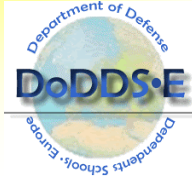


26 October 2012



Netzaberg News

Calendar Items

- **Monday, 29 October:**
- **Thursday, 01 November:**
End First Quarter
- **Friday, 02 November:**
Teacher Work Day—No School for Students
- **Monday, 5 November:**
Begin Second Quarter
- **Wednesday, 8 November:**
Honor Roll Assembly 0815
MPR 4th & 5th Grades
- **Monday, 12 November:**
Veteran's Day—No School for Students

School Hours:

0800-1435

It's the responsibility of the parent/guardian to report student absences to the front office before 9:00 AM.

09645-917-9313/9184 or email:

NetzabergES.Attendan@eu.dodea.edu

Attachments:

- [Anti-Bullying](#)
- [Turkey Trott](#)
- [School Lunch Menus](#)



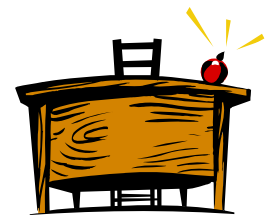
STUDENT DRESS-UP DAYS

- **MONDAY, 29 AUG: BACKWARDS, INSIDE OUT DAY**
- **TUESDAY, 30 AUG: CRAZY HAT DAY**
- **WEDNESDAY, 31 AUG: WACKY HAIR AND SOCKS DAY**
- **THURSDAY, 1 NOV: WEAR RED, RED, RED**

End of Day Interruptions:

In order to maximize daily learning, **please do not** pick-up your child between 1400-1435. The last 35 minutes of the day bring closure to a successful day of learning. Parents picking up their children from school are requested to wait outside. The congestion of adults and strollers make the hallways a chaotic and unsafe area.

Thank you for your support.



Netzaberg Elementary School Mission

To provide an exemplary education that inspires and prepares all DoDEA students for success in a dynamic, global environment.

School Pictures

Student pictures will be available for parents to view on line on October 29 at www.sandydavisphotography.com.

Orders are due to classroom teachers no later than Tuesday, November 6.

We regret that we will not be able to process orders sent in after close of business on that day. Please return your orders as soon as possible so you don't miss out.



Good Grades; Pay Off at the Grafenwoehr Exchange

The Army & Air Force Exchange Service rewards military students who excel. Students who receive a report card with a "B" average or better can choose an array of free and discounted products through the Grafenwoehr Exchange's "You Made the Grade" program. Now in its 12th year, "You Made the Grade" includes a free Burger King hamburger kids meal, Subway 6-inch combo, a magazine of their choice and even a complimentary haircut. Students "making the grade" can also register for a drawing to win a \$2,000, \$1,500 or \$500 Exchange gift card. To receive a "You Made the Grade" booklet, eligible students present a valid military ID and proof of a "B" or better average to the Grafenwoehr Exchange. Students may receive one coupon package for every qualifying report card, but may enter the gift card drawing only once per grading period.



NEJ Dragon; Den Booster Club

An organization of concerned parents, teachers, and students gives excellent support to school programs. The booster club sponsors fundraisers such as individual and class school pictures, Bingo Nights, and Fall Fest, as well as supports other activities such as Breakfast with Santa, popcorn Fridays, Terra Nova snacks, etc. Our Booster Club membership drive begins when school starts, at which time a calendar of events for the year will be distributed. A Family Membership of \$10.00. Volunteers in any capacity are always welcome!



Netzberg Elementary Mission & Goals

OUR MISSION: To Provide an Exemplary Education that Inspires and Prepares ALL DODEA Students for Success in a Dynamic, Global Environment.

OUR VISION: Netzberg Elementary School is committed to success for ALL Students!

Goal 1: By 2011, all students will improve targeted reading comprehension skills (retelling, summarizing, and drawing conclusions) as measured by local and system-wide assessments.

Goal 2: By 2011, all students will improve their understanding of number sense and operational concepts across the curriculum as

Lost & Found

If your child has lost their sweater, sweatshirt, lunch box, etc., please check our lost & found area inside the lobby (to the right) of the main doors. It is filling up quickly!



We are on the web!

<http://www.netz-es.eu.dodea.edu>



Netzberg Elementary School Office Hours: 0730-1600
Unit 28130, APO AE 09114
Phone: DSN 472-9184/9185 / Comm. 09645-917-9184
Email: Netzberg ES.Principal@eu.dodea.edu

Bavaria District Superintendent's Office
Unit 28614, APO AE 09177
Phone: DSN: 468-7429 / 0981-183-429



DEPARTMENT OF THE ARMY
UNITED STATES ARMY GARRISON GRAFENWOEHR
UNIT 28130
APO AE 09114-8130

IMGF-ZA

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Bavaria Military Community Policy Letter #34; Anti-Bullying

1. **Effective Date.** This policy letter remains in effect until superseded or rescinded.
2. **Commander's Philosophy.** The Bavaria Military Community (BMC) and the Department of Defense Dependents School (DoDDS) Europe Bavaria District are committed to making our community and schools safe, caring, and welcoming places for all our children and youth. We will treat each other with respect, and we will refuse to tolerate bullying in any form in our community or our schools.
3. **Bullying Definition.** *Bullying* is a one-sided activity intended to harm, where those doing the bullying get pleasure from a targeted child's pain and/or misery. Bullying can be verbal, physical, or via cyber medias. Bullying can be directed towards race, ethnicity, religion, gender, sexual orientation, physical, or mental ability. Examples of bullying include but are not limited to:
 - a. Taunting.
 - b. Using put-downs, such as insulting or making fun of someone's race, religion, physical ability or disability, mental ability or disability, gender and/or perceived or actual sexual orientation.
 - c. Threatening or ganging up on someone.
 - d. Stealing or damaging another person's things; stealing or damaging can also be considered a criminal offense.
 - e. Spreading rumors about someone.
 - f. Physically hurting a targeted child, including, but not limited to hitting, kicking, tripping, pushing, and shoving.
 - g. Unwanted touching, patting, grabbing, hugging, kissing, cornering, blocking passage, and/or bumping.

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SUBJECT: Bavaria Military Community Policy Letter #34; Anti-Bullying

h. Shunning or purposefully excluding a targeted student, or trying to get other students not to play with targeted child.

i. Using a cell phone, gaming device, the Internet, or other social media to threaten, stalk, ridicule, humiliate, taunt, spread rumors, lock out of a game, or hack into a targeted child's account.

j. Hazing, or any intentional, knowing, or reckless act by one person alone or acting with others, directed against a student, that endangers the mental or physical health or safety of a student for the purpose of pledging, being initiated into, affiliating with, or holding office in an organization.

4. **Bullying Prevention.**

a. Child, Youth & School Services (CYSS) and DoDDS staff will:

- (1) Closely supervise children and youth in all areas of the facility/school and playground.
- (2) Watch for signs of bullying behavior and stop it when it happens.
- (3) Teach the Steps to Respect program and/or other supplemental Social Skills lessons to increase awareness and empowerment in all children and youth.
- (4) Provide training opportunities for students and Families regarding awareness and prevention of bullying.
- (5) Take seriously Families' concerns about bullying and create a procedure for reporting.
- (6) Look into all reported bullying incidents and respond quickly and appropriately.
- (7) Assign consequences for bullying based on the school discipline code.
- (8) Maintain open communication between CYSS staff and school staff for optimal support of all children involved in a bullying incident.
- (9) Provide immediate consequences for retaliation against students who report bullying.

b. Students, Children and Youth will:

- (1) Treat each other respectfully.
- (2) Refuse to bully others.

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SUBJECT: Bavaria Military Community Policy Letter #34; Anti-Bullying

- (3) Refuse to let others be bullied.
- (4) Refuse to watch, laugh, or join in when someone is being bullied.
- (5) Report bullying to an adult.
- (6) Strive to include everyone in play and social interaction, especially those who are often left out.

5. **Discipline Procedures.**

a. Consequences for bullying will always include a procedure for holding accountable perpetrator(s) and any bystanders who played an active supporting role in the bullying. Other procedures can range from positive behavioral interventions to expulsion from the DoDDS School, or removal from the CYSS program. These consequences are dependent on the nature and severity of the behavior, the age of the student, and the student's past behavior. The purpose of these procedures is to hold student(s) accountable for the bullying; preventing another occurrence; and, protecting the targeted child and/or youth. Consequences for bullying may include, but are not limited to the following:

- (1) Notify parents/guardian of the incident and consequences.
- (2) Assisting the perpetrator(s) to find more appropriate ways to relate to peers.
- (3) Meet with teacher, principal, student, and/or parent.
- (4) Referral to School Counselor, School Based Behavioral Health Counselor, Military Family Life Consultant, and/or Garrison Chaplain.
- (5) Corrective instruction.
- (6) Behavior management plan.
- (7) Temporary removal from the classroom.
- (8) Loss of school privileges as determined by the Principal or CYSS program privileges as determined by Program Director and CYSS Coordinator.
- (9) Classroom or administration detention.
- (10) In-school suspension.
- (11) Out-of-school suspension.

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SUBJECT: Bavaria Military Community Policy Letter #34; Anti-Bullying

(12) Community Service, as determined by the Civilian Misconduct Action Authority (CMAA).

(13) Loss of logistical support as determined by the CMAA.

(14) Expulsion or removal from all CYSS programs.

(15) Legal action.

b. If the school or CYSS can handle the behavior problem internally, it is within their right to do so. Should the behavior escalate, or present a danger to the order, discipline, and safety of the Garrison, the individual should be referred to the CMAA. Any behavior that constitutes a criminal act or breaks the law must be reported to the Military Police.

c. Bullying that happens off of school grounds, including all forms of cyber bullying, can impact the feeling of safety the targeted child has upon returning to school with the perpetrator(s) and can create an intimidating, hostile or offensive environment for all students. The school and the CMAA will address these actions when necessary for the well-being and safety of the community and all students involved. All suspension and expulsion documents, if forwarded to the CMAA, may be used as aggravating factors when considering administrative action in juvenile civilian misconduct under Army Europe Regulation 27-9.

6. **Support for a Target of Bullying.** The effects of bullying on the targeted youth cannot be over emphasized. Isolation, lack of friends and/or support, and a feeling of helplessness that targets of bullying experience can be devastating. The Garrison and school will ensure that targeted youth receive all support necessary. Actions may include, but are not limited to:

a. Notify parents/guardians immediately of the incident. Give them the method to use to report any further targeting of their child.

b. Take effective measures to keep the targeted youth safe at school and at CYSS, give him/her tools to stand up to the perpetrator(s), and support to keep the targeted youth from succumbing to the bullying.

c. Identify a person or persons to whom the targeted youth can safely report any further bullying incidents.

d. Parents will be notified in the event that the targeted youth appears to be in immediate danger of hurting himself/herself. If parents are not available, the Military Police will be contacted and asked for an immediate and emergency referral to Social Work Services.

e. Provide referrals to counseling services, such as Social Work Services, Garrison Chaplain and Military Family Life Consultants.

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SUBJECT: Bavaria Military Community Policy Letter #34; Anti-Bullying

f. Maintain open communication between CYSS staff and school staff for optimal support of the targeted youth. For mistakes, mischief, and mayhem that unintentionally or intentionally create serious problems of great consequence, the “Three Rs” Restitution, Resolution, and Reconciliation, are incorporated into the four steps of discipline.

7. **Points of Contact.** The points of contact for this memorandum are the BMC School Liaison Officers at DSN 475-1770 (Grafenwoehr), DSN 466-2082 (Hohenfels), DSN 440-2393 (Garmisch).



JOAN C. ISLAS Ed. D.
Bavaria District Acting Superintendent
DoDEA-Europe



JAMES E. SAENZ
COL, SF
Commanding

DISTRIBUTION:

A

A First for the Sure Start Parent Education Program

Sure Start is the DoDDEA program for children who may be at risk for school success. The program has four components including Health and Nutrition, Social Services, Education, and Parent Involvement. Our Parent Involvement program includes Parent Education Meetings each year. The Netzaberg Sure Start had their first parent education meeting on 18 October. We were delighted to have the Military Child Education Coalition Parent to Parent team present a workshop called "The Importance of Reading to Your Child At Home." The presenters, Maria Elena Mendelson and Lorraine Bergstrom, brought many useful ideas for the parents. There were handouts and information for parents to take home. Child care and snacks for the children were provided as well.

Sounds like an ordinary Sure Start Parent Education meeting? Not so!! We were very proud and extremely excited to have one of our deployed fathers participate in the meeting from Afghanistan! Specialist Bobby Ortiz, who is stationed at Kandahar, emailed Dr. Lisa Starnes, Sure Start Teacher, in September and asked if it were possible for him to participate via an online conferencing platform.

With the assistance of Kristie Mashburn and Sorin Vartolomei, at Netzaberg Elementary, and Patti McNaughton, Dexie Galvez, and Vincent Robinson at the Bavaria District Office we established a connection. Specialist Ortiz was able to watch the Parent to Parent presentation in the classroom and ask questions. His dedication to being involved in his son, Nathaniel's, education goes way beyond our expectations! We were delighted to be able to include him and want to try to expand this idea. We are working on a way for Specialist Ortiz to participate in Parent-Teacher Conferences, hopefully paving the way in the future for more deployed parents to be involved in their child's education.

Sleep and Children

Sleepy school children make crabby classmates, while students who get plenty of sleep are better behaved, according to a new study published this week in the journal *Pediatrics*.

"Extending sleep opens the door to an effective, feasible way to improve children's health and performance," says study author Reut Gruber, director of the Attention Behavior and Sleep Lab at the Douglas Research Center in Quebec, Canada.

The study

Gruber and his colleagues wanted to find out if the behavior of elementary school children was affected by how much sleep they got. The researchers, with the permission of parents, enrolled 34 students ages 7 to 11 in the study. These were healthy kids who didn't have sleep problems or behavior or academic issues.

During one week of school, half the students were put to bed earlier than normal, averaging about 27 minutes more sleep a night. The other half stayed up later than their routine bedtime, losing about 54 minutes of shut-eye each evening.

The results

Teachers - who didn't know the sleep status of the students - reported significant differences in how the children behaved and coped with everyday challenges. Students who were sleep-deprived not only seemed overly tired, but were more impulsive and irritable than their well-rested classmates. They were quick to cry, lose their tempers or get frustrated.

The children who got plenty of sleep had a better handle on their emotions and were more alert in class.

Sleep experts say these results make sense and provide more evidence about the importance of sleep.

"We know that sleep deprivation can affect memory, creativity, verbal creativity and even things like judgment and motivation and being (engaged) in the classroom," explains Dr. Judith Owens, director of sleep medicine at Children's National Medical Center in Washington. "When you're sleepy, (being engaged) isn't going to happen."

And when children have trouble coping with day-to-day situations, Owens adds, this can affect a child's relationship with teachers, as well as their success in school, social skills and the ability to get along with peers.

Tips for parents

So how do you know if your child is getting enough sleep? Children in elementary school generally need between 10 to 11 hours each evening, but no two children are alike. Parents should look for clues, experts say.

"Kids in this age range should not be sleepy during the day," Owens says. "If they are falling asleep in the car or watching TV, that's a red flag."

Another way to gauge your child's sleep need is to pay attention to how much they sleep during school vacations, when they're sleeping without a time schedule. If they consistently sleep longer than on school nights, your child probably isn't getting enough sleep.

Take action

Parents can take steps to get their children off to bed at a reasonable hour.

- About a half hour before bedtime, have your kids start winding down - put down the electronic devices, turn off the TV and shut down the computer
- Have a consistent bedtime and wake time and try to make this apply to the weekends as well
- Be good role models for your children. Go to bed at a reasonable time and talk to them about the importance of sleep

"Consider that (sleep) is one of the building blocks of your child's health, well-being and academic success," Owens says. "It's equivalent to good nutrition, exercise and all the other things we try to foster and provide for our children. You've got to put sleep right up there at the top of the list."

Post by: [Leslie Wade - CNN Medical Producer](#)

Filed under: [Children's Health](#) • [Living Well](#) • [Mental Health](#) • [Sleep](#)

Grades K-5

November 2012

Monday

Tuesday

Wednesday

Thursday

Friday

Did you know?

Though many competing claims exist, the most familiar story of the first Thanksgiving took place in Plymouth Colony, in present-day Massachusetts, in 1621.

5
BBQ Pork Riblets*
*Baked Chicken**
Bean & Rice Burrito (V)
***Whole Grain Dinner Roll**
 Baked Beans
 Garden Salad
 Orange Wedges
 Pineapple

6
Broccoli Cheese Minis (V)
Corn Dog
Tuna Wrap
 Snap Peas
 Cucumber & Carrot Sticks
 Apple Slices
 Pears
 Chocolate Chip Cookie

7
Cheese Omelet or Sausage Patty*
***French Toast Sticks**
Turkey or Veggie Wrap (V)
 Deli Roasters
 Broccoli
 Grapes
 Mandarin Oranges

1
Chicken or Black Bean(V) Quesadillas
Beef & Broccoli Bowl
Mexican Chicken Salad
 Fresh Veggie Bowl
 Broccoli
 Banana
 Applesauce

2
Teacher Work Day
 No School

8
Mozzarella Sticks (V)
Chicken Veggie Alfredo
Fajita Chicken Salad
 Steamed Carrots
 Green Beans
 Banana
 Applesauce
 Carrot Bread

9
Buffalo Chicken Bites*
Chicken Bites*
Chik'N Nuggets (V)
Ham Salad
***Mashed Potatoes/Dinner Roll**
 Fresh Veggie Bowl
 Broccoli, Cauliflower & Carrots
 Fresh Fruit
 Fruit Cocktail

12
Veteran's Day
 No School

13
Chicken Parmesan
Southwest Taco Bowl
Mexican Chicken Salad
 Carrot Sticks
 Green Beans
 Apple Slices
 Peaches

14
Chicken Fryz
Buffalo Chicken Wrap
Cheese Salad (V)
 Garden Salad
 Sweet Potato Crinkles
 Grapes
 Mandarin Oranges
 Banana Bread

15
Hamburger
Chicken or Chik'n (V)
Patty Sandwich
Craisin Turkey Apple Salad
 Baked Beans
 Steamed Carrots
 Banana
 Applesauce
 Oatmeal Raisin Cookie

16
Cheese Pizza (V)
Pepperoni Pizza
Chicken & Mini Dumplings
Ham Salad
 Broccoli
 Tomato & Cucumber Salad
 Fresh Fruit
 Peaches
 Fruit Swirl Cup

19
Chicken Tenders*
Veggie Burger (V)
Turkey Wrap
***Whole Grain Dinner Roll**
 Snap Peas
 Garden Salad
 Pineapple
 Orange Wedges

20
Macaroni & Cheese (V)
Chicken Patty Sandwich
Ham & Cheese Sub
 Green Beans
 Sweet Potato Crinkles
 Apple Slices
 Peaches
 Fruit Swirl Cup

21
Meat Nachos
Chicken or Black Bean (V)
Fiesta Wrap
Chef Salad
 Tomato & Cucumber Salad
 Broccoli, Cauliflower & Carrots
 Grapes
 Mandarin Oranges

22
Happy Thanksgiving!

23
Recess Day
 No School

26
Cheese Pizza (V)
Pepperoni Pizza
Tuna Tetrizzini
Chef Salad
 Garden Salad
 Broccoli, Cauliflower & Carrots
 Orange Wedges
 Pineapple

27
BBQ Chicken Bites*
Chicken Bites*
Turkey Salad
Veggie Wrap (V)
***Mashed Potatoes**
 Tomato & Cucumber Salad
 Corn
 Apple Slices
 Pears

28
Mozzarella Sticks (V)
Chicken Egg Roll & Rice
Asian Chopped Salad
 Carrot Sticks
 Snap Peas
 Grapes
 Mandarin Oranges
 Fruit Swirl Cup

29
Chicken or Black Bean (V) Quesadillas
Beef & Broccoli Bowl
Ham Wrap
 Fresh Veggie Bowl
 Broccoli
 Banana
 Applesauce
 Oatmeal Raisin Cookie

30
Chicken Parmesan
Orange Ginger Chicken Bowl
Veggie Burger (V)
 Peas
 Green Beans
 Fresh Fruit
 Peaches
 Fruit Swirl Cup

Why is milk a required part of School Lunch?

Milk is a required component of the National School Lunch Program. Milk contributes important nutrients such as protein, calcium, riboflavin, Vitamin A, and Vitamin D.

Drink milk to grow up strong!

Items in Italics only served to Grades 2-5

In accordance with Federal law and US Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer



*items served together

~ Milk Served Daily ~



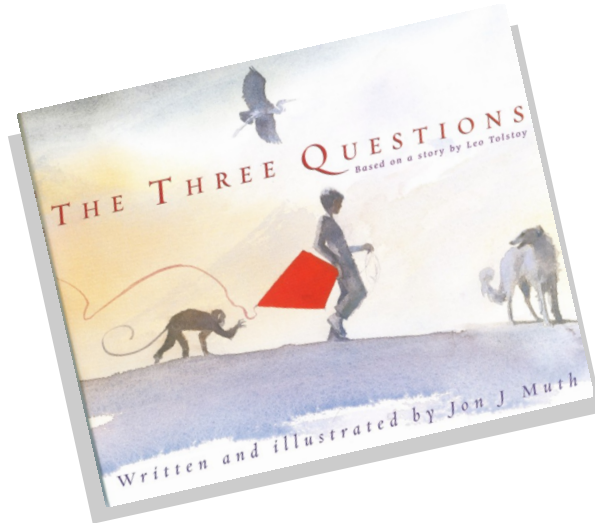


Tell Me A Story:

Making Connections and Finding Support through Literature

TMAS Event Guest Reader:
COL Keith A. Barclay

*Regimental Commander of the
2nd Cavalry Regiment*



"... this moving story will amaze and inspire young readers..."

-School
Library
Journal

Sponsored by



The Military Child Education Coalition's *Tell Me A Story: Making Connections and Finding Support through Literature (TMAS)* is an initiative created to empower our military children by using literature and their own stories. *Tell Me A Story* is geared toward children ages 4-12. Each family will receive a copy of the featured book. Hands-on activities, snacks, and a fun learning experience will be provided!

Questions about the MCEC Tell Me A Story Program? Contact Judy Glennon at 254.953.1923 or Judy.Glennon@MilitaryChild.org. To learn more about other MCEC programs and initiatives, visit

www.MilitaryChild.org



TMAS Event Book:
The Three Questions

By Jon J Muth

Based on a story by Leo Tolstoy

Saturday

November 3, 2012

Time: 1300-1500

Rose Barracks School Age Center

BLDG. 2237 (Across from Vilseck Elementary School)

Grafenwöhr/Vilseck

ADMISSION IS FREE

but space is limited!

Please reserve your space by Email to Maria Elena Mendelson:

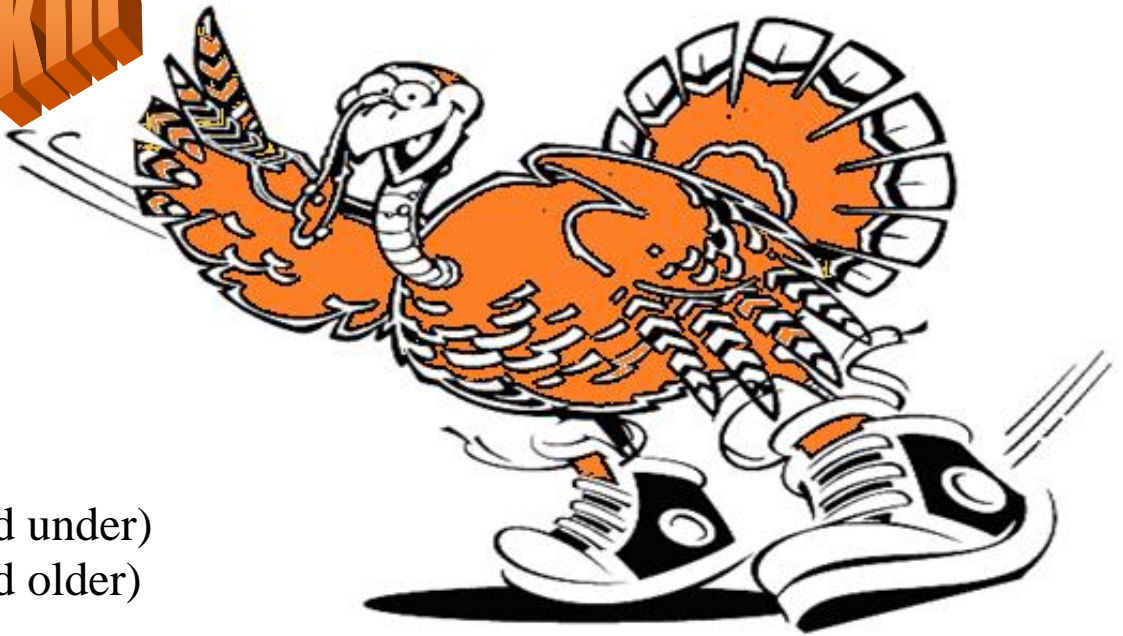
PtoP.Graf_Vilseck@militarychild.org

909 Mountain Lion Circle • Harker Heights, Texas 76548 • tel 254.953.1923 • CFC #10261

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USAG GRAFENWOEHR TURKEY TROT 10 November 12

5K/10K



CATEGORIES:

Men and Women

Open - (29 and under)

Masters - (30 and older)

Family Walk

AWARDS: 1st and 2nd place Trophies will be presented in each age category, and a turkey will be presented to the top over-all Male and Female finisher.

Raffle- Three turkeys will be raffled off to participants.

On-Site Registration: 0730–0845, at Little Mike Softball Field, Bldg. 1108.

Safety Briefing: 0845 hours.

Start time: 0900 hours.

“FREE” Event T-shirts for the first 100 participants

For more information, contact the Rose Barracks Fitness Center (RBFC), Bldg. 323, DSN: 476-2998 or CIV: 09662-832998.