



FALCON PRIDE

LAJES ELEMENTARY/HIGH SCHOOL

Lajes, Azores

28 March 2008

Lajes American School Mission Statement

To develop responsible students who possess the skills, attitudes, knowledge, and values to succeed in a changing world

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AAFES LUNCH MENU FOR Mar 31-Apr 4 and BLUE/GOLD Day Schedule (B=Blue Day, G=Gold Day)

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|----------------------|--|
| G - Monday | Nacho w/ Taco Meat, Veg Refried Beans, Spanish Rice, Chilled Peaches |
| B - Tuesday | Meatball sub Sandwich, Garden Salad, Fresh Fruit, Animal Crackers |
| G - Wednesday | Popcorn Chicken, Parmesan Pasta, Veggies with Dip, Banana, Fruit Cup, Cinnamon Toast |
| B - Thursday | Manager's Choice Day |
| Friday | No School for Students |

CALENDAR OF EVENTS

| | | |
|----------------|-------------------|---|
| Wednesday | 2 April | "Three Billy Goats Gruff" Second Grade Play at 1300 in Elementary Gym |
| Wednesday | 2 April | AVID parent-student meeting at 1730-1830 in the information center |
| Thursday | 3 April | Sure Start Study Trip to Lajes Base Library at 0930-1130 |
| Thursday | 3 April | End of 3 rd Quarter |
| Friday | 4 April | Teacher Workday - no school for students |
| Mon-Fri | 7-11 April | Spring Break - no school |
| Mon-Fri | 7-11 April | SY 2008-2009 Pre-Registration |

LOST & FOUND - Parents, please check our lost and found. One lost and found is in the cafeteria and the other in the main office. They are overflowing with jackets, sweaters, sweatshirts, etc. We ask that you do so prior to Spring Break as all items left will be donated to local charitable organizations on Friday, April 4.

SCHOOL HOURS - We are concerned for your child's safety and need your assistance. Students are arriving on the school campus as early as 0715 in the morning. There is no supervision for middle/high school students until 0740 and no teacher on duty for elementary until after 0745.

- Students in grades 6-12 will start school each morning at 0750 and will dismiss at 1435.
- Students in grades K-5 will start school each morning at 0800 and will dismiss at 1435.

PURCHASE A LITERARY MAGAZINE TODAY! -This is a collection of poems written and put together by your children in elementary, middle school, and high school. For a mere price of \$3.00, you can own your own copy. See Ms. E. if you are interested. Phone 535-6443

SPRING BREAK - Don't forget that Spring break for students starts on Friday, April 4. The Falcons have worked hard and deserve a break. School will start up again on Monday, April 14. Have a safe and enjoyable vacation.

FAMILY TRIPS - The school asks that families provide at least two weeks notice prior to a family trip. The student should bring a note to the Attendance Office and pick up a "Permission to be Absent Slip" prior to the beginning of any planned absence. This form should be shown to all of the student's teachers. It is the **student's** responsibility to inform them of the planned absence and to complete designated assignments which will be missed as a result of the absence. If possible, a student may work ahead and turn in assignments prior to departure. Please note that when grades 6-12 students go on trips, they are expected to turn in all work on the first day of class following their return. Remember to help students to focus on academic success.

MATHCOUNTS - The Lajes Middle School MATHCOUNTS team traveled to the MATHCOUNTS State Competition in Wiesbaden, Germany on March 19. This is only the second time in Lajes history that a team qualified for the state competition, the last time was in 1992. The MATHCOUNTS State Competition consisted of the best of the best - a collection of 9 schools from DoDDS worldwide, including middle schools in both Europe and the Pacific. Lajes faced very tough competition against schools like Seoul American, Ramstein, and Heidelberg, and in the end finished in 8th place. The students also competed individually against other middle school students worldwide and finished very well - J. M. finished in 18th place, I. G. scored 27th, C. O. finished 32nd, and K. M. scored 37th. Congratulations Lajes mathletes, we couldn't be more proud of you!

LAJES SIP (SCHOOL IMPROVEMENT PLAN) - One of our School Improvement Plan activities we will be focusing on in the future has an added benefit of helping to provide rice for many people worldwide through the World Food Program. We are inviting all families to join our students in logging on to www.freerice.com and playing the vocabulary building game. Vocabulary words are presented with multiple-choice answers. For each correct answer, the advertisers at the bottom of the site contribute the money necessary to buy 20 grains of rice. The more you play, the more words you define correctly, the more money you help generate to help provide food to the hungry worldwide. According to the website "Clicks on the Free Rice vocabulary game have already translated into WFP food rations for over 20,000 refugees from Myanmar who are sheltering in Bangladesh. Pregnant women in Cambodia, schoolchildren in Uganda and Bhutanese refugees in Nepal are also receiving rice thanks to the award-winning site." Please log on and become familiar with this wonderful opportunity to not only increase your own vocabulary but to help feed the poor as well. Also be looking for more activities in the future as we begin tracking how many grains of rice our community has donated, how many people we helped feed, etc.

PROBLEM SOLVING When is Earth Day this year and in what year was the first Earth Day celebrated?

ARBOR DAY EVENT - On Wednesday, March 26, Ms D.'s, Mr. K.'s and Mr. H.'s classes took part of an Arbor Day activity sponsored by the 65th CES/CEV Environmental Flight and Mr. B. The group met by the Youth Center and under the guidance of Col. Briggs and other members of the 65th CES/CEV planted some trees to mark this day. This was a worthy partnership activity meant to teach students to develop a more caring and active attitude towards the environment.

USAFE 2008 TALENT SHOW - The date for this event has changed. It will be during Spring Break week to accommodate the participants. Please disregard past dates and inform anyone that is interested in performing or helping out. Please see below new dates.

Spring break week April 7 - 11. Deadline for sign ups will be April 1st.

Workshops will be held on April 8th, 9th, 10th from 1300 -1500.

Rehearsal will be on Friday April 11th, from 1300-1600. Additional Rehearsals will be scheduled as needed.

Final Show will be on Sat April 12th at 1500.

DRUG EDUCATION FOR YOUTH - DEFY starts with a 5-day summer leadership camp June 23-27, 2008. Camp will include educational field trips around Terceira. Space is limited for mentors and campers, so sign up NOW!! Deadline for youth sign up is May 1, 2008. The deadline for Adult and Junior Mentors is April 1, 2008. The program is FREE for any military, retired, or DOD employee children ages 9 - 12 years old. Registration is required. Please contact 535-4252 for more information.

YOUTH CENTER - New times for teen participation- the open recreation hours of 1430-1800 Monday through Friday are now available for ages 9-18. Please come by the youth center if you have any questions or call 537-3272.

MANDATORY SCHOOL REGISTRATION FOR ALL RETURNING STUDENTS - Please remember that registration for the 2008-2009 school year is mandatory for all returning students and will take place April 7-11 from 0900-1100 & 1300-1500.

We ask that every Sponsor of returning students, including Sure Start students coming back for Kindergarten, come by the school and pre-register your child/children for next school year. It is a very simple process. Simply verify that all information we have on record is accurate and up-to-date. It will only take a few minutes of your time. If you have extended at Lajes, we will require a copy of your Extension Orders.

If you have a child or know of any child who will be 5 by October 31, 2008, he/she too should be registered for Kindergarten for next school year during this time.

If you are leaving Lajes and your child/children will not be returning for next school year, please call the school at 535-3357. **REMEMBER: APRIL 7-11 FROM 0900-1100 & 1300-1500. SEE YOU THEN!!!**

PTO NEWS - Box Tops Challenge 24 March-3 April. Any class that brings in 250 box tops or more in two weeks will earn a popsicle party. Deadline is 3 April and winning classes will be announced after Spring Break. Popcorn on Fridays starting April 17 for 8 weeks (two Thursday's instead of Friday's). Information will be sent home if parents would like their student to receive a bag of popcorn at the end of the day. Membership will be \$5.00 per child. PTO Board positions for next school year 2008-2009. We need volunteers to fill the following positions for next year: President, Vice President, Secretary, Treasurer, Scholastic Chairperson, Volunteer Coordinator. If you are interested please email lajespto@yahoo.com. Elections will be in May.

May events:

PTO Board Elections

Teacher Appreciation Week May 7-11 (PTO will provide lunch to teachers on the 11th)

Cookbook Sales

End of the Year Carnival

BUS RIDERS -On or around school buses, students must conduct themselves in accordance with these school bus rules:

1. Obey the driver or adult.
2. Enter and exit the bus safely and always show your bus pass.
3. Stay properly seated and use seatbelts when available.
4. Keep your hands, feet, and other body parts to yourself.
5. Do not throw things.
6. Put nothing out of the window.
7. Remain quiet and do not disturb the driver or others.
8. No profanity, indecency, smoking, prohibited items, or vandalism.
9. Do not eat, drink or chew gum.
10. Be responsible, be safe.

Remember, riding the school bus is a privilege. Unacceptable behavior by a child may bring a suspension from riding the school bus. Students are expected to follow the rules and behave themselves on the school bus. Please discuss the school bus rules with your children.



Office of the Director, DoDDS-Europe
Diana J. Ohman, Director

Parent Newsletter Article for April 2008

**Principals: Please CUT AND PASTE the following article in your
April parent newsletter**

Parents,

I read an article recently entitled "Keeping Kids Lean." In the article a mother was inquiring about her overweight daughter's health. The article went on to give very good advice and made several suggestions at maintaining a healthier lifestyle for all family members. I will list these, but first what captured my attention was the staggering statistics that document how many children today are overweight.

Childhood [obesity](#) is considered by many to be an "[epidemic](#)" in Western countries, in particular, the [United States](#), [United Kingdom](#) and [Australia](#). Over 15% of American children are currently considered [obese](#), and the number is growing.

Without a change in diet or exercise patterns, childhood obesity can lead to life-threatening conditions including diabetes, high blood pressure, heart disease, sleep problems, cancer, and other disorders. Overweight children are more likely to grow up to be overweight adults. Being overweight may lead to low self-esteem and depression.

That said, all is not lost. Children have youth on their side. Helping your children now with a healthy lifestyle will prevent problems in the future. Some quick tips include:

Eat smarter. Cut out junk food and eat more healthy foods. The easiest thing to cut out immediately is sweetened drinks. Always read packaging labels and note sugar content.

Play every day. Exercise is a key component of any weight loss program for both children and adults. The goal should be to participate in some sort of physical activity on most, if not all, days of the week.

Alternate intense and easy movements. Children tend to move with short, sporadic, intense bursts of energy, (think Tag, Kickball, Dodgeball, Red Rover). So, if you decide to go on family walks, incorporate a nature hike into the excursion, or stop for periods of play; integrate a few minutes of games of tag or sprint races every so often to keep it interesting.

Turn off the tube. The number of hours spent watching television, playing video games or using the computer has been linked to obesity in both children and adults. So, in addition to eating healthier and being more active, trying to reduce the amount of time spent at sedentary activities is also a good idea.

If you make it your mission to help your children become more active and less sedentary, you will provide them with the foundation for a healthy life.

Thank you for all that you do.

DIANA J. OHMAN
Director, DoDDS-Europe