



HawkTalk

A Newsletter from FAUS, PTO for the parents and children of A. D. H. U. S. & FAU High

Vol. 8, Issue 7/ Feb., 2007

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Calendar

- February 9, 2007
Midterm Reports
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No School—Presidents' Day



February 26-March 9, 2007
FCAT Testing

March 9, 2007
ADHUS vs PALS
Basketball Game

March 15, 2007—PDD
Noon Dismissal

March 16, 2007—Teacher
Work Day—No School

March 19, 2007—Spring
Holiday—No School

March 24, 2007
Silent / Live Auction



**Box Top
Collections**

March 9
April 20
May 18

A Message from FAUS, PTO Board...

HELP WANTED!

ALL COMMITTEES
Annual FAUS
Silent / Live
Auction
Saturday
March 24, 2007
Ocean Breeze
Country Club
Contact the PTO Office

FAUS PTO is proud to present the



11th Annual
ADHUS Faculty
vs. PALS *(Police Athletic League)*

Basketball Game

March 9, 2007

At Sugar Sand Park

Doors Open at 7:00 p.m.

Tickets will be sold in advance

Look for a flyer coming home soon.

This is a Family Fun event and students must attend with a parent or guardian.

A Letter from the Principal

Dear Parents and Guardians,

We are entering a critical time of the year when “testing” challenges will be presented to our students. Those challenges come in the form of FCAT for grades 3-11 and SAT10 for K-2, but these tests are not the only measure of your child’s success. On a day to day basis they receive quality instruction that addresses the Sunshine State Standards for their grade level or the level that best meets their cognitive ability. The support that children get at home and school by way of parent involvement is also important to their success. Throughout the year I have encouraged parents to get involved to the best of their ability. Whether it is volunteering in a class one day or one hour a week, attending conferences, attending PTO or SAC meetings or assisting with an academic or sport competition, your involvement is key for the success of children.

Volunteering also has a secondary effect. It allows our school to be recognized as a high performing school locally and on a state or national level. In order to do that, we need your help in logging your volunteer hours. In 2004, A.D. Henderson University School was recognized as National Blue Ribbon School. Less than ½ of 1 percent of all schools ever qualify. That says volumes about our students, teachers, staff, parents and our broad FAU community. Everyone benefits when everyone participates. I am encouraging you to document your hours of involvement. Great or small, everything counts. I anticipate that over the course of the next year, we will apply for recognition as a 5 Star School. Community and Parent Involvement are equally as important as student achievement for this award because research has indicated that there is a direct correlation between parent involvement and student achievement.

To those who want to get involved I encourage you to contact your child’s teachers or our wonderful PTO Volunteer Coordinator, Janet Hopin. To those who have been involved I say, “Thank you,” and ask that you submit your volunteer hours to Mrs. Hopin at your earliest convenience.

Sincerely,
Marla Brady, Ed. D.

FAUS, PTO 2006-2007 Calendar and Event Information

(dates are tentative and subject to change)

MARCH 9: Henderson vs. PAL Basketball Game - Volunteers sell tickets, food, and spirit items.

MARCH 24: Silent Auction - The biggest fund-raiser of the year! Committee people are needed to secure donations, plan evening, sell tickets, etc.

MAY 5: Spring Fling - A family event with activities, food, and fun. Many volunteers are needed to set up, supervise, and clean up.

MAY 7-11: Teacher Appreciation Week - Work with Teacher Appreciation Committee to show teachers how much they are appreciated.

MAY 10: Mother's Day Breakfast for Kindergarten Moms - Help is needed to set up, serve, and clean up. Volunteers are needed to set up, supervise, and clean up.

Teacher Appreciation Committee Update

Thanks go to all of the generous 2nd and 8th grade parents who provided food and helped set-up for the November Teacher/Staff lunch. It was a great success and very much appreciated by those in attendance. Our next lunch will be sponsored by Kindergarten, and is scheduled for January 25 at noon. Please look for the teacher appreciation sign-up sheet in your Friday folders and return them as soon as possible if you will be able to assist us with this event.

Thank you also to the families who assisted with the preparation and distribution of the cookies that were given to the teachers and staff in December. The response was so overwhelming we were able to provide cookies to the police department and Afterschool office. We've received great feedback from those who received the tasty boxes of treats.

If you have any questions regarding the committee, or would like to assist us, please feel free to contact us.

Great Idea!

If you have a great idea for the school submit it to SAC in the Suggestion Box at the Main School Entrance.

School Advisory Council

by Dr. Marla Brady, Principal

The School Advisory Council (SAC) is a team of people representing various segments of the community-parents, teachers, students, administrators, support staff, business/ industry people and other interested community members. The purpose of a SAC is to assist in the preparation and evaluation (developing and evaluating) of the results of the school improvement plan and to assist the Director and Principal with the annual school budget. Additionally, the SAC receives funds to be used at the discretion of the School Advisory Committee. A portion of the money is used for implementing the school improvement plan.

Parents are encouraged to attend monthly SAC meetings. Meeting notices can be found on the SAC web page at the school web site and on the SAC bulletin board located in the school near the After School Office. Time is allowed for public comment.

SAC meeting schedule for remainder of year (subject to change): Tuesday 2/13, Wednesday 3/14, Wednesday 4/11, and Wednesday 5/9. The meetings begin at 6 PM and are held in the Media Center.

The SAC web page also contains other useful information including a copy of the School Improvement Plan and minutes from SAC meetings.

Family Fun Nights

We can all give a sigh of relief that all the Family Fun Nights, for Kindergarten through Fifth grade, were a great success. Mother Nature was kind to us this year and gave us nothing but fantastic weather. It was great to see the children getting together with their friends and having a wonderful time, where it didn't involve class work. It is always one of the kids favorite events.

Not only did the children have a great time, but the parents and faculty had a wonderful opportunity to socialize as well. Sonnia and I would like to thank all the parents and faculty who volunteered their time to help out. Your efforts made the events successful. Have a happy and safe Holiday.

Lisa M. Foxman and Sonnia Rothgery
Co-Chairpersons of Family Fun Nights



Science Fair Award Winners!

Behavioral/Social Sciences

3rd	Rachel Donev
2nd	Michael Pham
2nd	JB Collesano
1st	Emma Fantaccione

Biochemistry

2nd	Joanna Corrada
1st	Cassie Jeffries

Botany

HM	Tory Saperstein
3rd	Jackie Slack
2nd	Matthew Jessell
1st	Tessa Newton

Chemistry

HM	Alexis Ballero and Lisa Checo
3rd	Shannon Donev
2nd	Carleigh McFarlane
1st	Tiffany Masterodomenico
1st	Patrick Strange

Earth Space Science

3rd	Gabriel Schram
2nd	Breanna Auberry
1st	Nick Platt

Engineering

HM	Ross Poulin
HM	Taylor Darrell
3rd	Crystal Alves
2nd	Kelly Calderon
1st	Ryan Lucas
1st	Leonardo Rhodes

Environmental

3rd	Patrick Manning
2nd	Ylling Cammarto
1st	Courtney Williams

Health/ Medicine

HM	Darion Ali
3rd	Meghan Ford
2nd	Danielle Gaskin
1st	Ali Castro
1st	Drew Fantaccione

Mathematics

2nd	Lindsay Douglas
1st	Jeanette Corrada

Microbiology

HM	Tevin Blake
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Physics

HM	Marcy Mack
HM	Rachel Rothwell
3rd	Savanna Gornisiewicz
2nd	Sam Lowen
1st	Simone Douglas
1st	Sasha Ferrera

Zoology

HM	Kevin Jones
3rd	Rohit Ramasamy
2nd	David Bicknell
1st	Kristina Platt and Kelly Cunningham

High School

HM	Houda Boucekine
HM	Laureen Meoureh
HM	Victoria Gomez-Morgan
3rd	Nick Yonezawa
3rd	Uttam Thakore
3rd	Yasmin Khan
2nd	Stefanie Taback
2nd	Heather Groeneveld
1st	Dominique Ranieri

Best In Show Middle School

Life Science	Ali Castro
Physical Science	Leonardo Rhodes

High School

Dominique Ranieri

The Coach's Clipboard

By Coach Plas



The Physical Education Department will now have a regular feature in HawkTalk. Be on the lookout for "The Coach's Clipboard" in each issue. We will be highlighting important topics in fitness, nutrition, and mental well-being. As physical educators, we feel it is our responsibility to share our passion for fitness and knowledge of wellness, and to help each family at Henderson make healthy choices. Our goal is to make Henderson a model of health for other schools and for the community.

Nutrition and the FCAT...What You Need to Know!

Research has shown that concentration, memory, and retention each have a direct correlation to school and test performance. With the FCAT on the horizon, we have some suggestions that will enable your child to perform at his or her best:

1. Eat a healthy breakfast every day! Some great choices are whole grain toast, cereal, oatmeal, fruit, low-fat or fat-free milk, peanut butter, eggs, yogurt, and orange juice. Beware of high fat breakfast meats (such as bacon and sausage), donuts, and sugary cereal.

2. Pack a balanced lunch. Include whole grain bread, lean protein (turkey, roast beef, chicken, cheese), fruit, and low-fat or fat-free milk. Limit potato chips, snack cakes, cookies, and processed meats (bologna, pepperoni, salami, etc.).

3. Eat snacks! This will keep blood-sugar stable and your child will not feel the "slump." Pretzels, fruit, peanut butter, low-fat popcorn, raisins, nuts, cut up veggies, and string cheese are some good choices. Snack cakes, crackers, candy, cookies, and soda will all cause a burst of energy followed by an energy crash.

Healthy does not mean boring and tasteless! Serve veggies with low-fat salad dressing, apples with peanut butter, and sandwiches with mustard or low-fat mayo. Baked tortilla chips and salsa or pudding cups are also tasty and healthy treats.

The pressure of a test such as the FCAT can cause stress in some children. Make sure your child has time to relax at home and participate in physical activities outside in the fresh air. Turn off the T.V. or computer early to ensure that your child gets enough sleep.

The FCAT can take a toll physically as well as mentally. By utilizing the healthy strategies listed above, your child will perform to the best of his or her ability!



Fit Tip for February

Step to it Henderson! Walking is the easiest way to exercise! Walking works all the major muscles in the legs and can be a great upper body workout. A power walk is the most beneficial form of walking. Power walking will strengthen your heart and lungs and will help reduce the risk of cardiovascular disease, diabetes, and obesity. To reap all of the benefits of walking, walk with your eyes forward, arms bent at a 90 degree angle, and walk heel-to-toe. Aim for a minimum of 30 minutes per day and gradually increase the time as your fitness level increases.

Physical Education Department News

▶ Mark your calendars! Jump Rope for Heart will take place March 26 – 30, 2007. Letters and envelopes will be sent home the first week of March. If you are interested in volunteering, please contact Coach Plas at lplas@fau.edu.

▶ The GoGirlGo! Program recently attended an FAU Women's basketball game. The girls were able to stay after the game and meet several of the players. GoGirlGo! is holding a Fun Run on February 2. The Fun Run is a fundraiser that will raise money for the Special Olympics.

▶ The race in the Globetrotter Fitness Challenge is close! Mrs. Sturrock's class is still in the lead for the K-1st grade group, Ms. Steele's class has taken the lead in the 2nd-3rd grade group, and Mrs. Sand's class has taken the lead in the 4th-5th grade group.

▶ The Presidential Physical Fitness Tests will take place March 19 – 23, 2007.

▶ Please remember that your child must be dressed out in the complete p.e. uniform! Failure to do so will affect his or her grade.

▶ In swimming class, 3rd – 5th grades have completed a fitness swimming test and K – 2nd grade are completing skills tests. Both tests will be administered again in 8 weeks to measure the student's progress.

▶ Grades 2 – 5 will be participating in track and field on their sport days. They will be running relays, competing in several field events, and training for the mile run in March.





Buy a Brick!

We are working on this year's brick installation!

*Don't miss the boat!
Forms available in the
FAUS, PTO office, or contact
Karen Corso, Chair
561-271-3935*

**ADHUS HASA Butterfly
Garden Brick Fundraising
Committee**

*ButterflyGardenBricks@kleinbit.us
Phone (954) 571-2327
Fax (209) 439-3475*

A NOTE FROM OFFICER DARRELL

Parking Reminder:

There is No Parking in the red parking spaces. These are for faculty and staff who have a parking decal. There is No Parking in the east parking lot for Henderson parents unless you park in the grass area east of the parking lot. Please do not block the area that leads you into the grass parking area and do not park on the yellow striped area.

Lessons:

The 7th graders are nearing the end of their G.R.E.A.T. lessons and the 6th graders are nearing the end of their Too Good For Drugs lessons. It was a joy to teach the 6th and 7th graders this year. I hope they retain the information and skills that they learned during our lessons. After FCAT I will be teaching the 4th graders their elementary lesson of Too Good For Drugs. I will also meet with the 3rd & 4th graders for a 1 hour lesson about (bullying, being home alone, cyber safety rules and gun safety).

TRAFFIC

It might be hectic for 3-4 weeks when Spanish River is closed down so be careful and be patient. We will try to make sure that the traffic flows as smooth as possible. If they open the roadway (in time) just west of our school, the traffic will flow better and you will then have 3 ways of getting into FAU. You can get in from 20th, 13th which is also called FA Blvd, and 10th.

The following article will be featured in three parts. It includes 10 tips for being involved in your child's school. Look for a few ideas in each issue of HawkTalk.

10 Ways to Get Involved in Your Child's School—Continued

By Erika Scott

4. Be a Room Parent

Calling all social butterflies! If you like spending time with children, consider serving in your child's classroom as a room parent. Teachers often look for a small group of parents to plan fun events for the class, including holiday parties and birthday celebrations. Room parents usually contact other parents in the classroom to coordinate food and activities for these special events. If you are organized, creative, and a natural events planner, this could be the place for you.

5. Assist in the Classroom

Working with kids and watching their learning unfold can be very rewarding. Ask your child's teacher if there are any opportunities to volunteer in the classroom. Teachers often appreciate a set of helping hands during busy learning times such as writing workshop or center exploration. Spending time in your child's classroom gives you a sense of the classroom culture and how your child relates to his or her peers, too.

6. Be an Administrative Angel

If you like making copies, collating packets, designing bulletin boards, cutting out shapes, or organizing materials, ask your child's teacher if there are projects she'd like you to work on. Having someone help with the busywork involved in preparing for an upcoming unit or event can be invaluable. Your child's teacher might ask you to handle monthly book orders, prepare center activity supplies, or organize books. This behind-the-scenes role is perfect for the well organized, task-oriented person.

7. Raise Funds for Your School

Schools are always looking for ways to supplement their education budgets. Join or form a committee at your school designed to brainstorm fundraisers that will raise money used to enrich all aspects of school life. There are several ways to raise money for your school. Look into General Mills' Box Tops for Education or Campbell's® Labels for Education™ as easy ways for all families to contribute. Or check into fundraising programs that exchange money for old cell phones and printer cartridges. Try launching a wrapping paper/gift items drive to raise money. Or go high-tech with online fundraising opportunities that offer a percentage of sales at "shopping malls" linked to popular stores such as Amazon.com. The fundraising opportunities are limitless—you just need a little creativity and a team of dedicated parents.



Media News

By Peggy Lehair

During the month of January all grade levels were practicing writing. We did a Circus Adventures unit whereby the students did circus illustrations and then we wrote sentences to match our illustrations.

I read about Dr. Martin Luther King, Jr. and we did a story timeline of his life and practiced sequencing. Some grades wrote about what their dreams are and then we shared our stories.

Winter stories were read.

Upper grades are learning and taking notes on the Dewey Decimal Classification System and learning library/media skills.

We wrote our own commercials; practiced script writing/storyboarding and made our own props. After completion we video taped each commercial. Next we will view and critique the work that was done.

Time For Kids subscription-----we learned about inventions/inventors, polar bears and the threat of them becoming a threatened species, global warming.

The Volunteer Arrow

by Janet Hopin, Volunteer Coordinator—561-498-3745 bocajanet@yahoo.com

Cupid keeps two kinds of arrows in his little arrow holder. We are all familiar with those that he uses to strike us in the heart causing us to fall in love. The other and less familiar arrow can strike us anywhere and when it does, we are filled with an uncontrollable desire to volunteer. The good news is, I have some wonderful volunteer opportunities.



Friday Folders

Help! Unfortunately, the Friday Folder stuffing machine has broken down. Wait...there is no Friday Folder stuffing machine. The way the 600+ folders get filled is through the handiwork of parent / guardian volunteers. And we need more help. We start stuffing at about 7:45 every Friday morning (or Thursday if there is no school on Friday.) The more people we have the sooner we finish. If you can come every Friday that is great but if you can only come occasionally that is fine too. We will take the help whenever you can spare the time. No appointments necessary. We meet in the cafeteria. Just show up. Call or email me if you have any questions.

Gift Wrap

A wonderful opportunity has opened up to chair one of the PTO's most profitable fund raisers. The Gift Wrap fund raiser is traditionally the first fund raiser of the school year so we are seeking a chair or co-chairs right now. I won't lie to you. It is a lot of work but your work greatly benefits our PTO and ultimately our school and students. I can promise you that you will have a lot of help from other parents. Please call or email me to discuss this fabulous opportunity.



Silent Auction

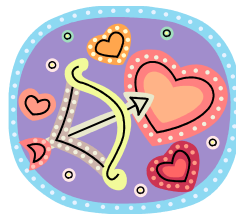
Room parents need to make sure they have secured help from your class for your projects and baskets. Both are very critical to the success of the auction. There are many other volunteer opportunities to help plan the auction and volunteers are needed the day of the auction.



Other

Volunteers are always needed in the Cafeteria, the Media Center and to help with the Running Club. Later this year help will be needed to produce another successful Spring Fling.

A special Valentine's Day hug and kiss goes out to all who have volunteered this school year. Please remember to get your hours to Linda Donev. There are forms in the front office for recording hours or you can email them directly to Linda at линдadonev@yahoo.com. Volunteers receive special name pins once they reach 100, 500 and 1,000 hours of service. But I can't get you a pin unless I get a report from Linda showing that you have reached one of the milestones.



A Happy Valentine's Day to all. And keep an eye out for Cupid!

HawkTalk

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KUMON MATH & READING CENTERS

KUMON

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Reading Update!

Mrs. Linville

Our 4th and 8th graders and their teachers are breathing a sigh of relief after completing the first state assessment, **FCAT Writing +**, on February 6th and 7th. Students and teachers are to be applauded for all of the effort they have put forth to improve writing skills throughout the year. A very special collaboration occurred between 4th graders and 8th graders in preparation for the writing test. The students met on several occasions to edit and discuss written themes; everyone enjoyed the collaborative sessions and shared a wealth of ideas and strategies to improve writing scores. 4th graders particularly enjoyed sharing new vocabulary such as “thesis statements” and “hooks” with their knowledgeable editors.



All students are actively engaged in a variety of reading, math, and science activities to better prepare them for the upcoming Florida assessments February 26th thru March 9th. Students in grades 3-10 have been given a username and password to access *FCAT Explorer*. The program provides practice reading questions for students in grades 3, 4, 6, 8, and 10; it also includes practice math questions for grades 5, 8, and 10. Please encourage your child to visit the state website at www.fcatexplorer.com

Other important information sources are the Florida Department of Education websites, <http://www.justreadflorida.org/> and <http://www.fldoe.org>. The websites contain FCAT links which provide parent and students with everything you ever wanted to know about FCAT and more! The links give access to released tests and questions used on previous FCAT assessments.

A great way to help prepare children of all ages for testing is to encourage your child to read daily. Share one of your favorite childhood books by reading it together. Modeling a love of reading at home is the best way to motivate your child to become a lifelong reader and learner!
