



Patriot Post



Notes from the Principal's Desk

Volume 5, Issue 1
Sept. 2012

Top goals: Safety, security, success for all

Welcome back! I am very excited about the 2012–2013 school year. The first day was wonderful with students quickly learning the routines of our school. Families did an excellent job bringing identification and working through normal first day challenges. Once routines are established, teachers have more time for instruction.

Gordon Elementary held parent grade-level meetings before school started to discuss information that will help families navigate better through the school year. The topics came from questions, concerns, and issues that surfaced throughout the 2011–2012 school year. Approximately 102 adults attended the meetings. One of my goals is to provide different avenues to educate our parents on various topics and listen to feedback. Parent information coffees will be held at different times this year for this purpose.

You are highly encouraged to review the student/parent handbook with your child. The electronic version of the handbook can be found on the Gordon website under parent links. This handbook will assist with your family with answering questions regarding procedures at Gordon.

Our ultimate goal is to raise student achievement. However, student safety and security is even more important than student achievement. Students will participate in a number of fire drills, lockdowns, shelter in place, and severe weather drills. Drills help both students and staff react quickly and correctly to various situations.

I want to encourage you to use the chain of command when solving problems. The majority of problems can be solved at the lowest level. Although I am available and will assist, please go directly to the source to solve the issue. Talking directly with the source typically results in the problem being solved in a timely manner.



Joel Grim

We are always looking for volunteers. It is our hope to place volunteers in a role they will feel comfortable serving in. Volunteers certainly enrich the lives of our school in so many ways. If you are interested in volunteering, please contact the school office. One great place to volunteer is the through the P.T.A. Gordon has a fabulous P.T.A. that does so much for children. They are able to provide activities based on the number of volunteers available to help. The front office has contact information for the P.T.A. Please consider getting involved.

Children grow up so very quickly. I miss reading with my children at night. We had some great adventures reading before bed. Books in my house were read in different rooms of the house and even outside with a flashlight. I want to encourage you to read nightly with your children so they are excited about literacy.

Gordon Elementary School/DoDEA Mission: To provide an exemplary education that inspires and prepares all DoDEA students for success in a dynamic, global environment.

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.

Start the school year with great home reading habits

Parents, encourage your children to participate in Gordon's Home Reading Program this school year! Beginning Sept. 1, have your child spend time every evening at home being read to or reading independently. Record the reading material on the Home Reading Record sent home by your child's teacher. Turn the record in by the due date. Your child will receive fun incentives for participation and will develop a life-long love of reading.



For more information, speak with your child's teacher or call Ms. Festa, Home Reading Program coordinator, at (910) 907-1300.

- by Laura Festa, Home Reading Program coordinator

Facts About Reading

If a child reads as much as one million words per year, they will be in top 2 percent of all children on standardized reading tests.

If a child reads as little as 8,000 words per year, they will be in bottom 2 percent of all children on standardized reading tests.

Therefore, if you read 3,000 words every day you will be in the top 2 percent. If you only read 20 words every day, you will be in the bottom 2 percent. (Source: www.scholastic.com/readeveryday)

Students who read widely and frequently are higher achievers than students who read rarely and narrowly. (Source: Scholastic: Classroom Libraries Work!)

Guidelines for a *funtastic* year in physical education

A comprehensive physical education program is provided for grades K-4. The purpose of PE is to provide appropriate instruction for building a healthy body, mind, and character for each student. The goal is achieved through a skill-based instruction program that encompasses personal fitness skills,

perceptual motor skills, rhythms, recreational and sport skills.

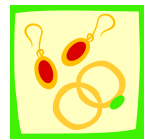
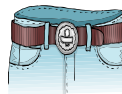
To be successful in meeting these goals proper dress for physical education is very important.

Pants that sag or need to be held up require a belt. If a dress or skirt is worn, please make sure that shorts, tights, or leggings are worn underneath.

For safety reasons, shoes need to completely cover the foot. Students should not wear boots,

Crocs, sandals, flip-flops, dress shoes, cleats, toe shoes, water shoes, beach shoes, or plastic shoes to PE.

Earrings should be carefully selected on PE days. If earrings are worn posts would be best; please no dangling earrings or hoops larger than one half inch. Students to be excused from PE due to an illness or injury need a doctor's note. Students who medically cannot participate will still need to come to class to watch and learn.



- by Deb Hogan, PE teacher

PTA News and Events!

Tues., Sept. 4 General membership meeting at 4 p.m.

- All parents and teachers are welcome to attend. We can't wait to meet you!

Thurs., Sept.13 New family Q and A!

- New families to the area please come join us for information about the school, staff, activities and surrounding areas. A light dinner will be provided for you.
- Representatives from local dentist, CYS, Gordon teachers and staff plus many more!!

Fri., Sept. 14 Fun Friday Begins!!

- Parents, items for Fun Friday are only \$.50!



Upcoming Events!

Thurs., Oct. 4

- Picture day
- McTeacher night at McDonald's across from Linden Oaks!

You are encouraged to join the PTA . See any PTA officer with questions on how to join.

- by Becky Bishop, PTA president



Nurse's Notes

Parents please remember the following:

- **Deadline for immunizations is Sept. 24**
- **Please always have up to date phone numbers on file**
- **If your child needs medications at school, please come by and pick up medication forms.**
- **Please feel free to call me with any concerns this year.**

Stay Healthy,

Nurse T

- By Theresa Buhman, RN, school nurse

Gordon focused on continuous school improvement

The school improvement process is evident when you walk in Gordon Elementary. Last school year we went through a post accreditation review. This involved an internal staff from the North Carolina District coming in to evaluate our performance as a school since the February 2011 accreditation review. The team completed its visit May 3, 2012. Prior to leaving, the team briefed with the Continuous School Improvement team and administration staff.

Gordon ES was evaluated on last year's Required Actions and the steps the school has taken to improve them. The Required Actions were to:

Analyze existing data at a greater depth to identify possible subgroups of students and differentiated learning opportunities to promote student achievement.

Build and expand upon the existing foundation of a warm, welcoming environment to help support and engage parents who seem to be disengaged from the school and its activities.

As the school continues work towards the completion of the required actions we were asked to

consider the following recommendations:

Define multiple ways data can be disaggregated and how the subgroups can be targeted.

Design ways to systematically help students articulate their individual data, and how this impacts student learning; share student progress throughout the year with parents (beyond report cards and conferences).

Select/create a protocol for looking at student work and student data during collaboration meetings to design differentiated learning opportunities and extend the first required action.

Develop ways to continue the momentum as the school grows for SY 2012-2013.

The CSI team is always willing to hear your suggestions on ways to make Gordon more engaging and supporting for you. We service your children with pride each and every day, but that is only part of our job. As a military community we want to be united for the children. Please provide suggestions to make Gordon more engaging and supporting for you, the parent to Brianne.Bruscino@am.dodea.edu.

Thanks for all you do to support your children in their education!

• by Brianne Bruscano, CSI Chair



The logo for Continuous School Improvement features the words "reading", "improve", and "comprehension" in blue, stacked vertically. Below them, the words "reading", "improve", and "comprehension" are repeated in red. At the bottom, the words "improve math skills" are written in blue. The entire logo is set against a white background.

School Snapshots



Parents, students, staff gear up for the start of school



Gordon's August flag team.

Families Making the Connection

Live Up Meals with Fruits and Veggies

Look no further than fruits and veggies to live up your meals! They are low in calories and fat but power-packed with nutrients. They also add color, flavor and texture. Try these fun ways to live up your plate:

Grill 'em. Try mushrooms, squash, peppers or potatoes on a kabob skewer. Peaches, pineapple and mangos are also great grilled.

Mix 'em in. Family casserole dishes can get a flavor boost in flavor from veggies. Try sautéed onions, peas, pinto beans or tomatoes. Mix veggies into omelets. Tried and true favorites are mushrooms, spinach, and bell peppers.

Try Italian. Add extra veggies to pasta dishes. Boost tomato sauce with peppers, spinach, red beans, onions or cherry tomatoes. The veggies will add texture and satisfy your hunger with fewer calories.

Spin on salad. Toss in shredded carrots, strawberries, spinach, sweet peas, oranges or blueberries—more flavor, more fun!

Stack or roll. Whether stacked in a sandwich or rolled in a wrap, veggies make great add-ins. Think tomatoes, lettuce or avocado.

Blend and bake. Fruit begs to be blended into smoothies or into batters for baked goods. Bananas, strawberries or blueberries are a great place to start. Then, get creative!

September

- Fruits & Veggies—More Matters™ Month
- Better Breakfast Month
- Whole Grains Month



Menus for September 2012

Fort Bragg Schools



Monday, September 3	Tuesday, September 4	Wednesday, September 5	Thursday, September 6	Friday, September 7
FALL INTO GOOD NUTRITION WITH SCHOOL BREAKFAST AND LUNCH LABOR DAY Non-Student/Non-Teacher Day	B: Pancake w/ Sausage Or Cereal Cantaloupe or Orange Juice Toast w/ (1) Jelly Choice of Milk LUNCH Pepperoni Pizza Or Combo Meal Sandwich CHOOSE TWO Garden Peas Steamed Corn Tossed Salad Fresh Watermelon CHOICE OF COLD MILK	B: Breakfast Saged w/ Cream Cheese Or Cereal Watermelon or Orange Juice Toast w/ (1) Jelly Choice of Milk LUNCH Chicken Sandwich Or Baked Potato w/ Meat and Cheese Sauce CHOOSE TWO Steamed Broccoli Green Beans Lettuce w/ Potatoes Chips Melon Cup CHOICE OF COLD MILK	B: Breakfast Pizza Or Cereal Orange Wedges or Grape Juice Toast w/ (1) Jelly Choice of Milk LUNCH Oven Baked Chicken w/ Roll Or Hotdog w/ Chili CHOOSE TWO Oven Potatoes Pinto Beans Colelaw Red Jell-O w/ Mixed Fruit CHOICE OF COLD MILK	B: Yogurt w/ Granola Or Cereal Applesauce or Juice Toast w/ (1) Jelly Choice of Milk LUNCH Potatoh Or Tacos CHOOSE TWO Green Beans Baked Apples Shredded Lettuce w/ Diced Tomatoes Fresh Orange Wedges CHOICE OF COLD MILK
B: Breakfast Pizza Or Cereal Fresh Cantaloupe or Juice Toast w/ (1) Jelly Choice of Milk LUNCH Chicken Sandwich Or Lasagne CHOOSE TWO Squash Casserole Garden Peas Tossed Salad Fresh Watermelon CHOICE OF COLD MILK	B: Sausage Biscuit w/ Oats Or Cereal Fresh Watermelon or Juice Toast w/ (1) Jelly Choice of Milk LUNCH Spaghetti w/ French Bread Or Cheeseburger CHOOSE TWO Green Beans Sweet Potatoes w/ Fuff Spinach Salad Fresh Cantaloupe CHOICE OF COLD MILK	B: Blueberry Paf Tart Or Cereal Sliced Watermelon or Juice Toast w/ (1) Jelly Choice of Milk LUNCH Pizza Or Turkey & Cheese Sandwich CHOOSE TWO Black eyed Peas Steamed Corn Fresh Watermelon & Cantaloupe Shredded Lettuce w/ Tomatoes CHOICE OF COLD MILK	Breakfast Bagel Or Cereal Orange Peaches or Juice Toast w/ (1) Jelly Choice of Milk LUNCH Bar-B-Que Chicken w/ Roll Or Hotdog w/ Chili CHOOSE TWO Potato Salad Green Beans Lime Jell-O w/ Peas Nectarines CHOICE OF COLD MILK	B: Scramble Eggs w/ Oats Or Cereal Applesauce or Juice Toast w/ (1) Jelly Choice of Milk LUNCH Potatoh Or Chicken Salad w/ Crackers (2) CHOOSE TWO Oven Baked Fries Baked Beans Colelaw w/ Carrots Melon Cup CHOICE OF COLD MILK
B: Strawberry/Granola Yogurt Or Cereal Sliced Peaches or Apple Juice Toast w/ (1) Jelly Choice of Milk LUNCH Pizza Or Sloppy Joe CHOOSE TWO Green Beans Steamed Corn Tossed Salad Fresh Peaches CHOICE OF COLD MILK	B: Pancake w/ Sausage Or Cereal Fresh Melon or Orange Juice Toast w/ (1) Jelly Choice of Milk LUNCH Meat Loaf w/ Roll Or Chicken Sandwich CHOOSE TWO Creamed Potatoes Steamed Cabbage Pinto Beans Fresh Whole Apple Fresh Cucumbers & Tomatoes CHOICE OF COLD MILK	Scramble Eggs w/ Oats Or Cereal Fresh Apple Wedges or / Grape Juice Toast w/ (1) Jelly Choice of Milk LUNCH Corn dog Or Baked Potato w/ Meat & Cheese Sauce w/ Roll CHOOSE TWO Steamed Broccoli Garden Peas Sliced Peaches Fresh Cantaloupe CHOICE OF COLD MILK	Breakfast Bagel Or Cereal Orange Wedges or Juice Toast w/ (1) Jelly Choice of Milk LUNCH Bar-B-Que Chicken w/ Roll Or Hotdog w/ Chili CHOOSE TWO Potato Salad Green Beans Lime Jell-O w/ Peas Nectarines CHOICE OF COLD MILK	Breakfast Pizza Or Cereal Applesauce or Juice Toast w/ (1) Jelly Choice of Milk LUNCH Taco Salad w/ Chips Or Potatoh CHOOSE TWO Oven Fries Baked Apples Pinto Beans Melon Cup CHOICE OF COLD MILK
B: Strawberry/Granola Yogurt Or Cereal Cantaloupe Toast w/ (1) Jelly Choice of Milk LUNCH Pizza Or Sloppy Joe CHOOSE TWO Green Beans Steamed Corn Tossed Salad Fresh Peaches CHOICE OF COLD MILK	B: Breakfast Pizza Or Cereal Sliced Peaches Toast w/ (1) Jelly Choice of Milk LUNCH Spaghetti w/ Bread Sticks Or Hamburger CHOOSE TWO Black eye Peas Diced Tomatoes Spinach Salad Watermelon CHOICE OF COLD MILK	Scramble Eggs w/ Oats Or Cereal Fresh Apple Wedges or Juice Toast w/ (1) Jelly Choice of Milk LUNCH Corn dog Or Baked Potato w/ Meat & Cheese Sauce w/ Roll CHOOSE TWO Steamed Broccoli Garden Peas Sliced Peaches Fresh Cantaloupe CHOICE OF COLD MILK	Breakfast Bagel Or Cereal Orange Wedges or Juice Toast w/ (1) Jelly Choice of Milk LUNCH Bar-B-Que Chicken w/ Roll Or Hotdog w/ Chili CHOOSE TWO Potato Salad Green Beans Lime Jell-O w/ Peas Nectarines CHOICE OF COLD MILK	B: Scramble Eggs w/ Oats Or Cereal Applesauce or Juice Toast w/ (1) Jelly Choice of Milk LUNCH Potatoh Or Chicken Salad w/ Crackers (2) CHOOSE TWO Oven Baked Fries Baked Beans Colelaw w/ Carrots Melon Cup CHOICE OF COLD

Fit Foundations

Sweet Potato Blueberry Oat Squares

Makes 6 servings
Serving size: 1 square

Ingredients

- 1/2 cup canned, mashed sweet potato
- 1 1/2 teaspoon lemon juice
- 3/4 cup fat free milk
- 2 tablespoons oil
- 1/2 teaspoon + 2/3 teaspoon cinnamon
- 2 tablespoons + 1/2 teaspoon brown sugar
- 2/3 cup whole wheat flour
- 2 tablespoons unbleached flour
- 1 2/3 teaspoons baking powder
- 1/8 teaspoon salt
- 3/4 cup quick oats
- 1/3 cup frozen, unsweetened blueberries

Directions

1. Blend sweet potato, lemon juice, milk and oil in a large mixing bowl.
2. In a separate small bowl, mix 2/3 teaspoon cinnamon and 1/2 teaspoon brown sugar. Set aside.
3. In a third bowl, mix flours, remaining cinnamon and sugar, baking powder, salt, and oats.
4. Slowly combine dry ingredients into wet ingredients until thoroughly mixed.
5. Fold in blueberries.
6. Lightly spray a baking sheet with nonstick spray. Pour batter onto sheet.
7. Sprinkle the batter with the sugar-cinnamon mixture.
8. Bake at 350° F for about 25 minutes or until lightly browned.

Featured recipe adapted from East Chapel Hill High School (Chapel Hill, North Carolina)



Families Eating Smart and Moving More

Research points to seven key behaviors that can help children, youth and adults eat healthier and be more active:

- Prepare and eat more meals at home.
- Tame the tube.
- Choose to move more every day.
- Right-size your portions.
- Re-think your drink.
- Enjoy more fruits and vegetables.
- Breakfasted your baby.

By promoting good nutrition in the places where our children eat – at home and at school – we can have a greater impact on their health. Encourage your child's healthy eating habits by supporting school meals!