avoid being accusatory. Listen! Reassure them that there is help and they will not feel like this forever.

Provide constant supervision, Do not leave the child alone. Remove any means for self-harm.

Get help! Parents should seek help from their physician, school and/or community mental health resources as soon as possible. Continue to communicate closely with your child. Let your child know you are there for them every day, at any time of day, and if they are having these thoughts you want them to share them with you. Make sure your child does not feel you are judging them, only supporting and loving them.

COUNSELOR'S CORNER – Ms. Lauren

Our Pennies for Patients drive collected \$1,391.63!

The class with the largest donation was Ms. Kanner's fourth grade class. In second place was Ms. Riley's fourth grade class. Ms. Kanner's class has earned a pizza party! Ms. Riley and other classes who raised more than \$100.00 will receive a pennant to proudly hang in their rooms. All those pennies added up! This money is being used for important research to help children recover from blood cancers. Way to go, Waters Landing Dolphins!!!!

Parent Community Coordinator – Nan Iuculano

The Germantown/Gaithersburg area is rich in resources to support families in time of need. Many of our families benefit from these organizations. We wanted to highlight a few with a column called: ***DID YOU KNOW?***

The Sidney Kramer Upcounty Regional Services Center @ 12900 Middlebrook Rd in Germantown co-ordinates service delivery that focuses on particular needs of Upcounty 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>

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 **Germantown Coalition** was started 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.

The **Connecting Kids to Coverage** National Campaign, a national outreach and enrollment initiative funded under the Children's Health Insurance Program Reauthorization Act (CHIPRA) and the Affordable Care Act, reaches out to families with children and teens eligible for Medicaid and the Children's Health Insurance Program (CHIP) to: Raise awareness about health coverage available under these programs; Create opportunities for families to get their eligible children and teens signed up for coverage; Motivate parents to enroll their children and teens and renew their coverage. For additional information: <https://www.marylandhealthconnection.gov/how-to-enroll/>

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. For additional info: <http://www.mannafood.org/how-to-receive-food-from-manna/>

From newborns to adults, **Family Services, Inc.** (FSI), a part of the Sheppard Pratt Health System, provides high-quality services to foster health and well-being in the home, school and community.

FSI provides a wide array of programs and services which address Integrated Health and Behavioral Health; Children, Youth and Families; Victim and Domestic Violence and Community Support Services.

For more information: Family Services, Inc., 610 East Diamond Ave. Suite 100, Gaithersburg, MD 20877 (301) 840-2000

For more information on these or other resources in the area please contact: Nan Iuculano/Parent Outreach available at Waters Landing on Tuesdays and Wednesdays or by cell at: 240-550-3043



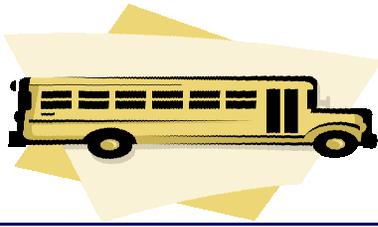
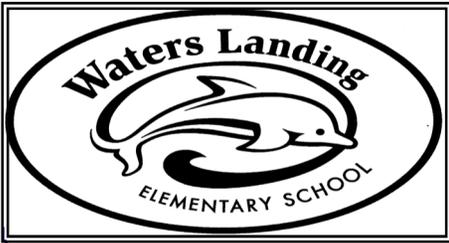
Parent Community Coordinator – Nan Iuculano

DID YOU KNOW?

EveryMind is our local Mental Health organization which “recognizes that investing in our children and youth now, will mean a more vibrant, productive workforce and community moving forward.

Prevention and early intervention services help us to identify and address the needs of at-risk children and their families and then provide more intensive case management and counseling when needed.

We realize that mental health issues are not bound by economics or ethnicity and that's why our services are in place for everyone. Because every mind needs support, attention, and care” 1000 Twinbrook Parkway Rockville, MD 20851 | 301.424.0656 | info@Every-Mind.org



May 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 WLES PTA Meeting Media Center 7:00pm	3	4	5	6 Dolphinmania 2:00pm-4:00pm
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Dolphinmania 2017



Fun!



Inflatables



Silent Auction



Bake Sale



May 6, 2017
2:00 - 4:00 pm



Waters Landing Elementary School

Dolphinmania is a community-building event that encourages WLES students, their families, and staff to gather for an afternoon of fun. We will have inflatables, face painting, a silent auction, a teacher auction, and a bake sale. We encourage all WLES families and community members to join this fun event!

Silent Auction bids will be available for: summer camps, gift cards to local grocery stores, an authentic American Girl doll, Park Hopper tickets to Disney World and much, much more!

If you know of any businesses that may want to donate to our silent auction, please contact sherischully@gmail.com

Adult and SSL student volunteers are needed, please contact sherischully@gmail.com to volunteer for this event



Kona Ice



Face
Painting



Inflatables



Teacher
Auction



Silent
Auction



And
More!

Visit www.waterslandingpta.com for more information