



The Seahawk Times

Silverbrook Elementary's Monthly Newsletter



November 2011



www.fcps.edu/SilverbrookES



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Principal's Message

Dear Parents,

Parent-teacher conference days will be next week. If you have not already done so please be sure to make an appointment with your child's teacher to meet. It is a goal of our school (and the school district as well) that the teachers and parents of every student make initial contact during this time to ensure a partnership that will enable them to work together for the success of our students.

Please be sure to check out the information on our Thanksgiving Luncheon. Also – look for a letter in your child's Wednesday folder from our Assistant Superintendent – Dr. Frances Ivey regarding the new middle school in the South County Pyramid.

During this month of Thanksgiving all of us here at Silverbrook have much to be thankful for – a great school and community, terrific teachers and most of all wonderful students! I appreciate you doing your part to make our school a great place to be.

Have a wonderful November!

Melaney Mackin, Ed.D.
Principal



Silverbrook's Thanksgiving Luncheon

We hope you can join us for our Thanksgiving Luncheon that will be held on Thursday, November 17th. We will serve a traditional Thanksgiving Lunch but will have other choices available as well. We are offering the option for adults to pre-pay, but prepaid lunches are non-refundable. Please refer to the flyer in your Wednesday folders for pricing and class lunch schedules. We hope to see you all here.



No School/Teacher Workdays

Please note there will be **NO SCHOOL** on Monday, November 7th and Tuesday, November 8th. These are teacher workdays.



Early Dismissals

If you are picking up your child early from school, please remember to send a note with your child in the morning to give to the teacher. This is a courtesy to the teacher and will also expedite the pick up as the child will be packed up and ready to go when you arrive. Thank you.

Cash Lunch Money

When sending cash in as lunch money for your child, please put it in a sealed envelope with your child's name and teacher on it. Also, please indicate on the envelope that is for lunch money.



HEALTHY SNACKING TIPS

The rise in overweight children means that parents need to take an active role in providing healthy snacks for their children.

- 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

Use: http://www.fcps.edu/fs/food/food_at_school healthy snack calculator to evaluate your snacks at home.

Healthy Tips for the Holidays

- 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.



ATTENTION PARENTS:

The Student-Parent Federal Impact Aid Survey Information was distributed during conferences. Please take the time to fill them out. These forms support our school system request for federal grant funds. It is imperative that we have a survey form for each child in the school. Thank you for your help and if you have any questions please feel free to contact our school office.

Early dismissal on Nov. 23rd

Students will be dismissed at **12:55 p.m.** on Wednesday, November 23, which is the day before the Thanksgiving holiday. We will operate on a Monday schedule. Please be sure that your child knows about any special arrangements you may have to make to accommodate this change in schedule. School will be closed for the Thanksgiving holiday on Nov. 24 & 25.



Picture Make Up/Retake Day

Provine School Pictures will be at Silverbrook on **Tuesday, November 29th** to take pictures of students who missed picture day, forgot their money, or were not happy with their portrait package. Please remember, you must have payment on this day to purchase pictures or return a picture package to have your picture retaken.



Thank You!

A BIG thank you to parents who supported classroom teachers by purchasing books from the book fair that were on their wish lists for their classroom library. The teachers appreciate all your generosity!



Holiday Assistance

The holidays can be stressful under the best of times. Fairfax County has agencies that may be able to offer assistance to families that have a demonstrated need.

Families whose children are on the free and reduced school lunch assistance program and/or who demonstrate a need for assistance with holiday meals and/or gifts for children under the age of 18 may contact the Lorton Community Action Center at 703-339-5161.

Nominations Now Open for FCPS Teacher and Principal of the Year Awards

Fairfax County Public Schools sponsors several employee award programs to celebrate excellence among employees and recognize contributions that promote student success. Consider nominating a teacher or principal who goes above and beyond and deserves recognition for their outstanding work.

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.

Additional information and nomination forms are available online at <http://www.fcps.edu/hr/programs/recognition/>. **The nomination periods are concurrent and the deadlines for both are January 13, 2012.** For questions,

contact Shannon Watson in the Department of Human Resources at 571-423-3278.

Security and Protocol Procedures

Silverbrook Elementary School welcomes parents, guardians and visitors to our school. Fairfax County Public Schools require all visitors to report to the office when entering any public school building during the school day and to wear a visitor's badge while in the school building. Please remember that we are into the third month of school and your children are into their routine. At this point in the year, the children are capable of going to and coming from their classrooms on their own. If you would like to meet with a teacher before or after school, please contact the teacher via note, email or telephone to make a separate meeting time.

Birthday Celebration Reminder

Parents are welcome to bring in a snack to share for their child's birthday. We ask that you limit it to one snack that is a finger food and to please prearrange with your child's teacher your plans to bring in the birthday treat. Birthday party invitations **may not** be distributed at school unless all students in the class are invited. Also, balloons are **not** permitted as part of the celebration.



IMPORTANT DATES

November 16:

Report Cards Go Home

November 17:

Thanksgiving Luncheon

