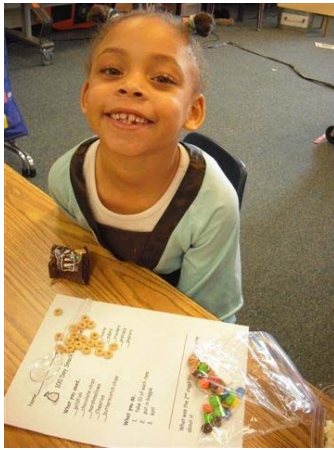




Mustang Message

January 30, 2009

Franconia Elementary School



It's been 100 days! Well, as of today, more like 101 days of school have passed. Can you believe it?

The snow and ice did not put a damper on the celebration for Franconia first graders who spent Thursday learning about and using the number 100. Students made a tasty 100 day snack mix; did 100 exercises then rested for 100 seconds; and did a SmartBoard activity with the book [Alexander Who Used to Be Rich](#). Sounds like 100 is a great number!

From the Principal

The second semester means it's time to prepare for Standards of Learning (SOL) tests in grades 3-6. Teachers are including skills reviews in students' weekly activities to help them remember the different concepts studied. Some practice exercises use formats similar to the way the standardized tests are written.

Fifth graders will take an SOL writing test in March. Other SOL tests will be administered in May and June. Look for specific testing dates on the calendar.

How can parents help? Make sure your children are well-rested and eat breakfast on test days. Try not to schedule appointments out of school on test dates. The tests are not timed, so we cannot guarantee that your children will be finished in time to leave for an appointment. Help your children relax as they prepare for these tests. Encourage your children to do their best and praise their efforts.

Testing is done to let the school see how well a child is learning. Thanks for helping us promote success through your support and encouragement at home.

Merrell V. Dade

Franconia Elementary School

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Merrell Dade, Principal
Nancy Mercer, Asst. Principal

For Your Information

If the flu hits

Symptoms of influenza-like illness include fever, headache, dry cough, extreme fatigue, sore throat, and muscle aches. Children are more likely than adults to have nausea, vomiting and diarrhea.

The Center of Disease Control and Prevention (CDC) and Virginia Department of Health recommend that students and adults ill with respiratory symptoms (even if they have received the flu vaccine) should remain out of school after the onset of symptoms, about 1-3 days after exposure. This is the time when people with the flu will probably be shedding the most virus.

To prevent infection, the CDC urges that we regularly wash our hands; cover nose and mouth with a tissue and dispose of it; discourage sharing eating utensils, drinks and personal items; and avoid touching our eyes, nose or mouth. Go to <http://www.cdc.gov/flu/> or <http://www.vdh.state.va.us/Epidemiology/factsheets/Influenza.htm> for more information. Help us keep Franconia healthy!

Earn funds for Franconia as you shop

Several programs credit schools when families purchase. As you do your regular shopping, think of Franconia as a school to receive credit by clipping box tops. Tell grandparents and neighbors, too!

In the Box Tops for Education program, each coupon earns 10 cents. Participating companies include Betty Crocker, Pillsbury, Yoplait, Progresso soups, Old El Paso, Green Giant, Ziploc, Totino's pizza rolls, and many, many more. Just clip the Box Tops coupons and send them into the school office in an envelope labeled PTA.

Thank you to everyone for sending in your Box Tops during the 2nd quarter. The 2nd quarter class winner of an ice cream party is Mrs. Stump's 1st grade class for submitting the most box tops. Keep on clipping those box tops, the 3rd quarter deadline is March 14.