



# HawkTalk

## What's Inside...

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## Calendar Dates

- April 16 – 20, 2007**  
SAT 10 Testing
- April 18, 2007**  
PTO General Meeting  
Cafeteria @ 6:30 p.m.
- April 26, 2007**  
Noon Dismissal
- April 27, 2007**  
Class Pictures  
/Midterm Reports
- May 5, 2007**  
Spring Fling
- May 7 – 11, 2007**  
Teacher Appreciation Week
- May 10, 2007**  
Mother's Day Breakfast  
Kindergarten Moms
- May 24, 2007**  
PTO General Meeting  
Cafeteria @ 6:30 p.m.  
Volunteer Appreciation Night
- May 28, 2007**  
No School  
– Memorial Day
- June 1, 2007**  
Last Day of School



## Box Top Collection May 18



## A Message from FAUS, PTO Board...

Thanks to everyone who supported the 2007 Silent/Live Auction & Casino Night. It was a wonderful evening and a great opportunity to spend time with other parents, teachers and faculty. We are very excited that we were able to raise over \$16,000 for the school due to your continued support and dedication. We had a late start, but all in all the evening was successful. The baskets were absolutely beautiful thanks to Kris, Janet and all the other volunteers. Joanne you are a whiz with a scissor and a bow. Thanks to everyone who supported this event in anyway. There were so many people that worked behind the scenes to make this event enjoyable. The casino theme allowed us to let our hair down, have fun and make some money for the school. What more can you ask for!!!! We should be proud of what we accomplished in such a short period of time. Thanks again to everyone and hope to see you there next year!!!!

Our next big event is the Spring Fling scheduled for May 5<sup>th</sup>. Volunteers and assistance is always needed. This event is for the whole family and a fantastic way to end the year. The kids always have a great time. Don't forget we will also be hosting a Mother's Day Breakfast for the Kindergarten Moms on May 10<sup>th</sup> so keep your calendars open. Finally, May 7<sup>th</sup> – 11<sup>th</sup> is Teacher Appreciation Week. The Teacher Appreciation Committee is gearing up for this week and would love your help. This is an excellent time to show our teachers how much we appreciate their efforts with our children.

The Volunteers of the Month for February were Carolyn Bethman and Kris Moser for their continu-

*(Continued on page 2)*

## A Letter from the Principal

Dear Parents and Guardians,

Thank you for your excellent efforts in getting students to school on time during the week of FCAT testing. By the time you receive this letter we will have also completed the SAT10 tests and I am equally confident that the tardies will be minimal this week as well. We had about a 2/3 reduction in tardies during the week of FCAT testing.

April and May continue to be rigorous months regarding the curriculum. By and large the content is nearing the end of grade level, and in some cases, the students are working on material that is moving into the next grade. Children need to be challenged through out the school year. As we near the end of the year, you will be notified of reading material for the summer so that students can continue to be engaged in the learning process. A balance of physical activity and brain activity makes for a summer of fun and optimal learning. Please note the various camps that are provided here at Henderson during the summer months as notices have been going home in Friday Folders and they are also noted on the school website.

The students have worked hard throughout the year and we are planning end-of-year awards ceremonies. Please make a note of the following and know that you are invited to attend any or all:

May 13	FAU High School Graduation	3:00	LLL Center
May 21	Kindergarten Awards	8:15	Cafeteria
	1 <sup>st</sup> Grade Awards	9:00	Cafeteria
May 22	2 <sup>nd</sup> Grade Awards	8:15	Cafeteria
	3 <sup>rd</sup> Grade Awards	9:00	Cafeteria
May 23	4 <sup>th</sup> Grade Awards	8:15	Cafeteria
	5 <sup>th</sup> Grade Awards	9:15	Cafeteria
May 31	8 <sup>th</sup> Gr. and Middle School Awards	7:00	Univ. Center

I also want to thank you for your participation and support of the PTO Auction. A huge thank you and congratulations go out to Lynette Williams for a wonderful job of coordinating and working the Auction. It is a tremendous undertaking, but she did it with great style and determination. Thank you also to all who assisted in the process. It could not have happened with you!

Have a great month and I look forward to seeing you at the spring events.

Sincerely,  
Marla Brady, Ed. D.

## 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): Wednesday 4/25 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.

Thank you to all families that participated in the annual climate survey. The SAC will be reviewing the data collected during the 5/9 meeting.

### Great Idea!

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

## Teacher Appreciation Committee Update

Thanks to the 3<sup>rd</sup> and 5<sup>th</sup> grade parents who provided food for the March Teacher/Staff PDD lunch. The response was extremely positive, the teachers and staff were very appreciative of the lunch. Please note that we have a few dishes that have not been picked up from previous lunches. Please stop by the Teachers' Lounge if you are missing a serving plate. Our next lunch will be sponsored by the 4<sup>th</sup> and 6<sup>th</sup> grades and is scheduled for April 26 at noon. Please look out for a letter requesting volunteers that will be sent home in Friday folders.

We will be celebrating Teacher Appreciation Week during the week of May 7. This is a great time to recognize all of the ways teachers contribute to the lives of our children. Please contact us if you would like to assist in the activities for this week.

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



Teacher  
Appreciation  
Co-Chairs Kris Moser and  
Carolyn Bethmann  
(561) 394-2813 / (561) 997-6209



◀ Last month's Basketball Game Photo was brought to you by Sammy Miller. A sixth grade ADHUS student who will assume the role of HawkTalk photographer at large. His name was inadvertently omitted from the photo and we regret the error. Look for Sammy's work in the 2007/2008

(Continued from page 1)

ous dedication to the Teacher Appreciation Committee and the Volunteer of the Month for March was Natalie Silver for her commitment to. Parent volunteers are extremely important to the school and there are many opportunities for you to get involved no matter how little time you have to donate.

Our final PTO meeting for this school year will be held on Thursday, May 24<sup>th</sup> at 6:30 in the cafeteria. This will be the best meeting of the year and you won't want to miss it. There will be door prizes and lots of giveaways, so come out and show your support.

As the year is coming to an end, this is your opportunity to get involved. Nominations and elections will take place for the 2007 – 2008 PTO Board. Individuals are need for all positions. If you are interested in serving on the board or would like to nominate someone, please let us know. We are always looking for new ideas and fresh faces!!!! As always, babysitting is available at no cost to you for the duration of the meeting. Please call the PTO Office at (561) 297-0491 or email us at [fauspto@fau.edu](mailto:fauspto@fau.edu) to reserve your spot.

## FAUS, PTO 2006-2007 Calendar and Event Information

(dates are tentative and subject to change)

**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.

## HawkTalk

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Editor - Gina Sands

HawkTalk is a publication of the Home and School Association of Alexander D. Henderson University School. Every effort is made to print accurate information. We regret any errors and/or omissions.

# The Coach's Clipboard

By Coach Plas



## Sugar...It's Time to Kick the Habit!

Who doesn't love a sweet treat every now and then? Those of us in the physical education department sure do! Sugar, in and of itself, is not a terrible thing. It is the over consumption of sugar that can ruin your family's health. At this point, most people are aware of the dangers of a sugar-laden diet. A high sugar diet is a leading cause of obesity. Type II diabetes, a disease once found only in adults, is becoming more common in children. A risk factor for developing Type II diabetes: a high sugar diet! Sugar is everywhere. We can start our day with it when we pour a bowl of cereal or stick that Pop-Tart in the toaster. We can snack on it during the day if we eat packaged snack foods, cookies, and candy. It is even possible to drink sugar by consuming juice, punch, or the daily latte. Does your family finish the day with sugar? Think about the dessert that is served at dinner or the bedtime snack. So what is all of this white stuff doing to your family? Take a look at some of the significant consequences of excess sugar that have been found:



1. Sugar can cause a rapid rise of adrenaline, hyperactivity, anxiety, difficulty concentrating, and crankiness in children (Jones, T.W., et al. Enhanced Adrenomedullary Response and Increased Susceptibility to Neuroglycopenia: Mechanisms Underlying the Adverse Effect of Sugar Ingestion in Children. *Journal of Pediatrics*. Feb 1995; 126: 171-7).

2. Sugar can reduce learning capacity, adversely affect school children's grades, and cause learning disorders (Molteni, R. A High-fat, Refined Sugar Diet Reduces Hippocampal Brain-derived Neurotrophic Factor and Learning. *NeuroScience*. 2002).

3. Sugar can cause an increase in delta, alpha, and theta brain waves which can alter the mind's ability to think clearly (Christensen, L. The Role of Caffeine and Sugar in Depression. *Nutrition Report*. Mar 1991; 17-24).

Sugar has also been linked to a host of other disorders and diseases, such as osteoporosis, epileptic seizures, eczema in children, depression, brittle tendons, Alzheimer's disease, gum disease, and poor eyesight.

The best way to take action and pull your family out of sugar shock is to begin reducing the amount of sugar that your family consumes. Start substituting healthier foods, such as fresh fruit, whole wheat grains and cereals, and protein-rich snacks. Start reading the ingredients in the food that you buy. Sugar is a sneaky thing, and any word ending in -ose is some form of sugar. Be on the lookout for the following words: fructose, sucrose, and lactose. Also, any type of syrup is a sugar. One of the worst culprits out there today is *high fructose corn syrup*. If this ingredient is at the top of the list...put the food back on the shelf! Moderation is the key to a healthy diet, so keep these facts in the back of your mind the next time your family sits down for dinner!

## Fit Tip for April

Now that the days are longer, take advantage of the daylight by fitting in some fun family fitness. Go for a walk, go to a park, play a game of tag outside, plant a garden, take a bike ride, or play a sport. Your family will benefit physically, mentally, and emotionally by making time to spend together.

## P.E. Department News

\* **On April 26, 2007, the Physical Education Department will be hosting the first ever FAUS Health and Wellness Symposium. The Symposium will be held 6:30p.m.- 8:30p.m. and will feature information on fitness and nutrition, along with speakers and demonstrations. There will be yoga, tai-chi, and Latin dance demonstrations, free chair massages, free chiropractic screenings, and a host of other activities. Be on the lookout for more information!**

\* Registration is underway for Sports Camp. Camp will run July 9 – August 3. Contact Coach Thomas with questions.

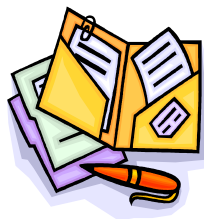
\* *It's a Girl Thing*, a summer camp for girls entering grades 1 – 6 is now taking registrations. *It's a Girl Thing* promotes healthy life-style choices, self-esteem and self-respect, and acceptance and tolerance of others. Girls will learn how to stay healthy, stay active, eat right, and feel good about themselves. There will be 2 sessions, June 11-22 and June 25-July 6. Contact Coach Plas with questions.

## KUMON MATH & READING CENTERS

# KUMON

**CHRISTINE MINTZ**  
Certified Kumon Instructor  
Kumon of Northeast Boca Raton

450 NE 20th St. Suite 116  
Boca Raton, FL 33432  
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## MIDDLE SCHOOL Friday Folder Update!!

Middle School students will no longer receive Friday folders. All information will be posted on the ADHUS website. If you do not have access to the web, please contact Debbie Noelk at 561-297-3970 or [dvance@fau.edu](mailto:dvance@fau.edu) to request a Friday folder. For those requests, Friday folders will be provided.

## Simply Wonderful

by Janet Hopin, Volunteer Coordinator—  
561-498-3745 [bocajanet@yahoo.com](mailto:bocajanet@yahoo.com)

What a wonderful collection of class baskets and projects at this year's auction! Room moms, parents and guardians you did a fabulous job. These items were so unique and were once again among the most sought after items at the auction.

Congratulations to Renee Greene and Sonia Rothgery on reaching 100 volunteer hours. As recognition for achieving this milestone they will each receive a permanent name tag. Thank you to Renee and Sonia for your generous contribution of time to our school.

Finally, there is a volunteer opportunity to work in the front office on Wednesday, 4/25, from 11:30 – 1:00. If you can help please call or email me.



## A note from Officer Darrell



### 4th grade parents:

I will be starting up the G.R.E.A.T. Program (Gang Resistance Education and Training) on 4/19/07. I will see them once a week for 6 weeks. These lessons help students to make great choices, communicate messages clearly, control anger, respect others, and be a G.R.E.A.T. citizen.

### 3rd and 4th grade parents:

I have met with each class for a 40 minute lesson on Gun Safety/B.B. guns, Online Safety Rules, Bullying, and Being Home Alone. The students had a lot of questions on these subjects. If you have any family rules about any of these subjects, please go over them with your children.

### TRAFFIC

- ▶ Thank you for using your blinkers.
- ▶ Thank you for staying off the cell phones while in the circles.
- ▶ Please, when the officers/PST's put their hand up for you to stop, PLEASE STOP!
- ▶ Please be careful when exiting Henderson's main street. They have changed the stop sign location and the stop bar. Stop prior to the crosswalk before proceeding forward.
- ▶ PLEASE SO NOT BLOCK THE CROSSWALKS!!
- ▶ PLEASE STOP FOR ALL PEDESTRIANS!!
- ▶ There are two lanes exiting Henderson, be careful when exiting in the right lane on the straight away. If you see that a vehicle has stopped in the left lane, it might be due to pedestrians crossing and you cannot see them. The speed limit is 15 MPH on the straight away and 5 MPH in the circles.

## Duke University Talent Award Winners

Founded in 1980 the DUKE TIP (Talent Identification Program) is dedicated to cultivating the search for talented youth. These students are then invited to take the SAT exam used to determine college entrance. This year the following students participated. They are as follows: Evan Cartagena, Sergio Garcia, Christina Bicknell, Luis Delima, Kelsey Echagarru, Brendon Sands and David Silver. Two of our students were recognized at the state level Evan Cartagena and Sergio Garcia.

Well, we can all breathe a sigh of relief, FCAT testing is finally over!!!! The 11<sup>th</sup> Annual PAL Basketball Game was wonderful for the students to release all of that built up energy and we actually won. Congratulations to our all-state chorus participants, as well as to our robotics team – your achievements make us all so proud!

Next on the horizon is the 2007 Silent/Live Auction & Casino Night. You will not want to miss this event!! Last year's "Casino Night" theme was so well received; we decided to do it again. This year's event will be held at the *Ocean Breeze Golf and Country Club on Saturday, March 24<sup>th</sup>*. There will be baskets full goodies, special classroom made items, and the opportunity to spend time you're your favorite teachers and faculty. It's a great way to spend the evening with friends and participate in our biggest fundraiser of the year. You should have received donation order forms, so hopefully you have been visiting your local businesses and soliciting donations. Additional forms are located in the front office. If you have a special talent or service you would personally like to donate to this worthy cause, please fill out a form and send it to the attention of the Auction Committee. We have a great team working on this event but are always looking for volunteers, please contact Lynette Williams and she will match your talents to our need. Finally, you should have received the ticket sales flyer and it's not too late to purchase your tickets for the event. The cost is \$40 per person and there is a special \$200 ticket that includes admission for two and \$300 in chips.

Parents continue to put in many hours volunteering at school – congratulations are

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## 2007 Silent Auction & Casino Night

Well, we did it!! The 2007 Silent Auction & Casino Night was a success, thanks to all the hard work of countless volunteers. I can't thank all of you enough for helping us raise over \$16,000 this year. First, I would like to thank Denis & Paola Taback for giving us full reign at Ocean Breeze Golf and Country Club. The facility was fabulous and very intimate. Although I didn't have time to walk around and enjoy the evening, everyone seemed to be having a great time. There were lots of smiles and laughter throughout the evening. The music was great thanks to Handel Douglas and lots of money was spent in the casino.

I would personally like to thank everyone who supported this event in any way, from attending the event to soliciting donations, organizing baskets, donating personal items, decorating, setting up, etc. This was a team effort and I could not have done it without the support, dedication and time everyone contributed. Natalie Silver and Fred Platt went above and beyond my expectations. Natalie was my right hand, my rock and there every step of the way, from designing and printing the invitations to picking up last minute donations when I was out of town. And Fred was the savior of the evening. Thanks so much for helping me not lose my mind and getting change at the last minute. It's all the little things that make an event so great. Now that we have these additional funds, the PTO needs help in determining how to spend it. We are opened to all suggestions, so please come to the final PTO meeting of the year in May. We need your help.

Everyone should have received their gift certificates in this week's Friday Folders. All of the teachers have a list of the winners and you are free to contact them at your convenience. If by chance you have not received your certificate, please give me a call (561) 702-9743.

I have learned so much from this event. It was a huge challenge but we did a great job. I am really looking forward to next year's event, which will be bigger and better!!! If you have any comments or feedback that will help make next year's event more successful, please give me a call or drop me a quick email. Thanks again for all your support.

*Lynette Williams*  
2007 Silent Auction Chair



## Reading Update!

*Mrs. Linville*  
Reading Specialist

Hope everyone enjoyed an enjoyable and relaxing Spring Break! Kindergarteners, 1st graders, and 2nd graders will take their annual assessment, SAT10, the week of April 16th. A reminder to parents to make sure children arrive on time each day. The best way to prepare your child for the tests is to make sure your child gets a good night's sleep and provide him/her with a healthy breakfast. Thanks for your cooperation.

April is a special month to celebrate reading! National Library Week and International Children's Book Day are both observed this month. It's a great time to set aside time for some special reading activities with your child. Check your local library's schedule for special programs featuring authors or storytellers. Events like these can strengthen your child's interest and love for reading. Also, if you're planning a summer trip, ask your child to look for information about your destination. Don't forget that libraries have more than books; most also have CDs, videotapes, audio-books and software. Getting your youngsters involved in the planning process will improve their research skills and add to the enjoyment of a memorable vacation!

Look for information about grade level summer reading lists next month and the answer to the famous question from parents, "What can I do to help my child over the summer?"



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## Camp Invention is Back

### EXPERIENCE CAMP July 9-13

**KIDS - HELP WANTED!** Camp Invention needs inventors this summer at **A.D. Henderson School**. Your assignment: design and write a movie script. Additionally, we need you to come up with the sound effects for the closing scene! And that's not all! You'll get to study live insects and create a device out of ordinary household items that will do extraordinary things! There's more! You'll take apart VCRs, phones and answering machines to see what's inside; then you'll get to create new inventions with the pieces, like robots or extraterrestrial communication devices. Camp will run from **July 9<sup>th</sup>-13<sup>th</sup>**, and there are limited spaces available so you'll want to sign up ASAP.  
**Register \$209.00**

**Call 1-800-968-4332**

### EXPLORE CAMP July 16-20

Camp Invention® is coming again to **A.D. Henderson School** for the week, **July 16<sup>th</sup>-20<sup>th</sup>**. You'll be in the traveling around the world to deliver secret documents. Then you'll build communication centers to respond to alien radio signals! Next, you'll use forensic science and become a crime scene investigator. In I Can Invent, you'll take apart a broken VCR or computer piece by piece. Way cool!!! You'll learn about the pieces and then construct a new invention. You design it. Use your imagination, be creative and adventurous and become an inventor!!! Registration is limited and you won't want to miss the fun so register ASAP.

**Register \$209.00**



## From the Art Room...

Elaine Sattler, Art Department

I hope that all of you had a very pleasant spring vacation! We have once again been busy in the art room. Classes in Kindergarten to 8<sup>th</sup> grade are painting, drawing, and learning about famous artists. Hope that you have all had a chance to view our website. A selection of art is shown from every grade level. Just go to Henderson's web site and then choose artist showcase and artist showcase once again and you will see the beautiful art done by our students.

The 6<sup>th</sup> grade art class spent a day at the galleries at FAU. We went to the Schmidt Gallery to see Weavings of War, to the Ritter gallery, the College to see the student Exhibit, the College of Nursing and then to the art studios. A great time was had by all.



## Nurse's Corner

Lisa Catinella RN  
FAUS School Nurse

Let's start to plan ahead as the end of this school year is fast approaching!



### **FYI**

1. The state mandated required immunizations must be completed by a licensed healthcare provider and documented on the state form DH680 (blue). Only the original form will be accepted. No copies.

All K-12 required immunizations can be viewed at

[www.pbchd.com](http://www.pbchd.com)

Additional vaccines required for all students entering the 7<sup>th</sup> grade (2007-2008):

### VACCINES

- Hepatitis B (completed series)
  - Tetanus Diphtheria (Td) booster
  - Measles 2<sup>nd</sup> dose
2. All middle school students who will participate in sports during the 2007-2008 school year are required to provide a DH 3040 School Entry Health Exam (buff) completed by a licensed healthcare provider dated **after June 1<sup>st</sup> 2007**. Page 1 is completed by the parent/guardian and Page 2 is completed by the physician. Only the original form will be accepted. No copies.
  3. Siblings scheduled to attend ADHUS for the first time must provide both the DH 680 and DH 3040 prior to the first day of school.

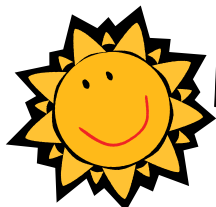
Please note that students will not be permitted to attend the first day of school without their required immunizations on file at school. Physician appointments fill-up fast over the summer! Please take a moment to contact your child's health care provider to make any necessary doctor appointments prior to the start of the 2007-2008 school year.

More information will be included in your summer packets!!!

## Health and Wellness Symposium

### April 26, 2007

- Set up in the Cafeteria.
- Introduction by Coaches Thomas, Plas and Santiago. A general talk about awareness and how we are trying to educate staff, students and parents to lead a lifestyle of Health and Wellness.
- Any company or program that needs a separate timeslot allow them to give their own 10 minute presentation.
- Suggested vendors/ educators: Sports Authority, 24 Hour Fitness/LA Fitness, Jamba Juice, Nutrisoda, Wholefoods, Yoga Studio, Footlocker, etc.
- Need to call these people!



## SUMMER at the Henderson Enrichment Program Celebrating our 20th year!

**HURRY SPACE IS LIMITED!**

Attention Parents: Receive a \$30.00 discount when you register for both programs!  
**Enrollment Deadline is May 19, 2007**

### Morning Enrichment Program

*Kindergarten – fourth grade*

Academic concepts are presented in a unique format utilizing hands-on activities and technology. Students will have fun reinforcing skills in language arts, social science, and math. Daily activities will also include a physical education or a swimming experience and weekly field trip. This program is open to all children who will enter kindergarten through the fourth grade next fall. **\$335.00**

Instructors: Henderson Faculty

4 weeks (Mon-Fri), June 11th – July 6th, 8:30 a.m.-12:30 p.m.

### Afternoon Recreation Program

*Kindergarten – fourth grade*

Free swim, physical education, computer games, guest speakers and arts & crafts insure fun afternoons. Children will have an opportunity to be creative while developing new friendships in a safe, structured program. This program is open to all children who will enter kindergarten through the fourth grade next fall. **\$335.00**

Instructors: Henderson Faculty

4 weeks (Mon-Fri), June 11th – July 6th, 12:30-5:30 p.m.

Download a registration form from the ADHUS webpage or  
contact Gina Sands at [rsands@fau.edu](mailto:rsands@fau.edu).