

Arlene Randall, Principal

October 2, 2009



Betsy Shomaker  
PTA President

## Cooper Newsletter

**EARLY COOPER CLOSING October 22**

### Important Dates

- October 5-Assemblies for 7th & 8th grade during school "The Truth of Lies"
- October 5-Talent Show rehearsal, after school
- October 7- Principal's Coffee, in McLean parent's home
- October 8-Fall Pictures
- October 10-Open House at Thomas Jefferson 8:30—11:30
- October 12-Columbus Day Holiday
- October 13-PTA Executive Board meeting
- October 14-**Deadline for submissions** for the Reflections Contest
- October 14-Principal's coffee in Great Falls parent's home
- October 16-Talent Show, 7pm
- October 19-23-Coat Drive & Red Ribbon Week
- October 20-PTA meeting, 9:30, room 130
- October 22-SOL writing practice & **Cooper Early Closing** for Staff Development
- October 26-Health Screening
- October 29—Chorus Fall Concert, CMS, 7 pm
- October 30-End of first quarter
- November 2—3 Teachers' Workdays and Student Holidays



### **A Message from Principal Randall**

#### EARLY CLOSING FOR COOPER

Cooper will be closing early on October 22 at 11:20. This gives our staff an opportunity to attend a technology seminar.

#### PTA COOPER COFFEES WITH THE PRINCIPAL

Please join us for coffee! The PTA have two opportunities for you to attend—Wednesday, October 7, in McLean, and Wednesday, October 14th, in Great Falls. We are hopeful that one of these dates/locations will work for you! These informal gatherings provide you with a wonderful opportunity to visit with administration staff and other parents, as well. No RSVP is needed—just come on by. The PTA and myself look forward to seeing you.

Wednesday, October 7th—9:30 am in McLean at the home of Consuelo and John Pluta: 6722 Benjamin Street (near the corner of Douglas and Benjamin Street).

Wednesday, October 14—9:30 am in Great Falls at the home

of Sandy and Greg Potteiger, 329 Sinegar Place.

#### SCHOOL-WIDE ASSEMBLIES

On October 5<sup>th</sup>, Cooper will have its first school-wide assembly of the year. This will be a character education assembly designed to motivate, challenge and inspire our students. Motivational Productions has visited Cooper in the past and will present its newest show "The Truth of Lies" in a dynamic 3-screen video presentation. The program will explore the different types of messages teens are bombarded with and how to discern what is true and what is false. This program is paid for by the Cooper PTA. For more information go to: [www.motivationalpro.org](http://www.motivationalpro.org) or contact Karen Alden at [kalden1@aol.com](mailto:kalden1@aol.com) or Heide Zufall at [heide@zufall.com](mailto:heide@zufall.com)

#### HEALTHY SNACKING TIPS

The rise in overweight children means that parents need to take an active role in providing healthy snacks for their

children.

*Keep snacks small. Don't eat snacks straight out of the package.*

*Snack only when hungry, not bored.*

*Limit sweet snacks such as brownies, cookies, and candy because they are often loaded with calories and sugar.*

*Offer fruits and vegetables. Offer low fat cheese with whole grain crackers or pretzels.*

*Select snacks from MyPyramid. Quench thirst with water, fruit juices or low fat milk, not soft drinks.*

*Read food labels carefully—if first ingredient is sugar AVOID IT!*

*Use [www.fcps.edu/fs/food/nutrition/calculator](http://www.fcps.edu/fs/food/nutrition/calculator) to evaluate your snacks.*

**A HUGE THANK YOU** to Terry O'Connor of O'Connor & Desmarais, P.C., for once again reviewing our fiscal records and preparing our Form 990-EZ tax return. Terry does this annually pro bono and we are extremely appreciative!

### **Notes from Student Services**

#### "APPLICATIONS AVAILABLE FOR TJHSST"

Applications for Thomas Jefferson High School are now available in the Student Services office from Mrs. Skrabut, our counselor in charge of TJ applications. The initial application is a one page form which registers the applicant for the TJHSST admissions test in December. Applications are due to Mrs. Skrabut

no later than October 21 (no exceptions). The TJ admissions staff will hold an Open House on Saturday, October 10 at 8:30 to 11:30 at TJHSST. No reservation is required.

#### 8<sup>TH</sup> GRADE WRITING SOL

On October 22, all students will participate in the school-wide writing prompt as preparation for the 8<sup>th</sup> grade writing SOL. Students will be in

school for a half-day and should prepare by bringing pencils and a book to read.

#### CREDIT PROGRAM EXAM FOR WORLD LANGUAGES

For information on registering for the exam, please go to the following Cooper website.

<http://www.fcps.edu/CooperMS/> under Important Information.

Registrations are only available from Sept. 21 through Oct. 19.

## NOTES FROM THE COOPER PTA

### From Betsy Shomaker, PTA President

Have you joined the PTA yet? Donated to our important technology fundraiser? Signed up to take advantage of some of the wonderful volunteer opportunities? If not, please visit our PTA Website at [www.CooperPTA.org](http://www.CooperPTA.org). The website has been re-vamped and updated this year with links to all the forms you need to support Cooper. Please help us continue the Tradition of Excellence at Cooper. Look for more information about the fundraiser at the following Cooper link under Important Information <http://www.fcps.edu/CooperMS/>. Special thanks this week to Sandy and Greg Potteiger for all of their work on the our new Cooper PTA website. Also, thanks to Nancy Rau, Bina Clark, Natalie Sturm, Danny Burk, Jackie Cho, and Elizabeth Trumbull for working at the PTA table at Back to School Night. And a very big thanks to our incredible Cooper Wear chairs, Kristen Runke, Patti Klein, Robyn Carton, and Vera Christenson, who have been working tirelessly to order and distrib-

ute our Cooper Wear.

### SHOW YOUR COOPER SPIRIT!!

There are 3 Cooper T-shirt choices, Nylon drawstring backpacks AND Gray or Navy Sweatshirts & Sweatpants for sale still. To order go to [www.Pay4SchoolStuffOnline.com](http://www.Pay4SchoolStuffOnline.com). Click on Cooper Middle School, and you'll be walked through the site, step by step. Get your Cooper Wear and show your school SPIRIT!

### COOPER DIRECTORY CLARIFICATION -

The Cooper Directory will be available BOTH as a printed book and on-line via Blackboard this year. The PTA provides students with one copy per family. Using one-form/one-check, families have the opportunity to purchase additional paper copies for \$5 each. The first published draft of the Directory will be placed on Blackboard at the end of September for one week. This will allow parents, students, faculty, etc. to proofread their information. A final draft will be posted on Blackboard the following

week to allow final proofreading/updates. Then, we will print the Directory and publish the "final" version on Blackboard. If there are updates or changes throughout the year, please send them to the Directory co-chairs. The on-line version will be updated periodically throughout the year.

Questions or concerns? Contact one of the Directory co-chairs:

Elizabeth Trumbull: [elizabeth.trumbull@gmail.com](mailto:elizabeth.trumbull@gmail.com), 703-927-5635 (7th grade)

Jackie Cho: [jacquelyncho@yahoo.com](mailto:jacquelyncho@yahoo.com), 703-473-1877 (8th grade)

### THE REFLECTIONS CONTEST IS

currently underway. This year's theme is Beauty Is... Students are invited to submit original works in the areas of Visual Arts, Photography, Literature, Dance, Film/Video and Music Composition. Students may enter as many times as they wish within one category and they may enter in multiple categories. Entry forms and rules are available in the front office. The deadline for submissions is Wednesday, October 14<sup>th</sup>. If you have any questions please contact Debbie Volpicelli at [davolpi@cox.net](mailto:davolpi@cox.net).

### CAFETERIA VOLUNTEERS

Join us for lunch... schedule is flexible! Your help is needed in the Cooper cafeteria daily, weekly, monthly or even once a semester for all 3 lunch periods or just 1! It is a great way to observe the Cooper social scene, mingle with administration and teachers and some say, curb your appetite. Please contact Kimberly Bolin at [triles2@aol.com](mailto:triles2@aol.com) for more information or to sign up.

### BOX TOPS!!!

Remember to clip those box top coupons! Simply drop them off in the front office and in exchange take one of the many **money saving coupons** I left in the box!!

### VOLUNTEERS NEEDED TO HELP WITH THE COOPER MIDDLE SCHOOL DIRECTORY

Was your child's name listed incorrectly last year? Have you had challenges with the spelling of your child's name in elementary school directories? Do you have great attention to detail? Are you a professional proofreader with not enough to do at work? Are you looking for a place to plug-in and get to know other parents at Cooper? **WE NEED YOU!!!** We need help proof-reading the directory data, directory formatting and layout, and directory sorting, labeling, and distribution. This is a very short term volunteer opportunity. Everything will be complete by the middle

of October. If you have some time and would like to help out, please email your name, email address, and telephone number to one of the co-chairs: Elizabeth Trumbull: [elizabeth.trumbull@gmail.com](mailto:elizabeth.trumbull@gmail.com), 703-927-5635 Jackie Cho: [jacquelyncho@yahoo.com](mailto:jacquelyncho@yahoo.com), 703-473-1877



## **More news from Cooper**

### Community Service ideas for rising 8th grade students

Do you need an idea for your community service project? Go to the following link to get ideas/projects for your community service.

<http://www.fcps.edu/CooperMS/Cooper%20Gives%20Back/coopergivesback.html>

### Volunteers Needed at CRE Movie Night

Churchill Road Elementary School needs 8th grade volunteers for their Fall Family Movie Night and Costume Swap/Donation on Friday, October 9, from 4:30-9:30 p.m. The work would involve assist-

ing with setting up for the event, assisting with check-in, organizing/sizing costumes, and/or cleaning up afterwards. Preparations will begin at approximately 4:30 p.m. The event starts at 6:15 and is scheduled to end at 9:30 p.m. Volunteer shifts are currently broken down into 1.5 to 2 hour time slots and will be taken on a first come first serve basis. Only a few slots are needed so please contact Jenifer Lesan at [jlesan@gmail.com](mailto:jlesan@gmail.com) or Kara Kaldes at [KaraKaldes@yahoo.com](mailto:KaraKaldes@yahoo.com) if you would like to help asap.

### Do you want your child to be in the yearbook? Here is your chance!

We are looking for pictures of any summer, weekend, sports, or social activities of your child outside of school. Candid's are preferred, but any picture has a shot of making the yearbook! Pictures should be in jpeg format and emailed to [cooperyearbook@gmail.com](mailto:cooperyearbook@gmail.com). Please include your student's first and last name, grade, what is going on in the picture, and the name of any other Cooper student in the photo. Thank you!

### **Don't forget to order your yearbook:**

Go to ; <http://www.fcps.edu/CooperMS/Assests/pdf%20files/Yearbook%20Form%2009-10.pdf>

## A MESSAGE FROM THE COOPER PTA FUNDRAISING COMMITTEE

A warm Cooper thank you to those of you who have so generously donated to our fundraising efforts. Our goal this year is to raise enough funds to purchase ten new SMART Boards for our classrooms--at a total cost of \$25,000. We currently don't have many of these wonderful learning tools in our Cooper classrooms--in fact we only have five in the entire building. We understand the current economic climate, but we are asking each family to consider making a generous donation. For those of you unfamiliar with SMART technology, these interactive white boards mirror information on a classroom computer. The board is touch-sensitive, and a digital projector displays the computer screen on the board. Computer applications are controlled by touching the board, information can be inserted using digital ink markers, and work can be saved on the board for future lessons.

Please keep in mind that many employers have a "matching contribution" plan--donations up to a certain amount will be matched by your employer. Cooper PTA is also a qualified 501c(3) institution--all donations are 100% tax deductible. Donation forms can be found on the PTA website, and your contribution can be made by cash or check (payable to Cooper Middle School PTA). This year, the PTA is also pleased to offer an online payment system through [www.Pay4SchoolStuffOnline.com](http://www.Pay4SchoolStuffOnline.com). From the homepage of this website, just click on 'Cooper Middle School' to be walked through the site, step by step. This convenient and easy to use system is part of the PTA's effort to "go green." Please note that there is a minimal 1.25% processing fee for using this service.

Thank you, again, for your support of our fundraising efforts this year. These wonderful SMART Boards can only be provided for our students by the generous contributions of our families--continuing our tradition of excellence here at Cooper. Questions? Please contact Natalie Sturm at 703-790-1540 or [njsturm@cox.net](mailto:njsturm@cox.net).

