

# Bear

Volume 20, Issue 06



# Tracks

November 7, 2019

## Dates to Remember



- **Nov. 8**
  - ◆ FUNd Run
- **Nov. 11**
  - ◆ Veteran's Day
  - ◆ Pledge at the flag pole, 8:00 am
- **Nov. 13**
  - ◆ Field Trip—Upper El to Charles Towne Landing (Charleston)
- **Nov. 14**
  - ◆ Upper El Drama Performance, "School House Rock" @ 6:00 pm (students arrive @ 5:15 pm)
- **Nov. 21**
  - ◆ Field Trip—1st Gr to Riverbanks Zoo
- **Nov. 22**
  - ◆ Lifeskill Tea for Good Citizenship
- **Nov. 25**
  - ◆ Regular School Day—Hurricane Make-up Day
- **Nov. 26-29**
  - ◆ Thanksgiving Holidays
- **Nov. 28**
  - ◆ Happy Thanksgiving!



## Thanksgiving Plans

### Tuesday, November 12

Upper El Drama Rehearsal in Café  
8:30—10:30 am

Thanksgiving Lunch for Upper El  
12:00 pm—Anderson  
12:10 pm—Stoner  
12:20 pm—A. Brown  
12:30 pm—B. Brown

Bag lunches for primary and Lower El classes. Lower El will eat in classrooms. (Turbeville may eat in the Café.)

### Wednesday, November 13

No rehearsal for Upper El drama  
4th level to Charlestown Landing  
Thanksgiving Lunch for Lower El

10:45 am—Williams and Johnson  
11:15 am—Wentzky and Phillips  
11:45 am—Geiger and Tison

Bag lunches for primary and 5th level. Upper El eats in classrooms.

### Thursday, November 14

8:30 am

School drama performance for all students,

Thanksgiving lunch for Primary  
10:45 am—Fortner  
11:00 am—Turbeville  
11:15 am—Sawyer  
11:30 am—Ferrell  
11:45 am—Moore

Drama performance for families of Upper El students

6:00 pm—Performance starts  
5:15 pm—Students arrive

## Principal's Message



Dear Brockman Families,



Our school will celebrate Veterans Day on November 11th with a gathering at the flag pole on the front lawn of our school at 8:00 am. We will recite the Pledge of Allegiance together and read the names of Brockman family members who have served in all branches of the U.S. military. We recognize that Armed Forces Day occurs in May and honors those currently serving in the U.S. military. However, our celebration will honor both those currently serving and those who have served in the past.

If you have a family member who is currently serving, or has served in the U.S. military in the past, please complete this survey so that we can recognize them by name in our school Veteran's Day celebration.

Ethan Scott is a big bear in Mrs. Moore's classroom. His father, Specialist Jabari Scott is currently deployed in the Middle East. We are going to honor his family and show our support during this veteran's day. Specialist Scott asked that we care for his family in his absence and pray for his strength as he is deployed in the service of our nation. We plan to collect items during the week of November 11-15 and send a care package to Specialist Scott's unit. Would you consider donating items from the following list?

### Hygiene Products

- Baby wipes
- Body wash
- Toilet tissue
- Toothpaste
- Deodorant

### Packages Snacks

- Nature Valley Sweet and Salty bars
- Peanut butter crackers
- Individual packages of cookies
- Mints
- Gum

You are invited to join us for this Veteran's Day observance. You are also invited to bring your family member who has served, or is serving in our U.S. military. Even if you are unable to attend, please send the name so that we may recognize their service. If the weather does not permit us to be outside, we will gather in the cafeteria for this observance.

Please use this link to tell us the name of your family member who has served in the U.S. Military: <https://www.surveymonkey.com/r/BZ9VMCW>.

Dr. Heidi Stark



Join the Superintendents Book Club! Read 100 picture books or 10 chapter books by March 27th to receive your official membership card! Ready! Set! Read!

## FUNd Run Schedule

### November 8, 2019

#### Primary Classes:

8:20-8:30 Walk to gym  
8:30-8:50 Run/Walk in the gym  
8:50-9:00 Cool down on track  
Return to Class

#### Lower El Classes:

9:00-9:10 Walk to upper field  
9:10-9:30 Run/Walk on Upper field  
9:30-9:40 Cool down/return to class

#### Upper El Classes:

9:40-9:50 Walk to upper field  
9:50-10:10 Run/Walk on upper field  
10:10-10:20 Cool down/return to class

## Brockman Bash 2019

The Brockman Bash Committee would like to thank these amazing parents for volunteering their time, energy and resources in making this wonderful event possible for all our families to enjoy!

Margaret Aucoin	Patrick Pietras
Erin Baldwin	Katharine Dragner
Nici Comer	Jesse Robinson
Meredith Duncan	Lindsay Shazly
Erica Ferrell	Tommy Williamson
Jennifer Husser	Mandy Wren
Gabe Madden	

We would also like to thank Dr. Stark, Mrs. Hufstetler, Mrs. Sharonda Giles, Dr. Parkmond, Mrs. Dina Phillips, Mr. Peterson, Felicia Goodwin, Deputy Burroughs, Kim Woods, Leigh Wilkie, Misha Lawyer and all our Sanders Montessori and Crayton student volunteers!

And last but not least, an extra special thank you to Melanie Trimble and Tiki Satterwhite: this event could not have been a success without help from people like you!

Seema Madden & Jen Williamson  
Brockman Bash Co-Chairs 2019

## Primary

### Is Your Child Getting Enough Sleep?

With all the excitement in the air and all of the extracurricular activities, it may be harder and harder to stick to a bedtime routine. Sleep is an essential need for all living being, especially our children. Most adults only need between 7-8 hours of sleep per night, whereas preschoolers require 10-13 hours of sleep each night. (This includes naps for children up to the age of five.) If you are allowing your child to live by your adult sleeping schedule, you are robbing your child of sleep that is a necessary ingredient for good health, which, in turn, will negatively impact his/her performance in school.

Studies show that sleep deprivation in children can show up as an inability to concentrate, lack of self-control, impulsivity, and an inability to focus. Many of these behaviors are similar to those exhibited by children who have been diagnosed with ADHA/ADD. Children need sleep to process their day. The body needs REM sleep (the time when dreams occur) to sort out the day's activities. When a child is exhausted from lack of sleep, the child sleeps "too hard," thereby not getting the proper type of sleep.

Looking at the numbers, if your child is up by 6:30 am, it takes him/her 15 minutes to settle into sleep, she/he should be in bed between 7:15 to 8:15 pm. The best way to insure that your child is getting enough rest is to establish a bedtime routine.

Establishing a Bedtime Routine:

- Include a winding-down period in the routine.
- Keep the routine the same every night, i.e. brushing teeth, story, etc.
- Try to keep the time for bed the same time every night.
- Stick to a bedtime, alerting your child both half an hour and 10 minutes beforehand.
- Reading a story is a great addition to this nightly routine.
- Tuck your child into bed snugly for a feeling of security.
- Keep televisions, computers, video games, etc. out of children's bedrooms.

As we move further in to the school year, we move in to lessons that require concentration and focus. If we are prepared physically, then the ability to acquire the information becomes more efficient and makes retrieval more successful. Giving your child a regular bedtime schedule will help set your child up for a successful school year!

## MLK Food Drive

Please support our MLK food drive from Oct. 28th thru Dec. 9th. During this time, we ask that students and families send in canned and non-perishable goods. These items will be donated to Harvest Hope.

## Lower Elementary

### Fostering Independence in the Elementary Child

When we think of independence in children, the images that often come to mind are those of toddlers or teenagers, but what about the elementary aged child and independence?

The second plane of development occurs from about 6-12 years and is a time of great growth. During this time, independence looks very different from the foot stomping toddler who wants to push the elevator button or the teen eager to drive. Independence for the elementary age child is very much about caring for themselves, their environment, and their relationships. During the elementary years, children become increasingly more self-sufficient and are capable of independently getting ready for school, completing chores at home, and working through their own issues with friends. These small steps toward independence help the elementary age child grow into a confident teen and a self sufficient adult.

## Media Center

Things have been off to a great start in our library this year! At the beginning of the year, we spent some time discussing ways to care for our library books. Some of the things we discussed include:

- Keeping books on a shelf
- Carrying books back and forth to school in your tote bag or bookbag
- Turning book pages carefully
- Keeping food, beverages, and art supplies away from books
- Keeping books away from pets and very small children
- Turning books in on time

Your child's teacher can tell you when your child's library day is, so that you can create a routine at home to help your student be responsible with library books.

All primary students are permitted to check out one book at a time. Lower Elementary and Upper Elementary students may check out two books at a time. All students may keep library books for a period of two weeks. After two weeks' time, books are considered over due. Students will not be permitted to check out books when books are overdue.

Please remind your student of these things at home. I know that at times, despite our best efforts, accidents can happen. If a library book is damaged, lost, or destroyed please email me at [phoebe.blalock@richlandone.org](mailto:phoebe.blalock@richlandone.org). In the case of a damaged book, please also send the book to the library with your child. I will then send a notice home in your child's folder letting you know the replacement cost. Thank you for your support at home. Happy reading!

## Upper Elementary

### D.A.R.E.

Brockman 5th grade students participate in the Drug Abuse Resistance Education (D.A.R.E.). This 10-week program was started by both law enforcement and school officials in 1983. The program was provided to students as a way of introducing drug use information to young people to lower the rate of substance abuse. Over time, the efficacy of the program has been a controversial topic. The program evolved over time and in 2013 a new curriculum was developed by prevention experts. The new program focuses on helping young people to use healthy decision making skills in order to manage challenging situations. Brockman students Lydia, Walker and Brooke report that everyone will encounter "tricky" situations through their life. They believe that .D.A.R.E. is a great experience and will help them as they move into middle school. They enjoy role playing and rehearsing how they will respond in the "tricky" situations to stay true to their own values. The program ends with each student writing a pledge for a healthy life and a graduation celebrating all that they have learned. D.A.R.E. graduation is planned for January 16, 2020 at 8:30 a.m. Mark your calendars and join us to celebrate the healthy decision-making strategies that our 5th level students have learned!

## FUNd Run Update

We are one day away from this year's FUNd Run on Friday, November 8th — our largest fundraiser of the year! We are excited to raise money for ongoing playground renovations, continued classroom initiatives and much loved annual community building events, like the Brockman Bash or the End of Year Picnic!

We look forward to seeing family and friends on the day of the FUNd Run. Feel free to run/walk a few laps with your Brockman Bear or bring a chair and lead the cheering section. The schedule is posted on the front page of Bear Tracks. Please be sure to arrive 15-20 minutes early to leave enough time for parking and check in at the office.

Please send your student to school on Friday with their completed pledge packets and a water bottle. Make sure they are dressed appropriately for breezy weather in the 50s. Due to the possibility of early morning rain, at this time we plan for primary students to run/walk in the gym; lower elementary and upper elementary students will run/walk on the upper field. Students will receive a FUNd Run t-shirt and a fresh fruit snack on the day of the FUNd Run.

We look forward to seeing you all on Friday! Please email [brockmanfundrun@gmail.com](mailto:brockmanfundrun@gmail.com) with any questions!