



Building Strength by Working Together

November 2007



Save the dates:

- PTO Meeting and Elections: Nov 8th, 6pm in the Cafeteria
- No School for Teacher Convention Day: Nov 9th
- 12:15 dismissal Parent-Teacher Conferences to distribute Report Cards: Nov 15th 1:15-6:00 pm
- Parent Council Meeting: Wednesday, Nov 15th 6:00 pm
- 12:15 dismissal for Thanksgiving break: Nov 21st
- No School for Thanksgiving Break: Nov 22nd & 23rd



At Lady Liberty Academy we value and honor education and make the best of every opportunity to learn and teach.

We can show this by:

Dressing for success!

Being on Time!

Staying in school all day!

Keeping the Peace

Last month, Lady Liberty Academy recognized Violence and Vandalism Week by renaming the week as *Keeping the Peace Week* and conducting school wide activities that taught our students about tolerance, living our core values, non – violent conflict resolution, and anti-bullying.

Students were involved in workshops and class discussions; listening to guest speakers; creating visuals and banners promoting peace; attending peace rallies; and wearing theme clothing each day to remind ourselves of our commitment to keeping the peace.

In addition, a group of teachers and parents attended a Newark City Council meeting to present our concerns about the safety and security in and around our

“One day we must come to see that peace is not merely a distant goal we seek, but that it is a means by which we arrive at that goal. We must pursue peaceful ends through peaceful means.” –Dr Martin Luther King Jr

neighborhood. Council members were very responsive and have scheduled a walkthrough here at Lady Liberty on November 5th and a special meeting at City Hall on November 7th. During this meeting, the Chief of Police and other city officials will meet with representatives of Lady Liberty to further understand our needs and formulate an action plan of assistance.

Please be assured that the work we accomplished during *Keeping the Peace Week* will be reinforced and strengthened as we progress throughout the year.

Report Card Conferences

Please make every effort to come to school on Report Card Conference afternoon next **Thursday, November 15th between 1:15 pm and 6:00 pm** to pick up your child's report card and meet with teachers. If you are unable to make it, please call your child's teacher to make an alternative day and time. Report cards will not be mailed or sent home with your child. In order to ensure that your meeting is productive, you might like to consider these tips:

- Prepare your questions in advance.
- Let the teachers know what your concerns are and what you feel is important for them to know about how your child learns.
- Ask to look at your child's work.
- Be open-minded in working with the teacher to develop an action plan to help address any concerns that you may have.
- Share your expertise about your child that may be impacting your child's academic performance or conduct; help the teacher understand how best to work with your child.
- Share any situations that may be going on at home that may be impacting your child's academic performance or behavior.
- Be prepared to hear good news as well as perhaps hearing news that may be disappointing or surprising. Your children's teachers may have insights and knowledge about your child's learning that you may not have heard before. Be open to discussing these calmly and professionally.
- After the conference, be sure to take time to sit down with your child to discuss his/her report card. Celebrate the good and address the concerns by coming up with a plan to make improvements.



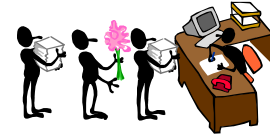
Helping your children do their best:

- Make sure that your child has a quiet, special place to do homework and has the materials he/she needs.
- Discuss and ask to look at completed homework.
- Ask your child to read to you or teach you something that they learned in school today.
- Sign the homework folder or homework pad.
- Be generous with your praise for a homework job well done!
- Arrange your schedule and morning routine to get your child here on time by 8:00 am each day. Let them see that this is a priority for you and if you are running late for some reason, please call the main office.
- Involve your child in getting his/her uniform washed and ready to wear each day.

Parent Shout Outs of Appreciation!

Thank you to Ms General, Ms G. Smith, Ms Boyd, Ms Johnson, Mr. Lindsey, Mr. Bush, Ms Meadows, Ms Bruzzano, Ms Turner, and Mr. Kimble for taking time to attend the Newark City Council Meeting. Thank you to parents, staff, and family members who have supported the

Art Postcards fundraiser and school wide fundraisers for our Thanksgiving Food Baskets.



Student Shout Out by Ms Kristin Turner

Lady Liberty Academy Charter School is the home to over 400 students, K-8. All of these students possess various talents. We have artists, singers, dancers, athletes and poets. It is great when a student can showcase their talents for not only Lady Liberty to see, but also the community and the world at large. Kaiima Griffith, a current 7th grade student, had the opportunity to do just that.

A few weeks ago, Ms. Meadows, extended the opportunity for students in the middle school to attend a Delta Sigma Theta Sorority Organization. Through this organization, young women and men are mentored and afforded many opportunities, from luncheons to college visits. Kaiima was given this information and attended the meeting. It was there she received information about a spoken word contest at Essex County College hosted by the NAACP, Bridging the Gap.

Kaiima was not sure if she wanted to participate, but after speaking to Ms. Turner, decided to give it a try. The weekend before, Kaiima wrote three poems, and together they choose which one was best to perform. Wednesday, October 17, 2007, Kaiima tried out. She read her poetry in front of a panel of judges, and fellow contestants. She competed against high school and college students, and being 12, she was the youngest contestant. That Sunday, she received a phone call, indicating that she made the finals and she was to perform, Tuesday, October 23, 2007 at 5p.m. As nervous as she was, she still mustered up the courage to perform her piece once again in front of the panel of judges, an audience, her principal, and some teachers. After the others performed, it was then announced that Kaiima Griffith won the "Spoken Word" portion of the competition.

Kaiima had the opportunity to perform at the 93rd Annual Freedom Dinner hosted by the NAACP. She will also receive a monetary reward along with studio time. She will be afforded the opportunity to also work with the well-known Russell Simons. All of her teachers are so very proud of her, support her, and wish her the best!

Healthy Tips !

Good nutrition helps our children stay healthy in body and mind. Here are 10 tips for helping our children make healthy choices:

1. **Start** by introducing healthier elements into foods that your child already likes. For example, offer blueberry pancakes, carrot muffins, fruit slices over a favorite cereal, chunks of bell pepper in a potato salad, or shredded veggies over rice.
2. **Include** your kids in the prep work. By being involved in grocery shopping and food preparation, your kids will have more 'buy-in.' If they feel some ownership over the meal, they may be more likely to eat it.
3. **Don't buy** unhealthy foods. Out of sight, out of mind. If the chips and cookies aren't around, your kids can't eat them. They may resist at first, but when they get hungry, they'll start munching the carrot sticks. Keep healthy foods on hand — 100 percent juice instead of colas or sugary drinks, and a bag of apples instead of a bag of chips.
4. **Schedule** snack time and stick to it. Most kids like routine. If your kids know they will only get food at certain times, they'll eat what they get when they get it. Try to have snacks incorporate two food groups. For example, offer cheese and

whole-grain crackers or apple slices with low-fat yogurt or cottage cheese.

5. **Have healthy finger** foods available. Kids like to pick up foods, so give them foods they can handle. Fruit and veggie chunks (raw or cooked) are great finger-food options.
6. **Repeal** the "clean your plate" rule. Kids know when they're full, so let them stop. Overeating is one of the major reasons we get too many calories.
7. **Encourage** kids to "eat their colors." This game works well with younger kids. Food that's bland in color often also lacks nutrients. Eating a variety of brightly colored foods provides more nutrients in greater variety.
8. **Don't cut** out treats altogether. Think moderation. A scoop of ice cream or a serving of Oreos is all right occasionally. If you cut out all the goodies, your kids will be more likely to overeat when they do get them. Make sure to moderate the treat consumption.
9. **Veg out** at the dinner table, not the TV. Eating in front of the TV is distracting, and kids may not notice that they're full because they're wrapped up in the show. Eating as a family is a great time to catch up.
10. **Be** a good role model. The best way to influence kids is by example. Don't expect them to eat spinach if you won't touch it."

Adapted from the American Heart Assoc,

Suggestions, comments, questions:

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