

Counselors' Connection

By: Laura Jones

Holiday Thoughts... “Thinking Beyond ME!”

The holiday season is a wonderful time for merriment and family togetherness, but often times the spirit of the season gets lost in commercial interest. As parents, this is an excellent time to set an example of helping your children understand the true meaning of the holidays.

While many of us have good intentions, the following may be some starter ideas for your family:

***Simplify**— Ask family members to find ways to accomplish this while still having a holiday that is fun for all.

***Encourage your children to think beyond their own desires.** Have your child shop for another child who may be less fortunate than he or she.

***Have your child create a gift or card.** This is a positive reinforcer of their talents and teaches them to be responsible in their gift giving.

***As a family, find a volunteer activity that you can all do together.**

And most importantly, **spend time with your family.** Start a new family tradition or build on an existing one. Time together is a precious gift—perhaps the most precious of all!!



Have a Wonderful Holiday Season

Meet Our Mentors

We are pleased to announce the following students as our 2006-2007 Peer Mentors: Meghan Cobourn, Taylor Gonzales, Laura Hawk, Kassi Keiper, Genny Killian, Libby Killian, Kelsey Lagrade, Chrysanthi Lundstedt, Rachel McDonald, Nikki Perry, Becca Rodgers, Sarah Smolen, Jonathan Stein, Brittany Taylor, and Christian Worch.

The Peer Mentor Program enlists 5th grade students to assist in a variety of service learning projects throughout the school. The mentors are already involved in the “Pass It Forward” and Book Buddy programs and are busy selecting projects for the future.

Classroom Guidance

In November, I will be working with Third Graders on Equity. My goal is for students to recognize and appreciate the differences in each other and to value their own self-worth. Students will get a chance to share their unique qualities while celebrating different cultural heritages.



Counselors Care

Are you ready for some football? Our 4th graders will be!! Beginning the first week in December, I will be working with the 4th graders on Study Skills. In these lessons, I will be focusing on 3 "Team Strategies." The strategies are: LOG (Listening, Organize, and Goal Setting) that will help them to be successful. The students will learn the "strategies", participate in "Time-Outs" and "Practice Runs" where I will highlight the main points and run the new "plays." Finally, students are encouraged to "score a touchdown" by thinking of an making a commitment to reaching a long-term 4th grade goal.

Learning Lunches

On Thursday, November 16, 2006, we will be hosting Dr. Hinkle from the Chiropractic and Alternative Medicine Rehabilitation and Exercise practice to our Learning Lunch. Dr. Hinkle will share with us various points of interest about her job as a Chiropractor.

In December, we will hear from Dr. Adams and learn about her interesting profession as a Veterinarian.

Learning Lunches occur throughout the year and are available to interested Fifth Graders. If you have an interesting career that you would like to share with our school or your child has a strong interest in a particular vocation, please contact the Guidance Office at (240) 236-3508.

Hat and Mitten Tree

With the holidays quickly approaching and cold weather on its way, we thought a great way to give to others would be by donating hats and mittens.

Beginning in December, an artificial tree will be placed in the front hallway by the office. If you would like to purchase a hat or mittens, you can hang them on the tree for all to see.

These items will be donated to our CASS office where they will be given to those in need this winter season.

We thank you in advance for your generosity!!



Feel the "Warmth"
This Holiday Season

Book Drive

Peter Fisher, a senior at Urbana High School, is seeking donations of children's books for his senior project. The book drive will benefit the Frederick Women's Civic Club's reading project to increase the reading scores at Lincoln Elementary School in downtown Fredrick.



Thanks for your support

The FWCC supports a "Bookstore" where kids can purchase books for a quarter or with character points they earn in class. However, this program is in need of books!

Starting November 20 through December 1, 2006, he is asking that you send in any new or gently used elementary or middle school level books to be placed in a box in your child's classroom.

Your support is greatly appreciated!!

International Festival

On Thursday, March 29, 2007 from 6-8 p.m., Kemptown will host an International Festival.

During this evening event, we will be celebrating different cultural heritages. Students from Frederick Community College will be on hand to present our students with dress, dessert, artifacts, books, videos, crafts, children's games, jewelry, etc., depicting a particular culture. Students will be given "passports" which will get stamped as they visit each cultural station. Having completed their cultural tour, students can turn in their passports for a free gift.

There will also be several multicultural performance throughout the evening.

This event will be followed by a Whole School Cultural Arts Program to reinforce the many cultures in our world.

If you have a culture or heritage that you would like to showcase in our festival, please call Laura Jones at (240) 236-3508.

Canned Food Drive

Beginning December 4-15, 2006, we will be holding a non-perishable food drive. This is another wonderful service learning project that provides an opportunity for the community to come together to meet the needs of the less fortunate.

All non-perishable food items will be donated to the St. Peter's Church local food bank.

Our mentors will be responsible for collecting and graphing the number of items collected daily. The grade with the highest number of donated items will win a popcorn and movie party.

In order to ensure that these families have nutritious food to last throughout the winter, we are asking that each grade bring in specific items:

Kindergarten: Stacks of Soup (canned, boxed, or pre-packaged soups)

Grade 1: Volumes of Veggies (canned vegetables & beans)

Grade 2: Tons of Tuna (canned tuna, chicken or fish)

Grade 3: Shelves of Cereal (boxed cereal or cereal bars, oatmeal, cream of wheat, dry milk, etc.)

Grade 4: Pounds of Peanut Butter (can include peanuts, apple sauce, jelly, etc.)

Grade 5: Piles of Pasta (can include pasta sauce, rice, instant potatoes, macaroni & cheese)

There will be a box in the classrooms for students to place their food items. First grade food boxes will be located in the front hallway.

Tour KES With Our School Ambassadors

mentary. Our Student Ambassadors are: Sarah Hill and Antonio Punturiero. The following is a list of dates and times for our school tours:

November, 22, 2006	10 a.m.		
December 21, 2006	10 a.m.		
January 9, 2007	10 a.m.	January 25, 2007	10 a.m.
February 8, 2007	10 a.m.	February 28, 2007	10 a.m.
March 9, 2007	10 a.m.	March 22, 2007	10 a.m.
April 3, 2007	10 a.m.	April 17, 2007	10 a.m.
May 8, 2007	10 a.m.	May 25, 2007	10 a.m.

Remember The Wounded

Christine Blice, a former student of Kemptown Elementary, is doing a service learning project. Her project was designed to recognize those service men and women that have been wounded serving our country. She is asking students to write Thank You or Get Well letters, periodically throughout the year, for soldiers who are recovering at the Bethesda Naval Hospital.

Some of the injured soldiers are in the hospital for several months at a time and it would cheer them up to hear that people actually appreciate and honor what they are doing for our country.

There will be a mailbox set up in the front hallway. Please take some time to write a note of thanks or a get well card to someone who got injured serving our country and place it in the mailbox to be delivered to any injured Marine or Sailor.

This is just another way that our children can make a difference in the lives of others.

School Ambassadors are 5th graders who have been selected to take prospective Kemptown families on a tour of Kemptown Ele-



Kemptown is for Kids!!