

BULLDOG NEWS

Volume 12, Issue 5

December 2008

Eddie D. Scott, Principal

Otis Lee, Assistant Principal (Team 7A & 8th Grade)
Natasha White, Assistant Principal (Team 7B & 6th Grade)

Margaret Haacke, Counselor –6th Grade
Kari Hively, Counselor – 8th Grade
Catherine Lee, Counselor - 7th Grade

A Caring Learning Community

The Anne Arundel County Public School System does not discriminate on the basis of race, color, national origin, disability, sexual orientation or familial status in matters affecting employment or in providing access to programs and services. Any complaint regarding nondiscrimination should be directed to Mr. Leslie N. Stanton, Specialist in Human Relations, Public Schools, 2644 Riva Road, Annapolis, Maryland 21401, (410) 222-5318; TDD (410) 222-5500.

Mission Statement

At Meade Middle School, we:

- ⇒ Develop lifelong learners
- ⇒ Provide both a rigorous and a relevant curriculum
- ⇒ Are committed to excellence



Vision Statement

Meade Middle School's Quest is to:

- ⇒ Provide an environment where learning and behavior lead to student success.
- ⇒ Equip students with twenty-first century learning competencies in order to be well rounded and competitive in a global society.
- ⇒ Foster a culture of meaningful adult and student relationships which leads to students feeling safe and supported.
- ⇒ Engage parents, businesses and the global community in building student success.



At Meade Middle we believe in:

- ⇒ The dignity of every human being;
- ⇒ Advocating for all of our students;
- ⇒ Affirming all cultures;
- ⇒ The power of high expectations for ourselves and our students;
- ⇒ The capacity of all students to learn.

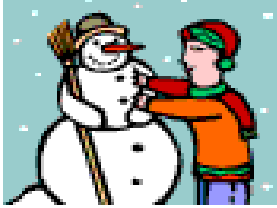
Annual Holiday Bazaar

On Thursday, December 18, 2008, over 200 parents, students, and staff participated in Meade Middle School's Annual Holiday Bazaar. The Holiday Bazaar is an annual event in which students are given the opportunity to buy gifts for their family and friends using bulldog bucks that they have earned for demonstrating B.A.R.K. (Being prepared, Acting responsibly, Respecting self and others, Keeping safe).

There is a tremendous amount of work that goes into gathering, separating, and setting up the

donated for the Bazaar. Any participant would agree that it is well worth all of the effort. Parents assisted teachers with managing various stations and wrapping gifts for students. Students were excited as they walked away with several bags and large boxes filled with carefully selected items for friends and relatives.

The Holiday Bazaar is just one of the monthly events sponsored by the school's Positive Behavior Interventions and Supports (PBIS) program. PBIS is a behavior management process that teaches behavior expectations to all students, emphasizes positive behaviors, and provides a school wide approach to discipline. Upcoming events include a January tailgating party and March Madness. For information about how you can assist, please contact Mrs. Regina Jewer at rjewer@aacps.org.



Campbell Labels/Box Tops for Education

We are collecting Campbell Labels and General Mills "Box Tops for Education" coupons. With your help the school can purchase educational equipment and/or items for the children.

Please have your child drop off the labels and coupons in the Campbell Soup barrel located in the Volunteer Coordinator's office. Mr. Bob loves to give out bulldog bucks to students for the labels and coupons.

Calendar of Events

Dec. 24-Jan. 2 – Winter Holiday; School Closed
 Monday, Jan. 5 – School open for teachers and students
 Jan. 12-15 – High School Assessment (HSA)
 Tuesday, Jan. 13 – Science Fair, 6:00 p.m., Media

Center

Tuesday, Jan. 13 – PTSA Meeting, 7:00 p.m., Guidance Classroom

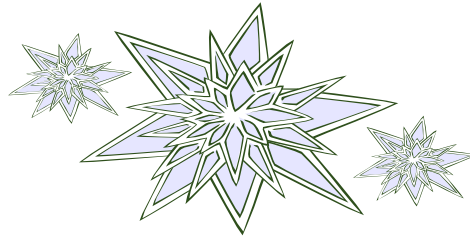
Monday, Jan. 19 – Martin Luther King, Jr. Birthday Commemoration; School Closed

Jan. 21, 22, 23, & 26 – Two-hour early dismissal for students

Monday, Jan. 26. – End of 2nd marking period

Jan. 27 & 28 – Schools Closed for students

Jan. 29 - Beginning of 3rd marking period



Have a safe and enjoyable Holiday/Winter break!



**Meade Middle School
Science Fair Awards Night**

**Tuesday, January 13, 2008
6:00pm. in the Cafetorium**

Problem: Who will win the science fair?

Hypothesis: I hypothesize that several 8th grade students will be winners because there were many outstanding entries.

Materials: Your attendance and the students' projects.

Procedures: 1. Listen to the awards ceremony.

2. Applaud loudly.
3. View exhibits in the library.
4. Go home happy. ☺

Conclusion: I conclude that our hypothesis was correct. We had many winners. Three students will be invited to compete at the county level.



A Plus Health

Issue 5

December 2008

A Newsletter promoting healthy families from the Anne Arundel County School Health Advisory Council

GRAINS: Fuel for an Active Family

The Dietary Guidelines for Americans from the U.S. Department of Agriculture (USDA) gives helpful advice for healthy eating. Did you know that at least half of the grain foods you eat should contain whole grains? Whole grains are a good source of energy, vitamins, minerals and fiber for growing children and for adults. When buying grain foods – such as bread, cereal, pasta and rice – read the ingredient list. Your best choice of ingredients is 100 percent whole grain, such as whole wheat and whole oats. Some grain products are a blend of whole and refined grain. If you choose a blended product, make sure that the whole grain is the first ingredient, and check the sugar and fat content too.

Making Whole Grain Choices

Here are some easy ways to give your family more whole grains at snacks and meals:

- Provide whole grain varieties of breads, muffins, bagels, rolls and crackers (*whole wheat, oatmeal, rye, whole cornmeal, etc.*).
- Serve whole grain hot or cold cereals.
- Make whole wheat pancakes or waffles.
- When a recipe calls for flour, use at least half whole wheat flour.
- Use whole wheat noodles or brown rice in recipes.

How Much Is a Serving of Grains?

The Dietary Guidelines call a serving a “1 ounce-equivalent.” Children 2 years and older should eat 3 to 6 ounce-equivalents of grain products each day, and adults should eat 5 to 8 ounce-equivalents. Each of the following counts as a 1 ounce-equivalent (1 serving):

- 1 slice of bread
- ½ cup of cooked rice or pasta
- ½ cup cooked cereal
- 1 cup ready-to-eat cereal flakes
- 1 small muffin (1 oz.)

Don't forget to check product labels and choose whole grains most often.



100% Whole Wheat Tortilla Pizza

Serve this pizza as a snack or as a meal with a green salad and a glass of milk. Set out all the ingredients and let family members create their own personal pizzas!

- 1 6-inch 100% whole wheat tortilla
- 2 Tbsp. pizza sauce
- ¼ cup cut veggies (ex. tomatoes, green peppers, onion and broccoli)
- 2 Tbsp. shredded low-fat mozzarella cheese
- Dash of oregano or Italian seasoning

Toast tortilla in oven at 300 degrees for 5 minutes. Then top tortilla with sauce, veggies, cheese and seasoning. Place back in oven for 5 minutes or until cheese is melted. Makes one serving. **Caution: Handle carefully, pizza may be hot.**

The Anne Arundel County School Health Advisory Council is a partnership between the Anne Arundel County Public Schools and the Anne Arundel County Department of Health in conjunction with local community agencies. The Council promotes a healthy lifestyle. Check out www.aacps.org/SHAC for more information and resources. Information provided by Learn To Live, a Healthy Living Program from the Anne Arundel County Department of Health, www.aahelth.org