



The Terragram



Information for Terraset Parents

(703) 390-5600

Attendance Line (703) 390-5656

Ellen Cury, Principal

FAX (703) 390-5697

Joan Carter, Acting Assistant Principal

Principal's Message March 24, 2009

Dear Parents:



We LOVE our volunteers and cannot function without them. Are you organized? Do you have a little extra time to help us out? We are looking for someone who is interested in organizing our volunteers. We have special needs and our volunteers have special talents. Matches need to be made so that we can utilize everyone's skill and time to the fullest. We need someone who is interested in being our Volunteer Coordinator. This important job could even be done through email and phone if you cannot come to school during the day. If this sounds like you, please give me a call. We really need YOU! You can call me at the school or email me at ellen.cury@fcps.edu.

Mark your calendars! *Volunteer Appreciation Week* is coming up and we want to thank all of our wonderful volunteers with a luncheon in their honor on Monday, April 20th during your child's lunch. Invitations will be coming home next week with more details. Hope to see you there!



ATTENTION PARENTS!
Please fill out the *Student's Intention for the Next School Year* form, which is included in this week's take home folder, if you do not plan on returning to Terraset next year.



PTA CORNER

Celebrate Terraset - Celebrate Earth

Be part of Terraset history and join this celebration. Please look over the Spring Carnival Brochure Pack that went home in last Tuesday's folder, decide how you want to participate, and send in the forms. If you can't find your forms, please visit terrasetpta.org and click on Forms and Publications, then publications, and look for Spring Carnival flyers.

CLUSTER 8 PARENT ADVISORY MEETING FCPS SUMMER PROGRAMS

Come and learn about the *Summer Programs* offered by the Fairfax County Public Schools

March 24, 2009, 7:00 p.m.
Carson Middle School
13618 McLearn Road
Herndon, VA 20171

Presenters - Summer School Coordinators:

- Mary Helman - Elementary
- Lynette Harris - Middle
- Lillian Garrity & Levi Folly - High School

Cluster VIII
8115 Gatehouse Road
Falls Church, Virginia 22042-1203
571-423-1180

A NOTE FOR OUR FOOD AND NUTRITION SERVICES

- ☑ Energy Zone Kids Fitness Challenge:
Research shows children copy the behavior of adults in their life. If parents are physically active, the children will be active too. Exercise burns calories, which assist in maintaining ideal weight. Fit adults and children exercise 60 minutes per day.

Keep moving to stay in shape tips:

- ☑ Plan daily family walks.
- ☑ Limit television or computer time to 1 to 2 hours per day.
- ☑ Make exercise fun.
- ☑ Encourage play outside with other children.
- ☑ Assign chores that involve activity such as cleaning or walking the dog.
- ☑ Help your children find physical activities they enjoy.



Remember, making a healthy change takes time and don't expect perfection.

CALENDAR

March

- 26 6:30 - 7:00pm Getting to know FCPS
Presentation by parent liaison,
Diana Golac, Rm. 302
- 7:00-8:00pm, Pyramid Outreach IB
presentation for parents of rising 7th
grade students (Terraset Library)
- 27 Spirit Day

April

- 2 3rd grading period ends
- 3 Teacher Workday - No school
- 6-10 SPRING BREAK
- 16 Colonial Day
- 19 Spring Carnival
- 20 Volunteer Luncheon (Library)
- 22 Spring Picture Day
- 23 6:15am - 5:30pm, 4th grade field trip to
Jamestown
- 27 9:45am, 6th grade tour of Langston
Hughes

DID YOU KNOW.....The Fairfax County Public Schools (FCPS) Safe and Drug-Free Youth Section and its Unified Prevention Coalition (UPC), in collaboration with Fairfax County agencies and organizations in Northern Virginia, are organizing the first county-wide substance use and violence prevention conference, ***"What Today's Youth Need You to Know."*** The conference, designed for Fairfax County residents and employees, will focus on educating adults, youth, and professional service providers on current trends recently reported in the 2008 Fairfax County Youth Survey, as well as issues pertinent to raising healthy families. The Conference will take place on **Saturday, March 28, 2009**, from 8:15 a.m. to 4:00 p.m. at **Oakton High School** at 2900 Sutton Rd., Vienna, VA 22181.