

# W.R. Brown Elementary School



## Saddled up for achievement and riding to success...

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Caesar Rodney School District

March 2021



### Upcoming Dates

Thursday, March 4<sup>th</sup>

PTO Meeting  
6:00 p.m.

Tuesday March 9<sup>th</sup>

Spring Picture Day  
Hybrid AA Students

Remote students by Appointment  
4:00 – 5:45 p.m.

Thursday, March 11<sup>th</sup>

Spring Picture Day  
Hybrid BB

Remote students by Appointment  
4:00 – 5:45 p.m.

Tuesday, March 16<sup>th</sup>

CR School Board Meeting  
7:00 p.m.

Looking Forward:

Thursday April 1<sup>st</sup>

No - School  
Teacher In-Service

Friday, April 2<sup>nd</sup> – Friday April 9<sup>th</sup>

No School  
Spring Break



Dear W. R. Brown Families,

It's hard to believe that March is here and spring is right around the corner. WRB will host Spring Pictures this month. Our in-person students are scheduled for Tuesday March 9<sup>th</sup> and Thursday March 11<sup>th</sup>. Remote students may sign up for a time slot on either day from 4:00 p.m. – 5:45 p.m. using the link below.

Our next PTO meeting will be held virtually on Thursday, March 4<sup>th</sup>. You can find the zoom link to the meeting on our school webpage.

We would like to congratulate Mrs. Cherie Bergold who was selected as our 2021 W. Reily Brown Teacher of the Year.



## Spring Picture Day

Spring Pictures will be held on March 9<sup>th</sup> and 11<sup>th</sup> for hybrid students. Remote students may sign up for a slot on either day between the hours of 4:00 p.m. and 5:45 p.m. following this link:

<https://www.signupgenius.com/go/10C0D4AACA829A1F4C61-schedule1>

# The Leader in Me®

great happens here



## Habit 6: Synergize

Synergy! What does it mean? Synergy is the manifestation of all the other habits working together. It means collaborating to create 3<sup>rd</sup> alternatives rather than settling for compromise. When we Synergize, the whole is greater than the sum of its parts – one plus one equals three or more.

A common paradigm is to compromise but a highly effective paradigm is to come up with something that's better than what either one had in mind. Synergizing is based on the principles of effectiveness: creativity, cooperation, diversity and humility.

When we work to synergize we:

1. Value Differences: This is the foundation of creating synergy. We are effective when we value and embrace the differences of others rather than rejecting or merely tolerating them. We see others' differences as strengths, not weaknesses.
2. Seek 3<sup>rd</sup> Alternatives: When we are effective, we strive to create 3<sup>rd</sup> Alternatives. More than just "my way" or "your way," a 3<sup>rd</sup> Alternative is a higher, better way. It's something that neither of us would have come up with on our own.

## Literature Corner



Swimmy by:  
Leo Lionni

A little black fish uses his unique identify to protect the entire school of fish from their enemies.

**Chicken Sunda**  
Patricia Polacco



Chicken Sunday by:  
Patricia Polacco

In order to thank Miss Eula for her wonderful Sunday dinners, three children sell decorated eggs to buy her a beautiful Easter hat.



**Be Proactive**  
You're in Charge



**Begin with the End in Mind**  
Have a Plan



**Put First Things First**  
Work First, Then Play



**Think Win-Win**  
Everyone Can Win



**Seek First to Understand, Then to Be Understood**  
Listen Before You Talk



**Synergize**  
Together Is Better



**Sharper the Saw**  
Balance Feels Best



$8 + 5$   
 $123 \times$



# Math @Home

### Checkerboard Math

How many different ways can you count the squares on a checkerboard? Of course, the squares can be counted one at a time. How about counting the red squares, then counting the black squares? Can we count by 2s? Can we count the squares by adding? by multiplying? See how many ways of counting the squares your child can identify.

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## 5 Rules to Being a Fit Kid



1. Eat a variety of foods. Rule of thumb is to eat all the colors of the rainbow each day. (Red, Orange, Green, Yellow, Blue, Purple)
2. Drink water and milk. Rule of thumb: 8-8 ounce glasses of water a day. Milk age 4-8=2.5 cups, age 9 and older 3 cups. You mix up by eating foods that have calcium in them.
3. Listen to your body. When you are eating, stop when you are no longer hungry. Most of the time we are thirsty versus hungry.
4. Limit screen time. Not an easy thing considering all the remote learning taking place, but should be less than 2 hours of unrelated school designated computer time.
5. Be active. Can't get outside, dance in your kitchen!!

### March is National Nutrition Month – Info. From the NIH What is a “healthy” diet?

A healthy eating plan is one that:

- Emphasizes fruits, vegetables, whole grains, and low-fat or fat-free milk products
- Includes lean meats, poultry, fish, beans, eggs, and nuts.
- Is low in saturated fats, trans-fats, cholesterol, sodium/salt, and added sugars.
- Stays within your calorie needs.

**Focus on Healthy Food Choices** - Choose the **GO**, **SLOW**, and **WHOA** foods:

**GO FOODS** – are the lowest in fats and added sugar. They are *nutrient dense* with a better source of vitamins, minerals, and other nutrients important to health. Examples of GO foods are fruits, vegetables, whole grains, fat-free and low-fat milk products, lean meats, poultry, fish, beans, egg whites, or egg substitute.

**SLOW FOODS** - are higher in fat, added sugar, and calories. SLOW foods include vegetables with added fat, white refined bread flour, low-fat mayonnaise, 2% low fat milk products, peanut butter, pizza, baked chips, and mac and cheese. Have slow foods sometimes.

**WHOA FOODS** – are the highest in fat and sugar. They are *calorie dense* foods and low in vitamins, minerals, and other needed nutrients. Have WHOA foods once in a while, and when you do have them, have small portions. Examples of WHOA foods are whole-milk products, fried foods, bakery sweets, candy, soda, chips, sugary cereals, and creamy salad dressings.

**Hungry for more?** Visit the WE CAN! Web site at <http://wecan.nhlbi.nih.gov>

Visit the Keep the Beat : Deliciously Healthy Eating web site at <http://hin.nhlbi.nih.gov/healthyeating>

