



Bonnie Brae Star

Volume III, Issue VI

February 24, 2009

We dare, dream see and do.

5420 Sideburn Road
Fairfax, Virginia 22032

703-321-3900 Office
703-321-3910 Clinic
703-321-3939 Attendance

You count on us; we count on you!



March 13, 2009

Bonnie Brae ES vs Laurel Ridge ES

7:00 p.m. at Robinson SS

DEADLINE EXTENDED!

Keep memories of your child's year at BBES

Order your copy of the Bonnie Brae yearbook!

Send in your order by

Friday, February 27th

\$14.00 for each copy

Checks should be made payable to Bonnie Brae Elementary

Principal's Message



Dear Parents,

This time of the year parents often take stock of how their children are progressing and how they can continue to support their efforts to be successful at school. Have the homework and bedtime reading routines that were established in September stayed in place? Have the notebook and backpack become disorganized and cluttered? While there is no single recipe for student success, successful students do have many of the following in common:

Their parents encourage and support their efforts in school.

Their parents limit and monitor the amount and quality of television they watch.

Their parents read to, and with, their children.

They get enough sleep and exercise.

Their parents make sure they eat breakfast before they come to school.

Their parents expect them to work very hard to be successful.

They attend school regularly and on time.

Their parents expect them to show respect to all adults they meet.

They have responsibilities at home.

(Taken in part from The Parent Institute.)

Your support is essential in ensuring your child's success. The staff and I appreciate all of your efforts at home and support of us here at school. Together we make a difference!

Sincerely,
Kathy Bruce
Principal

News to Note

MARCH IS NUTRITION MONTH

- March 2nd- Favorite Book Character Day
- March 2nd- Read Across America Day
- March 13th—B-Ball BBES vs LRES 7:00 pm at Robinson SS
- March 16th –20th BBES Supports Local SPCA Animal Shelter Drive



Coming Attractions

APRIL IS BACKPACK SAFETY AWARENESS MONTH

- School wide “Mint” Drive to help boost student’s mind during Sol’s
- April 2nd, Celebrity Day (come dressed as your favorite celebrity)
- April 3rd, Student Holiday
- April 6 –10 Spring Vacation
- April 22nd, BBES “Earth Day” School-wide Beautification Day

GOLD STARS SHINE!

Congratulations to our Gold Star students for January’s Character Trait: Responsibility! These students were excellent examples of **The Big Three**. Our winners are:

Kindergarten: Meg, Angelina, Amirah, Genevieve, Samuel, Youssef, Cowen, Brigid, and Aydin-Kane

First Grade: Tiffany, Azad, Zachary, Christopher, Reese, Jacob, Abby, Juliet and Ellie

Second Grade: Megan, Corey, Gracie, Brian, Ehtan, Laurel, Stacey and Audrey



Third Grade: Sean, Katie, Claire, Alex, Jamie, Nicky, Bright and Lamyea

Fourth Grade: Karissa, Austin, Ryan, Alday, Stacy, Natalie, Stephen, Grace and Thomas

Fifth Grade: Bailey, Katherine, Callie, Andy, Lucas, Nicki, Nat and Kihoon

Sixth Grade: Marcus, Chris, Alex, Sam, Johnny, Grace, Connor, Mike, Jerry and Paige

Immunizations for Rising 6th Graders



Sixth graders **cannot** begin school on September 8th without proof of having had the Tdap booster or having had a tetanus-containing vaccine within the past five years. Parents and guardians of current fifth graders should check their children’s immunization records and provide the school with proof of meeting the new requirement before the end of the school year.

If your child is 11 years old, he or she should get the Tdap immunization, and documentation should be provided to the school immediately. However, if your child is still 10 years old, he or she may receive the Tdap vaccine approved for 10-year-olds or wait until the 11th birthday to receive the vaccine approved for 11-year-olds. If the 11th birthday is after the first day of school, your child must have a medical exemption from the doctor stating when he or she will receive the Tdap in order to attend school.

Students can receive immunizations required for school at no charge at any Fairfax County Health Department walk-in immunization clinic.

For more information, contact Elizabeth Donaldson, health and home instruction specialist, Student Registration and Student Services, at 571-423-4402 or elizabeth.donaldson@fcps.edu

Counselor's Corner

By Chris Stunkard & Rebecca Legan

The character trait, compassion, was the focus of the guidance lesson in February. In K- 2nd grades, the students watched "The Rainbow Fish" movie and discussed how the fish showed compassion for others. Each student made a "heart felt thanks for all you do" card for his/her teacher. The 3rd graders each picked a name and wrote a "nutty gram" with a positive affirmation to that special friend in their class. During the guidance lesson with the 4th graders, we discussed the wonderful people in our lives who have encouraged us, coached us in a sport or taught us a new skill. Then the students wrote a thank you letter to someone who showed kindness to them during their life. In 5th and 6th grade we discussed the meaning of random act of kindness. The students brainstormed ways they could give back to their community by helping people, animals or the environment. They each wrote a "kindness" contract by choosing an activity they could accomplish throughout the month. We invite you to read these kindness acts which are currently displayed in the front foyer. Each 5th or 6th grade student who completes his/her commitment will receive a star by their name on the display board.

Small Groups for Kindergarten– 2nd Grade

Kindergarten

"Friendship" Group

Group #2 Tuesdays/March 17th—April 28th

2nd Grade

"Friendship"

Group #2 Tuesdays/Mar. 17th –April 28th

Group #3 Thursdays/April 16th—May 21st

Energy Zone's Top 3 Nutrition Facts:

1. Use MyPyramid.gov as a reference for healthy eating habits. Lifestyle changes are more effective than "quick fixes".
2. There are many diet myths. Make sure the nutrition information you are getting is from a credible source—a registered dietitian or science-based articles.
3. Evaluate a food by reading nutritional labels. Basic understanding of a food label can help you make a smart food choice.

NUTRIFAX

CHILDRENS' DENTAL HEALTH MONTH

The two major oral health diseases are tooth decay (dental caries) and gum (periodontal) disease. Both diseases are influenced by nutrition and diet. Nutrition plays an important role in the development of teeth and oral tissue. Dental caries result from the interaction between the tooth, oral bacteria, and dietary carbohydrates (sugar and starch).

Plaque is a sticky film of bacteria that forms on our teeth and turns the sugars and starches in our food into acids. These acids act on the tooth enamel and cause tooth decay. If high-acid producing or sugar foods (raisins, cookies, cakes, potato chips) are consumed, they should be eaten with meals, not as snacks. Cheeses, popcorn, raw fruits and vegetables are low-acid producing food and make healthy snacks.

To prevent dental disease, remember to:

1. Brush teeth after every meal with fluoridated toothpaste.
2. Floss teeth daily.
3. Visit the dentist and dental hygienist regularly.
4. Eat a nutritionally balanced diet.
5. Avoid foods that stay in the mouth a long time and stick to teeth (raisins, hard candies, and caramels).



Please Save the Date
and
Come and Support

Sunrise Valley Elementary School and Milestone Communities

for the

9th Annual 5K for the Make A Wish Foundation

Saturday, May 9, 2009

8:00 am

Eat Whole Grains Every Day

The 2005 Dietary Guidelines for Americans suggest six servings of grains daily. The Guidelines continue to advise that we eat 3 or more of those servings as whole grains. Whole grains are an important source of fiber and reduce risk of chronic diseases such as heart disease, diabetes, and obesity. Today, many Americans only eat one serving per day and over 30 percent do not eat whole grains at all.

Read the label—When the first ingredient is whole wheat, whole grain, oatmeal, brown rice, bulgur, popcorn, or wild rice, the product is most likely a whole grain food.

School Social Work Week

The week of March 1-7, 2009 is School Social Work Week. In FCPS, school social workers are assigned to every public school and special education center with most social workers covering two or three schools. Additionally, school social workers are assigned to the Preschool Diagnostic Center (PDC), the preschool program, the alternative schools, and the Department of Social Work Services, which supports a liaison for homeless families.

In these difficult times, more and more students face issues of poverty, physical and mental illness, family conflict, acculturation, social and life skills deficits, and other stressors that impact upon their learning. School social workers are trained mental health professionals who provide direct and indirect services to help counteract these forces and help students achieve their educational potential. Student success is heightened when families, teachers, and school social workers work collaboratively to provide positive school-home communication.

The school social worker at Bonnie Brae ES is Marsi Beschel. She is here on Monday, Wednesday and Friday and can be reached at 703-321-3927.

R.E.A.C.H. WEEK

BBES is excited to sponsor our first annual R.E.A.C.H. Week activity. Students are challenged to read 300 minutes at home and in school. This program offers a positive approach to fundraising as it supports the educational goals of our school. It is easy, fun and has been very successful in other schools. Our efforts will primarily fund the purchase of Smart Boards for a number of classrooms.

Important Dates To Keep in Mind

Feb. 28th—March 6th— R.E.A.C.H. Week reading.

March 6th—R.E.A.C.H. Week Home Reading Cards should be returned to your child's teacher