



Fairmount Road Runners Amy, Katlynn, Danielle and Ryley set the pace during an afternoon run.

## “Road Runners” Set the Pace at Fairmount

by: Scott Wood, Physical Education Teacher

Many Fairmount students have been staying after school. This is not because they have to make up work or get extra academic help, but because they want to challenge themselves in a different way. Through the “Road Runners” after school running program at Fairmount School.

This fall the Road Runners running program is going strong with over forty runners divided between the two weekly afternoon sessions. Students have made the program a great success as they are increasing their physical activity at an important time of the day. A typical afternoon session often includes logging one to three miles while working to exercise at the students’ individual target heart rates. We also are working to increase distances and toward decreasing mileage times. Students, with running partners, jog a designated course each day. Participants learn about interval training and running on varied terrain through established courses on the school field, around the school building and in the nearby community. The program also involves parent volunteers who have run along with the children and encouraged them throughout the fall.

The benefits of the program are many. Students are developing an understanding of the importance of pacing their running, an extremely important aspect of successfully completing any endurance activity. The program extends the lessons learned through the Pacer Test in physical education classes, which challenges students to assess their fitness and endurance through shorter timed runs in the gym. Just as with the Pacer Test, student Road Runners learn that they need to conserve energy by finding a comfortable pace that allows them to exercise longer. An understanding of this takes time to develop as the temptation to race is strong!

Our students have worked extremely well together and have given a great deal of effort. We have really appreciated the wonderful parents who have taken the time to come in to be part of our program. Whether pace setting or being a “running buddy,” parent volunteers have been terrific.

It does not matter if the Road Runners are running, jogging or walking — we always keep one goal in mind! Have fun.

## Math Club at Fairmount School is ‘Lots of Fun!’



Antonio and Dylan square off in a math game during Fairmount School Math Club.

by: Sarah Boss, Title One Math Teacher

When the bell rings at the end of the day Monday through Thursday, as many as twenty 4th and 5th grade students file into Math Club with backpacks, coats and math homework in hand. They sit down to relax with a nutritious snack of juice and crackers to begin working on math assignments.

Many students come every day for a little extra time to practice, receive additional explanations and think about new math concepts. Different students think about numbers in different ways. Some find it easier to understand problems when they can see and work with blocks, tiles, toy clocks, play money and measuring tools to manipulate objects that represent the numbers in math. Others may need to verbalize their understanding, or have the opportunity to ask additional questions after thinking about new ideas. Some just need reassurance as they work.

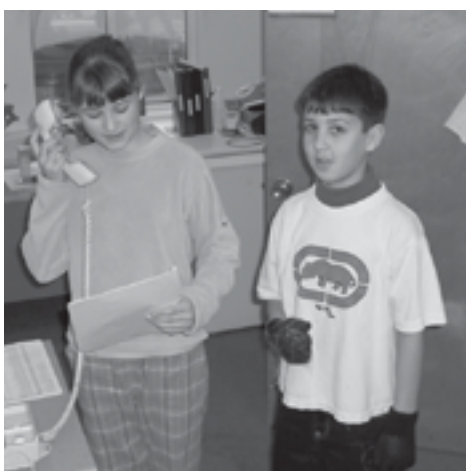
After completing math assignments, exploring concepts with math manipulatives, or studying for an upcoming test, students have the opportunity to choose from a large variety of math games. Animated

discussions are soon taking place as games are spread out on tables with students playing Racko, Make 7, GeoShapes, SET, Tangrams, etc. Students often plead for the opportunity to play their favorite, Fraction Bingo. The group then goes down to the computer lab where the students work on math over the Internet, accessing a variety of online math activities and games that are pre-selected to align with the math curriculum.

A popular activity is for fourth and fifth graders race against the clock to accurately complete 100 basic math facts in 5 minutes and print a certificate that will be hung on the wall for all to admire. Utah State University’s Library of Virtual Manipulatives is another favorite website where it is possible to explore probability with an adjustable spinner that simultaneously graphs the results of the spins. Students can use the equivalent fraction maker or see how geometric shapes can be transformed, rotated, or reflected. The possibilities for making math discoveries and having fun through technology are endless.

When asked what they like best about Math Club students answer, “Math Club is lots of fun! I get my homework all done! Its fun playing

## Recycling is a Serious Effort at Fairmount School



Fifth grade students Kelsey and Saif deliver the recycling message during morning announcements.

by Stephanie Leonard

Maine Recycles Week, sponsored each mid-November for the last eight years by the Maine State Planning Office, is designed to encourage people to reduce, reuse and recycle. It seems that few students take the effort more

seriously than Mrs. Evans’ fifth graders who have led the Fairmount charge to raise recycling awareness for the past three years.

With the careful coordination by Mrs. Evans’ class, Fairmount School celebrated Recycling Awareness Week in a number of creative ways that involved math, art, music, writing, science and community service. The students wrote and then related recycling tips during morning announcements. A home recycling survey was created and the data was collected, graphed and then presented on a bulletin board at the front of the school. They created a packet of recycling information for all of the teachers to use with their classes and the students visited each class to remind them to participate in the school recycling programs.

Within their own classroom, the students performed a song, played jeopardy with a recycling theme and made up activity packets for the fourth graders of Mr. Legere’s class. They didn’t stop within the walls of Room 19,

however; they adopted Mrs. Hodgins’ second grade class at Fourteenth Street School and created posters, puzzles and coloring packets for them and topped it off with a performance of the play “The Throwaway 22.”

As an art assignment, all students in the school participated in the 2007 recycling poster contest that is sponsored by the state through Maine Recycles week. Color copies of some of the poster designs were hung around the school near recycling bins to remind students and staff to recycle. Fairmount has a proud tradition with regard to the recycling poster contest, with students earning state recognition last year for the submissions. This year’s poster theme was “Rethink, Recycle, Rediscover.”

Recycling awareness is not just a one-week event; at Fairmount School recycling is an everyday occurrence. The office, the library and all classrooms have blue recycling bins that were provided through an award that was given to the school as a result

of past participation in environmental awareness projects. Newspapers are collected weekly and taken by Mrs. Cullinane’s fourth grade class to the front of the school for pickup by the recycling truck. Ink cartridges, cell phones and pagers can be recycled at the school office through a program set up by the PTO. The student council joined forces with the PTO to sell “Smencils”—scented pencils made from recycled newspapers to raise money for future school projects.

The recycling theme continues into the spring as well with a planned visit by an artist who specializes in created art from recycled materials. In April, pins will be designed and worn to celebrate Earth Day, a good time to revisit and redouble recycling efforts. No matter what time of year, however, the recycling effort is alive and well at Fairmount School thanks to the efforts of Mrs. Evans’ class and all of the students who work hard to spread the recycling word.