



# BIRCHVIEW BULLETIN

FOR THE PARENTS OF BIRCHVIEW ELEMENTARY SCHOOL

April 2014

*From the desk of Sam*

## **MCA State Testing**

The Minnesota Comprehensive Assessments (MCA's) are coming to Birchview soon. Both the reading and mathematics tests will be paper/pencil tests this year. Fifth graders will also take the MCA in science, but this MCA will be an online assessment. The dates of testing are:

**Tuesday and Wednesday, April 22 and 23 –**

**MCA Reading grades 3-5, paper/pencil**

**Tuesday and Wednesday, April 29 and 30 –**

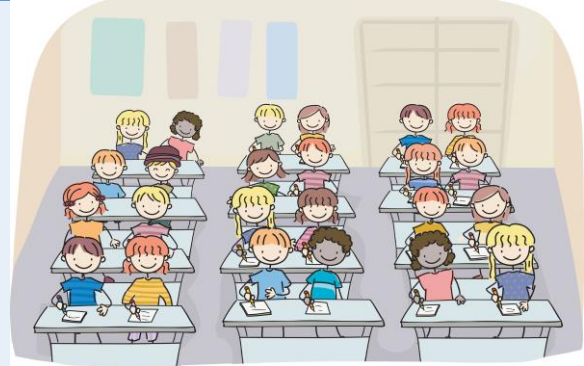
**MCA Math grades 3-5, paper/pencil**

**May 5-16 – window for 5<sup>th</sup> grade science testing. Look for details from your 5<sup>th</sup> grader's teacher.**

## **Preparing Your Child for State Testing**

High stakes tests, such as the MCA's assess a student's abilities – what they know and are able to do. Increasingly so, these tests have become cognitive thinking tests. Although students have spent the year preparing mentally for these tests, it is equally important that students are prepared both physically and emotionally. This is another chance for us to partner in ensuring your child's success.

The list below is not meant to be exhaustive. It merely shares some ideas and gives some guidance on what we can do to help prepare your child for what can be stressful season.



## **Mental Preparation (ahead of time)**

- Make homework a regular habit. When kids see their parents put importance in regular work, they take academics more seriously. Use this as a teachable moment – correct together and help clarify misunderstandings.
- When you read with your child, ask them questions about the text. Ask them to point out in the story where they found the answer. Multi-task – sit your student in a chair as you do other jobs so you can listen to them and ask questions.

## **Emotional Preparation**

### **(ahead of time and day of)**

- Talk to your child about any concerns they may have. Ease their fears, but make sure they know it's "OK" to be nervous.
- Let your child know that the test is important, but not the end of the world.
- Help your child to think positively. Instill phrases like, "I can do this!" and "I am going to do my best!"
- Write your child a special note to open the morning of the test – for both reading and math MCA's. This encouragement can go a long way. (continued)

### **Physical Preparation (night before and day of)**

- Make sure your child goes to bed with enough time to get 9-10 hours of sleep.
- Exercise before school – gets the blood flowing
- Dress for success (comfortable clothes, fancy clothes, favorite clothes)
- Start the day with a good breakfast – higher in protein and lower in sugars/carbohydrates.
- Get your child to school on time (this is good every day!)
- Take any regular medications
- Ask your child to take a shower the morning of the test – this rouses both their body and mind.
- Drink an extra glass of water each morning and night.
- Keep routine as normal as possible
- Give your child time to blow off steam or relax after school (outdoor play is particularly good!)



## **The Transition to Middle School:**

### ***A Family Forum for Parents of 5<sup>th</sup> Graders***

### **Thursday, April 10<sup>th</sup>, 6:30-8:00 p.m.**

**Birchview Music Room, School Age Childcare Provided**

The idea of starting middle school can be daunting, for you and your child. The Middle School Open House on April 8<sup>th</sup> is the first step to this new world for your child. Let us help make the transition an easy one with an evening spent answering some of the questions left on your mind.

*Rob Rimmington*, CMS Dean of Students and *Debbie Kimlinger*, EMS Counselor (and Birchview Parent) will share their invaluable insights to the world of middle school.

### **They will discuss:**

***Scheduling:*** classes, length, passing time, etc.

***Transition Assistance:*** describe future events to assist with the transition (fall open house, etc.)

***Activities:*** outline of the activities in which students can become involved (sports, plays, Wolf Ridge)

***Communication with the School:*** Skyward grade book, daily planner, homework page, Google Calendar, etc.

***Social Issues:*** a short overview of the developmental aspects of the middle school years, peer influence, etc.

Knowledge is power, so join us for a very informative evening *to help you help your child* into their new world!



## PTA PAGES

### *A Message from The PTA President...*

No doubt everyone is looking forward to spring break. Once conferences are over we can enjoy a week off: no activities, little homework, and some quality family time. I hope everyone has a relaxing week and comes back to school refreshed. Can you believe we're on the countdown to the end of the year?!

We have so many people to thank for providing a wonderful lunch to our staff during the busy conference day. Our sincerest gratitude goes to the Merdan family, owners of the Plymouth Qdoba, for their generous food donation. We also thank the families who donated funds toward the lunch. Finally, a big thank you to Shannon Dahl, Moe Hagestuen, Anne Oswald and Kerry Maahs for coordinating the lunch. I know the teachers truly appreciate this and it makes their long day a little easier.

We fifth grade parents have already begun to prepare for sixth grade and our Family Forum on April 10<sup>th</sup> at 6.30pm will feature Rob Rimington, Central Middle School's Dean of Students and Debbie Kimlinger, East Middle School's Counselor, who will talk about the transition to middle school. I encourage you to attend if you are able. Free school age childcare will be available.

We also have two fun events coming up after spring break. Our first ever fun run fundraiser will take place on April 17<sup>th</sup>, kicking off with a pep rally on April 8<sup>th</sup>. Watch for more details to come about that. We are excited to try something new! Kids' College will take place on April 25<sup>th</sup>. This is a

wonderful afternoon when students can explore some classes that may be completely new to them. I have taught a class on Japanese Culture and Language for the last few years and there's one student who comes up to me often at school to remind me that she met me in that class! Thank you to Stacy Paulsen for organizing Kids' College this year.

Here's to a great spring break and some warmer weather!

As always, please contact me with any PTA-related questions or concerns you may have. We are also always open to suggestions for the future!

Nichola Schoenfelder  
nichola\_s@yahoo.com  
763-432-3113



# The RUN is coming!



We are SO excited to bring a new fundraiser to Birchview. The Apex team will be at our school for 2 weeks, promoting leadership and fitness in addition to helping our kids get excited to raise money for the school. This year's theme is *Power Up!*



- Positive Attitude
- Others First
- Work Together
- Exercise
- Responsible

During the Apex Fun Run, students are challenged to get pledges for the laps they will run on April 17. Students will run for 30 minutes and average 26-36 laps, with the maximum amount of laps being 36 (each lap is about 1/16th of a mile). Sponsors can pledge \$1, \$2, \$5 or any other amount for each lap students run. All participants will receive an access code that allows you to enter pledges online. Funds raised this year will be going to the school to pay for *Playground Equipment, Classroom Enrichment and Field Trips.*

**We need your help!**

**We NEED parent volunteers! The day of the race, April 17<sup>th</sup>, we need volunteers to help us track the laps. We will have a schedule shortly, so you can pick a time when your child is racing. We will also need help with pledge input and organization on April 25<sup>th</sup> at 11am. Look for a SIGN UP GENIUS or email Joy Stroup @ [joyinthegang@msn.com](mailto:joyinthegang@msn.com) or Amy Westermeyer at [amywestermeyer40@gmail.com](mailto:amywestermeyer40@gmail.com).**



## PTA PAGES



**Thank you to all the volunteers who helped with the Third grade breakfast and conference/staff lunches! Your help is greatly appreciated!**

A big thank you to the co-chairs of conference/staff lunches! Also to the breakfast committee, Katie Vandecar and Chris Gerber

for another successful breakfast and a great year!!!



*Watch for volunteer opportunities for Kids College, the Fun Run and Turn off TV Week!*





# Thank you!

Birchview would like to say a huge thank you to...



During conferences on Thursday, March 27, Qdoba helped us serve an incredible lunch to our very deserving staff. The Merdan Family of Birchview was so gracious to share their business with us and helped us make a VERY busy day for our staff a lot more manageable. Knowing they had a delicious Qdoba lunch ready for them was so appreciated! Thank you to the Merdans for their assistance and THANK YOU to Birchview Families that contributed funds or supplies for the day. Birchview has done it again! We are an incredible community!

If you are looking for an option for catering just like we did at Birchview, please consider Qdoba! Have a grad party coming up? Have a birthday/ anniversary party to plan? Think of Qdoba!

Call the Plymouth Qdoba Location and get all the info you need!

Qdoba ~ 4345 Nathan Ln N, Plymouth, MN 55442 (763) 951-7300



# PTA PAGES

## Open position for the PTA Vice President of the Board for the 2014-15 School Year:

Vice President duties include:  
(2 year term)

1. Attend monthly executive Board meetings along with other Board members and Principal.
2. Assist PTA Board in making financial and executive decisions with the better good of Birchview in mind.
3. Attend BV functions and represent the PTA as much as possible.
4. Shadow President in preparation for the following school year. In case of PTA President's absence, fill in for President as necessary.

This is a great way to be very directly involved with the school, have input on the PTA's financials, share your leadership abilities, and make a difference for you child's school.

Please consider this wonderful opportunity!

### Birchview PTA Board, 2013-14 School Year

Nichola Schoenfelder, President  
[nichola\\_s@yahoo.com](mailto:nichola_s@yahoo.com), 763-432-3113

Leslie Hammer-Brindley, Vice President  
[lezleehb@gmail.com](mailto:lezleehb@gmail.com)

Robyn Ruark, Treasurer  
[bynbyn@msn.com](mailto:bynbyn@msn.com), 952-476-2024

Leigh Doyle, Volunteer Coordinator  
[leighdoyl3@gmail.com](mailto:leighdoyl3@gmail.com), 612-386-2778

Joy Stroup, Communications Coordinator  
[Joynthegang@msn.com](mailto:Joynthegang@msn.com), 763-473-1593



# PTA PAGES

## APRIL 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
 <b>Spring Break</b>						
6	7	8	9	10	11	12
	Apex Fun Run Fundraiser Begins  School Resumes	Apex Pep Rally, 1:50pm		Family Forum: Moving to Middle School 6:30pm		
13	14	15	16	17	18	19
				Apex Fun Run <b>RACE</b> <b>DAY!</b>		
20	21	22	23	24	25	26
					Kids College	
27	28	29	30	May 1	2	3

