

## Counselors' Corner

It's that time of year again—the holiday season. Unfortunately, what usually comes with the holidays are busy schedules and stress.

Busy schedules can hurt parent-child relationships. Weekly family meetings can be a part of the solution. When your family gathers, talk about values, feelings, responsibilities and goals. These steps can help: **choose a time; plan ahead; set ground rules; be positive; discuss expectations; maintain authority;** and most importantly, **have fun.**

We hear so much about holiday stress that it can be easy to lose sight of what the holidays are really about: fun, joy, and a little magic. So, how can we capture the excitement?

Think of holiday preparation as fun. It does not matter which holiday you celebrate. Creating a positive mood for yourself and making good things happen as a result applies to any situation. Create your own holiday tradition!

Regardless of your family situation – whether you're a single parent who has your child all year-round, a non-custodial parent who will be spending time with your children this holiday season, or dealing with any other difficult or non-traditional situation, embrace the holiday season and make it a positive time for your family.

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## Special Lunches



We are always happy to see a parent, grandparent or sibling come to eat with a student. Visitors typically either purchase lunch from the cafeteria or bring a bag lunch from home. It is especially nice for students to see that grownups also eat nutritious lunches. As stated in your child's planner, **we ask that you do not bring in soft drinks or "fast-food" lunches.**

The sale of soft drinks is prohibited in all Fairfax County Public Schools, from elementary through high school, during the school day.

The emphasis on nutritional eating is reflected in our health curriculum and in the selection of food sold in the cafeteria. We ask that when you come to eat lunch with your child, you help us continue to model healthy, nutritious eating. And remember, it is your presence, more than anything that makes the occasion special for your child. We appreciate your support and understanding in this matter.

## PTA Lunch Card Reminder

Hayfield Elementary strongly believes that no child should go without food at mealtime. When a child misses breakfast at home, forgets his/her lunch, or does not have money on his/her lunch card, he/she use the PTA's lunch card to purchase breakfast or lunch. This is a special PTA fund, administered from the office, which allows students who fall into one of the above categories to purchase breakfast or a hot lunch.

A letter on hot pink paper will be sent home with your child if your child uses this account. We ask that you repay these funds as soon as possible so that money is available for other students who may need to "borrow" money for breakfast or lunch. You may repay with cash or write a check made payable to "Hayfield ES Food Services." If you have established a lunch account through mylunchmoney.com, you cannot transfer money from this account to repay the PTA lunch card account.

## PTA Fall Book Fair A Great Success!

Thanks to purchases by our students, families, teachers, and staff, Hayfield Elementary will receive over \$3,100 in proceeds from the Fall Book Fair. This event would not have been possible without our wonderful volunteers: Michelle Alden, Yvonne Freeman, Euhna Chung, Michelle Grigg, Petra Kreft, Kris Gilson, Stephanie Miles, Deneen Wilson, Mary Payne Gilbert, Jennifer Steadman, Monica Selcik, Kala Fletcher, Jillian Morrison, Mari McCord, Dawn Schmidt, Jennifer Preston, Heidi Frego, Melissa Kirby, Krystal Irizarry, Diane Rose, Denise Boyer, Britt Callahan, Faye Laidlaw, Cindy Buzzell, Patty Allison, Lisa Durham, Beth Rudolph, and Kathleen Strausser. We hope that everyone enjoys reading their new books during the cold winter months, and we look forward to seeing you at the Spring Book Fair.



### Here's What's Coming Up...

<b>November 20</b>	Grade 4 Program 10:10 a.m.
<b>November 25</b>	Two hour early release 12:50 p.m.
<b>November 26 &amp; 27</b>	Thanksgiving Holiday-School Closed
<b>December 1</b>	PTA Board Meeting 7:00 p.m.