



# Patriot Post



## Notes from the Principal's Desk

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## Written Expression to see Increased Focus

Gordon has now completed our first full month of school. It is really enjoyable getting to know our students and new staff members. The Gordon PTA held our new parent event September 13, 2012. It was wonderful interacting with our new families. I appreciate the effort of our P.T.A. in organizing the event and inviting different community services to be available for parents.

Fort Bragg Schools will not be in session October 5, 2012 due to a scheduled Continuous School Improvement day. Staff will be learning new strategies for utilizing Smart Boards in the classroom and for collecting data as a means for improving student achievement. Gordon is also focusing on improving written expression in our curriculum. District Instructional Support Specialists (ISS) will be presenting written expression strategies to our staff.

As I observe throughout the school, staff, students, and parents seem to be in a routine for lunch, arrival, and dismissal. The routines seem to be working very well. We do tweak procedures as needed. Rainy day dismissal is always challenging in a large school and will naturally take more time as all classrooms are dismissing walkers through four doors in the gymnasium. All parents need to remain behind the cones until the children are dismissed to you.

I use the One Call Now system to notify parents of upcoming events or critical information. After sending a One Call now message, our office receives numerous phone calls asking why they received a call

from the school. I ask that parents listen to the message before automatically calling the office. This will allow my wonderful secretarial crew to work on other tasks instead of repeating the information to at least 50 or more people. I appreciate your help in this matter.

Gordon will be holding the first ever Science Technology Engineering Art Math (S.T.E.A.M.) Night on 5:30-7:30 p.m., Tues., October 16. A variety of hands-on activities designed to encourage an interest in science and math will be incorporated into the evening by each grade level and special area teachers. Our math program will also be on display for parents. If you get an opportunity, type STEM into your Internet search browser. There are many districts throughout the country that are focused on STEM. North Carolina DoDEA Schools added the Art component to our program. This should be a fun and enjoyable evening for everyone.

The end of the first reporting period is October 26. If you have questions about your child's academics or behavior before the first report card is sent out, please contact your child's teacher.

Thank you again for allowing us to work with your students!



Joel Grim

Gordon Elementary School/DoDEA MISSION: Educate, Engage, and Empower Each Student to Succeed in a Dynamic World.

Goal 1: By June 2013, all students will improve their reading comprehension skills by utilizing vocabulary, formulating questions, drawing conclusions, summarizing/retelling, and making predictions. Progress will be measured through the use of system-wide and local assessments.

Goal 2: By June 2013, all students will improve math skills, with an emphasis on Math Communication and Number/Number Relations. Progress will be measured through the use of system-wide and local assessments.

# Counselors' Corner

Year begins with emphasis on bully prevention, safe school environment

School counselors Vicki Griffith and Dr. Mona Hegarty have been presenting a 7-week series of lessons on the topics of Respect and Bully Prevention. Using DVD's including *Bullying is a Pain in the Brain*, books including *Have You Filled a Bucket Today?* and games like "Bully Buster Bingo," students learn friendship skills, as well as how to keep themselves safe from being bullied and how to protect themselves and others if the need arises.

An in-house survey of students is in progress. Already 100 students have been surveyed with 93 percent

stating that they feel safe at school and that they have friends. Counselors meet with students reporting any discomfort in the areas of safety or friendships on an individual basis to explore reasons and find solutions to problems.

The counselors can be contacted by calling Gordon Elementary School (910) 907-1300.

We are finding Gordon students to be well behaved and a delight to be around.



Click image for video message.

## PTA News & Events!

### Calendar of PTA events:

#### Tues. Oct. 2

- 8:30 a.m., General Meeting

#### Thurs. Oct. 4

- Fall Pictures
- 5-8 p.m., McTeacher's Night,

#### Tues. Oct. 16

- 5:30-7:30 p.m., S.T.E.A.M. Night

The PTA has many opportunities for those wishing to help this year. Please fill out a volunteer form located in the office and join the PTA in making this year a success.

The membership drive is ongoing. PTA envelopes may be dropped off at the school office.

The PTA has many new events planned for this year as well as some favorites including McTeachers night.

Spirit wear is available for purchase. Show your Gordon Spirit everyday, but wear it on Fridays. Please feel free to contact any of the board members:

**President:** Becky Bishop  
**Vice President:** Kathleen Vestal  
**Secretary:** Mandy Tevepaugh  
**Treasurer:** Tricia Harm

# Home Reading records available for download

Parents feel free to download a Home Reading Record, or use the one your child's teacher sends home. Please return the completed Home Reading Record to your child's teacher the first school day of the next month.

- ◆ [September](#)
- ◆ [October](#)
- ◆ [November](#)
- ◆ [December](#)
- ◆ [January](#)
- ◆ [February](#)
- ◆ [March](#)
- ◆ [April](#)
- ◆ [May](#)



• by Laura Festa, Home Reading Program coordinator

## Facts about Kids & Reading

- ◆ Children who grow up in homes where books are plentiful go further in school than those who don't. Children with low-education families can do as well as children with high-education families if they have access to books at home.  
(Family scholarly culture and educational success: Books and schooling in 27 nations)
- ◆ When children are provided with 10 to 20 self-selected children's books at the end of the regular school year, as many as 50 percent not only maintain their skills, but actually make reading gains.  
(Bridging the Summer Reading Gap, by Anne McGill-Franzen and Richard Allington)
- ◆ If a child reads as much as one million words per year, they will be in top 2% of all children on standardized reading tests. If a child reads as little as 8000 words per year, they will be in bottom 2% of all children on standardized reading tests. Therefore, if you read 3,000 words every day you will be in the top 2%. If you read 20 words every day, you will be in the bottom 2%.
- Source: Facts About Kids and Reading, [http://www.scholastic.com/readeveryday/pdfs/reading\\_facts.pdf](http://www.scholastic.com/readeveryday/pdfs/reading_facts.pdf)

## Appropriate clothing important for success in PE

To be successful in physical education proper dress is very important. Pants that sag or need to be held up when moving should not be worn.



If a dress or skirt is worn to physical education, please make sure either a skirt is worn or shorts, tights, or leggings are worn underneath.

Shoes need to be closed all around the foot for safety. If there is a strap on the shoe, that strap needs to be an inch wide so the shoe cannot come off. Please do not wear boots, Crocks, sandals, flip-flops, dress shoes, cleats, toe shoes, water shoes, beach shoes, or plastic shoes on days when you have physical education class



• Deb Hogan, PE teacher

NASPE recommends that all pre-kindergarten through grade 12 schools implement a Comprehensive School Physical Activity Program (CSPAP), to emphasize the importance of physical activity for school-age youth, teachers, administrators and staff.

Schools play an important role in public health. A CSPAP encompasses before, during and after the school day physical activities.

Through a CSPAP, schools can aid in achievement of National public health physical activity recommendations for children and adults.

Children need to accumulate 60 minutes of physical activity on all or most all days of the week.

Adults need at least 30 minutes on five or more days of the week.

• National Association of Sport and Physical Education

# School Snapshots



September 11, Johnny Appleseed activities



## Families Making the Connection



Celebrate National School Lunch Week  
October 14th-20th, 2012

School lunch week celebrates the excellent nutrition school meals provide. School lunch helps kids grow healthy by offering them the foods and nutrients they need most.

### What's cooking?

School lunch is a tasty, nutritious and convenient choice for students and families! Lunch at your child's school offers meals with:

- Fruits and vegetables
- Whole grains
- Fat free or low fat milk
- Just the right amount of calories for students
- Less sodium (salt)
- Less saturated and trans fat ("bad" fats)

What does this mean? Eating smart is easy to do with school lunch!

### Chefs Move to Schools

Chefs and schools are coming together to create healthier school environments with innovative solutions. Encourage your school to sign up at [www.chefsmovetoschools.org/](http://www.chefsmovetoschools.org/)

### October

- Apple Month
- Vegetarian Awareness Month



# Menus for October 2012



## FORT BRAGG Schools

Monday, October 1	Tuesday, October 2	Wednesday, October 3	Thursday, October 4	Friday, October 5
<b>B Breakfast Pizz</b> Or Toasty O's Cereal Orange Wedges or Apple Juice Toast w/ (1) Jelly CHOICE OF COLD MILK LUNCH Chicken Tenders w/ Roll Or Baked Potato w/ Meat & Cheese Sauce w/ Roll CHOOSE TWO Steamed Broccoli Baked Apples Fresh Peas Sliced Peaches CHOICE OF COLD MILK	Waffle w/Sausage Link & Syrup Or Rice Krispies Cereal Orange Juice or Apple Wedges Toast w/ Jelly CHOICE OF COLD MILK LUNCH Spaghetti w/ Meat Sauce & French Bread Or Hotdog w/ Chili CHOOSE TWO Green Beans Glazed Carrots Tossed Salad Fresh Pineapple Chunks CHOICE OF COLD MILK	Scramble Eggs w/ Onions Or Cheerios Cereal Grape Juice or Applesauce Toast w/ Jelly CHOICE OF COLD MILK LUNCH Cheese Pizz Or Sub Sandwich CHOOSE TWO Steamed Corn Pinto Beans Spinach Salad Orange Wedges CHOICE OF COLD MILK	Ham Steak w/ Creamed Or Toasted Cinnamon Twist Bowl Pear Wedges or Orange Juice Toast w/ Jelly CHOICE OF COLD MILK LUNCH Oven Baked Chicken w/ Roll Or Cheeseburger CHOOSE TWO Creamed Potatoes Fresh Squash & Zucchini Orange Green w/ Peas Fresh Apple Wedges CHOICE OF COLD MILK	<p>NO SCHOOL NON STUDENT DAY</p>
Monday, October 8	Tuesday, October 9	Wednesday, October 10	Thursday, October 11	Friday, October 12
COLUMBUS DAY  <p>HOLIDAY</p>	Pancake w/ Sausage Or Toasty O's Orange Juice or Apple Wedges Toast w/ Jelly CHOICE OF COLD MILK LUNCH Chicken Sandwich Or Macaroni and Cheese w/ Roll CHOOSE TWO Garden Peas Baked Sweet Potatoes Lettuce w/ Pickles Orange Wedges CHOICE OF COLD MILK	Yogurt w/ Granola Or Rice Krispies Apple Juice or Orange Wedges Toast w/ Jelly CHOICE OF COLD MILK LUNCH Pepperoni Pizz Or Ham & Cheese Sandwich CHOOSE TWO Steamed Corn Green Beans Tossed Salad Fresh Apple Wedges CHOICE OF COLD MILK	Breakfast Pizz Or Toasted Cinnamon Twist Cereal Grape Juice or Sliced Peaches Toast w/ Jelly CHOICE OF COLD MILK LUNCH Bar-B-Que Chicken w/ Roll Or Hotdog w/ Chili CHOOSE TWO CHOOSE TWO Creamed Potatoes Pinto Beans Red Gelatin w/ Mixed Fruit Fresh Pineapple Chunks CHOICE OF COLD MILK	Scramble Eggs w/ Onions Or Cheerios Toast w/ Jelly Applesauce or Orange Juice CHOICE OF COLD MILK LUNCH Taco Salad w/ Chips Or Fish Sticks w/ Creamed CHOOSE TWO Oven Baked Fries Baked Beans Cherry Tomatoes Orange Wedges CHOICE OF COLD MILK

## Fit Foundations

### Aztec Grain Salad

Makes 6 servings  
Serving Size: 3/4 cup

Featured recipe adapted from Upper Elementary (Novi, Michigan)

### Ingredients

- 1 1/3 cups uncooked quinoa
- 1 3/4 cups Granny Smith apples, peeled, cored and cut into 3/4 inch cubes
- 1 3/4 cups butternut squash, seeded, peeled and cut into 1/2 inch cubes
- 1 tablespoon canola oil
- Nonstick cooking spray
- 2 1/2 tablespoons orange juice concentrate
- 1 tablespoon + 3/4 teaspoon olive oil
- 1 teaspoon honey
- 1/2 teaspoon ground cinnamon
- 1/3 teaspoon Dijon mustard
- 1/8 teaspoon pepper
- 1/3 cup dried cranberries

### Directions

1. Preheat oven to 400° F.
2. Prepare quinoa according to package directions. Let cool.
3. In a small bowl, combine apples and squash. Add canola oil and toss well to coat.
4. Lightly spray a sheet pan with nonstick spray. Transfer apple-squash mixture to the sheet pan and roast in the oven for 10 to 15 minutes. The squash should be softened but still firm with light brown edges. Let cool.
5. In a small bowl, mix orange juice, olive oil, honey, cinnamon, mustard, and pepper.
6. In a medium bowl, combine the quinoa, apple-squash mixture, cranberries and orange juice mixture. Toss well to coat. Refrigerate for 2 hours. Serve.



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Monday, October 15	Tuesday, October 16	Wednesday, October 17	Thursday, October 18	Friday, October 19
Grilled Cheese Sandwich Or Rice Krispies Apple Juice or Grape Juice Toast w/ (1) Jelly CHOICE OF COLD MILK LUNCH Chicken Tenders w/ Roll Or Baked Potatoes w/ Meat & Cheese Sauce & Roll CHOOSE TWO Steamed Broccoli Baked Apples Kale w/ Cherry Tomatoes Orange Wedges CHOICE OF COLD MILK	Scramble Eggs w/ Onions Or Cheerios Orange Wedges or Grape Juice Toast w/ (1) Jelly CHOICE OF COLD MILK LUNCH Turkey Pasty w/ Corn Muffin Or Cheeseburger CHOOSE TWO Baked Potato Fuff Garden Peas Roman Lettuce w/ Pickle Chips Nectarines CHOICE OF COLD MILK	Pancake w/ Sausage Or Toasty O's Cereal Grape Juice or Orange Juice Toast w/ (1) Jelly CHOICE OF COLD MILK LUNCH Cheese Pizz Or Ham & Cheese Sandwich CHOOSE TWO Green Beans Steamed Corn Baked Beans Tossed Salad Giggie Omelet CHOICE OF COLD MILK	Whole Grains Croissant Or Cinnamon Twist Cereal Applesauce or Orange Juice Toast w/ (1) Jelly CHOICE OF COLD MILK LUNCH Oven Baked Chicken w/ Roll Or Hotdog w/ Chili CHOOSE TWO Creamed Potatoes Baked Beans Colelaw Orange Wedges CHOICE OF COLD MILK	Whole Grain Pancakes w/ Syrup Or Cereal Sliced Peaches or Apple Juice Toast w/ (1) Jelly CHOICE OF COLD MILK LUNCH Taco's Or Fish Sticks w/ Creamed CHOOSE TWO Oven Baked Fries Pinto Beans Peas Carrot-Coleslaw Diced Tomato CHOICE OF COLD MILK
Monday, October 22	Tuesday, October 23	Wednesday, October 24	Thursday, October 25	Friday, October 26
Breakfast Pizz Or Toasty O's Cereal Orange Wedges or Apple Juice Toast w/ (1) Jelly CHOICE OF COLD MILK LUNCH Chicken Sandwich Or Lettuce w/ Bread Sticks CHOOSE TWO Steamed Corn Green Beans Roman Lettuce w/ Diced tomatoes Orange Wedges CHOICE OF COLD MILK	Scramble Eggs w/ Onions Or Rice Krispies Apple Wedges or Orange Juice Toast w/ (1) Jelly CHOICE OF COLD MILK LUNCH Turkey Pasty w/ Sweet Potato Muffin Or Hotdog w/ Chili CHOOSE TWO Steamed Carrots Baked Apples Orange Jell-O w/ Peas Apple Wedges CHOICE OF COLD MILK	Grilled Cheese Sandwich Or Toasted Cinnamon Twist Grape or Apple Juice Toast w/ (1) Jelly CHOICE OF COLD MILK LUNCH Pepperoni Pizz Or Sub Sandwich CHOOSE TWO Garden Peas Steamed Corn Tossed Salad Tangerines CHOICE OF COLD MILK	Waffle w/ Sausage Link & Syrup Or Cheerios Sliced Peaches or Orange Juice Toast w/ (1) Jelly CHOICE OF COLD MILK LUNCH Bar-B-Que Chicken Or Hamburger CHOOSE TWO Baked Sweet Potatoes Green Beans Red Jell-O w/ Peaches Shredded Lettuce w/ Pickles CHOICE OF COLD MILK	Pancake w/ Sausage or Cereal Orange Juice or Apple Wedges Toast w/ (1) Jelly CHOICE OF COLD MILK LUNCH Taco's Or Macaroni & Cheese w/ Roll CHOOSE TWO Baked Beans Baked Apples Shredded Lettuce w/ Diced Tomatoes Tangerines

Monday, October 29	Tuesday, October 30	Wednesday, October 31	Families Eating Smart and Moving More
B Breakfast Pizz Or Toasty O's Cereal Orange Wedges or Apple Juice Toast w/ (1) Jelly CHOICE OF COLD MILK LUNCH Chicken Tenders w/ Roll Or Baked Potato w/ Meat & Cheese Sauce w/ Roll CHOOSE TWO Steamed Broccoli Baked Apples Fresh Peas Sliced Peaches CHOICE OF COLD MILK	Waffle w/Sausage Link & Syrup Or Rice Krispies Cereal Orange Juice or Apple Wedges Toast w/ Jelly CHOICE OF COLD MILK LUNCH Spaghetti w/ Meat Sauce & French Bread Or Hotdog w/ Chili CHOOSE TWO Green Beans Glazed Carrots Tossed Salad Fresh Pineapple Chunks	Scramble Eggs w/ Onions Or Cheerios Cereal Grape Juice or Applesauce Toast w/ Jelly CHOICE OF COLD MILK LUNCH Cheese Pizz Or Sub Sandwich CHOOSE TWO Steamed Corn Pinto Beans Spinach Salad Orange Wedges CHOICE OF COLD MILK	<h3>Families Eating Smart and Moving More</h3> <p>Research points to seven key behaviors that can help children, youth and adults eat healthier and be more active:</p> <ul style="list-style-type: none"> <li>• Prepare and eat more meals at home.</li> <li>• Tame the tube.</li> <li>• Choose to move more every day.</li> <li>• Right-size your portions.</li> <li>• Re-think your drink.</li> <li>• Enjoy more fruits and vegetables.</li> <li>• Breastfeed your baby.</li> </ul>