

Dragon Tales



DOGWOOD ELEMENTARY SCHOOL

12300 Glade Drive, Reston, VA 20191

Robyn E. Cochran, Principal

William Vardeman, Assistant Principal

Sarah Aiello, Intersession Coordinator

Gina Hensberger, Special Projects Coordinator

Website: <http://www.fcps.edu/DogwoodES/>

Volume 1

Main Office: 703-262-3100

Attendance Line: 703-262-3131

August 18, 2009

Principal's Column

Welcome back to Dogwood! It is a sincere pleasure to have students back at school. During the weeks of summer break, our teachers participated in curriculum projects, professional development, and instructional planning for our new school year. Our custodial staff worked diligently to prepare the school and classrooms for our beginning.

To begin the year, our teachers are engaging students in teambuilding activities that help to create strong and caring classroom communities. These communities are the foundation upon which learning is built, fostered, and enriched. Each student is unique and is an important part of our learning community. Through activities, dialogue, articulation and assessments, we will learn more about your child as an individual student and young person. Knowing your child well helps us meet, extend and enrich their individual academic needs.

School begins each day promptly at 8:40 AM. Breakfast is served beginning at 8:15 AM. Because supervision of students does not begin until 8:15 AM, please do not drop off or allow students to arrive to school before that time. School dismisses on Monday at 12:50 PM and at 3:20 PM Tuesday-Friday.

Your partnership is essential to your child's academic success and we look forward to working closely with you throughout the school year. We invite you to stay in close communication with your child's teacher(s). The weekly **Tuesday Folder** will contain school-wide information as well as individual classroom and grade level team information. The **Dragon Tales** is our school-wide newsletter and is sent home on the second Tuesday of each month. Visit our website regularly at <http://www.fcps.edu/DogwoodES/>.

Join us on September 3rd for our first PTA meeting. The meeting will be held from 7-8 pm in our school library. Child care is provided for school age children.

Safety and security of all students is a top priority. We ask that all parents and visitors stop in the front office to check in

with our office staff as soon as you arrive to Dogwood. In order to ensure student safety, it is critical that we know who is in our school building during every minute of each school day. If someone other than yourself, a sibling or a person listed on your child's Emergency Care Card will be picking your child up from school, you must notify us ahead of time so that we can help you plan.

Thank you for working together with us to provide your child with the best possible education and school experience. Your input and ideas are important to us. Please feel free to contact us.

Robyn E. Cochran
Principal

William Vardeman
Assistant Principal



Dogwood School Hours 2009 - 2010

Monday	8:40 AM - 12:50 PM
(FECEP)	8:40 AM - 11:00 AM
Tuesday-Friday	8:40 AM - 3:20 PM

Calendar

August:

20th Fall School Pictures

September:

2nd Student Holiday- -No School

3rd PTA Meeting---7-8 pm

7th Labor Day Holiday- - - No School



Welcome to the 2009/2010 school year! The Dogwood Elementary School PTA is very excited about the upcoming school year, and has set several goals. The mission of every PTA, as set by the National organization of PTA's, is:

- To support and speak on behalf of children and youth in the schools, in the community and before governmental bodies and other organizations that make decisions affecting children;
- To assist parents in developing the skills they need to raise and protect their children;
- To encourage parent and public involvement in the public schools of this nation.

At our local school level we have set the following goals for the school year:

- Encourage parents to be involved in the school.
- Inform parents about issues that affect student success.
- Increase attendance of diverse families at PTA events.
- Provide support for the school staff.
- Provide financial support for students in need for field trips and other activities as sponsored by the school.
- Provide one assembly for the entire school during the school year to enrich the student experience at Dogwood.
- Provide a Dogwood School directory.
- Keep the PTA area of the Dogwood website updated.
- the public schools of this nation.

We can use your help! Please fill out a volunteer form, and return it back to the school office if you can help. Also, plan to attend our monthly meetings, which are held the first Thursday of every month school is in session at 7 p.m.

Please join us for our PTA meeting on Thursday, September 3, 2009.

Rylan Hutzler
PTA President
703-915-3457
HutzlerRylan@aol.com

Mail may also be left at the school front office

Counselor Corner

The Dogwood Counseling Team is excited for another great year! We are pleased to be getting to know our new students in kindergarten, as well as our returning students in grades 1st-6th. We are here to support every student's academic, personal, social, and career development. This is accomplished through individual, small group, and classroom lessons.

If you would like more information on your child's particular grade level, contact their counselor:

Suzanne Bond **703-262-3137**
(Grades K, 1, 6)

Heather Palmeter **702-262-3147**
(Grades 2, 3, 4, 5)



KID TIPS

Does your child exhibit any of the following symptoms: irritability (crabbiness, easy to anger or crying), inability to focus or complete tasks, trouble following your directions, unwillingness to do what you ask, wakes up a lot throughout the night, hyper, has trouble waking up in the morning...

If you answered YES to any of these, the solution may be easier than you think.

"As adults, we're accustomed to needing 7-9 hours of sleep, and we're often forced to get by with far less. As a result, it might be tempting to think that our kids have similar sleep requirements, or that they should be able to cope fairly well with a few skipped hours here and there. However, kids who are regularly sleep deprived will exhibit some pretty difficult behaviors. They display frequent irritability, overreact emotionally, have difficulty concentrating, forget easily, wake often during the night, and may even display hyperactive behaviors."

- ☞ How much sleep do kids really need? If your child is waking up at 7am for school...
 - Age 3-10: 10-12 hours -- bedtime should be between 7 and 9pm
 - Age 11-2: about 10 hours – bedtime should be around 9pm
 - Age Teenagers: about 9 hours
 - Adults: 7-9 hours

The best thing you can do is simply move your child's bedtime to an earlier time. This may sound impossible at first, but by moving the entire [bedtime routine](#) up half an hour, you'll help your child associate bedtime with an earlier time. In fact, you may be surprised to find that s/he goes to sleep easily and sleeps through the night more regularly when s/he is well-rested.

- ☞ Importance of a schedule: Kids, like all of us, need to know the expectations. Their job is to get a good night's sleep so they are ready for their job of learning. As a parent, it is your responsibility to ensure that the structure is there for students to be successful. Remember, you are the adult.
- ☞ The sleep environment should be quiet (free from noise and distractions such as TV, video games, radio, CD players, etc.). Many children want to watch TV before going to sleep, however these activities stimulate the brain in a way that keeps them from falling asleep. Encourage your child to read in bed to help calm and prepare for sleep.
- ☞ <http://singleparents.about.com/od/parenting/f/sleeprequire.htm>

Coming up Next: Establishing Homework Routines with your Child.