



Beecher Buzz

November 2007

"Beecher Hills Elementary, where each round goes higher and higher!"

Congratulations to Beecher's Best:

Ms. Mekeya Upshaw
Beecher Hills Elementary
2007-2008
Teacher
Of The Year



Ms. Marilyn Campbell
Beecher Hills Elementary
2007-2008
Paraprofessional
Of The Year

Ms. Mekeya Upshaw, 2007-2008 Teacher of the Year

Ms. Mekeya Upshaw has been a teacher in the Atlanta Public Schools System for nine years, and has taught at Beecher Hills for five of those nine years. A product of the Atlanta Public Schools System, Ms. Upshaw has complete confidence in the effectiveness of the public school experience. She believes that being a part of the Atlanta Public Schools system molded her into the teacher that she is today.

Ms. Upshaw's greatest contribution as an educator is that she sets high expectations for all of her students. She also feels that it is important to constantly re-evaluate herself and her approach to her profession. This is paramount because each year teachers face new challenges. According to Ms. Upshaw, *"As teacher of at-risk students, you must remain focused and maintain high expectations as well as a positive*

attitude. It is most important that we instill in our students the understanding that they have the ability to achieve despite the difficulties they face and that: Failure is not an option."

Ms. Upshaw graduated from Alabama A&M University with a BA in Early Childhood/Elementary Education and also received a Master's Degree in Reading and Literacy from Walden University.

Ms. Marilyn Campbell, 2007-2008 Paraprofessional of the Year

Ms. Marilyn Campbell has been with the Atlanta Public School System for 23 years and a kindergarten paraprofessional for over 15 years. She has been with Beecher Hills Elementary for 6 years. Ms. Campbell's life motto is, *"To teach and to assist is to touch a life forever"*.

Ms. Campbell believes that young minds love and appreciate being molded. During her tenure, Ms.

Campbell has assisted in molding many young minds. It warms her heart to see former students who have grown up to become mature and exceptional citizens in their community with families of their own. Her prayer is that she will touch a child's life with the love in her heart, the knowledge in her mind, and the gifts of her hands.

Ms. Campbell spends her free time with family, friends and attending church. She has several hobbies, which include sewing and all types of arts and crafts. She counts it as a true pleasure to work with the students whom she enjoys, and the exceptionally supportive Beecher Hills parents.

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Homework Hotline

Monday—Thursday
4:00 pm - 9:00 pm
678-553-3029

A FREE service of
Atlanta Public Schools

BEECHER is BEST!
Title I
Distinguished
School
AYP 7 Years

Rite of Passage Program Continues

This fall we will resume the African centered rite of passage program for fourth and fifth grade males at Beecher Hills Elementary School. The program, which was initiated at Beecher last spring, is designed to teach our young males the necessary principles, values, cultural history and discipline, which will anchor them on their passage into adulthood.

The faculty, staff and parents of Beecher Hills understand that there is a need for activities that supplement the formal educational experience. The rites are designed to use history to instill community responsibility and personal pride. The focus for the next ten



Rite of Passage participants recite "the pledge", a positive affirmation designed to encourage young males to be more introspective, mature and better citizens of their communities.

weeks is to bring various professionals in to speak with the boys to show them that their life's possibilities are limitless!!

**BASKETBALL COACH
& OFFICIALS
NEEDED . . .**



**Interested adults should contact
Ms. Rhonda Leach.**

**Season Starts: November 26
Schedule: 1 Game/Wk—11 Wks
Must be dependable!**

The program consist of weekly sessions held on Fridays, 3:00 p.m. -5:00p.m. For more information please contact Rites of Passage Chairperson, Lee Jones.

Community Partners

Beecher Hills extends special thanks to Jason's Deli for their donation of coupons, which will be used to acknowledge uniform perfection. At Jason's Deli they want to do everything they can to support local schools - and especially the teachers. So they invented the J.D. Pickle Club. Here's how it



works: Jason's Deli provides as many J.D. Pickle Cards to a teacher as they need. When

students achieve uniform perfection, they get a J.D. Pickle Card redeemable at any neighborhood Jason's Deli.

It's a great tool to use as an incentive, and the reward is real, good food!



November is American Diabetes Month, and Jumping Jamin Jellybeans is doing their part to fight diabetes by donating \$3.00 of every regular paid admission of \$7.99 to the American Diabetes Association. Way to Go!!



Beecher Hills' second fundraiser of Otis Spunkmeyer Cookie Dough has been extended. See signs posted at the school entrance for dates and details.

Cookie Dough Pick-up Date is

Tuesday, December 11th

Reminder: Products are perishable.

Please make plans for timely pick-up.

Thank you!

Earn Buck\$ for Beecher

While shopping for holiday meals, remember to link your spending to Beecher Hills!! Following are several quick and easy ways to earn money for Beecher Hills, and shop for your family at the same time—and you don't have to travel outside of the community to do it!!

- Kroger Earning Plus Learning-Linked via Beecher Barcode
- Publix Partners Key Cards
- Wayfield Community Cards



REMINDER!

Please send all Box Tops to your homeroom teacher with the child's name attached. Log on to www.bboxtops4education.com/activitycenter for creative and useful tools for collecting box tops.

Visit Parent Center for more Details.

Beecher Students Inducted into National Junior Beta Club



Beecher Hills Elementary National Junior Beta Club members and sponsors during Candlelight Service Induction Ceremony.

The *"Electrifying Eighteen"* paraded across the stage in black and white attire while being inducted into the **National Junior Beta Club**. Smiles radiated the

room as parents sat in anticipation to hear their child's name called. The Beecher Hills Induction Ceremony was held at the school October 11, 2007. During this event, students were honored for outstanding academic achievement, service, and leadership. They were also introduced to the 8 Principles of Beta and the importance of each.

Since their induction, the students have been on the move. They are in the process of organizing a wide variety of outreach activities and are preparing to attend the National Convention in Macon, Georgia on November 15, 2007. At the convention, Beta members will compete in academic competitions with students from across the nation, as well as come together

and fellowship with peers. We are planning to make this event and their first year of Beta an educational experience of a lifetime.

Members of the 2007-2008 National Junior Beta Club are as follows: Officers: Xayla Wilson, President; Alexis Wright, Vice President; Nena Dorsey, Secretary; Kayla Reese, Treasurer. Members: Yvette Ballard, Tamira Johnson, Khalin Colson, Kentrell Brooks, DaQuan Hawkins, Evan Gibb, Destanie McPherson, Dajarae George, Noren Merritt, John Bailey, Blake Jones, Frank Walker, Jeremy Wilson.

Beecher Hills Junior Beta Club Sponsors are Ms. Jacqueline Varnado and Ms. Stacy Humphries.

A Day of Celebration: Culture, Unity & Diversity Culminating Activities

The entire Beecher Hills Elementary family joined in the celebration of learning on Thursday, October 18. Beecher Hills students, faculty, family and friends participated in the culminating activities and program for **Culture, Unity & Diversity**. The program capped-off the first nine weeks of school, and focused on the **Unit Theme of Culture, Unity & Diversity**.

The Day of Celebration began with the stimulating and informa-



Beecher Hills faculty members joined Manga African Dancers during Culture, Unity & Diversity Celebration.

tive *"Rhythm in Motion"* production performed by **Manga African Dance Company**. The company's high-energy performance includes dances and rhythms from Africa, the Caribbean and the United States.

Each grade level from kindergarten through 5th grade conducted theme-centered presentations. The Day of Celebration also included cultural food tasting, singing, dancing, reading, sharing and learning!!

Fantastic Fall Festival!



The recent Fall Festival was a big success! Over \$2,000 was raised by the various grade levels and auxiliaries. The Basketball/Cheerleaders' food station raised the most money, followed by Pre-K's moon jump. The Beecherettes' haunted house was a close third. In addition to those activities, the festival featured face painting, Halloween manicures, a candy grab, ring toss, and scary movies. There was lots of food to choose from including delicious funnel cakes, popcorn, cotton candy, nachos, pickles and slushies.

Let's not forget about all the unique costumes!

Beecher Hills welcomed firemen from our neighborhood fire station who stayed throughout the entire event to meet and greet festival attendees. Representatives from the City of Atlanta's Department of Watershed Management and Washington Mutual were also present.

Special thanks all the parents who volunteered their time to assist with the various activities and help make this event one that our kids won't soon forget!

PTA President Robert Reese Urges Parent Involvement:

Most of us remember Paul Revere for his historic ride through Boston warning that "...the British are coming." Few know that he earned his living making and repairing articles of silver. Interestingly enough, Paul Revere is remembered for his volunteerism not his profession.

How many of us will be remembered for our professions? How many of us invest our energy in things that provide material rewards but have no lasting relevance? Volunteer at Beecher, impact the lives of your child and others! Your volunteer efforts will be immeasurable and leave an indelible mark on the children.

Students at Beecher Hills are still discussing the programs resulting from the volunteer efforts of Delano Dubinson (Red Ribbon Week Program), Gena Golden Jones (Manga Dance Company Performance), and Stacy and Tracie Jackson (Fall Festival).

Make your impact!

Get involved!

Join the PTA!



Beecher Hills Says SCIENCE FOR EVERYONE!

Beecher students and faculty enjoyed a special science treat on October 15th! Brothers Michael "The Science Machine" Green and his assistant Jefferson "Jay" Green presented the unique and interactive program, **Science for Everyone**! Through the brothers' lively but information-packed performance, Beecher students were made to realize just how important and fun science can be!

Science for Everyone was created by the two brothers, Michael and Jay Green, in 2004, and has been presented at numerous schools across the Atlanta Public School System, as well as in Alabama and Tennessee. To date, the program has served more than 100,000 students.

"**The Science Machine**", Michael Green, President of **Science for Everyone**, works his science "magic" on Beecher Hills 2nd and 3rd grade student volunteers and 3rd grade teacher Ms. Ross. **SFE** is a unique and interactive science and technology company that is committed to increasing math and science interest at the elementary school level.



Science for Everyone (SFE) will be working with the 3rd - 5th grade teachers at Beecher Hills for the remainder of the year to build on the excitement of the show. In this capacity, **SFE** will provide the 3rd - 5th grade teachers with exciting experiments that they can do in the classroom when introducing new scientific concepts.

SCIENCE

FOR EVERYONE

ILLUSTRATION FOR THE ILLUSTRATION

Michael Green, President

www.scienceforevery1.com

678-558-3969



November is Great American Smokeout Month

The **American Cancer Society's Great American Smokeout**, is every third Thursday of November. Smokers across the nation can participate by smoking less or quitting. There are a lot of good reasons to quit:

- More than 400,000 people die every year from smoking-related diseases.
- The typical smoker spends about \$700 a year on cigarettes.
- severity of asthma attacks in children who have asthma.

Here are some tips for a successful Smokeout:

- *Follow a plan of action* – make the decision to stop; be sure of why you are quitting.
- *Prepare to succeed.*
- *Decide how you will quit* – decide on the method you'll use to quit; visit www.cancer.org for effective ways to quit.
- *Resist the urge* – stay away from other smokers; when cravings strike do something to distract yourself.
- *Reward yourself* – when you pass certain milestones, for example, after one week of being smoke-free. Of course, quitting itself is the biggest reward!

November is American Diabetes Month

American Diabetes Association calls for greater awareness to the 75 million Americans who have diabetes or are at risk for developing type 2 diabetes.



African Americans and Diabetes

Compared to the general population, African Americans are disproportionately affected by diabetes:

- 3.2 million or 13.3% of all African Americans aged 20 years or older have diabetes.
- African Americans are 1.8 times more likely to have diabetes as non Hispanic whites.
- Twenty-five percent of African Americans between the ages of 65 and 74 have diabetes.
- One in four African American women over 55 years of age has diabetes.

For Parents & Children

Learning your child has diabetes is quite a shock. The website of [diabetes.org](http://www.diabetes.org) is for parents whose child has just been diagnosed. It covers the basics of diabetes treatment, as well as issues you may experience in the months and years ahead. It's not meant to replace advice and education from your child's health care team. Rather, use this as a reference as you begin your diabetes journey.

What is diabetes?

Type 1 diabetes is caused by an autoimmune disorder—a problem with the body's immune system. In a healthy body, specialized cells (called beta cells) in the pancreas make insulin. Insulin is a hormone that allows the body to use energy from food. In type 1 diabetes, the immune system mistakes beta cells for invaders and attacks them. When enough beta cells are destroyed, symptoms of diabetes appear.

In **type 2 diabetes**, the beta cells still produce insulin. However, either the cells do not respond properly to the insulin or the insulin produced naturally is not enough to meet the needs of the body. So insulin is usually still present in a person with type 2 diabetes, but it does not work as well as it should. **Some people with type 2 can keep it under control by losing weight, changing their diet, and increasing their exercise. Others take one or more medications, including insulin.**

Diabetes Care

When your child is diagnosed with diabetes, it's easy to feel overwhelmed by all the information you're given. Managing diabetes is a matter of juggling three things: **insulin, food, and exercise**. All three have a major effect on diabetes control.

Living with Diabetes

Diabetes affects everything you do. Learn how diabetes may affect relationships with family and friends, or what you should do on sleepovers, or vacations or when traveling.

Diabetes and the Law

Unfortunately, people with diabetes -- of all ages -- face discrimination at times. Children with diabetes most often run into discrimination at school or day care. **Parents, know your child's rights under the law.**

Resources

For resources that may be of help to you in learning more about diabetes go to www.diabetes.org or contact **American Diabetes Association**, 17 Executive Park, Suite 115, Atlanta, GA 30329, (404) 320-7100.

Source: <http://www.diabetes.org>

Water Saving Tips



Save Water Indoors

The average family uses 21.7% of their water washing clothes, 1.4% washing dishes, 15.7% using faucets, 16.8% showering, 26.7% flushing toilets, 13.7% on leaks, 1.7% taking baths, and 2.2% on other uses.



Save Water in the Bathroom

◆ Check all faucets, pipes, and toilets periodically for leaks

A faucet drip or invisible leak in the toilet will add up to 15 gallons of water a day, or 105 gallons a week, which adds up to 5,475 gallons of wasted water a year. Check your flapper periodically to make sure it's a tight fit.

◆ Install

Low-flow showerheads deliver 2.5 gallons of water per minute or less and are relatively inexpensive. Older showerheads use 5 to 7 gallons per minute.

◆ Try a navy shower

Due to a lack of fresh water aboard ship, sailors were taught to get wet, turn off the water, soap and scrub, then briefly turn the water on to rinse -- a good routine for all of us.

◆ Take shorter showers or take a bath

Simply taking shorter showers will save gallons of water. For long exposures to the water, a partially filled bath instead of a shower will use less water.

◆ Install a 1.6 gallon low-flow toilet

Ultra-low flow toilets use only 1.6 gallons of water per flush. Using these could cut indoor water use by as much as 20%. Older toilets use 3.5 to 7 gallons per flush.

◆ Check for toilet leaks

Once a year, check for toilet leaks. Remove the toilet tank cover and drip 10 drops of food coloring into the tank. After 15 minutes, check for color in the toilet bowl. If you see any color, your toilet has a leak and should be repaired immediately. Again, remember to check your flapper periodically to make sure it's a tight fit.

◆ Don't use the toilet as a wastebasket

Using a wastebasket instead of the toilet for tissues and other bits of trash will save gallons of water that are otherwise wasted.

◆ Install high efficiency, low-flow faucet aerators

Older faucets use between 3 and 7 gallons per minute. Low-flow faucet aerators use no more than 1.5 gallons of water per minute. The aerators can be attached to most existing faucets.

◆ Fix leaky faucets immediately

A leaky faucet may simply need a new washer. Small faucet leaks can waste 20 gallons of water a day. Large leaks can waste hundreds of gallons.

◆ Turn off the water while shaving, brushing teeth, etc.

Don't let the water run when you brush your teeth, wash your face or hands, or shave. This can save 3 to 7 gallons per minute.

Save Water in the Kitchen and Laundry

◆ Fill your dishwasher

Your dishwasher uses the same amount of water whether it is full or just partially full of dishes, so be sure to fill it. Many dishwashers have a water saver cycle to save even more water.

◆ Keep drinking water in your refrigerator

Don't let the faucet run until the water cools down. Instead, keep a container of drinking water in the refrigerator. Running faucets waste 3 to 7 gallons of water per minute. Before rinsing, put the sink stopper in place instead of running the water. If you need to use the garbage disposal, release the used sink water as the disposal is turned on.

◆ Defrost food in the refrigerator

When defrosting food, plan ahead to thaw it in the refrigerator or microwave oven instead of under running water.

◆ Select proper water level for laundry

Unlike your dishwasher, you can control the amount of water used by your clothes washers. Select the proper water level for each load of laundry. A front load [washing machine](#) uses 1/3 less water than a top loading machine.

◆ Reuse fish tank water

Use fish tank water on your household plants. Besides saving water, it's a good fertilizer as well.

Source: <http://www.abcwua.org/waterconservation/indoor.html>



NOVEMBER 2007						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 SGA Campaign Speeches	2 Girl Scout Event	3
4	5 Radio Disney Reading Rocks	6 Design Team Meeting Teacher Planning Day NO SCHOOL Faculty Meeting	7 2nd Grade Parent Meeting Book Fair	8 Atlanta Council General Meeting 7:00 p.m. Leadership Team Meeting	9	10
11	12 American Education Week Chattahoochee Nature Preserve (3rd Grade)	13 PTA Executive Board Meeting 6:30 p.m. Deficiency Notices	14 Annual One Fair	15 National Parent Involvement Day GA PTA Past Presidents' Luncheon—11:30 am Great American Smokeout	16 CNN Field Trip (1st Grade)	17
18	19 Thanksgiving Potluck (Kindergarten)	20 Faculty Meeting	21 Thanksgiving Holiday NO SCHOOL	22	23	24
25	26 Holiday Shop Week	27	28 SGA Installation	29 Leadership Team Mtg Chat & Chew Student of the Month	30	
DECEMBER 2007						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 World AIDS Day
2	3	4 PTA Executive Committee Mtg. Design Team Mtg.	5	6	7 The Nutcracker Field Trip (Kindergarten)	8
9	10	11 Musical Showcase PTA Meeting Fundraiser Pick-up (Nominations Cmtte)	12 Theater Field Trip (First Grade)	13 Leadership Team Mtg Local School Council Atlanta Council Holiday Sharing Kennedy Bldg @ 7:00 p.m.	14	15
16	17	18 Faculty Meeting	19 Demonstration Of Learning (Systems)	20 Atlanta Council Dues Deadline End of 1st Semester	21 Winter Holiday Begins NO SCHOOL	22
23	24 NO SCHOOL	25	26	27	28	29
30	31 NO SCHOOL					

Beecher Hills Elementary
Dr. Robin C. Hall, Principal
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 Atlanta, Georgia 30311
 Phone: 404-752-0785

We're on the web!
www.BeecherHills.com

Beecher Hills
PTA
everychild.onevoice.

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Send articles to: Pamela Hunter
 Newsletter Chairperson
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 Next Issue: December, 2007
 Article Deadline: Dec. 3, 2007

Beecher Hills Activities & Events:

Beecher is a Beehive of Activity!

- * **Book Fair Blizzard:** November 5th—9th. Support the "One for Book Program" where the class with the most \$1.00 "One for Book" certificates will earn a Class Library for their classroom.
- * **Student of the Month & Principal's Chat & Chew:** November 29th
- * **Thanksgiving Food Drive** in conjunction with Washington Mutual Bank: November 1st—19th
- * **Annual One Fair:** November 14th. Provides students the opportunity to research and present social science, science and math topics.
- * **Flight Buddies Aviation Club Registration Deadline:** November 15th. Exposes, inspires, educates, and prepares youth for aviation.
- * **Urban Village Media Bedtime Tales:** Thanks for the complimentary K-3 bedtime tales! 404-454-5299 or urbanvillagemedia.com.



Come Join Us!



**Ms. Graham's Going Away
 Celebration on October 12th**



**Beecher Staff attended 2007 APS
 Convocation on November 6th**

Beecher Hills PTA Mission:

"Beecher Hills Elementary PTA endeavors to provide support to the school and community through Advocacy, Volunteering, Wellness promotion, and Financial resources to ensure All Students, Parents, and Teachers have the Ultimate Educational Experience."

Principal's Corner: School Updates from Dr. Hall

Greetings!

As you can see from the content of this newsletter, Beecher Hills has a lot going on! We are very excited about providing an exemplary academic program, as well as special activities, programs, clubs, organizations and initiatives that are being implemented this school year. Together, these are the ingredients for continued success as we insure that every child receives the ultimate educational experience!

Additionally, I am soliciting your cooperation in observing the speed limits in our school zone. We have a lot of students who walk to and from school, and we want to insure their safety. We also have residents who live near our school, and we want to be respectful of them and their properties.

Also please be reminded that Professional Development days have been added to the school calendar for teachers. These days are:

January 15 & February 12, 2008.

School hours on these days will be held from 8:00 a.m.—11:30 a.m. The morning bus pick up will remain the same and the dismissal bus pick-up will take place at 11:30 a.m. We will be sure to send reminders as we approach these days.

Thanks for your continued support and cooperation.

Dr. Robin C. Hall
Principal