



Issue #33
May 13, 2009

Churchill Chatter

Churchill Road Elementary
7100 Churchill Road McLean, Virginia 22101
Office (703) 288-8400 24-Hour Attendance (703)288-8484
<http://www.fcps.edu/ChurchillRoadES/>



Here at Churchill Road -- PE = FUN Education!

For Churchill Road students, Physical Education class is where learning to move and learning to love lifelong physical fitness is FUN! Both Mr. Mastaler (who plans and teaches grade levels 4 through 6) and Mr. CK (who plans and teaches Kindergarten through 3rd grade) attempt to plan fun lessons. Because they are having fun, students naturally want to participate while learning fitness principles and group cohesion in a structured and safe educational environment. To learn a little more about the PE programs offered here at Churchill Road, read on...

Kindergarten: Kindergarteners participate in a 10-unit program designed to allow them to explore various types of movement in a semi-structured environment. Mr. CK's lessons introduce safe movement principles, as well as several forms of object manipulation (such as dribbling with the feet vs. with the hands) and basic games that are a precursor to sports movement later in life. Lesson interpretation is structured so that each child's response can lead to lots of "correct answers." Interacting socially in a respectful manner is incorporated into each lesson to serve as an introduction to problem solving, cooperation and compromise.

Grades 1-3: As students progress through the primary grades, social interaction, activity rules/boundaries and movement expectations increase in complexity. "Sports," at this age group, do not exist in their full form. Basic sport movements, rules and boundaries are all modified so that students can explore them in an environment designed for successful challenges. This year, students were exposed to jump roping, dance/rhythmic activities, spatial concepts regarding general and personal space, striking with the hand (dribbling, serving), tag games, rock climbing and cooperative group challenges. By the time they are ready for games that begin to look like organized sports in grades 5 & 6, students have had many opportunities to explore movement in a much less structured manner.

Grades 4-6: As students continue to grow in the classroom with more complex academic material, the same holds true for PE. Now that most basic skills, such as throwing and catching have been mastered, students begin to use their skills in smaller "team" games in grade 4 and by grade 6 they are working on a specific or slightly modified game. Activities introduced to our older age group include soccer, hockey, lacrosse, volleyball and

fitness! Classes learn skills specific to each activity and work towards a final game of that sport. We just finished our hockey unit, playing a "modified" hockey game during the last few classes, which allowed the students to experience the game, its rules and the different positions (even goalie!).

Movement Clubs

At Churchill Road, students at all grade levels have before- and after-school opportunities to participate in movement. These include:

- **Running Club** meets on Thursday mornings on the CRS track during the fall and spring months. Students have the opportunity to run/walk with friends and record their laps for many weeks in a row while they attempt to amass as many miles as they can.
- **Jump Rope Club** meets each Thursday morning in the gym during the winter months. Students practice jump roping skills using Chinese jump ropes, long jump ropes, individual jump ropes and jump bands. Each meeting ends with demonstrations of skills by the students.
- **Sports Club** meets on Monday mornings in the CRS gymnasium prior to school. Students have the chance to revisit, practice and improve on many skill areas they have learned in PE.

Mr. CK and Mr. Mastaler, CRS PE Teachers

Congratulations CRS Patrols



On Tuesday, May 5th, Drew and Rosy, two outstanding patrols from Churchill Road's large team of AAA Safety Patrols, received awards for outstanding service from the Woman's Club of McLean. Accompanied by Mr. CK, the patrols were awarded trophies and an \$80 gift toward Patrol Camp. Congratulations on a job well done.

Outstanding Spring Strings Program



On Thursday, May 7th, the 126 members of the Churchill Strings Program entertained students, staff and family with their spring concert. Lead by Mrs. Wuhrman, highlights included the *William Tell Overture*, *Cable Car Crossing*, *Spirit of the American West*, and *Power Rock*. Congratulations to the orchestra on a fantastic performance!

Spring's Here, and Summer's Right Around the Corner!

Only a week and a half left!

The last day for students to check out books this year is **May 22!** All library books are due back by **June 4!** We'll keep parents informed of remaining checkouts on their children's accounts via email and go-home notices. Thank you for helping us clear student accounts!



Love,
Miss Provence

PS – If you have any questions about your child's account, please email me, sarah.provence@fcps.edu.

CRS Human Relations Award

Do You Know Someone Special?

Nominate this individual for the CRS Human Relations Award!! This award can be given to: a Churchill Road staff member, parent, or student who has had a *positive impact* on our *entire* school. This person makes a difference and goes above and beyond our daily citizenship responsibilities to enrich the lives of everyone at Churchill Road! Please take a moment to let us know who you think would make a worthy recipient of this wonderful award. All nominees will be acknowledged. Please submit the nominee's name along with a brief statement outlining the reason you are nominating him/her via email to Katie.Griffith@fcps.edu.

All submissions are due by 3:00 p.m., Wednesday May, 27.

Tips from the Wellness Committee...

Summer is just around the corner, so here's some safety tips.



Fun in the Sun

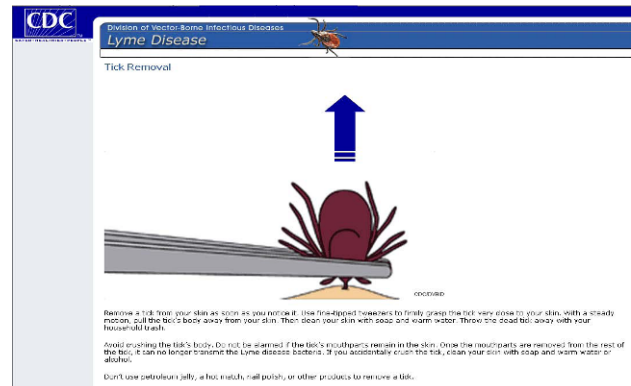
- The best line of defense is covering up. Wear a hat, sunglasses that block 99 -100% of ultraviolet rays, and cotton clothing with a tight weave.
- Stay in shade whenever possible, and limit sun exposure during the peak intensity hours.
- Use a sunscreen with an SPF of 15 or greater and protect against UVA and UVB rays. Apply sunscreen at least 30 minutes before going outside and reapply every two hours.

Bug Safety

- Don't use scented soaps, perfumes or hair sprays on your child.
- Avoid areas where insects nest or congregate (stagnant pools of water, uncovered foods, and garden flowers).
- Combination sunscreen/insect repellent products should not be used because sunscreen needs to be reapplied every two hours, but insect repellent should not be reapplied.
- Insect repellents containing DEET are most effective against ticks, which can transmit Lyme Disease and West Nile Virus.
- Children over 2 months of age should use 20-30% DEET. Children should wash off repellents when back indoors.

Ticks

Remove a tick from the skin as soon as you notice it. Use a tweezer to firmly grasp the tick very close to the skin. With a steady motion, pull the tick's body away from the skin. Clean the skin with soap and water. Avoid crushing the tick. Don't use petroleum jelly, a hot match, nail polish, or other products to remove a tick. (References: AAP and Centers for Disease Control and Prevention (www.cdc.gov/swineflu).



For questions or comments, please contact Liesl Curtis, MD at curtis7007@cox.net or Heidi Appel, MD at hja@gunet.georgetown.edu, PTA Wellness Committee.





GOING GREEN at CRS

May 13, 2009, Volume 11

FUN FACTS

Wow! If the following fun facts get everyone to reduce, recycle, and reuse two more items, we would make an incredible, positive impact on our environment.

- Recycling aluminum cans saves 95 percent of the energy required to make the same amount of aluminum from raw aluminum ore, bauxite. Almost all recycling processes achieve significant energy savings compared to production using raw materials.
- The energy saved by recycling one aluminum can could run a television for three hours.
- The trash most commonly found in municipal landfills is plain old paper, including newspaper. On average, it accounts for more than 40 percent of a landfill's contents.
- Recycling one ton of paper saves one acre of trees.
- The average home creates more pollution than the average car. One inexpensive and energy-efficient way to cut home-related pollution is to replace old light bulbs and fixtures with EnergyStar-qualified lighting.
- Glass can be recycled an infinite number of times. The energy saved from recycling one glass bottle will light a 100-watt bulb for four hours!
- The average home can accumulate as much as 100 pounds of household hazardous waste in the basement or garage and in storage closets in one year. When improperly disposed of, household hazardous waste can create a potential risk to people and the environment.
- Recycled plastic milk, water and detergent bottles can be used in new detergent and engine oil bottles, trash cans, flower pots, recycling bins, drainage pipes, park benches, playground equipment, traffic barrier cones, kitchen drain boards and combs!
- Only 12% of clothing and other textiles are reused and recycled! That means we are throwing away 88% of our clothing and textiles which could be recycled. Look for an upcoming SCA article on Thrift Stores and Consignment Shops and start recycling them right away.

The above fun facts were taken from www.fairfaxcounty.gov/dpwes/trash/coll_funfacts.htm and <http://www.epa.gov/epahome/enviroq/index.htm>.

If you have any additional facts, please drop me an e-mail at greenteam@churchillroadpta.org! They might just be in next week's Churchill Chatter.

Susan Gregory,
Matt's mom

Three Cheers for the GREENHOUSE CLUB!

The Greenhouse Club has been dutifully watering and caring for the seedlings in the greenhouses and outdoor Edible Organic Garden every morning before school. We've also been doing lots of planting, transplanting and weeding. In the process we've learned quite a few things, such as . . .

"Certain soil is better than other soil for seed starting."

"Seedlings are very delicate and their roots are fragile."

"When you water, sprinkle the water very gently."



Be sure to stop by the greenhouses this Friday after school and during the Backyard Barbeque to see all the growing on! Buy a raffle ticket to win a Mini Salsa Garden, Tomato or Herb Garden (just add water and sunshine!), make your own container garden, plant a seed, paint a pot or just buy some plants. Either way, you'll be supporting the CRS PTA and programs like Outdoor Odyssey and the Greenhouse Club!



Cheers of the Week...!



Congratulations to our Churchill Cheer winners for the week of May 4th:

Emma Kim (Kindergarten); Brian Feinstein (1st); Mitchell Farah (2nd); Matteo DeLaurentis (3rd); Chloe Danis-Unger (4th); and Whole Class: Ms. Bamdad's 2nd grade. Great job!

Remember, at CRS we follow the three R's. We respect ourselves, we respect others, and we respect property.

Reminder: School will be closed on Monday, May 25, 2009 in honor of Memorial Day.

CRS Calendar of Events -- May 13 - 25, 2009

Wednesday, May 13 (A Week):

9:00-11:00 PTA Meeting Stage
 3:15-4:15 Girl Power Room 212
 3:15-4:00 Flag Football 5/6 Gym
 3:15-4:15 Bobcat Awareness Club MOD3
 3:15-4:30 Scrabble Club Room 219

Thursday, May 14 (A Week):

8:00-8:25 Running Club Track
 10:00-1:30 Volunteer Luncheon Library
 3:10-4:25 Girls on the Run Track
 3:15-4:00 Flag Football 3/4 Gym
 3:15-4:30 Artist Trading Club Room 219
 3:15-5:00 Chess Club Café

Friday, May 15 (A Week):

3:15-4:00 Flag Football 5/6 Gym
 3:00-4:00 Outdoor Odyssey Plant Sale Greenhouse
 5:30-9:30 Backyard BBQ & Movie Night Gym, Café, Backyard

Monday, May 18 (B Week):

8:00-8:25 Sport Club Gym
 9:00-11:00 6th Grade Reading SOL

Tuesday, May 19 (B Week):

9:00-11:00 6th, 7th & 8th Grade Math SOL (including Ezzell & Turner)
 3:15-4:00 Flag Football 3/4 Gym
 3:15-4:30 Artist Trading Club Room 219
 3:15-5:00 Girls on the Run End of Year Dinner EA Room

Wednesday, May 20 (B Week):

8:00-9:00 Principal's Coffee EA Room
 9:00-11:00 6th US Grade History SOL
 3:15-4:15 Girl Power EA Room
 3:15-4:00 Flag Football 5/6 Gym
 3:15-4:15 Bobcat Awareness Club MOD3
 3:15-4:30 Scrabble Club Room 219

Thursday, May 21 (B Week):

8:00-8:25 Running Club Track
 9:00-11:00 4th Grade Reading SOL
 3:15-4:00 Flag Football 3/4 Gym
 3:15-4:30 Artist Trading Club Room 219
 3:15-5:00 Chess Club Café

Friday, May 22 (B Week):

9:00-11:00 4th Grade Math SOL
 3:00-4:00 Outdoor Odyssey Plant Sale Greenhouse
 3:15-4:00 Flag Football 5/6 Gym

Monday, May 25 (A Week):

**MEMORIAL DAY HOLIDAY
 SCHOOL CLOSED**



Thanks to those who have RSVP'd to the **Backyard Barbeque and Movie Night** on Friday, May 15! Check-in will be near the gazebo beginning at 6:00 p.m. (tickets will not be distributed in advance). Please remember to bring your own blankets and/or chairs on which to eat and view the movie.

Please join Mr. Hutzel for the final Principal's Coffee of the school year on **Wednesday, May 20th**, at 8:00 a.m. in the CRS exploratory arts room. This is a great opportunity to informally discuss items of interest.



Cafeteria Reminder: As the school year ends, please remember to keep money on your child's lunch card! If there is money left over at the end of the school year, it is automatically transferred over to next year's account for your child (even if your child is going on to middle school.)

SOLs Start on May 18. A complete list of spring 2009 SOL dates for Churchill Road is provided below: It will be very helpful if you can avoid appointments which may take your child out of school during this time period. Also, it will help your child perform his or her best if he or she has a good night's rest, a healthy breakfast, and comes to school with a positive attitude.

Third Grade SOL Testing Dates		Fifth Grade SOL Testing Dates	
Weds., May 27	English: Reading, Parts 1 & 2	Tuesday, May 19	Math 6 (incl. Turner & Ezzell)
Thursday, May 28	Math	Tuesday, June 2	Math 5 (Newman, Brody, Drye)
Friday, May 29	Science	Weds., June 3	Science
Monday, June 1	History/Social Science	Thursday, June 4	Reading
Fourth Grade SOL Testing Dates		Sixth Grade SOL Testing Dates	
Thursday, May 21	English: Reading	Monday, May 18	Reading
Friday, May 22	Math	Tuesday, May 19	Math for Grade 6 students taking Grade 6, 7, 8 or Algebra 1 (incl. Turner & Ezzell)
Tuesday, May 26	VA History	Weds., May 20	US History

The CRS Home page address: <http://www.fcps.edu/ChurchillRoadES/>. To submit Chatter material, please email Editor Kim Moran at Kathleen.Moran@fcps.edu. **Deadline for submissions is the end of school each Friday.** Keep In Touch (KIT) reminders will typically be emailed to the CRS community on Monday, Wednesday, and Friday at 3:00 p.m. Please email your brief KIT message to Kim Moran and Don Hutzel at KIT.Request. All KIT messages should be sent to the school at least 24 hours in advance of their posting.