

Dr. Paige Morgan, Principal

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I hope that everyone enjoyed their Thanksgiving holiday! As I sit and reflect upon the many things that I am thankful for this year, I would like to express that I am deeply thankful to have the opportunity to work with the staff, families, and children here at Booker T. Washington Elementary. It truly is an amazing place to be with equally amazing staff, children, and families!

I would also like to thank all of the parents and guardians who were able to attend your child's parent-teacher conferences in November. If you were unable to attend, I would strongly encourage you to schedule a time to meet with your child's teacher to discuss his/her progress thus far in the school year. Parent and teacher communication is a critical aspect to the success of all of our children. Student success is highly dependent on parents and teachers working together in a partnership so that the needs of the whole child can be met. Having regular communication with your child's teacher is extremely important.

Upcoming Winter Weather

Along with December and colder winter weather comes the possibility of weather delays. As we move into the cold winter months, please stay informed on possible

delays to the school day through Capital School District's website and Facebook page. Any weather delays will also be posted on BTW's Facebook page, as well. You will also get an automated call through the district's School Messenger system to inform you when there is a delay. Please be sure that your child's emergency card and all paperwork is updated with current phone numbers so that you can be reached. If at any point during the school year, your contact information changes, please be sure to notify the Main Office. Additionally, please note that breakfast is served when there is a one-hour delay. However, when there is a **two-hour delay, breakfast is not served**. Please make sure that your children are able to eat breakfast at home when there is a two-hour delay.

- **December 24th-January 1st** -No School- Winter Break

December Dates/Events

We have several important events coming up in December! Please see the list below to stay informed.

Important December Dates/Events

Month of December – Hour of Code – Classes learn about coding in all Technology classes

December 4th – Progress Reports go home

December 10th – Winter Musical- 3rd/4th Grades (1:30pm, 6:00pm)

December 11th – CSD Board Meeting

December 19th – Holiday Shoppe (throughout the day)

December 23rd – January 3rd – No School – Winter Break

Attendance Guidelines

We care immensely about the educational success of our students. We encourage our students to come to school on time and prepared for their day. We are eager to work with you to ensure your child's success at Booker T. Washington this year. Please review the attendance guidelines below so that we can work together as a team.

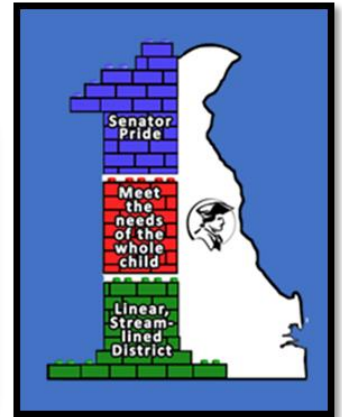
- Students may be dropped off anytime between 8:00am-8:25am, but not earlier, due to a lack of supervision. Any child dropped off after 8:25am is considered late (tardy). Parents **must** accompany their child into the school to sign them in with a note stating the reason.

- Student pick-ups before 3:00pm are considered early dismissals and require a note stating the reason. We request that no child be picked-up from school between **2:45pm-3:10pm** for child safety and the integrity of dismissal procedures.

- We request any changes in a child's regular transportation be made before **2:30pm**, via phone, note, in person, or email.

If you have any questions or concerns, please do not hesitate to contact me at (302) 672-1900 or paige.morgan@capital.k12.de.us.

Sincerely,
Dr. Paige Morgan
Principal
Booker T. Washington Elementary



Capital School District Board of Education

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CALLING THE SENATOR NATION!



The Capital School District is looking for nominations for the 2020-21 Teacher of the Year!



Parents, students, staff members and community members can nominate a teacher.

So many teachers to choose from! How do you decide?

The Capital School District encourages the nominations of teachers who are active within our District and community, who inspire other teachers and students, who model outstanding teaching techniques, and who demonstrate a love for education.

Nominations will be accepted from December 11, 2019 through January 3, 2020 by following the link on the district website or typing this link:

<https://www.capital.k12.de.us/2020toyvote>

Parents and guardians may also use computers available at our schools and district office.

Kindergarten News

We are working hard and will continue to strive to do our best. Help from home supports learning that happens at school. Please remember to check your child's blue Monday Folder and return to school. Homework is assigned daily Monday through Thursday. At this age, kindergarteners need to have a caregiver review their assignments. This will help ensure that the task has been completed correctly and the skill is understood by the child. Kindergartners should write in all lowercase letters, except when following capitalization rules. Encourage your child to write letters and numbers correctly. Don't be afraid to erase and have your child try again. These assignments should be returned the next day. In addition to the daily assignments, kindergarteners should practice reading their sight words, numbers, and counting daily to become more fluent with these basic skills. Please continue working on tying, zipping, and buttoning as self-help skills are important for our school day to run smoothly. After all their work is done, don't forget to tell your child how proud you are of his or her efforts and remember to enjoy a good book together. Thank you for your support at home.
The Kindergarten Team

1st Grade News

PBS:
PBS is in full swing! Our students are being rewarded for good choices and positive behaviors. Students are working to earn prizes and fun activities, including our upcoming gingerbread house party.

Reading:
Please continue to read at home with your child. Our Little Senators Reading Challenge is ongoing, as students aim to read 66 OR MORE books! Prizes are awarded for 22, 44, and 66 books read. Books need to be

recorded and returned to school. Students are also taking part in the Six Flags Read to Succeed program.

Math:
Students have spent time learning addition strategies, and are now ready to dive into subtraction.

Study, study, study:
Remember to study spelling and vocabulary words daily. Spelling patterns will continue to get more difficult. When we return from the holiday break, it will be full steam ahead!

Thanks for all you do to support our children's learning!

2nd Grade News



Our second graders are truly the **Best in The World**. They continue to work hard every day. They are learning about the author's purpose as well as the various types of text elements. Continue reading with your child at home and as you read with them ask them what do they think the author's purpose is? Is the author trying to persuade, inform or entertain? We continue to work on our bridge unit in science as well as map skills and knowing our community in social studies. In math we are revisiting our fact families and learning new strategies for adding and subtracting. As the weather continues to get colder please make sure your child comes to school properly clothed for the weather. The second grade team likes to wish everyone a safe and happy holiday season.

The Second Grade Team

3rd Grade News

Can you believe we are half-way through the second quarter? The third grade team continues encouraged by the hard work students are demonstrating.

This month our class is still focusing on why working together is a good way to solve problems. When people cooperate with each other, they can learn new ideas.

Here are the previous activities that you can do with your child to help reinforce the skills we are practicing.

- Words to Know: antonyms- Help your child define the words and then think of an antonym for each word.
- Spelling/Phonics: long i and long u- Your child can write each word after you say it, then count the words that have the long i spellings.
- You can help your child identify how the long u vowel sound is spelled in the remaining words.
- Comprehension: theme- Read the first part of a story, then to complete that story following a given theme.

During the next few weeks, our math class will be learning how addition and multiplication are related. You can reinforce that multiplication is the number of groups, times the number in each group, or repeated addition.

Third grade is continuing to study the water cycle and properties of water in science and immigration in social studies.

Thank you for your continued support.

Sincerely,

The 3rd Grade Team

4th Grade News

The month of December will be a very busy month in our classrooms. In math, we will be using different ways to multiply double digit numbers and learning strategies for solving multistep word problems. Students should be able to use various strategies to solve these problems, and be able to explain the logic and reasoning behind the strategies being used. In reading we are reading narrative nonfiction stories and identifying main idea and details. Students are also reading to improve fluency and comprehension. The writing focus in our classrooms will be on writing to inform and explain. Students will be expected to introduce a topic and support the topic with facts and details. We are also looking for students to be more consistent at writing in complete sentences.

Ways to help your child at home:

- Practice multiplication facts
- Have your child create word problems for the family to solve
- Have your child read to you and explain what they have read and/or ask questions about the story
- Have your child write 3 to 5 academic goals they want to achieve for the new year

Please make sure your child is reading at least 15 minutes a night for AR. The AR program is a great way to increase fluency and comprehension!

Fourth Grade team

Thinking About Gifts?

It is the time of year when gift ideas are needed.

Think about giving a gift that will help your child develop thinking skills and build resiliency. Spending quality time with your child playing a game can develop thinking skills and at the same time he or she is learning coping skills. Such as how to win and lose gracefully, taking turns, persevering through a challenge. Games are also great for developing communication skills. Below are some sites that may be helpful in finding some challenging new games that help your child develop some important skills while having family fun.

<https://www.fatbraintoys.com>

<https://www.thinkingtoys.ie>

<http://www.mindware.orientaltrading.com>

Happy Holidays!

DAP K - 4 NEWS

MS. CONNELL'S CLASS NEWS:

Ms. Ashley's Pre-K class has been up to new and exciting things this month! We have been working on recognizing and writing the letter B. We have been busy counting in the classroom from 1-10. We began our special Art for All program for the year and had a lot of fun creating silly monsters with Ms. Amanda. All of the students have been working on their kindness muscles, they're getting bigger each day.

MS. HOFFMAN'S CLASS NEWS:

A field trip to Chick Fil A is being planned for the month of December. We will be making festive crafts and sampling deserts in social studies. We have a guest speaker scheduled to discuss Hanukkah. We have lots of fun and exciting things planned for December!

Laura Hoffman
Cindy Knotts

MISS DAWKINS' CLASS NEWS

Everyone is excited for upcoming holidays. Miss Dawkins class will continue to work on our listening and speaking skills as we listen to a holiday chapter book. We will discuss the characters and complete holiday activities connected to learning and fun.

MRS. KINGSLEY'S CLASS NEWS

Our classroom continues to grow as readers and mathematicians. We have completed many fun projects and have enjoyed learning about the water cycle. Daffodil bulbs have been planted in our 3rd Grade KCCS Rocks Garden. It's been a pleasure working with our families to foster a strong school to home communication bond. Students presented their goals and writing samples to their parents during Parent Conferences.

MUSIC NEWS:

In Adapted music PreK and Kindergarten classes continue to explore the musical concepts of sound and silence, steady beat, and fast/slow, while reinforcing cross curricular concepts like colors, shapes, body parts and spatial awareness.

In 1st through 4th grade we began exploring pitched instruments and harmony through the use of boomwhackers. We also continue to work on our I can Statement, "I can respond to music by moving, singing or playing an instrument." We moved on from learning and reinforcing steady beat to exploring rhythm.

Kate Murphy, M. M., NBCT
Music Specialist
Kent County Community School

LIBRARY/MEDIA CENTER

The year is quickly coming to a close, but we have lots of learning (and fun) left in library and technology. In the library we will be reading books, asking questions, and learning about winter holidays celebrated around the world in different cultures. This month your student will also receive our most exciting reading challenge of the school year! Students will be participating in the Six Flags Read to Succeed Reading Challenge. Over the winter break, your student needs to log 6 hours or more on their reading log by January 2020 when school re-opens. All students who complete the challenge will receive a small prize and will receive a free Six Flags ticket in May!! This year you can keep a paper log of your student's reading minutes and send it in to school or you can register online and keep a digital log for your student. To keep a digital reading log, visit sixflags.com/books and use the Booker T. Washington code: ZYRVT. In technology, we will officially be kicking off our Hour of Code on December 3rd. Students have already been sharpening their skills using the www.code.org website. This is a free website and students can continue working on their skills at home, you may even want to try out a coding challenge or two! In a time where computer science is on the rise and technology is being integrated into, well into everything, our students need to be computer literate and working on code can help set that foundation. I would also like to thank all of the students and families that made our Scholastic winter book fair so successful. Our school earned almost 700 Scholastic points which will be used to purchase new books for the library. I would also like to notify all families, parents, and guardians that starting after winter break I will be out on maternity leave and I will not be returning back to school until after Spring Break in April. During my leave there will be a long term substitute in for me and students will continue to be able to check out books and

have their scheduled library and technology lessons as usual. Although I will be busy with my family's newest addition, I am going to regularly be communicating with both Dr. Morgan and the long term substitute as much as possible. I will be checking my email weekly, so if you have any questions/comments/concerns while I am away, please email me instead of leaving a voicemail (as I cannot check voicemail from home) and I will get back to you as soon as possible. As always, please continue to read as much as you can with your students and remind them to return their books on time so that others can enjoy them as well.



Nurse's Notes

Winter is coming!

Please remember to send your children to school with weather appropriate clothing including hats, gloves, and jackets. If you need assistance in providing these items please let us know at school as we do have a small supply of these.

Please encourage your child to eat a healthy breakfast, either at home or at school. Breakfast is essential to learning! It is provided free of charge to all students. 3rd and 4th graders eat lunch later in the day and will be hungry mid-morning if they went without breakfast.

Flu shots are recommended for all children over the age of 6 months. We encourage you to get this vaccine for your children and yourselves. Please remind students to practice good hand washing all the time and especially if they are sneezing and coughing. Please remember that students with a fever, vomiting, or diarrhea should stay home until they are without symptoms for 24 hours.

Social Worker's Notes

6 Tips for Holiday Self Care

Easy ways to plan for a happier, less-stressful holiday season

by Charles Schaeffer, PhD, MA

Source: *Psychology Today*

Another holiday season is upon us. And along with gifts and nonstop seasonal soundtracks, it can also bring stress, disappointment, emotional eating, and overindulgence. Between event planning, shopping, cooking, managing relatives, and trying to complete the 300 other tasks "necessary" for a good holiday, it's no wonder many people lose sight of what keeps them physically healthy and mentally grounded throughout the rest of the year. But it doesn't have to be that way. With just a little thought and planning, you can survive – and even thrive – this holiday season.

1. Keep exercise essential. Physical activity is the number one thing I recommend to everyone I work with because it reduces stress, improves mood and concentration, and combats depression. Decades of research shows that even just ten minutes of challenging exercise daily triggers the same hormones in your brain (serotonin and dopamine) targeted by anti-anxiety and antidepressant medications. Regular exercise builds up levels of these important mood regulators, becoming a buffer for stress, anxiety, and depression. When it comes to improving how you feel, getting regular exercise can be as effective as taking antidepressants.

During the holidays, most people skip their workout to make room for more seasonal activities. That's a double whammy: You add potentially stressful situations and lose your stress reliever in one blow. Instead, do what

you can to maintain your exercise schedule. If you don't have time to go to the gym or take a long run, simply scale back. Go for a 10-minute walk or do some light stretching, rather than skipping your workout entirely.

2. Get in touch with gratitude. Guess what else protects your brain from stress and depression? Gratitude.

Recent neuroscience research shows that simply pondering the question, "What am I grateful for?" increases dopamine and serotonin, even if you can't actually think of an answer. Just searching for things to be grateful about builds stronger positive emotional pathways in your brain.

3. Protect your sleep. Few things consistently mess with people's emotional and physical health like chronic sleeplessness and poor sleep. It leads to weight gain, additional stress, and irritability. Most of us sleep less well this time of year whether from staying out late drinking at parties or leaving all the gift-wrapping until the last minute. Losing sleep over the perfect meal or present will not make you or your family happier or healthier over the holidays. But you know what will? Consistent quality sleep.

Cut back on caffeine (and eliminate it entirely after 2 PM), and lay off the eggnog before bed. Skipping naps, especially the ones that find you sprawled on the couch after a big meal, will improve your ability to fall asleep at night. And though it's tempting, take a pass on the goodies in the cabinet or leftovers in the fridge for at least three hours before bed. That way, heartburn, indigestion, or a sugar headache won't keep you awake.

4. Feel (don't eat or drink) your feelings. The holidays often bring up strong feelings for people around everything from family losses, new relationships, to meeting the high expectations of visiting family. And most of us would rather avoid those difficult emotions – through the time-honored holiday traditions of

eating or drinking – rather than just accepting that it is natural to feel them this time of year.

In the short run, emotional eating and drinking can be an effective way to distract or disorient you from strong and sometimes painful emotions. But it doesn't work in the long run, leaving you with the same anxiety about difficult emotions, a potential dependence on alcohol or food to self-soothe, and (all too often) 5 or 10 extra pounds that won't be easy to lose.

If you notice yourself reaching for something to eat or drink in response to a difficult feeling, try to make sense of what's going on instead. Are you angry with your partner? Are you grieving a departed relative or friend? Are you sad about a recent break up? The more you try to make sense of your emotions, the less scary and dangerous they become. And the easier it gets to sit with them rather than attempt to numb them.

5. Give yourself the present. One of the top killers of holiday enjoyment is becoming so wrapped up in planning the best holiday experience that you lose the ability to experience the good moments that happen in the present. While you worry about whether everyone is happy with the meal, if anyone is fighting about politics, or if the kids are eating too much sugar, you miss the powerful, gratifying moments that make the holidays magical.

One great way to start embracing the present moment is by taking a few minutes to find one thing you feel good about right now, and then lingering on that thought for as long as you can. When you stop trying to make your holiday fit an ideal, you open up space to savor the holiday as it is.



Music Notes

Happy December!

The 3rd and 4th Grade Winter Musical is Tuesday, December 10th at 1:30pm and 6:00pm. The BTW Chorus and all 3rd and 4th graders will be performing. Students need to be back at school no later than 5:45pm for the evening performance. Please have your students wear nice dress clothes (nice pants and shirt or a nice dress).

BTW Chorus Rehearsals will continue to be on Tuesdays from 3:30-4:15pm. It is important for students to be picked up promptly at 4:15pm. There is not adult supervision provided after 4:15pm. In addition to the performance on December 10th, the Chorus will also be performing at the Modern Maturity Center on Tuesday, December 17th. We will leave BTW at 9:45am and be back by 11:00am. Students need to wear their BTW Chorus T-Shirts for this performance.

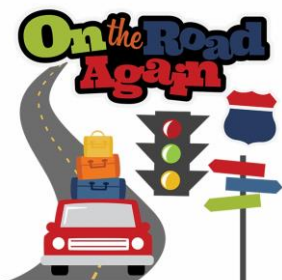
Second Grade recently completed a unit on opposites. We learned about dynamics (loud and quiet), tempo (speed of the music), major versus minor music, and ascending pitches versus descending pitches. As we move in to December we will continue to talk about rhythms and various traditions that occur during December.

First Grade and Kindergarten have been learning about different instruments in the music room and experiencing the steady beat. We are currently finishing a "Farmyard" unit where students experience various instruments, songs, dances and poems that all have to do with animals that you would find on a farm.

- Mrs. Franke

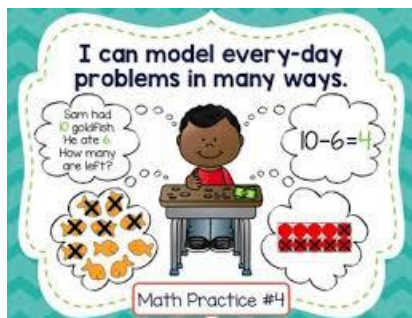
Math Interventionist

Road Trip: A Journey to Becoming a Problem Solver



Tip #4: Model with Mathematics.

A goal in math, for all students is the ability to ask and answer questions about the world. We want our children to be engaged in the thinking process. We want them to observe what is going on around them, pose a question built on a wonder or a notice, determine what information is needed to respond, and devise a plan to find the information necessary to answer the perplexing question. Through continued practice, we want our children to be able to use the information gathered to create a mathematical representation to find the solution to the question they originally asked. From here, they would then verify whether their representation that they created works or whether it needs revisions. Being able to alter the method of thinking, both with what information they used and how they used it to create a new mathematical representation is key to being a problem solver in life.



The overall focus of this practice is for the students to realize the link between mathematics and the real world application. By being able to use a variety of models in mathematics, students should then

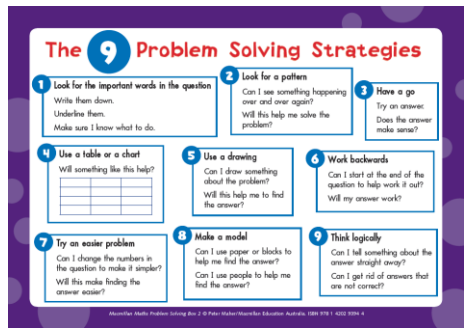


be able to build a greater capacity to draw conclusions for those models.

At home, you can help your child construct a stronger foundation for this mathematical practice by giving them time to practice solving a problem in multiple ways. To be proficient, students would need to continue working diligently on the same problem until they have used all the strategies they know to show that solution. You as the parent might prompt them by saying, "Can you solve this problem in another way? Or is there another strategy you could use to get to the same answer?" Your child will begin to realize that there are numerous ways to solve the same problem.

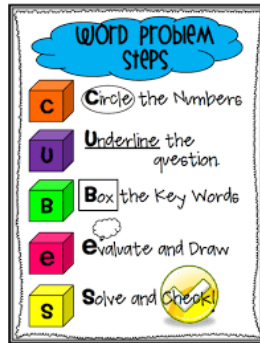
When working on problem solving skills at home, you can first have the child solve the problem using one strategy.

After they found a reasonable solution, have them share out their method and how they know that this particular strategy works. Challenge your child to then find another way to solve the same math problem. Look at how the two solutions are similar as well as different. Taking time to discuss the various approaches will build on their tool box to use when applying these skills to similar problems.



A few helpful questions to ask your child when working to use this practice at home:

- What number sentence (equation) describes this problem?
- What numbers will you use to solve the problem?
- How are the numbers in the problem connected?
- Is your answer reasonable?
- What does your solution represent?
- What strategy can you use to solve this problem?
- Is there more than one way to solve this problem?



As we continue on our mathematical “journey” to discover the key to strong practice, we need to understand the importance of math...it is all about **THINKING, REASONING, ANALYZING, WONDERING, DISCOVERING PATTERNS, and SOLVING PROBLEMS.** Our ending destination is a lifelong love of mathematics!

Booker T. Washington Elementary School
December 2019 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2.</p> <p>A: Chicken Tenders B: BBQ Rib Sandwich D: Parfait</p>	<p>3.</p> <p>A: Cheeseburger B: Mandarin Chicken D: Pizza Munchable Kit</p>	<p>4.</p> <p>A: Popcorn Chicken Bowl B: Ham and Cheese Pretzelwich D: Turkey & Cheese Chef Salad</p>	<p>5.</p> <p>A: Hot Dog or Corn Dog B: BBQ Chicken Bacon Sandwich D: Nacho Munchable Kit</p>	<p>6.</p> <p>A: Mickey's Cheese Pizza B: Italian Sub D: Chicken Caesar Salad</p>
<p>9.</p> <p>A: Chicken Nuggets B: Philly Cheesesteak D: Parfait</p>	<p>10.</p> <p>A: Shrimp Poppers B: Cheesy Breadsticks D: Pizza Munchable Kit</p>	<p>11.</p> <p>A: Chicken & Cheese Quesadilla B: Ham & Cheese Sandwich D: Nacho Munchable</p>	<p>12. CHRISTMAS LUNCH</p> <p>Turkey w/ gravy, Stuffing, dinner roll, mashed potatoes with gravy, carrots</p>	<p>13.</p> <p>A: Personal Cheese Pizza B: Turkey & Cheese Sandwich D: Turkey & Cheese Salad</p>
<p>16.</p> <p>A: Chicken Patty or Spicy Chicken Patty B: BBQ Pork sliders D: Parfait</p>	<p>17.</p> <p>A: Sausage, egg Cheese Pretzelwich B: Meatball Sub D: Pizza Munchable Kit</p>	<p>18.</p> <p>A: Chicken Drumstick B: Fish Sticks D: Crispy Chicken Salad</p>	<p>19.</p> <p>A: BBQ Rib Sandwich B: Ham & Cheese Wrap D: Nacho Munchable Kit</p>	<p>20.</p> <p>A: Stuffed Crust Pizza B: Chicken Salad on hamburger roll D: Turkey & Cheese Chef Salad</p>
<p>23.</p> <p>NO SCHOOL</p>	<p>24.</p> <p>NO SCHOOL</p>	<p>25.</p> <p>NO SCHOOL</p>	<p>26.</p> <p>NO SCHOOL</p>	<p>27.</p>
<p>30.</p>	<p>31.</p>			<p>Fresh Fruit available daily</p> <p>PB&J w/ String Cheese and Goldfish Pretzels available daily</p>

The Capital School District is an equal opportunity employer. It does not discriminate on the basis of race, color, religion, national origin, sex, sexual orientation, gender identity, marital status, disability, age, genetic information or veteran's status in employment, or its programs and activities. Inquiries regarding nondiscrimination policies should be directed to the Title IX, District 504 and ADA Coordinators: Capital School District, 198 Commerce Way, Dover, DE 19904. Phone (302) 672-1500.

ADA Coordinator

Elliot Hardin
Supervisor of Buildings/Grounds
Capital School District
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Director of Human Resources
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198 Commerce Way
Dover, DE 19904
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