

Cougar News



A Note from the Nurse:

As we enter into flu season, this is a reminder that good hand washing and covering sneezes and coughs with tissues and sleeves are essential steps to preventing the spread of "germs." Also, remember that despite concerns about school attendance, your children's health (and the health of other children) is most important of all. For this reason, we ask you to please:

- Please provide any documentation from your physician about diagnosis and release to return to school. Diagnosis to include: chicken pox/varicella, 5th disease, hand foot mouth disease, impetigo, influenza, lice, pink-eye, ringworm, strep throat, and whooping cough. (Ear and sinus infections, while often a reason for keeping a child home, are usually not contagious.)
- Keep your child home if he/she has a fever of over 100.0. A fever indicates that your child has an infection that could be passed to other students. If you give your child Motrin or Tylenol, the fever will, of course, disappear but he/she will still be contagious to others. Children must be fever-free for 24 hours (without medication) before returning to school!
- Children must be vomiting free for 24 hours before returning to school.
- Have your children wash their hands properly after using the restrooms and prior to eating.
- If the doctor prescribes medication for your child, please make sure he/she takes it as directed-which means the right amount at the right time and without missing doses.
- Check your child weekly for head lice. If head lice is found or suspected, please notify the school nurse.

Please make sure all of your emergency contacts are updated, and that you have more than 2 contacts listed. Students should not be in the health room for longer than 30 minutes. If your commute is longer than 30 minutes, please make sure you have a back-up person for emergencies.

Thank you very much for helping keep all our students healthy!

Upcoming dates:

January 11 - January 15 - MAP Testing for Grades 4 & 5
January 26 - STEM Night
February 3 - Grade 4 Winter Concert
February 4 - Jump Rope For Heart

From the Art Department:

Congratulations to three of our fifth grade students; Nayab Khan, Erik Marlow and Molly Xu, for having their artwork displayed in the exhibit:

"Howard County Public School System Creative Challenge: Working with Limitations"

Their work, along with other talented HCPSS students will be on display at the Columbia Art Center from January 7-January 31. All are welcome to attend the Artists Reception on January 14th from 5:00pm - 6:30pm.



The annual CES STEM night is Tuesday, January 26 from 6-8pm and the committee is busy planning now. We will need some materials that you can help us with. One of these items are shoe boxes. Check out this link for more items we need [STEM Night needs](#)

Thanks!!!



International Night Friday, March 11 from 6-7:30 pm

What Is International Night?

International Night is the celebration of the diverse culture we have in CES. It is a night of music, performances, and interactive country exhibits. Kids learn about different countries and have sample food tastings from around the world!

This is a fun way to display your culture and a great chance for children to learn about another country.

How to host your country?

A family or a group of families can host a country. Each country needs a lead parent as a point of contact. As a host, you can display art, crafts, traditional clothing, and other things that represent your country's traditions. You can do slide shows or play music if you are getting a separate room. Kids love food samples (make it at home or buy). We welcome you to bring sample foods to share with others as long as you label the ingredients clearly in case of any dietary constraints or allergies.

At the end of the evening, we do an hour-long cultural program. Families (kids and parents) can perform a dance that is customarily performed in your country.

If you have any question or would like to host a country, please contact Savita Jain at savita@savitajian.com

Field Trip Planner for 2015-2016

As spring approaches, the number of field trips planned increases. Below is a *current* summary of planned field trips and details about those trips. Additional field trips will be added as approved. Please note that in an attempt to minimize the financial impact, the permission slip and money may be due long before the trip occurs.

GRADE	TRIP TO	TRIP DATE	COST
1	Robinson Nature Center	January 15	\$20.00
1	Krashaur Auditorium, Goucher College	May 5	\$18.25
2	College Park Airport	May 13	\$11.00
4	Walters Art Museum	March 2	\$4.50
4	St. Mary's City	April 14	\$43.00
5	Philadelphia	April 29	\$64.00
Multiple grades	Visiting Author at CES – Kate Klise The author visit is paid for with proceeds from our annual book fair. Our next book fair will be in February. Thank you for your continued support!	April 21	\$0

Kindergarten and NEW to CES First Grade Registration will soon be upon us – Registration week is February 29-March 4. Please consider attending a HCPSS Workshop for Parents of Incoming Kindergarteners. The “Road to Kindergarten” workshops help prepare parents for entering their child into the school system and getting them ready for kindergarten. See below for session dates, times and locations.

Tuesday, January 12, 6:30-7:30pm, at Oakland Mills High School

Thursday, January 21, 6:30-7:30pm. at Atholton High School

Tuesday, January 26, 6:30-7:30pm. at Hammond High School

Monday, February 1, 6:30-7:30pm. at Howard High School

“Community Notices”

The events listed below are neither sponsored nor endorsed by the Howard County Public School System. They are being provided as a community service.

River Hill Community Association is sponsoring two coupon clipping events during January to benefit military families living abroad. The Overseas Coupon Program sends manufacturers’ coupons to military families for use at their base commissary in order to help them reduce their food expenses. **We need your coupons in order to make the events a success!** Please drop off any unwanted/unused coupons to Claret Hall in the River Hill Village Shopping Center (6020 Daybreak Circle, Clarksville). Expired coupons are accepted since the base commissaries allow their use up to 6 months after the expiration date. Coupons need to be general manufacturer’s coupons from newspaper circulars and cannot be coupons that are only valid for use at a particular store such as Giant,

Safeway, etc. If you are interested in participating in the actual coupon clipping on January 13 and 14, call 410-531-1749 to sign up.

Crisis Text Line

Help at your fingertips, Crisis Text Line serves anyone, in any type of crisis, bullying, self-harm, and more. A live, trained Crisis Counselor receives the text and responds quickly to help you move from a hot moment to a cool moment and to stay safe and healthy. **Text START to 741-741**, anonymous and confidential.

If you have any questions or would like more information about Crisis Text Line, please contact Laurie Carson at lauriecarson@verizon.net for more information or to volunteer, visit www.crisistextline.org.

Howard County Recreation and Parks

Volleyball classes starting this Jan., you can view all of the programs and get more info at <http://www.howardcountymd.gov/volleyball.htm>. Just click on the Youth Volleyball Programs and Leagues link. For questions, please contact Carson Nickell at cjnickell@howardcountymd.gov or 410-313-4720. To register, call 410-313-7275.

Success in Style

Success in Style is looking for high school volunteers to help hang and tag clothing, organize donations and maintain neat and orderly retail spaces. If you'd like to volunteer, please go to our web site www.sucessinstyle.org.

University of Maryland

Evaluation for Parents and Teens at the Comprehensive Assessment and Intervention Program (CAIP) teens age 14 to 15 years, University of Maryland, College Park. Assessment consisting of a series of questionnaires, interviews, and videotaped activities assess how teenagers and their parents think and act around each other. The study would last for approximately 3-4 hours. Office Phone: (301) 405-4264, caipumd@gamil.com

Candlelight Concert Society

Brentano Quartet, Sat., Jan. 9, 8 p.m., Smith Theatre – Columbia, MD

For more information and to purchase tickets www.candlelightconcerts.org

River Hill Community Association

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Candlelight Concert Society

Junie B.'s Essential Survival Guide to School by Theatreworks USA, Sun., Jan. 31, 2 & 4 p.m.

Smith Theatre Columbia, MD. www.candlelightconcerts.org 410-997-2324

Howard Community College

Beginning Sewing: Make use of your trusty, dusty sewing machine. Learn (or relearn) to thread it, select material, follow a pattern, Tues., Jan. 12-March 8, 7-9 p.m., Wilde Lake High School. Howardcc.edu/Con Ed or call 443-518-4404.

Howard Community College

Inspiration and Songwriting: Explore lyrical content, rhyme, rhythm, melody and harmony with a talented musician and composer. Discover the song within you. Weds. Jan.13- Feb. 10, 7-8:30 p.m., Oakland Mills High School. Go to Howardcc.edu/Con Ed or call 443 518-4404 for more information.

Howard Community College

Beginning Folk Guitar: Learn to play traditional and contemporary songs using flat-picking and finger picking techniques. Weds, Jan. 13-March 2, 7-9pm, Oakland Mills High School. Go to Howardcc.edu/Con Ed or call 443-518-4404 for more information.

Howard Community College

Speaking with Confidence: This day long course, taught by a professional speaker and coach, will teach techniques to help you become a more confident, skilled and polished presenter, Sat., Jan. 16, 9 a.m.- 4 p.m. Gateway Campus. Go to Howardcc.edu/Con Ed or call 443 518-4404 for more information.

Howard Community College

From Selfie to Self-Expression: Cell Phone and Tablet Photography: That SLR has been replaced with cell phones and tablets to take “in the moment” photo memories. Take your shots to the next level with this course, taught by an HCC instructor and professional photographer. Sat., Jan. 16-23, 9 a.m.-1p.m. Go to Howardcc.edu/Con Ed or call 443 518-4404 for more information.

Howard Community College

Advanced Driving Skills: For newly licensed or seasoned drivers and offered in partnership with DriveTeam. Learn a variety of skid avoidance and recovery skills using state-of-the-art equipment. Use your own vehicle and the Skid Vehicle. Offered at HCC (Main Campus, Lot F). Next class is Sat., Jan. 23, 12:30-4:30 p.m. For more information go to riderschool.org or call Loretta Farb 443-518-4971.

Glen Mar Church

Second annual Day of Service: Mon., Jan. 18, (MLK Jr. Day) 8:30 a.m.- 4:30 p.m. Family-oriented short-term service opportunities. Free and open to public. Come for an hour or come for the day. Glen Mar Church: 4701 New Cut Road, Ellicott City. Visit us at <http://www.glenmarumc.org> or call D.C. Veale at 410-465-4995 ext. 205.

Boy Scouts

Troop 615 Open House **Jan. 27**, at the Church of the Resurrection in Ellicott City at 7 p.m. Join us to learn about Boy Scouting and the Adventures of Outdoor Cooking. Please RSVP to Dr. Bruce Anderson @ bdaabat@gmail.com.

Healing Dimensions Foundation Offers Stressless Tests

Stressless Tests Winter study skills classes. High School classes start **Jan. 27**, meeting for four Weds evenings at Centennial High School. Middle School classes start **Jan. 19** and meet for four Tues. evenings at Burleigh Manor Middle School. For more information, email Bcaldwell202@gmail.com or www.Stresslesstests.org

Food on the 15th

Volunteer opportunities for students of all ages. We collect, sort and deliver free non-perishable groceries directly to low-income Howard County senior citizens. To learn more about what we do, visit our website at www.foodonthe15th.org/. We are always looking for students and groups to do food drives for us. We can be reached at foodonthe15th@gmail.com.

St. Andrews Episcopal Church

Pancake Supper, Tues. **Feb. 9**, 6-8 p.m., St Andrew's Episcopal Church, Rt. 97 in Glenwood. Contact Beth at elizlindblom@hotmail.com with questions.

Glenelg Country School

The College Admission Process: The Past, Present, and Future, **Feb. 10**, 7 p.m., Multz Theater, Glenelg Country School, 12793 Folly Quarter Rd, Ellicott City, MD. A panel of distinguished college and university admission officers will host a frank and informative discussion
Full Details and RSVP: www.glenelg.org/dragindialogues.

North Laurel Community Center

Howard County Teen Clubs, Fri., **Jan 29**, 3:30-5 p.m., North Laurel Community Center, 9411 Whiskey Bottom Rd, Laurel, MD. Volunteer and earn service hours while learning important leadership and life skills. Please register online or by calling Recreation & Parks 410-313-7275 (Course Number RP2880.503). For more information, please contact Christine Lyons clyons@howardcountymd.gov

Glen Mar Church

Singers (adults and high-school age) are needed to perform John Rutter's entire "Requiem" at a Good Friday Worship Service on **March 25**, 7:30 p.m. at Glen Mar United Methodist Church in Ellicott City. Practice starts on Thursdays from 7 to 7:30 p.m. in January. Contact Sophie Hong, Glen Mar's Music Director at 410-465-4995 ext. 209 or sofie.hong@glenmarumc.org for more information.

Junior Achievement Rising Women

JA Rising Women is a unique after-school opportunity for female high school students in Howard County, Wed., Feb. 17-May 18, 5-6:30 p.m. (with 3 sessions extending to 7 p.m.) at bts Software Solutions in Columbia, MD. For more details and application requests, please contact Hina Naseem at hnaseem@jmaryland.org or 410-313-6403.

SPORTS

4th Quarter

Spring after school leadership program at Bonnie Branch and Elkridge Landing Middle School (Spring registration ends **Mar. 1**, 2016). The Fourth Quarter uses fitness and touch football to tackle these MAJOR community issues: 1. Lack of focus 2. Experimentation with drugs and alcohol 3. Childhood obesity 4. Failing to reach ones leadership potential. Become apart of the 4th Quarter TEAM by downloading a 4th Quarter Spring registration form at the4thqtr.org or jguy@the4thqtr.org

Clarksville ES Parents:

Howard County Recreation & Parks are offering the following After School Classes this Winter at Clarksville ES!

Some begin next week so please register ASAP to save your spot and ensure these classes have enough children to run!

To Register: Go to <https://apm.activecommunities.com/howardcounty/> and type in the course number of the program (ex RP3358.601), or you may register over the phone at 410-313-7275 (8am-4:30pm, Monday-Friday).

AbraKadoodle Art Education After School

Grades K-5 / 8 classes **starting Jan 14 / \$115 + \$24 Materials**

Discover your creative talents and abilities through painting, sculpting and additional media. All skill levels welcome! Classes bolster self-confidence and pride while teaching art history, techniques, vocabulary, and socialization skills. Each session has new lessons and new inspiration artists; there are no repeats. Materials fee due at first class, payable to AbraKadoodle. (No class 2/4.) Info: Melissa Calleri, 410-313-4721 or mcalleri@howardcountymd.gov

RP0136.601 4-5 PM Thursdays

LEGO WE-DO Robotics After School with Club SciKidz Tech Scientific

Grades 1-3 / 8 classes **starting Jan 15 / \$149**

Winter 2016 theme: Engineering Design! Enjoy challenging projects. Combine a variety of simple machines to see how to construct complex machines that complete important tasks in our everyday life! Projects include a truck crane, bulldozer, forklift and many other useful tools. For more fun, build a Ferris wheel! (No class 1/22, 2/5.) Info: www.clubscikidzmd.com or Adam Wienckowski, 410-313-4714 or awienckowski@howardcountymd.gov

RP3358.601 4-5:15 PM Fridays

Passport to China After School

Grades 1-5 / 8 classes starting Jan 19 / \$139

This popular after-school program gives you the chance to learn Chinese in an immersion environment, that's fun and efficient. Learn the geography, history, culture, and language of China. Classes include conversational language, abacus math skills, and native music and songs! Experiment with crafts such as paper cutting (Jianzhi), paper folding (Origami) and calligraphy (Shufa). Classes are taught by specially trained Academy of Excellence instructors, sponsored by the WeeStar Corporation, a non-profit educational organization focusing on Chinese language teaching and cultural exchange programs. Info: Melissa Calleri, 410-313-4721 or mcalleri@howardcountymd.gov

RP3314.601 4-5:30 PM Tuesdays

After-School Indoor Soccer

8-10 yrs / 8 classes starting Jan 19 / \$63

The world's most popular game awaits you. Boys and girls learn and improve basic skills such as dribbling, trapping, shooting, passing, defense and team play. Coaches use a variety of drills, games and scrimmages to make learning fun and exciting. Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov

RP6701.605 3:55-4:55 PM Tuesdays

Kiddie Indoor Soccer

5-7 yrs / 8 classes starting Jan 19 / \$63

Are you ready to play the world's most popular game? Boys and girls, learn basic skills such as dribbling, trapping, passing, shooting, defense and team play, all in a fun and encouraging environment. Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov

RP6700.605 5-6 PM Tuesdays

After-School Floor Hockey

8-10 yrs / 6 classes starting Jan 21 / \$47

This fast-paced, fun, beginner hockey class does not involve checking. Learn and improve skills including puck/ball control, passing, shooting, teamwork and game play. (No class 2/4.) Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov

RP6263.604 3:55-4:55 PM Thursdays

Kiddie Floor Hockey

5-7 yrs / 6 classes starting Jan 21 / \$47

Come learn how to play hockey! This first-time/beginner level class does not involve checking. Learn and improve skills, including puck/ball control, passing, shooting, teamwork and game play. (No class 2/4.) Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov

RP6265.604 5-6 PM Thursdays

After-School Basketball

8-10 yrs / 6 classes starting Jan 25 / \$47

School's over and it's time to play some basketball. In this once-a-week clinic, boys and girls learn and develop fundamental skills including dribbling, passing, shooting, defense and overall team play through activities and games. It is the perfect place to start or to complement one of our basketball leagues. (No class 2/8, 2/15.) Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov

RP6081.602 3:55-4:55 PM Mondays

Kiddie Basketball

5-7 yrs / 6 classes starting Jan 25 / \$47

Learn basketball in this introductory clinic. Work on the fundamental skills of dribbling, passing, shooting, and overall team play in a fun and encouraging environment. (No class 2/8, 2/15.) Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov

RP6080.602 5-6 PM Mondays

Bricks4Kidz LEGO After-School Transportation Timeline

Grades K-5 / 6 classes starting Jan 26 / \$99

If you like planes, trains and automobiles, then this class is for you! Build motorized models of a dragster, a railroad crossing gate, an airplane and more! Explore the history of transportation from horse and buggy and trains to the development of the automobile and flight. Take your mini-figure for a ride on these vehicles, and customize it to your own specifications! Bricks4Kidz is a STEM-based program that teaches science and technology concepts using LEGO bricks.

Info: www.bricks4kidz.com/maryland-clarksville-fulton-marriottsville/ or Adam Wienckowski, 410-313-4714 or awienckowski@howardcountymd.gov

RP3379.611 4-5 PM Tuesdays

NEW! Disney's *High School Musical* by Drama Learning Center

Grades 1-5 / 14 classes starting Feb 11 / \$215

We're all in this together! Learn acting, singing and dancing skills while rehearsing for the final performance. Program meets weekly for 10 classes, has 3 evening dress rehearsals and an evening final performance for family and friends. Detailed class info:

www.howardcountymd.gov/music_theaterarts.htm.

RP1045.601 4-6 PM Thursdays