



Principal's Corner

Welcome to the beginning of second quarter! I hope that each of you have had the opportunity to speak with your child's teacher during conferences – what a great time to have conversations and to celebrate your child's successes and areas for growth. Research says that setting high, but realistic expectations, working with your child to problem-solve, and providing unconditional love and acceptance are just a few of the strategies that will help your child become resilient and know how to face challenges (<http://cecp.air.org/familybriefs/docs/Resiliency1.pdf>).

The flu has been on everyone's mind, and we certainly have had our fair share of influenza-type illnesses among our students and our staff. My hope is that the two student holidays will help break the cycle of the easily-transmitted viruses. Our highest rate of absenteeism on one day was approximately 60 students. We know that some had flu-like symptoms, and as my physician reminded me, there are a variety of nasty bugs going around now and they are not all the H1N1 flu. Oh joy! For me personally, I will be thrilled to see this season go away. I know I have personally experienced a year's worth of ailments! A student in kindergarten remarked that he was afraid of getting the flu and that the situation was even worse because, "...there are no flu shots in this America." The great news is that teaching and learning continued through last week and we are fortunate to have found some EXCELLENT substitutes.

As you have noticed, the main office is not going to be moving into the main building quite yet. We are quite disappointed, but we are hopeful that the lobby will be finished soon! Thanks again for your continuing patience and we hope that our wait will not be too much longer. Take a peek through the windows of the front lobby...it is absolutely beautiful!

I had indicated in our October issue of the newsletter that a Keep in Touch survey regarding a new ways to communicate and use our website would be sent at the end of October. I was unable to keep that timeline due to my personal illness and technical difficulties that I had with the survey monkey site. Please look for the KIT that links to a survey by the end of this week — we value your input! As always, please feel free to drop by and chat.

To our good health,
Jeanette

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It's Elementary...

In October, the second grade had a fun lesson from a visiting scientist called "Bubbling Potions"; the three first-grade classes walked to the Vienna Fire Station during Fire Prevention week and traveled to Glen Echo Park for a puppet show; the Kindergarten Reading Meeting offered parents information about the "Stuck on Books" program; the third grade explored the Vienna Shopping Center for some Economics lessons; LOTS of grandparents visited for our annual Grandparents' Day; the kindergarten classes visited the Cox Farm Festival; pre-school students had a trip to Burke Gardens; the entire school celebrated joyfully on Diffendofer Day and ended the month with Wacky Hair Day!

TWO-MONTH CALENDAR

November:

- 6 Progress Reports Sent Home
- 12 Picture Make-up Day
- 13 4th Grade to Jamestown & Yorktown **7:30 am—8:00 pm**
- 16 PTA Meeting VES Library 7:00-9:00 pm
- 18 Morning Kindergarten's Thanksgiving Feast Room 159 11:00-11:45 am
- 18 Afternoon Kindergarten's Thanksgiving Feast Room 159 2:00-2:45 pm
- 19 **Thanksgiving Luncheon for Grades 1-3** **Cafeteria 10:50 am-12:20 pm**
- 20 **Thanksgiving Luncheon for Grades 4-6 & MR** **Cafeteria 11:25 am-12:55 pm**
- 25 Two-hour Early Release—details below
- 26 & 27 Thanksgiving Holidays — No School

December:

- 4 PTA Cultural Arts Assembly: Bash the Trash Gym/Stage during school
- 7 VES Book Fair Library 5:30-8:30 pm
- 7 PTA Holiday Craft Fair TBD 5:30-8:00 pm
- 16 3rd Grade to see a Musical Performance GMU Theatre 9:30 am-12:30 pm
- 16 Winter Concert (Band, Chorus & Orchestra) Gym/Stage 7:00-8:00 pm
- 21 PTA Meeting Library 7:00-9:00 pm
- 23 Two-hour Early Release 1:20 pm
- 24-Jan. 1 Winter Break [classes resume on January 4]

Early Release on November 25th

PRE-SCHOOL:

Morning 9:05—10:45 am

Afternoon 10:45—1:35 pm

KINDERGARTEN:

Morning 8:40 am—10:45 am

Afternoon 10:45 am—1:20pm

(Mid-day bus pick-up/drop-off is the same; the dismissal time for afternoon Kindergarten is later than it is on Mondays)

GRADES 1-6: 8:40 am—1:20 pm

SACC will be available for students when school is dismissed and will be open until 6:15 pm or until the last child is picked up. Recreation programs and community activities are not cancelled.

Counselor's Corner by Mrs. Gross



Fall is my favorite season in Virginia...not too hot, not too cold. There are many days with yellow and orange leaves against a bright blue sky. It's a perfect time for taking a family walk, raking, hiking or enjoying the sunshine.

November also signals the end of the first quarter of school. Report cards will be coming out and conferences are being held. This is a great time for you to evaluate how you and your child are handling the school year. In addition to talking with your child's teacher, you can reflect on how your family is handling the expectations of school. Do you have a time set aside for doing homework? Is homework stressful? Do you talk with your child about their day? Do you make time for this conversation every day?

This November, I will be doing lessons that deal with anger management. At each grade level, we will discuss developmentally appropriate ways to deal with anger. Ask your student about what they learned. Try to model your own anger management techniques at home. We all get angry sometimes and don't handle a situation as well as we might. That's ok, too. Let your child see you apologize if you have overreacted. They will learn from that as well.

Renovation is continuing and we are making progress. However, it also can feel like the process is going on for a long time. Check in with your child about how renovation does or does not impact his or her day.

It was great to see some of you around the building during conferences (and it was wonderful to enjoy the lovely PTA lunch!). I wish I could catch up with more of you. Feel free to call me (703-937-6031) or email (Beth.Gross@fcps.edu). I want to hear how things are going.

Take care.



The LOST & FOUND (located in the cafeteria) is growing...

Students and Parents — Please check the cabinet and the bags on the floor beside it for any lost articles of clothing, lunch bags, or other personal items.

Any items not claimed by December 17th will be boxed up and donated (over the Winter Break) to a local group in need.

A Message to Parents from our Cafeteria Manager

When sending in a check to add money to your child's lunch account, please write the child's name, teacher name and their PIN Number on the Memo line of the check (or on the envelope containing the check). **Thank you!**

We Need Your Help!



Please provide your child with any utensils they may need in their lunch boxes and ensure that they can open any containers that you send. Due to budgetary constraints, the cafeteria can no longer provide spoons and forks for students who bring their own lunch. But don't worry...we do have extra utensils available if they are needed; no child will remain spoon-less :)

Also, ask your child what they ate for lunch. Some students are eating too many sweets and ignoring the healthier portions of their lunch.

BOX LUNCH MENU for November 19th and 20th (the days of the Thanksgiving Luncheons)

Choice of ONE of the following:

Deli Sandwich

Peanut Butter and Jelly Sandwich

Yogurt Biteable

Hummus Biteable

Grilled Cheese Sandwich

PLUS: fresh fruit

potato chips

juice

milk