

# HIGHCROFT HOTLINE

March 2009

## A word from our PSO President...

**Carolyn Ripp**  
President  
519-7658  
[carolynripp@charter.net](mailto:carolynripp@charter.net)

**Sandy Young**  
President Elect  
728-1167  
[youngboys862@aol.com](mailto:youngboys862@aol.com)

Upcoming events:

Date TBD  
Order your school  
supplies for 2009-  
2010

March 24  
McDonalds Night

April 13  
PSO Meeting 3:10 in  
the library

April 23  
Date for Donuts  
7:30 am

May 7  
Fundraiser at  
Sheridans

Thank you so much to everybody for helping out at Kindergarten registration. I really appreciate your flexibility with all the snow days we had that week.

Liz Lewis and Janie Leahy did an amazing job organizing The Big Read! The activities were so much fun and the children had a great time. Thank you to all the teachers who

volunteered throughout the evening.

We will soon be sending out information regarding volunteer opportunities for next year. Please take time to review the forms. We hope there will be something of interest for everybody. Sandy Young will be the next PSO President. Please let her know if you have any ideas for fundraising or other activities next year.

I hope everyone will join us for our last PSO meeting on April 13. This would be a great time to share any suggestions you have for next year. We hope your family has a safe and fun Spring Break. Please remember if you have any questions or concerns please contact me.



## From the Desk of Simone Wilson

Dear Highcroft families:

After extensive evaluation the district has developed a plan to address the needs of the district. Schools with more urgent needs will take priority. Another factor to consider is the summer school schedule as Highcroft is one of two central area schools used. Thanks to Proposition S Highcroft will undergo the following renovations in 2013.

- **Partition Classrooms** (Install walls and doors)
- **Renovate Nurse's Health Area** (Increase the ability to address students' health needs)
- **Administrative Office Sightline Improvements** (Improve visibility of office)
- **Replace outdated HVAC Systems** (Located in West Wing)

Technology is another area to receive 2008 bond funds. The district' goal is to equip each classroom with technology to enhance instruction and prepare our students for what lies ahead.

Parkway will address technology in the following areas.

- **Equipment Matrix Money** (Improve technology in classrooms)
- **Electrical Upgrades to Support Technology** (Current electrical system cannot endure increased usage)
- **Technology Infrastructure** (To ensure district's server and related systems can handle increased usage)
- **Technology Devices** (To continue to update equipment as needed)
- **Replacement of Consumable Items** (Cover the cost of bulbs in overhead projection devices, batteries in computers, etc.)

In order to determine the quality of technology a classroom has, schools rely on a ranking system developed by the district. Highcroft is proud to say our classrooms are at a level 4, the highest in the system. See below for more details.

### **LEVEL 4**

**SMARTBoard and/or Airliner (interactive devices) with overhead projection device**

**AND**

**An additional device in each classroom such as a document Camera or student response system**

Highcroft also has one class set of Senteos, a student response system. We hope to purchase more to meet our building's demands.

Highcroft's next step is to make our classrooms as safe as possible. Equipment Matrix money will be used to mount projection devices so wires will be safely nestled in the ceiling and not on the floor. What sounds like a simple installation can be costly as each room needs to be inspected for asbestos and the length of wiring can be extensive.

We will continue to apprise the Highcroft community of information as it comes our way.

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### Notes from the Nurse – Dianne Herndon

Here are some commonly held beliefs about foods and drinks as well as health and medical conditions that were reviewed by Barbara P. Homeier, MD, Consulting Medical Editor, KidsHealth, Nemours Center for Children's Health Media, Alfred I. duPont Hospital for Children, Wilmington, DE. You might find the information interesting—AND you might even learn something new! For more information on your child's health, try <http://kidshealth.org>. There is easy to understand information for adults as well as children.

**Feed a cold, starve a fever.** False. Both high fevers and colds can cause fluid loss. Drinking plenty of liquids such as water, fruit juice, and vegetable juice can help prevent dehydration. And with both fevers and colds, it's fine to eat regular meals - missing nutrients may only make a person sicker.

**Wait an hour after eating before swimming.** False. According to the American Red Cross, it's usually not necessary for you or your child to wait an hour before going in the water. However, it *is* recommended that you wait until digestion has begun, especially if you've had a big fatty meal and you plan to swim strenuously. The Red Cross also advises against chewing gum or eating while in the water, both of which could cause choking.

**Coffee stunts your growth.** False. Coffee won't affect a child's growth, but too much caffeine doesn't belong in a child's diet. Excess caffeine can prevent the absorption of calcium and other nutrients.

**Fish is brain food.** True. Fish is a good source of omega-3 fatty acids that have been found to be very important for brain function. Certain fish, however, have significant levels of mercury. Therefore, the Food and Drug Administration (FDA), suggests that pregnant women and women of child bearing age decrease their exposure to mercury by either avoiding eating swordfish, shark, and tuna, or limiting their consumption to these fish to once per month.

**Chocolate causes acne.** True ...and false. Studies show that no specific food has been proven to cause acne. However, some people may notice their breakouts are worse after eating certain foods - and these foods are different depending on the person. For example, some people may notice breakouts after eating chocolate, while others are fine with chocolate but notice they get breakouts after drinking too much coffee. If that's the case for your child, it may help to have him or her cut back on that food and see if it makes a difference.

**Spicy foods can cause ulcers.** False. Spicy foods may aggravate ulcer symptoms in some people, but they don't bring about ulcers. A bacterial infection or overuse of pain medications such as aspirin or anti-inflammatory drugs is the usual cause.

**Eating carrots will improve your eyesight.** False. This tale may have started during World War II, when British intelligence spread a rumor that their pilots had remarkable night vision because they ate lots of carrots. They didn't want the Germans to know they were using radar. Carrots - and many other vegetables high in vitamin A - do help maintain healthy eyesight, but eating more than the recommended daily allowance won't improve vision.

#### Tales About Health and Medical Conditions

**If you go outside with wet hair, you'll catch a cold.** False. Cold weather, wet hair, and chills don't cause colds. Viruses do. People tend to catch colds more often in the winter because these viruses are spread more easily indoors, where there may be more contact with dry air and people with colds. Dry air - indoors or out - can lower a person's resistance to infection.

**Reading in dim light will damage your eyes.** False. Although reading in a dimly lit room won't do any harm, good lighting can help prevent eye fatigue and make reading easier.



### Notes from the Nurse – Dianne Herndon - Continued

**Too much TV is bad for your eyes.** False. Watching television won't hurt your eyes (no matter how close to the TV you sit), although too much TV can be a bad idea for kids. Research shows that children who consistently spend more than 10 hours a week watching TV are more likely to be overweight, aggressive, and slower to learn in school.

**If you cross your eyes, they'll stay that way.** False. Only about 4% of the children in the United States have **strabismus**, a disorder in which the eyes are misaligned, giving the appearance that they're looking in different directions. Eye crossing does not lead to [strabismus](#).

**Thumb sucking causes buck teeth.** True ... and false. Thumb sucking often begins before birth and generally continues until age 5. If a child stops around the ages of 4 to 5, no harm will be done to his or her jaws and teeth. However, parents should discourage thumb sucking after the age of 4, when the gums, jaw, and permanent teeth begin their most significant growth. It is, therefore, after this age that there is a possibility that thumb, finger, or pacifier sucking will contribute to buck teeth.

**Cracking knuckles causes arthritis.** False. However, habitual knuckle cracking tends to cause hand swelling, decreased grip strength, and can result in functional hand impairment.

**Too much loud noise can cause hearing loss.** True. Just 15 minutes of listening to loud, pounding music; machinery; or other noises can cause temporary loss of hearing and tinnitus, a ringing in the ears. Loud noise causes the eardrum to vibrate excessively and can damage the tiny hairs in the cochlea, a cone-shaped tube in the inner ear that converts sound into electrical signals for the brain to process. Although temporary hearing loss usually disappears within a day or 2, continuous exposure to extreme noise can result in permanent hearing loss. For example, if a child is wearing headphones - and those around him or her can hear the music - the volume is too high.

Updated and reviewed by: [Barbara P. Homeier, MD](#)

Date reviewed: December 2004

### INTERNET SAFETY FAIR

Plan now to attend the Internet Safety Fair being co-sponsored by Parkway Health Services and Technology Departments on Tuesday, April 7 at Parkway South Middle School. Our speaker will be Lt. Joe Laramie, Director of the Missouri Internet Safety Crimes Against Children Task Force. I have heard him speak and he provides a common sense approach to helping protect our children as they learn about the rapidly developing technology that has become such an integral part of our lives. This program is for **all** adults—parents, teachers, grandparents—who care about kids. In addition to Lt. Laramie, there will be tabletop presentations on a variety of topics related to computers and the internet. INOBTR (I Know Better for those of us who are not text savvy), a Missouri based organization that promotes awareness and education in order to reduce the chance of children becoming victims of internet crimes, and Optimist International who sponsor an internet safety program for children will be represented. In addition, Parkway's own Technology Information Specialists, school nurses, and others will be providing information on Parkway's internet safety, social networking sites, and how computers affect your child's health.



## Highcroft Music Notes

The beginning of the third trimester marks a very exciting and busy time for music at Highcroft. Parkway's annual All-District Choir, Music class visit days, and the annual grade level talent share day are all coming up! Please look for information to come home regarding all three of these fun events.



### "Hit a High Note" ( Music Awards for December)

The following students have given 100% effort and participation, shown respect for themselves and others and had fun in the process:

First Grade- Andrew Selness, Jessica Lam  
Second Grade- Kennedy Devlin, Nolan Wunderlich  
Third Grade- Cori Hook, Perry Markman  
Fourth Grade- Ella True, Matthew Drajeske  
Fifth Grade- Emma Roberts, Nick Scheffing

### Upcoming Music Events-

March 7, 2009 All District Choir Performance, North HS 7:00 p.m.

**Highcroft 5<sup>th</sup> Graders will perform along with other 5<sup>th</sup> graders in the district.**

March 24-27, 2009 Music Classroom visit days for parents

April 23, 2009 Grade-level talent share day

### "Toot Your Own Horn" (Special Recognitions) COMING SOON!

Izzy Jensen (Tilden) performs as the youngest member of the "Celebration Ringers" handbell choir at Manchester United Methodist Church. She has been performing with the group once per month for one year.

#### Contact Information:

Melissa Pickens, Music Specialist  
[mpickens@pkwy.k12.mo.us](mailto:mpickens@pkwy.k12.mo.us)  
(314) 415-4438



## Kindergarten News

“Thank you to all parents who have helped to make these events so special throughout the year.”

It may be cold outside, but we keep warm by exercising inside. February was American Heart Month and Dental Health Month. We learned about ways to keep our bodies happy and healthy as we march toward March. Our Valentine parties were perfect for

sharing and celebrating friendships.

Thank you to all parents who have helped to make these events so special throughout the year. We look forward to meeting with parents during conferences in March.

## 1<sup>st</sup> Grade News

“Reading and writing new stories will take us into Spring and we can't wait!”

First graders made their own history in February. We learned about past presidents and current presidents too. Our posters about American symbols are great. We learned about each symbol and wrote descriptions together. Highcroft citizens are proud to be Americans! We worked together and

helped each other every day. Our valentine party was fun. We decorated our valentine boxes and they looked fantastic. Thank you friends and parents for making Valentine's Day very special. We have been ice fishing and measured and learned the difference between a keeper and a fish that needs to grow.

Who knew you can go fishing during Math lessons? We ended our Fantastic February celebrating Clifford's Birthday. He is an important big red dog and we loved reading about his family and adventures. Reading and writing new stories will take us into Spring and we can't wait!

## 2<sup>nd</sup> Grade News

“We just finished a WebQuest, where we "visited" Washington D.C.”

2nd grade is busy, busy, busy! We are working hard learning about America and the monuments and memorials of our country. We just finished a WebQuest, where we "visited" Washington D.C. After the students

researched the monuments and memorials in Washington, D.C. they recreated a monument honoring George Washington, Abraham Lincoln, Thomas Jefferson, or the Viet Nam Veterans. They showed their creativity along with

their writing skills in creating posters of their new monument. We are looking forward to our upcoming science unit on weather that we will start after Spring Break!



## 3rd Grade News

“The Missouri Assessment Program (MAP) will begin March 31 for third grade, and will continue through April 8. “

It's that time of year again (yes, again) to make sure that your student has a replenished supply of notebook paper, pencils, and glue sticks.

Thank you, parents, for continuing to help your students practice their multiplication facts each night. They are well on

their way to earning the ice cream party.

The Missouri Assessment Program (MAP) will begin March 31 for third grade, and will continue through April 8. Students will be tested in the areas of Communication Arts and Mathematics. Each day of testing

will be from 8:45 – 10:35. Please note that the tests will not take the entire time allotted, but students are allowed that amount of time should they require it. Thank you for helping ensure that your student has a good night's sleep and a healthy breakfast.

We hope you have a fun and safe Spring Break.

## 4<sup>th</sup> Grade News

“ Don't forget to continue to check and sign your child's assignment book each night!”

Hard work continues in fourth grade even with spring break approaching! In math we are focusing on size, shape, and symmetry. We are looking at linear measurement, polygons of many types, measuring angles, and finding area. We will continue to review our multiplication facts and division facts. In Writing Workshop we are working on our feature articles. We have chosen our topics and now are organizing our stories, incorporating facts we know, and determining important information. We also are keeping up on

practicing good grammar. In Reading Workshop we are working through our unit on test taking strategies as we prepare for the MAP test coming up at the end of March into early April. We are working through some reading samples and questions together and doing some independent practice as well. In social studies we are finishing up our unit on Missouri's first communities and Lewis and Clark. We did a lot of fun activities and projects on Lewis and Clark this month...ask your

child what they did! In science we are working through our unit on electricity. We are learning about conductors and insulators, filaments, circuits such as parallel and series, switches, flashlights, and diodes! Don't forget to continue to check and sign your child's assignment book each night! Spring Break is just around the corner!



## 5th Grade News

We are "soaring to success" in our final trimester of 5<sup>th</sup> grade! In reading we have started our nonfiction unit. As writers we are focusing on revision in our unit entitled "The Craft of Revision." Students are taking a piece they previously wrote and enhancing it by studying the revision techniques of favorite authors.

Multiplication and division is our current focus in mathematics. Students are very much enjoying the advanced approach this second unit on multiplication

and division is offering. We are taking our understanding of our current strategies a step further to enhance our capabilities as flexible and efficient mathematicians.

In science we have just started our next unit entitled "Levers and Pulleys" where we will explore simple machines. There will be an emphasis on following the steps of scientific method as we progress through the

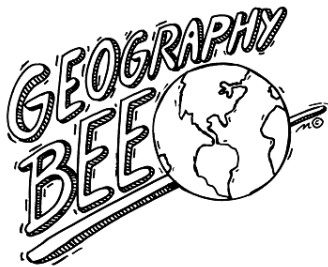
unit. Our study of history currently has us in Colonial America. We will soon "visit" Colonial Williamsburg as we strive to bring history alive at Highcroft Ridge.

On April 30<sup>th</sup> we will have our "Celebration of the Generations" Biography Luncheon. For this event students will invite the individual that he or she has chosen to interview and study as part of a biographical project. We are hoping to create a connection between

social studies and communication arts as the students discover the incredible similarities and differences between generations!

MAP testing will begin shortly after spring break and we are confident that our fifth graders will excel! A good night's rest and breakfast will give the kids what they need each day.

Thank you for your continued support for sending us such wonderful students!



Our **GeoBee** Champion is 5th grader, Parker C.

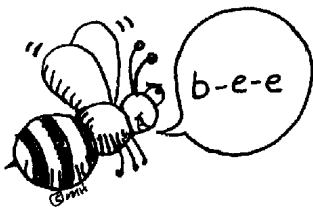
Fellow Finalists were:

4th graders: Nicholas AI, Roy Fe.

5th graders: Ajay B., Grace G.  
Sam S., Niko S.  
Shaun S.

The contest took place on Thursday, January 22, 2009

Our **Spelling Bee** Champion is Souradip G. who will go to Maryville University to compete in the Regional Division on Saturday, March 7th. Cole Edelstein was our First Runner-Up! Best wishes to you Souradip!



In addition, participating in the finals on January 30th were:

Omar J., Matt Z., Drew E., Gani P.  
Julia D., Matthew D., Miranda M.  
Cameron B., Maggie K., Michael R., Andrea H.  
Sam S., Brenna J., Ajay B., Emma R.  
Thomas R., Laura M., Madeline F.  
Nick S., Charlie M., Clarinda T., Abby M.  
Maggie V., Connor B., Katherine O.  
Zoe R., Clara S., Travis B., John D.  
Areeb A., Elaine C.

**Thanks to everyone who participated!**

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## ORCHESTRA NOTES-"Let Us Show What We Know"

\*Congratulations to all the 4<sup>th</sup> Graders who performed in the annual 4<sup>th</sup> Grade String Day Concert on February 7. The gym at Central High was filled with fabulous music!

\*5<sup>th</sup> Grade students will get their turn to perform at the All-District Orchestra Concert at Queeny Park on **March 26**. Keep practicing. It will be here before you know it!

\*Family and Friends please mark your calendars for the end of the year concerts:

**3<sup>rd</sup> Grade Violin Students** Wed, April 29      6:30, 7:00 or 7:30 (by homeroom)

**4<sup>th</sup> and 5<sup>th</sup> Grade Orchestra** Wed, May 6      7:00 p.m.

## PHYS ED AWARDS Month of February



### GOOD SPORTSMANSHIP

	Boys	Girls
5 <sup>th</sup> Grade	Gani P.	Michelle P.
4 <sup>th</sup> Grade	Matthew R.	Kellie O.
3 <sup>rd</sup> Grade	Alan M.	Cori H.
2 <sup>nd</sup> Grade	Jake G.	Grace K.
1 <sup>st</sup> Grade	Jonathan B.	Trinity H.

### Sitter-Downer & Line-Upper

1 <sup>st</sup>	Allainah C.
2 <sup>nd</sup>	Sara S.
3 <sup>rd</sup>	Joseph M.
4 <sup>th</sup>	Tara D.
5 <sup>th</sup>	Adam B.