

"Everybody is Somebody at East Rockaway Schools"



March 2010

Dear Families:

Happy 20th Birthday
Rhame Avenue School!!!



Attention Alumni and Current Rhame Students:

Help us as we celebrate Rhame Avenue's 20th birthday! Send in photos or a short memoir/story of your favorite past or present Rhame Avenue memory for a birthday display by March 5th.

Parent-teacher conferences for **all grades** will be held during the afternoon of Monday, March 15th and from 6:30-8:30 pm on Tuesday, March 16th. Students will be dismissed at 11:45 am on Monday, March 15th. There is a full day of instruction on Tuesday, March 16th. The after school program will be available. Teachers will be contacting you shortly regarding the date and time you are scheduled. Should the time slot be inconvenient for you, please call your child's teacher to reschedule. Report cards will be distributed to the children on March 11th and discussed at your conference.

Congratulations are extended to:

- Enterprise student Kathleen Peknic's team on winning this year's UCPN's 4th grade Trivia Challenge Finals.
- J.A.M. winners: Emily Chelius (Gr. K-3) and Jordan Chelius (Gr. 4-6). Thank you to all 121 students who had their J.A.M. calendars signed and returned and to all those who participated!

March is *Music In Our Schools Month*. Our music department will be participating in various ways this year. Please try to join the month long celebration by participating in some music activities with your family. Our students will also be participating in the World's Largest Concert on March 16th. Please refer to flyers sent home for more details.

REMINDER: OUR CHORUS WILL BE PERFORMING AT THE NY ISLANDER GAME ON SUNDAY, 3/14 @ 5 P.M. THEY WILL SING "AMERICA THE BEAUTIFUL!"

MARCH IS KINDNESS MONTH! STAY TUNED FOR DETAILS!

FITNESS TIP: Skip the Commercials. Use the 2-minute commercials to work in exercise. Do anything that gets you somewhat breathless: Jump or run in place, go up and down your stairs, do some lunges around the house or triceps dips off your stationary coffee table. If you watch 2 hours a night of television, using the commercial breaks to get your heart rate up will burn almost 250 calories-you can shed 4 pounds a year.

Science Lab – Static Electricity

Try this experiment to teach your child about static electricity.

You'll need: a mirror, a balloon (blown up and tied)

Here's how: Have your youngster stand in front of a mirror, rub the balloon on her hair for about 15 seconds, and move the balloon slowly away from her hair. After a few seconds, she should move the balloon back toward her hair – without having the balloon touch her hair.

What happens? When she moves the balloon away, strands of hair will "fly away" toward the balloon. When she moves the balloon back toward her hair, strands of hair will again move toward the balloon.

Why? When the balloon rubs against hair, it creates static electricity because the hair and the balloon have opposite electrical charges – and opposites attract. This causes the balloon and hair to move toward each other.

Tip: This experiment works best with clean hair on a dry day.



INFO BITS: **Multiplication tip**

Help your youngster understand multiplication by having him think of "x" as "groups of" (example: 3x2 means "3 groups of 2"). Then, have him practice with an empty egg carton and beads. He can put 2 beads in each of 3 sections and count by groups (2, 4, 6) to get the answer: $3 \times 2 = 6$.

Very truly yours,

Ms. Laura A. Guggino, Principal