



The Terragram

Information for Terraset Parents



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Attendance Line (703) 390-5656
FAX (703) 390-5697
<http://www.fcps.edu/TerrasetES/>

Ellen Cury, Principal

Joan Carter, Assistant Principal

Principals Message October 18, 2011

So how many minutes has your child read so far? Not only will reading support our **Read-A-Thon** it will also increase reading stamina that research shows will increase over-all reading progress. I think we all agree that reading is much more rewarding than trying to sell gift wrap!

Principal's Spotlight on Excellence begins on Tuesday. Your child's work will be displayed on the Spotlight wall at various times throughout the year. Ask your child to let you know when it is their turn and ask them what they chose to share with me and why.

Have you connected with your child's teacher? **Parent conference days are scheduled for November 7 and 8.** If you have not scheduled your conference time, do it now so you can get a time that works best for you. It is important that we keep you informed and it is also important that your child see that you are involved in their learning.

Friday is SLHS Homecoming Parade. Hard to believe that it's that time already!

Happy Reading and I hope to see you around the school!!

PICTURE DAY IS OCTOBER 21ST!



The students will be having their pictures taken on Friday, October 21st. A picture envelope went home last Tuesday for you to choose your package and prepay. A reminder will also go home today along with information about a new student proof sheet that Lifetouch School Portraits will provide for every student that had their picture taken on picture day.

The photographers are in need of two volunteers (one per camera) to help get the children set up for the picture. Volunteers can help a full day or a half day. A full-day volunteer will receive a \$50 voucher for pictures and each half-day

volunteer will receive a \$25 voucher. Interested? Please contact Renee Waite via email at Renee.Waite@fcps.edu.

A MESSAGE FROM THE PE DEPARTMENT

Please continue to fill out **Fitness Calendars** and remember they are due the week of October 31st. Last weekend I ran my first long distance race, the Army Ten Miler. Aside from the joy I had of surviving, one of the highlights of the race was seeing one of our third grade students at the finish area getting ready to run in the Fun Run. I encourage you to sign up for a local race with your family. They are a great way to get exercise and participate in a community event. This is a great website that lists all the local races:

<http://www.roadracerunner.com/Races/RunningCalendar.aspx?state=va&page=1&year=2011&month=10&d=5k,10k>.

A NOTE FROM THE HEALTH ROOM

A very heartfelt "thank you" goes out to **Liz Falcone, Slavica Milosevic, Maureen Thompson, Jay Snyder, Joey Walker, Melissa Williams, Angie Tombul and Vee Boehringer** for helping me test our Terraset kids' eyes and ears.



Because of these wonderful people, our annual vision and hearing testing made this year's screening the most efficient in Terraset's history! Teachers and staff commended their efforts and were highly impressed by the organization and speed with



which they carried out this task. As always, our volunteers are a very important and needed part of our school.

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
- 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.

PRENDAMOS Español CON SENORA CALVACHE VU

In this section, every Terragram will have a new word or expression in Spanish for you and your child to learn. This will help you learn about the Spanish language and culture, as well as support your child's learning in his or her FLES class.

Feel free to contact me, Senora Calvache-Vu, to ask questions if you have any: mcalvachevu@fcps.edu.

The words/expressions for this week are:

- **Adios (ædeeos) means "goodbye."**
- **Gracias (GRAHSS-yahss) means "Thanks."**
- **Hasta pronto (ah-stah prohn-toh) means "See you soon."**
- **De nada (DEH NAH-dah) means "You're welcome."**

You can listen to the pronunciation at: PRACTICE AT HOME WITH YOUR CHILD!

<http://www.spanishdict.com/translate>

Just type the word and enter.

CALENDAR

October

- 20** 9:30 am – 12:30 pm, 4th grade field trip to the National Symphony Orchestra.
- 21** Picture Day
4:45 – 6:15 pm, SLHS Homecoming Parade meet at Hunters Woods ES
- 23-28** Red Ribbon Week
- 28** 9:30 am – 5:30 pm, 6th grade field trip to InnerQuest

November

- 7-11** SCA Food Drive
- 7, 8** Teacher Workdays – No School
- 8** SCA Bake Sale, 9:00 am – 2:00 pm
- 11** Read-a-thon Prizes Assembly, 2:45 pm