



# Chapel Hill Chatter

Chapel Hill Elementary School  
5200 E Joppa Road  
Perry Hall, MD 21128



## DECEMBER

- 12/6-Winter Dance- 6:30-7:30 pm (snow date-12/13)
- 12/10-Kindergarten Winter Concert- 7:00 pm (snow date-12/17)
- 12/10-School Spirit Day-wear pajamas-shoes must be worn to school
- 12/16-12/20-School Spirit Day-wear holiday wear
- 12/23-1/1-Schools and Office closed for Winter Break
- 1/2- School Reopens

### PRINCIPAL'S MESSAGE-



During this holiday season of celebration, giving, and family gatherings, I am reminded of the following quote from the Dalai Lama: "Love and compassion are necessities, not luxuries. Without them humanity cannot survive." I feel very fortunate to be at CHES where our teachers, staff, parents, and family members show love and compassion to our students' lives every day.

I hope that each one of you have a safe and joyful holiday season and winter break. I look forward to seeing everyone in the new year!

Happy Holidays! Happy New Year!

Mrs. Hill

***Please follow us on Twitter: @chapelhilles***

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Dear Chapel Hill Family,

Thank you so much for the outpouring of love during our annual food drive. Your generosity yielded nearly 850 items that we donated to a local food pantry at the Perry Hall United Methodist Church, a member of the Maryland Food Bank. Because of your kindness, the food bank will be able to make the holidays a little brighter for some of our neighbors in need.

Thank you again from the bottom of our hearts.

Sincerely from,

The CHE Charities Committee



Dear Parents and Guardians,

The Charities Committee hopes that you have a most joyous Thanksgiving with cherished family and friends. As we reflect on the abundance in our lives during the holiday season, we ask that you also think of those who are less fortunate. Please consider donating new hats, mittens, gloves, and scarves for Chapel Hill's Annual Hat and Mitten Tree collection. There will be a tree set up in the lobby to receive your donated items from Dec. 2-18, 2019. Your children can drop off their items during morning arrivals. All donations will benefit needy students right here in Baltimore County. The Charities Committee is thankful for the generous support of the wonderful Chapel Hill family.

Thank you in advance,

From the Charities Committee



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***\*\*Calling all dancers in Grades 3-4\*\****

***Our "CHE Music and Movement" dance group is back and we are looking for students who would like to join. No experience necessary! Mrs. Hruz will facilitate this club on Tuesdays after school until 4:45- starting in January. This is currently only open to **third** and **fourth** graders. A sign sheet will be in your homeroom to receive an application, which will be due by 12/13. Only 24 students will be selected.***

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Let's fight the flu together!

Your decision to get the flu shot or not goes well beyond you. It also affects the many lives you touch...

Influenza is a contagious disease of the respiratory tract (nose, throat, and lungs) that can lead to serious complications, including pneumonia and the worsening of other chronic health conditions. Flu symptoms may include fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. The best way to protect your family from new influenza strains is to get vaccinated each year.

The top five most virus-contaminated areas in the home are:

1. Telephones (have you cleaned your cell phone lately)
2. Appliances such as the refrigerator and microwave
3. Faucets
4. Light switch and door handles
5. TV remotes

Follow good health guidelines: eat right, exercise, and get plenty of rest to help boost your immunity to fight the effects of colds and flu. Wash hands frequently, do the elbow cough, and disinfect hot spots at school, work, and home. Treat the symptoms if you must but avoid giving aspirin to children because it may cause a rare but serious illness called Reye syndrome.

Enjoy a healthy, restful holiday season!

Nurse Fricker

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## PARENTING TIPS

We read so much positive and negative information on social media these days and once in a while we come across something that is truly heartwarming. I thought that I would share some special parenting tips that I came across recently.

Rules for raising kids:

- 1 Never lie to them. They are smart and need truth more than protection.
  2. Tell them you love them every day.
  3. Hug and kiss them frequently. If they never receive physical affection they won't know how to give it or handle it.
  4. Let them get hurt. Pain is an invaluable teacher. They will only touch a hot stove once.
  5. Let them solve their own fights. When they run to you to solve the issue say "solve the problem" and stand back.
  6. Teach them about money, cash flow, business and economics. School isn't, this knowledge is 100% up to you.
  7. Get them a dog.
  8. Teach them to survive. Teach them to hunt, fish, build a shelter, start a fire, grow food, and find clean water.
  9. Teach them manners. Please and thank you, yes sir, yes ma'am should never be encouraged but expected. If you have no manners, neither will they.
  10. Give them all of you. Let them see you cry. Let them see you rage. Never hide your feelings or emotions from them.
  11. Build a relationship with them. They deserve more than your clients, golf buddies, or girlfriends. Ask them questions. Find out what they love, ask them what they fear. Actively be investing in a relationship with them.
  12. Be in their world. If they like video games, play video games with them. If they like sports, play sports with them. Do things THEY want to do even if it's not your cup of tea.
  13. Date them at least monthly. Men take the boys out for guys night and your daughters out for daddy/daughter dates. Be 100% present with them.
  14. Discipline with intention. Discipline them but teach them the lesson after. Always hug and kiss them and tell them you love them after you discipline.
  15. Let them be a kid. They are nerdy, stinky, emotional creatures. Don't try and make them a smaller version of you, let them be a kid.
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SEE YOUR CHILD **INSPIRED** ABOUT THEIR FUTURE CAREERS!

# Parent Night

## PREPARING FOR SUCCESS AFTER BCPS

Open to all BCPS families. Topics geared to Grades 4 – 12

### Time and Location:

**Tuesday, November 12, 2019 | 6:00 – 8:00 p.m.**

Timonium Fairgrounds, 2200 York Road

Lutherville – Timonium 21093

- Guest Speaker – Dr. Melissa Groves, Associate Professor of Economics at Towson University.
- Career advice from area companies and organizations that represent Maryland’s top employers.
  - Representatives from CCBC and BCPS sharing information on career pathways, understanding completers, what’s next after high school, Career and Technical Education programs, financial literacy, planning with a school counselor and *more*.

RSVP: [Eventbrite https://parentu101.eventbrite.com/](https://parentu101.eventbrite.com/) or call the Office of Family and Community Engagement at 443-809-4171

Presented by:

