



# News From Lutherville Lab Elementary School

1700 York Road, Lutherville, MD 21093  
410. 887.7800

*December/January*

Mrs. Bissell, Principal

Ms. Owens & Ms. Hart, Assistant Principals



## Message from Mrs. Bissell

Dear Lutherville Families,

Our students have accomplished so much since September! In the new year, I am looking forward to continuing my focus on improving my communication with the Sunday Message and Monthly Newsletters. The Third Parent Information Night is scheduled for January 15<sup>th</sup> at 6:00 p.m. The topic will be AVID (Advancement Via Individual Determination).

We will begin our holiday break at the end of the school day on Friday, December 20<sup>th</sup>. We will re-open on Thursday, January 2, 2020 at 9:05 a.m.

Mr. Bruns received the *Simon A. McNeely Honor Award* in November. This award is presented to those individuals who have demonstrated active involvement in school and community affairs, along with outstanding teaching and service in the field of physical education. Mr. Bruns demonstrates this daily at Lutherville Laboratory. Check out the Spotlight section of this Newsletter for more information about Mr. Bruns' award.

PTA volunteers visited classrooms during the month of December for Famous Artist. Students created works of art from Ralph Francis McGuire. Thank you to all the volunteers and PTA for organizing this wonderful opportunity for our students. An example of student work is below.



We have outstanding students, teachers and families and I am grateful for the continued support and care shown to all members of the Lutherville Lab community. Thank you for everything that you do to support Lutherville Laboratory. Have a wonderful holiday and restful break!

Mrs. Bissell  
Principal

## Upcoming Dates

# DECEMBER



December 23<sup>rd</sup>-January 1<sup>st</sup> Schools Closed, Winter Break

# January

- January 2<sup>nd</sup> - Schools Reopen after Winter Break
- January 6<sup>th</sup> - PTA Meeting, 6:00 p.m.
- January 7<sup>th</sup> - Board of Education Meeting, Greenwood-Building E, 6:30 p.m.
- January 14<sup>th</sup> - FY 2021 Operating Budget, Public Hearing, Greenwood Building E, 7:00 p.m.
- January 15<sup>th</sup> - AVID Night, 6:00-7:00 p.m.
- January 20<sup>th</sup> - School Closed, Dr. Martin Luther King, Jr.'s Birthday
- January 24<sup>th</sup> - Second marking period ends, school closes at 12:50 p.m.
- January 30<sup>th</sup> - Parent Information Session-Conscious Discipline, Library, 6:00-7:00 p.m.

## Virtue of the Month-Kindness

December's virtue of the month is KINDNESS! Students will hear a kindness story, brainstorm, and role play ways to show kindness to others, themselves, and the space around them. As a family, take some time this month to think about ways to show kindness. If you need a good starting place, you can use the kindness BINGO board that was sent home. See how many acts of kindness your family can show. We'd love to hear ways that your child is expressing kindness to others! Email Mrs. Ellingsworth ([hellingsworth@bcps.org](mailto:hellingsworth@bcps.org)) or Mrs. Kiewe ([ikiewe@bcps.org](mailto:ikiewe@bcps.org)) to share kindness news.

# KINDNESS

- Kindness is showing love and compassion.
- Kindness is a choice to be loving.

How can  
I show  
love  
now?



Who or  
what  
needs my  
kindness?

## Counseling Topics

- December - Personal Safety
- January - Character
- February - Celebrating Differences
- March - Emotional Regulation & Coping Skills
- April - Coping Skills and Fifth Grade Careers
- May - Careers and Fifth Grade Transition to Middle School

## Information from the Office

**Early Dismissals** - Please send a note in the morning with your student if you are planning on picking them up early. If you email the homeroom teacher about an early dismissal, please include Ms. Mills at [tmills2@bcps.org](mailto:tmills2@bcps.org) or Mrs. Wingerd at [dwingerd@bcps.org](mailto:dwingerd@bcps.org) in that email. This will afford us the opportunity to know where your child is when you come to get her/him. Please note that no student will be called to the office until a parent/guardian has arrived and signed the student out. **After 3:30 p.m., we will not be able to dismiss students** from school as teachers and students are preparing for the end of the day and dismissal procedures.



**Bus Loop** - Please do not enter the bus loop or the first entrance during arrival and dismissal. It creates a safety concern when cars are passing buses as students are unloading/loading. The bus loop and the first entrance are closed from 8:45 a.m. to 9:10 a.m. and 3:40 p.m. to 4:10 p.m. If you need to visit the school, please park in the parking lot adjacent to the car dealership. If you have any questions, please call the school at 410.887.7800.

**Field Trips** - Information about paying on-line for field trips will be coming home with your student when it is time for their first field trip. Please consider paying on line so that students do not carry money to school taking a chance that they will lose it.

**Emergency Contact Forms** - It is extremely important that we have accurate contact information for every child. Please remember to contact your child's teacher and the main office, **in writing**, if changes need to be made.

**Parking**- School is now in session, so please be mindful when parking in the surrounding neighborhood, primarily Division Avenue. Most residents do not have driveways and much of the street near the school is posted no parking and when we park in posted "no parking" spaces the residents are unable to get near their home to park. Thank you in advance for your consideration.

## Lost and Found

Please remind your child to check the lost and found table in the cafeteria for any lost or missing items.



We have accumulated numerous jackets, water bottles, notebooks, hats, gloves and sweatshirts that someone is sure to be missing. If you would like to come in to check the lost and found for something that your child is missing, please stop in the office, sign in and proceed to the cafeteria. Items left after January 17, 2020 will be donated to charity. Thank you!

## Nursing News

The flu is "widespread" in Maryland and the documented of flu cases are increasingly rising in the Lutherville Community. Here is some timely information about this topic:

### **Suspect the Flu? Here's What to Do:**

Your child has a sore throat, body aches and fever. It seems like they might be coming down with the flu.

What should you do?

Now that flu season is here, let's start with understanding the illness you and your child might be dealing with. The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and sometimes the lungs. Symptoms may include fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue, vomiting and diarrhea. If you suspect the flu, keep your child at home and treat their symptoms. "Most people with the flu have mild illness and do not need medical care or antiviral drugs," says [Scott Tomaine, DO](#), Regional Medical Director of Children's Hospital of Philadelphia's Care Network and a pediatrician at CHOP's [Primary Care location in Flourtown, PA](#).

If your child does not fall into a high-risk category, as defined below, and they have symptoms of the flu, "They should rest, stay hydrated and just be monitored at home until their symptoms improve," Dr. Tomaine explains. "Pain, body aches or fevers can be treated with Tylenol® or Motrin®, as needed. It is very important that your child stays home, avoiding contact with other people, until fever has resolved for at least 24 hours." Staying home isn't only the right thing to do for your child's recovery, but important to help stop the spread of illness in your community.

### Who is considered high risk?

- Children younger than 2 years old
- Children or adolescents diagnosed with:
  - Certain respiratory diseases such as asthma
  - Neurological and neurodevelopmental conditions such as seizure disorders
  - Heart disease
  - Disorders of the blood, endocrine system, kidneys, liver or the metabolic system
  - A weakened immune system
- People younger than 19 years of age who are receiving long-term aspirin therapy
- People with extreme obesity
- Children with household members who have compromised immune systems, such as family members with cancer who are receiving chemotherapy

### High-risk patients should get the flu test

The scenario of what you should do changes if your child falls into one of the high-risk categories. “For high-risk patients, it’s important that the flu is identified and treated early, to avoid complications in these patients,” explains Dr. Tomaine. For high-risk patients, CHOP now offers a rapid flu test at all of its primary care and urgent care locations. The test detects the genetic material of the virus from a nasal swab within 15 minutes. This test can help clinicians decide whether antiviral treatment, such as Tamiflu®, is necessary. Antiviral drugs may make flu symptoms milder and can shorten the time your child is sick. Most importantly, for high-risk patients, the drugs may also prevent serious complications, like pneumonia. But as with all medicines, some side effects have been associated with the use of flu antiviral drugs. Your doctor will take all these factors into consideration when deciding if your child will benefit from rapid flu testing and treatment.

### Prevent the flu in the first place!

The best course of action so your child doesn’t get the flu?

- Get a flu vaccine annually.
- Wash your hands regularly.

“All of our [primary care locations](#) are currently offering the flu vaccine, and we *highly* recommend that *all* children be vaccinated,” says Dr. Tomaine. “Vaccinated children are less likely to get the flu and are more likely to have a milder course of illness if they do get sick. All caregivers of children should also receive their annual flu vaccine to prevent the spread of the disease.”

Contributed by: [Scott C. Tomaine, DO](#)

Date: October 2019

## Spotlight On Mr. Bruns

The Simon A. McNeely Honor Award is presented to those individuals who have demonstrated active involvement in school and community affairs, along with outstanding teaching and service in the field of physical education.

Mr. Bruns is a passionate teacher whose positive attitude creates a respectful environment that helps foster sportsmanship. He creates relationships and builds a love for lifelong fitness by having many extra-curricular activities. He has an Early Bird physical education program 3 times a week before school and an



after school running program where students train for a 5K to raise funds for charity. Mr. Bruns heads the annual Turkey Trot which collects donations for a food bank. Mr. Bruns also promotes fitness through Jump Rope for Heart, NFL's Play60 Program, and his own Marathon Kids program. Mr. Bruns also enjoys mentoring future PE teachers. He has worked the past two (2) years with Dulaney's "School to Career Program" and mentored Towson University teachers for the past ten (10) years.



Congratulations, to our very own Mr. Bruns!

## AVID in Action at Lutherville Lab

*School AVID Mission Statement:*

*Lutherville's AVID mission is to close the achievement gap by preparing and challenging ALL students for college and career readiness.*



United by a community of teachers, parents, and students focused on building strong, respectful relationships in order to develop the "whole child" so that our scholars are prepared for their place in the global community.

We are Lutherville AVID!

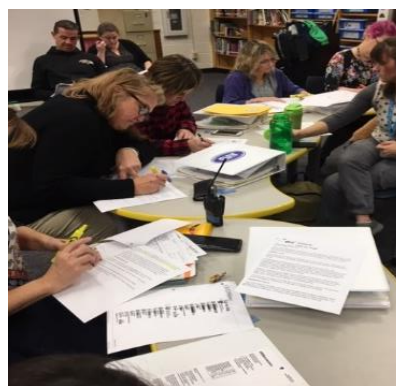
---

### Focused Note-Taking Strategy

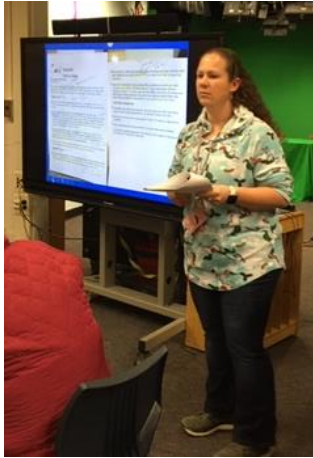
Did you know that the brain is designed to forget? How do you remember information? Do you take notes? How often do you revisit those notes and how soon after you take them do you revisit them? In an hour, you will forget almost half of what you learned or wrote and a day later you will only remember a third! If you revisit your notes, once in the first 24 hours, you will increase your chance of remembering information from 70% to 100%! If you interact with your notes five times, the information is engrained in your brain. Recently, staff at Lutherville participated in an after school professional development on the Focused Note-Taking Strategy led by Mrs. Nicholson.

Teachers were taken through the five stages of note-taking:

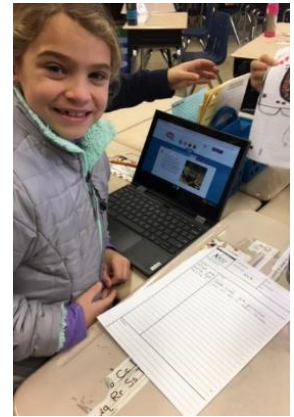
1. Taking notes
2. Processing Notes
3. Connecting your Thinking
4. Summarizing
5. Applying Learning



Mrs. Nicholson leading the teachers through the *focused note-taking process*!



The very next day, students in Mrs. Miller's second grade class were already trying out the new strategy. Pictured is Addy taking notes from *Pebble Go* on toads and using a Cornell note-taking sheet to record her information. Way to go Addy! We can't wait to hear about what you learned about toads!



Fifth grade students are quickly becoming *focused note taking* experts! They have even offered to help other classes learn how to take better notes for increased learning.

