



# Bushy Bear Tales

Bushy Park Elementary School



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Mr. Edward Cosentino, Principal

February 20, 2015

Dr. Teresa Via, Assistant Principal

## Upcoming Dates to Remember

2/23 – 2/27 – Jump Rope for Heart Week

3/2 - 3/6 – Kindergarten Registration 9:00AM-3:30PM

2/27 – Read Across America Day

3/2 – Interim Progress Reports Issued

### A MESSAGE FROM DR. VIA

The Partnership for Assessment of Readiness for College and Careers (PARCC) Assessment is an online assessment that will be given to all third, fourth, and fifth graders in Maryland schools this year. The PARCC tests are designed to provide a better assessment of whether students are meeting grade-level expectations and are on track for college or a career by the time they graduate from high school.

The PARCC PBA (performance-based assessment) will begin on March 2, 2015 for our fifth graders. In English language arts/literacy, the PBA focuses on both reading comprehension and writing when analyzing texts. The mathematics PBA focuses on reasoning and modeling, and includes questions that require both short and extended responses.

Fifth graders will take the PARCC English language arts/literacy units for approximately two hours each day during their regular Language Arts Blocks on Monday, Tuesday, and Wednesday. Fifth graders will take the PARCC Mathematics units for approximately two hours each day during their regular Math Blocks on Thursday and Friday. Block 1 begins at 10:30 a.m. each day. Block 2 begins at 1:30 p.m. each day.

During the week of March 9 – 13, Grade 4 students will take PARCC in the morning starting at 9:30 and grade 3 students will take PARCC starting at 11:40.

The same students will take the PARCC EOY (end-of-year) assessment for four days during the window of April 20 through May 15. More specific information about dates and times for grade levels will come home as those dates approach.

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On testing days, please make sure your child gets a good night's sleep and a healthy breakfast. It is important for students to arrive on time for school. If at all possible, please do not schedule appointments or trips for your students on the days on which they will be taking PARCC. Parents can find more information about PARCC by going to <http://www.hcpss.org/academics/testing/parcc/>.

## SCHOOL NEWS

### Attention Parents of 1st through 5th Grade Students

Students in grades one through five will be receiving a copy of their Winter MAP report in their home folder on **Friday, February 20, 2015**.

### Attention Parents of 3rd and 5th Grade Students

The CogAT reports for students in grade five will be mailed from the school starting on **Monday, February 23, 2015**. Reports for students in grade three will be mailed from school, starting **Friday, February 27, 2015**. These reports will be mailed to the address listed in ASPEN provided by you to the school. If you do not receive the letter and report within two to three business days, please contact the school.

### HCPSS Kindergarten Registration

It's Time to Register for Kindergarten—Registration for students entering Kindergarten in Aug. 2015 starts on Mon., Mar. 2, - Fri., Mar. 6 from 9:00 AM – 3:00 PM. Parents or guardians are to register students at the school serving the address where the child's parent or guardian resides. Please visit <http://www.hcpss.org/schools/kindergarten-registration/> to see a complete list of documents required for registration.

### From Mrs. Rimlinger

Congratulations to Sarah Cherry and Timmy Cherry, grade 5, who have both been selected to participate in the 2015 Howard County Elementary Honor Band! Sarah plays trumpet and Timmy plays French horn. These two talented music students show great enthusiasm for playing their instruments, and consistently perform at a very high level, which is why they have been chosen to represent our school in this year's Honor Band. Way to go, Sarah and Timmy!!! They will perform a concert with the band in March. Stay "tuned" for your invitation!

### Incoming 6th Grade Parents to Glenwood Middle School

The Glenwood Middle School PTSA nominating committee is looking for parents to fill committee positions being vacated by the outgoing eighth grade parents. We are still looking to find parents who would be willing to serve on the following committees:

- 1) Fundraising Committee: work on organizing restaurant nights and assist with future fundraising efforts.
- 2) Cultural Arts: work with grade level staff and assist with submitting grant proposals for cultural arts programs for the students.
- 3) Parent Volunteer Coordinator: assist with compiling a database of volunteers for the committee heads from the beginning of the year sign up sheets.
- 4) Gift of Thanks: Organize and run our holiday gift card program for staff gifts around the winter holidays.

If you are interested in staying involved with your child's school experience please contact Maria Poltorak at [smpoltorak@verizon.net](mailto:smpoltorak@verizon.net) or 410-489-5545.

## COMMUNITY NEWS

### Candlelight Concerts

Hermès String Quartet, Sat., Feb. 21, 8 p.m., Smith Theatre – Columbia, MD [www.candlelightconcerts.org](http://www.candlelightconcerts.org), 410-997-2324

### Candlelight Concerts

CandleKids, Percussion Power featuring the Peabody Percussion Group

Sun., Feb. 22, 2:30 & 4:30 p.m., Smith Theatre, Columbia, MD.

The percussion section comes out from behind the orchestra for this engaging exploration of rhythm and sound.

[www.candlelightconcerts.org](http://www.candlelightconcerts.org) 410-997-2324.

### Columbia Orchestra

The Columbia Orchestra of Howard County presents on Sat., Feb. 21, at 10:30 a.m. and 1 p.m., its popular Young People's Concert. A Musical Instrument Petting Zoo will be open from 11:30 a.m.-1 p.m. offering children of all ages an opportunity to see, hear, touch, and play orchestral instruments. 11 and under are Free. For more information or to purchase tickets, call 410-465-8777 or visit

[www.columbiaorchestr.org](http://www.columbiaorchestr.org).

### Howard County Library System

Invites students in grades K to 12 to enter the annual Choose Civility Poster Contest to help visually communicate the importance of "Civility in Sports." Contest entries will be accepted Mar. 1. All entries must include the student's name, grade level, and school on the reverse side of the artwork. Categories, details, and art and judging criteria are available at [choosecivility.org/civility-in-sports-poster-contest](http://choosecivility.org/civility-in-sports-poster-contest). Posters should be submitted by mail or in person to Monica Herber, Columbia Association Art Center, 6100 Foreland Garth, Columbia, MD 21045. For additional information, students, parents, and/or teachers please call 410.730.0075 or email

[monica.herber@columbiaassociation.org](mailto:monica.herber@columbiaassociation.org)

# JUMP ROPE FOR HEART

## Jump into the fight against Heart Disease

During the week of February 23<sup>rd</sup>, our students will jump into the fight against heart disease and stroke with Jump Rope For Heart.

### WHAT IS JUMP ROPE FOR HEART?

- A fun and exciting time to jump rope for a healthy heart.
- A time to teach children healthy food and exercise habits.
- An opportunity for our school to help fight heart disease by collecting donations from family, friends, co-workers and neighbors...ask anyone you know!!!
- A time to help our community by giving the money we earn to the American Heart.

### HOW LONG DO WE HAVE TO COLLECT MONEY:

- All donations (online or in the envelope) are due the day they jump or by March 13, 2015.

### HOW DO WE COLLECT DONATIONS:

- Read the warning signs to family and friends located on the back on the donation envelope.
- After an adult has heard the risk factors, ask them to sign the form and make a donation.
- Thank them for making a donation and remind them to call 911 if they are having a heart attack!
- Go online and create a webpage to ask for donations...visit [www.heart.org/jump](http://www.heart.org/jump) to get started.

### THINGS TO REMEMBER:

- Please do not allow students to go door to door.
- Put your child's name on the collection envelope and return donations in the envelope.
- Wear comfortable clothes and tennis shoes.

### WHAT PARENTS CAN DO TO HELP:

- Help your child collect donations...either in the collection envelopes or online at [www.heart.org/jump](http://www.heart.org/jump)
- Employee matching funds-many companies offer matching donations for the AHA-check at your work or at <http://www.matchinggifts.com/aha/>

**This year we hope to teach all students about the warning signs of Heart Disease and raise money and awareness of Heart Disease!!!**

**Please help us achieve our goal!!!**

**Mr. Cruz & Mr. Rosenthal**

As a part of our **Healthy Howard Initiative**, we will be including recipes in our upcoming newsletters. Enjoy!

## **Black Bean and Quinoa Enchilada Bake**

**Yield:** Serves 8-10

**Prep Time:** 10 minutes

**Cook Time:** 35 minutes

**Total Time:** 45 minutes-includes churning time

This Black Bean and Quinoa Enchilada Bake is SO good! Promise me you will make it. It is one of our favorite meals! I guarantee it will be a regular at your house!

### **Ingredients:**

1 cup uncooked quinoa, rinsed  
2 cups water  
1 tablespoon olive oil  
1 small onion, diced  
3 cloves garlic, minced  
1 jalapeño, seeds and ribs removed, diced  
1 red pepper, seeds removed, diced  
1 orange pepper, seeds removed, diced  
1 cup corn frozen kernels  
Juice of 1 small lime  
1 teaspoon ground cumin  
1 tablespoon chili powder  
1/3 cup chopped cilantro  
Salt and pepper, to taste  
2 (15 oz) cans black beans, drained and rinsed  
2 cups red enchilada sauce  
2 cups shredded Mexican cheese  
Toppings: Sliced green onions, avocado slices, sour cream, optional

### **Directions:**

1. Preheat the oven to 350 degrees F. Grease a 9x13 baking dish with cooking spray and set aside.
  2. Add quinoa and water to a medium saucepan and bring to a boil over medium heat. Boil for 5 minutes. Turn the heat to low and simmer for about 15 minutes, or until water is absorbed. Remove from heat and fluff with a fork. Cover quinoa and set aside.
  3. In a large skillet, heat the tablespoon of olive oil over medium-high heat. Add the onion, garlic, and jalapeño. Sauté until softened, about 5 minutes. Add in the peppers and corn. Cook for about 3-4 minutes. Add the lime juice, cumin, chili powder, and cilantro. Stir to combine. Season with salt and pepper, to taste.
  4. In a large bowl, add the cooked quinoa and black beans. Add the sautéed vegetable mixture and stir to combine. Pour in the enchilada sauce and stir. Add 1/2 cup shredded cheese.
  5. Pour the black bean and quinoa mixture into the prepared baking dish. Top with remaining shredded cheese. Cover the pan with foil. Bake for 20 minutes, then remove foil. Bake an additional 10 minutes, or until the cheese is melted and edges are bubbling. Remove from the oven, and let cool for 10 minutes. Garnish with toppings, if desired. Serve warm.
- Note-this recipe freezes well!

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This delicious recipe brought to you by **Two Peas & Their Pod**

<http://www.twopeasandtheirpod.com/black-bean-and-quinoa-enchilada-bake/>