

Principal's Update

November 5, 2010

Older Updates Can Be Found on the *For Parents Page*

Dear Clifton Families,

Thanks to all of the parents/guardians who met with teachers to discuss their child's progress over the past several days. Parent-teacher conferences provide a powerful opportunity for parents and teachers to collaborate as a team to discuss ways you both can help your child.

When discussing the parent-teacher conference with your child, stress the strengths that were shared and be explicit about areas of growth that were identified. If an improvement plan is in place, explain the plan to your child. When a plan is in place, it is important to do the following: 1.) Watch your child's behavior and check on classwork and homework; 2.) Ask how the student feels about schoolwork; 3.) Stay in touch with the teacher to discuss your child's progress; 4.) Express appreciation as progress is made; 5.) Facilitate an ongoing relationship with the teacher. Continuing to keep in touch with the teacher, even if things are going well, can play a critical role in helping your child do better in school. When a child knows parents and teachers are regularly working together, the child will see that education is a high priority that requires commitment and effort.

LUNCH ACCOUNT KEEP IN TOUCH EMAILS

We have been seeing a lot of the PTA lunch money envelopes going home with students this year. Starting 11/11/10, our school will begin using the FCPS Keep in Touch messaging system to send cafeteria account low balance messages to parents. In addition to notifying parents by phone, the Keep in Touch system will also send e-mails to parents. The messages will be sent weekly.

Students will still be notified in the lunch line if their cafeteria account balance is getting low.

The Keep in Touch communication of low balance messages is separate from the e-mail messages generated by myLunchMoney.com. If you are currently receiving e-mail messages from myLunchMoney.com you may unsubscribe yourself from receiving these Keep in Touch messages so that you do not receive duplicate e-mails.

VOLUNTEERS DESPERATELY NEEDED FOR THE THANKSGIVING LUNCHEON!

At this point, only ONE person has volunteered to help with the Thanksgiving Luncheon. Volunteers are needed to help with set-up after school on the 16th (kids welcome too!) and during the luncheon between the hours of 10am and 3pm on the 17th. 8th graders may earn community service hours for helping with set-up activities after school, so please pass this opportunity along to them too. For more information, contact Cyndy Pratt by email at cpratt98@cox.net or at (703) 250-1017. Thanks for your support!

THANKSGIVING FEAST!

Our annual Thanksgiving Feast will be held Wednesday, 11/17/10, for grades 1 through 6. PLEASE NOTE CORRECTED TICKET PRICES: Tickets are \$3.65 for adults and non-students (including all children who do not attend Clifton) and may be purchased in the cafeteria. Clifton Elementary students will either purchase their lunch using their lunch card, or buy a ticket

in the cafeteria. The cost to Clifton students is \$2.65 per meal. (Parents may not purchase meals for themselves or other guests using a student meal card.) Do not send any money to school for the tickets in advance. Plan to arrive about 10 minutes before your child's class is scheduled to eat so that you will have time to purchase tickets for anyone in your family who may need one. All students and guests will eat in the gym. Please remember to allow additional time for overflow parking conditions, and please observe all "no parking" signs. I hope you will be able to enjoy this annual school event with your child!

Please note that the special lunch schedule for our Thanksgiving Luncheon is below and that it differs from the normal lunch schedule.

- 10:30 Mrs. McGourty's class
- 10:40 Mrs. Zaman's class
- 10:50 Mrs. Dipert's class
- 11:00 Ms. Johnson's class
- 11:15 Mrs. McAllister's class
- 11:30 Mrs. Siry's class
- 11:40 Mrs. Menotti's class
- 11:50 Mrs. Owens's class
- 12:00 Mrs, Ashley's class
- 12:15 Mrs. Gardner's class
- 12:25 Mrs. Godfrey's class
- 12:35 Mrs. O'Quinn's class
- 12:45 Mrs. O'Brien's class

SCA BAKE SALE

Thank you to everyone who donated the wonderful and varied baked goods for the SCA bake sale. As a result of your generous support, the SCA raised \$617!

HEALTHY SNACKING TIPS FROM THE ENERGY ZONE

The rise in overweight children means that parents need to take an active role in providing healthy snacks for their children.

- Keep snacks small.
- Don't eat snacks straight out of the package.
- Snack only when hungry, not bored.
- Limit sweet snacks such as cookies, and candy, which are loaded with calories and sugar.
- Offer fruits and vegetables.
- Offer low fat cheese with whole grain crackers or pretzels.
- Select snacks from My Pyramid.
- Quench thirst with water, fruit juices or low fat milk, not soft drinks.
- Read food labels carefully - if first ingredient is sugar AVOID IT.

It's Early, but Start Saving Those Pennies!

From March 1st to the 18th, Clifton Elementary will be participating in The Leukemia & Lymphoma Society's (LLS) School & Youth Programs, Pennies for Patients®. Pennies for Patients is a service learning program in which kids collect spare change to help people with blood cancer. Funds are collected from friends and family in honor of local student survivors and current patients. In February, we will be given the name and story of a local child who is battling a blood cancer, but start saving that spare change, as every penny counts! For the past two years, Clifton Elementary has raised over \$3,000 each year and earned membership to the Lifesavers Club. Just last year, two classes were treated to a pizza party, compliments of Dominos and 13 classrooms earned banners of recognition. Questions, please contact Sydney Sawyer sydneysawr@aol.com or 703‐323‐5509.

Mark Your Calendar

- 11/9-Report Cards Sent Home in Tuesday Folders
- 11/10-PTA Meeting with Dr. Jim Raney @ 7 p.m.
- 11/11-Veteran's Day Observed at School
- 11/17-Thanksgiving Luncheon
- 11/17-FLE Parent Night @ Laurel Ridge
- 11/23-Dismissal at 1:45 p.m.
- 11/25-26-Thanksgiving Holiday

Enjoy a fabulous fall weekend with family and friends!

Renee C. Miller
Principal