



CALENDAR:

- Nov. 7:** 4th Grade Trip to Jamestown & Yorktown
 - Nov. 7:** Progress Reports Sent Home
 - Nov. 10:** Men's Choral Workshop (for selected students) at George Mason University
 - Nov. 11:** PTA Cultural Arts Event: Creative Writing Workshops (during school day)
 - Nov. 12:** Mrs. Marquand's Class Walks to Safeway (9:10-10:45 am)
 - Nov. 13:** Picture Make-up Day & Group/Club/Candid Photos
CANCELLED: PTA Multicultural Night — new date in January
 - Nov. 14:** Mrs. Lynch's Class Walks to Safeway (9:10-10:45 am)
 - Nov. 14:** Ms. Karen's Class Visits the Patrick Henry Library (2:00-2:45 pm)
 - Nov. 17:** FLE Information Night (6:00 pm) in the Library
 - Nov. 17:** PTA Meeting (7:00 pm) in the Library
 - Nov. 20:** Thanksgiving Luncheon
 - Nov. 21:** Kindergarten Thanksgiving Feast (11:00-11:45 am & 2:00-2:45 pm)
 - Nov. 26:** Two-hour early dismissal — **DETAILS on PAGE 3**
 - Nov. 27, 28:** Thanksgiving Holidays — **NO SCHOOL**
 - Dec. 8:** Book Fair/PTA Holiday Shop (5:30-9:00 pm)
 - Dec. 10:** Winter Concert (7:00-8:30 pm) in the Gym
 - Dec. 11:** Mr. Wilson's Class Visits the Patrick Henry Library (2:00-2:45 pm)
 - Dec. 15:** PTA Meeting (7:00-9:00 pm) in the Library
- December 24, 2008—January 2, 2009 Winter Break—NO SCHOOL**

The calendar for the entire school year is on our website at: www.fcps.edu/ViennaES/

"SUCCESS IS A JOURNEY, NOT A DESTINATION"

The Vienna Times

Principal's Corner

What do we live for, if not to make life less difficult for each other?

- George Eliot

I have to begin by thanking you for your ongoing support, extreme flexibility, and care for our school! I am incredibly blessed to work with such a dedicated staff, and engaged community. It will be this great sense of community and care that will enable us to thrive during these exciting, yet anxiety-producing times. The great news is that your children are working hard, and learning each day!

Renovation: This November will be filled with changes to our school that will be evident quite soon! Please use the communication tools that we have provided, to assist us in being responsive to your questions and needs.

As a reminder, please complete the survey that was sent to you through Keep In Touch on Friday, October 24th, visit the website to link to my blog (which can be found at <http://jeanetteblack.wordpress.com>) and our future FAQ, crisis and security plans, and phasing information, visit the library to look at site plans, and feel free to call or email. If you do not receive Keep In Touch emails from our school, please be sure that we have a working email address for you. **A team from Design and Construction will be at our November 17th PTA meeting — so plan to attend!**

Safety: In order to maintain safety for our students, the expectation of the school is that students primarily go home in their typical fashion, whether it is by bus, car, or walking. We understand that schedules need to change, but these changes to routine should be the exception rather than the rule.

Each day the office receives as many as 16–20 requests for changes in after school plans, in addition to up to 10 requests for early dismissal. The volume of requests requires a great deal of coordination from the office staff, communication with students, bus drivers, kiss and ride supervisors, and teachers. Many of these requests are made during the day, and are not accompanied by notes from both parents. This creates a burden on the office to ensure the safety of students. As you know, requests from both parents must be made in writing for a student to go home with another student. However, when these notes are not provided, we feel compelled to call both parents to check the arrangements, creating extra work for the office staff that is beyond the scope of their responsibilities. Additionally, as many of you have commented, our buses are overcrowded, creating additional safety concerns.

Thanks in advance for your support by limiting the number of changes to your child's after school routine, and by pre-planning your child's after school schedule so that we are not making numerous last-minute changes on a day-to-day basis. You may not know this, but some schools do not allow students who are not designated as bus riders to ride home with other students. And, with our new kiss and ride arrangement, it will be more challenging to ensure that students are going home with the right folks. Please help!

Please know that we value your input, so if you have any questions or comments, please feel free to email me at jeanette.black@fcps.edu, or call me at 703.937.6000.

Take good care, Jeanette

FCPS's *Newswire* has been updated. *Newswire* is a service from the Department of Communications and Community Outreach that offers articles of interest to parents, students, and the community; they may be copied and used in PTA publications.

Newswire is located at: <http://www.fcps.edu/mediapub/publicat/wire.htm>.

Counselor's Corner by Beth Gross

Greetings! I am happy to announce that we have a counseling intern with us for several months. Jaime Stanton is a student at Marymount University and will be working with me from now until the end of April. She will be here Wednesdays, half-day on Thursdays and all day Fridays. She will be working on classroom guidance, meeting with individual students and conducting groups. Please extend to her a warm Vienna welcome.

Some of our classes have started to earn their second golden plate in the café. Kudos to all the students who are working so hard to follow the rules. And again, thanks to all of you who are volunteering. The kids love to see you in the café. One quick favor -- if you send in food from home, please be sure to include any forks or spoons your children might need. Our supply is limited, so we only distribute to children who buy lunch. Thanks.

This month we will be talking about anger management. In these stressful times, we all have a tendency toward a quicker anger trigger. So, it is especially helpful to work on anger management techniques. Ask your children to model what they learned. Then share your strategies too. We all need lots of tools to help us with anger management.



Even though it's still early November, I would like to wish each of our families a very happy Thanksgiving.

Take care.

Vienna Great Thinking News

It is a pleasure to be at Vienna ES on Thursdays and Fridays as the GT Resource Specialist. I have had the privilege of meeting many Great Thinking students when I did my first round of GT lessons in different classrooms. Please visit the ENRICHMENT website for news regarding Math (Sudoku) and Philosophers' Club. Feel free to also visit the Fairfax County GT website: www.fcps.edu/DIS/gt

I can be reached through email: judy.gartlan@fcps.edu and am happy to answer any questions/concerns/comments you may have regarding Great Thinking in Vienna ES.

YOUR VIEWS AND OPINIONS ARE IMPORTANT TO US!

This winter a random sample of Vienna Elementary School parents will receive the Parent Opinion Survey. This survey is part of the Principal Performance Evaluation Program and offers parents an opportunity to provide anonymous input about various issues related to our school. These include safety, parent involvement, curriculum, communications, and expectations for student achievement and behavior.

The survey will arrive in the mail in early December 2008 and will be returned directly to the Fairfax County Public Schools' Office of Student Testing for processing. If you receive a copy of the Parent Opinion Survey, please take a few minutes to complete and return the survey. Your opinions do matter, and we welcome your feedback!

It's Elementary...

Over 150 grandparents visited the school for our annual Grandparents' Day...



October Field Trips:

Preschool classes visited Patrick Henry Library and the Post Office

The first grade walked to the Vienna Fire Station

Kindergarten students went to the Cox Farms Festival

Third-grade classes had lessons in Economics at the Vienna Shopping Center

It was another fun-filled Diffendoofzer Day...



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 loaded with calories and sugar.
- Offer fruits and vegetables.
- Offer low-fat cheese with whole-grain crackers or pretzels.
- Select snacks from MyPyramid.
- Quench thirst with water, fruit juices or low-fat milk, not soft drinks.
- Read food labels carefully – if first ingredient is sugar, **AVOID IT.**

Use the www.fcps.edu/fs/food/ nutrition calculator to evaluate your snacks at home.

Healthy Tips for the Holidays

- *Choose a variety of foods from MyPyramid-Steps to a Healthier You.*
- *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.*

Visit the USDA Food Guide Pyramid at MyPyramid.gov for your personal plan.

Source: Energy Zone

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- Every time you shop at **Office Depot**, Vienna Elementary can receive credit equal to 5% of the qualifying purchases to use for *free supplies!* Simply give the school's ID Number (**70105111**) when you shop in the store or on-line.
 - Turn in your **Box Tops for Education** to school; it's an easy way to support Vienna Elementary. You can find them on a wide array of foods and home products.
 - Do you shop at **Giant, Safeway or Target?** Register or renew your cards and designate Vienna ES:
 - Giant: <http://www.giantfood.com/aplus>
 - Safeway: <http://www.escrip.com/>
 - Target: <http://target.com> (click on: *Community, Education, Take Charge of Education*)



If you need to add money to your child's meal card, you can: give it to Mrs. Yaqub in the cafeteria; send a check with your child payable to *Vienna Food Services* (student's and teacher's name on the memo line); or go to www.myLunchMoney.com to pay on-line.