

SOARING SEAGULL NEWS

OLIVER BEACH ELEMENTARY SCHOOL

February 2020

Lynne Palmer, Principal
Amy Daniller, Assistant Principal

Thought for the Month: *“An investment in knowledge pays the best interest.”*
~ Benjamin Franklin

CALENDAR OF EVENTS

February
4 School Closed
6 Report Cards Distributed
17 Schools are Open (snow make-up day)
19 PTA Meeting
29 PTA Basket Bingo

Greetings From Mrs. Palmer

Please note that there has been a change in the BCPS calendar. Schools will be open on President’s Day, Monday, February 17. Also, our second marking period has ended, so we will be holding our second quarter awards assembly on this date. Invitations for the awards assembly will come home in the report card envelopes.

School Counselor Week is February 3- February 7. Please join me in celebrating our outstanding school counselor, Mrs. Stewart. As you know, Mrs. Stewart has made a tremendous impact in helping our students succeed socially, emotionally and academically. She is an asset to our school community.

Recently, we have some had some safety issues in the parking lot during dismissal from vehicles not waiting in the car line. They are pulling around the cars and pulling in front of the bus. This is extremely dangerous to our students and the cars around the parking lot. Please be patient and wait in the line or arrive early so you can be one of the first cars. Thank you in advance for your cooperation.

Please refer to “Notes from the Nurse” on BCPS’s policy on head lice.

Notes From the Nurse

Head Lice Reminder

Our schools, rather than being the cause of infestation, are the locations of its identification. Throughout the United States, 6-12 million students are affected each school year.

Head lice are tiny, wingless insects that live close to the human scalp. They do not transmit disease. Adult head lice are hard to see. They are gray or brown in color and about the size of a sesame seed. Their eggs, called nits, are easier to find. Nits are tan or off white in color. Nits can also be black if a louse is ready to hatch. At

first, nits may look like dandruff, but you will find that the nits are firmly stuck to the strands of hair. Nits will not flake off or wash off like dandruff.

The life cycle begins with a nit. Nits hatch after 7 to 10 days. Approximately 8 to 14 days after hatching, the louse is mature and lays eggs. An adult louse lives for about one month and lays 8-10 eggs per day. Head lice do not jump or fly. They do not come from or live on animals. Head lice are NOT a sign of poor hygiene or uncleanliness. ANYONE can get head lice. Direct “head touching head” contact is the transmission mode. Head lice usually survive for less than one day away from the scalp, and their eggs cannot hatch at temperatures lower than those near the scalp. For this reason, it is less likely that head lice can be transmitted with things like combs, brushes, hats, head bands, scarves, barrettes or hair ribbons. It is much easier to get a cold, flu, ear infection, strep throat or pink eye.

Here are some clues that your child might have head lice: persistent itching of the head or feeling like something is moving in the head; excessive head scratching; a sesame seed size insect in the hair, around the ears and the back of the neck; tan, brown or white nits (eggs) approximately the size of a flake of dandruff and firmly attached to the hair shaft.

If you suspect that your child may have head lice, contact your health care provider as soon as possible for diagnosis and treatment. The school nurse should be notified if your child has pediculosis. All members of the household should be examined and treated if lice are observed, unless your usual source of health care advises other measures. The school nurse will monitor your child for 14 days and will screen close contacts of your child. Some examples of close contacts may be: Children who spend large amounts of time outside of school with each other, such as day care, camp, or at babysitters.

It is unlikely head lice can be prevented. Typically, we do not send letters home to inform parents about head lice in school. We would not send letters home to inform parents about colds or strep throats. There is no evidence to support sending letters home will prevent transmission of head lice or colds. However, routine checks by parents at home (monthly) using a bright lamp or by a sunny window is a good way to detect and treat early infestation, thereby preventing the spread to others.

Have a safe and healthy second half of the school year!

Eva Merryman, MSN, RN, CPN
School Nurse
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The Counselor Corner

My classroom guidance lessons this month will focus on accepting and appreciating differences. Students will be asked to consider how differences make the world a better place. Also, students will consider what qualities make themselves special, different, and unique. These guidance lessons will help encourage students to develop empathy for one another. Empathy helps create unity. Empathy also helps develop positive and supportive relationships among our school family.

Schoolwide, throughout the month of February, we will be focusing on students learning about courage and how to demonstrate courage. When students demonstrate courage they feel more successful, calm, productive, and honest with themselves and others.

At OBES, we are in our second year implementing PBIS (Positive Behavior Interventions and Support). As a school we have consistent expectations of all students all throughout our school building. Lessons are taught to show all students what the expectations are throughout the day. Skills are reviewed whenever necessary. We want every student to be successful and be the very best they can possibly be.

I continue to have lunch bunch groups with the students. I enjoy this time of getting to know the students better. Please feel free to contact me with any questions or concerns that you might have.

Sheryl Stewart - School Counselor stewart5@bcps.org

Physical Education News

With Fitnessgram Reports coming soon for all 4th and 5th graders, let's take a moment to explain the 5 basic components of fitness.

Cardiovascular endurance is associated with the way the heart and lungs work together to provide the body with oxygen. Aerobic exercise, such as swimming or running, can help improve a person's cardiovascular endurance.

Muscular strength has to do with the amount of force a muscle can apply in an endeavor. A person can improve muscle strength by engaging in regular strength training exercises, such as weightlifting.

Muscular endurance measures how much continuous action a muscle can perform without exhaustion. Cycling machines, step machines, inclined treadmills, sit-ups and push-ups can test muscle endurance and help improve this component.

Flexibility measures the range of motion a joint has. Stretching the muscles can test how flexible a person is and increase that level.

Body composition (or BMI), is the percentage of fat, bone, water and muscle a person's body contains. Regular exercise and a healthy diet can lessen body fat and radically change a person's BMI.

Tip for the Kids: Practice by doing 10 push-ups, and 10 sit-ups every night before bedtime. If that is too easy, practice this routine every morning when you wake up as well as before bed. When this becomes too easy, simply increase the number as needed. Routine is key.

News From the Library

What is an easy, convenient way to provide your child with quality reading material without going to the library or worrying about overdue books or fines? Log onto **Destiny Discover** through **BCPS One Digital Content** and read an eBook! Our library has over 300 eBooks and more than 60 interactive eBooks to choose from. Many of these allow multi-user access. Students have learned to access these eBooks using their BCPS username and password during library class and should be able to do so with minimal assistance.



Students can also access Baltimore County Public Library resources by logging onto **Baltimore County Public Library** through **BCPS One Content**. Students can check out up to five items using BCPS student identification number. Online access includes downloadable books and online resources such as Rosetta Stone, Mango Languages, Brainfuse, and online databases. Email Ms. Myers at kmyers3@bcps.org if you have any questions.



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Other News:

A special shout out goes to our top homerooms for checking out the most amount of books per patron for the month of January. Our award winners are:

First Place: Mrs. Helm's class

Second Place: Mrs. Kregel's class

Third Place: Ms. Wood's class

Mrs. Helm's class will receive the trophy for the month of February! Way to go readers!

Prekindergarten News

In Pre-K we are learning about asking questions and discovering new information. We are about to celebrate the 100th day of school. In math we are working on addition and writing the numerals 1-10.

Kindergarten News

Kindergarten has just started a new unit in Reading, Unit 6: *Weather For All Seasons*. Over the course of the unit, students will identify characters, settings, and major events in the texts and retell stories using key details. Also, students will focus on the following Essential Questions:

- How do weather and seasons affect us?
- What happens in different kinds of weather?
- How can you stay safe in bad weather?

Kindergarten has also started a new unit in Math, Unit 5: 2-D and 3-D Geometry. Over the course of the unit, students will explore geometry

using a variety of materials, including Geoblocks, pattern blocks, interlocking cubes and Geoboards. Students will describe, sort, and compose and decompose two- and three-dimensional shapes.

News from Grade 1

First grade has finished up our nonfiction unit in reading. We are now starting our folk tales unit and are looking forward to learning about all the lessons the characters learn and how we can apply it to our own lives. We are continuing to make great strides in phonics learning new spelling patterns and more sight words that help us grow as readers and writers! In math we have finished up our data unit and are now working on measuring. We can't wait for the 100th day of school celebration!

News from Grade 3

It's halfway through the school year already! The third graders continue to grow in their ability to critically work through the many learning tasks introduced in third grade. In ELA, we are completing Unit 3 by revising, editing, publishing, and presenting our culminating activity about an invention and its innovations. The next unit, Historical Perspectives, focuses on explorers in history. We are midway through our multiplication and division unit in Math. The students are strengthening their mathematical skills with regard to making connections between multiplication and division. They are representing and solving multiplication and division story problems in various ways by utilizing skills, such as properties of operations and fact families. In Content, we are concluding our study of South America. Next we will begin our Safe Racer unit in Science, whereby students build and experiment with cars in order to learn about the effects of balanced and unbalanced forces on objects.

News from Grade 5

In 5th grade Math we are finishing up our unit on division. Our next unit will be on Fractions. In Science, we are learning about the states of matter and physical and chemical changes. Please practice your division facts at home.

5th grade ELA: Students are finishing up their first Literature Circles with historical fiction novels. For their final project, they will be creating a "Book Talk" in order to recommend this book for a "Must Read" list.

