Principal’s Message, Mr. Cowder

MCAP and 5th grade MISA Science testing is quickly approaching. The students and staff have been working very hard to prepare for these important assessments. The months of April and May are full of testing dates so please make every effort to have your child in school during these days. Continue to encourage your child to do their very best.

Please note that our next PTO/Conference Night is scheduled for Wednesday, March 11th from 5:00 – 7:00 p.m. Please make every effort to attend, as this gives you the opportunity for open communication with your child’s teachers. Please also continue to support our PTO in their fundraising efforts. The dodgeball tournament has been scheduled for Friday, March 6th at 6:00 p.m. and our annual McDonald’s Spirit Night is scheduled for Wednesday, March 18th from 4:30—7:30 p.m.

Session three of our BIS and Beyond Afterschool Academies begins on March 30th and runs through May 21st. We have a very robust after school academy with lots of offerings. Hopefully, your child has enjoyed at least one of the sessions. Spring break will begin April 6th and runs through April 13th.

Please remember to stay informed about school events by going to our website at www.berlinintermediate.org. Our twitter page has been very active sharing stories about BIS and other schools as well as our newly updated Facebook page. Our twitter address is @bisseahawks.

As always, I’d like to thank you for your continued support of Berlin Intermediate School. We are fortunate as a school to have such a supportive community.
# MARCH DATES TO REMEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
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<tbody>
<tr>
<td>MARCH 6</td>
<td>DODGEBALL TOURNAMENT SDHS</td>
<td>6:00 P.M. – 8:00 P.M.</td>
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<tr>
<td>MARCH 11</td>
<td>PTO MEETING</td>
<td>5:00 P.M. – 7:00 P.M.</td>
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<tr>
<td>MARCH 12</td>
<td>SESSION 2 AFTER SCHOOL ACADEMY ENDS</td>
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<tr>
<td>MARCH 13</td>
<td>HALF DAY FOR STUDENTS</td>
<td>12:00 P.M. DISMISSAL</td>
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<tr>
<td>MARCH 18</td>
<td>MC’DONALD’S SPIRIT NIGHT (ROUTE 50 BERLIN)</td>
<td>4:30 P.M. – 7:30 P.M.</td>
</tr>
<tr>
<td>MARCH 24</td>
<td>JR. SEAHAWKS ON THE MOVE</td>
<td>8:30 A.M.</td>
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<tr>
<td>MARCH 25</td>
<td>6TH GRADE DRAMA THEATRE (ANNIE)</td>
<td>6:00 P.M.</td>
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<tr>
<td>MARCH 26</td>
<td>6TH GRADE DRAMA THEATRE (ANNIE)</td>
<td>6:00 P.M.</td>
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<tr>
<td>MARCH 26</td>
<td>NATURE CONSERVATORY (6TH GRADE TIGER TEAM)</td>
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<tr>
<td>MARCH 30</td>
<td>SESSION 3 AFTER SCHOOL ACADEMY BEGINS</td>
<td></td>
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<tr>
<td>MARCH 31</td>
<td>SPRING PICTURES</td>
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</tbody>
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## TESTING

<table>
<thead>
<tr>
<th>Dates</th>
<th>Grade(s)</th>
<th>Assessment</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 23 and 25-27, 2020</td>
<td>5</td>
<td>Maryland Integrated Science Assessment</td>
</tr>
<tr>
<td>March 30, 2020</td>
<td>5, 6</td>
<td>Maryland School Survey</td>
</tr>
<tr>
<td>April 20-23, 2020</td>
<td>4, 6</td>
<td>Maryland Comprehensive Assessment Program (MCAP) Math</td>
</tr>
<tr>
<td>April 27 and April 29 - May 1, 2020</td>
<td>4, 6</td>
<td>Maryland Comprehensive Assessment Program (MCAP) Reading</td>
</tr>
<tr>
<td>May 4-7, 2020</td>
<td>5</td>
<td>Maryland Comprehensive Assessment Program (MCAP) Math</td>
</tr>
<tr>
<td>May 11 and 13-15, 2020</td>
<td>5</td>
<td>Maryland Comprehensive Assessment Program (MCAP) Reading</td>
</tr>
</tbody>
</table>
Parents, Please Join Us !!!

COFFEE BOOK CLUB

We are forming a pilot Parent Book Club. We will meet weekly for 6 weeks and together focus on how we can reconnect with our digitally distracted children/students. Social Media has had an enormous impact on our society both positive and negative. This weekly Coffee Book Club will meet on Thursdays from 8:30-9:30 a.m. and will provide time for discussions and home activities that can help support our children/students.

Our books have generously been donated by the Ocean City - Berlin Optimist Club. Space is limited so please contact the co-leaders Mrs. Garton and Mrs. Bankert for more information or to register.
Grab dinner on McTeacher’s Night®, and a portion of sales will go to your neighborhood schools.

Come out to support Berlin Intermediate’s SPIRIT NIGHT!!

Wednesday, March 18th
4:30-7:30PM
11315 Samuel Bowen Blvd. Berlin, MD 21811
**Lights On After School**

At Berlin Intermediate School, we are proud of all that our students accomplish during our after school programs. We are excited to invite you to see for yourself! Please join your child during his or her regularly scheduled BIS and Beyond After School Academy during Lights On After School Open House.  
**Week of March 9th—12th  from 3:00 pm—4:40 pm**

This is designed to be a drop in style Open House, so please come when it is convenient for you.  
We look forward to seeing you!

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**Session 3: March 30 – May 21, 2020**

**Class offerings will be posted the week of February 24, 2020**

**Registration will open Monday, March 2, 2020**

**Registration will close Friday, March 6, 2020**

Online registration for Session 3 of the BIS and Beyond After School Academy begins at 6:00 p.m. on Monday, March 2, 2020, and closes at 6:00 p.m. Friday, March 6, 2020. You must use the link available on our website [www.berlinintermediate.org](http://www.berlinintermediate.org).

Please follow all directions carefully and answer all questions completely. It is **not** necessary to create a Sign Up Genius account to register for the After School Academy. You **MUST** use the registration link available on our school website [www.berlinintermediate.org](http://www.berlinintermediate.org).

If your child will be involved with sports or other activities and will be unable to attend the full 7 weeks of the academy, please do not register your student as space is limited.

Please read the descriptions for each class carefully and make sure your child meets the requirements for grade, experience levels, prior attendance, etc. Students will be asked to choose another class and/or be removed from the roster if they do not meet the requirements.

If the academy your student wishes to attend is full, please sign up on the wait list and in the comment section tell us the name of the filled academy.

All classes meet for 2 hours. Sign up for only one class per day. You will receive a written confirmation of your child's classes and bus assignment in your child's backpack mail before the academy begins.

When the registration form asks for the “First Name” and “Last Name”, please enter the **CHILD'S NAME**. There will be a different place for the parent's name. Each student must be registered separately. You must finish one student, then log back in using the registration link to complete the next student.

**Give only one address for the bus stop location.** Please give us an **accurate physical address** (no PO boxes, please) and **phone number** to aid the bus driver in safely delivering the student at the end of the academy day.

All students are dismissed at 4:45 p.m. Parents are asked to limit changes in transportation to EMERGENCY situations only. Please make every effort to make these last minute changes prior to 4:15 p.m. If you are picking your child up prior to dismissal, you must visit the office to sign your child out.

Please call the front office if you have questions about any BIS and Beyond After School Academy classes or need assistance registering! We are always happy to help.
Are You Going on Vacation?

Please be sure to fill out a Student Trip Approval Request Form if you are planning to be out of town. This form needs to be filled out at least 10 days prior to your trip. After the form is filled out by the parent, students must get all their teachers to sign it. Once the form is complete, please turn it in to the office for the Principal's signature. Under the policy of the Board of Education, a maximum of 5 school days will be excused for family trips during any one school year. If you need a Student Trip Approval Request Form, they are available on the table in the main hallway, in the office and on our website.

Our “It’s All About Attitude February Students of the Day”

4th Graders: Brooklynn Paul, Ally Winklbauer, Dani Shirk, Caroline Cathell, Lydia Navarro

5th Graders: Jada Shockley, Maddison Gordon, Olivia Slaysman, Elizabeth Thompson, Pierce Snyder, Lewis Takacs

6th Graders: Kenneth Moseley, Samuel Elman, Tinna Medina, Emily Hose, Ethan Rhode, Malakai Mason

Staff of the Week:

Bernie Ayres – Custodian
Mrs. Fairman – 5th Grade Teacher
Mrs. Stevens – Art Teacher
Mr. Hall - Tech Ed

Our “It’s All About Attitude February Student of the Month”

Pierce Snyder- Homeroom Teacher- Ms. Lipka
Pierce demonstrated code #14- surprise others with random acts of kindness. He brought in school supplies for his classmate who ran out of supplies from the start of the school year—so very thoughtful.

College and Career Ready

Our 6th grade students of BIS are looking forward to their future career plans and have been introduced to a new College and Career computer program called Naviance through their school counseling lessons. Beginning in 6th grade students can begin researching career paths, setting some career goals and exploring options beyond graduation.
PTO NEWS & INFORMATION
2019-2020 PTO OFFICERS

Lauren Smith – President
Kasi Queen – Vice President
Mimoza Gjikuria – Co-Vice President
Amber Murray – Secretary
Sarah Slaysman – Treasurer
Katie Mason - Event/Volunteer Coordinator
Donna Brittingham – Event/Volunteer Coordinator

Please be sure to like our official Berlin Intermediate PTO Facebook page, and not just the BIS parent’s group page! If you have questions or would like more information on volunteering, please message us through the Facebook page or email us at Bispto21811@gmail.com.

The following events are on the March calendar:

🔹 Dodgeball Tournament
  Friday, March 6th
  6:00 p.m.—8:00 p.m. Stephen Decatur High School

🔹 PTO Meeting
  Wednesday, March 11th
  5:00 p.m.—7:00 p.m.

🔹 McDonald’s Spirit Night
  Wednesday, March 18th
  4:30 p.m.—7:30 p.m.
March is National Nutrition Month – Info. From the NIH

We Can! (Ways to Enhance Children’s Activity & Nutrition) is a national education program designed to give parents and communities a way to help children learn to eat nutritious foods. As parents, you can do a lot to help your children learn healthy eating habits and maintain a healthy weight. Involving them in meal preparation and cooking can motivate them to try new foods – and is a good way to spend time together as a family.

What is a “healthy” diet?
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.


Bon Appetit!

Winter Health Reminders:
A healthy school environment requires the cooperation and effort of us all working together. During this time of year, we tend to see a higher incidence of strep throat, respiratory, gastrointestinal illnesses and flu. If your child seems tired, pale, isn’t tolerating foods, has a sore throat not related to allergies or congestion, and/or is generally not him/herself, PLEASE DO NOT send them to school.
Physical Education
Mrs. Johnson, Mr. Stout, Mr. Sanzotti

On February 6th and 7th we held our Jump Rope for Heart in honor of the fundraising efforts for the American Heart Association. All students who brought in donations received thank you gifts from the P.E. Department for their fundraising efforts. Just a reminder, thank you gifts from the American Heart Association will take 4-6 weeks for delivery. We will post in the April newsletter the top three earners, and how much BIS collected as a school! GREAT JOB JUMPERS!!!

All grade levels have been practicing volleyball skills including the bump, set, underhand serve, and rotation. The 5th and 6th grades will participate in a volleyball tournament for the next week and the fourth grade will be playing in a variety of volleyball activities. Remember to practice your skills at home to improve your game!

HEALTHY TIP!

Good nutrition means eating a wide variety of foods that are good for our bodies and provide all the nutrients we need to be energetic, fight illnesses, and accomplish the things we care about doing every day. Recommended Daily Requirements: Grains (5-6 servings), 6 ounces whole grains Vegetables (3-4 servings), 2-3 cups fresh Fruits (2-3 servings), 2 cups fresh Dairy (3 servings), Meats (3 servings) 5-6 ounces, Fats & Oils (no more than 6 teaspoons) - use sparingly, you can get enough in your dairy & meats. One serving is approximately the size of your fist; don’t be fooled by the labeling.

Emergency Closing Procedures

♦ Emergency Hotline: 410-632-5399 ext. 6600

♦ www.worcesterk12.org—special announcements on homepage

♦ Television Stations: WBOC and WMDT

♦ Twitter at Worcester Schools MD (@worcestersystem) Facebook at Worcester County Public Schools MD
SchoolMessenger is an automated notification system that informs parents and guardians of important messages such as fog delays, early dismissals, school closings and other emergencies. Messages are shared via phone and text messages, and may be sent as early as 5:15 a.m., but no later than 9:00 p.m. The SchoolMessenger system will call up to four designated telephone numbers per household. If you would like to receive text messages, you must opt-in. Text any one of the following words (subscribe, option, yes) to the number 68453. You should receive the following message: You are registered to receive approx. 3 msgs/mo. Txt STOP to quit, HELP to help.

Atención: ¡Se habla Español! We Speak Spanish!
With one click you can view our entire website in Spanish! Click on the language drop down button at top left area of the website and then choose Spanish. If you click on this link it will automatically transform our website into Spanish. Once it is in Spanish, any link you click from there will also be in Spanish. Ole!

For the Families
colorincolorado.org
As a parent, there are many ways that you can help your child succeed every single day! These bilingual parent resources offer tips on helping your child learn to read, succeed in school, and learn a new language. They also provide information about the U.S. school system and share ideas on how to build a relationship with your child’s teacher and school.
In addition, you can find fun reading tips and games, bilingual booklists, ideas for using the public library, and videos of children’s authors, illustrators, and musicians. Resources are organized by topic. Please go to colorincolorado.org for more information. Then in the Resources list, click on the following icon: