

SHREVEWOOD CONNECTION



Shirley McCoy, Principal
Linda Peace, Assistant Principal
November 5, 2009

Shreveewood

Elementary School

7525 Shreve Road
Falls Church, VA 22043

Attendance Line
703-645-6666

Clinic
703-645-6610

Direct Line
703-645-6600

Website
www.fcps.edu/ShreveewoodES/

November-Calendar of Events

November 2-3

Teacher workdays (No school)

November 4

Second Grading Period Begins

November 5

Fall Picture Re-take Day

Kindergarten Field Trip (9:30am, Idylwood Park)

November 6-13

Scholastic Book Fair (Library)

November 10

PTA Meeting (7:00 pm Cafeteria)

November 11

Veterans Day

Thanksgiving Luncheon (11:00 am, Cafeteria)

November 12

Send Home Report Cards

Kindergarten Field Trip (9:30-1:30 pm,

National Museum of the American Indian)

November 25

2-hour Early Closing (1:55 pm)

November 26-27

Thanksgiving Day (Holiday -No School)

Keeping the Main Thing the Main Thing during Tough Budget Times

Many books have been written about the achievement gap that has existed for quite some time not only in Fairfax County, but in many school systems around the country. It would appear that finally that gap is shrinking due in large part to the partnerships between students and teachers, school and home, and school and business partners. All of us working together has resulted in better teaching, better attendance, and more, a great number of students who take a more serious approach to education. Maintaining this upward momentum in the future in light of the anticipated severe budget cuts will require even greater partnerships and communication. School system will have to adjust in a number of ways to accommodate the changes the school budget will dictate. We will, without a doubt, lose some things that we, teachers, students and parents have grown accustomed to as a routine part of schooling in Fairfax. As we move through these times, we will definitely need to recall something told to us by a former superintendent of Fairfax, and that is to remember that "The main thing is keeping the main thing the main thing." Our "main thing" is to provide a solid educational foundation so that children can grow and learn at a level and to a degree that will result in their having the skills to become productive citizens of the nation and the world. With your continued help and support, we can do that. We can and will focus on "Keeping the Main Thing the Main Thing".

I would encourage you as parents to become aware of the projected budget cuts and to attend the meetings Superintendent Dr. Dale is having around the county. He is also open to suggestions for additional ways to generate income as well as your opinions related to the suggested cuts. You can give comments and find information regarding the budget at the following site: www.fairfaxcounty.gov/budget

Shirley McCoy, Principal

Something to Hoot About

Holland and Knight, business partners of Shreveewood, received an award in recognition of their years of service to the school. In addition, they were a finalist in two categories of service and leadership for the Bruce Oliver Leadership Award. We have been so fortunate to have these dedicated volunteers working with our students, providing support for the RIF program and for providing Christmas for a large number of students for seven years.

The spaghetti dinner was a huge success, \$1400 was collected for Harper McCaughan school in Long Beach, Mississippi. Thanks to all of our parents and teachers for your support. Many thanks to Antonia Venets for her help.



Nominations Now Open for Principal and Teacher of the Year Awards, Deadline Is December 11

Fairfax County Public Schools (FCPS) sponsors several employee award programs to celebrate excellence among employees and recognize contributions that promote student success. Now is the time to start thinking about nominating an outstanding individual for the following award programs:

Principal of the Year and the Washington Post Distinguished Educational Leadership Award: The nominee must have at least five years successful experience as a principal, including at least three years with FCPS. Teacher of the Year and the Washington Post Agnes Meyer Outstanding Teacher Award: The nominee must have at least five years of successful full-time teaching experience, including at least three years with FCPS.

The nomination periods for Teacher and Principal of the Year are concurrent, and the deadline for both is December 11. Additional information and nomination forms are available on the FCPS web site at www.fcps.edu/DHR/employees/awardsindex.htm/. For more information, call 571-423-3278.

HEALTHY SNACKING TIPS

The rise in overweight children means that parents need to take an active role in providing healthy snacks for their children. The following are some helpful tips:



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

Use www.fcps.edu/fs/food/nutrition_calculator to evaluate your snacks at home.

Healthy Tips for the Holidays

- ◆ Choose a variety of foods from MyPyramid-Steps to a Healthier You.
- ◆ Start the day with breakfast.
- ◆ Eat plenty of fruits and vegetables.
- ◆ Eat lighter meals at night.
- ◆ Limit portion sizes of favorite holiday foods, especially desserts.
- ◆ Eliminate night-stress-related gorging, especially in front of the TV.
- ◆ Go to bed feeling light, not “full”.
- ◆ Enjoy your feast, family, and friends.
- ◆ Remember to exercise 60 minutes per day.

Visit the USDA Food Guide Pyramid at MyPyramid.gov for your personal plan.

PARENT TIP SHEET: ARE YOU HELPING YOUR CHILD LEARN TO SOLVE PROBLEMS?

Children learn how to solve problems at home. Here's a quiz to see whether you're doing all you can to help them learn this

valuable life skill. Give yourself five points for something you usually do, zero points for something you never do—or any score in between.

___1. When my child and I talk about a problem, I try to listen carefully. I try to pick up information and feelings I have not heard in the past.

___2. I try not to immediately state what I think is the best solution to the problem. My goal is to help my child learn to solve problems.

___3. While my approval of the solution to a problem is required, my child knows that I'll at least consider any solution—even if it seems pretty far out at first.

___4. I won't let myself be pressured by time. If we can't solve the problem in one sitting, my child knows we'll continue to talk.

___5. I encourage my child to look for a solution that both of us can live with.

How Did You Score?

Above 20 means you're raising a child who will be a problem-solver. Fifteen to 19 is average. If your score is below 15, you may need to let your child play a more active role in taking responsibility for solving problems.

Note: Copyright 2009. Reprinted with permission from the Parent Institute. Additional tip sheets and other resources for parents can be found on the Family and School Partnerships web site at <http://www.fcps.edu/cc/fam/>

Counselor's Corner- COMPASSION

The Shreveewood Owls will be learning the importance of displaying COMPASSION towards others throughout the month of November. Teaching compassion can make children aware of the world around them and it teaches tolerance towards different cultures and personalities. This enables children to be more sensitive and caring, which in turn leads to better relationships with others as they grow into adulthood.

The Shreveewood Owls will be learning that they can show compassion by...

- ▶ *Putting the needs of others before their own*
- ▶ *Listening to a friend's thoughts and feelings when they are sad*
- ▶ *Helping a classmate out with a difficult assignment*
- ▶ *Including others in conversations and games*
- ▶ *Assisting students who are hurt*
- ▶ *Donating food and clothing*
- ▶ *Understanding and accepting the physical and personality differences of others*

If you have any questions, comments, and/or concerns, please feel free to contact me via phone 703- 645-6617 or email Megan.McCahey@fcps.edu

Ms. McCahey, School Counselor

