

The Cardinal Connection

www.cardinalforestpta.org

Cardinal Forest Elementary School 5600 Forrester Blvd. Springfield, VA 22152

A NOTE FROM PTA PRESIDENT JILL CHASTAIN

It was wonderful to see so many of our Cardinal Forest families at the Ice Cream Social on September 25th. It was a fun evening and hopefully it will become an annual event. Thanks to all who helped to make the night a success!



We have a busy fall coming up with the Pyramid Challenge, Book Fair and Pizza Night, Holiday Market, and Turkey Bingo. There are many people already working behind the scenes to make these events happen. Thank you!! Look for information on these events coming home in future Tuesday folders.

JOIN THE PTA!!

Please join the PTA - we need your support!

Currently we have 222 members and we are looking for more people to join. Your membership dues allow us to provide many services that directly benefit your children throughout the year. For example, we help pay for buses for fieldtrips, class enrichment, Cultural Arts programs, reading materials and technology items. Please join the PTA today! If you have any questions, please contact Denise Wieder at the.wieders@verizon.net.

UPCOMING PTA MEETING

Please join us for our next PTA meeting and Principal's Coffee on Wednesday, October 14th at 9:15 AM in the Cardinal Forest Library. We look forward to welcoming back our long-standing PTA members and meeting our new ones!



IMPORTANT DATES



October 14	PTA Meeting & Principal's Coffee
October 17	Pyramid Challenge
October 23	Reflections Submissions Due
October 27	Book Fair & Pizza Night
October 27-30	Book Fair
November 4	PTA Meeting
November 6	Holiday Market & Craft Show
November 20	Turkey Bingo



WEST SPRINGFIELD COALITION NEWS

Norina Lyons is Cardinal Forest's representative to the West Springfield Coalition, and she brought back several important points from a meeting she recently attended:

1. The National PTA Website is www.pta.org. No membership is required to access information online.
2. The Lorton Community Action Center Support on Suspension Program (SOS) is now open. This free program provides academic support in a focused setting to middle and high school students who are suspended. SOS Program Manager can be contacted at (703) 339-8759.
3. Westfield High School will host a program on October 19th, from 7:00 to 8:30 PM, featuring local parents sharing their experiences with their children's alcohol or drug abuse. Professionals will also be on hand to talk about the signs and symptoms of drug abuse and the actions and resources that are available.
4. Operation Medicine Cabinet Cleanout is running October 19-24th. Unused medicine in liquid or pill form may be dropped off at the following police stations for disposal: Mount Vernon District Station, Mason District Station, Reston District Station, and Sully District Station. Proper disposal of unused medications prevents accidental poisoning and abuse by others and also protects the environment.

If you have any questions about the above points, please feel free to contact Norina at NorinaArtIsaak@aol.com.

BOOK FAIR

Come out and support the 2009 Cardinal Forest Book Fair October 27-30, 2009! This year's theme is Reading Around the World.

Family Night is October 27th, 6:30-8:30 PM. Books make a great gift, so start your holiday shopping early. We'll see you there!



PIZZA NIGHT IS COMING!

Join us on Tuesday, October 27th, from 6:00 to 8:00 PM for Family Pizza Night, which will be held in conjunction with the Book Fair. Watch for order forms coming home in your Tuesday folders - only pre-orders will be accepted so place your orders now!



If you would like to volunteer to help serve pizza on October 27th, please contact Cindy Kraus at jkra780516@aol.com. We hope to see you at this family fun event!

HOLIDAY MARKET & CRAFT SHOW

Mark your calendars for Friday, November 6th, 3:30-7:00 PM and come on down to the Cardinal Forest Holiday Market and Craft Show to start your holiday shopping!

Vendors and crafters are needed! If you are a crafter and want to get a jump on selling items well before the holidays, or a vendor with items to sell and/or home shows to book, we'd love to have you sign up! There is a \$25 non-refundable fee for each booth, and all profits are yours to keep!

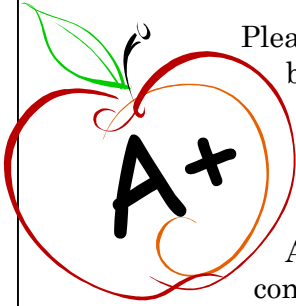
Information and a registration form will be going home in the Tuesday folders. If you have any questions, please contact Beth Bruins at (703) 912-1261 or HappyDaisy519@aol.com.

Please pick up your Fall Fundraiser orders at the Holiday Market on Friday, November 6th, from 3:30 to 7:00 PM. Thank you!

PARENTS EARN AN A+ THIS MONTH FOR REGISTERING THEIR GIANT CARDS!

Parents deserve an A+ this month for registering their Giant cards for the 2009-10 school year. To date, we have 107 families participating in Giant's A+ Bonus program!

To participate in the A+ Bonus program, parents must register their cards EVERY year. If you haven't registered yet or have family and friends who would like to participate, there is still time to sign up. Simply log on to www.giantfood.com/aplus. There you will be asked to provide your card number and the first three letters of your last name. You will also need to enter the school number for Cardinal Forest, which is 02085.



Please be aware that your card number is NOT your phone number. While you will still be able to use your phone number to receive discounts, you will no longer be able to enter your phone number in order for our school to earn credit. Therefore, please use your cards. If you have lost your card, please contact Customer Service at (877) 366-2668.

A big thank you to Joi Ludwig for taking on the role of Box Tops Chair! Please contact her at uicie@yahoo.com if you have any questions.

BOX TOPS

General Mills Box Tops for Education is a great way you can help our school. For every box top you clip and save the school gets 10 cents! Check out the website at www.boxtops4education.com. Clip the boxtops and send them in with your children to put in the General Mills Box Tops Box in the hallway leading to the cafeteria. Thank you! Remember every little bit helps!! We appreciate your time and effort! You can make a difference!



Please turn the page to read about 10 ways parents can help their children's teachers!

10 Ways for Parents to Help Teachers *by Mimi Doe*

1. Create a smooth takeoff each day. Give your child a hug before she ventures out the door and you head to work. Look her in the eye, and tell her how proud you are of her. Your child's self-confidence and security will help her do well both in school and in life.
2. Prepare for a happy landing at the end of the day when you reconvene. Create a predictable ritual such as 10–20 minutes listening to your child talk about his day—before you check phone messages, read the mail, or begin dinner. That way you are fully present to listen, and your child has a touchstone he can count on between school and home.
3. Fill your child's lunchbox with healthy snacks and lunches. Have dinner at a reasonable hour and a healthy breakfast. A well-balanced diet maximizes your child's learning potential.
4. Include calm, peaceful times in your children's afternoons and evenings. Maintain a schedule that allows them to go to school rested, and if they are sick, have a system in place so they are able to stay home.
5. Remember it's your children's homework, not yours. Create a specific homework space that's clutter-free and quiet. Encourage editing and double-checking work, but allow your kids to make mistakes, as it's the only way teachers can gauge if they understand the material. It's also how children learn responsibility for the quality of their work.
6. Fill your child's life with a love for learning by showing him your own curiosity, respecting his questions, and encouraging his efforts.
7. Fill your home with books to read, books simply to look at, and books that provide answers to life's many questions. The public or school library is an excellent resource.
8. Be a partner with your child's teacher. When you need to speak to him or her in reference to a specific issue with your child, do it privately, not in front of your child. Make a point never to criticize your child's teacher in front of your child.
9. Set up a system where routine items are easily located—such as backpacks, shoes, signed notices. Create a central calendar for upcoming events to avoid the unexpected.
10. Tuck a "love note" in your child's lunch bag to let her know how special she is. Knowing they are loved makes it easier for children to be kind to others.

www.pta.org

