

FAMILY MENU


 MARCH 2014

City Schools is focused on making sure students graduate high school ready to succeed—in college, career training or jobs. The month of March marks the start of spring—when students start looking ahead to the next year. For many, the coming year represents a next step on the path to their futures.

This issue features our students and what they are doing, for their part, to get ready for success.

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KEY DATES

March 4 to 5 – Window for Maryland School Assessments (MSAs) in reading (*make-up dates, March 6 to 10 and March 13 to 18*)

March 11 to 12 – Window for MSAs in math (*make-up dates, March 13 to 18*)

March 25 to 26 – Window for MSAs in science (*make-up dates, March 13 to April 4*)

March 24 to April 11 – Window for midyear pilot PARCC assessment

March 31 – Start of 4th quarter



Student artwork at Western High School

Shaping My Future— Hands-on

I had the privilege of being involved in a clay mural project with Young Audiences artist Amanda Pellerin. Clay is a medium I don't often get to use in my art classes at Western. Most of my school projects are created digitally, and working with clay was an opportunity to get more hands-on. I feel that art is a crucial element to a person's development that is often overlooked, but projects like the mural we created really gave back to the students and allowed us a chance to create.



Seniors from both my graphic design class and a history class worked with Western alumnae and Ms. Amanda to create a visual timeline of our school's history to celebrate Western's 170th anniversary this year. We worked as a team to delve into past yearbooks and brainstorm with alumnae to decide on the imagery we would include in the final piece.

There isn't a better feeling than seeing work you have created put on display. It made me realize that I had done it—I overcame the challenges of the project and created something that current and future students will enjoy. As I finish

my last year at Western, I will graduate knowing that I added to my school's long history.

It made me realize that I had done it—I overcame the challenges of the project and created something that current and future students will enjoy. As I finish my last year at Western, I will graduate knowing that I added to my school's long history.

Art is a big part of my life and I plan to pursue it as my career.

—Nadine, 12th grade, Western High School

Good Grades Out of the Gate

It's good to get good grades in elementary school because doing well will prepare you for what you will face in middle school. In middle school it's good to get good grades because all those grades will combine to become the average for your composite score, which you need to get into some high schools. Then your high school grades, all combined, will determine if you get into a good college. And college will determine if you get a good job [to support] a dream you may have.

—Jayme, 7th grade, Arundel Elementary/
Middle School



New Career Ideas Take Flight at Bird Lab

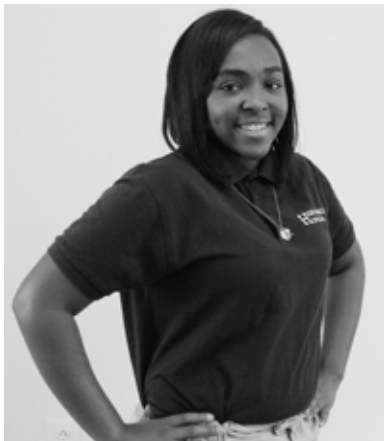
Along with other students from Baltimore City and the northeastern United States, I attended a two-day workshop at Cornell University’s ornithology laboratory. It was an important trip for me because I had once-in-a-lifetime experiences.

We enjoyed scientific hands-on activities and field excursions at the ornithology lab and main campus. We met staff from departments like Bioacoustics, Citizen Science, Visual Media and Evolutionary Biology. We learned about careers in conservation science and career paths we could take in college. I liked holding wild birds and seeing how bird banding is done, and learning about its research and education purposes. At the Evolutionary Biology lab we examined preserved birds and other animals, and at the Macaulay Library we listened to recordings of bird sounds. It is amazing how they record and keep the sounds organized like books in the library. During a night walk in Sapsucker Woods, we learned to appreciate the silence of nature.



Protecting the environment and animals on planet Earth has always been a part of my life, but this made me want to fight more for the planet and the living things that deserve our respect, protection and care. It also opened my eyes to new possibilities in careers that promote environmental awareness and protection, and that can improve the skills and talents I’ve been given. Cornell is definitely a college on my radar.

—Namyanka, 11th grade, Augusta Fells Savage Institute of Visual Arts



School Every Day

My school is awesome. The school building is very huge and pretty. I love it!

I come to school every day because I believe education is important and without it I won’t be able to get anywhere in life. Plus, our brand new school building makes me feel like my education will be even better because we have enough space and materials for everyone.

My advice for students is to go to school because education is the most powerful thing and without it your future won’t be as bright.

I’ll be going to high school next year and I’m looking forward to learning biology and science because it will help me achieve my dream of becoming a veterinarian.

—Joniyah, 8th grade, Elmer A. Henderson: A Johns Hopkins Partnership School

12th-Grade Takes

Being college- and career-ready means ...



... Taking on more responsibility. Being able to manage your time and understanding urgency. Figuring out what’s important and remembering to put your duties before pleasure. Students should know what they want to major in, and which schools offer that major.

—Tyson, 12th grade, Maryland Academy of Technology and Health Sciences



... Being ready for college or a career has been stressful. I have to fill out lots of paperwork like my applications and FAFSA forms on the internet. But it’s rewarding because I’m preparing for my future. I plan to go to college so I can become a video game designer.

—Taqi, 12th grade, Carver Vocational-Technical High School

The Real-Life Lessons of Building a Soccer App

Early this winter, Bully! Entertainment came to Frederick Douglass High School to help students build a mobile soccer app based on the life of Pelé, the world-famous soccer player. They brought in two soccer players from the Baltimore Blast and, using 3D motion capture (MoCap), we recorded their kicks, dribbles, dives and celebrations.

During the session we were able to capture different soccer moves and positions. For example, we captured a bicycle kick, scissor kick and other basic warm-ups of the players; then we captured the reactions players might make during the game. It was an intense session—especially when the computer crashed while we were trying to save the test recordings. We had to restart the whole system and lost what we had captured. This prolonged the process of completing a full capture, but I remained calm and we kept things moving. These are the real things that happen in this kind of work.



It was an awesome day. I was able to meet professional soccer players from the Baltimore Blast. I was interviewed by WJZ and Education Channel 77. I learned new things from Bully! on how to use the MoCap software. And it was great publicity for our school's interactive media production program.

—Emmanuel, 11th grade, Frederick Douglass High School

Basketball, the Boys and Me



I am the only girl on my school's basketball team. The boys were kind of confused about me being on the team at first, but now it's fun. They just treat me like one of the guys!

My love of sports started with cheerleading. I was only two years old and I was a flyer (this is when they stunt you up and put you in the air). I could do a back handspring by the time I was three or four.

I was seven when I first

learned to play basketball, which I taught myself, watching it on TV. I played with my elementary school team for about three years ... then I played for a variety of teams. My mom never played basketball, but she supported my love of basketball. She watched YouTube videos and basketball games to learn about stats. She took me to open gyms so I could work on dribbling, shooting and working on my form. My mom and grandma come to ALL of my games. It always feels good to have them cheering in the crowd for me. Grandma tries to get on the court with me, but that's a fail!

I hope to play for the Women's National Basketball Association (WNBA) one day, and I want to be a lawyer.

I believe that what I am learning on and off the basketball court will help me achieve these goals. I am a good student, always earning As and Bs. I love writing and math, but science is a struggle. And being part of a team is teaching me how to work with others, how to stay positive and how to stay on task so I can keep doing what I love and go somewhere in life.

—Janya, 7th grade, basketball point guard and team co-captain, Hampstead Hill Academy

Breakfast = Daily Success

Cecil Elementary School is one of a few dozen schools in Baltimore City that makes breakfast part of the regular school day, serving breakfast in students' homerooms during independent reading.

Without my school breakfast, it's hard for me to concentrate and get my thoughts together.

—Breonna, 5th grade

Breakfast helps stimulate your mind and is a great way to start your day. It's good at my school because you get to read and feed your mind while feeding your tummy.

—Skylar, 5th grade

MARCH 2014 LUNCH MENU – SECONDARY SCHOOLS



Students can select one entrée and two or more sides. 1% milk along with fat-free white and flavored milk are available each day. Fresh fruit selections vary each day based on seasonal availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 ENTRÉES</p> <p>Hamburger, vegetarian burger or cheeseburger Buffalo chicken wrap</p> <p>SIDES</p> <p>Peas and carrots Broccoli and cauliflower mix Fresh fruit</p>	<p>4 ENTRÉES</p> <p>Meatloaf with gravy, rice and a roll Deli or American cheese sandwich</p> <p>SIDES</p> <p>Collard greens Broccoli and cauliflower florets with dip Fresh fruit</p>	<p>5 ENTRÉES</p> <p>Turkey burger on a bun Tuna salad wrap Three-bean nacho with tortilla chips</p> <p>SIDES</p> <p>Sweet potatoes Fresh cucumber coins Fresh fruit</p>	<p>6 ENTRÉES</p> <p>Meatball sub Deli or peanut butter and jelly sandwich</p> <p>SIDES</p> <p>Rosemary and garlic potatoes Baby carrots Fresh fruit</p>	<p>7 ENTRÉES</p> <p>Cheese or pepperoni pizza wedge Chicken salad wrap</p> <p>SIDES</p> <p>Corn Side salad Fresh fruit</p>
<p>10 ENTRÉES</p> <p>Cheese fish hoagie Vegetarian burger Buffalo chicken wrap</p> <p>SIDES</p> <p>Vegetarian beans Celery sticks with dip Fresh fruit</p>	<p>11 ENTRÉES</p> <p>Cheese steak wrap Deli or American cheese sandwich</p> <p>SIDES</p> <p>Steamed broccoli Carrot sticks and cherry tomato cup with dip Fresh fruit</p>	<p>12 ENTRÉES</p> <p>Diced chicken with gravy, rice and a roll Tuna salad wrap Three-bean nacho with tortilla chips</p> <p>SIDES</p> <p>Corn Baby carrots Fresh fruit</p>	<p>13 ENTRÉES</p> <p>Pot roast style beef with noodles and a roll Deli or peanut butter and jelly sandwich</p> <p>SIDES</p> <p>Asian vegetables Fresh cucumber coins Fresh fruit</p>	<p>14 ENTRÉES</p> <p>Cheese or pepperoni pizza wedge Chicken salad wrap</p> <p>SIDES</p> <p>Roasted butternut squash Side salad Fresh fruit</p>
<p>17 ENTRÉES</p> <p>Hamburger, vegetarian burger or cheeseburger Buffalo chicken wrap</p> <p>SIDES</p> <p>Oven fries Baby carrots Fresh fruit</p>	<p>18 ENTRÉES</p> <p>Tangerine chicken with rice and spring rolls Deli or American cheese sandwich</p> <p>SIDES</p> <p>Steamed broccoli Fresh cucumber coins Fresh fruit</p>	<p>19 ENTRÉES</p> <p>Beef or three-bean nachos with tortilla chips Tuna salad wrap</p> <p>SIDES</p> <p>Black beans Side salad Fresh fruit</p>	<p>20 ENTRÉES</p> <p>Breaded chicken patty on a bun Deli or peanut butter and jelly sandwich</p> <p>SIDES</p> <p>Sweet potatoes Broccoli and cauliflower Fresh fruit</p>	<p>21 ENTRÉES</p> <p>Cheese or pepperoni pizza wedge Chicken salad wrap</p> <p>SIDES</p> <p>California blend vegetables Baby carrots Fresh fruit</p>
<p>24 ENTRÉES</p> <p>Beef hot dog on a roll Vegetarian burger Buffalo chicken wrap</p> <p>SIDES</p> <p>Sweet potato nuggets Celery sticks with dip Fresh fruit</p>	<p>25 ENTRÉES</p> <p>BBQ chicken with rice and a roll Deli or American cheese sandwich</p> <p>SIDES</p> <p>Collard greens Carrot sticks and cherry tomato cup with dip Fresh fruit</p>	<p>26 ENTRÉES</p> <p>Shrimp poppers with macaroni and cheese Tuna salad wrap Three-bean nacho with tortilla chips</p> <p>SIDES</p> <p>Steamed green beans Carolina slaw Fresh fruit</p>	<p>27 ENTRÉES</p> <p>Cheese fish hoagie Deli or peanut butter and jelly sandwich</p> <p>SIDES</p> <p>Vegetarian beans Baby carrots Fresh fruit</p>	<p>28 ENTRÉES</p> <p>Cheese or pepperoni pizza wedge Chicken salad wrap</p> <p>SIDES</p> <p>Corn Side salad Fresh fruit</p>
<p>31 ENTRÉES</p> <p>Pot roast style beef with egg noodles and a roll Vegetarian burger Buffalo chicken wrap</p> <p>SIDES</p> <p>Peas and carrots Broccoli and cauliflower mix Fresh fruit</p>	<div style="background-color: #cccccc; padding: 10px;"> <p style="font-size: 2em; font-weight: bold; margin: 0;">MONEY POWER DAY</p> <p style="margin: 0;">Learn more about saving and paying for your child's college</p> <p style="margin: 0;">Saturday, March 22 Poly/Western High School complex 9 a.m. to 3 p.m.</p> <p style="margin: 0;">For more information visit www.moneypowerday.org</p> </div>			

This month's salad bar: **Fresh Favorites**

Chopped romaine mixed with baby spinach, carrot coins, celery sticks, cherry tomatoes, green pepper slices, corn, fresh fruit