



Bird's Eye View

November 2013

From our PTA President, Michelle Alexander

Dear Matoaka Families,

I wanted to take a moment to extend a HUGE THANK YOU to all of our Matoaka families who have supported the PTA and our school in the last two months. October was full of so many exciting events, all of which would not have been possible without the involvement of our families.

Thanks to Christine Tirone, her awesome group of volunteers, our wonderful students and families, and our community supporters, we raised a little over \$20,000 during our Fall Walk-A-Thon!!! WOW! All of the money raised during this event goes directly towards programs that support our students, including the Chesapeake Experience field trips, our Cultural Arts Programs, the school garden, and much more! So, thank you again for all of your support!

November is another busy month for the PTA. We will kick off the month with our annual Healthy Lifestyles Week. We hope you and your family will join us on Saturday, November 2nd, for the Cardinals on the Move Fun Run and 5K, which is organized by the Matoaka School Wellness Council. In addition, there are several fun events planned the week of November 4-8th at the school – Applepalooza, a Chef Demo, and “Eat the

Rainbow” Day. Look for more information on all the Healthy Lifestyles Week events coming soon in your child’s backpack and on the Matoaka PTA Website.

On November 11th, the 3rd Grade students will be presenting their Veteran’s Day Program, at our Annual Veteran’s Day Celebration, for all veterans and active military personnel in our Matoaka family. The PTA will be hosting a desert reception following the program. All families should have received an RSVP in your child’s backpack, so please be sure to fill that out and send it in through your child’s teacher if have veterans or active duty military personnel who plan on attending.

We also have our first Restaurant Spirit Night on Thursday, November 14th! Join us at Moe’s Southwest Grill that evening and they will donate a portion of the cost of your meal to the PTA. Finally, look for information soon about our November Membership Contest and our Yearbook Cover Contest.

As always, to learn more about all of these programs, keep reading or visit our website: matoaka-pta.org.

Sincerely,

Michelle Alexander
PTA President

- 2 Fun Run and 5K, 9 a.m.
- 4-8 Healthy Lifestyles Week
- 5 No School—Election Day
- 11 Veteran’s Day Luncheon, 2 p.m.
- 14 Spirit Night at Moe’s, 5-9 p.m.
- 20 PTA Meeting, 7 p.m.
- 20, 21, 22 Early Release, 1:20 p.m., Parent-Teacher Conference
- 27, 28, 29 No School—Thanksgiving Break

November Calendar of Events



7th Annual Matoaka Walk-a-Thon



Thank you one and all for making the 7th annual Matoaka "WALK IN THE WILD WEST" WALKATHON a HUGE success!

Our Matoaka Families once again proved we have tremendous school pride and support. This year we surpassed our goal by thousands. **We reached \$20,000 in donations.**

Because of your continued commitment to our school we will once again be able to support the Chesapeake Bay Experience, Healthy lifestyles initiatives, student plays, professional theatre and music performances, field trips, Dad's Club and Breakfast, Family Fun Nights, Teacher Appreciation Day, the Veteran's Day lunch, the Living Wedge, classroom computer programs for reading and math, and much more.

This year's winners:

Lyla Woodell, Bram Grosfeld, Whit Coggin, Rheis Granger, Hannah Phillips, and Mika Kenny.

Top earning classroom:
Mrs. Campbell's class

Top participation classroom: Mrs. Sydow's class

A special thanks goes out to our neighborhood sponsors: Food Lion, Martin's, Trader Joes, Honey Bees, Starbucks, Greensprings Grocery BP, Henderson Construction, Rachel Karnes Photography, CiCi's Pizza, New York Deli, Duck Donuts, chick Fil A, Stensland Dental, Bruster's, Hancock Fabrics, Chanello's Pizza, AMF Bowling, CoreSix, Air and Space Museum, Lewis Ginter Botanical Gardens, Virginia Stage, Target, Atir Nails

Join us for a morning of fun and fitness!

The annual Matoaka 5K and family Fun Run, hosted by Matoaka Health & PE teacher Lisa Rock, will be held on Saturday, November 2 2013 on the "Cardinal Way" Nature Trail as a kick-off to our Healthy Lifestyles Week celebration.

Raffle items, prizes for finishers and healthy snacks will be offered.

Fun Run: 9:00am

5k Race: 9:20am

Entry Fee: Canned food donation for FISH

More than 200 families participated last year!



Thanks to Matoaka Families!

We were able to get the following items for our students & school FOR FREE:

"Recess Packs" for each grade level. Each pack is color-coded by grade and contains:

- ❖ (3) 8 1/2" Playground Balls.
- ❖ (6) Single Jump Ropes.
- ❖ (1) Nylon Extra Long Jump Rope.
- ❖ (2) Deluxe Skip-N-Hops.
- ❖ (2) Basketballs.
- ❖ (2) Footballs.
- ❖ (1) Soccer ball.
- ❖ (2) Foam Discs or Frisbees.



School supplies for each grade level: highlighters, sharpies, pencils, glue sticks & glue bottles.

Walk-a-Thon prizes: pedometers and sports balls.

Carnival supplies: 1000 toy prizes and 4 new carnival games - basketball, knock-down cans, ring toss and hopsacks.

How did we do this? By YOUR participation in contributing Labels for Education and Farm Fresh receipts.



Last year we collected 231,000 points from Farm Fresh receipts & over 12,000 points from LFE.

We were also able to raise over \$3000 for our students and our school FOR FREE by your participation in linking your grocery and Target cards to Matoaka.

**Your participation makes a difference to the students and our school!
Thank you for a wonderful 2012-2013, and we look forward to a great new year!**

Matoaka Elementary School

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everychild. onevoice.[®]

Thank you to everyone who submitted entries to the 2013 National PTA Reflections Program - "Believe. Dream. Inspire." School level judging should be completed by mid-November. The PTA Reflections Committee will contact entrants who are moving on to the next level of competition once judging is completed. Watch for more information in the December newsletter and through e-mail for more details on celebrating and honoring all our participants.



Yearbook Cover Contest

Calling all Matoaka Artists!

The Matoaka Yearbook Cover Contest begins on November 1st and will run through the month of November. We are excited to announce the **contest will be open to ALL GRADES K-5th!** The winning cover will be selected from the 5th grade entries and the back cover will be the 5th grade runner up. **BUT a winner from each grade K-4th will have their artwork displayed in the yearbook!**

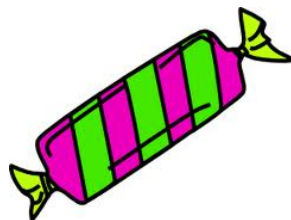
If interested please stop by **Mrs. Henderson's art room** to pick up your **MATOAKA YEARBOOK COVER CONTEST PACKAGE**. This will include cover contest rules, 24 lb drawing paper, artwork cover protector and a label for entry name, grade and teacher.

For questions or more information please contact Stephanie Thees at stephthees@gmail.com.

Treats for Troops Candy Drive

The Matoaka PTA is joining Dr. Sebastiana Springman with New Town Dental Arts in sending a little "sweetness" to our troops in Iraq and abroad. Please donate your excess, uneaten, unopened Halloween candy November 1st – 6th either through your child's backpack or by dropping it by the front office. Your donations are greatly appreciated!

Please contact Marbury Abella at mabella201@yahoo.com with any questions.



Join us 11/14 at Moe's Southwest Grill at 4950 Monticello Ave for Matoaka spirit night from 5-9pm.

Be sure to mention Matoaka Elementary and a percentage of your purchase will go to our school!



NOVEMBER

HEALTHY IDEAS

from Matoaka's Healthy Lifestyles Program



GHOSTBERRIES
CHOCOLATE COVERED STRAWBERRIES

HEALTHY HALLOWEEN
CLASSROOM PARTY IDEA

Directions: Melt white chocolate. Dip clean/dried strawberries. Lay on wax paper. Melt dark chocolate and draw on face using a toothpick. For an even healthier version, dip strawberries in vanilla yogurt instead of chocolate and freeze!

Schedule for Healthy Lifestyles Week

Saturday Nov. 2nd

Cardinals On The Move Fun Run & 5K

Join us for a morning of fun and fitness on the Matoaka Way Nature Trail. Fun Run begins at 9am, 5k starts at 9:20. Entry "fee" is a food donation for FISH.

Monday Nov. 4th

Applepalooza - Everyone gets a fresh, locally grown apple compliments of Turkey Knob Orchard, plus green, red and yellow apple taste testing contest. Captain Suho will get students moving with fun fitness activities.

Wednesday Nov. 6th

Chef Demos - Chef Long from 2nd Street Restaurant joins us for our cooking demos. PE Teacher Ms. Rock will lead students in a "Fitness Minute"

Thursday Nov. 7th

Eat The Rainbow Day - *Wear your favorite color* from the rainbow today & bring your favorite fruit or vegetable for lunch or snack! Costumed Fruit & Veggie Friends will make an appearance! Plus, morning Zumba with Ms. Smith!

Friday Nov. 8th

Golden Apple Awards - Show us your healthy lunch! Free gifts and prizes from Healthy Lifestyles for students who are "caught being healthy"! 5th grade teacher John Spence will get the kids moving with some morning karate.

UPDATES FROM HEALTHY LIFESTYLES...



October's Pepperpalooza was a lot of fun. Fresh peppers from Toano based Kelrae Farm were served as part of our Local Produce Initiative. Students were encouraged to try red, green and yellow peppers and vote for their favorite. More than 500 students participated! Red was the winner with 235 votes. See photos from the event www.matoaka-pta.org

Healthy Lifestyles Week November 4th-8th: We take healthy lifestyles very seriously at Matoaka – so seriously in fact that an entire week in November is dedicated to promoting and encouraging health and wellness. Activities include cooking demonstrations, local produce tasting, "Fitness Minutes," visits from costumed characters and much more. Watch for our daily "Being Healthy" tweets and posts (#beinghealthy)

Volunteers are needed to help on Apple Day and Eat The Rainbow Day. We also need help making Golden Apple Award items (**Matoaka spirit loom bracelets - materials will be provided!**) For more information, contact Tryna Fitzpatrick tfitz@hotmail.com



Make a Thankful Tree

Collect branches that have fallen in the woods; place in a vase.

Using small scraps of paper or leaf rubbing paper or shape-punched paper, write what you are thankful for and hang the pieces of paper on the "tree".

Have someone toss a birdie of gratitude to someone else; as each person catches it, she names something she's thankful for, and then tosses it to another player.

--spoonful.com

Pumpkin Roll: Determine a starting line and a finish line. Set 2 pumpkins on their sides at the start and have the racers line up behind them. At "Go," each pair of challengers uses sturdy brooms to propel the pumpkins over the finish line.

--Family Fun Magazine



Plant bulbs for the spring * Make rice crispy squares *
Listen to the sound of leaves crunching under your feet
Build a bonfire * Collect pine cones to place in a bowl

Crafty Kids

Part of the fun in the Fall for my family is leaf-pressing and leaf rubbing. You don't need a lot of extravagant items to make a leaf

press, which doubles as a flower press in the Spring. Here are the materials needed:

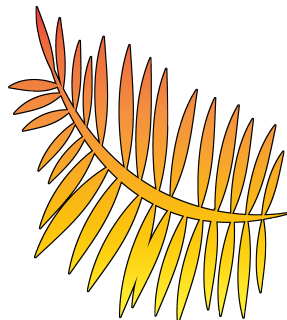
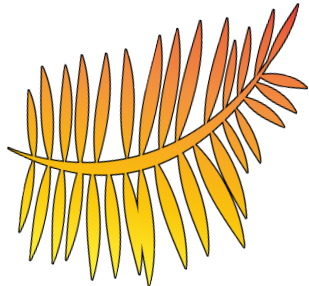
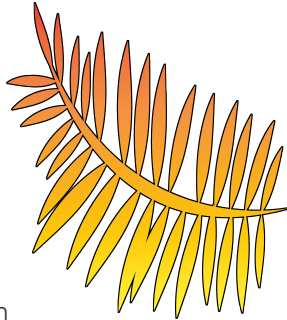
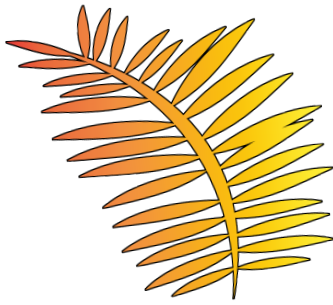
2 pieces of wood, equal sizes

electric drill & drill bit

4 screws & wing nuts—long enough to fit through the two pieces of wood

Drill a hole in each corner of the wood pieces, making sure the drill bit is a little bigger than the screws, so you can easily slip the screws through (the wingnuts will make sure they hold the wood together without slipping).

Pop each screw into the holes of one piece of wood; alternate paper towels with wax or parchment paper and leaves; place last piece of wood over and secure with wingnuts. Make sure you check every few days because as the leaves dry, you'll need to tighten the nuts. After a week or so you'll have beautiful leaves to treasure. You could make a garland, laminate them for bookmarks, make cards, create ornaments—the possibilities are endless! For example...



Make sure you are working with clean leaves, patted dry. Using inkpads, paint and paintbrushes or brayers for printing and crayons for rubbings, will give you the best results.

Using the back side of the leaf will achieve a better representation of the leaf's veins, so remember to rub the crayon over the paper laid on the back of the leaf and/or to ink or paint the back of the leaf before pressing it onto the paper.

Think beyond the art itself and lean into the process: learn the trees from which the leaves have fallen; use the same colors that the leaves are or pick one color theme; use more than one color on a leaf at one time; paint the leaves themselves and let them dry. Remember, there is no wrong way to create art and savor the season: "mistakes" can be serendipitous learning experiences as well as beautiful art.

If you want to go beyond the process itself, once you have a lot of leaves you can make leaf families; write poems on them; cut them out to make a garland or bookmark; use them in a collage; make a wreath. Maybe you'd want to make a book about the leaves such as a nature guide or make a journal. Whatever you end up doing, even if it is simply taking pictures of the family creating art, they will serve as reminders of the wonderful times shared.

"Autumn is a second Spring, when every leaf is a flower."

--Albert Camus

E a r t h C o r n e r

WINTERIZE YOUR YARD FOR BIRDS

audubonmagazine.org

BY STEVE KRESS, 10/14/13



Get Planting: Choose trees, shrubs, vines, and groundcovers native to your area. In northern climates this will ensure that new plants are in place and ready to resume growing in the early spring; it's also a good idea in the South, so plants can begin growing outside of the hot and dry seasons. One note of caution: Fall plantings are especially vulnerable to predators. Protect trees from bark-gnawing mice and rabbits by covering sapling trunks with plastic wrap. A three-foot-tall circle of fencing around shrubs can ward off rabbits. Where deer are a threat, protect the entire tree with a ring of welded wire or deer mesh up to five feet tall, available at hardware stores and nurseries. Pile several inches of shredded leaf mulch or wood chips around the base of new plantings to reduce the risk of frost heaving that could expose their roots to dry air.

Provide Water: Make sure there's ample water near protective shrubs. Many kinds of birds bathe in and drink from open water in frigid weather. Avoid ceramic baths; they can crack in cold weather. Instead, purchase a plastic birdbath with a built-in heater, or convert a summer birdbath by adding a heater. Baths on pedestals are ideal for reducing risks from predators such as cats, but if neighborhood cats are a regular threat, it's best not to use birdbaths at all. Frequent refills are necessary in winter because the water quickly evaporates in dry air.

Out With the Old: Clear out nest boxes in the fall. It's wise to remove bird and mouse nests because some birds will use these boxes as winter night roosts.

Make Mulch: Rake fallen leaves under shrubs to create mulch and to protect natural ground-feeding areas for such birds as sparrows, towhees, and thrashers. Birds prefer leaf mulch to woodchip and bark mulches. Earthworms, pill bugs, insects, and spiders--songbird delicacies--will thrive as the mulch decomposes.

Discard Old Seed: You should get rid of old birdseed, especially if it has been kept in a hot, humid place like a metal garbage can during the summer months. Although these cans are ideal for protecting seed from rodents, they can also encourage mold growth if the seed gets wet and then heats up.

Pile On: Build a brush pile in a corner of your property to offer songbirds shelter in extreme weather. During fall cleanup, set aside downed branches and tree trunks for construction. If they're available, use large logs as a foundation, then heap fallen and cut branches in successive layers.

Grab a Brush: Clean feeders with a bottlebrush and a 10 percent solution of non-chlorinated bleach. Rinse thoroughly and dry in the sun before refilling. Rake up soggy seed from under feeders and bury it far away to prevent the growth of bird-toxic mold.



Those Pesky Crows!

Every year those pesky crows eat half my crop. They ignore my scarecrow. In fact, they sit on his arms to get a good view of what

they'll eat next. But not this year! This year, I am going to scare them away. And this is how I'm going to do it. . .

