



# The Seahawk Times



## Silverbrook Elementary's Monthly Newsletter

December 2011

www.fcps.edu/SilverbrookES

Volume: 4

Issue: 5

### Principal's Message

Dear Parents,

I hope that you all had a good Thanksgiving break and were able to spend time with family and friends. The staff and I are glad to be back with our students and also looking forward to the special events that occur in the month of December. Please be sure to check out the calendar at the back of this newsletter.

In November our student council sponsors (Mrs. Mueck and Mrs. Clark) – along with the student members of the SCA painted our Spirit Rock. The theme goes with our school-wide character education program. Be sure to stop and take a look next time you are at school. It looks terrific! The SCA also worked with the entire student body to bring in canned and boxed goods to be donated to Lorton Community Action Center for the holiday season. Thanks to Silverbrook students, many families were able to enjoy Thanksgiving.

Be sure to read the newsletter for information on Keep In Touch (KIT) and upcoming events. Enjoy the holidays and have a wonderful December!

Melaney Mackin, Ed. D.  
Principal

### Thank you!

Many thanks to the Silverbrook SCA for organizing the wonderful fall food drive. This benefits the families in the Silverbrook community who are assisted by the Lorton Community Action Center. The SCA also extends a BIG "Thank You" to everyone who contributed. The outpouring of generosity was simply amazing. Thank you, everyone, for caring.



### Winter Choral Concert

The 5th and 6th Grade Choruses are proud to present their Winter Chorus Concert on Thursday, December 15th at 7 p.m. in the Silverbrook gymnasium. We hope to see you there.



### Cold Weather

Please make certain that your children are properly clothed for the cold weather. We will continue to go outside for recess throughout the winter months if the weather is dry and the temperature is above 32 degrees.



### New Energy-Zone Icon

ChooseMyPlate is the new food icon based on the 2010 Dietary Guidelines for Americans. The Guidelines encourage all Americans to eat a healthy diet and be physically active.



Enjoy your food, but eat less. Avoid oversized portions. Make half your plate fruits and vegetables. Switch to fat-free or low fat (1%) milk. Make at least half your grains whole grains. Compare sodium in foods like soup, bread, and frozen meals – and choose foods with lower numbers. Drink water instead of sugary drinks.

<http://www.choosemyplate.gov>

### Fighting Childhood Obesity

Today, childhood obesity is a major national health crisis affecting about 25% of all students. Poor diets and lack of exercise are the major causes of this epidemic. Parents are role models who must take an active role in guiding their children's food selections and encouraging physical activity. It is recommended that children exercise at least 60 minutes a day and spend less time in front of the television or computer.

### Holiday School Office Hours

We are taking a break along with the students. The school office will be closed during winter break: Dec. 23—Jan. 2.



### After School Hours

Please be advised that student and community access to the classrooms closes 45 minutes after the end of each school day. (1:10 M/3:40 T-F) If your child has forgotten their homework, they will **not** be allowed to get back into their classroom after that time. Please be sure to remind your students to take all work they need for home with them at the end of the day.



### Keep In Touch!

Silverbrook is using the FCPS Keep In Touch system. Whether it's a time-sensitive situation or just day-to-day events, Keep In Touch will provide you notification of these happenings via an e-mail to your home and/or your work email address. If you are not receiving emails from Silverbrook, please contact the main office, 703-690-5100, to confirm correct contact information.

### Virginia Association for the Gifted (VAG)

#### Teacher of the Year Award

Contact: Carol Horn, 571-423-4745  
or [cvhorn@fcps.edu](mailto:cvhorn@fcps.edu)

The Virginia Association for the Gifted presents an annual award highlighting the accomplishments of talented educators providing services to advanced learners in the Commonwealth. The award

is presented to an individual whose exemplary leadership and outstanding contribution to gifted education has affected Virginia's children, teachers, schools, programs, and/or policies.

The application packet, located at <http://www.vagifted.org/Teacher%20of%20Year%202011.pdf>, outlines the procedure for nominating teachers and includes information on criteria and guidelines for submitting an award nomination. Nominees must be members of VAG. A central committee made up of teachers, administrators, and central office staff will review applications and select nominations to be forwarded to the VAG. Awards will be presented at the annual VAG seminar in Richmond, VA in Fall 2012. Please follow these procedures in completing nominations:

- Review the criteria for the application
- Complete the nomination form

**Send completed packet by FCPS courier by February 1, 2012 to: Carol V. Horn, Coordinator, Advanced Academic Programs, Fairfax Ridge.**



### JANUARY DATES TO REMEMBER

<b>January 10:</b> PTA Mtg. 7:00pm	<b>January 27:</b> Spelling Bee
<b>January 16:</b> MLK Holiday NO SCHOOL	2nd Grading Period Ends
	<b>January 30 &amp; 31:</b> Student Holidays—No School

### Inclement Weather

We are approaching the season for inclement weather. Please keep this posted in a convenient place for reference when we have bad weather and school is delayed or closed. Please be sure that your child knows what to do when school closes early due to bad weather. Safety first! FCPS will alter school opening and closing schedules when weather conditions threaten the safety of students who walk, ride school buses, or drive to school.

#### **Weather-Related School Closing Options:**

**You can receive all of the necessary information from one of the sources below:**

Local radio or television  
Cox Cable channel 21

Website: [www.fcps.edu](http://www.fcps.edu)  
FCPS Hotline: 1-800-839-3277

FCPS Keep In Touch (e-mail notification)

TWO HOUR LATE OPENING:  
Silverbrook classes start at 10:05

TWO HOUR EARLY CLOSING:  
Silverbrook closes at 12:55

**Please DO NOT call the school**

