



DOLPHIN DISPATCH

Jack N. Darby Elementary School

06 JANUARY 2012

Daisy Weddle, Principal
PHONE NO: 252-8800



Sasebo, Japan

PRINCIPAL'S CORNER

Dear Darby Parents,

Welcome Back and Happy New Year!

I hope that all enjoyed the Winter Recess and are rested and ready for your students to return to great instruction! Parents, we invite you to continue your vital role in your child's education. Please be sure to take the time to volunteer, visit, or join us as we celebrate with our many activities and programs.

Upcoming activities include the PTO sponsored Spelling Bee, Martin Luther King Program, ongoing homework club and an assortment of other activities. As well, we will honor our intermediate students at the end of this quarter with our Honor Roll Assembly. Below, please see a few changes in this program:

- ✚ All As and Bs Honor Roll
- ✚ All As, Principal's Honor Roll
- ✚ Most Improved
- ✚ Perfect attendance *excused tardy with half a day

Parents, as always, we have an open door policy and welcome your visits. Please stop by with concerns, questions or suggestions.

Warmest Wishes

Daisy Weddle,
Principal



- 02 JAN 12 – NO SCHOOL**
New Year's Day
- 16 JAN 12 – NO SCHOOL**
Martin Luther King Jr. Day
- 26 JAN 12 – END OF QUARTER 2 & SEMESTER 1**
- 27 JAN 12 – NO SCHOOL**
Teacher Work Day
- 30 JAN 12 – BEGIN QUARTER 3 & SEMESTER 2**
- 31 JAN 12 – NO SCHOOL**
Teacher Training AM
Parent/Teacher Conference PM



- 20 FEB 12 – NO SCHOOL**
Presidents' Day



- 12 – 16 MAR 12 – TERRA NOVA**

Goal 1: Writing

By June 2012, all students will increase performance on targeted written expression skills using instructional interventions implemented in all curricular areas as measured by the Terra Nova 3 Language subtests and other system-wide and school based assessments. The targeted skills are effectively communicate meaning, information, and thoughts through the writing process.

MISSION STATEMENT

The Darby Community will promote academic and social excellence so all students can become positive contributors to society.

IN THIS ISSUE....

- Counselor's Corner
- Nurse's Corner
- PTO
- Holiday Concert
- Darby Dolphin Pride
- Candy Cane Lane
- Holiday Choir Concert
- Winter Wonderland
- January Lunch Menu

COUNSELOR'S CORNER

By: Lisa Edgett

Happy New Year! Our theme for the month of January is **Responsibility**. I just finished speaking with the 6th grade class regarding responsibility. We completed a lesson that discussed how our hands can hurt or help. I am so very proud to say that each and every student talked about community service, helping others, helping their families and the many positive things they can do to help make the world a better place. I have been teaching for many years but have not ever heard so many young people with an awareness of community and their responsibilities to their community. This goes through all grade levels. I want to commend you parents for instilling these values into your children. I am so proud of our Darby Dolphins. On January 12th, students who are wearing **green** and/or tell an adult why being responsible is important will receive a prize.

Second semester Peer Mediation applications are being accepted. We will train the additional mediators on January 18th and 19th at the Family Center near the Hario Chapel from 2:30 to 4:00. These new mediators will join our current group.

The Peer Mediators participated in the Candy Cane Lane Holiday event at Nimitz Park to help raise money for a community service project to take new toys to a local orphanage. (**see photos in the dispatch**) The entire group showed up and stood the cold! Katherine Flores was the Holiday Princess for the event. The students sold their handmade items. Our mediators helped read stories to younger children and helped us raise over \$180.00 for the orphanage. Sharon Singletary from the Hario teen center will coordinate the gift buying for the children and the field trip to the orphanage. Our Peer Mediators are sponsored by the Hario Torch Club and The Boys and Girls Clubs of America. If you would like to make any additional donations, please contact Ms. Sharon at Sharon.Singletary@fe.navy.mil.

I would like to start a "Brown Bag Lunch" for parents on Fridays at 12:30 in the counseling office. We can talk about anything, exchange recipes, talk about parenting, discipline, deployment, whatever you would like. If you are interested, please let me know or just show up. We The group will start on January 27th.



Comment Box – We now have a comment/suggestion box in the main entry way. Please let us know how we are doing. We value your opinions and suggestions. Please let us know if you need a response to your comments. Thank you!

Nurse's Corner

Jonalyn Yu
School Nurse

How Do Colds and Flu Differ?

Virtually everyone is familiar with the common cold. Colds are minor infections of the nose and throat caused by several different families of cold viruses. The most common of these are rhinoviruses. There are more than 100 different types of rhinoviruses, and this helps to explain why adults and children tend to get so many colds, typically 2 to 4 a year for adults and 6 to 9 a year for children. With symptoms usually lasting a week to 10 days, as colds spread throughout the household to may seem to parents that children are perpetually infected. Even through colds are a bother and uncomfortable, they typically go away on their own, even without treatment.

Like colds, the flu is also a respiratory infection. It is caused by three types of influenza virus, types A, B, and C. These flu viruses can cause symptoms that are more severe than cold symptoms. They can sometimes be fatal for people who are elderly, those who have lung disease, and those with compromised immune systems (like those with HIV or cancer). The flu can be highly contagious, and can spread rapidly throughout entire communities.

Colds Vs. Flu

As we've all experienced, cold symptoms have a gradual onset and are characterized by the following symptoms:

- Malaise (feelings of being run down and tired).
- Headache
- Watery eyes
- Runny nose with clear discharge
- Nasal and sinus congestion
- Sore and scratchy throat, hoarseness
- Lessened ability to taste and smell.
- Nonproductive cough

Symptoms of the flu typically have a sudden onset and include the following:

- Muscle aches, often severe
- Malaise (feelings of being run down and tired).
- High fever and chills (103 to 105 degrees).
- Headache
- Runny nose

- Sore throat
- Nonproductive cough
- Nausea and vomiting

How do you know if you have just a cold or if you have the flu?

Common colds will generally resolve in 7 to 10 days. Children with cold symptoms persisting longer than 2 weeks or experiencing more severe symptoms (such as high fever, marked Malaise or irritability, confusion, severe headache, infected eyes, complaints of ear pain, an extremely sore throat, productive cough, or severe vomiting or dehydration) should be seen immediately by a health care provider. Occasionally, children develop a secondary bacterial infection (such as bacterial pneumonia or an ear infection) after getting a cold and need antibiotics. With **colds alone**, because they are caused by viruses, antibiotics **ARE NOT** effective.

A mild case of the flu can seem a lot like a cold. However, children and adults have more severe symptoms with the flu than even with severe colds. As with colds, secondary bacterial infections may develop and need treatment, and anyone with flu symptoms persisting more than 3 or 4 days should be seen by a health care provider because of the risk of pneumonia or dehydration

Happy New Year! As you start 2012, please be sure to add the following events to your calendar:

PTO Garage Sale – January 14th from 10am to 3pm in school cafeteria. Tables available by donations. Please contact the PTO via email or by dropping your donation in the PTO box outside the front office.

Spelling Bee – Grades 1-2, January 25th from 3pm to 4:30pm in school cafeteria and Grades 3-6, January 24th from 3pm to 4:30pm at Hario Village Theater.

VOLUNTEERS ARE STILL NEEDED FOR JUDGING AND SET UP.

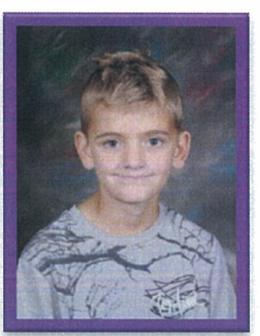
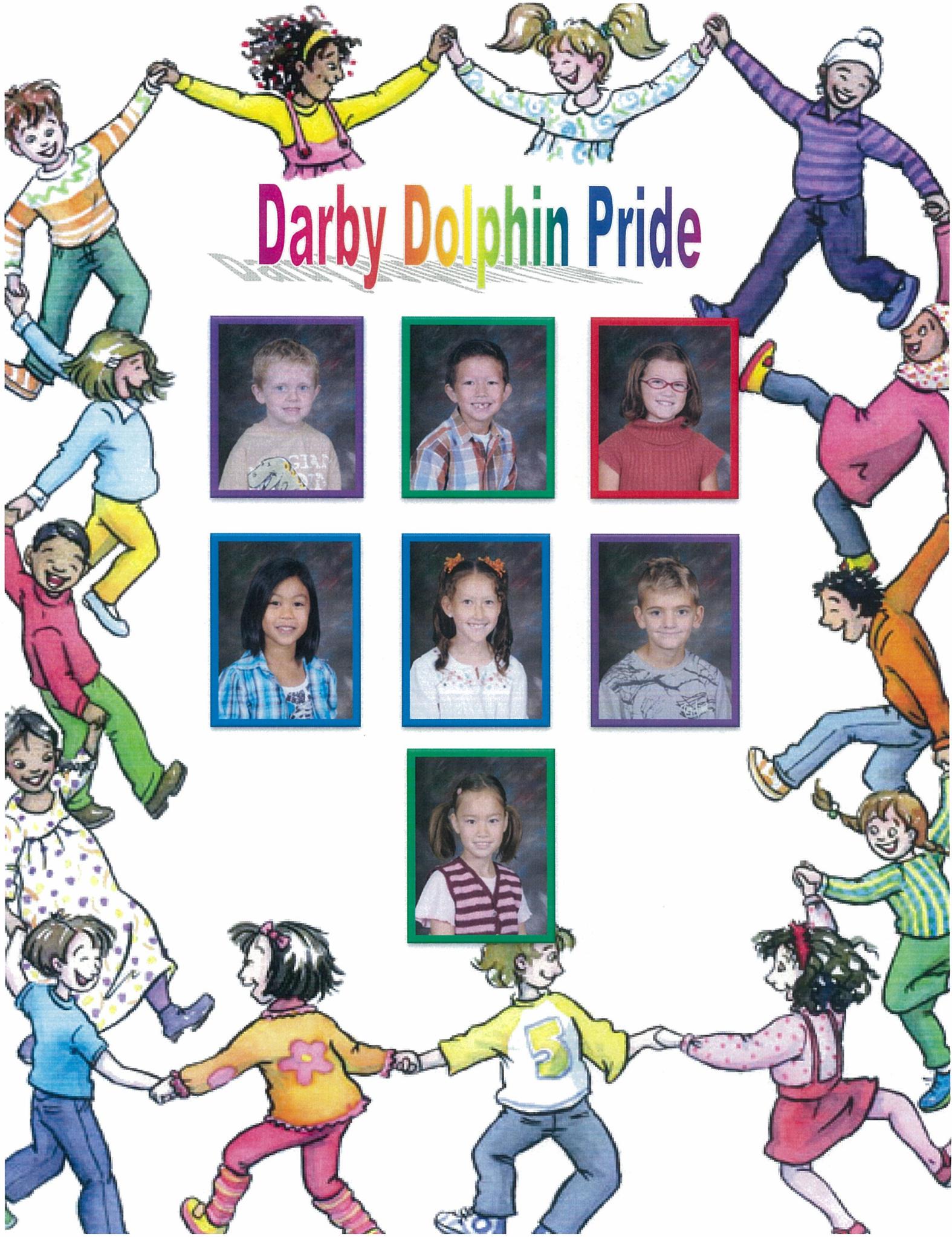
PTO General Meeting – January 17th at 6pm in the school cafeteria. Soroban Club will be performing.

February's General Meeting – February 21st at 3pm in the school cafeteria.

We are always looking for volunteers, please stop by and visit our office, our Darby Dolphin PTO facebook page, or email us at darbypto@pac.dodea.edu. Lastly, thank you for all who currently support the Darby Dolphin PTO!

Johanna Hall
Darby Dolphin PTO President

Darby Dolphin Pride

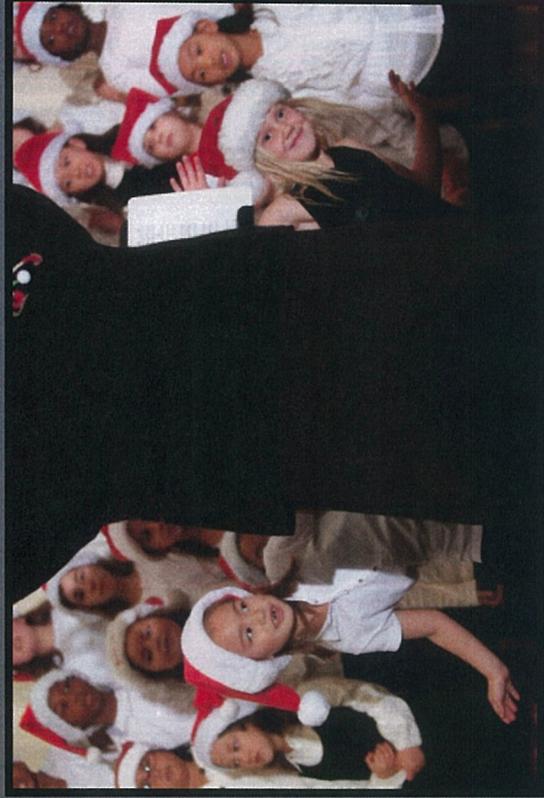


Candy Cane Lane



Peer Mediators spreading
holiday cheer.





Darby's Holiday Choir Concert
Arranged by: Ms. Hodges



Winter Wonderland at Darby

JANUARY LUNCH

2012

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	2 PRICE INCREASE FULL MEAL: \$ 2.40 REDUCE MEAL: \$ 0.40	3 Soft Taco with Cheese & Taco Sauce Diced Tomatoes Steamed Broccoli Chilled Pears Chilled Milk	4 Turkey & Cheese Sandwich Green Beans Fresh Apples Chilled Milk	5 Pepperoni Pizza Cucumber Salad Tangerines Chilled Milk	6 Chicken Fillet on wheat bun Garden salad Fruit cocktail Chilled Milk	
	9 Honey baked chicken Wheat roll Steamed Carrots Chilled Peaches Chilled Milk	10 Turkey & Cheese Wrap Potato Wedges Cucumber & Carrots with FF Dressing Fresh apples Chilled Milk	11 Beef & Broccoli Bowl Steamed Rice Fruit cocktail Chilled Milk	12 Chicken Tenders with BBQ Sauce Sweet Kernel Corn Tangerines Chilled Milk	13 Spaghetti with Meat Sauce Garden Side Salad Chilled pears Chilled Milk	
	16 NO SCHOOL Martin Luther King Jr. Day	17 Cheese Pizza Tomato & Cucumber Salad Fresh Banana Chilled Milk	18 Beef Frank on Hotdog Bun Garden Salad Tangerine Chilled Milk	19 Chicken Tender Wrap Steamed Broccoli Chilled Peaches Chilled Milk	20 Fish Sticks with Garlic Toast Coleslaw Applesauce Chilled Milk	
	23 Hamburger on a Whole Wheat Bun Steamed Broccoli Banana Chilled Milk	24 French Toast Sticks Scrambled Egg with Ham Green Peas Fruit cocktail Chilled Milk	25 Lasagna Side Garden Sweet Kernel Corn Fresh tangerines Chilled Milk	26 Teriyaki Chicken Potato Wedges Cucumber & Tomato Salad Chilled Pears Chilled Milk	27 NO SCHOOL Teachers Work Day	
	30 Teriyaki Chicken Stir-Fry Rice Pilaf Tangerines Chilled Milk	31 NO SCHOOL Teachers Training P/T Conferences	IN THE EVENT THAT AN ITEM ON THE MENU IS UNAVAILABLE, AN ITEM OF EQUAL OR GREATER NUTRITIONAL VALUE WILL BE PROVIDED.	"STUDENTS ARE ENCOURAGED TO SELECT ALL MEAL COMPONENTS, MEAT / MEAT ALTERNATE, VEGETABLE, FRUIT, GRAIN AND MILK".	Horizon/Fast lane School Lunch Debating System is now available to pay for Lunch.	