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# Bobcat Updates

## Semi-Weekly news from Carrie Busey

Friday, December 6, 2013

### Help Wanted

Submitted by Elly Peirson

Do you have 15-20 minutes? Would you like to complete easy tasks that really help the teachers?

As you know, our teachers are not only adjusting to a new reading curriculum this year, but also a new evaluation system. An easy way to help our teachers is by performing their copy tasks for them - freeing up their planning time to work on more important things.

In order to help more teachers the PTA received a suggestion to implement a copy request box. This box will be located in the South copy room (near the 2nd/3rd grade wing). All teachers can request copies by either filling out a copy request form or simply putting a sticky note on their request. Completed jobs should be placed in the teacher's mailbox or in their classrooms, if the job is larger.

We think this will limit classroom interruption and reach more teachers who may not have regular help.

So, if you have a short amount of time to spare and would like to volunteer, please stop by the South Copy Room and see if there are any copy requests to complete.

Carrie Busey PTA

### News from the Library

Submitted by Ms. Cahill

Are you concerned about how much screen time there is in the lives of your family? Do you want a reliable source for information about all kinds of media: books, videos, movies, and apps? Do you want a source for research about children's media habits? Check out the Common Sense Media website at <http://www.commonsensemedia.org/>. Looking for gifts for the holidays? Check out their holiday hub at <http://www.commonsensemedia.org/holiday> where you can find a holiday gift guide, a video with holiday shopping tips, a list of essential apps, an article entitled "5 Budget-Friendly Gift Ideas" and more.

You will be hearing a lot more about Common Sense Media from me as I explore all the website has to offer me as an educator. I want to help our students learn to safely navigate our increasingly complex digital world.

### PTA ([pta.carriebusey@gmail.com](mailto:pta.carriebusey@gmail.com))

#### Co-Presidents

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**Treasurer:** Katie Stafford (621-1667)

#### Co-Secretaries

Kara Tanaka  
Lori Rogers (352-8634)

Next PTA Meeting: **January 21st, 2013, 7:00 PM**

3rd Tuesday bi-monthly, Commons Area, kid care available

### Carrie Busey Calendar

Dec 20: Last Day before Winter Break

End of Quarter 2 / Semester 1 - **Early Dismissal**

**Dec 23 to Jan 8 2014: Winter Break - NO SCHOOL**

Jan 16: Skateland—6:00 to 8:00 pm

Jan 21: PTA meeting, Commons area

### Physical Education News

Submitted by Mrs. Starwalt, PE teacher

Mrs. Starwalt is the Illinois Fuel Up to Play 60 teacher of the year. She will travel to Chicago to attend the Monday night football game, Bears vs. Cowboys. Mrs. Starwalt will be down on the field as the team warms up, and will be honored and announced prior to kickoff. We hope all of Carrie Busey will watch this fun event Monday night December 9th.

Spikeball has come to Carrie Busey. If you have a 2nd -5th grader ask them about playing this game that is all the rage. The game was invented as a beach game and has taken off at college campuses across the country. As a matter of fact there is a huge Spikeball tournament at Harvard University this month. This game takes skill, endurance, teamwork and a bit of strategy to win. Check it out online at [Spikeball.com](http://Spikeball.com) If Harvard can play, Carrie Busey can play, right?

Helps us reach 100 followers on the Carrie Busey PE twitter account: [@CBPEStarwalt](https://twitter.com/CBPEStarwalt)

## C.A.T.C.H. Healthy Recipe

### Beef Vegetable Soup

1 pound boneless beef chuck roast, trimmed and cut into bite-size pieces  
3 medium carrots, cut into 1/2 inch-thick slices  
2 small potatoes, peeled and cut into 1/2 inch cubes  
1 medium onion, chopped  
1/2 teaspoon salt  
1/2 teaspoon dried thyme  
1 bay leaf  
2 14-1/2-ounce cans diced tomatoes  
1 cup water  
1/2 cup loose-pack frozen peas  
Fresh parsley sprigs (optional)

In a 3 1/2 or 4-quart slow cooker, combine beef chuck pieces, sliced carrots, cubed potatoes, and chopped onion. Sprinkle with salt and thyme. Add bay leaf, tomatoes with their juices, and water. Stir until all ingredients are combined. Cover; cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. Remove and discard bay leaf. Stir in peas and garnish with parsley, if desired.

Yields 4 servings. Per serving; 269 calories, 4g fat; 4g fiber.

Helpful hints: Many crockpot recipes can be put together and placed in refrigerator overnight. Next morning remove from refrigerator and set on low heat all day.

Other spices you may want to add to this recipe: 1/2 tsp. cumin, 1/4 tsp. cayenne pepper or you could double the spices listed above.

## November Perfect Attendance

Ms. Slifer's classroom won the November Pizza Party for having 13 perfect November attendance days out of 17 school days. Wow!! Great Job!!!!

November drawings for a boy and girl who had perfect November attendance:

**Wyatt Huffstutler**- Ms Beckett's Classroom- won "Sorry" the board game.

**Zakayah Billings** – Mr. Huddleston's Classroom – won "Hedbanz Act Up!" the board game

## Hour of Code

We live in a world surrounded by technology. But only a tiny fraction of students learn how computers work, or how to create software technology. Computer Science provides a foundation for virtually any career and all of our students can benefit from learning the basics. It is also never too early to begin building the minds of computer scientists and engaging students with how computers work.

This year, for Computer Science Education Week (December 9<sup>th</sup> -15<sup>th</sup>), a massive campaign called the Hour of Code is introducing 10 million students to try one hour of introductory computer science. I am happy to announce that we have all grades at Carrie Busey participating in this event.

After your student's class has done their Hour of Code, information will be sent home with the students about how they can continue their learning of computer science via self-guided tutorials.

You can learn more about the activities and the Hour of Code by visiting: <http://csedweek.org/>

Thanks,  
Jeff Scott, Principal and Matt Sly, Information Technology Coach

## Food DOES Affect Behavior!

Submitted by Mary Bragg, Social Worker

Although most of us THINK that food affects the behavior of our children, many of us come to this belief through an unscientific process. This is usually by watching our children, or other children, when eating sugary treats. An experiment in Great Britain was recently conducted which illustrates the striking difference food can have on behaviors.

In this experiment, children at an after school program were divided into two groups. One group was offered healthy food such as apple slices, carrot sticks, sandwiches, hummus, etc. and was given water to drink. The other group was offered typical treats that are given at parties, e.g., candy, potato chips, and soda (or as they say in the UK, sweets, crisps, and fizzy pop), all containing loads of sugar, artificial coloring, and other additives.

The children's behavior was then observed and recorded. Behaviors of particular interest were their ability to follow instruction, concentrate, and remember information while they played games.

The chart below shows the differences in the behaviors between the two groups.

Results		
	Healthy Food Group	Party Food Group
Mean Behavior	0 incidents	69 incidents
Physical Aggression	8 incidents	63 incidents
Hyperactive Behaviors	30 incidents	163 incidents
Total incidents of Bad Behavior	120	720

To read more about this experiment and to watch the video of the children, please go to: <http://wholenewmom.com/health-concerns/think-food-doesnt-affect-behavior-read-and-watch-this/>