



PUBLIC CHARTER SCHOOL

E.L. HAYNES HERALD

January 21, 2010

E.L. HAYNES

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Dear E.L. Haynes Families,

This year we have had the good fortune of connecting with the National Park Trust in some of their efforts to reconnect Americans to the Great Outdoors. National Park Trust (NPT) champions the acquisition and preservation of critical national, state and local parklands through education, partnerships and community building. America's parklands depend in great measure upon the environmental stewardship of America's youth. Abiding by the philosophy that in order to save it, you have to see it, NPT seeks to reconnect children and nature.

This is where we come in—E.L. Haynes is part of the National Park Trust's pilot group touring National Parks with our NPT mascot, Buddy Bison. **ANYONE Can Travel with Buddy Bison!!!** If you have taken one of our cute little stuffed bison out and about, please let us know where you've been by sending us an e-mail and any pictures with students and Buddy to 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 from Ms. Molitor to take along on your adventure. Participating is EASY:

1. **Visit National State or Local Parks, Monuments, or other 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>

Be sure to take Buddy on your next big adventure, and have a great week!

Sincerely,

Michelle Molitor, Principal, Pre-K – 3rd Grades

Eric Westendorf, Principal, 4th – 7th Grades

The Next Two Weeks at E.L. Haynes

Sun 24	Mon 25	Tues 26	Wed 27	Thurs 28	Fri 29	Sat 30
		SPT Meeting (6:15-7:30) 7:30pm - Planning Meeting – African Heritage Day		Middle School Parent Meeting (6:15-7:00 PM)	All School Meeting: ELH Day of Service (8:30-12:30)	Kansas Avenue Committee Meeting (10-11 AM)
31	February 1	2	3	4	5 Family Game Night (6:00-8:00 PM)	6

NOTEWORTHY INFORMATION

E.L. Haynes Day of Service: The First Annual E.L. Haynes Day of Service, in memory of Chris Kim, will be held on Friday, January 29th from 8:30-12:30. The day will kick off with an all school meeting with students, staff, friends and family of Chris's, and other members of the community. Please join your students in the spirit of service, and feel free to ask staff how you can help.

Kansas Avenue (Early Childhood) Planning Committee: If you would like to help plan for the coming school year at Kansas Avenue, then please join Ms. Molitor on Saturday, January 30th from 10-11 AM. Topics will include planning for a community garden, spring events for families, and coming up with ways to share what's happening with the move with more families and community members. RSVP to Ms. Molitor by calling the school, or at mmolitor@elhaynes.org. Spanish translation will be available; children are welcome, but there will be no child care.



African Heritage Day Planning Meeting, Jan. 26 @ 7:30: Come join us after the SPT meeting on Tuesday, Jan. 26 @ 7:30 to talk about and coordinate our celebration. If you would like to be involved in the day, if you have lived or worked in an African country and would like to share a story, food, a song, a dance, or something that is of African culture during 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 January 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.

Help for Haiti: Join the Year Round Programs Penny Challenge - Friday, January 15th to Friday, January 29th. Over the next two weeks, students and staff will compete to raise awareness and money to benefit disaster relief efforts in Haiti. We invite families and friends to join our efforts to support survivors of the recent earthquake in Haiti. Collection jugs are located in the main lobby beneath the television monitor.

E.L. Haynes Family Game Night!: Come play games at E.L. Haynes on Friday, February 5th, from 6:15pm-8:15pm. We'll have board games, pizza, and drinks - \$5 suggested donation per family. We need volunteers! If you would like to help out, please call or email Beth Hood at 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!

Community Activities:

Parkview Rec Center Activities: Come have fun on Saturdays at Parkview Rec Center! Every Saturday from 11:30-4:00pm, come to the center at 693 Otis Pl., NW for art, yoga, guitar lessons, girls action, lunch and movie time. For more information, call Katie Delaney at 434-227-9599.

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. For more information, call Officer Chante Brodie at 715-7476 or chante.brodie@dc.gov

Ms. Teri

Counselor's Corner

As parents it's important to begin to process with our children their fears and worries that contribute to inability to fall asleep. It is important to process the details of their fears and worries. In addition, supporting children in creating a calm and safe environments in which to rest, also becomes vitally important.

Calming music, soft scents, and bedtime stories have been known to create a soothing and peaceful sleeping environment. Also, we are aware of the images via media, computer, tv and even literature that may be disturbing - it is helpful to decrease exposure to those images before bedtime.

"And nighttime is really neat," Leslie Sokol tells her son. "You can look out your window and see stars!"

Fears and phobias may be part of the price we pay for our highly-developed minds and sense of self. Phobias can range from simple fears that are dealt with at a subconscious level to others that have strong negative effects on one's life. Adults suffer from simple phobias such as a fear of heights to an intense fear flying in an airplane. Most phobias can be dealt with by the individual, but some require counseling or medication.

In general, children experience fears and worries on different levels. Fear of the dark is a common phobia and can affect children of all ages.

The American Academy of Pediatrics advises that certain fears should be expected as children develop:

- **Five Months.** A five-month-old baby may be afraid of a strange new face.
- **Pre-School.** Preschoolers may have fears of the dark or monsters.
- **School Age.** Imaginary threats are replaced by more realistic fears such as bodily harm.

Tips for Parents

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

Children may also develop more specific phobias:

- A preschooler who screams for about an hour after falling asleep may be experiencing night terrors.
- A child who wakes up often in the middle of the night may be having nightmares
- If your child refuses to go to school or complains of severe but vague symptoms (headache, nausea, dizziness) to avoid school they may be experiencing a school phobia or separation anxiety. They might even be a victim of bullying.
- Teach your child to calm himself by saying, "I'm safe in the dark; my mom and dad are nearby" or "That sound was just the heat coming on."
- Gradually decrease the light in the room, starting with a lower watt bulb in his lamp, then leaving a light on only in the hallway. Offer praise each time he goes to sleep with less light.

- Help you child avoid scary TV shows and movies, since nighttime fears can be greatly intensified by what a child is exposed to during the day.

Parents should consult their pediatrician if the child's fears are:

- Interfering with family activities.
- Creating problems in making friends.
- Creating an excuse for not going to school.
- Disrupting normal sleep habits.
- Resulting in compulsive behavior.

References

- American Academy of Pediatrics
- American Psychological Association