



The Viewmont Voice

Viewmont Elementary School
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Viewmont Elementary School will be closed for students on Wednesday, November 23 through Friday, November 25. Wednesday, Nov. 23, is an optional teacher workday, while Thursday and Friday (Nov. 24 and Nov. 25) are holidays. Please take extra care to return to us safely when school reopens on Monday, November 28th.

HAPPY THANKSGIVING TO ALL!

The Pre-K Project Approach - from Brenda Sisk

The Pre-K class at Viewmont is implementing a different approach in how our themes are planned for and implemented each week as we begin the "Project Approach" learning. Young children have a strong desire to explore and discover on their own. The "Project Approach" (PA) builds on this natural curiosity and helps foster children's interactions. Teachers facilitate the PA to promote questioning, problem solving and helping children understand the importance of working in teams. Students have a choice in what they want to learn about, and thus the PA begins. When teachers implement PA successfully, students feel highly motivated and actively involved in their own learning, leading them to produce high-quality work and to grow as individuals and collaborators.



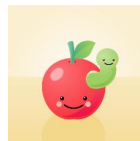
Phases of the "Project Approach" are: **Phase I: Topic** Children select a topic in which they are interested. Our topic was pockets. We constructed a web to find out what we already knew about pockets, what we wanted to know, things we would need to have, and things we wanted in our classroom (picture of our web). **Phase II: Investigate** Children came up with a list of questions they wanted to know about pockets that we would use for the investigating phase. These questions included: Do animals have pockets? What all can we put in pockets? How are pockets made? Do all clothes have pockets? What if we don't have any pockets? **Phase III: Concluding the Project** Children could make their own pockets, knowing that pockets had four sides with only three sides closed. Through this understanding, children realized they could make pockets out of just about anything

that could "bend, be taped/ glued together, or sewed. One child on the playground found a Tootsie Roll wrapper and with much excitement, reported and demonstrated how to make a pocket. A parent reported that when they were putting a bill in an envelope, their preschooler quickly informed them that an envelope could also be a pocket. Learning through their play, creating their own play scenarios, and acting upon them over and over again are ways children take this newly gained knowledge and connect it with their previous learning experiences. Through Project Approach Learning, children take leadership as well as ownership in their learning. "The social structure that develops in the classroom is a community of motivated learners that positions teachers alongside their students."



2nd Grade is Having Squirmy Fun with Science! - by Jenn Riddle

Mrs. Riddle's 2nd grade class has been investigating the life cycles of insects, and most recently, they were looking at mealworms. The class project started in mid-October and is expected to



last for several weeks until the mealworms fully transform into darkling beetles. Students have been feeding them apple slices and water each day while the worms live in a habitat filled with oatmeal. It was discovered they like to be



buried in it! Mrs. Riddle's students are recording their observations daily in a Mealworm Life Cycle Journal, and the worms are now in the pupa stage preparing to "hatch" from sixteen pupa shells.



As winter approaches, folks are breaking out the hooded sweatshirts and thicker clothes to stay warm. However, these beautiful smiles bring more warmth to VMT than anything we can wear!



Did You Know?

from census.gov

The number of turkeys expected to be raised in the United States in 2011 is 248 million. That's up 2 percent from the number raised during 2010. The turkeys produced in 2010 together weighed 7.11 billion pounds and were valued at \$4.37 billion. The top US turkey producing states are Minnesota at 46.5 million, North Carolina and Arkansas at 30 million each, Missouri at 18 million, and Virginia at 17.5 million turkeys.

The forecast for US cranberries in 2011 is 750 million pounds. The expected production of sweet potatoes is 2.4 billion pounds, and finally, the expected production of US green beans for 2011 is 656,340 tons!



Ms. Mason proves that anyone can learn at Viewmont Elementary School, even her sweet dog, Mallie! As you can tell from their smiles, they both had a blast at Fall Festival 2011.

Stay Safe Exercising Outdoors in Cold Weather by Stephen Ward

The best way to stay safe when exercising during cold weather is to stay indoors. But, if one chooses to venture outdoors, here are some tips to help you stay safe:

Drink Plenty of Fluids – Just like during warm weather, one needs fluids before, during, and after exercise. One can become dehydrated in the cold from sweating and losing more fluids while breathing.

Know the Signs of Frostbite and Hyperthermia – Frostbite is most common on exposed skin. Early warning signs are numbness, loss of feeling, or a stinging sensation. One should get out of the cold immediately and slowly warm the affected area. Rubbing the affected area may damage the skin.

Signs and symptoms of hyperthermia include intense shivering, slurred speech, loss of coordination, and fatigue.

The Mayo Clinic says to seek medical attention immediately.

Dress in Layers – Dressing too warmly in cold weather is a common mistake. Exercising creates extreme heat inside the body which makes it feel warmer than it really is outside. This causes the body to sweat which can create problems especially after exercising and remaining in the cold.

“Dress in layers that you can remove as soon as you start to sweat and then put back on as needed. First, put on a thin layer of synthetic material, such as polypropylene, which draws sweat away from your body. Avoid cotton, which stays wet next to your skin. Next, add a layer of fleece or wool for insulation. Top this with a waterproof, breathable outer layer. A heavy down jacket or vest may cause you to overheat if you're exercising hard. If you're lean, you may

need more insulation than someone who is heavier. If it's very cold, consider wearing a face mask or scarf to warm the air before it enters your lungs.”

Protect Hands, Feet, and Ears – When one is exercising, blood flow is concentrated in the core of the body which leaves these areas susceptible to frostbite. The layering technique is applicable especially with one's hands and ears.

Pay Attention to the Weather – Getting wet in the rain will cause the body to cool at a much faster rate. Even to the point that the body may be able to sustain an acceptable core body temperature while exercising.

Wind Chill can cause the air temperature to feel colder than it really is. Most weather forecasters provide a real feel temperature which takes the wind and other factors into consideration.

Be Careful Overeating this Thanksgiving! from the NY Times

Every bite of food, whether it's part of a huge Thanksgiving meal or a weekday lunch, travels on its own fantastic journey through the body, touching off a simultaneous release of hormones, chemicals, and digestive fluids. The average meal takes 1 to 3 hours to leave the stomach, but a large meal can take 8 to 12 hours, depending on the quantity and fat content.

The average American consumes about 4,500 calo-

ries and 229 grams of fat throughout Thanksgiving Day, according to the Calorie Control Council, which represents makers of low-calorie foods. “It's like a tsunami of fat coming into the body,” said Dr. Pamela Peeke, assistant clinical professor at the University of Maryland School of Medicine.

Simple strategies can help minimize this gluttony, such as keeping the serving dishes in the kitchen so you won't take extra helpings

mindlessly. Use smaller serving spoons and plates. In one study, Brian Wansink, a researcher at Cornell University, found that the bigger the bowl and serving spoon, the more ice cream people tended to eat.

Stick to foods that require utensils — we eat finger foods faster than those that require a fork.

Finally, contribute as much as you can to the dinner conversation. The more you talk, the less you'll eat!

First Quarter Awards Ceremony by Tina Clark

On Wednesday, November 9th, Viewmont Elementary held its first awards ceremony for this school year.

Parents were invited to come out and see their children be recognized for their achievement.

Kindergarteners through 2nd graders were

recognized during the first assembly while 3rd through 5th graders were recognized during the second assembly.

Mr. Ward called many students' names for Terrific Kid Awards, AAA Awards, A Honor Roll awards, A/B Honor Roll awards, and AR awards while individual students lined up behind a

Student Council member who led them on a walk around the gym. They

proudly high-fived guests assembled along the outer walkway.

Parents and grandparents proudly watched their youngsters receive this much deserved recognition.

The first quarter awards assembly was enjoyed by all.



Parents and friends showed their support for winners of Awards Day recognition.



Students lined up for their recognition walk around the gym.

Fourth Graders are Great Readers! by The Fourth Grade Staff

It's hard to believe we have completed the first quarter of school. New friendships have flourished as classmates have learned about each other. Learning is continuous as students delve into the fourth grade curriculum. This leads us to emphasize the importance of independent reading. Every day at Viewmont, we have 20 minutes for MIRP which stands for Monitored Independent Reading Practice. Parents, children must practice their reading just like one

would practice learning to kick a soccer ball. That is why we require "home" reading each school night.

What are the advantages of independent reading?

They learn... to take responsibility for selecting reading materials how to make choices

what an enjoyable activity reading can be

They are able to practice...

the strategies that have been carefully introduced through teacher reading and lessons

reading many different types of materials (30 Book Challenge) reading to learn



using the supports provided by text layout using meaning and structural and grapho- phonic cues. They also

learn...

that reading by themselves is a valued and important activity

that reading can be for a range of purposes

that they can share their reading with others

Fourth graders also will work on re- search writing for North Carolina's State Writing Instruction System. Stu- dents will be given two con- tent research topics – one in the fall and one

in the spring. Students will use the library and classroom resources to gather the information for their paper. They will be given about two weeks for this project. Then the work will be scored by the teachers.

As always, we appreciate the support you give us by signing planners, progress reports and other papers, sending notes, supporting PTA endeavors and in general helping us foster the over- all success of our children in 4th grade at Viewmont. Thank you!



The Von Allmen Family knows one fun way to celebrate the Fall Festival at Viewmont Elementary... by eating great food! Everyone in attendance enjoyed the wonderful games, displays, classroom attractions, and fellowship. Fall Festival is just more proof that V-M-T is the - place - to - be!

Mr. Ward's Reminders and Health Tips



Physical Fitness Curbs Frequency and Severity of Colds

Research published in the British Journal of Sports Medicine indicates people who are physically fit and active have fewer and milder colds.

Being older, male, and married seemed to reduce the frequency of colds, but after taking into account the other influential factors, the most significant factors were perceived fitness and the amount of exercise taken.

Bouts of exercise spark a temporary rise in immune system cells around the body. Although these levels fall back within a few hours, each bout is likely to enhance surveillance of harmful viruses and bacteria. Therefore, exercise reduces the number and severity of infections, such as the common cold (*Science Daily*).

Increasing Fluency-High Frequency Word Phrases by Sara Gane

On the road to becoming good readers, students must not only learn to read and recognize words but also recognize how combinations of words affect meaning.

One of the characteristics of a fluent reader is the ability to group words together in meaningful units. "Proficient reading is characterized not only by fast and accurate word recognition, but also by readers' word chunking or phrasing behavior while reading" (Rasinski1994). As



we are reading, our understanding (comprehension) of the text causes us to chunk groups of words into meaningful units. When we do chunking, we pause ever so slightly in our speech patterns. Students who are having trouble with comprehension may not be putting words together in meaningful phrases or chunks as they read. Their oral reading is characterized by a choppy, word-by-word delivery that impedes comprehension. These students need instruction in phrasing written word text into appro-

appropriate segments. Teachers at Viewmont are providing this instruction through daily practice with phrase word walls. You might see phrases like this on the walls: if you can, on the chair, if you wish, down the street, then he said, to the house, and would like.

Parents can model this as they read with their children. Here's an example: In the summer/I like/ to swim/at the beach. Try it with your child!



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Thank You For Inviting Us *by Joanna Fuchs*

Thank you for inviting us

To your Thanksgiving dinner.
A day spent in your company
Is invariably a winner.

Thank you for the time you spent
Preparing all the food;
For making us feel welcome,

You have our gratitude!



Parents Night Out: Saturday, December 10th Open to Public

5:30 pm until 10:00 pm Ages 3 & Up

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Fitness Plus! - from CVMC

Catawba Valley Medical Center's Fitness Plus is proud to announce it has become certified through the Medical Fitness Association, the leading organization dedicated solely to medically supervised integrated outcomes and accountability based fitness facilities. This certification is a significant step forward in health delivery for the entire community.

Medical Fitness Association's Facility Certification program is the first and only recognized certification offered specifically to facilities in the medical fitness industry - an industry that serves over 4 million members worldwide and growing.

The certification process is an integral part of ensuring that facilities provide medical oversight quality and safety of programs and services that are necessary to meet the vital role that medical fitness centers perform. Based on the Medical Fitness Association's official Standards and

Guidelines for Medical Fitness Facilities, the certification process involves an in-depth review of a facility's adherence to the prescribed standards and guidelines. The Medical Fitness Association's Facility Certification is the recognized mark of excellence in the health and wellness industry.

Catawba Valley Medical Center and Fitness Plus are proud to be leading the way in the health of our community.

Catawba Valley Medical Center is proud to present Fitness Plus: a medically-based facility designed to meet the growing health and fitness needs of the Catawba Valley.

Staffed by experts in exercise, nutrition, fitness, wellness, and sports medicine, our facility and programs are designed to provide safe, effective workouts in a friendly, accessible environment. Everything from standard exercise to rehabilitation to health and wellness programs is available.

Operating Hours

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Fri 5:30 am - 7:30 pm

Sat 7:00 am - 2:00 pm

Sun 1:00 pm - 5:00 pm

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