



The Seahawk Times



Silverbrook Elementary's Monthly Newsletter

October 2011



www.fcps.edu/SilverbrookES

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Principal's Message

Dear Parents,

We had a terrific first month of school! Thank you to all of you who took the time to attend our Back to School Night. There was a really good turn out both evenings. It was wonderful to see so many of you there!

Please be sure to read the new policy outlined in this newsletter regarding students changing their route home. Due to safety and administrative issues we are no longer accommodating students going home with friends. All travel for play dates and visits with friends will have to be arranged to take place after the students get home from school.

Again...please be sure to look for this article in the newsletter.

If you have not signed up for a parent-teacher conference in early November please contact your child's teacher as soon as possible to arrange this. It is our goal for all parents and teachers to connect at the end of this first marking period. We want have both school and home working together to ensure the success of each child.

The month of October is very busy and we have lots of activities going on here at school. Please be sure to read through the newsletter and mark your calendars so that you do



not miss anything. Don't forget to check out our October and November calendars at the back of this newsletter for upcoming school activities and meetings. This feature is provided in every newsletter. Enjoy the fall season and have a great October!

Melaney Mackin, Ed.D.
Principal

Picture Day

Tuesday, October 18 Gr. K-3 & Wednesday, October 19 4-6. Please make sure to fill out the picture order envelope that will come home in your child's Wednesday folder and return it to school on or before picture day. If your child does not have their payment on picture day they cannot purchase a picture package. All students, whether they have payment or not, will have their picture taken for the yearbook.



After School Hours

Please be advised that student and community access to the classrooms closes 30 minutes after the end of each school day. 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.



Change in Transportation Arrangement

Effective Monday, October 3rd, we are no longer able to process changes in transportation for play dates.

Arrangements for play dates and visits to friends should be scheduled after students arrive safely home from school. However, should an emergency require that a child walk or ride home with a friend, the parent should send a note to the main office (to the attention of the principal/assistant principal) on the morning of the day permission is requested. Please note that due to our buses being at capacity – we cannot approve children to ride another bus other than their own home...therefore in emergencies where a change in transportation is needed – other modes of getting home will have to be worked out. Again – parents will need to check with an administrator regarding this arrangement.



Gym Shoes

Parents please make sure your child wears appropriate gym shoes/sneakers on their P.E. days. Shoes such as sandals or Crocs should not be worn for safety reasons.



Birthday Celebrations

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.



PTA Directory Reminder

If you do NOT wish to be included in the PTA directory please remember to turn in the directory Opt-Out Form to the office by October 14, 2011.



Cafeteria Reminder

Please remember we do not allow fast food or soft drinks for lunch in the cafeteria.



Breakfast—A Great Start to Being Smart

October is Breakfast Month in Fairfax County Public Schools. Breakfast is the most important meal of the day. It “breaks” the “fast” by replacing the energy reserves used overnight.

School aged children especially teens are the biggest breakfast skippers. Research shows students who eat breakfast: Learn better, are more alert and attentive, and are more likely to participate in activities. Eating breakfast may also reduce the risk of childhood obesity. If you have a breakfast skipper in your home, plan and offer quick nutritious choices such as juice, whole grain cereal and toast, breakfast bar, or bagels and milk or yogurt. Parents don't forget your own breakfast. You are a role model for your children.

Volunteers for Book Fair

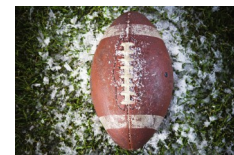
Volunteers are needed to help with the Silverbrook Book Fair, October 24 -- 28, 2011! . If you would like to help during the book fair, please email Valerie Finney, school librarian, vmfinney@fcps.edu. We especially need volunteers to help set-up the Book Fair on Friday, Oct. 21

from 12:00 to 3:00 p.m.

The Book Fair is a huge fundraiser for the Silverbrook Library and the Silverbrook Technology Program. Beside being able to purchase more books for the library over the years, we have also purchased 21 data projectors; 7 smart document cameras; 8 digital cameras; a large smart-board for the library; extra library bookshelves; all the A-V equipment necessary for a successful morning news show broadcast; and computers dedicated to the online library catalog. This fundraiser benefits the entire school! Please consider volunteering! Thanks!

Label Belongings

Please be sure to mark your child's name on all belongings so that the items can be returned if lost or left behind.



Bookworm Central Book Fair and Book Character Dress-Up Day

The Bookworm Central Book Fair is coming to Silverbrook from Monday, Oct. 24th—Friday, Oct.28th. Student browsing days are Mon. and Tues. Official sales begin at the Family Pizza Evening Tues, Oct. 25 from 5—8 pm. Sale days continue all school day Wed. and Thur. and all sales end on Fri. Oct. 28th at 10:30 am.

Book Character Dress-Up Day is Monday, October 31st. All Silverbrook students are encouraged to participate in this SCA event by dressing up as their favorite Book Character. There will be one parade. The Kindergarten, first and second grade classrooms will parade at 9:30 AM. The parade will begin in the main lobby and travel through all the C-Pod classrooms. Our older students are always invited to watch the parade and enjoy the costumes from their seats in the hallways. So join the fun and dress up like your favorite book character..



International Walk to School Day

International Walk to School Day is Wednesday, October 5, 2011. Superintendent Jack Dale and Fairfax County Executive Tony Griffin are encouraging county residents to participate in International Walk to School Day, in an effort to promote physical activity and reduce traffic congestion and pollution near schools. Parents are encouraged to accompany their children to school. (This is not required, but suggested.) Please note.....If students are generally bus riders – they cannot walk by themselves – they “**must**” be accompanied by a parent.

Blackboard 24/7 Parent Account

During our parent-teacher conference days we will have a sign up in the lobby for all parents to get their own Blackboard 24/7 Account. More information will be sent home prior to that. Please mark your calendars for this opportunity. Thanks.

Spirit Rock Coming to Silverbrook

Silverbrook is excited to announce the arrival and dedication of its new Spirit Rock on Thursday, October 20th! We will have a ceremony in the bus loop for all the students! More information will be coming out about this exciting event!



Parent-Teacher Conferences, November 7th & 8th

Before the end of the marking period it is the goal of all of our teachers to have a conference with each student’s parents. As a parent every time you attend a parent-teacher conference you learn more about your child and strengthen the bond with your child’s school. Getting to know your child’s teacher and hearing his/her views of your child’s progress actually helps your child succeed. So please make your attendance at parent-teacher conferences a priority.

Below are a few suggestions regarding conferences:

- A typical conference lasts between 10 – 20 minutes. If you feel that you need additional time, please ask for a follow-up session.
- Keep an open mind. Some parents become defensive when teachers discuss trouble areas. Remember that these conferences are meant to help you understand your child’s performance. Working together will help your child succeed in school. Make plans to follow up on suggestions from the teacher. Decide together what you, your child, and the teacher can do to help your child succeed.
- After the conference talk with your child about what was discussed and how they can improve their progress. Remember to praise all of the things that your child is doing well and to pass along teacher compliments, as well as any areas that need improvement.



- Please remember that a conference can be scheduled anytime, not just for this annual event. Feel free to call or email to schedule a phone or in-person conference anytime that you think there is a need.

9-5-2-1-0 Zip Code to Your Health

To encourage student wellness, FCPS Elementary Schools are promoting 9-5-2-1-0 Zip Code to Your Health the week of Oct 17-21. Students will learn about healthy eating and exercise through this daily message. This program is a partnership with the Northern Virginia Healthy Kids Coalition. Teachers are invited to highlight the daily message in the classroom.

9: Get **9** hours of sleep each night.

5: Eat **5** fruits and vegetables every day.

2: No more than **2** hours of T.V/computer screen time a day.

1: Exercise at least **1** hour each day.

0: **0** sugary drinks.



NOVEMBER DATES

Nov. 7 & 8 —Conference Days
NO SCHOOL

Nov. 8—Election Day

Nov. 9 —PTA Meeting 7:00 PM

Nov. 23—2 hr. Early Dismissal

Nov. 24 & 25—NO SCHOOL
Thanksgiving Holiday