



PUBLIC CHARTER SCHOOL

# E.L. HAYNES HERALD

January 14, 2010

## E.L. HAYNES

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Dear Parents,

Happy New Year! We hope you had a wonderful Winter Break. We are excited to kick off a new year and a new decade with you and your students.

Last week we had a dynamite Intersession at Haynes. Highlights included:

- ▶ A first grade literacy /science class called “A Snowy Day: The Science of Snow.” Students were thrilled when it actually snowed on the last day!
- ▶ A second and third grade class called “Kicks for Kids” in which students trained with experts from local martial arts studio Kaizen Karate.



- ▶ A Pre-K and Kindergarten class called “Read, Snack, and Learn.” (see photo)
- ▶ A fifth through seventh grade class called Social Justice, in which students studied social justice and participated in service activities. After helping at a soup kitchen, many of the students wanted to know when they could come back to help more.
- ▶ A seventh grade math course, Math Afficiandos, that ended with a presentation of an astrolabe to the third graders.

Finally, our Shakespearean actors continued to prepare for their performance of the Tempest, which is this Friday at 7PM. We invite all of you to come to the Columbia Heights Education Campus (on 14<sup>th</sup> Street) to enjoy the performance. It promises to be outstanding! Tickets are only \$5.

We have been very impressed with how quickly students have jumped back into the swing of things. Our 4<sup>th</sup> and 5<sup>th</sup> graders had a fantastic discussion during Community Circle (we discussed the role of gratitude in the story “Gift of the Magi”). The middle schoolers had their first Middle School Community Circle in the newly renovated Middle School hub, where they heard about new Middle School initiatives.

Please remember that there is no school on Monday (MLK Day) and Tuesday (Staff Development Day).

Sincerely,

*Eric Westendorf*  
Eric Westendorf

Principal, 4<sup>th</sup> through 8<sup>th</sup> Grades

*Michelle Molitor*

Michelle M. Molitor

Principal, Pre-K through 3<sup>rd</sup> Grades

Sun 17	Mon 18 NO SCHOOL (MLK DAY)	Tues 19 NO SCHOOL (Staff PD Day)	Wed 20 5 <sup>th</sup> Grade Parent Meeting (6:15-7:15 PM)	Thurs 21	Fri 22	Sat 23
Sun 24	Mon 25	Tues 26 SPT Meeting (6:15- 7:30)	Wed 27	Thurs 28 Middle School Parent Meeting (6:15-7:00 PM)	Fri 29 All School Meeting: ELH Day of Service (8:30-12:30)	Sat 30

# NOTEWORTHY INFORMATION

**\*\*\*NO CLASSES FOR STUDENTS ON MONDAY, JANUARY 18<sup>th</sup> IN HONOR OF THE REV. DR. MARTIN LUTHER KING, JR. HOLIDAY AND ON TUESDAY, JANUARY 19<sup>TH</sup> FOR PROFESSIONAL DEVELOPMENT. CLASSES RESUME ON WEDNESDAY, JANUARY 20<sup>TH</sup>\*\*\***

**E.L. Haynes Students Present Shakespeare's "The Tempest"**: Friday, January 15<sup>th</sup>, 7pm at Columbia Heights Educational Campus Auditorium (Bell Multicultural High School); 3101 16<sup>th</sup> St. NW.

**African Heritage Month...** is coming soon! If you have lived or worked in an African country and would like to share a story, food, a song, a dance, OR if you would like to help in the planning, our day-long celebration, please contact Towana Pierre-Floyd or Beth Hood at 667-4446.

**SPT Meeting – Tuesday, January 26** 6:15-7:30pm – Our SPT presentation will be a kick-off to a 5 week series of workshops on financial literacy. The first workshop will be on “Money Management During Tough Economic Times”. See the flyer in the Thursday Express for additional dates and topics.

**E.L. Haynes Family Game Night!** Come play games at E.L. Haynes on Friday, February 5<sup>th</sup>, from 6:15pm-8:15pm. We'll have board games, pizza, and drinks. We need volunteers! If you would like to help out, please call or email Beth Hood at [bhood@elhaynes.org](mailto:bhood@elhaynes.org)

**Applications for New Students for 2010-2011:** are now available!! We will also be offering a pre-k 3year old classroom. If you have another child who you would like to have attend ELH, please fill out the application available in the clear boxes outside the main office. Advertise to your friends and neighbors who are looking for a dynamic school for pre-k – grade 8!

**Buddy Bison Program:** E.L. Haynes is part of the National Park Trust's pilot group touring National Parks with our mascot, Buddy Bison. If you have taken one of our cute little stuffed bison out and about, please let Ms. Molitor know where you've been by sending her an e-mail and any pictures with students and Buddy to [mmolitor@elhaynes.org](mailto:mmolitor@elhaynes.org). If you haven't and would like to take Buddy to a park, become a part of our “Borrow Buddy Program” and check a stuffed Buddy out to take along on your adventure. Participating is EASY:

1. Visit Parks, Monuments, and Cool Places and Take Buddy with You —ANY park will do! They just want kids to get outdoors. If you do go to a National Park, that's even better.
2. Photography—We would like Buddy to be photographed in various parks over time, so whether that be in local parks, or even if you or our students go on trips into the wild, Take Buddy and a camera with you!
3. Check Out the Web Site—You can check out the program on the National Park Trust's Web site at [http://www.parktrust.org/index.php?option=com\\_content&view=article&id=167:wheres-your-buddy-bison-been&catid=36:whats-new&Itemid=98](http://www.parktrust.org/index.php?option=com_content&view=article&id=167:wheres-your-buddy-bison-been&catid=36:whats-new&Itemid=98)

## **Community Activities:**

**Join DC Cares for the MLK Day of Service:** Volunteers will be painting at the Park View Recreation center and Bruce Monroe at Park View Elementary school and would love additional

neighborhood participation. Location: 3560 Warder St., NW from 9am-12pm. To register, call Nuri Heckler at 777-4469.

**Parkview Rec Center Activities:** See the flyer included in this week's Thursday Express to learn of no-cost activities held at the center on Saturdays from 11:30-4pm.

**2010 Washington Nationals Father of the Year Essay Contest:** Students in grades 1-12 can submit an essay on their relationship with their father or father figure and what he means to them. Deadline for submission is January 31. Information and submissions can be done at: [www.fathers.com/contest](http://www.fathers.com/contest). For more information, call Officer Chante Brodie at 715-7476 or [chante.brodie@dc.gov](mailto:chante.brodie@dc.gov)

## Ms. Teri

## Counselor's Corner

As we discuss with students the reason why they are feeling irritable and cranky and not wanting to complete work assignments asked of them by their teachers we notice that they are tired and have lacked rest the night. The reasons why students have sleepless nights or interrupted sleep patterns vary a great deal. One of the numerous reasons for fatigue and being tired could be difficulty falling to sleep and abrupt awakening due to scary images and fears.

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***"It began when he was young and I had hoped he would grow out of it, and he's nine years old now and he's still afraid of the dark."*** Michael Smith, Father

Tonight some children will lie awake in their beds, thinking about the holiday gifts they're hoping to get, while others will lie there ... afraid. Fear of the dark is one of the most common fears in children. But some kids hold onto the fear much longer than others, leaving parents to wonder what to do.

Three-year-old Alexander sleeps with a light because in the dark, he sees things.

"He's going to come running, 'Mommy, Mommy, Mommy, I'm scared, I don't want to be without you, and it's dark, and I see shadows!" "Explains his mother, Leslie Sokol.

Nine-year-old Blake sleeps with a flashlight and plenty of batteries.

"I'm afraid of there might be someone inside the house that I just don't know, and it might be a robber," he says.

Countless children are afraid of the dark, but some children hold onto the fears much longer than others, leaving parents to wonder what they should say.

"I don't know what the gauge is," says Michael Smith, Blake's father. "What is the age where you should not be afraid of the dark?"

It is different for every child, but the key is to be supportive and non-judgmental, says Gene Urbain, a clinical psychologist.

"You want to join with the kid, you want to acknowledge that the fear is real to the kid, even if it's not particularly rational, or you don't agree with it. And you want to give them some words, or some ways of dealing with it," he says.

Experts say the worst thing you can do for children who are afraid of the dark is to tease or punish them for it, which can both make the problem worse. Parents can help older children overcome their fears by making the bedroom darker and darker over time. First let him or her sleep with a nightlight, then only a hall light, and then only on certain nights of the week.

"You negotiate it," Urbain says. "You don't want to give in too much to the fear, but you have to help the kid move step by step towards mastering the fear, and overcoming the fear."

In Alexander's room, the light stays on until he falls asleep. But with encouragement, he is seeing fewer monsters these days, and getting more excited about the night sky.

Fears serve a useful, healthy purpose in stopping children from taking unnecessary risks. The AAP also advises:

- Children who are shy and withdrawn are more likely to develop marked fears than those who are outgoing.
- Girls are more likely than boys to develop the severe, irrational fears (phobias).
- Certain fears may grow out of parents' needs. After a divorce, or the death of a spouse for example, a parent may unwittingly encourage a child's separation anxiety out of a desire for companionship.

If parents are overprotective or fearful themselves, they may foster timidity and hamper a youngster's attempts to stretch his abilities

### **Tips for Parents**

The key for parents is to be supportive and non-judgmental of their child. Child psychologist Stephen Garber suggests:

- Do not belittle your child's fear of the dark or force him to stay in a darkened room just because he's 'too old' to be afraid.
- Ask your child what he feels when he's alone in the dark. Even if his apprehension seems ridiculous to you, reassure him with concrete information. For example, say "You're right that the house make funny sounds at night. Let's listen to them together and I'll tell you what each one is."

### **References**

- American Academy of Pediatrics
- American Psychological Association